



by Kirrah Holborn,
‘Traditional Wisdom’

Creating a birth space for opening

Ina May Gaskin is a legend in the birth community! She has written many gems. One of my favourite topics is ‘the sphincter law’. For many people, hearing the similarities between ‘going to the toilet’ and ‘birthing a baby’ can put it all in perspective.

You would know that the anus has a sphincter (a muscle that opens to allow something to pass through and then closes again afterwards). If you think of the cervix as a sphincter, you can begin to understand what helps a labouring woman to open and allow her baby to be birthed. Here are 9 Sphincter Laws

(adapted from Ina May’s Guide to Childbirth):

- 1. Sphincters do not obey orders.**
Telling a woman to push does not help the sphincter to open. Imagine what it would be like to try and poo while a stranger stares at you and yells how to do it!
- 2. Sphincters function best in an atmosphere of familiarity and privacy.**
Some people can’t poo in unfamiliar toilets, where they don’t feel private enough or if they feel ‘rushed’. Same goes for birth. It’s easier to open if the woman is in familiar surrounds, is given privacy and as much time as she needs.
- 3. Sphincters may suddenly close when their owner is startled or frightened.**

When fear arises; previously open sphincters can close again. This is a natural part of the ‘fight-or-flight’ response to perceived danger.

For example; female animals in labour in the wild, such as gazelles and wildebeest, can be on the point of giving birth and yet suddenly reverse the process if surprised by a predator. This is a protective mechanism. The same is true for humans.

The presence of a strange person in the birth room (especially if the person is an unknown male), frequently (though not always) slows or stops labour. To a woman’s neocortex, the abrupt man may be an obstetrician... but to her cervix and primitive brain, he is a predator.

4. Laughter helps open the sphincters.

A smile is good, a chuckle is better. A good belly laugh is one of the most effective forms of anaesthesia.

5. Slow, deep breathing aids the opening of sphincters.

Deep abdominal breathing causes a general relaxation of the muscles of the body, especially muscles of the pelvic floor.

Take a moment now to practice deep breathing... Close your eyes and become aware of your breath. Let your belly move out as you

breathe in and feel it come back in as you exhale. Do this ten times. Open your mouth, as you breathe out.

6. A relaxed mouth means a more elastic cervix.

Women whose mouths and throats are open and relaxed during labour and birth rarely need stitches after childbirth (as long as they don’t push their baby out too fast).

7. Sound helps open sphincters.

Take a deep breath and exhale, relaxing your mouth and throat muscles. This effect is enhanced with an audible sigh when you exhale. Make a sound low enough to vibrate your chest.

Singing will maximise the ability of the body’s sphincters to open. The sounds that accomplish this best are the notes that come from as deep down in the body as possible, the ones that vibrate the entire chest. Even the woman who makes no sound as she gives birth can deliberately hold her mouth in a loose, relaxed position as she gently pushes. Try singing A, E, I ,O, U with a low deep voice.

Many women find it helpful to ‘moo’ (helping your mouth and throat to open). If this makes you laugh, that’s good too – being amused helps you relax and open.

8. Positive, loving words help open.

The sphincter can relax and open when loving words are spoken. Tell your baby you love him/her, tell your partner you love him, tell your birth support people, you love them and feel yourself open.

9. Horse lips or raspberries help open. Relax your lips and blow air out and feel them flap together. This helps you to relax your mouth and throat and therefore your cervix and perineum.

Optimum functioning of our sphincters is easier to obtain when we have an understanding and admiration for the work they do!

Birth & Beyond March schedule

Now Mondays 4.30pm-5.30pm
14th April: The wonders of placentas
21st April: Movement that helps with birth
28th April: Birth 101 (ask-a-doula)
5th May: Overcoming birth worries

Birth & Beyond meets every Monday from 4.30pm-5.30pm. Sessions are run by donation. For more info (or to hold a session), phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list, just send an email or text. The schedule can be found online at: www.traditionalwisdom.com.au

Talking Tea

by Rebecca Ryall

Ever have a ‘gut feeling’ about something? Do you sometimes feel that you don’t have the stomach for a particular task, or feel ‘gutless’? What about feeling ‘sickened’ by a particular situation, or wanting to have a good bellyache about something or other? Has a person or

situation ever given you ‘the shits’?

Digestion as metaphor has a rich tradition in our language, and there is good reason for that. The digestive system actually has its very own nervous system controlling it – the enteric or intrinsic nervous system – which is only linked to the central nervous system by a single

nerve, the vagus nerve. Studies have shown that, in instances where the vagus nerve is cut due to trauma or surgical intervention, the enteric nervous system can, and does, operate independently of the brain and spinal column.

The majority of serotonin and dopamine in our bodies actually resides in our gut. This goes some way to explaining why we very often ascribe feelings to our stomachs, and why our bowels turn to water when faced with situations of extreme fear or anxiety.

Many digestive problems actually have their basis in inadequate functioning of the nervous system. A nervous system under stress can manifest physically as digestive malfunction, such as nervous dyspepsia, gastritis, peptic ulcers, constipation and diarrhoea.

