

About Bowen Therapy

Starting a new health series
by Tonia Haynes

An esteemed member of the local media said, "Why don't you write a bit about the Bowen Technique, Tonia?"

I thought, yes, could be useful to someone who can't straighten up for five minutes after they roll out of bed. Or someone who has taken the prescribed eight Neurofen for the day and it's only 3pm. The kids will be home from school in five minutes and those little men are still building an invisible road inside your skull, using only a jackhammer.

It would be very useful to someone who is relieved they don't wear a bra because they can't bend their elbow, let alone get their arm up their back to do up the hooks.

It may be valuable information for a mum and dad, who have only slept ten hours in six weeks because the long awaited, new little angel soul has not stopped screaming from excruciating colic pain in the tummy since having decided to take a front row look at planet earth.

Naturally the parents being 'switched on' and aware have filled the windowsill in the bedroom with the right remedies for such an emergency. To no avail, and mum is absolutely ready to severely maim (or at least give the look) if the nursing sister states one more time, "You must be feeding, holding, winding or looking at your little darling the wrong way."

Of course the best one is, "Be patient, they will grow out of it eventually." 'Eventually' might well be after the belongings have been divvied and one of you is headed to Bali for an extended holiday.

It does not have to be as drastic as the above examples, but 'The Bowen' can certainly assist one toward walking upright like a happy human being, alleviate most chronic headaches and even stop the symptoms of colic.

All treatments are gentle and non invasive so your baby is quite safe. Removing colic may take three treatments, but baby usually feels much better after the first treatment so everyone will get more sleep.

Even though Bowen is generally non invasive, it can assist greatly toward alleviating most neck, back, shoulder, arm and leg problems. If the



problem is acute (happened recently) the first treatment can almost work miracles as far as diminishing the pain, although a few more treatments may be needed to fully disappear the problem.

If the problem is chronic (a long time unwelcome friend) one may need to visit their friendly therapist once a week for some weeks and then once a fortnight for a while. Those who are smart will then have 'tune-ups' once a month for a time because 'chronic' means the body has grown used to the unwelcome friend and may try to call it back. A bit like an addiction to fags etc. only this one is a body addiction to pain and discomfort. Don't scoff! It does happen.

With the Bowen Technique one is buying local to act global, as it is a true blue Australian grown product.

Tom Bowen came from Geelong Victoria. An ordinary little bloke (looked a bit like a jockey), he worked at a concrete factory but in his spare time did strapping for the Geelong football team. From these humble beginnings he progressed and improved his own particular body balancing techniques to helped thousands of people including stroke victims and the disabled.

For some years he did the healing part time after work but was finally persuaded by friends to concentrate his full efforts on healing others. He is still spoken of with reverence by many in Victoria and today all who practice his work scratch their heads in amazement, at times, at the results achieved using 'The Bowen'.

He was never officially recognised by any Chiropractic or Osteopathic organisation, even though his work was well recognised generally, because them that know could never decipher how his techniques

worked so well.

Over the thirty-odd years he was in practice, twelve men were privileged to observe his work. I say 'observed' because Tom was as deaf as a post and didn't say much. They were from medical, chiropractic and massage backgrounds and were already practicing their skills when invited to see how Tom worked.

An osteopath who worked with Tom states today, they all wondered what an unregistered codger like Tom could teach them, who had spent thousands of dollars, learning what they knew at the best colleges. The same osteopath now teaches The Bowen Technique at a college of Osteopathy in Melbourne.

They all quickly learnt there is always more, and the more turned into five or six schools of Bowen that are slightly different in their methods. The difference comes from how Tom's work was interpreted by those who observed, by Tom's research over time and his own physical changes.

In latter years he was impaired through losing a leg and spent the last few years of his life in a wheelchair. He never stopped working, although naturally, his techniques changed to suit.

Whatever the school of Bowen, it all works. It depends on the therapist, (many have car licences, but not all are good drivers.) It also depends largely on the response of the client, because when it comes down to it the therapist and techniques used, only stimulate the person toward healing themselves.

Many Bowen therapists today add their own personal extras that complement the Bowen. I use Pranik Healing, Kinesiology and Emotional Field Therapy as extras if needed, to achieve the best results for my clients.

I have a clinic in Tweed Heads but also work from my humble home just outside of Nimbin. If you would like help, phone Tonia on 02 6689-9284.

