## ASTRO FORECASTS YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS BY TINA MEWS



**While the Sun is travelling through the** sign of Scorpio, we can expect an overall increase in emotional intensity and crisis. We are asked to dig below the surface, in search of the hidden truth. Scorpio is the mystery sign of the zodiac, symbolizing the process of transformation, destruction and renewal. Venus will join the Sun and Mercury in Scorpio on the 8th, adding spice and passion to relationships.

The day before the New Moon in Scorpio (Nov 16), the intensity of the moment is enhanced by a stressful Pluto/Saturn square. It will be exact for the first time on Nov 15, but continues to transform our lives well into next year. Mother Earth is getting ready for a major shift,

while we have to get used to a faster frequency of experience. What changes are we resisting? Collectively, we are reminded that we are all responsible for our own thoughts, feelings and actions.

On a psycho-emotional level, we can use the complex energies of this month for recycling, composting and the release of toxic thoughts and feelings. Then, on the 22nd, when the Sun enters the space and freedom loving sign of Sagittarius we might be ready for a liberating shift in perspective.

## Aries:

If you are a Ram born between the 21st and 27th of March, you can expect deep sweeping changes in the months to come, especially concerning your life's work and life direction. The best way to deal with the demanding energies of the time is to make room for new growth and eliminate what is no longer needed.

## Taurus:

At the moment it is important to know what to hold on to and what to let go. You will enjoy all sorts of relationships now, if you can maintain a balanced and objective attitude. The challenge is to master intense emotions truthfully.

## Gemíní:

Physical wellness is a question of emotional balance. Too much mental activity depletes the body's energy reservoir. Make use of the purifying energies of this month by practicing positive affirmations and introducing healthy habits.

## Cancer:

Especially those of you who are born between the 21st and 27th of June might find themselves between a rock and a hard place. Overcome anxiety by expressing your needs truthfully and take responsibility for your feelings.

## Leo:

This is the time for integrating, deepening and evaluating the experiences of the last three months. Spend some time alone for getting in touch with yourself. A sense of fulfillment will come from there.

#### Vírgo:

There are not many things which can escape the sharpness of your research mind. However, beware of value judgements. In most cases, our likes and dislikes are a matter of conditioning.

## Libra:

These are testing times, especially for Librans who are born between the 22rd and 28th. Nothing less is asked of you than establishing a realistic and self-reliant approach to the world. In your dealings with others separate fact from fiction and remain open for their perception of reality.

## Scorpio:

Your underlying scorpionic intensity might collide with your ambition to get



02 6689 7413 tar-loom@hotmail.con ahead. Try to reshape and restructure your perception of self and others into loving acceptance. It is okay to stand up for things that really matter, but give way on less important ones.

## Sagíttaríus:

Use the transformative energies of the time for expanding your mind and reevaluating your beliefs. Your priorities could be shifting. Try not to commit to projects you cannot possibly fulfill.

## Capricorn:

Especially those of you who are born between the 22nd and 28th might feel like struggling against chains that hold you down. Do not resist the process and conserve your energies and resources. In other words: 'when you want it you cannot have it and when you can have it you do not want it anymore'.

#### Aquarius:

At the moment you can expect to feel very emotional and determined about your goals and projects. This can help in being pragmatic. However, consider the opinion of others and allow for creative compromising.

## Písces:

You might feel ready to break from routine and move out into a new direction. Unexpected possibilities for creative self-expression might surprise you. Broaden your horizons with consciousnessexpanding experiences and dare to be different.

Tina holds the FAA Diploma in Astrology. She is available for personal horoscope readings, yearly forecasts and astro-vocational guidance. Gift vouchers available. Phone 6689-7413.

