

Ballina to Lennox



by Megan Myers

Our walk started from a very crowded Flat Rock beach car park. It was a hot day and the surf was very good so the beach was the place to be.

We started the walk on the coastal walking track which winds through a re-generated area of coastal scrub.

From Sharpes Beach onwards, we walked on an open headland track over to Boulder beach.

This area of the track has not

been re-generated with trees but with native coastal grasses. This open area allows fabulous ocean views north and south.

The track follows the headland up to Pat Morton lookout at Lennox. It is interesting to know that this whole area was once farmland that was cleared and planted with kikuyu grass for cattle grazing.

Our local landcare group have done an amazing job of re-generating this whole headland all the way down into the village

of Lennox Head.

Their tireless work means that we had sections of lovely cool shade on the track.

After a relaxing cuppa in Lennox we headed back to Ballina. It was quite hot on the trip back but a coastal breeze helped us along as did the sight of whales and dolphins frolicking in the ocean.

Another great walk for our little group that makes us all grateful to live in such an abundantly green part of the country.



Bushwalking Club takes a break

The club is winding down for the year; we have a break for a couple of months with the warmer weather.

The members have had some new and exciting walks this year and plans are already being made for next year, we have some regular walks that are always popular and we are always on the lookout for new adventures.

Our weekends away are well attended, and allow us to travel that little bit further and enjoy this beautiful country and its diverse landscapes.

New members are always welcome and contact can be made to: nimbinbushwalkers@gmail.com we will add you to our send-out, but all our walks and activities are found here at the *Nimbin GoodTimes*, and that what our club is all about.

We have been unlucky with weather in the last few months but the rains have been welcome and when we can get out and about the lushness has been stunning, only one walk this month: a good roll-up and a great day.

Swivel around

The world according to Magenta Appel-Pye

Long ago I lost interest in politics. The shenanigans, backstabbing, grandstanding with people acting like nasty, naughty, narcissistic brats made me feel depressed.

Apart from voting, I became apolitical.

There was a glimmer of hope when we got a female prime minister, in an unfortunate way, but would the Australian people have actually voted for a female Prime Minister back then?

The way Ms Gillard was treated only shone a spotlight on what a misogynistic country we still are.

But there is a bright light that has given me a glimmer of hope. Mark Swivel (pictured), from Mullumbimby, is a lawyer, humourist and singer.

He is a person who has his heart and intelligence in the right place and is also crazy enough to run as a candidate in the 2019 federal election.

Recently I went to the launch of his political party, 'Together', and found Mark to be an entertaining, articulate speaker who answers questions honestly and succinctly.

He doesn't have a manifesto, he has a minifesto which is easy to read, understand, and



transparent enough to see what he really stands for.

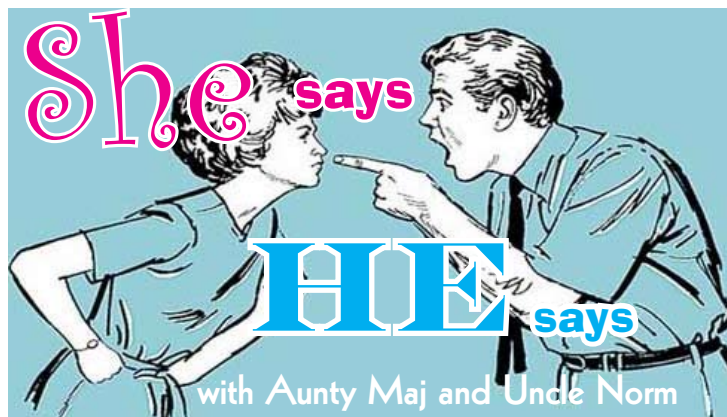
Mark has written a book called *Making Australia Slightly Better Than Average Again, Rebuilding our Common Wealth*, which is actually quite an enjoyable read, believe it or not, because it is inspiring and he is funny, which is good because if we didn't laugh, we'd cry at the state of things.

Many a truth is told in jest. However, Mark is very serious about his mission.

It's time we had someone with a vision, a real personality and yes, a sense of humour in politics.

Check out Mark's new party on: thetogetherparty.org.au or on Facebook: Together. The Party. It might just cheer you up a bit.

Wishing you a happy, safe silly season! See you here next year.



She says

Dear Ag,

I don't know why most gurus are male because it's usually the women who lead the men in spiritual matters.

