

The knowledge of our spiritual roots

Sahaja Yoga is a type of meditation that causes an evolution of human awareness or an inner awakening. It was created by Shri Mataji Nirmala Devi in 1970 and has since spread around the world.

The meditation technique was recently featured on Sunrise (Channel 7) and it has been the subject of numerous university research initiatives – positive health benefits of Sahaja meditation have been reported in, for instance, the Journal of Evidence-Based Complementary Alternative Medicine, Thorax and Acta Neuropsychiatrica.

This inner awakening is known by many names including Self Realisation, Second Birth, Enlightenment, Liberation, Moksha, Satori, and it is the ultimate objective of most religions and spiritual traditions.

The knowledge of Self Realization is ancient and was previously very difficult to achieve, being secretly transmitted from guru to disciple.

In modern times, however, through Sahaja (spontaneous) Yoga (union with one's self), this experience has become effortless and available to everyone.

The advent of Sahaja Yoga was described in many of the world's spiritual traditions and religions. Unfortunately, in modern times, some seekers of Truth have been deluded by false, self-proclaimed 'gurus' who are either money or power-oriented, but not Spirit-oriented.

Through the practice of Sahaja Yoga, our awareness gains a new dimension



where absolute Truth can be felt tangibly – on our central nervous system. As a result of this happening, our spiritual ascent takes place effortlessly and physical, mental and emotional balance is achieved as a byproduct.

In meditation, we realise that we are not this body, mind, ego, conditionings, emotions or intellect, but something of an eternal nature, which is always residing in our heart in a pure, undisturbed state – the Self or Spirit. The Spirit is the source of true knowledge, peace and joy.

Self Realisation is the actualisation of this connection with our Spirit, which as Shri Mataji explains, is the birthright of every human being, and "it is important for everyone to have that knowledge of the roots within ourselves. Sahaja Yoga allows the individual to become his own Spiritual Guide."

Free meditation classes are scheduled as follows:
Pottsville - 10.30-11.30am at the Pottsville Neighbourhood Centre on Saturday 29th September and 6th October.
Uki, 2-3pm at Uki Public Hall, Saturday 29th September and 6th October;
Nimbin - 10–11.30am at Nimbin Community Centre on Sunday 30th September and 7th October;
Murwillumbah - 2–3.30pm at the Red Cross Hall in Knox Park on Sunday 30th September and 7th October. For further information please call 0416-156-652 or visit: www.freemeditation.com.au

Music for the Soul

Christine Morrison (pictured) is a unique Australian musician, sound healer, composer and teacher. She composes music specifically to soothe the soul, gifting her classical piano training and angelic voice to restore harmony, balance and energy.

Having earned a Bachelor of Education and A.Mus.A (Piano), Christine's life changed forever in 1996 when she was diagnosed with chronic fatigue. She was guided to work with sound and colour, and found that composing music played an enormous part in her recovery. She quickly discovered that other people responded deeply to her music, enjoying the same benefits of healing, relaxation, and discovery of their own untapped potential that she herself had experienced.

Today Christine travels across Australia and Japan, conducting workshops, retreats,

individual sessions and concerts. Through the universal languages of sound, music and colour, she guides people to know and befriend their own hearts, always with great gentleness and compassion.

Her guiding passion is the joy of supporting other people to make the changes they need to connect deeply with the wisdom of their souls and hearts. Christine is visiting the Gynea Eco Retreat and Spa in Uki from 15th to 20th September to offer her Soul Musicality Certificate of Sound and Music Healing.

This course provides a gentle yet powerful healing journey of the soul through Sound, colour and music. No musical experience or knowledge necessary just a yearning to connect with one's heart and soul and live the life you were born to live.



For more information please visit www.christinemorrison.com or www.soulmusicality.com Contact Christine on 0408-181-208 or email: christine@christinemorris.com

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NIMBIN ORGANICS

A year at the Bush Theatre

by Daniel Soler and Belinda Marsh

The old Cullen Bridge, witness to the history of the Bush Theatre, is still standing despite many floods and threats of demolition; and so are we, still operating the cinema and the cafe.

It is amazing that a year and a bit has passed since we (re-) opened the doors of the Bush Theatre on July 16, 2011. Amidst the encouragements and the cheers of some, and the warnings of terrible things to come by others, we decided to give it a go and have invested our time and money at reviving, arguably, Nimbin's most famous icon, the Nimbin Bush Theatre.

It has not been an easy road, but without the help of a small nucleus of people who came out of the woodwork to dedicate their time to us, free and under no obligation, we would not still be operating. These people believed in us and never ceased to express words of encouragement and faith in us. Generally our hard work at reviving the old BT was well-received, and many of you have had the opportunity to enjoy not only the movies but also the traditional apple crumble and sticky date pudding (our gracious landlady happily passed the recipe onto

Belinda while swearing her to secrecy). Two winters have come, and the second one is still going. Despite the warning from a handful of people, including our landlady, we did not really know what to expect. It is true that Nimbin people hibernate – even a few film nights had to be cancelled due to lack of patrons. The problem is that we still have to pay the bills, especially to the distributors, and some of them are heartless.

As far as films are concerned, we have been politely criticised and also praised. It is not easy for a small independent cinema to operate and survive in a multiplex world. Because we are small, our choice and availability of films is limited; nevertheless we are proud at our resolve to bring you some of the best foreign films that we can access, and whenever possible we do get films without subtitles (in English). Sadly, Australian films are the hardest films to get, especially if they are distributed by Roadshow. There are many reasons for the difficulties of access and I don't intend to bore you with it.

The magnificent old theatre is also a venue for all sorts of celebrations. We have had several fundraising events, including one for Peter



Pedals, birthday parties, fashion show, art show, flea market, open mic and many others... even a wake, which gathered a great number of people. Last but not least, the gigs (as we love to call them) – some were successful, others disappointing. The most successful gig surprisingly was the Japanese band Dachambo. They had such a good time, they expressed a desire to come back and perform at the BT sometime later this year.

It took nine months of discussions, plans, drafting, telephoning etc. until our alcohol license was finally granted. That has added another dimension to the business. The woodfired pizza oven, although dormant during winter, is firing again and a winner with the discerning locals. While writing this, the regular Wednesday Women's Group and the artists' drawing class are mingling on the BT outdoors cafe, some are playing guitar and uke, others sitting on the grass weaving and drinking coffee; a nice breeze is caressing the buntings. It is a beautiful day.

Bush Theatre screen previews

Reviewed by Belinda Marsh

With spring twirling her lovely tendrils of warmth around us, it's time for our spring opening hours to be announced! As of next week, we'll be open 10am to 4pm Wednesdays and Thursdays, and 10am to Late on Fridays and Saturdays. Come join us at our licensed cafe next to the river for cakes, coffee and lunch! It's totally delightful. The woodfired pizza oven will be up and running, ready for your order, with Daniel at the oven door from 6pm.

CHINESE TAKEAWAY

Friday 7th / Saturday 8th at 7.30pm \$10
Chinese Takeaway is a comedy which follows the relationship between a reclusive Spanish hardware store owner and a Chinese Immigrant who are thrown together by an absurd twist of fate. Rated M. Spanish with English subtitles.



WUNDERKINDER

Friday 14th / Saturday 15th at 7.30pm \$10
Set in 1941 during World War II in the Ukraine, Wunderkinder tells the story of three exceptionally talented children who have to learn to use their musical skill, their undying friendship and all their courage to survive in

the face of a grown up world gone mad. Rated PG. German with English subtitles.



BERNIE

Friday 21st / Saturday 22nd at 7.30pm \$10
Stars Jack Black, Shirley MacLaine and Matthew McConaughey. Bernie, an assistant funeral director, is a well-loved man by all the townspeople of Carthage, Texas. He befriends Marjorie, the nastiest woman in town. When it is discovered that she has been dead for months, Bernie is accused of murder, but the whole town is on his side. Based on a true story, the film has cameos from residents of Carthage. Hilarious! Rated M.



MONSIEUR LAZHAR

Friday 28th / Saturday 29th at 7.30pm \$10
Monsieur Lazhar is a profoundly moving story about a group of young schoolchildren coming to terms with the adult world before their time, and the inspirational teacher who transforms their lives. Rated PG. French with English subtitles.



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A Call to Arms on Mining

Review by Christine Russell

Sharyn Munro's book *Rich Land, Wasteland* details the ruthless pillaging by mining companies, the unhealthy alliance between government and King Coal, and the destruction of people's lives. Munro shows how every confrontation between mining companies and landholders is heavily weighted in favour of mining. Wendy Bowman had a dairy at Camberwell in the Hunter Valley. Costain had a mine near her dairy. A review panel said that lead, dust and noise were within safe limits; even though the milk on that dairy was rejected because lead content was too high. Cattle were dying from cestrum, a noxious weed out of control and spreading from land owned by the mining company. Never underestimate the ruthless nature of mining companies. They came to Wendy's door with no warning and said they were taking her farm. Wendy was on her own, the cattle were dying not only from cestrum, but because the water



from the mining company was too saline for the lucerne. The cows had no pasture. She had to dry off half her herd. She was now borrowing money to keep the farm open. The mine only agreed to buy her farm if she kept the dairy going to prove mining and dairying could co-exist. She received no compensation for going broke, for losing her livelihood. She moved to a whiteant ridden house called Rosedale, which the mining companies then wanted because they have a mine underneath it. Wendy did not sell her house to them and the Planning Assessment Commission rejected the mine. But the fight goes on and the mining company will appeal. Sharyn Munro will speak at Nimbin's Birth & Beyond on Monday 17th September at 6pm.

