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Gallipoli: Failure of equality

by Geoff Dawe

The hierarchical social structures that always accompany civilizations are in place to make more efficient the development of technologies. There appears to be a direct correlation between technology dependence and societal stratification or hierarchy. The archaeological evidence is that minimal technology societies before civilization, and according to the anthropological record, after, were mostly engaged in the implementation of equality.

Armies are where hierarchy is most insisted. In times of war, technology dependence at its most dismal reaches its zenith in the increasingly efficient destruction of humans and the surrounding environment.

As this glaring anti-life tendency becomes more visible, more and more decisions for "the saving of life" by being able to kill more and more of the other side, is given to less and less persons. It assumes the one view is better than the multi view; that in the upper reaches of the hierarchy there exists a human who is able to put its ego aside.

Keith Murdoch, father of Rupert, was at Gallipoli in August 1915 as a representative for



an Australian group of newspapers.

He came across a distressed British *Daily Telegraph* reporter, Ellis Ashmead-Bartlett, who complained that the commander of the forces at Gallipoli, was overseeing censorship of his despatches to such an extent, that the despatches were unable to tell the public and the British prime minister of the true state of the military fiasco: that the Gallipoli campaign was in danger of disaster.

Keith broke his signed agreement to submit articles for censorship, by attempting to carry Ellis's uncensored report to British prime minister, Asquith.

At Marseilles, Keith was met by a British army officer with an escort and forced to hand over the letter. Nevertheless Keith's remembered copy, was seen by prime minister Asquith, the

leader of the opposition Lloyd George, and the Australian prime minister. Soon after a meeting of the Dardanelles committee in October 1915, the Gallipoli commander's active career ended. In December Gallipoli was evacuated.

Although Keith's account contained factual inaccuracies, a Royal Commission that began sitting in 1916, found that the campaign had been a mistake.

Phillip Knightly in his book, *Beating the censor - Ashmead-Bartlett's efforts to reveal the real story of Gallipoli*, suggests not only that the letter "was one of the most important factors in the decision to evacuate the Gallipoli Peninsula", but that if "the war correspondents in France had only been as enterprising [as Keith and Ellis], the war might not have continued on its ghastly course."

The Gallipoli tale can be seen as cautionary of the consequences of limiting a particular view of events to the one human view that is the result of dependence on hierarchical social structures. While it is true that some people have more talents and abilities at particular tasks than others, they do not have a monopoly on the truth of a particular situation.

The Gallipoli tale is mostly remembered as Australia reaching nationhood. Nationhood implies adulthood and the leaving of mother; relative independence. Dependence on hierarchical social structures is loss of equality. Jockeying of position for hierarchical status among individuals and nations, is repudiation of human equality and a cause of all national wars.

J. W. Smith in *The World's Wasted Wealth 2*, quoting from other sources says, "it seems probable that if war had not come in 1914, London would have had to share with Germany the regulatory power over world trade and economic development ..."

The tendency to not share is part of human inability to leave the pre-human state. Sadly, intra and international sharing is still not role-modelled to prevent the reoccurrence of the sort of tragedy that occurred at Gallipoli.

Remembering those who died for us

by Matt Brumley

In 2009, while travelling in France, I visited the Trois Arbres (three trees) Commonwealth War Graves Cemetery on the edge of the Northern French rural town of Steenwerck. Buried in this beautiful and quiet place is Lance Corporal Douglas Brumley. Douglas was 23 years old in July 1917 when he died of wounds received fighting with the 46th Battalion at nearby Polygon Wood, Belgium.

Douglas was born around the same time as my paternal grandparents, but in a different branch of the family. He was farmer, originally from Mortlake, Victoria. As the Brumleys do not have a particularly broad heritage of military service, I was keen to learn about Douglas. My trip to France was a wonderful chance to pay my respects at his final resting place.

Visiting Douglas' grave was an emotional experience; something I will never forget. While I was there, I picked a tiny pink flower from the foot of Douglas' gravestone. There were thousands of these tiny flowers growing in the beautifully kept gardens at the cemetery. I pressed the flower in the back cover of my notebook and have kept it ever since. I occasionally look at that tiny memorial and think of Douglas.

All over Australia, in towns and cities, there are official memorials to honour the fallen. Although the memorials are typically to those who served in WWI and WWII and tend to be thought of just as places of remembrance, they have a much broader place in the community.



Dedication of the Nimbin cenotaph in 1925

Nimbin Dawn Service 6am. Breakfast at Bowlo. Muster for march at 10.35am. Two-up at Pub.

They are a place for the community to come together; to reflect, help heal wounds and to connect as equals, regardless of an individual's station in life.