# **Financial Paradigms**

## by David McMinn

"The experience of being proven completely wrong is salutary. No economist should be denied it, and none are." – John K. Galbraith

s regular NGT readers would be aware, I have been advocating a strong Moon Sun effect in financial activity for many years. My first paper on this topic was presented at an economics conference in 1986. Alas it has been a slow slog getting this view even debated within traditional economics. During the 1990's, my early papers were readily published in astrological and technical analytical journals in the UK, USA, Australia, Italy and Hong Kong. However, academic and business economists completely ignored my work, as to be expected given the radical nature of the topic.

According to Dean Radin in his book The Conscious Universe, "the acceptance of new ideas follows a predictable, four-stage sequence. In Stage 1, skeptics confidently proclaim that the idea is impossible because it violates the Laws of Science. This stage can last from years to centuries, depending on how much the idea challenges conventional wisdom. In Stage 2, skeptics reluctantly concede that the idea is possible, but it is not very interesting and the claimed effects are extremely weak. Stage 3 begins when the mainstream realizes that the idea is not only important, but its effects are much stronger and more pervasive than previously imagined. Stage 4 is achieved when the same critics who used to disavow any interest in the idea begin to proclaim that they thought of it first. Eventually, no one remembers that the idea was once considered a dangerous heresy."

Moon Sun finance has gone through the Stage 1 and has reached Stage 2. In Stage 1 from 1970 to 2000, the early Moon Sun studies in financial astrology and technical analysis were simply ignored by mainstream economists. The Moon's gravitational effect was considered to be too tiny to have an impact upon that intelligent, perfectly rational species – Homo economicus.

Stage 2 came with recognition by orthodoxy that a Moon Sun effect was possible. The beginning of this stage was marked with the release of two papers from the University of Michigan in 2001. The researchers correlated lunar phase with stock market activity and were the first such papers to be published by academics from a major university. The papers were peer reviewed, statistically sound and the effect was observed in most world



Illustration courtesy picture-book.com

stock markets. Another paper supporting a lunar phase effect in stock market activity was published in the prestigious Harvard Business Review in 2006. This has spawned numerous additional academic papers in recent years.

It is not a question of whether Moon Sun cycles have an impact in financial activity but to what extent. I have long claimed that these luminaries are the dominant influence in market timing. Numerous excellent correlates can be produced to support a very strong Moon Sun effect. Some of these findings have been published in NGT articles over the years.

Stage 3 will emerge when the Moon Sun influence is recognised by mainstream as being "not only important, but its effects are much stronger and more pervasive than previously imagined." Alas, this may take some time given the intellectual rigidities within the economics profession. Stage 4 is years away when former opponents of the concept "begin to proclaim that they thought of it first." Ultimately, no academic will admit to ever having supported the old paradigm and people will forget that the Moon Sun theory was "once considered a dangerous heresy."

In the latter decades of the 20th century, orthodoxy remained glued to the belief that free markets were both random and efficient, even though this view was completely wrong. However, many economists were shaken in their adoration of free markets after the disaster of Black October in 2008.

Moon Sun finance proves that financial activity is mathematically structured and that free markets are inefficient and at times ridiculously inefficient. Whole sections of economic theory will need to be rewritten in the light of such findings. It remains to be seen how long it will take mainstream economists to accept that the Moon and Sun play a dominant role in financial trends.

The conservatives are always slow learners – by definition they cannot cope with new ideas, not even good new ideas.



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# Nimbin Dollars

## by Jay Stephens

**√**he Baroon Dollars project in Maleny (www.baroondollar.org) is working towards launching a local complementary currency in the Sunshine Coast hinterland. The aims of the project include strengthening the local economy by increasing local buying, keeping local money circulating locally, and supporting community projects from a central fund.

Darren Mitchell, on behalf of the Australian Institute for Complementary Currencies, which first auspiced the Baroon Dollars project, gave a presentation at Birth and Beyond on Saturday 24th October.