Next issue, I will talk about how shoulder and neck pain may be symptoms of a disturbed gut and how to improve the gut without having to live on brown rice for a month.

Love Light and Laughter

Scene around town



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Dr Free Love, Nimbin's Own Sexpert's

Advice for the Lovelorn

Please send all your sexual etiquette questions to dirtylaundrygirl@hotmail.com and they will be answered in strictest confidence in this column each month. No time-wasters, please.

Question: My friends tell me I need to start having casual sex outside the area, that a "smart fox hunts away from home". I don't get out often and am starting to accrue quite a collection of ex-lovers contained in the one, small town.. What should I do?

Housebound, Nimbin

Answer: Firstly, stop referring to the men you have slept with as ex's. Just simply tell people they are your lovers but you happen to be busy crawling in some other guy's window at the moment. In a small town you do not want people to think you are not getting any sex. That is, unless you are married, then that is quite normal and socially acceptable. If you are single, it is expected you are doing it every time an opportunity comes your way.

Question: I recently approached a man I was hot on for sex. I wasn't particularly drawn to his Neanderthal type persona, but I felt a very primal attraction to him. We had a couple of sexy moments together where he repeatedly orgasmed and I didn't, and I feel a sense of injustice, as though I have been allowed to lick the honey from the outside of the jar. Despite the fact he does not possess even a bedsheet, I still want to sleep with him again. Now he is telling me constantly I have beautiful eyes and how he wants to be "respectful". How do I get the orgasm I deserve without the pillow talk?

Frustrated, Coffee Camp

Answer: Despite the behaviour men often display in front of their friends, they are myriad creatures. It is commonly thought that if given half a chance a man would sexually engage with every girl who puts herself on offer. This is only ninety nine percent true, darling. A man also needs the refuge of an occasional tender moment. I encourage you to open up a can of baked beans for him or further-combine it with spaghetti to make him realise that he is more to you than just his body. In no time at all he is bound to reciprocate with the filth you so fairly deserve.

Question: I am a gorgeous chic hippy. I recently met a guy at a close friend's wedding where I had had the kind of intoxication that can impair one's better judgement. We had our own "honeymoon" that night and it was a surprising pleasure. I have also seen him several times since, but am very embarrassed to reveal that the guy is



Dr Free Love

• divorce celebrant •

if you think you don't need me you probably do

addicted to jig-saw puzzles and also has full time employment. He has three well-behaved children and a polite and proper demeanour. In an alternative town, how can I feel socially accepted by my friends to be seeing such a straight-arse functional guy?

Embarrassed, The Channon

Answer: Oh my dear! How very difficult. You must firstly encourage him if necessary to downgrade his transport to a mid-eighties Subaru. If he cannot find a sufficiently beaten-up one, then at the very least he must place a full moon planting guide on his kitchen wall and his work place. If this is too much of an emotional issue for him, then he is not lover material. Feel free to tell him you have a bad case of head lice. That is, unless you may like to use him as a handbag on occasion when wanting to appear totally unattractive to local, unemployed "switched on" males. It is always good to have a break from male attention. Definitely do not attempt to hide behind the bushes with him. It will be even more embarrassing if word gets out.

Question: A couple I have come to know quite well recently approached me for a threesome. I am uncontrollably sexually excited by the idea of rocking on with the guy, but as I am not a lesbian feel quite a bit put off by the idea of engaging in acts of a sexual nature with the girl. They have made it clear to me that they are a package deal. What should I do?

Gemini, Byron Bay

Answer: Many women in the area know that it is quite fashionable to be lesbian and despite having no natural tendencies in this area bravely do it for no other reason than to portray a 'progressed' public image. In your case, fortunately the benefit of being able to go through the motions of pretending to be sexually turned on by the woman leads to a solid and genuine reward. When the night arrives, give the girl a lot of red wine (merlot) and even other drugs if necessary. Hopefully she will fall asleep early and you can go all night with the boyfriend.

Question: I had a 3-day affair with a man who recently got out of prison. He hadn't had sex for several years, so we did it so much that I walked away hurting a lot downstairs. I had to end it for the sake of health, and the fact that he began stalking me and proposing marriage. He is now getting about town with a younger woman he married after just a week, who doesn't mind his mental health issues. I am happy for both of them, but because he told her I was deeply in love with him she now thinks I am jealous and won't talk to me.