Representative of many memorials across Australia, the Nimbin District War Memorial was dedicated on ANZAC Day in 1925. 2015 is therefore its 90th anniversary. Dedicated by the Governor of NSW, Sir Dudley de Chair, the memorial with its broken column, the symbol of a life cut short, stands stoically as a reminder of Nimbin's young men who sacrificed everything. But it also stands as a symbol of connection. Every name on the memorial has a family, who at the time, even if they were not known to each other, now had something tragically in common.

The Rann and Jackson families felt this as strongly as any family. Both families saw the enlistment and embarkation of two brothers. From the Rann

family, Fred and William joined the 9th Battalion and from the Jackson family, Ernest and Henry also joined the 9th. This battalion saw much fighting, and still exists today as the 9th Battalion, Royal Queensland Regiment.

The Ranns and the Jacksons also shared the sacrifice and despair of losing one of their boys. Earnest Jackson died of wounds only seven days after the landing at Gallipoli and remains buried there. Fred Rann was killed in action at Pozieres, France in July of 1916 and is interred at the Villers - Bretonneux cemetery. Though they are buried in separate corners of the world, they, their families and community are connected through their origins and their names on the Nimbin District War Memorial.

Only moving to Nimbin with my family in 2013, there were few familiar names and places. But as we have settled

• continued opposite page

The inspirational Vernon Treweeke

by Johnny Allen

I first met Vernon around 1971 when he was living at what was known as the 'Hair House' in Sydney's Edgecliff, an old mansion where some of the cast of the musical 'Hair' were living along with Carole and Tim Elliott and their family.

Vernon had just returned from London, where

he had imbibed much of the spirit of the 'Swinging Sixties' London scene, including the non-materialist hippie philosophy and its accompanying psychedelic art movement.

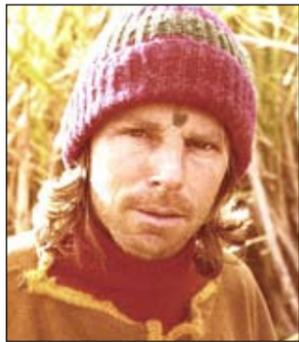
Vernon was living a truly bohemian artist's lifestyle, eschewing material possessions and devoting his thoughts and energies to his art and to the betterment of the planet. He was painting large psychedelic canvases, twisting perceptions and resplendent with his vision of love for humanity. Always a dreamer, Vernon was generous to a fault and truly inspirational in his commitment to his art and values.

Vernon and Carole participated enthusiastically in the small informal festivals that I was organising at the Nutwood Rug's farm at Ourimbah, just north of Sydney. I was running the Arts Factory, an alternative rock/cultural centre in Goulburn Street in Sydney, with one hall presenting concerts with an incredible psychedelic lightshow created by Eddie Van Der Madden, and the other hall comprising an arts/crafts and food market.

From the stage I would announce that on a given weekend the Factory would be closed and that we would be having a festival at the farm owned by Dan Doepel from one of the Factory bands the Nutwood Rug. A few hundred people would turn up, with great campfire sessions sharing food, music and dope and extended jam sessions on an improvised stage by members of the Nutwood Rug and friends open to all, often numbering 10 to 20 musicians.

Vernon loved these festivals and was an enthusiastic player in the rave sessions around the campfire – ever the philosopher, the jammer and the raver.

As these mini festivals grew into the model of the Nimbin Aquarius Festival that Graeme Dunstan and I were planning for May 1973, I became a nomadic spruiker for the festival and would often end up sleeping on the couch at the Hair House where Vernon lived. Vernon became an enthusiastic supporter and



collaborator of the festival, helping to shape its ideals and form over many a late night rave session. When eventually a public meeting of the Nimbin community at the Nimbin Hall in late 1972 voted to host the festival, an enthusiastic group of supporters took up residence in Nimbin to help build and plan the festival. Among these was Vernon, who had the vision of painting the town in order to

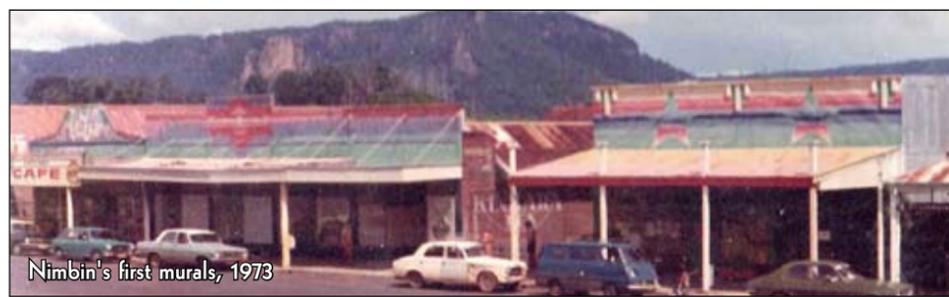
welcome people to the festival.