All the chairs were taken, and once the concepts of a complementary currency were explained (particularly how it is similar to, yet different from LETS), and examples of successful schemes from around the world were shown, there was lively debate about whether the model could be implemented in Nimbin, and what the advantages might be.



an imaginative local currency scheme is the German Chiemgauer (http:// tr.im/DsId) in which every three months, holders of the notes have to pay 2% of

One example of

the note's value to keep them valid, which encourages people to pass on the notes, thus speeding up the circulation of money and boosting business for everyone. A second intriguing example is the Ithaca hour (http://tr.im/DsKm), which combines the issue of complementary currency style notes, with the LETSscheme concept of value-creation through work hours and skill exchange – an alternative to backing the local currency with the national dollar.

A third example is particularly relevant to our situation in Nimbin - Salt Spring Dollars (http://tr.im/DsLq). This complementary currency serves a relatively remote community of under 10,000 people, and is often purchased as a souvenir by tourists and visitors. Thus it not only boosts the local circulation

of money, but also ensures that some extra tourist spend is recycled to the local businesses, and provides tourists with a memento and talking point – the notes are printed with a philosophical quotation by Albert Einstein, rather than just the promise to "pay the bearer" seen on national currency. In this way, a complementary currency is an opportunity to use words and pictures to remind people of local values at every transaction, and through visitors taking them away, to spread awareness of those values far and wide.

These examples demonstrate that a complementary currency can perform a number of different roles in a community. If required, it can even be set up to crosstrade with neighbouring local currencies, when they are established.

Anyone interested in the concept of Nimbin Dollars as a local complementary currency can follow nimbin dollars on twitter for updates (www.twitter.com/ *nimbindollars*). Further information about complementary currencies is available from many sources online. A good starting point is the E.F. Schumacher society (http://tr.im/DsPk).

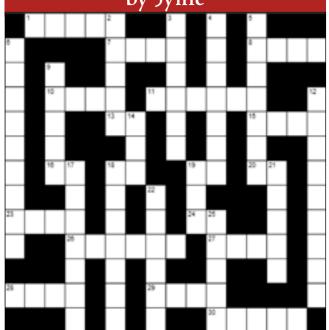
# by Stephen Wright



and that human beings don't really know very much, which is to say that a lot of what we do know, is meaningless. It's not that things can't be known, or shouldn't be, or that we should all live in caves, but that what makes life meaningful is not getting as much of everything as we can get. We know a lot about a lot of very stupid and trivial things, and not much about what it takes to be happy.

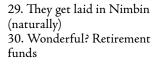
Fukuoka died last year at the age of 95, still lecturing and farming to the end. He thought that the boundary between organic and nonorganic was not as clear as we might think, and that his method of "Do-Nothing" farming was something else entirely. Most contemporary agricultures, he thought, don't produce food from the earth.





## Across

1. Drum used on the backbeat? Rabbit trap 7. Cheap pressed cannabis? Detergent 8. Extremities? Objectives 10. Joint (in leg) 11. Electronic reader? Start fire 13. Like this 15. Push along (barrel) or Construct (Joint) 16. 1,000 litres (init.) 18. Makers of Connect4 19. In the guise of 20. Country code for Spain 23. Mint? Horseback ballgame 24. Spielberg's Extraterrestrial 26. Pillar for (London?) artwork 27. Know in the biblical sense? Underground part of tree 28. Have leading role? What planets orbit



## Down

2. 19th letters of the alphabet 3. Joint 4. Small pools of rainwater? 5. Setback? Drive backwards 6. Between bow and stern 9. Mammal (or weed) with pungent smell 12. He dreams of turning lead into gold 14. Sphere 17. Spotted cat 18. Keep under surveillance? Screen 19. Alcoholic drink brewed from malted barley 21. Criticise? Old-school writing surface 22. Make fast? Restraining cord 25. Supporting structure? Prepare fowl for cooking

Solution Page 23



# Reviews from the Crypt West Side Story (1961)

Whatever happened to West Side Story?

The original soundtrack to the groundbreaking film has been worked over several times. I particularly recall the terrifyingly bad version featuring Kiri Te Kanawa. What is it about classicallytrained singers that makes them think they can do jazz or Broadway?