Fortunately there is a plethora of herbs which have action on both digestion and nervous system function. In my practice, I have come across a small number of individuals who literally cannot stomach peppermint. Consuming peppermint tea causes these individuals to experience dyspepsia or heartburn s and in some cases, vomiting.

This is due to the loosening of the sphincter, which separates the stomach and the oesophagus, leading to the free movement of stomach acids into the upper digestive tract causing the burning sensation. So, for these individuals, prescribing a nice cup of peppermint tea in the case of digestive issues, is a definite no-no.

With this in mind, I have been playing around with different blends to aid digestion, without the

use of peppermint. I have been overjoyed to discover spearmint as a herb, which has all of the great digestive applications of peppermint, without having the same effect on the gastric sphincter.

I have one particular child who often complains of a bellyache, the nature of which causes great consternation – does she have a digestive problem or is this a condition of her mind, such as anxiety? So my blending focus has been to capture both causes, using herbs which will optimise nervous system function, whilst addressing digestive causes for her bellyaching.

I have come up with a new blend – yet to be named but leaning towards either ‘tummy tea’ or ‘belly blend’ – which is the subject of my latest trial. Through The GreenBank, I am giving away free 10g samples to

interested consumers, and requesting feedback as to the tea’s efficacy in dealing with digestive complaints. My own tests have been a resounding success and early indications are good, with great feedback so far. Most of us have regular experience of a grumbly belly, so a tea which is easy to drink, and helps ease minor digestive discomfort, should be a staple in all our kitchens. This is a limited trial only, so if you love a freebie, drop by The GreenBank next time you’re in town and pick up your free sample, and let me know how you go.

Free tastings of Tea Medica blends continue all day, every day at The GreenBank, and you’ll find me behind the counter most Wednesdays. Otherwise, I am happy to hear your feedback or discuss a custom blend, via email at: info@teamedica.com.au

Nimbin Hospital Information

Women’s Health Nursing Service

Every third Thursday of the month. Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next Clinic 17th April. For appointment phone 6688-1401

Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment.

Child Immunisation clinic

For 0-5 year olds. Held in Nimbin Hospital, second Tuesday of every month. Next Clinic: 8th April. For appointment phone 6620-7687 (Lismore Community Health).

Nimbin community nurses

Monday to Friday, 8am to 4.30pm. For assessments, wound care, referrals, advocacy, provision of Palliative Care in the home. Also provide and coordinate Aged Care Packages.

Free Respiratory Clinic

At Nimbin hospital, second Thursday of the month, with Specialist Respiratory Nurse and a nurse Practitioner. Next Clinic 10th April. For appointment phone 6688-1401.

Free Diabetic Clinic

At Nimbin hospital, every thirrd Thursday of the month. For appointment phone Leanne Boothe 6630-0488

Free Health Checks

Now in front of the Neighbourhood Centre, every second Friday. Run by a Nurse Practitioner and an RN. Risk assessments, including general health assessment, random cholesterol and random blood sugar tests. All welcome.

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 11th April.



Natural Law

by Helene Collard

Following from the last week of March, the first three days of April continue a gust of powerful energy to help wake us up and move life along. The two things you can do is focus on what you want to create and then, surrender. This is an opportunity to manifest your wishes, intentions and visions, take them out of your mind, body and spirit, and ‘ground’ them here on earth. So remember to focus-focus-focus, on whatever it is that you want to manifest.

April is a huge month of change, transition and healing. Mid-month these shifts will happen around how we relate, in both internal and external relationships. You will know exactly where change is needed for you, and this process requires your firm commitment to focus. Both beginnings and endings will result from this cycle.

Toward the end of the month, intuit what area of your life is begging for change? It may be a different area for everyone. Again, it’s really important

during these times of change to focus on what you want. If you are unsure of what you want, focus on the feelings you want to create, whatever the situation.

Call upon the Owl as your animal-spirit-helper for the month. Owls exist on every continent and therefore, have adapted to every kind of weather. In addition, the Owl’s night sight can serve us well during this time, as the truth can often appear hidden...

Perhaps the Owl’s most important message for this month is to trust and listen to our inner wisdom. This intuitive knowing can guide us with our timing – when to act and when to wait.

To be clear, inner wisdom does not come from books or intellectual pursuits, it springs forth from your innate knowledge, and can be referenced to the Akashic Records. It is universal soul-knowledge and should be heard and trusted. This is the knowledge that will guide you best through April.

The great challenges you have experienced, especially recently and



over the last 20 years, have prepared you for this period of change and healing. Take the time to focus on what your heart truly desires, and, what the reality of your desire feels like.

The clouds have parted and are dissipating, tap into the clarity that now exists and fly with purpose and focus. Aim to change and heal the aspects of relating

that aren’t working, or are causing harm (emotional, mental, spiritual or physical harm), to you and another. Allow everything to follow its natural course, and follow your inner wisdom.

Remember to focus on what you want to create. Know that endings are a natural part of life that create the necessary space for new beginnings to emerge and flourish.

