



In a moment of tiredness, non-vigilant stupidity, I fell prey to telephone scammers purporting to be Telstra advising me my computer was being hacked and that they were helping me to clear up the problem.

What they were actually doing was trying to help themselves to my money and my 'identity'. They cleverly answered every question I asked about them not being hackers and persuaded me to give them my credit card details (dumb!) and control of my computer (fool!).

I stopped short of giving them my bank account details when my common-sense kicked in and I hung up.

They kept ringing but I refused to answer. I quickly rang up the number on the back of my credit card and cancelled it. I ran down the street to ask my computer-savvy neighbour for help and he unplugged my computer and told me not to turn it back on!

Next day the computer repair man gave me the disturbing news that my files had been completely wiped. My computer was empty. They stole all my information and will probably try to steal my

### The world according to Magenta Appel-Pye

identity.

I felt gutted and stupid. The computer man told me even he had nearly succumbed to being scammed. He said I could go up to the Tweed to a data recovery place that would cost anywhere between \$500 and \$5000.

Luckily, I had backed up my important documents and photos. As for the rest, I have to be philosophical and consider it a spring clean. I can do nothing but let it go.

Because I did not lose any money, the police cannot take direct action and, after four phone calls, I'm still waiting to report my case.

I pulled out my landline and restored peace to my house. Lately the only people who ring it are scammers or 'surveys', always when I'm having a rest or cooking dinner. Good riddance!

So be warned. If unsure about unsolicited phone calls, ask that they send you a letter, if bona fide they would have your address.

Yes, snail mail still has its place.



### She says

Australian men and fashion are not words commonly used in the same sentence, especially for the older generations. Fair enough. They lived through wars and recessions and were lucky to be able to clothe and shoe themselves and their families.

Fashion, even in footwear, is a fickle thing. My nephew, upon seeing my four year old gym shoes gushed "Wow, vintage Reebok!"

It's funny how older men take up trends after they've gone out of fashion and clogs most definitely have.

Yes, we all know how comfortable they are – a springy, luxurious step up from clogs, but there's no denying, they look like ugly hooves. It was OK when everyone was wearing them but now your old guy would stand out like Kermit the Frog.

The issue here is does he have the right to wear what he wants, or should he adapt to please you? Women have always dressed to please men. It's what they are expected to do in this society. Australian men don't.

Women willingly wear ridiculous high heels, crippling themselves and developing bunions and other life-long foot problems. It reminds me of the Chinese foot binding, just not so extreme and self-imposed. Unfortunately, I am one of these women. It would have been most beneficial if I'd had a boyfriend who said "don't wear those stupid shoes, darling. They'll hurt your feet and you'll be uncomfortable all night."

Let your old fella have his comfort. Buy him a nice new black pair for going out so you won't be so embarrassed.

I admit I still wear my clogs at home but never out. I've got my good things for that.

What is a frog's favourite shoes? Open toad.  
What are a plumbers favourite type of shoes? Tap shoes.  
What kind of shoes does a plumber hate? Clogs.



### CROCS

My elderly husband has recently bought, from the op shop, a pair of lime green clogs. He loves them and now refuses to wear anything else. They look ridiculous. Help.  
– Imelda, Main Arm

Send your relationship problems to [normanappel@westnet.com.au](mailto:normanappel@westnet.com.au)

### He says

Imelda, tell me, who died and put you in charge of what's ridiculous and what's cool? I mean really, how old does a fellow have to get before he can finally decide for himself what to wear?

I know many people place a lot of importance on shoes, for different reasons. My Dad grew up dirt poor in a little village in Poland during the 1920's. He didn't get his first pair of shoes until he was eight years old. It was a big deal for him. He could finally keep his feet warm, dry and protected, especially in the winter snow. Having a pair of shoes in his village was quite a status symbol.

Then there are people like yourself who see shoes as some sort of art form. Wearing preposterous high heels and pointy toes. Who cares if they cripple you? So long as

they look good. Oh, and how much did you say they were? OMG!

I, like your husband, have reached a certain age. To me a shoe is a utilitarian object. They are meant to protect your feet from stones and bindies, and save you getting dog shit between your toes. Other requirements are that they need to be slip ons. Doing up laces is damn hard work for old farts. Above all, regardless of how they look, they must be comfortable and cheap.