WSS is almost 50 years old and it still looks fresh and more topical than ever. With its narrative of inner city gang warfare (imagine two groups of Lane Boys at war, one lot being black say, or Middle Eastern) and urban dispossession, Stephen Sondheim's sharp lyrics, like an early Ian Dury, cut right to the heart of the racism which has dominated America's cities.

The witty and ironic "America" in which the Puerto Rican girls trade barbs with their boyfriends on the shape of life in inner New York City, and the poverty they have left behind, is a treat.

Likewise the very funny "Officer Krupke" where the 'distoibed' white boys comment on the patronising attitudes of social workers and their inane pathologising of misbehaving adolescents.

WSS was Romeo and Juliet revisited – Baz



owed as much to WSS as to Shakespeare - and like R&J we get an ambivalent ending, with a death – in this case, murder – that makes both gangs realise that what they have in common is greater than what divides them. For the USA, a moral like this is very nearly socialism, and in 1961 it must have been exceedingly in-your-face.

Leonard Bernstein's music – which he probably never bettered - is the perfect foil for Sondheim's lyrics, and gave a transformative charge to Jerome Robbins legendary choreography. With America's 1950's newspapers full of stories of Teenage Delinquents and gang warfare - this was when the concept of the "teenager" was invented - WSS arrived at the right moment, musically and socially to put a big

## Masanobu Fukuoka The One-Straw Revolution (1978)

Forget Permaculture. Forget cow-horn secret recipes. This is the book where it all started, a book that still makes radical sense that had the philosophical chops that Bill Mollison could only have wished for.

**One-Straw Revolution** is the story of Masanobu Fukuoka's attempt to inhabit post-war Japan in a completely different way from everyone else. He wanted to find the "methodless method", and in doing so rewrote the rulebooks on contemporary agricultures, both organic and non-organic, As they say about O-SR, if you go looking in it for philosophy, you'll find plenty of advice on growing fruit and veg, and if you go looking for advice on fruit and veg, you'll find lots of philosophy.

Fukuoka devised what he called 'Do-Nothing' farming. "How about not doing this? How about not doing that?" he writes, before concluding, "When you get right down to it, there are few agricultural practices that are really necessary." In post-war super-industrial Japan this was more than heresy. It was madness. Fukuoka worked from the premises

Luhrman's film of R&J

stamp on American culture. | that plants want to grow,

They produce it from oil.



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# Rock Rock Rock with Nimbin Bushwalkers



**7**es folks we live in a rocky, rocky region with many types of rock of all shapes and sizes, though that doesn't stop us going looking for more in farflung places, like Bald Rock last month. This month is no exception and all three walks have involved rocky wonderlands.

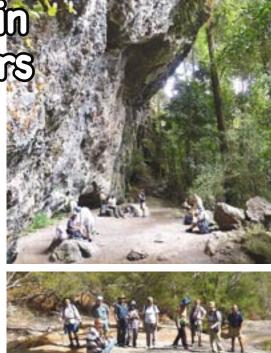
This is in no small part due to our rich leader resources, including our own "Rockefeller", David Holston, who led 11 members on our October 10th walk up the steep slopes of Mt Nullum. We were not summitting that day as originally promised, because our proposed leader had fallen sick. Instead we explored a nameless, but beautiful creek with a great variety of rocks, including fine-crystalline granite!

Very interesting given all the coarse-crystalline granite we'd walked over at Bald Rock, and giving the



n Tuesday 20th October, our President Michael Smith (he of the Nimbin GoodTimes nature column, bushwalk book and maps) led a small select group of us out to Byrrill Creek in Mebbin N.P where, for the first time ever, I saw a Maiden's





Blush (Sloanea australis) in glorious full bloom, before we descended through rainforest past two gigantic fig trees fused in harmony by their roots to the creek, which had water in it and a fine and varied selection of rocks.