What gives? Kyogle

Answer: It is very difficult to control what a man tells another woman about you once you have abandoned his bed. Obviously the guy took it as a major rejection and this is very, very hard for you because his ego has been severely damaged. There is absolutely nothing you can do beside wait for their inevitable divorce. (Thank goodness divorce rates are extremely high in Australia) Both men and woman show "wounded love" symptoms after they split up and hopefully they will be very cruel to each other. In the meantime the mechanism of spreading false rumours may be very useful, eg. that he was the worse sex you ever had and having sex with him was like getting a tooth extracted.

Question: I have fallen in love with a girl that is strictly religious. Before we have sex, I have to observe a prayerful apology to God and I feel guilty about spanking her like she insists. Even though I am an atheist, it just doesn't seem right.

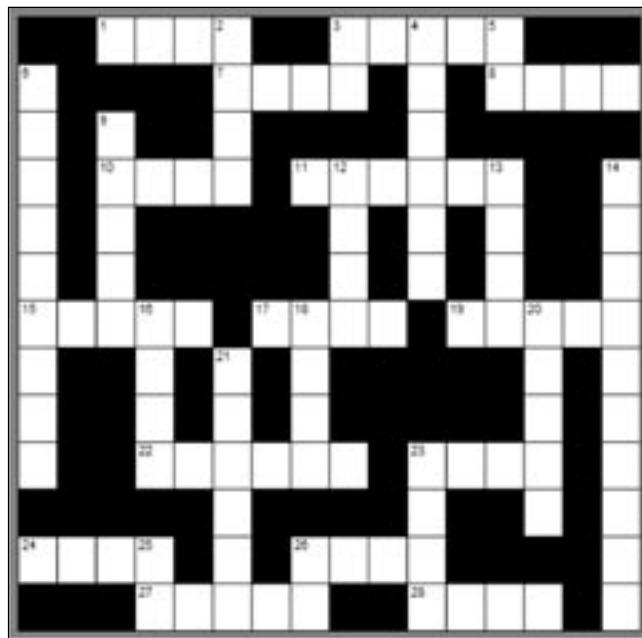
Guilt ridden, Uki

Answer: Because sex is wrong, evil, sinister and often self indulgent, some girls (with a leaning toward spirituality) like to heighten their sexual pleasure, oops I mean keep it all proper, by a bit of a spanking. It is important you don't get screwed up in the head over it and just allow her to enjoy it a bit rough. If you are the sensitive new age type, it is time to harden up and let your inner brut shine.

Nimbin Crossword

2008-05

by 5ynic



Across

1. #
3. Epoxy? Plant based polymer
7. Killer whale
8. Thread – spun from hemp or cotton usually
10. Egyptian Goddess of Fertility
11. One who seeks knowledge? Potter's position when chasing the snitch
15. _____ Grass
17. Versatile plant material
19. Range
22. Suffer? Last
23. Not low
24. Liquid fats, such as those extracted from olive or cannabis plants
26. Zone
27. Resin used for adhesives, insulation and solder
28. Medicinal or narcotic substance

Down

2. He jumps on one leg? Plant used to brew beer.
3. Egyptian sun god
4. One who smokes
5. USA's largest city
6. Bad dream
9. Stringy parts of a plant, such as hemp (USA)
12. Test
13. Hare Krisna, Hare _____
14. Nimbin produce – 100% _____owned and made
16. Drug
18. For all time
20. Coffee with chocolate
21. Rainbow region's 6th colour
23. On a plant? On your shoulders.
25. 4th of the 8 compass points
26. Yes

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Move your market stall into the Internet age

by Pixie Barrett

Local Craft producers know all too well the early starts, the fighting for a stall, I hardly dare mention looking for tables, chairs, power.

The story is all too familiar to Market Stall Holders. You spent countless hours creating your pieces to sell and now have to do the Market Thing. After all you are an "Artist" not a shopkeeper.

Selling online is definitely for you. All you need is a PC and the Internet.

Then there are those who love the Market Thing so much they wish markets were a 24/7 affair. Then online selling is especially for you. Your own 24/7 market in your lounge room, bedroom, backyard wherever. And you can do it all free; you don't need tables or a stall space. A digital camera to add pics to your ads, that's it.

OK. You still need to know how to go about it. There is a clamour among the Australian auction sites to grab the sellers leaving Ebay due to changes within the Ebay payment system wherein Paypal, an Ebay owned company, will be the only payment method available to Ebay buyers. Ebay International is watching Australia with interest before implementing the Paypal-only system worldwide. Sellers claim to have insufficient profit margin to absorb the additional fees. Ebay expect to lose about 20% of Australian Power sellers.

