

Paddling down the Esk



by Peter Moyle

The 2018 year finished with another great weekend at Woody Head.

Most of the time was spent on the water, mainly a paddle down the Esk River to Iluka, organised with an outgoing tide to make it a little easier on a warm day.

Beautiful scenery and clear sparkling water gave us a nice break and swim on a sandbar just before we made the Clarence and what a magnificent waterway it is.

The other highlight were the twilight paddles in the cool of the evening with the prolific birdlife for us to appreciate as the winds dropped off.

Not to be forgotten, some short coastal walks were taken and all in all the 20 members and guests had a special weekend to dwell on while we have a December/January break from activities.

We are coming into a new year, and

the Nimbin Bushwalkers are planning for it.

The club has two events a month, one Sunday day walk generally about 4-5 hours and 12km; this varies on terrain and the length of our lunch break.

Our second walk each month is a weekend walk/camp where we get away for three days / two nights, giving us a more relaxed break in some of our gorgeous National Parks.

We have separate daily walks, so if convenient you can come on the day rather than stay overnight.

We grade our walks to help members and visitors decide on the suitability of their experience to participate, a call to the walk leader will help if in doubt.

Please register your interest with the leader to help them plan the day.

New members and visitors are always welcome, and we have a visitor fee of \$10 to help offset our insurance costs.

Walks Programme

Sunday 3rd February

Billinudgel Nature Reserve / Marshalls Creek

Leader: Peter Moyle 0412-656-498.

For our first outing of 2019 we will be doing the paddle from New Brighton to Billinudgel on Marshalls Creek, the north arm of the Brunswick River, leaving opposite the Yum Yum café at 8.30am.

Tides are assisting so even on a hot day, pleasant times are to be had. Shady travels with some nice scenery and birds to accompany. Swimming available and coffee and more available at the café.

Fri 15th to Sun 17th February
Black Rocks Campground, Bundjalung National Park

Leader: Megan Myers 0415-063-302

Grade 2-3. Our first walk/camp of the year. Camp for a night or two, or day walkers are welcome on both the Saturday and Sunday. Walkers need appropriate footwear, hats and lunch. Visitors welcome – \$10 to help cover insurance.

Day walks will start around 8.30am. This is a lovely camp area under trees on the coast just south of Evans Head. Jerusalem Creek runs from here to the ocean, so some will be canoeing/kayaking this tree-lined and bird-active estuary. There is also a lovely walk alongside. Beach fishing available with beach worming instruction on show.

We will be booking some sites near the estuary at the northern end. To share a site, contact Megan or if you want, book your own. National Park annual vehicle pass \$8 a day and camping is \$12 per person/night.



President Bill and Treasurer Sue

Doga

The world according to Magenta Appel-Pye

I know you have to be entrepreneurial around these parts to make a living, but some of the yoga classes on offer make me wonder.

Recently I took my Maltese, Minkey to doga, Dog Yoga. I was curious and cynical. Seven dogs, big and small, with their owners (all women) attended.

I was looking forward to a dog fight, which happened when two big dogs bumped into each other doing the down-faced dog. My pup raced to join in (she likes that sort of thing) but was caught and handed back.

Things calmed down after that and we stretched our dogs and ourselves, finishing off with a yoga nidra with Minkey lying on my stomach. We actually enjoyed the session. It was good socialisation for her in a calm, relaxed environment and a nice thing to do together. I may even go again.

I see on YouTube that Goat Yoga is all the rage. The kids must have gotten into the room whilst a class was on and ran all over the people which someone filmed and it



went viral. Everyone enjoyed it so much that it is booked up for months.

Today I saw a notice for Nude Yoga which, at \$35 a class, is a bit of a stretch. Thankfully it's for women only. Imagine a bloke in front of you doing the down-faced dog. Eek! Call me a prude but I don't even like the thought of a woman doing it!

I run Laughter Yoga sessions but this has nothing to do with 'yoga' as a stretching, meditation exercise. It was invented by Dr Madan Kataria, an Indian man whose use of the word 'yoga' in this case means 'to practise'.

It's pure laughing and deep breathing. Great fun.

I hear they will soon run Cat Yoga classes in Mullumbimby. Be careful, you could get scratched.



She says

Menstruation workshops for men – why didn't I think of that? In this region anything and everything goes, and some sucker will be into it.

To pay your rent you have to be entrepreneurial.

I think menstruation workshops could be a good idea for adolescents, but after that, unless they're absolute morons, guys probably know the deal.

Obviously, your girlfriend needs to communicate with you more directly about her needs and save her money on fun outings you could both enjoy.

There are a few things men need to know about women during their moon cycle, but it should be bleedingly obvious, and usually the woman will let you know in no uncertain terms.

Just before, when the pressure is building, she will be stressed and may yell and/or cry at you. If you haven't done anything to deserve this, man up, and let it go through to the keeper.

If you have done something wrong, apologise and try to amend your ways. This is a time when she will let you know what really shits her about you and there is value in that if you choose to listen and discuss the issues. Some women leave marriages and the men didn't even see it coming.

When she is bleeding, bring her chocolate, it really is lovely medicine. If she is cramping, get her a hot water bottle or a warm wheat bag, a cup of tea and hold her hand for a while. Take over a few of her usual responsibilities. She will love

you for it.

So, there you go, that's about it. Menstruation workshops for men? I think we should pull the plug on this one.

He says

Reading your letter at first glance, I thought, "Wow! I didn't know we chaps menstruate." After a little research into this workshop, (which is real!), I was relieved to find that's not the case.