Retracing our footsteps, it was back to the vehicles and onto the rocky roads to Brummies Lookout. It is a short, but moderately steep rocky walk, initially through rainforest with tumbled piles of sharp rocks (wonder how they formed?) then out into space onto a rocky ridge clothed with Grass Trees, with a huge blue sky above, the great mass of Mount Warning to our left, the Border Ranges and Pinnacle to our right and, just before the lookout, 600m above sea level, an Illawarra Flame in

full burn. Spectacular views of Mt Warning, only 4km away, it is an unforgettable place with the vegetation looking quite healthy, despite the recent drought.

n Sunday 25th October, 14 of us, including 4 new faces, met up with David Holston at Byangum Bridge before he led our small car convoy through the raw Macmansion suburban maze west of Murwillumbah onto the road to Chillingham and thence the tick gate at the top of the Numinbah Valley where we parked.

Suburban maze apart, I'd driven this route many times, so it was a luxury to be a passenger and really see and enjoy the scenery. Off we went, up the ridge beside the Border Fence, with rainforest remnants on our left and extensive views into the Numinbah Valley and to the Springbrook escarpment on our right.

The track will actually take one right up to the Border track at Binna Burra - if one is fit enough and has the time, but we only went as far as a huge overhang under Mt Wagawn, hidden in the rainforest - The Bushrangers Cave - where we had lunch. An awe-inspiring place, the lower rock walls consisting largely of masses of rounded boulders expelled in the eruptions of the ancient Mount Warning, compressed and fused together by heat and pressures of later layers laid down above them, and then eroded to give spectacular overhangs. Not the sort of place to be in when the dance of the tectonic plates shakes the place about. We explored a little further to where the track ascends steeply up a gully rich in

## November Walks Program

Sunday 8th November A.G.M, picnic lunch and walk at Protesters Falls, Terania Creek

Leaders Michael Smith (6689-9291) and Len Martin (6689-0254).

AGM from 10.45am to noon (approx) followed by lunch and a Grade 2 saunter to the falls and back. The intrepid may wish to explore further grades of walk should the weather be clement.

Meet 9.30am Nimbin carpark or Protesters Falls 10.30am. Bring food, water and enthusiam for the future of the club.

## *Tuesday 17th November* Dirrawong Reserve and Gummi Garra, Evans Head Leader Michael Smith (6689-9291).

Dirrawong, Grade 3 1.5 hr. Scrubby coastal heathland, sea caves, rocky headlands, beach walking, swimming a possibility. Gummi Garra, Grade 1 1.5 hr, wildflowers, rainforest, heathland, birds, wildlife, river views, aboriginal midden and campsite.

Meet 9.30am Nimbin carpark; 9.45am Goolmangar Store: 11am at Razorback Lookout, Evans Head, next to the radio base, on Ocean Drive near the intersection with Wirraway Avenue. Bring lunch and water.

convenient roots to assist one's climb, before returning downhill to the cars, stopping briefly to admire a view of Mt Warning with Blue Knob and Sphinx Rock behind. From the lower track on the open ridge, one can make out the

Saturday/Sunday 28/29th November

Xmas Camp at Bells Bay, Toonumbar Dam (31 km west of Kyogle on sealed and gravel roads)

Leader Don Durrant (6633-3138, at night). A camp for various activities, including swimming, walking or just sitting around. Bells Bay Camp Ground is secluded in magnificent forest - there is a small fee. Facilities include shelter sheds, toilets, rainwater tanks, barbecues, jetty and boat ramp

Those with canoes etc., can bring them for swanning around on the water. Dam is stocked with Australian Bass and East Coast Cod, so those who wish to fish can do so.

For dedicated walkers we offer walks at: Bells Bay, Grade 1 21/2-3 hr - from Bells Bay beside the water to dam spillway and back. A very easy, quiet walk; a short drive to Eden Creek Falls, Grade 3 pleasant walk on tracks, 3 sets of falls.