So Imelda as you can see, your hubby's second-hand clogs tick all the boxes. He's actually a smart shopper and should be given sex tonight.

I bet he looks great in those clogs with his beige socks pulled right up matching his lime-green shorts. Some people may laugh but I reckon there's a bit of anarchic 'fuck you' attitude in there. Good on him. Rather than being a fashion Nazi, you should encourage him. Go out and get him a tuxedo t-shirt to complete his ensemble. He'll be fighting the chicks off with his walking stick.

## Bushwalkers at large

Lennox Head wildflowers  
by Juan Kemp

My friend Kinta suggested we join her friends from the bushwalking club for a heathland walk at Lennox. I had walked this beach many times over the years looking for a surf break but had never ventured off the beach.

What a surprise and enlightened walk we had, a dozen keen and friendly companions with one, Ian a dune care/bush regeneration volunteer offering his vast knowledge of the spring wildflowers on show. After several kilometres strolling along the beach on an overcast but fine morning we casually made our way back along a management track just back from the beach. You could walk this daydreaming and just taking in the fresh air and enjoy the experience, but making the effort to go slow and really take in the subtle colours at our feet opened up a whole new world.

Due to the dry year we have had, the wildflowers were not prolific but were there in abundance when you made the effort to have a good look. I am new to this but the stunning colours and diverse shapes of the lilies, orchids and daisies had us all riveted to Ian's commentary. We even had a good chuckle when Ian pointed out the gorgeous flower one of the walkers noticed was a destructive weed.

A great morning's walk with a friendly group and after a coffee at the Café we headed our different ways. Thanks Bushwalkers you will see me again.



## Walks Programme

Sunday 21st October  
Protesters Falls and more, Nightcap National Park

Leader: Judy Hales who knows this area well. Register with Peter 0412-656-498.

Grade 4. Some formed tracks and steps but there will be some slippery rocks and rough walking particularly after rain. We will walk through wild, rugged rainforest, the site of the historic battle to save this precious patch of pristine forest. Plenty of lush rainforest and hopefully plenty of water over the falls. This is one of the gems of this World Heritage-listed area

Meet: 9.30am at the picnic area at the end of Terania Creek Road 15km from The Channon.

Bring: The usual, hat, drinking water, lunch and good bush walking boots/shoes

Sunday 4th November  
Flat Rock to Lennox Head

Leader: Megan Myers 0415-063-302

Grade 3. A variety of surfaces some sealed with boardwalks but some parts maybe slippery and muddy, caution needed at drop-offs and cliff faces.

Meet: 9.30 am at Flat Rock Camp Ground carpark just North of Ballina. This is a beautiful coastal walk along stunning beaches with small rock outcrops before the Lennox Headland. An optional break at a café is available before retracing our journey. 12km, about 4 hours

Bring: Water, lunch and a hat.



# Roots Fest – great music, lovely people

by Melissa Williamson

The third annual Nimbin Roots Festival was a fantastic three days of high calibre music, dancing, and merry mingling with fellow music-lovers.

Held at various venues around the village, the atmosphere was very chilled and friendly as locals and visitors enjoyed a variety of music across the roots field – from old-timey, to folk, to blues, to gypsy, to rocked-out, to reggae/funk.

Every act was, across-the-board, high quality – delivered with a reciprocal feel to the warm vibe of the festival audience. Just some of the particularly noteworthy ones (to me), were The Lyrical, Out of Range, Justine Wahlin, Den Hanrahan & Band, The Taste, Huckleberry & The Traditional Allsorts, and Gleny Rae Virus & Her Playboys.

The Aquarius (market) stage was a nice place to sit outside and catch some tunes, or have a go at hoop twirling, or even make some instruments with Big Stan.

The 'All You Need is Love' street



'All you Need is Love' street parade

parade had a high energy, colourful crowd replete with home-made banners and a sing-a-long (only one guess as to which song).

A highly enjoyable weekend was had by all, with that being the most frequently heard comment from the festival crowd; along with how lovely the crowd attending was, how friendly the musicians were (as well as how

good), and what a relaxed feel the whole festival had.