Love and Owl dreaming, Helene.
Helene Collard is a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore, She has a Bachelor of Trauma & Healing (Law & Justice) from SCU and is currently conducting a self-care course at the ACE Community College, Lismore called ‘Me Time’.

Courage to Begin

Diving is a good analogy for doing things in life. There you are under the water in a wonderland of extraordinary beauty and potential great danger. You got there after a life-time of wanting it, and now, it's just Wow!

There are critical matters to be dealt with underwater: the management of breath (too fast and you'll run out of breath in a situation that could prove fatal, or at worst, hyperventilate and get light headed), the regulation of movement (chaotic flailing and the precious coral can be broken), the maintenance of balance and depth: a synergy of inflation of buoyancy control device (a vest you wear), of properly located weights, and movement, and the knowledge of depth. Then there are the regular necessary observations of air supply and the nuances of the surrounding environment (temperature of water, currents, visibility, benign and malevolent sea creatures, objects to swim around and through, rocks and weed, and the like). All this after the minute account of all the equipment necessary to keep in perfect working order is sorted on land, and the site selected, and the wet suit, mask, cylinders, snorkel, weight belt, torch, knife, etc donned before



by Dr Elizabeth McCardell
M Counselling, PhD

the dive. Critical also for the preparation for diving is knowing you are fit and healthy and have a clear brain (no recent air travel or alcohol consumption), as well as having received proper and thorough training. Throwing yourself ill-prepared into the water is throwing your life away. The question is, when are you ready? Admittedly, diving is a fairly extreme example of doing things and other activities in life are not quite so critical, but the failure to do them well is just disappointing, which doesn't feel good. It's not loss of life, but it's loss of frisson (that tingling, pleasure-filled

delight, that excitement and passion of feeling fully alive). I've had clients who've stood inside their state-of-the-art studios, with stretched canvas and paints laid out ready, but have felt completely stuck and unable to begin. There have been those hovering on the edge of starting their life-changing business: website up and running, but they haven't been able to get going and attract actual clients. The new computer, brand new pens, and endless notes are all lined up, ready for the first novel, but the person cannot write a thing. Everything seems great in the imaginary realms, but to actualize it is quite another thing. It's here that therapy (counselling and clinical hypnotherapy) comes to its own, for feeling stuck, paradoxically, is the point of change and my work with clients, right here at this point, shifts everything dramatically. Stuckness felt in its intensity leads to its own breakthrough, if you acknowledge it as your problem. So it's not about waiting for inspiration, the right time, or the right amount of information, it's having the courage to admit you're stuck and having the courage to know the passion in your heart, and thus to dive in. When I examine the meaning of the word courage, and trace its etymology, I appreciate the wisdom of the word. It means listening to your heart's core, your innermost feelings and thoughts; listening to what drives you, what is the essence of your inner strength. Knowing the passion of your unique heart, is the beginning of a project lived. There is something inevitable about throwing yourself into doing something, even after all the feelings of anxiety and fear have arisen, and the stuckness has been overcome. It is like the relief that comes from entering the buoyant place of water where gravity is resolved, more or less, and the horrid burden of heavy diving equipment feels pretty well gone. There is an easeful delight in swimming, in the doing of an art work, the writing of a book, the working in a field that you love. Now you can play. Movement is free and easy and now it is rather fun. The fear of beginning is part of stuckness and the anxiety that what you start may not be perfect, is also part of it, but knowing that you are stuck is the beginning of new things. The courage to recognize your stuckness is part of your wonderful courage to sing out loud your heart's core.

dr_mccardell@yahoo.com

Diet and Chinese Medicine

by Brigid Beckett

Digestive problems, including irritable bowel, food allergies or intolerances are very common. Symptoms include pain, bloating, acid reflux, abdominal distension and either diarrhoea or constipation. The usual approach is that the problem is food related, with treatment involving cutting out suspect foods or food groups. Sometimes this can lead to a whole life dominated by avoiding a large variety of foods. The pharmaceutical approach is limited with available drugs judged by the FDA to have serious safety concerns. This is not to discount the role diet plays in these conditions. The food we put in is of course vitally important to our digestion. But there are also underlying factors. And if they are addressed both our tolerance to food and other related health issues will improve with time. Overly restrictive diets in the long run can be counterproductive as well as inconvenient. The normal functioning of the liver and its energy is very important in digestion, as well as many other aspects of health. This is a common problem, maybe because it is often emotionally based. Stress and insufficient relaxation are a common problems in our society. Maybe too, because we have that predisposition as a species not to turn off mental processes. This can then adversely affect us emotionally and physically. Qi stagnation problems are frequently complicated due to the



numerous relationships between liver and other organs. So these symptoms, while unpleasant in themselves, can also lead to more serious issues. It is not good to ignore this pattern. Acupuncture is often the treatment of choice for moving stagnant qi and will produce reliable results. A different tcm pattern is spleen Qi deficiency. These people, as well as having poor digestion, have consistently low energy. They are especially tired after eating, tend to be pale, sweaty and often have poor immunity. The problem is an inability to process and extract the full goodness from food. The spleen or digestive Qi needs to be strengthened with acupuncture and herbs. And care with diet while this is happening is important. In Chinese medicine it is not possible to make general dietary recommendations that will suit everyone. Although there are obviously some things that will never be good, such as too much processed food, over- or under- eating, eating late at night or on the run for example. And it is always good to eat fresh, well-flavoured food which is ideally prepared and eaten with care and enjoyment. Restrictive and obsessive diets are not beneficial. An emphasis on food as enjoyment rather than a chore leads to healthier lives. Generally a balance between carbohydrates, protein and fruit and vegetables is looked for. The proportions will vary depending on constitution and other individual factors, as well as season. Recommendations for the above patterns would be as follows;