Talking Tea

by Rebecca Ryall of Tea Medica

The coming of spring is a wondrous thing. So I'm musing as I sit on an old fencepost seat in the chaos of my garden on a late winter's day. Cradled in my hand is a steaming cup of nettle and angelica tea, as I've been feeling quite run down lately – in need of a good tonic. Through the fragrant haze of my steaming tea, I'm opening up to the unfurling occurring around me. The very leaves of the trees seem to arch and stretch out in the clear, achingly blue sky, to bask in the enveloping warmth of the midday sun. I smile to remember that I remember this every year – yes, it's great to be alive to watch the turn of another season. It's life affirming to remember that change is a constant in this life, and to remember that change can also be graceful, warm. We have so much to learn from the simplicity of nature; this ability of the earth to adapt and to



change with the shifting fortunes presented. Each little leaf or bug must learn to take advantage of good conditions when they are presented, and to shore themselves up against those times when the outlook is not so good. An aspiration for uncomplaining acceptance of the shifting cycles of life – this is what I find in the garden this day. Dancing on the main street with the Nimbin drummers this night, whirling amongst hula hoopers, running children, self-styled shamans and the quietly curious, I'm appreciating the diversity of this biosystem I call home. I'm intrigued by the group dynamics on show – the elusive energetic milieu of the place that comes together

so effortlessly to produce such an outstanding event. The music, too, displays a wonderful complexity. It's fascinating to acknowledge the many different threads weaving together to create this symphony. Each individual drummer, didge player, tambourine and bell bearer, the flute and clap stick players, all come together to create a community of sound. Each of them plays a vital role in building the structure, and holding it together, as we, the dancers, explore this aural playground they have created. Life throws up so many opportunities for self-reflection, so many different lenses through which to view the experiences we find along the way. I may not find the answers I was looking for in the garden this day, or on the street this night, but these brief hours of warmth and celebration have renewed my vigour for the work I must do, for the journeying yet to come, and reminded me to enjoy my moments in the sun, just as I must poke and prod for the warmth within when outside all is dark and cold.

Spring growth and back and limb pain

by Tonia Haynes Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranik Healer, Advanced Cell Ectrology Kinesiology

Already we have had four weeks of glorious sunshine and then a blast of rain to refill the water tanks. Some might say "So what! Now I have to mow the lawn and whippersnip the grass, as well as chop wood for the fire." This is true and there is nothing that loves limb and back pain as much as mowing lawns, whippersnipping and chopping wood. While you lie on an exp ensive push button bed that moulds itself to nurture your particular body issues, the mower, whippersnapper and axe are sniggering in the shed. The axe, although a teetotaler, nevertheless still feels part of the team as the mower and whippersnapper drain their first can of oil after a hard day on the grass. "Call us tools to be used and abused." The whippersnipper (who has never been able to hold more than half a can of oil, without looking foolish) hiccoughs drunkenly, as it leans against the wall. "We'll show 'em what tools can do. I bet they're feeling a lot more respect for the effect we have on them, right now. I bet their backs and shoulders are as sore as hell and serves em right, I say. No respect deserves no respect." The axe giggles with malicious delight at the memory of the painful grunt that ensued from its owner, when on the downward stroke the axe threw its head slightly to the left and the blade whacked the concrete wall. The chip on its edge was worth the effort, particularly because tomorrow,

the owner would need to spend an inordinate amount of time resharpener the blade, so as to chop wood for tomorrow night's fire. The mower rattles its blades in agreement, while it smugly observes the worn out sparkplug it has been doing its best to break for a couple of weeks. It knows there is not another sparkplug of that particular type on the property. They will have to go to town to get a new one before they get anymore work out of me, it thinks happily. Oh yes. The insidious revolution of tools against humans is going very well and summer is still to come. There is an old Buddhist parable about the disciple whose job is to chop wood and carry water. "Master, when I am enlightened, what will I be doing?" he asks wearily. "Why, you will be chopping wood and carrying water, of course," the Master replies. If that is the case, by the end of this summer our halos should be bright enough to cancel at least half of next winter's sadly expected, exorbitant electricity bill. For those of you who are battling body pain in order to cope with the added rigors of spring, here is a little exercise. Place the palm of one hand over the hip bone on the same side and then lower it down about 4 cm. Hold the palm in this position and lift the other arm straight above your head. If you concentrate on feeling beneath the hand which is pressed just below your hipbone, you will feel the muscles under that hand move as you lift the opposite arm. This is because, contrary to the belief of therapists who only treat back, hip,

shoulder, arm and neck problems at their seeming locality, the body works as one unit. As we lift our arm the spine moves, which in turn causes the muscles in the neck, upper and lower back, hips and legs to move as well. If one has suffered with neck, back, shoulder or hip problems for some time and one lifts an arm, it is always fighting to stretch and flex against muscles and bones in another part of the body which are stiff and compromised. For this reason, those who come to me for any type of back, neck or limb problem are treated holistically. The first thing I do is attempt to ascertain where the problem originally stems from. Often it stems from the lower or upper back, or the neck. Sometimes, shoulder problems have to do with the attitude of carrying a heavy life and people quite often make positive, life changing decisions after my treatments, because Bowen Therapy is only part of what I do. It is amazing how much better the mind works, when the body is once again tuned to good health. It is possible to turn the despairing groans of sore, neglected muscles and bones into the hum of a well tuned motor that will make those tools in the shed quiver with terror. It just takes a little time and how much time it takes depends on how well we want to feel. I am in clinic in Nimbin Tuesdays and Saturdays. Phone for an appointment on 6689-0240 or mobile 0439 794420.





Cook's Corner

with Carolyne

Nectarine Frangipane Tart

After buying two frangipane tart tins, I was very excited to experiment and this is the result. This and other flavors will be available in our new coffee shop. Enjoy.

Ingredients

- Pastry
 - 250g flour
 - 1 tblspn icing sugar
 - 130g butter
 - 2-3 tspns iced water
- Frangipane
 - 150g butter
 - 150g caster sugar
 - 2 eggs
 - 150g almond meal
 - 1 tblspn plain flour
 - 1 large nectarine

Method

Pastry: Place flour, icing sugar and butter in the bowl of a food processor, process until the mixture resembles fine breadcrumbs. Add iced water and process until mixture just comes together. Place in the fridge for 20 minutes to rest. Roll pastry out to fit a 12x30cm loose-bottom tart tin. Line tart with baking paper and fill with uncooked rice or pastry weights and bake for 8 minutes, then remove the



paper and weights and bake for a further 3 minutes. Set aside for 30 minutes to cool.

Frangipane: Use an electric mixer to beat butter and caster sugar until pale and creamy. Add eggs and beat until just combined. Add almond meal and plain flour and stir with a wooden spoon to combine. Spoon mixture into the prepared pastry case and use the back of a spoon to smooth the surface. Slice the nectarine and arrange over the frangipane. Sprinkle with caster sugar. Bake for 25 minutes or until set and golden brown. Serve with vanilla ice cream.

'Til next month, love,
Carolyne
For information, phone Carolyne at the Coffee House Nimbin, 6689-0590.

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Wearing the fabric of beauty, harmony and love

by Granny Breath Weaver

Again the Age of Light is upon our solar system, and soon Earth Mother will be in the Photon Band.

Past records show that each time our solar system goes into the Photon Band of light, major changes happen here on Earth Mother. This time seems to coincide with the end of the Mayan Long Count Calendar (our summer solstice, 21st December 2012). At the same time, the Age of Pisces is dying as the new Age of Aquarius is glowing just beneath the horizon.

The Pleides – known as the seven sisters – are the guardians of our time in the Photon Band. The Pleides are the home of the Maya, and a major re-emergence of feminine energy is to be expected during this time.

The Age of Aries brought us warfare and the receding or 'dying' Age of Pisces brought us monotheistic religions and white male supremacist ways, that originate in the 'new' planet Nibiru, where the Nephilium from the Bible comes from. Otherwise known as the Annunaki, these beings brought us 'civilisation', amongst many different teachings.

The Annunaki lusted after Earth women, and decided to incarnate by forcefully using Earth women to produce their future incarnations – their children. Women giving birth to beings that did not resonate with their DNA began the pain during childbirth – some of these children were giants, remember.

This is the beginning of the use of women for pleasure and progeny, and domination and control blossomed and grew into a monster. Against her will, Earth Mother suffered the consequences of this behaviour. She is raped and

pillaged daily to fulfil certain desires of humanity (Hu – from Vedic "mighty").

Today we are living in toxic poisonous pollution of such desires. Against her will, our blessed Earth Mother who art in heaven... She also does not resonate with white male cold-blooded supremacy, and she will vomit this toxic waste upon us and transmute the poison. Evolution waits for no man.