Make sure you don't miss out next year on what is sure to be another great festival of music and good times. Keep 20th – 22nd September 2019 marked in your diary to kick off your summer festival season next year.

For more information, including artist applications go to: [nrfest.com](http://nrfest.com)

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# Sun shines on Nimbin Show



Dog breeders Sharon Sadler and Joan Nutt



Show photos by Marie Cameron, PAC and Sue Stock



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Nimbin and Districts  
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## Nimbin Crossword Solution

From Page 33

I	M	P	R	E	S	S	I	O	N	I	S	T	
I	A	T	R	A									
T	S	U	O	S	G	I							
H	T	B	N	C	A	I	R	N					
B	R	E	A	D	B	L	I	N	E	A	T		
A	A			E	C	N	A	N	E				
R	D	D				T	T	R					
R	A	C	E	S	S	S	E	N					
I	O	E	E	X	P	R	E	S	S				
E	C	L	I	P	S	E	U	B	S				
R	D	T	K	T	B	G							
			U	E	U	I							
U	N	C	O	M	P	R	O	M	I	S	I	N	G

# Karate students enjoy training by the sea

by Mish Songsmith

We had a perfect day at Belongil Beach training in nature for the Spring 'Gasshuku' recently. The blue sky came out for us after a week of threatening grey skies, phew!

The wind certainly gave us an opportunity to develop some perseverance, along with the soft moving sands, which were forgiving underfoot but challenging once we commenced our kamikaze crawl. We found our way into the water as always, any excuse to get wet! Kicking and punching the waves, working in partners while the waves tried to push us off balance, holding our core stronger than ever.

Our stances were put to the test, having to be solid enough to stand our ground amongst the relentless movement of the water and sand, yet yielding enough to the elements to learn how to move with them with presence, awareness and confidence, not to be thrown about. Just like daily life!

The junior ages joined the senior

ages after 1.5hrs for an extra hour, and we enjoyed some ball games and skill-based partnered mentoring activities. These were aimed at developing focus, kinship, leadership, confidence, co-operation and respect for self and others. Through teamwork we achieved goals together, practiced our 'kata' and moved through some strong basic techniques in the sunshine.

Sensei Rachel Whiting (3rd Dan) continues to teach strong, spirited, yet compassionate and wise karate classes to all ages, genders and abilities, with over 30 years' experience behind her. She is non-judgmental, supportive and encouraging in her approach.

Sensei continues to research and develop her knowledge and skills in traditional Okinawan Goju-ryu ("hard & soft style") Karate-do. She combines years of meditation and mindfulness practice and teaching into her classes, bringing students into their bodies and 'out of their minds' with the natural highs of strong physical activity.



Fun, challenge, fitness and personal development.

- Term 4 classes are back from Monday 15th October. Feel free to call Rachel on 0427-778-837 to have a chat about classes.
- Bubbas classes for 2.5 - 4 year olds

runs on Mondays from 2-2.45pm at the Nimbin Community Centre Dance Studio (\$10).

- Juniors classes for 5-11 year olds runs on Mon & Fri from 3.25-4.20pm at Nimbin Central School's MPU (Sports Hall) (\$12).

- Seniors classes for 12 years – adults runs on Mon & Fri from 4.35-6pm at Nimbin Central School's MPU (Sports Hall) (\$15).
- Family discounts apply for 3+ students.



## Nimbin Headers

This is about half of the crowd awaiting the game against Ballina



A Ballina attack nearly comes off as they just miss



The 2nd Division Elimination Semi Final against Ballina on Saturday 1st September at the Headers ground was a very entertaining game with both sides having lots of chances, but the Headers put more of theirs away and it ended up 3-1 for the home team.

The next Friday night the Headers had to play away at Uki in the Elimination Final. It was a very fast game, but at half time the Pythons were up 2-0. In the second half Uki ran in 4 more goals and thoroughly deserved to meet Lennox Head in the Grand Final which was played the Friday night after. It was 2-all when a power failure halted the show and so both teams shared the Premiership.

Ballina match photos by PAC, Uki night shots by Max Pike





# NIMBIN LIFESTYLE

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**NEW**  
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Spotlight On

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