Liver Qi constraint; It is important to avoid preservatives, colouring agents, artificial sweeteners and pharmaceuticals as much as possible. Over-eating will worsen symptoms, and it is better to eat more, earlier in the day with light meals later. Light mildly spiced foods such as stir fries are good. Cooked vegetables should be the biggest proportion, with the balance carbohydrates and relatively small amounts of protein. Excessively hot and fatty food should be avoided. Cold foods such as ice-cream, beer, and raw salads need to be restricted. It is important in this pattern not to eat while working or late at night. Turbulent relationships at the dinner table will also worsen things. For spleen Qi deficiency; Generally food should be cooked and warm with slow-cooked foods beneficial. Neutral, sweet, warm flavours such as white rice, rice porridge, oats are good, as well as vegetable stews and soups. These patients need to restrict or avoid dairy and cold or raw foods including juices, as well as excessively sweet foods although some of these can be eaten once digestion strengthens. Also antibiotics or large doses of vitamin C will weaken the spleen further. Enjoyment of food is important in this pattern. Obsessive and boring diets will weaken the spleen further, as will constant worrying about health issues. And often this pattern will predispose to worrying. Digestion is affected by many issues. The type of food is obviously one, but also state of mind and other factors will play a part. Chinese diagnosis can help find the diet that aids health and happiness.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

"Individual Help for Individuals"



- Bowen Therapies
- Soft Tissue spinal realignment
- Structural Rebalancing
- Pranic Healing
- Emotional Field Therapy

Nimbin Clinic on Tuesdays and Saturdays

Tonia Haynes For appointments, please phone
20 years healing experience 02 6689-0240
Mobile: 0439-794-420



NIMBIN HOMEOPATHICS

– For all your homeopathic supplies –

02 6689-1452
tarangbates@yahoo.com.au


Colon Hydrotherapy

More Energy, Clearer Thinking



Do you need help with:
Parasite elimination
Digestive problems
General wellbeing
We have been helping people detox since 1998
Naturopath Ela Gold Ph: 02 6672 2517
Vitalis Health - Wellbeing Center
www.vitalishealth.com.au - Murwillumbah
also available in Kyogle @ Shanti Village 0439 854 474

VIBRATIONAL MEDICINE



CHRISTO BELLE
HOLISTIC HEALING
POLARITY
ENERGY BALANCING
AUSTRALIAN BUSH
FLOWER ESSENCES
ZUELA CHRISTIE
0429 501 387
AT THE GREEN BANK

"First, do no harm"

Dr Elizabeth McCardell
M. of Counselling, PhD, Dip of Clinical Hypnotherapy

Psychotherapy & Clinical Hypnotherapy



- personal growth
- depression
- anxiety
- grief/bereavement
- cross-roads of life
- sleep problems
- pain management
- smoking, etc

Clinic in Lismore Heights
For appointments phone 6624-3704
phone/text: 0429-199-021 email: dr_mccardell@yahoo.com

Pain? Stress? Tired?

LISMORE COMMUNITY ACUPUNCTURE

Proven safe and effective treatment by fully qualified and AHPRA registered practitioners.

For conditions including: neck and shoulder pain, back pain, headaches, arthritis, insomnia, fatigue, women's health.



SILVERCLOUD STUDIOS

14 Foleys Rd, South Lismore

- WEDNESDAYS 9am – 1pm
- FRIDAYS 1pm – 5pm

Treatments \$25
Appointments: 0431 702 560
or just turn up!

Repair, clean and upgrade your digital life!

Networking, Tuition, Upgrades, Virus and Spyware Removal, General Repairs

Servicing the Northern Rivers
Onsite Repairs...
Pick-up and Delivery...
0417298642 / 0266890092
fabpc@bigpond.com

FAB PC ONSITE SOLUTIONS

ABN: 23139974905
fabpc.com.au
NO FIX, NO FEE

YOUR LOCAL
DIGITAL READY TV ANTENNA MAN
Servicing the Northern Rivers

GET THE PICTURE

Phone David
0428 298 403

SIMPLE HERBS, CUSTOM BLENDS & TEAWARE

ORGANIC & AUSTRALIAN
TEA MEDICA
Nature's Prescription

39 CULLEN ST NIMBIN
DISPENSARY OPEN SIX DAYS:
9.30am - 5pm
OTHER TIMES BY APPOINTMENT:
PHONE 0423-596-368

www.teamedica.com.au

DRAFTING

Michael Spiteri
Architectural Drafting Service

Design of New Homes & Renovations

Ph. **0417 713 033**
michaelspiteri66@bigpond.com
www.michaelspiteridrafting.squarespace.com