Meet 9am Nimbin car park, 10am Afterlee School to meet leader and drive in convoy to camp site. Bring camping gear, food, water, and the optional extras. The intrepid may wish to find their way there before Saturday and/or stay on after Sunday.

route of the track up - it curls up to the west to a steep open ridge on Mt Wagawn.

Somehow, I have the feeling that, at my age, I am unlikely to tackle the full ascent - but it was great to see it and do some of it, thanks to David.

## Nimbin Community Centre Inc. 2008/2009 Annual Report

## by Dick Hopkins - President

The Nimbin Community Centre Inc. (NCCI) coordinates and manages the Community Centre.

The Management Committee meets once every month to deal with plans, budgets and other issues affecting the Community Centre and its tenants. Marcus Mantscheff is employed as Centre Co-ordinator and Groundsman and Sam Herren is employed as Site Maintenance Manager.

In order to maintain the Centre for the Community, regular maintenance and safety inspections have been performed. This has led to continued drainage remediation works, replacement of the rainwater tank, tree pruning and removal, a stone retaining wall

and mapping of underground services upgraded. Other improvements include an NCCI historical sign installed and a site map completed ready to be installed. In March 09 the NCCI, in conjunction with the Nimbin Chamber of Commerce and Lismore City Council, held a community forum to discuss 'Appropriate Community Consultation', to explore strategies to facilitate more effective Council engagement with the Nimbin community. I am not sure if the LCC took enough notice, as there seem

to still be communication problems. On the financial front, our 'Ethical Investments' did not fare well in the global financial 'meltdown' and we are looking to reinvest funds elsewhere. A \$1000 contribution was made to the

rental income still allows us to generally maintain a balanced budget with some drain on reserves to fund extra maintenance and improvement projects.

The title transfer for the Community Centre finally took place in July with LCC still holding the title on Peace Park for another 12 months from that date. This led to various meetings with LCC staff to determine the future of the SK8 Park. Council decided that the steel skate ramps would never meet the noise level requirements and they would not approve a DA for completion of sound mitigation works. Crossed fingers for the construction of a concrete skate park for Nimbin kids.

The AGM will be held in conjunction with a special meeting on the future of Peace Park, at Nimbin

constructed east of the Day Čare Centre Nimbin Walking Track project. Our Town Hall at 6pm, Thursday 26th November.



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# Making good use of the Green



Nimbin Bowling Club's social bowls programme on Sundays has become so crowded, that they've started up another one on Saturday afternoons (pictured). Catering for the more serious bowlers, they play a 2-4-2 game in uniform, and are attracting bowlers from other clubs, keen on the competition. Friday night twilight bowls is also on during November, starting from 5pm, but don't delay – at the end of November the badly worn green will be out of action until January for renovation.

## The Girth of a Nation

## by David Hoffmann

*J*ith the continuing expansion of the Australian waist, when are we going to stop and take control of this health crisis or are we going to allow the obesity food chain to roll on?

In Australia in 2003 we had 21.7% of the population classified as obese, and were ranked number 7 on the world list of populations with the highest levels of obesity. Some experts make

reference to the fact that a majority of our food is quite high in calories, but has very little actual nutrient value. What this really means is we are getting lots of energy into the body but without essential vitamins and minerals that repair and keep our body functioning efficiently.

But organisations who produce these foods don't twist our arm and force feed us with this stuff, no matter how good their advertising is. We still make the conscious choice to purchase the food.

When we go shopping or eat out we make a choice to consume food or drinks that are going to help or hinder our health. Often those choices are based on what is easiest (and cheapest) to do at the time. Convenience is killing us.

The cost of food is often cited by many people on a budget as a limiting factor in purchasing items that are healthier for us. One example where I have found that contradictory is



children's school lunches. A friend of mine was telling me about the money issue and justifying the purchase of large bags of bulk snack chips for her kids. Even though she only had two children who would consume between them 10 packets of these snacks each school week, she continued to purchase weekly a bag containing 24 packets of chips at a varying price between \$6 and \$8 dollars. The extra 14 packets were consumed by all family members during the weekend. However I demonstrated to her that she could purchase for the same amount a range of in-season fruit. I am aware that prices vary but for the sake of a dollar or two what is the long term price you or your children are going to pay choosing chips over fruit?