I want to say that I'm 100% behind the ongoing fight for women to be heard, respected and treated as rightful equals in our society, but this is a step too far.

Does a bloke really need to know what goes on down there? Do we really need to be au fait with that hormonal soup simmering around inside them?

We know enough that each month brings a lot of stormy weather, followed by five minutes of sunshine.

I propose to redress the situation here, boys. We should run an Ejaculation Workshop for Women. If we've got to know what's going on in their pants, well they can get a whiff of ours. We could expand the whole thing into the Festival of the Testicle. Barnaby Joyce can give a talk called 'Stiffy in a Jiffy'.

All jokes aside, the Wifey's booked you in and paid for it, so you're going. Maybe you could take a mate. Good luck with that. They might show some pictures, though I doubt it.

I must admit I'm feeling a bit of schadenfreude here. You poor schmuck!

Menses for Men

Dear SSHS, My girlfriend has booked me into, believe it or not, a Menstruation Workshop for Men. She has paid for it and expects me to go. Help!

– Perry Neeham, Mullumbimby

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

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NEW LISTINGS



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154 Gungas Road, Nimbin \$320,000
 • Lovely corner block with panoramic views
 • 2 x sheds, 1 x carport built like small homes



Contact Yvonne

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 • One traditional, one Balinese beauty. Creek



Contact Jacqui

3/929 Blue Knob Road, Nimbin \$330,000
 • On 'Blue Star Community', artists paradise
 • Quality home and studio. Peaceful and lush



Contact Yvonne

83 Mt Burrell Rd, Mt Burrell \$980,000
 • This one has it all! Rainforest, creek, pasture
 • Current logging license & subdividable STCA



Contact Yvonne

39/78 Cecil Street 'Jarlanbah' \$575,000
 • Serene and inviting. Idyllic home & art studio
 • Permaculture gardens & eco friendly utilities



Contact John

154 Cecil Street, Nimbin \$715,000
 • Income producing with Dual Occupancy DA
 • Three tenancies, views, lush gardens & dam



Contact Jacqui

166 Nimbin Road, Mt Burrell \$765,000
 • You can't escape the views from any aspect
 • Truly has WOW factor. Stunning renovation



Contact John

309 Henson Road, Wyrallah \$498,000
 • Gorgeous and private clean & clear rural GEM
 • Dual access from Goonellabah & Wyrallah



Contact John or Jacqui

438 Mt Burrell Rd, Mt Burrell \$715,000
 • Under towering mount, looks out to Caldera
 • Home renovated beautifully. Plateau land



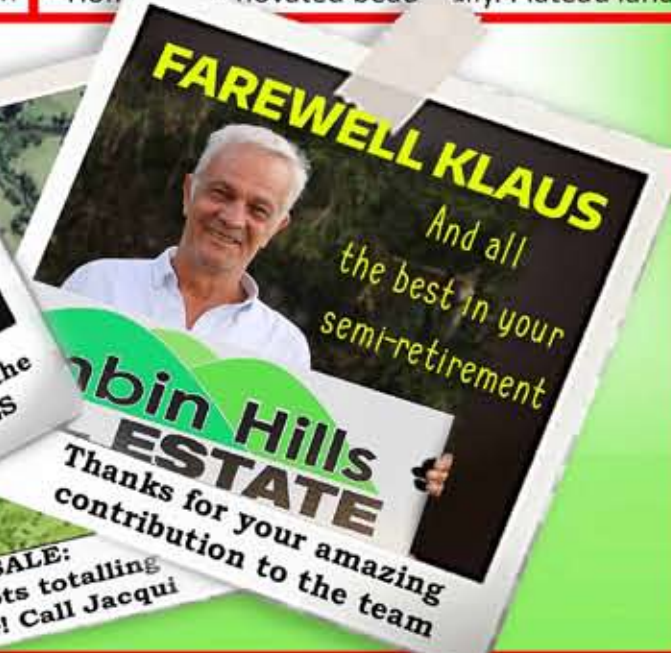
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3 BDR, 1 BATH

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\$445,000



4 BDR, CREEK

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NEW

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APPROVAL

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3 BDR, 1 BATH

NEW

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4 BDR

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3 BDR

65 ACRES



938 JIGGI ROAD, JIGGI
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3 HOUSES

REDUCED PRICE

37 ACRES

400 ROSE ROAD, TUNTABLE
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3 BDR

641sqm

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3 BDR

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3 REDCOTES ROAD, NIMBIN
\$440,000



3 BDR

8 SIBLEY STREET, NIMBIN
\$355,000



1 BDR

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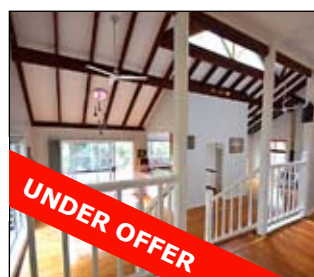
36/4505 KYOGLE ROAD,
WADEVILLE \$235,000

SOLD!



EXCHANGED

125 BISHOPS
CREEK RD, NIMBIN



UNDER OFFER

7 HILLCREST AVE,
GOONELLABAH



SOLD

312 GUNGAS RD,
NIMBIN



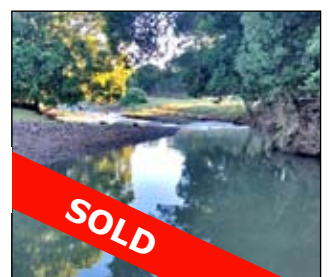
SOLD

1245 JIGGI RD,
JIGGI



SOLD

870 JIGGI RD,
JIGGI



SOLD

239 TUNTABLE
CREEK RD