Nimbin's Funeral Services

Locally owned and Family operated
Servicing all of Nimbin & surrounding Areas
Specialising in Traditional, Eco/Green and Indigenous Funeral ceremonies

0457-157-899
nimbinfuneralservices@hotmail.com
All Enquiries are Welcomed
Please phone Lisa Liversage
your local Funeral Director

Adam's Auto Repairs

Lic. No. 43839
0429 672 723
Nimbin and Districts
Mobile Mechanic

Herb of the month – Unfamiliar peppers of culinary importance

by Thom Culpeper

Grains of Paradise, *Aframomum melegueta*; Cubeb, *Piper cubeba*; Szechuan, *Zanthoxylum simulans* and *bungeanum*; Pink Peppercorn, *Schinus molle* (Peruvian Peppertree); Brazilian pepper, *S. terebinthifolius*; Fren. (*baies roses de Bourbon*); Cayenne Pepper, *Capsicum annuum, cultivar*; Allspice, *Pimenta dioica*; Kawakawa, *Macropiper exelsum* (New Zealand, Norfolk and Lord Howe Islands); Horopito, *Pseudowintera colorata* (NZ); Dorrigo Pepper, *Tasmannia stipitata* and Mountain Pepper, *T. lanceolata*. (Aust.)

The history of food care over the centuries has recorded that prior to the general access to a cold environment (some areas of the globe had this advantage), flavour and scent masking were necessary for convenient manageable food consumption, as was some effective suppression of dangerous bacteria and associated toxins.

Salt was then, and still is, the main food preservative, and together with fermentation, the main cross-cultural method of food preservation and seasonal food security.

Peppers and spices were the aromatics of the masks, and many compounds within



Grains of Paradise fruits

Szechuan Pepper



the peppers aided the preservation.

Note: Elizabeth David's book *Harvest of the Cold Months: A social history of ice and ices* is a magnificent read, covering food preservation. She took years to write it: a gem is the material on Russian ice cream preparation.

Grains of Paradise is a pepper obtained from the ground seeds of a plant of the ginger family that is used generally in West Africa and along the Caravansera north to Europe where it was and is still used in liquor formulations, Akvavit, Gins and micro breweries. This pepper is less irritating, digestively for some,

especially it seems, those who are raw food gourmands.

Cubeb was one of Europe's most important spices of the middle ages, used in meat and sauces and relishes before the importation of *Piper nigrum*, black pepper from the Indies. It is a critical component of the famed Arab spice, *Ras el hanout* and it is a prime ingredient in Indonesian curries (*gules*).

Szechuan pepper, a citrus, is major spice used in oriental cooking, and also an ingredient in five-flowers spice, the pepper being one of the better 'masks'. Peaceful Bhutan uses the pepper in the preparation of roasted pork, *phaag aha paa* and a vegetable and yak cheese and meat dumpling called *Momo*. Koreans use it together with ground red chillies, garlic, salt and ginger in *Kimshi*. Szechuan is a strange spice, not hot like the common peppers, causing a tingling confusing sensation on the taste.

Allspice is a spice for all seasons. The West Indies use it widely in 'jerk' cooking, sausage making, pickling and the preparation, with Poblano/Ancho and *Moles*. Most barbecue sauces contain Allspice and the Brits use it in baking. Allspice is the only spice used in many Palestinian stews and cooked meats.



Water wheel on the Tra Que Commune

And the saga continues...

OK. It's dinner time here in Hoi An, which lies, for those not geographically familiar with Vietnam, pretty much half-way down the coastline between Hanoi & Ho, Ho, Ho Chi Minh City. (I remember chanting that during moratorium demos in the 70's and before Uncle Ho became a city). Hoi An is about 30 kms south of Danang, which was where the Yankees had a major air base during the war, and possibly explains why the town never got bombed. But, before we get lost in the old part of town searching for sustenance from a zillion different establishments, I must mention our journey down from Cat Ba.

We'd planned to spend a night in Hanoi but when we arrived, discovered the air quality had been officially declared "unsuitable for sustaining life". That same day, and for the same reason, the Chinese government actually shut down Shanghai. No construction allowed, no schools, no buses, no breathing and NO fireworks. So on that toxic note we scurried for the railway station to get the hell outa there. It appears that on days like this the traffic gets a little nastier, a little snarkier, and we found ourselves slap bang in a mighty gridlock where walking was way faster than any of the cars or bikes could possibly go. During this desperate exodus Diana actually crossed about 20 bitumen rivers of mayhem (I can't say uncomplainingly or indeed without sweat pooling in her shoes) but cross them she did and by the time we'd reached the station she was looking a

fair bet to get awarded the Traffic Cowards Medal of Valour. Managed to snare a last minute sleeper that we shared with an incredibly old woman with totally no English, and we were out of town within 3 hours of arriving. Whew!