I read somewhere that it is rare for a person to be committed to spiritual truth to the degree of seriously seeking enlightenment, and those who do make the commitment are actually destined for enlightenment.

I run psychic development classes and work as an energy healer, so I know that miracles happen and, with faith and willingness, anything's possible. Maybe she has attained enlightenment. Who knows? But it's no wonder you're worried, this is a BIG statement.

But be warned – don't dismiss her claims and put shit on her. On some level she has moved forward spiritually. This means that you will need to raise your consciousness too or she will leave you behind.

You could check to see if she's the real deal by offering to give away all her clothes, jewellery and car to the poor. If she is attached to these material possessions, then the truth is obvious.

Who of us has not experienced moments of enlightenment? I guess it's a matter of degree. Certainly, being with people with high vibrations elevates us. Maybe paying all that money frees people to say, "I'm enlightened. I paid for it and thus I am."

It doesn't matter. Doubt is one reason for the endless delays on the way to enlightenment, so no matter how much she pays, it's good value to rid herself of this attachment.

Spend quality time engaging with your partner and ask what she understands enlightenment to mean and how that changes her, and therefore your lives.

Be humble, listen, and learn, then share your true feelings, thoughts and beliefs with her.

If you do this, your partnership will blossom. You will become more authentic and comfortable with each other and experience an ever-deepening love. Then that workshop would have been worth every cent.

Enlightenment

Dear SSHS, my partner did a three week, very expensive, spiritual workshop and now thinks she's enlightened. OMG! How do I handle this?

– Ag Knostick, Nimbin

Send your relationship problems to normanappel@westnet.com.au

He says

Ah yes, the enlightenment industry is a very lucrative business. They have 100% success rate. Everyone who does these courses certainly comes out enlightened – by thousands of dollars in some cases.

The 'gurus' who run them are definitely enlightened. They haven't a care in the world. Why would they, when they have so many gullible desperadoes filling their coffers? Yes indeed, anyone can become enlightened, so long as they can pay.

The definition of 'enlightenment' in the context of Buddhism and Hinduism is: a state in which the individual transcends desire and suffering and attains nirvana. It's probably true to say that this is the USP (Unique Selling Point) of most religions.

I have to ask, what sufferings have you been putting your partner through to force her to such lengths? Have you been subjecting her to your rotten taste in music? Or leaving the toilet unflushed after spending an eternity in there taking a dump, or farting on her in bed? Perhaps this is all your fault!

I know lots of other ways to transcend desires and suffering. A nice, fat joint, followed by several kebabs and plenty of beer is a good, cheap and cheerful way at attaining nirvana quickly.

There is another definition that is quite the opposite. It refers to the 18th Century Enlightenment movement that emphasized the use of reason to scrutinise previously accepted doctrines and that brought about many humanitarian reforms.

It's a great pity that this form of enlightenment is more out of favour these days.

As for your partner, don't worry. Just like beer and kebabs, the effect will wear off. Eventually she will tell you to "go forth and multiply", at which point you will know that everything's back to normal.

A Zen student goes to a temple and asks how long it will take him to gain enlightenment if he joins the temple.

"Ten years," says the Zen master.

"Well, how about if I really work and double my effort?" "20 years."

The Zen student asked his master, "Is it OK to use email?"

"Yes," replied the master, "but no attachments."



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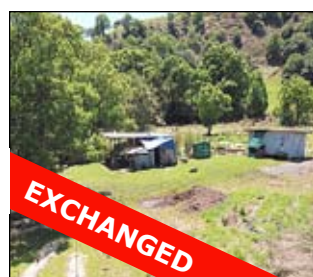
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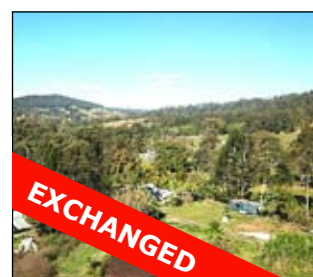
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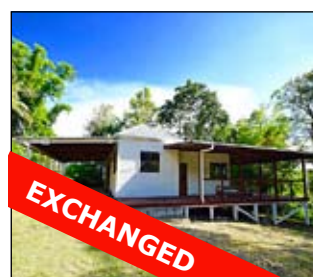
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(Left) Clarie Rose With Agent Samara Burcher Following The Successful Sale Of The Nimbin Mill

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