We are all children of Earth and Sky, and together we are one. As a woman, I weep and wail at the ignorance of our technologies – my body shakes and quakes, spews up the vomit and detritus of toxic nuclear waste, my insides churn at the seemingly endless atrocities, and "saltwater flows from my eyes". When I look through this sea of tears into the eyes of our children, I see their eyes are filled with light – the light of promise of a new clear (not nuclear) world.

And so, to honour the process of evolving and to honour what will be reborn – like the mythological Phoenix from the ashes of destruction – we will sit and 'hold ground', right here in the community that we love so much. We will sit and weave together for three days and nights, weaving our web across the sky, right through the Annunaki Net. Entwined together, we will create a new beginning and a new basket – a beautiful basket to carry the produce of today's dreaming for beauty, harmony and love. And remember, small and local is beautiful.

The 2012 Weave and Mend Festival will be held from Friday 5th to Sunday 7th October in the grounds of the Nimbin Community Centre. It will feature continual workshops, singing, dancing, music, campfire, chai tent, good food. For more information, phone 6689-7129.

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ASTRO FORECASTS

BY TINA MEWS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

September



We have entered the earthy and pragmatic realm of Virgo in our yearly cycle around the zodiac. Virgo is the sign most concerned with ordering, sorting and fixing whatever the task is at hand. It is called the sign of service. Individuals with a strong Virgo influence seek perfection, often doubting that anyone can do it as well as they do and might end up doing everything themselves. In medical astrology, Virgo rules digestion. Not only food has to be broken down into smaller parts for the body to be assimilated properly, also our thoughts and emotions need to be integrated. Too much accumulation and not enough elimination lead to trouble and imbalance on every level of human existence. In Virgo we learn about the interconnectedness of body, soul and spirit and the positive effects of proper procedure and ritualistic living.

As already mentioned in previous astro-forecasts, the main stage in the current cosmic drama has been set up by two outer planets, Pluto and Uranus. Their ground-breaking influence has sent many shock waves through our collective and personal lives. The first of seven exact Uranus/Pluto squares took place on June 24, and the next one occurs on September 19. This stressful configuration will remain active until 2015/16, since both planets are slow moving. Alignments between Uranus and Pluto have been associated with times of uneasiness and crisis followed by deep transformational change of the collective psyche. Uranus was discovered in 1781 coinciding historically with the French Revolution and the American War of Independence. Uranus is regarded as the symbolic representation for reform and revolution to bring about a fairer and more humane society. On the other hand, Pluto, as 'Lord of the Underworld', works like a volcano: when the molten lava beneath the surface can no longer be contained, the volcano erupts bringing about a lot of destruction but also the chance for clearing and transforming the unwanted stuff we have subconsciously been hanging onto. Pluto was discovered 1930 coinciding historically with the rise of fascism, the increased exploitation of natural resources but also the development of psychology which is the science of the unconscious as container for our rejected desires and emotions. It is time for a 'spring clean': whatever has lost its purpose – including thoughts, feelings, habits or things – needs to be discarded, decomposed or recycled in the alchemical fires of purification.

The spring equinox on the southern hemisphere or autumn equinox on the northern part of the globe happens on September 23, initiating a potentially very testing last week of the month. The entry of the Sun in Libra will trigger the Uranus/Pluto square exactly on the day before the Full Moon (29-30 Sept). This period might be especially critical for personal and business relationships or alliances. Self-centred activities could aggravate social harmony. Repayments of debts might become an even bigger issue. On a personal level, we are asked to master this path through the dark by recovering and taking on what has been hidden and rejected. Resisting change could be counter-productive. Let's activate our transformational will and aim for reconciliation of apparent opposites into an ever-changing harmonious whole. This is not an easy task and it might require a dance with the 'Shadow' to integrate parts of it.

For Personal Readings, Transits and Life cycles, contact me via e-mail: star-loom@hotmail.com or visit my web page: <http://nimbin-starloom.com.au>

Courses and workshops at Lillifield Community Centre:

Advanced Astrology: 8 Wednesdays: October 17-December 12, 10 am-1pm

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One-day workshop with Leading Australian astrologer Maggie Kerr: 31 October, 9.30 am-4pm

Aries

Mars, the principle of will to act and assertion passes through emotional intense Scorpio until October 7. This could indicate a journey through the 'Underworld' for you especially regarding business and personal relationships. You may have some difficulty being patient with others or even with yourself. Avoid over-reacting especially towards the end of the month.

Taurus

Venus, the principle of love and beauty passes through dramatic Leo until October 3. Make use of this time for being creative. Beautify your home environment, have some fun with your partner, children or friends. However, observe your tendency for wanting to have everything super stable and predictable. The state of "being happy together" entails the occasional conflict.

Gemini

Being caught up in the little things that aren't important consumes energy and stresses other people as well. Try to go deeper than surface level and you will gain in clarity, focus and insight. Appreciate what others have to say instead of pushing your own opinions. Work on self-defeating communication patterns.

Cancer

It is time to tell your story! Use your imaginative powers and change the story line to reach the culmination and conclusion your heart is longing for. However, try to go beyond 'good' or 'bad' and create a new form of wholeness. Remember that our emotions and mental-spiritual attitude to life impact on our well-being and carry the powers of manifestation!

Leo

Venus, the principle of beauty and aesthetic perfection passes through your sun sign until October 3. Your urge for authentic expression could be intensified especially when you allow your mind to expand beyond standard boundaries. A shift in values might be required as part of your evolutionary process.

Virgo

Make use of the energies of the New Moon (16 Sept) for setting your intentions. Unresolved sibling issue(s) might occupy your mind. Find your voice and express what needs to be said while listening to the thoughts and opinion of others. Acceptance of ambiguity eventually leads to wholeness and unity

Libra

You might find yourself in the role of mediating between friends or different groups of people. Having a flexible set of values and an open mind will help with defining what is acceptable and what is not. A new level of harmony occurs when different opinions are brought together, united and blended until they resonate with one another.

Scorpio

Mars, the planet of determination passes through your sun sign until October 7. Your strength of will is best applied when working on projects that require a lot of physical strength and endurance. Be considerate of your fellow humans and avoid over-powering them if they do not share your enthusiasm.

Sagittarius

It is time to reflect upon your accomplishments of the last 9 months. Distinguish between projects that were successful and ideas that have not worked out. Adjust your course of action accordingly. A change of direction might be a possibility. New opportunities arise from collaboration with others.

Capricorn

Having your emotions under control is essential for your journey towards the top of the mountain. You are searching for truths which can stand the test of time, either philosophical or scientific truths or both. You benefit when you keep an open mind. If necessary, adjust the way you approach other people and their issues.

Aquarius

The current celestial energies favour an exploration beneath the surface to address unfinished business from the past. Right now you possess the ability to see the other persons' point of view with compassion and understanding for their motivations. Take on the role of a peacemaker and open the door for creative solutions to enter.

Pisces

The organisational mode of the current Virgo influence might help with solving day-to-day tasks and keeping your feet on the ground. The moment favours cooperation in personal and business relationships. Maintain clear boundaries and be confident about the value of your contribution.

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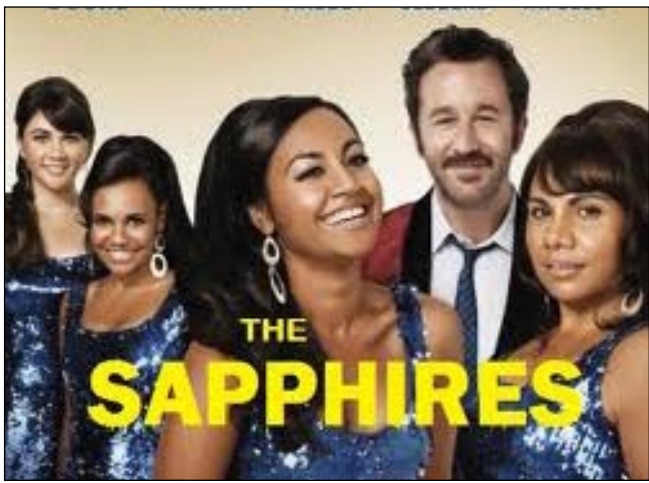
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Film review by Stephen Wright

Nearly everyone in the audience of the screening of *The Sapphires* that I saw was over sixty. It's an unusual demographic for a film, most mainstream films being targeted at the sub-35 year olds. *The Sapphires* is an unusual mainstream film. For starters, when did you last see a film about Aboriginal women? Second, it's a sort of musical. No one actually sings about what they're thinking or about to do next, but the songs that do get sung are often illustrative of what's happening to the characters.

Anyway, *The Sapphires* are four young Aboriginal sisters, (Jessica Mauboy, Deborah Mailman, Sharie Sebbens, Miranda Tapsell) three of whom have grown up on a mission in NSW. The fourth was taken by the authorities as a young child for being too white. The women all are awesome singers and are discovered by an alcoholic and general bum, an Irishman with a love of Soul music, played by Chris O'Dowd. To cut a long story short, the women get a series of gigs entertaining troops in Vietnam in 1968, singing Motown hits.