He began with the Rainbow Café, where we all shared a communal evening meal. Others soon joined him and the murals spread to a Union Jack on the front of the RSL hall that became our festival HQ and the Fountain of Tomato Sauce on the old emporium that became our food market in the lead up and during the festival. The concept of painting the town continued to spread, with the timber shopfronts in the context of the lush green fields of Nimbin becoming an iconic townscape under the vision and energy of Benny Zable and others.

Just how iconic this townscape had become was brought home to me a few years ago when I was teaching a course to a group of event managers in Singapore. I went to an evening function where I met a group of young expatriates discussing life on the "hippie trail". One of them, a young guy from Germany, was telling the others, "You wouldn't believe this crazy village in the hills inland from Byron Bay" – and waxed lyrical about the psychedelic townscape and the indelible impression that this had made on him. The creation of Vernon, Benny and their helpers had deservedly entered international folklore.

After the festival, Vernon and Riri (then Rina) continued on for a time to become Aquarian elders at Nimbin, and eventually to raise a beautiful family in the Blue Mountains west of Sydney. Vernon continued his art practice, most recently embracing computer technology to help bring psychedelic art into the twenty first century. In his later years, he received acknowledgement as the 'grandfather of psychedelic art in Australia', with well-received exhibitions in Penrith and at Macquarie University.

But for those who had the privilege to know him, it was his status as an Aquarian elder and philosopher for which Vernon will always be remembered and much loved.



Nimbin's first murals, 1973

• continued from page 32

into the community, names of places and people have gradually become known to us. Among the now familiar names is that of Mt Nardi, which I eventually connected to the Nardi family who I know are residents of Nimbin. I also discovered the fact that Lorenzo Nardi's name appears on our war memorial as a casualty of WWI.

Of Italian heritage, Angelo and Lucy Nardi's son Lorenzo was a farmer, like Douglas Brumley. Lorenzo enlisted into the army in February 1916 and embarked for France in September of that year. He was a Gunner in the Artillery. Tragically, aged only 21, Lorenzo died of

wounds, serving in Belgium in August 1917. On the face of it, this may not appear remarkable.

What is remarkable is that of the tens of thousands of Australians killed in France and Belgium, buried in hundreds of locations and among the 1269 graves at Trois Arbres Cemetery, both Lorenzo Nardi and Douglas Brumley are buried only 20 metres apart. Because of this, although I have never met any of the Nardi family, I feel a connection with them. Moreover, I feel a stronger sense of connection with our community.

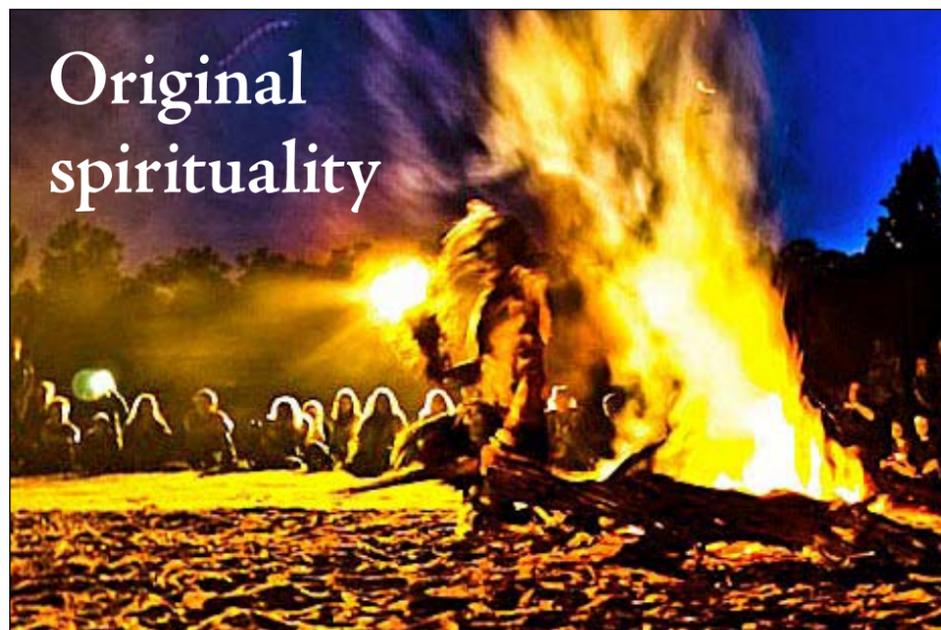
Like Douglas Brumley, Lorenzo Nardi now has a new memorial; a tiny, albeit faded, pink flower. This, together

with our District Memorial, connects Douglas to Lorenzo and the respective families, similarly the Ranns and the Jacksons, to each other.