However, as if to underline the collective vehicular madness that is Hanoi, within 20 minutes of departure there was a nasty bang and a violent scream of brakes, and when the Reunification Express ground to a halt, directly outside our window lay the totally mangled remains of a small truck, lights still on and wheels spinning, with its cargo and 3 man crew strewn across the road and railway tracks. Their attempt to beat the train over the crossing had failed. For a couple of minutes (until people in their dozens arrived) we watched a macabre and surreal scene as cars, bikes and trucks tried to squeeze past the bodies and wreckage and continue on their untroubled way, at times nearly squashing the poor injured bugger lying next to the median strip. Once the police, ambulance and large crowd arrived and had the road pretty much blocked off, then the horns started and continued unabated the entire time we were stopped there; which was just long enough for the train driver to ascertain that his engine had lost nothing but a bit of paint and that there was no one still lying under the train. The train moved on but the image of that truck and the three men in it stayed burned into my memory and returns without warning at

odd times...

Hoi An, to quote the guide books, is a quaint little village built on a number of islands in the estuary of the Thu Bon river, and at an earlier time (maybe 200 years or more ago) was controlled by the Chinese who built many temples, warehouses, and abodes along the river-front. Later the French arrived and added some European colonial architecture to the mix. This polyglot of styles along the river is now what is known as the "Old Town" and has become one of Nam's major tourist drawcards (hey, it drew us). It's a seething mix of food markets, clothes and fabric markets (lots of silk) and innumerable restaurants in exotic ancient premises catering for the tourists with every imaginable style of food. We did, however, discover some treasures away from the madness, such as a small village on the tiny island of Tra Que where they communally grow vegetables (incredibly delicious veggies) and where you can help in the fields, learn to cook authentic local dishes or simply grab a meal that was still in the ground when you arrived. Yum bloody yum.

One pleasant fact that I've discovered from the many, many street hawkers here is that I'm a very very handsome man, my wife is insanely beautiful and by God I'm LUCKY LUCKY LUCKY (and could I just share that luck with them by parting with a few thousand dong). And while we're on the subject of parting with dong, I find it hard to believe that there ever existed anywhere in this wide, wide world, WORSE bloody bargainers than us! Christ, they say 200,000 dong and we say "Is that all? Surely we could make it 300,000... or possibly 400,000! You can't possibly feed your family of 10 (including granny and the chooks) for less than that... well look, let's make it an even half million and call it done" Shopping is definitely NOT our forte. But at least we leave everyone laughing in our wake.

We're off to a boat-building village tomorrow on another island with a uni student as our guide/interpreter. They do it for nix to improve their English.

Best I sign off and get some dinner; tomorrow's schedule requires early rising and more bike riding. Remarkably, my bum has taken to the saddle far better than I expected it to. I suspect all the nerves involved have been pounded into submission. Perhaps I should be shopping for some lurid Lycra shorts.

The art of Homoeopathy

by Lee-Anne Young

It is time to enrol for Homoeopathic courses at the School of Natural Medicine & the Arts (SONMATA), starting on the 22nd, 23rd and 24th of this month.

Chronic Disease (and its Homoeopathic Treatment) is a 6-week course running from 9.30am to noon on the last six Tuesdays in Autumn.

The art of treating chronic diseases is not mainstream medical practice. This homoeopathic treatment approach addresses each layer of disease that has surfaced and is actively expressed in signs and symptoms. Miasms may sit within deepest

layers of disease, blocking any positive response to treatments.

Constitutional Homoeopathy is also a 6-week course to be held from 9.30am to noon on the last Wednesdays of Autumn. Constitutional treatment may be effective in treating your children and pets from birth and through the younger years without drugs, or as an adjunct to mainstream medicine.

Horses and farm animals may all benefit from constitutional treatments. Homoeopathic First Aid, or previous training in Homoeopathy, is preferred as a prerequisite.

Homoeopathic First Aid will be run on six Thursdays at the end of Autumn, from 9.30am to 12.30pm. Treat people and animals in need of care at home, in the bush, on the farm and road. Hangover, anxiety, fever, teething, tick bites, period pain, injuries, headache, tummy upsets, and more may be treated. This course is suitable for those without any previous training in Homoeopathy.

Sahaja Yoga meditation group will be held on the first Sundays in Autumn and Spring. The next one is on 6th April and the last for Autumn is 4th May at 11am. These are free classes and all are welcome to come and meet us at the school and meditate in this special environment. SONMATA's home is an



old church in the village of Wiangaree, 10 minutes north of Kyogle in Northern NSW along The Summerland Way.

For more information about courses, please contact Leannrah on 6636-2356, via email: sonmata@mail.com or visit the SONMATA website: www.sonmata.org where enrolment forms can be downloaded.

Inspiration in the air



Autumn has arrived with inspiration in the air throughout the Northern Rivers and at Natalie Lord's Creative Space!

Arty Adventures and opportunities continue to be shared on the site,

yet just like the seasons, everything's changing... It's makeover time ~ indoors and outdoors! Everyone's excited! WoOhoO!

Arty folks, eco~warriors, in fact all creative souls are welcomed to join us as our massive makeover continues!