The Sapphires was originally a stage play, and sometimes feels like it. Bits of it are kind of 'stagey' with sets that look like sets. But there are some great performances, particularly from Deborah Mailman who plays the oldest sister and probably has the most complex role. Chris O'Dowd gives her good support doing the hilarious drunken Irishman thing, and Mauboy, Sebbens and Tapensall are all solid and of course sing insanely well.

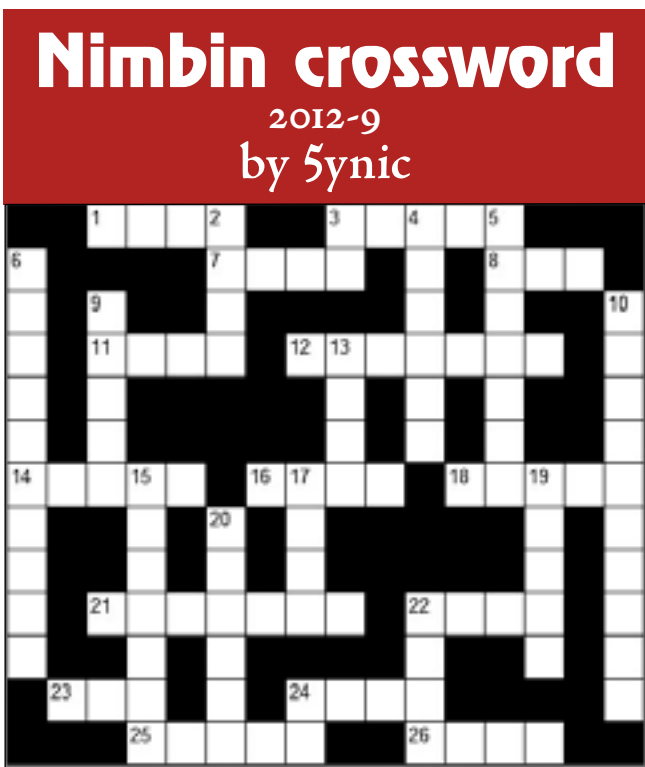
For the first half of the film, *The Sapphires* looks as though it's going to deal with Australia's history of endemic racism, by locating it in mean whites who live in small towns. It's only in the latter half of the film that it nails the Stolen Generations as a central issue for Aboriginal Australia.

Still, despite its occasional clunkiness, *The Sapphires* is a pretty cool mainstream film and has had a good reception at the box office, and apparently went gangbusters at Cannes. There have been a lot of great films about Aboriginal people and issues made in the past few years

(*Ten Canoes*, *Bran Nue Dae*, *Samson and Delilah*) and they have all been of the best of what the Oz film industry offers. If *The Sapphires* keep getting the breaks, one could imagine that it would do well in Hollywood. It's got all the mainstream things Hollywood loves – love story, dreams of stardom, happy ending – and gets to have its cake and eat it too by hanging its hat on the central Australian issue of the 20th Century, the Stolen Generations.

The day I went to the cinema, I had a choice of *The Sapphires*, *The Bourne Legacy*, *Hope Rises*, *The Expendables* and *Total Recall*. It was no contest really. I imagine that *The Sapphires* will last a lot longer than its competitors on the day, which are when you come down to it, schlock.

Sub Editor's note. On the day I went to see *The Sapphires* I also saw *Hope Rises*, which features Meryl Streep trying to save her ailing marriage to Tommy Lee Jones. It's poignant and hilarious, and well worth a look – DF



Across

- Remove coarseness?
- Desert substrate
- Nark? Smokable
- Do ____ others
- Afternoon snack
- Scots or Irish Gaelic
- Cutting tool (rotating disc)
- Roadside refuge? Pay later.
- Mo
- Gay American? _____
- Cake
- Remains from making 10 down
- Utensil
- Cannabis
- At peace with Jah
- African Billabong?
- Make dirty

Down

- Surfboy?
- Chinese board game (rules unchanged over 2,500 years)
- Her name isn't ironic
- More inclined
- Our oceans' reflected glory on the moon
- (Library) cataloguing guru
- Espresso in Oz
- Wigs?
- Mexican wrap
- Desiccated
- Mountain range, from Yekaterinburg to the Arctic ocean
- Et tu? (Latin)
- Binds? Formal neckwear
- Exists

Solution Page 27

Reviews from the Crypt

by Stephen Wright

Laurence Sterne Tristram Shandy (1759)

There are not a lot of novels that can still be read with profit after a period of 250 years. *The Life and Opinions of Tristram Shandy, Gentleman*, is one of them. Even now it still reads like an innovative text, like an experiment by an avant-garde writer.

A satire on everything, it begins with Tristram's birth, and while Tristram solemnly swears to tell his life story in some detail, he immediately becomes sidetracked by everyone else's life stories. The result is that the novel

slowly goes backwards instead of forwards.

Sterne deliberately lifted parts of his text from some of the more pious philosophical tomes of the period, as a way of emphasising their pomposity. He also used a variety of graphic devices – a black page when a character dies for example – that still make *Tristram Shandy* look like a modernist invention.

There are a huge number of digressions, on an amazing variety of topics: noses,

philosophy, siege warfare and so on.

It's amazing that more writers haven't done a *Tristram*. It seems like a ripe area for exploration.

In some ways, *Tristram Shandy* is a comedy of manners and takes great delight in satirising sexual mores and practices. What's more, the satire is funny too. Having a sense of humour that spans 250 years is a pretty cool thing to have. It's like 18th century stand-up that we can still laugh at.



Big Audio Dynamite The Globe (1995)

When *The Clash* imploded in the early 1980s, Mick Jones went and formed his party band where he could happily play pop star. The band was *Big Audio Dynamite*, usually abbreviated as BAD, who played punk-influenced dance music. BAD were one of the first bands to liberally use samples in their work, and that sampling became their signature.

Jones made extensive use



of film and TV dialogue and music sampling in BAD's music and it lifts BAD's work from better-than-average party music, to something that requires more attention.

'The Globe' produced a number one hit, Rush, a song built on a two-chord riff that sampled *The Who's* synthesiser intro to Baba O'Riley and a routine from Peter Sellers.

Mick Jones is no lyricist and his post-*Clash* BAD songs have a bit of a hole in them that would otherwise have been filled by the words of his *Clash* partner, Joe Strummer. In fact, for many BAD songs it's hard to even

know what they are about. But being a party band, the lyrics aren't that important. You just need to be able to shout something. Perhaps that's where all the sampling comes in; to fill the space that Jones must have felt without Strummer.

'The Globe' often comes as a two-disc set, the second disc being a BAD live album *Ally Pally*. It's on the live album that BAD are probably at their best and where the sampling and the whole BAD party-band idea really comes into its own.



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Beautiful Flowers

“Flor Fino”. The literal translation from Spanish is “fine flower”. The interpretation, however means “beautiful flower” and in international wine jargon is a term used exclusively for Sherry, it’s home and origin being from the region of Jerez de la Frontera in south west Spain, the city of Andalusia being the capital of that region. Jerez is one of the oldest wine producing towns in Spain and it has been ascertained that grape growing was established by the Phoenicians around 1110BC. They’ve been at this wine making thing for a few years, so I guess they know what they’re on about.

Now, “Flor Fino”? It goes like this. A dry white wine is made from the best parcels of very ripe fruit, usually from the grape varieties Pedro Ximenez and/or Palomino, both relatively neutral in varietal characteristics. The wine is fortified with quality neutral flavoured alcohol to 15% which then goes into barrels previously used in maturing Flor Fino. These barrels, not having been completely emptied of the original wine, still contain residues of the yeast that is instrumental in making this wine. “The yeast strains, being either/or/or all, are Saccharomyceys bayanus, capensis and fermentati species of flor yeasts that are all capable of fermenting sugar in an anaerobic phase of their metabolism. When all the fermentable sugar has been consumed these yeasts have the capacity to switch to another metabolic phase in which they use alcohol and oxygen from the atmosphere to produce a waxy or fatty coating on the yeast cells exterior which permits them to float on the wines surface” (courtesy of Jancis Robinson, The Oxford Companion To Wine. I had to brush up on my yeast strains and Janice said it better than I could). Where was I? Had to go out and plant some veggie seedlings and water the baby Small Leafed Tamarinds I recently planted, an endangered species – we’ve finally got them cracks in the ground after 3 years of mud.

Back to the Sherry. The flor film that grows on the surface of the wine continues to thicken as the yeast cells



Fruit of the vine
by Terry Beltrane

multiply to about 5mm in depth over the entire surface of the wine in the barrel creating a creamy coloured stippled textured film – it’s quite pretty to look at. The few wineries that make Flor Fino in Australia often have a barrel with a glass head (end) so that you can see the flor yeast as it grows. As the yeast grows, feeding off the air in the barrel and the alcohol in the wine, it converts those elements into aldehydes, aromatic compounds that add to the complexity of the spectrum of flavours in the finished mature wine. Generally the wines are ‘drawn’ from the barrel after about a year of ageing in contact with the flor film, fortified with spirit to 16 -17.5% and are ready for sale. Pale to light straw in colour with just a hint of oak character, these wines are quite delicate despite their alcohol content. Acidity is crisp and refreshing and the flavours are often described as dry sweet grass, straw bale and ‘soft’ cheese. The finish is bone dry and these wines are excellent on their own or with the traditional Spanish Tapas – small serves of savoury dishes, sometimes cooked and elaborate and others as ‘bar food’, as in olives, anchovies, cebiche and crispy bread fingers.