While ANZAC Day must be first and foremost for remembering the sacrifices of those who have died and served in war, it is also very much linked to the communities from which those men and women came.

While ANZAC Day, the Dawn Service most particularly, is solemn, it should not be sombre. There is an uplifting part to it, which from the wreckage and despair of war, it is possible to reap a harvest of good; and the good is the community that the soldiers, sailors and airmen served to defend.

Original spirituality



by Binnah Pownall

Tony Abbott has shown just how purely ignorant some Australians can be of the (ab) Original culture in what is now called Australia. If we have just relied on the text books and mainstream history and education to learn of 'the AB-origines' we can be excused for knowing very little, as the information just isn't out there to find... Many intellectual papers regarding the complex social systems of the Originies have been written and many fine studies have been done. Though this information of the intelligence of the Originies is strangely never allowed to reach the mainstream of opinion. As far as our government is concerned, the official line was; that the Originies were from another age, and were slowly dying out and that there was absolutely nothing to learn from them. There is nothing further from the truth.

The same geneticists, (namely McCann and Wilson), who did the DNA studies in Africa that was supposed to decide that that is where we all came from, came to Australia and did DNA tests on full-blood Originie people here. The results showed strong mitochondrial DNA evidence from the female line that the Australian Original people have been here for at least 400,000 years if not longer. (see: www.forgottenorigin.com) This gives them somewhat of a head-start to the rest of the races, that have been proved to come along much later. Perhaps it is time, as Tony Abbott has just inadvertently pointed out, that we all had a closer look at our ancient relatives, just in case some city slickers still don't get it.

Australian Original Culture – despite all the distractions of the last 230 odd years, is still a living 'religion'. In fact the Original peoples' way of life is beyond religion. It's more something that is lived in your dreaming, as well as waking life. There is a lot less separation in their lives, and it certainly isn't a lifestyle choice.

The Original people are extremely sensitive to the



energies contained in the spirit of the land, and as in any advanced civilisation, all life was always considered sacrosanct. Part of 'being' in nature was 'being' a part of the land and this is achieved by understanding and living in the deeper acceptance of the fact that the land was the source and support for all life and ultimately...one's own.

The vibration of creation is everywhere and dimensionally multi-layered. With this constantly in mind, the act of everyday living becomes a sacred conscious act. The laws of Nature are pretty easy to understand: since the land is responsible for life, ones' life is responsible for the land. This demands that a person lives and behaves in a manner of constant conscious homage and reverence to all 'beings' and creatures that are around and in ones immediate environment.

From the way we in the 'western materialist world' have grown up to see things, our view is relatively shallow and cerebral and not felt by the full body. Even our science has proven that there are neurons or 'thinking cells' in other parts of our body, besides the brain. We are now waking up to a 'wider way of being'. The Original People have never ceased being in their consciousness. It is in their blood to this day.

All the original families around Australia took on sovereign responsibility for their ancestral tribal lands, to ensure life was perpetuated forever. Such was their profound custodial connection to their ancestral land. It was certainly never exploited. Too much respect was involved.

That power felt in the land was gained by the families' connection to past relatives

and ancestors, buried in the land they walked upon. That is a hard concept for we new-Australian boat people to comprehend. Most of our line of relatives are buried on another continent. We need to remember that we have been moved and de-tribalised off our ancestral lands, or were moved on because of war and conquest many thousands of years before the colonialist forefathers came here and upset the intricate balance on this continent.

There seems to be so much that the majority of Australians don't know they don't know about the people who have inhabited this land from the beginning. Because we live on what is essentially, when it's all boiled down deemed to be stolen land, many things that enable and honour the original culture have been purposely kept from us.

If our Prime Minister doesn't know of the Ancient connection to country of the Originies, it is up to us to educate ourselves and each other of the truth. Right now, the oldest living culture needs all the help they can get from non-Original Australia to stand up and assist them in defending their inalienable Sovereign rights.

Binnah Pownall has spent over twenty years learning from the tribes of the north coast, and gives thanks for being allowed to pass on the wisdom held and shared by various keepers of knowledge, young and old, from the coast and in the hills.

Thank you to the Widjabul/Wiabul, Ng'arakwal/Githabul, Whahlabul, Werlabul, Gumbangirr Dhungutti, N'ganderwal, Midjinbul, Yugumbah, Kamillaroi, Gulibal and Banjalang people. Apologies for omissions and mis-spellings.