Be inspired to drop in ~ or drop in and be inspired, at Natalie Lord's Creative Space on Facebook / 1CreativeSpace on Twitter!

I've been creating new and FUNkTional Art from windfall in a new creative space and we've got a unique art of gardening going on with our recycling

concepts ~ they continue to grow well (and they might even grow on you too!)

Perfect conditions also, to plant for the future in Autumn in our Rainbow Region: beans, beetroot, cabbage, carrots, cauliflower, celery, chillies, chives, cucumber, dill, endive, fennel, kale, leeks, lettuce, mustard greens, oregano, pak choy, parsley, radish, rocket, silverbeet, spring onions, sunflower, swedes and turnips!

Kids, like we adults, know harvest time is the best!

Remember, your creative space can be any place where you feel most inspired!

Go Gently at Bentley

Mookxamitosis

by Brendan (Mookx) Hanley



have turned many corners. The "Riot Squad" will likely be long gone, having done whatever damage they were paid to do, and the mining Corp. will be left again to deal with the very same local people who kicked its arse out of here not all that long ago. There will of course have been confrontations and

upsets, arrests and all the rest of it, but the question remains ... If the 87% who allegedly voted anti-coal seam gas and the 5,000 who marched actually exist and actually care about our planet, and their own and their families' health and wellbeing ... Did they turn out in droves to Bentley and help to make it another wondrous successful Community Action ... or was it all hot air and not really care?

Either way, if Bentley is still happening as you read this ... do yourself an enormous favour and get there! Turn up fully equipped for camping out in a beautiful peaceful tent and van village on a gently sloping country hillside with an amazing bunch of mellow, caring fellow Earthlings. No experience you can have, in my humble opinion, comes close to the true tribality of such gatherings. Nothing welds people together quite like an outside threat ... and nowhere in the world do they do it as well as our own post-Terania Tribe of Rainbow Warriors.

Go to Bentley. Lift your game. Do something your kids will be proud of

(in fact, bring the kids) and help defend and protect our homeland and ultimately our beautiful Mother Earth.

I'll be around somewhere playing music hopefully! See ya there!

To be included on the Bentley Action Alert SMS list please text your name and mobile number to 0477-399-535.

mookx@mookx.com



Photos: Marie Cameron

I've just driven home in the rain from the camp at Bentley, where a tribe is gathering in the approaching shadow of a destructive gas mining corporation and its paid enforcers, the NSW Police and the infamous "Riot Squad" ... with whom you may recall, I had an uncomfortable encounter not long ago at the successful Doubtful Creek action.

I wrote at the time that I was not impressed with these imported thugs in their big white super-bus, glaring and gesturing at us through their black-tinted windows and their black-tinted sunglasses. I was not impressed at being confronted and shoved backwards up the hill by the pillied-out little creep with the shaking hand poised above the giant gun strapped to his arse, the tasers, clubs, handcuffs, radios, cams, flak jackets and mercenary attitude ... with which he and his cronies forced us all back so that a corporation none of us know anything about, could come into our home patch and commence to destroy it forever. All for their freaking "shareholders". God I hate that word!

Shareholders are anonymous money makers who take no responsibility or accountability for the evil that their corporations perpetuate. They are invisible bloodsuckers who are allowing the agents of their wealth to kill our planet. The corporation is an oxymoron. It enjoys the status of an individual without having to be responsible for its actions or the results of same.

Santos Mining Corp. recently got sprung filling an aquifer with radioactive

uranium and were fined a few thousand dollars as a token punishment while they rock on regardless. The polluted aquifer is forever and who knows how far it will spread. Multiply this by the thousands of gasfield operations across the globe and it doesn't look all that good for the future!

Don't these corporation morons and their stupid shareholders have any bloody kids? What the frack are they thinking? What good are their annual profits, bonuses and handouts on a dead friggin' planet?

As for the "Riot Squad", you never saw a crowd less capable of a riot in your life as the Bentley crew. Gently at Bentley is dead right. I sat in on a meeting in the "Tarp Mahal" ... a makeshift tribal gathering tent made of bamboo poles and many tarps ... some of them leaking a bit at this early stage of the game. The people were aged and young, black and white, Aussie and Global, male and female, local and visiting ... not one terrorist or riotous soul amongst the lot of them.

Bravery, intelligence, ingenuity, dedication, creativity, determination, dare I say it ... love! These are the attributes I saw gathered there in that tent in the rain in that cow paddock not far from Lismore city where 5,000 people recently marched in March against the Abbott machine.