The result of this is that a few new auction sites have popped up and offers to attract sellers are alive and well.



There are only a couple of "great offers" out there. Here they are. All free.

First: If you are happy to post your items to New Zealand this auction site is offering sellers who list 200 items for sale, free on-site Store and Auction listings. Plus 15,000 free shares in the site (worth \$2.40 each) if you sign up for 2 years. This site is about to expand to Australia and the US. Join up at <http://webuy.co.nz/register.php?ref=pewterpete>

Second: Australia wide classified Ad Post, I get heaps of enquiries from this one, free ads as many as you like, place hundreds of free ads. <http://www.webuy4u.adpost.com/au>

Finally: A truly local classifieds site called what else True Local. Advertise just within the Northern Rivers. Or Australia wide, again it's free and unlimited. <http://www.truelocal.com.au/>

Join the Internet Sellers working from the comfort of home while there is still room.

In 12 months you will find it hard to successfully get a foot in the door. Happy selling!

On-line Freebies

by Pixie Barrett

1. <http://www.freecycle.org.au/>
Site called Freecycle. It's a site where people give away things they don't want anymore or have no use for. I guess the idea is that we recycle things. The snag is everything must be free, even the postage. I'm sure a lot of us havestuff that are of no use to us. This site works both ways, there may be something you need on it. Hope this can help some of you.

2. <http://www.cetaphil.com.au/>
If you want samples just go to the site and request them.

3. <http://www.absoluteinfinity.com.au/>
This is a great site for dance music. lots of oz talent and lots of free CDs. they even sent me one for my birthday. They say, "You've just found the best source for music, dj's, dancers etc anywhere on the net, and believe me you'll want to come back!"

4. Call Sanitarium on 1800 432 584 for a free copy of their new Everyday Essentials Cookbook. Call during

business hours, or visit <http://sns.sanitarium.com.au/WebForm/CookBookOffer.aspx>
One copy per person. Offer ends 30.06.08. Expect delivery in December.

5. Protect the environment with a Kampsite Bag. Visit <http://www.kleankampsite.com> then click on Register on the top left hand corner. There were 800 available, so hope there are still some left for you.

6. Planet Ark has 100 free tickets for the Brisbane Allergy Expo, 17th and 18th May 2008 to give away. If you're in the Brisbane area and are interested in checking out the Allergy Expo just e-mail ellice@planetark.org for your free ticket (while tickets last; max 2 per family, children under 12 free). Once at the Expo take your free ticket to the Planet Ark stall and receive a free sample of Planet Ark's Aware Sensitive Skin Low Allergy washing powder valued at \$7.39.

7. <http://www.lorealparis.com.au/minisites/dermagenesis/> you can register for a free cosmetics sample.

8. Register your details and receive a free Recipe Book visit <http://www.clubequal.com/ClubEqual/SignUp.aspx>

9. Go to <http://www.skinisfashion.com/> and click on 'Like Some' to receive a free sample of Palmer's Cocoa Butter Formula. Doesn't appear to be a closing date.... I have had this one and it is just beautiful.

10. <http://www.ecostore.co.nz/> Sample product Laundry powder. Order on-line to request a free 50g sachet of laundry powder. (Offer is only available in NZ and Australia).

Save windows xp

If you don't want to be forced to upgrade to Vista with your next computer purchase, with all the attendant software upgrade expenses as well, here is a petition to Save Windows XP. Windows XP will be on sale until 30 June this year and then no more. <http://weblog.infoworld.com/save-xp/>

To blog or not to blog? That is the question...

by Rob Harle

The recent Internet phenomenon of "blogging" raises some very interesting questions. What is a blog I hear you ask? Blog is short for Web Log, this is a section on an Internet web site which logs each participants' comments on a particular subject.

For example, if you have an interest in growing carnivorous plants you may wish to create a web site to disseminate information regarding these plants, and also include comments from the various people who visit your site. On the surface this looks like a fairly harmless practice, at worst a waste of time. However, on closer inspection we find that blogs can be used or appropriated for good or ill.

The Internet is no longer a new, groovy fun thing to play with, it has become a powerful modifier of global culture, politics and trade, and we need to develop a critical and mindful approach to its use.

Many activists of the sixties and seventies could only dream of the power of mobile phones, blogs and instant communication to enhance their campaigns.