Anzac Cup wonderings



Goonellabah keeper makes one of many saves at the Headers field in the nil-all draw



Headers player Darren Jenasic (left) in action v Burringbah



Headers No. 14 Phil Courtney reels away after slamming the ball into the net v Ballina

by Gary Whisker and PAC

Our men's 6th division side and a combination of the 3rds and 5ths women players played trial matches with our friends from the Uki Pythons last month.

First up were matches held in Murwillumbah. The Headers women were in fine form, running out 5-1 winners against Uki's 5th division women. A mix of Uki's

men's 1sts, 3rds and 5ths were far too slick and quick for our guys and despite a relatively close first 20 minutes, it finished 9-2. In truth, the defeat could have been a lot heavier.

The following weekend saw us all play each other again, this time in Nimbin. With only 11 players, the female Pythons happily accepted a couple of Headers women to help even out the numbers on a stifflingly

hot afternoon. Once again the Headers prevailed, this time 4-0.

The guys from Uki were also short numbers-wise, and needed a few Headers to make a game of it. This certainly evened things up from last week's mauling. It was a very entertaining match with plenty of chances for both teams, which eventually saw the Headers notch up a 4-1 win.

Far more important than all the results from these games was the spirit and sense of enjoyment displayed by everyone who took part. The Headers and the Pythons have played many friendlies over the years, and we look forward to further strengthening our ties and friendships in the future. On behalf of our entire club we wish Uki all the very best for the 2015 season.

The final weekend before the season officially kicks off saw Lismore Workers come to Nimbin to play a trial match between their men's 6th/7th division and our 6th division lads. A high scoring, rain-soaked game ensued, with Workers storming to a 4-1 half time lead. The heavens opened in the second half and the mighty Headers spirit was there for all to see in a wonderful comeback resulting in a 5-4 win for the hosts.

The draw for April games has yet to be released, so all details can be found at our facebook page: [nimbinheaderssportsclubinc](#) as soon as it is available.

We are still looking for junior players of all ages, and both of our women's teams need a few players (and a goalie!) to bolster their squads. Anyone interested is welcome to come down to training on either Tuesday or Thursday from 5pm for women and from 4pm on Thursdays for juniors.

Anzac Cup 2015

The Nimbin Headers had three games in the 2015 Anzac Cup competition in the open A group. They played away in the first game Round one to Ocean Shores on Sunday 1st March and came home with a draw at one-all.

Sunday 8th March, Round 2

Goonellabah turned up at Nimbin with only ten men, and I thought we should win this one on a hot Sunday afternoon with kick-off at 2.30pm.

The game started at a furious pace and within minutes the Headers had a shot on goal but the ball was not hit with conviction and the Goonellabah keeper easily dealt with it.

After a period of sorting each other out, the Headers mounted an attack and the ball spilled out the right hand side of the field, and Headers mid-field player Darren Jenasic hammered a shot on goal which the Goonellabah keeper just got his palms to in a diving save to deny the opening goal for the

Headers. The corner was dealt with.

The Headers were having wave after wave of attacks just over the top or wide of the post but the ten men of Goonellabah were somehow repelling.

Goonellabah did have occasional attacks, which didn't worry the defence and were easily dealt with. Then the Headers were racing south again and a stinging shot that the away team's keeper just tipped over for another corner. And that's how the first half finished, nil-all.

Early into the second half Goonellabah had a shot that the Headers keeper punched out and the ball was cleared away to safety. But after that Goonellabah didn't worry the Headers in the second half, it was now how many goals could the Headers score as the possession and attacks mounted up.

In one Headers attack, Beau Grabovski flicks on goal, and as the keeper goes down to save, the ball bounces off his hand and into another attacker who it hits and goes out for a goal kick.

Now Goonellabah are having trouble getting out of their own half as the Headers go looking for the goal that should win them the game. Again the ball is fired in and the keeper pushes the ball onto the bar (photo top left) and out for a corner.

This scenario is repeated all through this second half and still Goonellabah resist and the game finishes nil-all. And there's no prizes for guesting the man of the match: the young Goonellabah keeper who had a blinder, saving his side from a four-nil defeat or possibly more.

Sunday 15th March, Round 3

This game was played at the new synthetic field and football complex in Lismore.

The Headers turned up with only two players on the bench and that left the coach to lace up if they needed him (and they did later on).

The Richmond Rovers team had a full bench and started the game with a slow get-your-passes-right attitude, and soon the Headers were chasing the ball and using up their energy.

After the eight-minute mark, the Headers were two goals down but after this they had more of the ball and mounted a few attacks with the Rovers keeper having to make a fine save.