Flor can, and is, aged for longer period in the cask and with an additional 3 years of age becomes more rich and concentrated, golden in colour and significantly more complex in flavour. Because of the increased astringency as a result of that extra time in oak, the wines are slightly sweetened with aged fortified grape juice or sweet wine to soften the finish. These wines then become

“Amontillado”, distinctly different to the delicacy of Fino; and I love ‘em.

Sweeten an Amontillado with more of the same and put that wine back into the barrel for another 5-7 years and you have “Oloroso” Sherry, my favourite of all fortified sweet wines. Golden amber with a slight greenish tinge in colour, the aromas are more nutty, honey and butterscotch in flavour profile. The palate texture is soft and smooth with just a little sweetness on the middle palate and a lingering dry finish with these flavours that hang on and on.

It’s a bit of a shame that Sherry is not ‘fashionable’ and has negative connotations associated with “cupboard drinkers” because the varied styles and suitability to different foods, not to mention the gastronomic delights of these wines, make them a delight to savour. The pleasure is in the taste, not the quantity, and a bottle goes a long way to satisfying your sense of oral gratification. Flor Fino is excellent when chilled for a late summer’s afternoon on the verandah, an Amontillado with many types of soup or nuts and dried fruits and an Oloroso instead of chocolate while you’re reading those last pages kicking back with the rewards of a good meal after an honest days work.. Because Sherry is not ‘fashionable’, quality examples are not always easy to find but are well worth the effort if you’d like to try something different that just might surprise; and because they’re not in big demand they’re not expensive.

Wine info: terryb88@tpg.com.au



“Let Me Abos Go Loose, Bruce!”

by Brendan “Mookx” Hanley

Madhu and Julie Oliver (Shanto) Bruce McNicol (Background), Mookx and Mills Sisters onstage at final Maleny Festival

I was riding my bike through Lismore today when I noticed several buses and big mobs of people in Spinks Park. There were colourful tents, kids climbing, swinging and hanging off everything that moved or didn’t and Indigenous people everywhere, looking as if they owned the place. I thought to myself, “Well why not? They do own the bloody place!”

It was NAIDOC day in Lismore, (the National Aborigines and Islanders Day Observance Committee)... the name given to a week of observance of our Native people.

After a time of seeking justice from the Australian government, Indigenous Australians held the first “Day of Mourning” in 1938 to highlight injustices put upon them. In 1955, it was suggested that this day become a National Day with the aim of changing negative views and celebrating the richness of Indigenous culture and heritage.

The injustices are too horrific and manifold to catalogue here, but to give you some idea of inherent negative views of our original people, I will recall our History book in year 11 or 12 which was called ‘Australia since 1606 – a history for young Australians’ by G.V. Portus. I clearly remember the endless wanking over the intrepid, brave, wondrous white men (not a sheila in sight) who “discovered”, “pioneered”, “explored”, “opened up” and “built” this wondrous Commonwealth of ours... and one paragraph with a fleeting reference to the people who never existed in official records (Terra Nullus) as a “dwindling race”. This is the shit we had to parrot in order to pass exams.

No wonder we all grew up as racists!

In 1957, the first National Aborigines and Islanders Day Observance Committee (NAIDOC) was formed with the support of Federal and local governments. NAIDOC activities that are held during the week-long celebrations are cultural and educational activities in schools, public displays and the NAIDOC Ball which is held in each city across the nation, celebrating the end of the festivities with Indigenous food and bands.

In 1957, Aborigines were not allowed to vote, were not counted in the census and were often indentured workers in conditions approaching servitude. The very same year there was Rolf Harris and his mega-hit ‘Tie Me Kangaroo Down Sport’ with its infamous shameful fourth verse:

Let me Abos go loose, Bruce
Let me Abos go loose
They’re of no further use,
Bruce
So let me Abos go loose.

Later, in a 2006 interview, Harris expressed regret about the racist nature of the original lyrics, and dropped the verse when re-recording the hit, with the word ‘emus’ substituted for ‘Abos’. However he then went on to undo all his good intentions by telling Aborigines to “get up off your arse and clean up the streets your bloody self!” He was referring to communities of indigenous Australians who complained about their poverty and filthy conditions. The reaction in Sydney’s Redfern district, where many Aborigines live, was anger coupled with calls for a further apology.

Harris blamed Aboriginal traditional values for the appalling conditions in many communities.

He added: ‘The attitude is that, in their original way of life, they would really wreck

the surrounding countryside that they lived in and they would leave all the garbage and they would go walkabout to the next place.”

Well they weren’t “dwindling” or “wrecking” Spinks Park, they were HAPPENING. Stalls representing every conceivable facet of Community life from Health to Home Help, Education to Ecology and Culture everywhere you looked... not to mention sausage sizzles and rides for the kids.

The music onstage varied from powerful solo singers with message songs to their people, deadly bands accurately covering “Eagles” and “Creedence” and mobs of schoolkids up there singing their hearts out. I was particularly taken with the crew from Cabbage Tree Island which consisted of about twenty little happy black faces and one wee blonde white girl amongst them... a reverse of the cliché token black amongst whites. Dwindling indeed!

Did my heart good, but I couldn’t help notice the presence of certain local politicians using this as a vote-gathering forum for the coming local elections. I would like to finish on this note.

Kidney failure in Australian Indigenous Communities is sometimes up to 50 times the national average!

Adding fluoride to local water is not going to help this. One of the first organs to suffer from this toxic waste is the kidney. Walk your talk, political people. If you are “proud” of local indigenous people like you keep saying, don’t add a further injustice to the long and disgraceful record we have knocked up so far.

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Walking the Fraser Island Great Walk and to Upper Tuntable Falls



by Michael Smith with a bit by Don Durrant and Christina Haywood

Eight bodies lined up for a planned 80km walk through the best of Fraser Island. More wanted to come, but we had just enough to fill the 3 4WD vehicles that were to ferry us to the campsites. Unfortunately three of the 6 one-day-walk sections were closed, due to water over the track. In fact, only about 5% of the track was affected. We had planned to walk these sections, the vehicles ferrying overnight gear. Roads cross the track in 14 places, so it should have been be easy. It would have been handy to know beforehand that “hikers campsites” are not for “vehicle-based” campers. Planning involved many emails, phone calls, visits to National Parks offices. Somewhere in QLD National Parks, is someone who actually knows what goes on, but that person is never available, by phone, email, or at the front desk - one enters a Kafkaesque fug of ignorance, bureaucracy, laziness, wrong/out-of-date information. No staff I spoke to had done the walk or seemed to have any interest in it.

We left our vehicles at Dilli Village to walk 12km return to the Wongi Sandblow and Lake Boomanjin. On return we found a dingo had jumped into one of the trucks, under the canopy and rifled some of Judy’s food after unscrewing a plastic container. It failed with another hard plastic container, but left deep, blood-stained, bite holes. We learned to lock all food inside the cars. This is why all “hikers campsites” have a steel tool box to leave food in. When you go fishing a dingo will wait 30 metres away, all jaws and attitude. A brochure advises when toileting in the bush, take someone with you to keep lookout. Many campsites are surrounded by a dog-proof fence, the entry point being a cattle grid topped by electrified mesh 100mm above it. Anywhere else in Australia, dingoes are shot, trapped and poisoned, yet still survive. On Fraser the pampered pedigrees roam free, while humans go

into a cage. We spent 4 nights at Central Station gulag,, where the \$1 hot showers were an attraction. Inside the enclosure the real natives felt safe. Kookaburras took sausages at will. Butcher birds scrounged. A surprisingly polite water rat groomed the ground of any crumbs. At night, tiny red eyes darted athletically around the logs and boulders. Bush rats gnawed your canvas and plastic. This was the very time that antechinus mate in a week-long frenzy, ending with the death of all the males. We knocked off as much of the Great Walk as we could in day walks, leaving 3 days in which we had to shoulder packs and carry all our gear. The willing had diminished to 3 of us. Excuses included being sick, sore feet and too timid.

Michael 62, Judy 64 and Bill 75 were dropped off at Poyungan Valley to walk into Valley of the Giants, biggest trees I have ever seen. We camped amongst the dingoes, without a fence with our packs in a steel box. It is Aussie fatalism, like swimming with sharks, you just hope they will not eat you today. The walking was easy, among trees, through leaf litter, there were no footprints and we passed nobody for 3 days. We made it to Lake Wabby in plenty of time for swimming and lazing about. It is only a one kilometre walk from the nearest road and there were bus-loads of day trippers. In fact all of the big attractions can be walked to from a nearby road, and you would have to be a bushwalker to consider walking 17km between them rather than driving. We made it back to Central Station where Don and Dave had found 19 orchid species, and the ladies had many swims and an ice cream every day. Everyone had recovered. Our last night was on the beach without protection. Dingoes were at our trucks immediately . Belinda slept in the car, while dingoes licked our plates, and rummaged our stoves which smelt of fish. We were glad to see the morning. We shoosed the dingoes away from the camp, one pup wanted to play with Judy. It was a perfect day. Surf, sunrise over the water, fishermen catching tailor and friendly

company. There is plenty to do on Fraser Island.