And what about doing more exercise? We are blaming lack of time on not doing physical exercise but statistics show we find time for television, computer games and the

People spend an average of 20 hours per week watching television, which is based predominantly on news, children's programs and various sports. (Source: OzTAM Metro, People 0+ Viewing/Demo, Average Weeks 1-48, 2001-2007, 2am-2am)

Another survey found that people aged over 16 spent an average of 16.1 hours on the internet each week, 12.9 hours watching TV, 8.8 hours listening to the radio, 3.7 hours on a mobile phone and 2.8 hours reading newspapers (Source: The Neilson Online Internet and Technology Report).

Again we blame media influences for us not wanting to turn those tools off but really whose choice is it? If we spent 45 minutes less on each of these activities and transfer it to an exercise routine, we would increase the amount of exercise we do and reduce the amount of sedentary hours in our week.

A very smart man said to me once "The best years of your life are the ones in which you decide your problems are your own. You stop blaming them on your mother, the ecology or the Prime Minister. You realise that you control your destiny." As a whole we need to look at these influences ourselves, not look at others to either blame or make our problems

go away. How can we use those habits that we have at the moment and turn them into



## **Mt Tamborine Visit**

October was a busy month for many garden club members and friends. First, about 30 members and friends descended on Mt Tamborine to enjoy their annual open gardens festival. In the course of the day, five quite different private gardens were visited, as well as the local botanic garden.

For most it was interesting to catch up with gardens containing temperate climate local and introduced species not often seen around Nimbin, in combination with some of the sub-tropical rainforest species we are more familiar with.

Although we were following a busy program with much to fit in, driver Jim (on his last Nimbin bus run) did a great job in keeping us on schedule, safely delivering us to where we needed to be and greatly contributing a great day out.

## **Bush Foods**

Rates

A few weeks later the monthly meeting held at chez Schilling, attracted a near record crowd of over 40 members and friends to hear a talk by local bush foods guru Peter Hardwick.

Peter did not disappoint, and brought with him many samples for all to examine and taste: lemon, aniseed and cinnamon myrtles, Davidson plum pickle, plum pine, mountain pepper, finger limes (of course), coolamon fruit etc etc. Peter also shared with us his excellent recipe for a rum-



based liqueur using aniseed myrtle leaves – unfortunately it needs to be left for six months and will not be ready for this Christmas.

Peter's presentation was also particularly interesting when he talked about his experiences in adapting both western and aboriginal methods, including paste making and fermentation, for processing bush foods from their unpalatable raw state to tasty products acceptable at the finest culinary table.

All present had a most enjoyable time sampling some of Peter's prepared foods. Many thanks Peter for your generosity, and please let us know when you publish your book - it will be a sensation.

## **Christmas Lunch**

The final club gathering for the year will be a fabulous lunch (BYO stimulants) at the Blue Knob Hall and Art Gallery on Saturday 21st November. Members wishing to find out more information, or to book for the lunch, should contact Hendrik DeVries asap on 6689-1233.

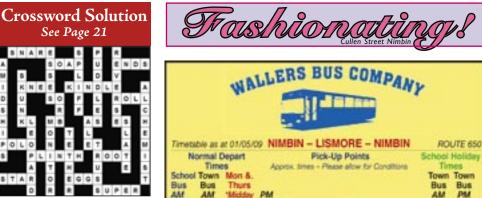
#### 2010

The first meeting for next year will be held on the 3rd Saturday in February. Details will be published closer to the time.

PS. Great bit of rain in late October hope there's more to come.

Have a happy and safe summer.