Our information age has extended, insidiously, Western imperialism and uncontrolled capitalism like never before.



So we have a situation where an innocent site, sharing information about hungry plants, sits right beside extremist sites. These contain information and hatred rants on how to bomb and kill others because of ideological or religious differences.

Blogs are becoming a serious phenomenon within the net, approximately 30 million blogs exist, with an incredible 700,000 new

postings per day! One of the main positive outcomes of blogs is to present news and views that mainstream media do not, or will not. There are numerous cases, especially concerning the USA where blogs have exposed illegal government grafting and manipulation. One poignant example was the way blogs exposed the scandal of US military officers humiliating and abusing Iraqi prisoners. Blogs could be seen as helping to keep "the bastards (mainstream media) honest". Unfortunately there is a down side to the power of blogs.

Not only that there are nasties out there, or that many express narcissistic, incorrect information, but because there are so many. Finding the ones that are sympathetic to your causes or that you can hitch your wagon to can be rather difficult. Consequently those with the most knowledge about getting found on the net, end up with the loudest voice, which may not necessarily be the most desirable.

Getting your blog found is part of Internet technology, it doesn't matter how important the information on the site is, if people can't find it there's not much point having it. Keep this in mind if you run a blog that you hope will change the

world.

When blogs are combined with satellite cell phones, and PDAs, activists are truly mobile and can send pictures, videos and text back to blog sites in real time as the events occur. Whether they be deep in a forest, up a tree or in the streets of a city, atrocities against the environment, animals or other humans can be made public.

The recent World Summit for Sustainable Development, as an example, was attended by "wireless" bloggers providing real time alternative coverage. An environmental activist, "a tree sitter named Remedy, even broadcast a wireless account of her battle against the Pacific Lumber Company from her blog ... 130 feet atop an old-growth redwood".

Main stream media whilst they condemn blogs as unprofessional along with inaccurate reporting (they wouldn't they?) are also developing their own blog sites - "if you can't beat 'em join 'em!"

Many bloggers can arrange to send their postings in through an anonymous server, this has both advantages and disadvantages. Being anonymous may weaken the credibility of your posting but it may also save your life if you live in a country that kills its dissidents and activists without hesitation.

Regardless of our personal attitudes and opinions concerning digital media and information technology, it is here to stay, and will have an ever more powerful role in shaping the future. If used carefully and knowledgeably by minority groups, activists and concerned citizens it will become a powerful tool for developing a participatory democracy. This may not always achieve the desired or optimum results but will at least make the story available to all those who bother to listen. Quotations in this article are from Small Tech: The Culture of Digital Tools by Byron Hawk (ed.), an important and informative book indeed.



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What's On in May?

Sunday 11th - Mothers Day Social Bowls from 10am
Sunday 18th - Social Bowls 10am, Chris Aronsten 2-5pm
Sunday 25th - Womens Bowling Club Charity Day 10am
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Bushwalkers chalk up four in a row without rain



by Len Martin

Yes, given the amount of rain we've had I reckon we've done pretty well. Our co-op's bridge over Goolmangar Creek has repeatedly gone under and I've been flooded out once from our place and had to walk in, over the saddle below the Rocks.

However, our Three Walks at Iluka on March 30th was blessed with clear blue sky and gentle breezes. A longish drive but well worth it – if anyone wants to do it, it's detailed in our intrepid leader Michael Smith's book. I say "it" as we did it as one long walk, starting and ending at the car park of the Iluka World Heritage Rainforest..

Fantastic stuff this, rich in large Brush Box, Figs, lianas, epiphytic ferns and cymbidium orchids, alas not in flower: fascinatingly different from our own dear World Heritage Mount Nardi. Makes you realise what treasures we have lost to coastal development and sand-mining. On a wide flat track one can walk looking up at the epiphytic wonders

above without falling over (too much).

Then to Iluka Bluff Lookout with great views north and south, and a dozen Sooty Oyster Catchers on the rocks below - and not too much bl**dy Bitou. Then along the beaches to Woody Head, lowish tide, firm sand, NO 4WDs and, near the rock outcrops, masses of tiny shells. The Woody Head sandstone pavements have spectacular figuration. Lunch under a shady Pandanus, a quick dip in gentle water and back along the beach in the autumn sun.

April 5th forecast: "showers moving in from the coast" - dark cloud spreading from the east promised just that. So, off to the Richmond Range via Naughton's Gap and Casino, trying to keep ahead of the spreading gloom. Great views to the Dividing Range from the Cambridge Plateau Scenic Drive near Mallanganee - a dirt road easily negotiable by 2WD to the rest area.