Reveille was played just before dawn every morning by kookaburras followed by the butcher birds’ serenade. A goanna rested on the camp’s bush road, another in front of our campsite, but when I approached, it ran up a tree. I “shushed” it and, deciding it was safe, it waddled down the tree and moved slowly along the road. A grassland melomys scampered away too, when I approached camp. It visited us a few times, as did a bush rat. Leave a little open slit in your tent, (like I did) and a little food inside your backpack (like I did) and expect to have to repair a little rat-gnawed hole in your backpack (as I need to). At Lake Wabby we watched a family running down the very steep sand drift to jump into the lake, small figures in the distance. The lake is slowly being engulfed by the sand and one day may disappear. Grain by grain the sand blows in from the ocean and, moving through breaks in the vegetation, slowly swallows everything in its path. The final day found us at Basin Lake where some went swimming and others photographed flowers around the lake. A beautiful serene setting; grebes drifting on the water, dragonflies flitting among the reeds, small native flowers swaying in the breeze and honeyeaters zipping from flower to flower. One aspect of the island appreciated by Christina, a sometimes Ballina dune care worker, was the scarcity of weeds. In some areas a carpet of needles from the introduced Slash pine, prevented growth of weeds and native vegetation. Perhaps the isolation of the island and poor soil condition is why there are so few weeds.

Up-stream of Tuntable Community is a waterfall that can be seen from afar. For years the area around the top of these falls has been closed to protect a frog. It is a loss one can bear for the sake of this barred croaker. A few kilometres upstream is another waterfall, seldom visited since logging stopped and logging roads grew over. Three club members walked there to enjoy this special place. From Nardi we wandered down the “Historic Nightcap Track”, strangely named as it was never part of the old mail route. There were two other blokes on the track, one completely naked, but timid enough not to overtake us. At point X on the map we headed off on a compass bearing to cross Tuntable Creek and follow it to the legal falls, only half a kilometre from the tourist route. It had been dry for weeks and only a trickle joined the rocky pools. From the cliff tops the funky dwellings of the Community could be seen breaking the forest. Beyond, a few scattered farm houses were visible, carved generations ago from the Big Scrub. We lunched in the warm Spring sunshine, enveloped by a healing forest..

Nimbin Bushwalkers Club Inc. Walks Program for September

Friday 14th to Sunday 16th September Weekend Walks (various grades) in Boonoo Boonoo NP (members only)

Leader Don Durrant, 6633-3138 (at night) has booked a National Parks hut in Boonoo Boonoo NP with a number of beds, wood heater; kitchen with fridge, stove, oven, cookware, crockery, cutlery; bathroom, shower, toilet, basin; generator. **Bring** food, linen, towels, pillow cases, blankets/ doona, warm clothing, insect repellent. **Hut costs \$88/ night** cost per person will depend on numbers, but we can assure you it is well worth it. Some may wish to arrive early/ leave later by camping at Bald Rock or some-such. A great variety of walks are on offer from **Grade 1** up, with several very easy ones in the immediate vicinity of the hut, and the wild-flowers at this time of year are superb – particularly orchids. *It is essential that those proposing to come contact Don Durrant to confirm their booking.*

Sunday 30th September Two wildflower walks at Evans Head

Leader Michael Smith, 6689-9291
Goanna Headland to Dirrawong Reserve Grade 2 7km, 3.5h return. Coastal heathland, sea caves, stony beaches, sand and the possibility of a swim, followed by **Gummi Garra Grade 1** 1.5 hr, wildflowers, rainforest, heath-land, birds, wildlife, river views, aboriginal midden & campsite **Meet** 8am Nimbin Car Park; 8.15am Goolmangar store; 9.30am Razorback Lookout, Ocean Drive, Evans Head. **Bring** hat, water, lunch, swimmers & sunglasses, insect repellent!

Camping Weekend 13-14th October Jerusalem Creek/ Black Rock; Wendoree Lagoon, Bundjalung National Park

Leader Len Martin, 6689-0254
Grade 2 easy level walks of 3-4hr

Unless otherwise specified, visitors (non members) welcome, but will be required to pay a fee of \$5 per walk, deducted from membership fee when they join Club. Membership \$15/head to Treasurer Kay Martin PO Box 20061 Nimbin, 2480 (Tel. 6689-0254).

We have a new web address: www.nimbinbushwalkers.com
Secretary, Len Martin (pteropu42@smartchat.net.au)

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Nimbin Garden Club Notes



by Bernadine Schwartz

Club visit to Wadeville

The sun shone for our August meeting at Dawn Burr's garden with a great turnout of 30 members and visitors with a very welcome visitor, John Bennett, the Area Manager of Garden Clubs Australia. Dawn's garden is very much a family garden with Dawn's son, Paul and his partner, Peter responsible for a lot of the hard work and maintenance.

As you enter the property, there is a cacti rockery garden with a wide array of cacti, many small and large, creating a contrast of shapes and colours. Peter and Paul, Dawn's partner and son, have been fortunate enough to gather the rocks from neighbour's paddocks. The property was purchased 60 years ago and has been transformed from a muddy paddock to a delightful property with a wide selection of plants. Peter and Paul love their succulents and it shows, with such a diverse range of pots from tiny to large scattered around the house. These specimens range from common Aloe Vera to the delicate Chain of Hearts and many more with too many to mention. The rose garden consists of over 130 plants, many being red. Dawn says, red roses bloom earlier and their fragrance is stronger, making them Dawn's favourite.

Mr Lincoln was one of the roses planted and Double Delight Pink, as for the remaining roses, they were all cuttings, received from friends and family. The cuttings will be a surprise with each bloom, as the boys cannot remember what each of the cuttings were.

A combination of Pansies and Freesias grow in little pockets under the roses as well as edges of Agapanthus, Conifers and miniature Gardenias. When moving into the property, Paul and Peter were going to remove the fence that surrounds the house but have realised its benefits. The fence has protected the gardens from the rose-loving wallabies. The boys also have many crucifix orchids and one is a unique vibrant yellow that was purchased many years ago.

One plant that was significantly striking was a variegated Chalice Vine that has been trained to run beautifully along the back fence. When the Chalice Vine is in bloom it produces a grand yellow flower that smells like coconut.

There was originally a huge shed on the property that has since been converted into a residence for visiting family and friends. The patio area was a stand-out feature, with dainty succulents ranging from yellow to silvery blue. The succulents are scattered between the pavers which gives a colourful patchwork affect. The bathroom is made mostly of glass and serves as a hot-house for exotic ferns and palms. The use of glass in the bathroom allows the visitor to absorb the surrounding views of Blue Knob and the Border Ranges.

Walking down the back slope, there is a vast range of Grevilleas as well as Banksias and Proteas, making it a



haven for the native birds. The veggie garden had all of the old favourites; Broccoli, Tomatoes, Shallots, Silverbeet, Zucchini and Parsley amongst others.

The boys have planted an orchard of Macadamias, Paw Paws, Mangoes and Peach trees. The property has many large garden beds with plantings of Pony Tail Palms, Grass Trees, Geraldton Wax, Frangipanis and a garden devoted to Bromeliads, Stags and Elks.

Dawn's garden is a credit to Paul and Peter, who have tirelessly worked to make the garden what it is today, a little piece of heaven for Dawn to enjoy.

Afternoon tea is always a big part of the Garden Club's visits and is enjoyed by everyone. The quality of the members baking is on par with the standards of the Country Women's Association. Visitors are always welcome to the Garden Club, just remember bring a cup, plate and chair. You do not have to be an avid gardener but simply appreciate a nice garden and good conversation over a delicious afternoon tea.

The Garden Club's next visit will be 15 September 2012, 2pm-4pm at 269 Tunttable Falls Community. The property 'Walagula' is 8.6kms from Nimbin Post Office and at the end of Upper Tunttable Falls Road.

Fantastic Fun Run



Photos: Kirran

This year's third annual 5km Nimbin Fun Run was once again a huge success, and a fabulous fun-filled family day.

The children's events prior to the main race attracted a record number of youngsters enjoying the opportunity to compete in a variety of shorter races, egg throwing, tug-of-war and many other physical activity games.

The fun run attracted competitors from near and far, and this year local businesses sponsored all 1st, 2nd and 3rd categories in each age division, allowing a lot more prizemoney to be won.

In the over 45's male and female division, we had defending champions and husband and wife from Murwillumbah, Jeff and Cate Collier take first place once again with locals Philip Macphane, Steve Miller and Gail Pierce and Sonja Kinderman 2nd and 3rd places respectively.

In the Open division Tony Curtis from Lismore took out 1st place followed by Andrew O'Brien and local Vaughn Davis taking 3rd, while in the Women's open division 1st place Ana Beaumont, followed by Nicki Bacon and 3rd Ajita Canning.