About 25 minutes into the half, the Headers had a shot, and the keeper, making a diving save, could only push the ball out into the path of a Headers forward K. Cox who smashed the ball back into the net to make the score Richmond Rovers 2 Nimbin Headers 1.

Rover scored their third goal a few minutes before the break, all their goals were pretty soft as they all were tap-ins after mistakes by the keeper or defenders.

The second half was a bit of a rout as the Headers ran out of endurance from chasing the ball as Rovers slick passing netted another six goals to make the final score Richmond Rovers 9 Nimbin Headers 1, so their journey in the Anzac Cup for 2015 came to an abrupt end.

2015 points score season start

Saturday 28th March Nimbin Headers V Burringbar

Burringbar came to the Headers ground with six of their 18 players missing, and proved to be a hard team to break down.

The opening goal came on the 39th minute mark as the Headers keeper tried to clear the ball, but kicked the ball onto Burringbar's centre forward's legs and the ball ricocheted into the Header's net.

And that was the score at the half time break.

In the second half the Headers were mounting wave after wave of attacks on the Burringbar defence, which stayed strong. With 19 minutes gone Headers forward Huon Campbell hit a shot which the Burringbar keeper just got to and palmed it out for a corner.

The Headers attacks were just shooting over the bar, or hitting it and going out for a goal kick, or the keeper was on hand if the ball was going in.

Then Burringbar made a break and scored their second goal through a defensive error.

Then down the other end, a great diving save by the Burringbar keeper denied Headers mid-fielder Darren Jenasic from scoring. A goal did come from the Headers as forward Huon Campbell scored for the home side and the score at full time in favour of the away team was 2-1.

The Burringbar keeper made a few more saves to help his side to the three points with a man of the match performance.

Nimbin Headers V Ballina Seahores

This turned out to be a game which could have been in the high double figures for the Nimbin Headers, as Ballina were completely outclassed.

Ballina were three down on the bench, but I don't think it would have been different if they had a full bench.

The Headers passing game was on-song as the first half produced five goals and the second half two. They also hit the bar or one of the posts numerous times, and some of the young forwards just completely missed the goal when it looked easy to score.

Anyway the 6ths are looking good for the season ahead.

Sunday 29th March

- Women's 5th Division: Nimbin Headers 0 South Lismore 0
- Women's 3rd Division: Nimbin Headers 1 Ballina 1

Swimming carnival fun for all



The Secondary Swimming Carnival was held on Wednesday 6th March.

The weather was overcast and there was light rain in the morning as the two buses made their way to Lismore Memorial Baths, but it cleared up into a warm day with patches of sun – ideal for a day at the pool.

An enjoyable day was had by those who participated, with the first activity being a warmup on the large inflatable, which was like an obstacle course, then swimming timed races in a variety of strokes.

Results included: Best performance by a Year group – Year 12, with the runners up – Years 11 and 8.

Best participation by a Year group – Year 7, with runners up – Year 8.

Year Champions were:
Yr 7 – Zaydn and Amy-Rose
Yr 8 – Sammaya and Bennett
Yr 9 – Igor
Yr 10 – Laura and Mateo
Yr 11 – Brydie and Logan
Yr 12 – Jakob

Notable individual swimming performances included:

- Zaydn's 50m freestyle time of 34.97 seconds, 50m breaststroke swim of 54.59 seconds and his 50m butterfly time of 46.47 seconds;

- Isaac's 50m freestyle time of 33.08 seconds;

- Jakob's 50m freestyle swim of 34.69 seconds.

Other moments that were worth mentioning included:

- Zaydn competing in the 4x50m medley against a team of four good swimmers and coming second to them by only a few metres.

- Mr Everingham's performance on the inflatable.

- Chris helping Isaac complete the inflatable run.

- Dillon making it all the way through the inflatable obstacles wearing an inflatable duck.

- The two teacher relay teams coming in first and third against a strong set of student swimming teams.

- The great co-operation of everyone who attended in getting packed up at the end of the day and leaving the pool on time and in good shape. Well done!



The power of one, plus his mother

The world according to **Magenta Appel-Pye**

Imagine the lights went out in a restaurant, there were no candles, and you had to pay your bill. How would you know the value of your notes? You wouldn't. But this is the situation blind people in Australia and many other countries face every day.

My sister-in-law, Trisha, is the proudest grandmother on earth and with good reason. Her 13-year old grandson, Connor McLeod took on the banks and changed the law. It's a modern day David and Goliath story, but this David was a 12-year old blind boy.

Connor received some money for Christmas, but being blind, couldn't tell how much he had. This sparked for him an 18-month battle with the Reserve Bank of Australia to introduce tactile cash.

"I didn't touch notes because it was really annoying and embarrassing that I couldn't differentiate between them, but I could differentiate coins, so I used to go around with only coins in my wallet getting stuff from the school canteen.