Our first walk, led by Michael Smith, was The Rainforest Circuit on formed track with some steep

sections and steps down to the creek - subtropical rainforest with Booyong, Rosewood, Pigeon-berry Ash, Giant Stinging Trees, Hoop Pine and Strangler Fig. Lunch at the rest area, then a short drive to a spot where Don Durrant led us off into a trackless, grassy dry-schlerophyll woodland (or was it wet?), rich in lantana and jumping ants, to the top of Culmaran Falls.

And this, as they used to say in *The Goons* "Is where the story really starts" - over the edge of the escarpment, down into rainforest gloom, steep slippery slopes of basalt scree, ever downwards, finally over gigantic boulders of columnar basalt to the cave below the falls. This is formed by a huge slab of basalt that has fallen from the cliff and leans back against it. Only a dribble of water coming over, which was probably just as well.

Through the cave to a spectacular higgly-piggly of car-sized lumps of columnar basalt lying at all angles. Then the climb up – trying to find the right path across the cliff-face – steep slopes, scree, risk of falling rocks – my God we were lucky to get out without loss of life - bl**dy fantastic.

And just as we emerged onto the road there was the briefest of brief rain sprinkles.

Wednesday 16th April, also gloomy, but bright enough as we entered the flying-fox camp at Lismore Rotary Park. It is the peak of the bats' mating season so it was a bit noisy; also last season's young are still with mums, so the camp is at its largest.

Flying-foxes must be the most reviled native mammal in Australia, and there has been a move to move them from Rotary Park, but given the terrain and vegetation I am very doubtful of its success. Noisy and smelly flying-foxes undoubtedly are, but fascinating beasts none the less - fantastic aerialists with big beautiful eyes and very sharp teeth, and important pollinators of our native hardwood forests.

Two species are currently in residence, Grey-headed and Black. Alas, their roosting does cause damage to the rain-forest canopy, but I believe that Rotary Park rainforest is large enough and healthy enough to cope. It is

a wonderful patch of green treasures - a tribute to all who have contributed to its conservation.

Still fine weather as we reached Lismore Lake to meet Lady of the Lake, Molly Crawford, a conservationist from way way back, who has done so much to preserve the lake for the birds.

Molly had kindly arranged for us to meet one of Lismore's leading bird-watchers, June Harris, who brought a spotting scope, so we had great views of Plumed Whistling Duck, Jacanas with young, Turtles, Black Swans with cygnets, Large Egrets, Royal Spoonbills and Australian Grebe to name but a few.

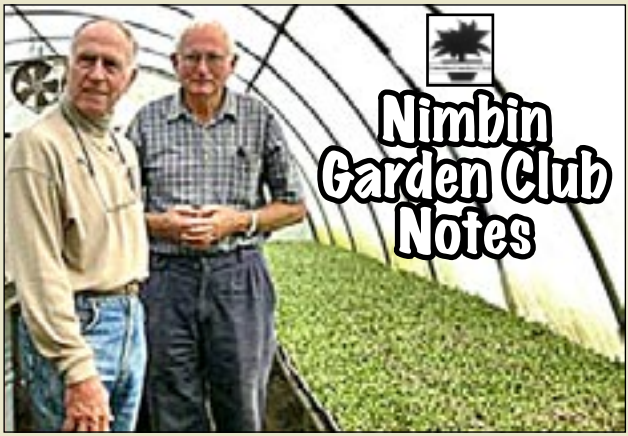
It was mid-afternoon before we reluctantly left as rain started to sprinkle.

No hint of rain on Sunday April 27th when a small select group of us, led once more by the intrepid Don Durrant, set off from the metropolis of Green Pigeon to ascend Fawcetts Creek to some spectacular cascades.

Plenty of water in the creek and plenty of impenetrable lantana along its banks, so there was much creek crossing and rock-hopping enjoyed by the younger members of the group - (for me it was a matter of rock-crawling) - a tough walk but very enjoyable.

For me there is the enjoyment of still being able to do it, despite the aches, the wet feet, the itches, the bruises, the blood-loss from the multiple leech bites, the... I think I'd better stop there, I might put people off, and we need new leaders and new walks - any volunteers out there, any suggestions?