In the 12-16 years boys Jarrod Dimmick from Goonellabah took first place for the third year in a row, followed by Alec O'Brien and local lad Kyle Hill a close 3rd.

The girl's 12-16 years



Open Male winner Tony Curtis

winner, Sarah Champley from Murwillumbah, came in just before our 2011 winner Debbie Jamieson from Goonellabah followed by local runner and third place winner two years in a row, Shaan Lansdown.

In a special, late addition, prize money was increased for the first over 60's male and female across the line. Sue Hammond won \$100 and with no over 60's male competitor the \$100 prize money was awarded to Anne Stevenson, 2nd 60-year old to finish.

Organiser Cassandra Jefferys from Discover Fitness would like to thank, for their overwhelming support, major sponsors Nimbin Hotel and Backpackers and Mount Franklin Spring Water as well as local businesses Craig Ardern Electrical, Rainbow Power Co, Nimbin Lifestyle Real Estate, Dr Dan Oxlee, Nimbin Bakery, Nimbin Tattoo Studio, Nimbin Psychologist, Daizy's, Nimbin Building Materials, Nimbin Bowlo, Tribal Magic and the Green Bank, who all sponsored individual place-getters.

By popular demand, a new corporate category will be introduced in next year's event. Business owners will have the opportunity to enter a team of 4 runners, with all 4 runners needing to cross the line first to take out the category. The Nimbin Fun Run will be held on the last Sunday in August annually.

Cassandra would also like to thank all the volunteers, competitors, children and adults who attended to make this event so spectacular. A very special thank you to Jenny Dowell who dedicates her time to start the race each year.

All proceeds will continue to provide maintenance and upgrade of equipment for the Nimbin Physical Activities Centre.

The world according to... Magenta Appel-Pye

Spring has sprung, the grass has ris, I wonder where my doggy is? Our 12 year old dog, Booni who usually can't jump up on the lounge without help (I don't believe this, but hubby does), has suddenly turned into a sex-

craved hound dog. At every opportunity he bolts down the avenue, too busy to play chasings with the neighbour's black cat, Darth Vader. Sorry Darthy, he's on the doggy pussy trail. I know I should have got him desexed but

my husband took it way too personally and adamantly refused.

Last time we tracked him down at the park, joyously participating in a flagrant doggy ménage-a-trois with a staffy bitch, held by her owner in her bondage black leather studded lead and matching collar (what did she expect?) and another escapee, Larry, a white Shitsu eunich. Booni has a penchant for fluffy white dogs, regardless of their sex, so it was on. They did every position in the Kama Sutra and then some. Us humans didn't know where to look. The bitch's owner blushed even deeper when her small daughter asked "isn't the girl dog supposed to be on top?" We were by turns embarrassed, amused and downright inspired! A car of youths drove by, honked and hollered encouragement. The



humans grimaced and giggled and wondered whether we should introduce ourselves as we might soon be fellow grandparents. We tacitly decided not to. Finally the pooch choo choo train arrived at the station and relieved, everyone went their separate ways.

Full of joy de vivre, Booni thought a sing-along to the saxophone after dinner would be dandy. It's a dog's life in springtime.

See Booni sing on Youtube: [Pink Panther goes to the dogs?](#)

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Living in the Woodenbong Hills



by Marilyn Scott

Ahhh... September. Springtime, time of renewal, new life and blossoming. Another day on this precious Earth to savour all the beauty and love... we are incredibly fortunate.

Living here in this magical place has opened my eyes in so many ways. I've always been a lover of dearest Mother Earth... she has comforted me many times in my life... a true friend she's been... and a Mother... providing all I need. This Earth is a creation beyond compare... and that it's given to us for our gift of Life... is kindness unimaginable. The only sounds I hear most days are the birds, the bees, the rustling of the leaves the wind through the trees, the wildlife at times, the cows... and the incredible buzz of Life. I'm not exaggerating here... this place is pure Magick. The water comes out of the ground just a couple of kms up the road... from Mt Barney and Nothofagus Lindesay Creek begins. The soil is great... everything grows and grows... the air is pure... Old Man's Beard everywhere... Life dances and sings... and celebrates all the time. The 'presence' of the Ancestors is palpable and real... so much wisdom and knowledge held in the air. I feel so grateful for being able to experience this. One day will be our last... we don't know when... it's good that way.

But until then we have the Gift of Life... and we get to choose where our Focus goes. I'm only too aware of the threats around... I see them flying over my precious property all the time... like vultures looking for their prey. Yes it makes me angry 'cause I know what would it happen if they decided to 'land'... with my body, I wouldn't survive... yes it is a war of sorts. But I have a limited time on this Earth... and I want to experience every tiny bit of magick I can, suck it out of the most miniscule crevice... and from what we've learnt about the brain... what we focus on actually creates our world... it's not just pie in the sky. So what will happen tomorrow... I don't know... I need to feel comfortable with that. Put my focus on now... open my eyes, ears, heart and soul... to this magical Earth that is my home. There is Life all around us... and within us... this needs to be our focus. It's because the focus has shifted from Life... that all the problems have arisen. Yes, at times I feel like the canary in the mine... I can feel all the different kinds of energy present... and I know I'm only one person, as are you and you and you. Can our joint focus create the world we want... we can only try... and I'm up for that. Immerse yourself in the magick of Springtime... rebirth, new life and blossoming... what magical worlds await us... focus is really important

From Timor to Kathmandu via Nimbin

Ironically Yours
Travel diary of the irreverent
by Dionne May

My time in Timor finished on a high. After witnessing so many dodgy NGO's and money-hungry ex-pats living it up at the expense of the locals, I was uplifted by a Rotary group from Victoria that arrived at the orphanage in my last two weeks.

One hour after arriving this group, ranging in age from 18 to 65, set to work building, repairing, plumbing and painting like a team from one of those extreme make-over programs. They brought all their own tools and materials and gave up two weeks of their annual holidays to work in the Timor heat.

So many people arrive in Timor, criticise, advise and then leave whereas this group just got stuck in and the whole energy of the orphanage was revitalised. For me what they provided was friendship and paint. In true Nimbin style I set about painting a mural with the help of the children. In a country largely devoid of colour and art, the two weeks of painting was a highlight for the whole neighbourhood. Thank you Eltham Rotary Club.

I feel a sense of achievement and contentment to have experienced Timor in its tenth year of Independence. I left with my heart brimming with love, the knowledge that

a large group of children are now safer because of their new-found skill of swimming, a mural full of colour and life, the lasting respect and friendship of the Dominican Sisters of Timor and an enduring connection of love with the children I was so fortunate to live with.

It's now been 10 days since I arrived in Nepal. Already I have chanted with Monks, painted with and befriended some local children, hung out with the 'freaks', ridden in rickshaws through the colourful street maze of Kathmandu, attended the Holy Cow Festival, been henna painted, blessed by a holy man, offered hashish and learnt some basic Nepalese.

Kathmandu is one of my childhood dream destinations. There were three; Zanzibar, Timbuktu and Kathmandu. Places that sounded so exotic that they seemed almost unreal so that I feared they would never live up to my expectations. Well happily for me Zanzibar did and now Kathmandu does! Opportunities for adventurers seem to be waiting at every turn for the traveller open enough chance encounters.

Such was my meeting of a young Nepalese boy called Hari at a local temple. We talked for hours and then he walked me back to my hotel. His only request was that I come to his family village. I trusted my intuition and we headed off the next day. It was a four-



hour bus trip followed by a five-hour trek through the remote mountains. I was more than amply rewarded for my efforts. The snow-capped mountains and verdant fields on steep terrain were impossibly beautiful, even with calf muscles screaming! For four days I lived the life of a villager... grinding maize on a stone wheel, cutting grass for the buffalo and goats, sleeping above the animals in a traditional Nepalese home and swimming with the children in the swift flowing mountain river. Hari's mother is a widower and in Nepal it is considered bad luck and culturally inappropriate to marry again. She has no income and must survive on the food she grows. Never again will I complain of hardship after my glimpse of this woman's life. So what did they ask of me in

return for feeding me and housing me...only that I never forget them and please return again in the future. I was humbled indeed.

Now I'm not writing this to make you all jealous, quite the opposite, I want to inspire you all to have a dream and follow it.

I was recently in Nimbin for a quick catch-up with my beautiful friends and was overwhelmed by the support and encouragement. We all know what an amazing place we live in – the colour, the freedom, the warmth of a community like no other in Australia. I'm absolutely sure that it is 10 years of Nimbin life that has kindled a flame in me that draws beautiful people to me wherever I go.

So don't be jealous; be inspired and dare to dream big, while soaking up all that Nimbin love.



Dionne and friends

Questions

- 1. What is the common name for the *Grevillia robusta*?
- 2. Who wrote the theme for *Star Wars*?
- 3. In what country was the recently deceased Australian swimmer Murray Rose born?
- 4. The Battle of Stalingrad was partly fought on the banks of which river?
- 5. From what part of the plant does turmeric come from?
- 6. Australian scientists recently won a patent case against a range of major IT companies? What was the technology involved?
- 7. What is the defining ingredient of the alcoholic beverage Perry?
- 8. In what city would you find the opera house called la Scala?
- 9. Who wrote *Tough Guys Don't Dance*?
- 10. In what modern day country is Mt Ararat where myth has it that Noah landed?