"And then it just sort of hit me that my life isn't going to be all coins, so I thought I'd better make things easier for myself and others as well," Connor said.

So he lobbied the Reserve Bank of Australia and with the help of his tenacious mother, Ally Lancaster started an on-line petition which more than 57,000 people signed.

They travelled to Canberra and Connor argued his case to both sides of parliament. He told the Prime Minister he didn't want his job. Shame about that.



This year he won his case, and it was announced that the RBA will print tactile notes in order to assist visually impaired people. His win has attracted international interest and action. One person CAN make a difference.

Rehab exercise can make you pain-free

Are you sick of niggling knee, shoulder, or lower back pain? This could be due to poor biomechanics due to previous injury or incorrect exercise technique, or even day-to-day habitual movement.

Safe and effective rehab and exercise techniques can re-balance your muscles and bring you back to being pain-free.

Cassandra, Personal Trainer and Rehab Specialist, will work closely with you and your physiotherapist or GP to devise a plan that will best suit you.

Rob Fisher (pictured) was in pain in both his hip and shoulder. Despite multiple visits to his GP, physiotherapist and massage therapist, the pain persisted.

"Six months ago I went to see Cassandra at Discover Fitness. Cass assessed my situation and advised that certain muscles were not working as they should. These muscles needed to be retrained by developing new neural pathways," he said. "To my amazement, two years pain in my hip



disappeared after only three weeks of exercise! The shoulder was a bit more stubborn, but after a few more months I was completely pain-free.

"In the process, my balance and strength have improved and I experience the benefits of discovering fitness everyday. Thank you Cass!"

A new Butt, Ab and Thighs class is starting up at Discover Fitness. This 45-minute class will focus on working inner and outer thighs, strengthening and toning abdominals and obliques and refining the butt. Suitable for all ages and levels, this class will start on the first Wednesday after the school holidays, 22nd April at 9.15am.

Discover Fitness offers Personal Training by highly qualified trainers as well as group fitness and personalised gym programs. Phone 0428-439-526 to book your assessment.



A new time

It's been a concentrated passage during this current eclipse season and ending of the first quarter. The new moon eclipse/equinox highlighted the completion of a cycle. During that week I felt a great shift take place... as if all the rules had changed and we were standing in a different place. The old ways of operating will no longer work; that was clear. Sitting at the last degree of the zodiac it was completing a cycle and heralding a new one.

By the time the NGT hits the streets we will be experiencing the full moon eclipse. Another big event, this one shouts CHANGE. As the Sun sits with Uranus, beaming light rays of renewal down to Earth, we celebrate Easter, a time of rebirth, and change our clocks to another time. The significance is great.

The full moon eclipse chart for the Northern Rivers area has a special signature... the chart begins with the symbols ~ 'an Indian chief claims power from the assembled tribe' and 'a sailor ready to hoist a new flag to replace an old one'. We're feeling excited and hopeful here in the

Northern Rivers, just days to the election.

We have some really good people here in this region... and such a history. This is where it all began, the 'counter-culture' ... the journey back to the land. Watching *An Aquarius Legacy* recently (brilliantly done by ABC online and beautifully narrated by Paul Joseph... thank you Paul) brought back many memories. Also from Sydney, I watched as my friends were conscripted and sent to war.

I was eighteen and had a very close friend; we were living at Bronte Beach. He was a surfer and gorgeous and I really liked him. I can never forget his face when he returned from Vietnam. Writing about it brings back all the anguish... he'd gone, he disappeared, he was no longer there. Being quite innocent still at eighteen I didn't understand what had happened, I just saw the shocking transformation. I'll never forget it.

I was in Nimbin for the Aquarius festival but returned to Sydney. Many of my Sydney friends moved

to the Northern Rivers in the seventies. So much history, so many really smart people, we have a wonderful community. I feel so proud of the community here in the Rainbow Region... and as the big conglomerates have discovered, they can't just push their way into our lives. These are no ordinary people... we've been involved with this gentle lifestyle for many decades. And here I sit, writing this, two days away from a historic election. I'd like to say how proud I am of the Greens... such a group of wonderful human beings, clever too, they think as well as feel.

There is only one planet Earth... only one suitable for us all. Why on earth would we destroy it? Or even take that chance? A very wise man once said 'human beings are cutting off the same branch they are sitting on'. Yes you do have to wonder at times, how some people use the grey matter they were given.

And it's not just any planet we're talking about... it's Earth. The most beautiful planet; made just for us to live and enjoy. It's a paradise, everything's here. Not a day



by Marilyn Scott

goes by where I'm not awed by her beauty and abundance.