Meanwhile have a look at our web-site <http://www.geocities.com/nimbinbushwalkers>



Garden Club members at Ken and Carol Boomsma's organic sunflower sprout farm. Photos by Ossie Osbourne

by Gil Schilling

The third Saturday in April loomed wet and boggy after a week of heavy rain. Nevertheless a small band of hardy garden clubbers trekked on down to the Boomsma family's organic sunflower sprout farm at Coffee Camp.

As the sun miraculously shone through at 2pm precisely, Ken and Carol and their four children were on hand to give a very informative talk and demonstration of their certified organic operation. For anyone who has not yet tried them, the Boomsma's freshly packaged sunflower sprouts are available at three Nimbin outlets – Funfruits, Nimbin Organics and the Emporium - a great local product deserving of local support.

The afternoon concluded with tea and cakes on the verandah of Ken and Carol's house, an interesting old timber church that has been modified to accommodate a family of six, yet still remaining true to its original architectural style.

The next meeting of the club will be held at 2pm on Saturday 17th May at the new Bamboo Oasis, 4806 Murwillumbah – Kyogle Road. Perhaps the best way to locate the venue is drive up the newly sealed Stony Chute road to its end, turn right towards Murwillumbah and go about 800 metres – the entrance is on the left. Watch for the NGC sign.

Under the new ownership of Orion Hill, Bamboo Oasis features a large variety of non-invasive clumping bamboo species, suitable for small and large gardens, also bamboo poles for structures and crafts and edible bamboo shoots in season. If you think you would like to join us or find out more, why not contact either Gil (6689-0581) or Caroline (6689-1945).

Other meeting venues for the coming months include at Denise Braidwood's garden at Koonorigan and the July AGM at Ossie Osbourne's in Falls Road. Details will be published in future editions of the NGT closer to the scheduled meetings.



Walks Program for May-June

Sunday 25th May

Hell Hole Falls (Mt Jerusalem NP)

Grade 1, 2-3 hr walk on road, easy grades, largely shaded, to falls 100 m from road, great rocks Leader Don Durrant 6633-138 (at night). Meet Nimbin car park 9am. Bring picnic food and water.

Saturday 31st May

Mt Nardi - Wallace Road

Grade 3, 4-5 hrs downhill from Mt. Nardi, via Mt Matheson, largely on made tracks and shaded. Leader Judy Hales (information,

6689-0254). Meet 9am Nimbin car park to organise car shuttle for transport at walk finish. Bring picnic food and water.

Saturday 14th June

Glennies Chair (near Mt Lindsay)

Grade 3, 3 hr return, beautiful views, some steep grades along the border fence; walk from locked gate at border fence. Drive via Old Mt Lindsay Highway (may need 4WDs for this bit) Leader Don Durrant 6633-3138 (at night). Meet Nimbin car park 8am, or 8.30am at Kyogle Apex Park on Summerland Way; 1¼hr drive. Bring food for picnic and water.

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Crossword Solution

See page 21.

WALLERS BUS COMPANY

Leaving Lismore through to Murwillumbah

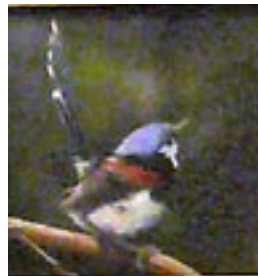
Normal Depart Times			School Holiday Times		
8:00	2:35	3:20	Lismore Transit	8:00	2:35
8:10	2:45	4:00	Goolmangar	8:10	2:45
8:20	3:00	4:15	Coffee Camp	8:20	2:55
8:45	3:20	4:30	Nimbin Ave	8:35	3:10
9:30	3:30		Nimbin depart	9:00	3:30
9:40	3:40		Blue Knob	9:10	3:40
9:50	3:55		Twin Bridges	9:15	3:45
9:53	4:00		Mt Burrell	9:20	3:50
10:10	4:20		Uki	9:40	4:10
10:15	4:25		Mt Warning turn	9:45	4:15
10:30	4:40		Murwillumbah	10:00	4:25

Leaving Murwillumbah through to Lismore

Normal Depart Times			School Holiday Times		
7:10	1:50		Murwillumbah	7:30	2:15
7:20	2:03		Mt Warning turn	7:42	2:28
7:30	2:08		Uki	7:55	2:33
7:55	2:30		Mt Burrell	8:10	2:55
8:00	2:35		Twin Bridges	8:20	3:00
8:32	2:40		Blue Knob	8:30	3:05
8:45	2:50		Nimbin arrive	8:40	3:15
7:50	9:00	3:30	Nimbin depart	9:00	3:30
8:05	9:10	3:45	Coffee Camp	9:10	3:40
8:15	9:20	3:55	Goolmangar	9:20	3:50
8:50	9:35	4:10	Lismore Transit	9:35	4:00
8:55	9:40	4:15	Lismore Depot		