QUICK QUIZ

Devised by the Nimbin Bowlo's Quizmaster, Marty
Play Trivia on Saturdays, 7pm at the Nimbin Bowlo, from 15th September

- Answers
- Turkey
 - Norman Mailer
 - Milan
 - Pears
 - WIFI
 - The root
 - The Volga
 - Scotland
 - John Williams
 - Silky Oak

Fairy village



Evidence of the Nimbin area being inhabited by highly civilised little people has been discovered near Jarlanbah community. Unfortunately, no-one was home when we visited.

Nimbin Crossword Solution

From Page 23



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Leaving	Arriving	Leaving	Arriving
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7.00am	7.45am	7.00am	7.25am
8.00am	8.45am	8.00am	8.25am
12.00pm	12.35pm *	3.25pm	4.00pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin – Main St. (Park)	Lismore Transit Centre
		7.30am	8.00am
		9.00am	9.35am
		4.25pm	5.00pm
		6.05pm	6.35pm
Leaving	Arriving		
Nimbin – Main St. (Park)	Lismore Transit Centre		
7.52am	8.50am		
9.00am	9.35am		
12.45pm	1.15pm *		
3.25pm	4.10pm		
4.25pm	5.00pm		
6.05pm	6.35pm		

* Mondays & Thursdays Only

No Public Holiday Service
Town Service - Wheelchair access available upon request, 24 Hour notice required
Some Buses connect in Nimbin for Operators to Murwillumbah



Headers defender Nigel Hayes heads a cross away at Lennox Head

by PAC

Womens 4th Division

All four remaining games for the Headers Womens 4th Division team were played in August. First up was on Friday 3rd, away to Lismore Workers and the girls only going down 1-0, a mighty effort as Workers finished third at the end of the season.

The next game came two days later on Sunday, playing the top team Pottsville at home, and were beaten 3-0.

A week later the girls were at home again to Goonellabah who were running fifth with Headers sixth, and that's the way it stayed as it was a 1-1 draw.

Now to our last game, at home again and Ballina were the visitors, third on the table and looking to consolidate, which they did by scoring the first goal with a kick by one of their backs over the top, clearing everyone except our sweeper and goalie. The sweeper went to clear as the goalie came out behind her, the

sweeper missed the ball and as the goalie was by then too close and probably unsighted, missed it too and the ball trickled across the goal line 1-0 to Ballina.

At this time it wasn't looking ominous, as the Headers had created a lot of chances, and in due course we replied with a wonderful goal from the striker after some great passing by the team over about 70 metres. In the last quarter we got the winner we deserved, with the 2-1 score and a fitting end to the season for a team that has evolved immensely since the start of the season. Out of the 18 games they had 7 wins, 3 draws and 8 losses. Well done girls.

Mens 5th Division

At the end of July, the Headers Fifth division team was sitting one point above South Lismore at the top of the table, with seven games to play in August.

On Saturday 4th August, Headers were at home to Byron Bay, who were not in contention for the semis, and

we won 4-1, our 11th victory in a row. On the next Tuesday we were away at South Lismore for a night match and Souths beat us 2-0. The Headers did have a few chances, but could not put them in the net. Souths were the better team and duly took top spot.

The next weekend the Headers had a double header: two away games. On Saturday 11th August they played Goonellabah in a hard-fought game with the Goonellabah goalie making some fine saves. So the Headers came away with the points at 2-1. On Sunday they were at Casino who were second last and did not want that wooden spoon. Again Headers missed a lot of chances and should have had a cricket score, but they got the three points after a 3-1 win, and were back on top of the table by one point.

On Saturday 18th August, Richmond Rovers came to town to give us a run for our money, and ended up winning 3-2 – a bit of a shock really as they were coming sixth on the

ladder. Headers missed a lot of chances again, which was their downfall.

Another Tuesday night away again awaited us at Lennox Head. This was now three games a week two weeks in a row. Lennox Head were 2-0 at half time. In the second half the Headers scored after about five minutes and were looking the much better team, but went down 3-1. The loss put the Headers down to third as Lennox Head went to second spot.

That left the Headers with one game left and Lismore Workers were the visitors. At least they didn't miss so many chances with Phil Courtney an Miko Hayashi getting a hat trick each, and three others chipping in with one each plus an own goal which cannoned off one defender and off another one to leave the goalie stranded, oh happy days! The final score: Headers 10, Workers 1. Next come the semis, a good year for the fighting feral fifths.

Top scorers for the Headers were: Phil Courtney 39, Miko Hayashi 20, Gary Thomas Whisker 15. By the way, Phil Courtney has scored more goals than the eight teams below us have scored all season.

The Qualifying Final was held at Lennox Head. Headers started this game with a rush, and Lennox were on the back foot for ten minutes or more, but they did not concede and as they got into the game it was end to end

stuff from there on. Lennox scored towards the end of the first half and as the ball was crossed it seemed the attacker stuttered as if he thought he was off-side but the referee did not blow up and he duly scored.

The second half was barely a minute old when Phil Courtney had a pass delivered to his feet and was through the defence to leave him one-on-one with the goalie and slotted it past to make it 1-1. As the second half progressed it was end-to-end football again until a defensive error by the Headers gave the ball to one of the Lennox forwards who passed it to his left winger and he was away on goal. His first shot was saved by the Headers keeper but straight back onto the rushing forward who put it into the net: 2-1 to Lennox.

As time was running out the Headers mounted a spirited attack on their goal, and as time was nearly up, one of the Headers forwards hit a shot which their goalie had given up and as he turned round was very happy to see it just sail over the bar.

And by the way, their goalie through the game stopped three of our attempts on target from crossing the line.

So Lennox Head go to South Lismore to see who will get that spot in the Grand Final, and Nimbin Headers will get a home game on Saturday 8th September against Dunoon at 2pm. So let's see if we can get the biggest home crowd of the season to cheer them on.

Carp Catching Comp



The Casino RSM Fishing Club is holding its 4th annual Carp Master fishing competition on 22nd-23rd September.

Carp Master events are being held all over Australia as a way to rid waterways of the introduced European Carp.

The competition features \$3000 in prize money as well as mystery prizes. Entry is adults \$20, pensioners \$15 and juniors \$10. Each adult entrant must hold a current fishing licence.

Registration forms are available from the Casino RSM Club, or phone Di Allen on 0428-225-004.

Collectible footy jerseys

A South Sydney Centenary 1908-2008 framed and autographed jersey is being raffled to raise money for the Nimbin Community Gym.

Tickets are \$3, available at Nimbin Hotel, where the raffle will be drawn at 3pm on NRL Grand Final Day, Sunday 30th September.

A 2012 NSW Blues jersey, framed and autographed by the players in Game 1, will also be auctioned on the day, with a reserve of \$650.

For more info, contact Wayne Cuthbertson on 6689-0069.

OCCUPY MONSANTO

World Focus day is on September 17
Educating people on Monsanto and its poisonous legacy,
from GMOs and PCBs to its herbicide and pesticide contamination.

Coming Events

Wednesday 12th - Mullumbimby Drill Hall

7:00pm - Dinner (\$8)
7:30pm - Presentation by Dave Forrest (TROPO)
8:00pm - Film "The Poison is on the Table" (Brazil) – the risk of pesticide use in agriculture (\$10).

Thursday 13th - Shearwater Steiner School, 349 Left Bank Road, Mullum

Film "The Queen of the Sun" (USA) - deadly pesticides are killing bees.
6:30pm - Dinner (\$7)
7:00pm - Film (\$5 donation)

Saturday 15th - Santos Mullum & Mullum Community Gardens

10:00am - Walk through Mullumbimby from Santos to the Mullumbimby Community Gardens to hear from a number of great speakers about the effects of Monsanto's actions on us, and actions we can take. *Don't miss this!*

Saturday 15th - Nimbin Town Hall

7:00pm - Film "The World According to Monsanto" (France), hosted by Nimbin Environment Centre (\$12).

Thursday 20th - Shearwater Steiner School, 349 Left Bank Road, Mullum

Film "One Man, One Cow, One Planet" (NZ) – taking biodynamic agriculture to India.
6:30pm - Dinner (\$7)
7:00pm - Film (\$5 donation)

All events - tix at the door

During the week of 17th, the world will be protesting against Monsanto. On the North Coast we are already providing the solution: Organic, Biodynamic Agriculture and Agroecology.

Events organised by Byron Shire Chemical Free Landcare.
Auspiced by Mullumbimby Community Gardens, Shearwater Steiner School, TROPO, Santos Wholelife and Santos Healthfoods.
For all enquiries: byronshirechemicalfreelandcare@gmail.com



One billion litres of agricultural pesticides get released into the Brazilian environment per year - 5.2 litres per person.
(Brazilian Permanent Campaign Against the Use of Agrotoxins and For Life)

HOW LONG CAN WE SWALLOW IT?

HOW MUCH IS USED IN AUSTRALIA?

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