'Prosperity without Peace is chaos' Prem Rawat. That's the natural law. There's no changing natural law, no matter how much we scream and shout and want to impose our will. We're not that big.

We have the opportunity to move and shift into a more cohesive, harmonious and thriving collective. There's no stopping the big cycles, whether we feel ready or not... the changes will keep on coming. It's as if those great forces are saying to us... let go, let go, let go. All you want is so very close.

Crossword Solution

From Page 28



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- **Discover Bootcamp** Mondays 5pm-6pm (Boxing); Thursdays 5pm-6pm
- **Zumba** Thursdays 9am-10am; Fridays 9.30-10.30am
- **Group Fitness** will not run over the School Holiday break, but will resume on Monday 20th April

Find us on Facebook: DiscoverFitnessNimbin

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Nimbin – Main St. (Park) 7.52am 9.00am 12.45pm 3.25pm 4.30pm 6.05pm	Lismore Transit Centre 8.50am 9.35am 1.15pm* 4.10pm 5.15pm 6.35pm	Nimbin – Main St. (Park) 9.00am 3.25pm 6.05pm	Lismore Transit Centre 9.35am 4.10pm 6.35pm

No Public Holiday Service
Town Service - Wheelchair access available upon request, 24 Hour notice required
Some Buses connect in Nimbin for Operators to Murwillumbah

* Mondays & Thursdays Only



Nimbin Hills REAL ESTATE

John Wilcox 0428 200 288 – Chris Clarke 0459 356 236



UNIQUE STYLE 37/78 Cecil Street, Nimbin

A lovely palm garden surrounds this architect-designed 3-bedroom home set on ½-acre (2000m²) of gentle freehold land in a permaculture village. The property is only minutes to town, but in a quiet and peaceful situation. With land for yourself to use, and common land which includes a garden orchard area and bush walk. The home is in excellent condition with a large north-facing deck to take in the mountain views. There is a nice bathroom and open-plan kitchen/ dining/lounge. The property has a great indoor/outdoor feeling.

\$315,000



JUST THE BEST 61 Stanger Road, Stony Chute

A beautiful tropical garden surrounds this wonderful 3-bedroom home, set on 270 acres (105.83 Ha) of rich soil. The home is light and airy with lots of windows to take in the remarkable views. There is also a great studio for extra accommodation. The land has a balance of rich volcanic soil, plateaux and areas of natural forest with mature timber. The property can be used for grazing cattle or horses and there is also a large area for horticulture with a northerly aspect and abundant water from large spring-fed dams set high in the land.

\$1,200,000



AUTHENTIC QUEENSLANDER 186 Gungas Road, Nimbin

A lovely tree-lined block leads you to a beautifully restored 100-year old Queenslander set on a 5015m² block. The spacious 3-bedroom home is light and airy with all those special features that make these homes so unique and so desirable, such as high ceilings, wide floorboards recently sanded, fretwork, ceiling fan lights and French doors. There are sweeping verandahs to take in the mountain scenery and rolling pastures, all with a great aspect. The property is only minutes to town by sealed road, and a bonus is the great studio in the lush gardens.

\$369,000



SPECIAL VIEWS OF NIMBIN ROCKS 50 Cullen Road, Nimbin

Wake up to a special view of Nimbin Rocks every morning. This 17.26 hectare property is currently agisted, and would suit someone who enjoys the country without the maintenance of cattle. Alternatively, you could run your own cattle or horses. The property includes a water licence, and has been in the same ownership for 30 years. Step out from the lounge room onto a timber deck with spectacular views. Upstairs the main bedroom, outdoor sunroom and kitchen. Complete with separate studio including bathroom, its own power and septic.

\$440,000



HANDY SMALL FARM 61 Cullen Road, Nimbin

Wonderful views are a feature of this rich small farm, only minutes to Nimbin. The 44 acres (16.68Ha) of land is rolling, fertile and well-grassed, ideal for cattle or horses. There is an abundance of water from spring and creek. The home is colonial in style with large sweeping verandahs to take in the dramatic scenery. The home has 4 bedrooms, open plan lounge-kitchen-dining, all with a large light and airy feeling, plus a great entertaining area at the back. It's a real family home, ideal to enjoy country living.

\$489,000



TALL TIMBERS 2/252 Atkin Road, Larnook

100 acres (40.04Ha) of rolling land, running from tree-clad hills to creek flats. There's plenty of water from creek and dam, plus great brown soil that will grow fruit trees and veggies. Top house site in a very private position with views. Ideal to run cattle or make a self-sufficient farm in a beautiful valley. Sealed road access and only 10 km to village.

\$289,000

www.nimbinhills.com.au