This service runs Monday - Friday excluding public holidays
Enquiries phone 6622 6266 Mobile 0428-255-284

• Wildlife art at Blue Knob Gallery •



Exhibitions of wildlife art are usually amazing, and the current showing at Blue Knob Gallery is no exception. For wildlife artist Andy Remanis (*far left*), who opened the show, the reason is simple:

"The great diversity in the subject matter in nature brings out the best in artists." Jeni Kendall (*below left*) ably MC'd the opening.

Rikki Fisher has curated an intriguing exhibition, featuring work from Victorian and South Australian artists alongside well-known locals, and while there are several mixed-media works, the highlights must be the exquisite paintings and lino-cuts of birdlife.

The exhibition is well worth a look. It runs until 1st June at the Blue Knob Gallery, open Wednesday to Sunday, 10am to 4pm.

The Blue Knob Gallery Cafe is under new management, as ceramicist Heather Kimber steps up to the plate to ensure the coffee, snacks and light lunches keep on coming.

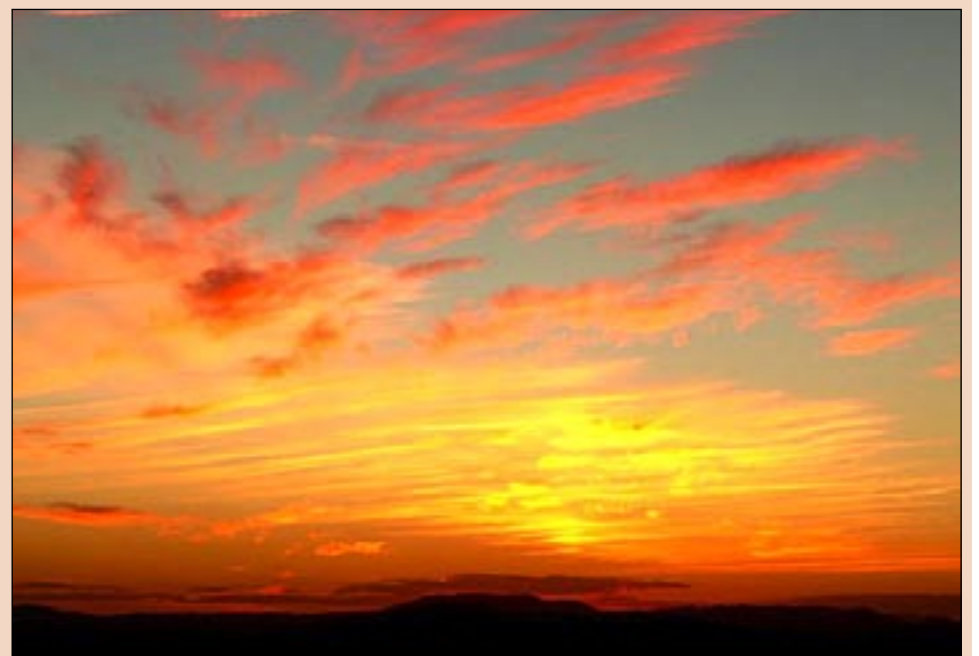
"I'm planning to start simple, with things like ploughman's lunch, and I'm baking cakes," Heather said, hinting that she would be adding to the menu once she has found her feet in the shiny new kitchen.

The cafe has recently re-opened for lunch, with the possibility of Friday and Saturday night dinners further down the track.



Coming events – June will see the annual fibre exhibition, 'Fibre Fantastic', which has earned a reputation for high quality. Textile works of all kinds are due in by 1st June. It really is worth the drive to Blue Knob for an artistic and picturesque experience.

Archie's sunset of the month



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May Gig Guide

Friday 9th	The Hillbilly Bandits
Friday 16th	Invisible Friend
Sunday 18th	Simon Philps + Band Market Sunday 1.30-5pm
Friday 23rd	Samba Blistas + DJ Max P
Sunday 25th	All Star Flying Shoes Hit Parade 1.30-5pm
Friday 30th	The Anti Bodies

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