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# **Catching Kingies**



by Pixie, Fishing Reporter

The Nimbin Heads Fishing Team had one outing this month, with seven members making the trip down to Wooli, with the idea of chasing some big, hard, fighting kingfish. On board were Pix, Dooee, Ian, Mazza, Zac, Kev and Mick, with the idea of jigging, live baiting, bottom bouncing and throwing soft plastics to cover all bases, now it was just up to finding some fish. With the seas around one metre and the winds blowing 15 to 20 knots, the boat was jiggling around all morning – just enough, to make fishing uncomfortable.

The guys all agreed to put \$10 into the pool again for the best fish of the day and when Dooee landed the first kingfish of the day, he was claiming to be in the lead with only one fish on board. His 3kg kingie soon got topped with Pix landing a 5kg kingie and Ian with a 5.5 kg kingie. But the fish were scarce and after four hours, we still only had six fish.

So a few more moves and a couple more reefs, we found a couple of snapper with a few predator fish around the school. We all



Another day at the office. (left): Zac with a 7kg kingfish and Pix with an 11kg kingfish, (above): lan with a 4kg amberjack.

started catching fish so it was more exciting with a few pan-sized snapper and a lot of small kingfish or 'rats' as they're called. With kingfish being 65 centimetres to be legal, a 60 centimetre 'rat' puts up a great fight and just adds up to more fun and then returned back to the ocean.

Zac was throwing different soft plastics and getting plenty of hookups, but nothing of any great size. Then Mazza and Zac landed a 5kg kingie on jigs and Mick a 4 kg kingie while bottom bouncing and Ian a 4kg amberjack, bottom bouncing also. We were still waiting for Kev to catch a legal size fish, and the day was nearly over. Then Zac jigged up a 7 kg kingfish and was looking real good at taking the pool, until your humble fishing reporter hooked on to the fight of the day with an 11kg kingfish, while bottom bouncing with a yellowtail fillet on a 4-0 snapper hook and took the pool with the last fish to come on board for the day.

The excitement was almost over and a great day was had by all, as always. Fishing comes first. Tight lines guys and for those interested it's only 182 sleeps to go until our sixteen days on Fraser Island.

# Pink Ribbon Breakfast Day

## by Pam Bourne

Pretty in Pink, they took to the Nimbin Bowlo green for the Pink Ribbon Breakfast on 25th October. It was a highly successful day with at least 150 people attending.



Many were in family groups, including the guest speaker, Lismore surgeon Dr Rob Symons, who brought his mother, his mother's sister, and his uncle, grandmother and 4-year old son Thomas.

Rob reported that since the foundation was formed in the last 20 years, research into breast cancer has progressed and more lives are being saved. Notwithstanding the fact that if you have had breast cancer, there is nothing to say it won't come back. He told of one of his patients who had had a repeat of breast cancer five times. Breast screening is now offered to women as young

as 40 years of age. Rob encouraged young women to take that up because the earlier your tumour is detected, the more opportunity you have to take the path towards recovery and overcome the trauma. He described the journey of treatment of breast cancer, explaining it does not have to be something that "can take you out."

Ladies Bowls committee event organiser Maria DeRighetti said she was introduced to Rob three years ago, after being diagnosed with breast cancer.



"He was the surgeon I was referred to. He has been practising in our area for just over ten years, at the medical centre out of St Vincents Hospital. He was the person who gave me the opportunity to go through what every woman describes as their own personal journey. "The importance of Rob

in my life was that he gave me the opportunity to take my first step through that journey, down that road to recovery and remission, which I am now in. He removed my tumour. Without him, I wouldn't have had the opportunity to be where I am today, three years later actually supporting the disease that I have suffered," Maria said.

October is breast cancer month. Pink Ribbon events are held specifically for breast cancer awareness, the funds going directly to the continuing research for the prevention and cure of breast cancer. The event at the Bowlo raised in excess of \$2,100, with money still coming in, and helped in no small way to raise awareness.

Maria said, "Don't ever say, 'It won't happen to me.' Learn the self-examination techniques, and take every opportunity to have yourself checked out."







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