By the time you read this, the Bentley saga will



Chronic Disease & Its Homoeopathic Treatment
9.30 to noon Tues 22/4 to 27/5/14 \$180

Constitutional Homoeopathy
9.30 to noon Wed 23/4 to 28/5/14 \$180

Homoeopathic 1st Aid
9.30 to 12.30 Thur 24/4 to 29/5/14 \$200

www.sonmata.org sonmata@mail.com 02 66 36 2356

Terry Bressington
PLASTERIN' NIMBIN'
0427 891626
Gyprock walls and ceilings
New work or renovations
Lic. No. 100169C

SEPTIC TANK PUMPING
GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
& OILY WATER PROCESSING
NIMBIN & ALL SURROUNDING AREAS
Local Since 1932
RICHMOND PUMPING
6621-7431 After Hours 0407-433-405

Sean Ardern
ELECTRICIAN
0429 890 181
Lic. No. 238231C ABN 85716021096

Johnny Mc Towing
Lic No. 10004
Any Old Cars • Caravans • Any Old Metals • Batteries •
Ph: 66897 322 Mob: 042 99 44 571
SPECIALISING IN UNWANTED CARS

BLUE KNOB STONEX
RALPH MACK STONEMASON AND STONECUTTER
LARGE RANGE OF GRANITE, MARBLE AND NATURAL STONE AVAILABLE AT COMPETITIVE PRICES
MOB: 0429 048 808 PH: (02) 66 891 665
Lic No: 244781C
bkstoneworx@hotmail.com

Trout's Enviro Plumbing Plus

WE BELIEVE WATER IS THE BLOOD OF THE EARTH

Phone: 66 890 331
Mobile: 0412 966 604
Email: trout@newworldplumbing.com
www.troutnewworld.com

HOUSE PLANS
New Dwellings and Extensions
Passive Solar Design
Basix Certificates

NIMBIN DRAFTING

Allan Ross
Ph 0418 925950

ABN : 34 257 423 130

– FLOOR SANDING –
New & old floors, verandahs, decks

- Free quotes & advice
- Prompt service
- Quality work assured
- All areas serviced

Rob Clark ph 6632-3342 or 0410-016-694
ABN 93 105 831 192

PiXiE the BUiLDER
Grant Holding Lic No. 30119

**NEW HOMES
RENOVATIONS
ALTERATIONS
DECKS**

Phone 6689-1728

Jerry Grace
Licenced Electrical Contractor
Licence No. 17976
Rural, Commercial and Domestic Installations

Phone 6688-8287
Mobile 0416-182-222

THE HEART OF NIMBIN
RAINBOW CAFE
EST 1973

Great food with lots of choice for everyone, including gluten-free, vegan and carnivores.
We do everything the hard way – cut our own potatoes to make chips, blend real local organic fruit to make smoothies and create our own sauces.
We have great local coffee with great baristas.

Reflections on the jewel of Gujarat



by Dionne May

The great Indian railway which criss-crosses this huge continent like a giant interconnected cobweb is 64,000 kms of train tracks. Laid out end to end they would circle the globe one and a half times. As the largest network in the world, it is also the ninth largest commercial employer in the world, employing a staggering 1.4 million people.

Each day these trains deliver 25 million passengers (roughly the whole population of Australia), which is 7.2 billion passengers annually. At speeds up to 150 kms per hour and the longest platform at West Bengal stretching for over a kilometre, you can't help but admire the sheer magnitude of the Indian Railways.

Great concrete pillions hold rocketing trains high above dry river beds, ravines and small towns as I am launched from the state of Gujarat to the Himalayan Mountains in Himachal Pradesh in thirty hours. I have treated myself to

the air-conditioned class, forgoing the 'cattle' class mayhem for a pleasant change. For an extra twenty dollars I will be assured a more comfortable seat, some measure of personal space and blessed air-conditioning. After sleeping under the stars or on hard concrete Ashram floors with my Baba companion for the past month, the gentle swaying of the train lulls me into the most peaceful and comfortable sleep of my trip so far.

Arriving in Dharamsala, home of the exiled Tibetan Government and Dalai Lama, I am revelling in the clear cool mountain air as we settle into a lovely small local family guesthouse in the small town of Bhagsunag, above Dharamsala. Here in the quiet I have time to reflect on the past month.

Gujarat was a jewel. Largely devoid of tourists, the state remains firmly fixed in its traditional ways. Here you can truly taste the grand old India. Chai is still served in doll size ceramic teacups and saucers. Chai is cooled and sipped from the saucer in a tricky manoeuvre



by Marilyn Scott

When a lot has happened we need time to digest it, reflect and assimilate the information into our psyche... so it's real for us.

Many Astrologers have been talking about April for a while now... the positioning of the planets, their inter-relationships, indicate big manifestations. The energy is building... it's time to be a part of the healing, the regeneration... to offer our gifts, to contribute and act.

So what can I do, as a member of this massive human family, to support life and the energy of healing?

I was reminded on the weekend of the power of the circle, when people come together with a united intention. Where each has a voice and contributes their energy... powerful manifestations

happen.

The circle is an archetypal symbol of wholeness, where all parts of the whole come together to form a whole.

The human family is incredibly diverse, yet we all share such similar needs. Standing at different parts of the circle we see things from different angles, unique perspectives... it's important that we share this.

Being energy-sensitive, I see energy sometimes as well as feel it. I have been trained but I also carry the gift from my ancestors. I've learnt to trust it more. The circle is an incredibly powerful energetic form... if created with openness and intention, a time for speaking and a time for listening, great things can happen.

As our world and our magnificent planet shifts and moves like never before... we are all encountering the energy of transformation. The alchemical process of the phoenix comes to mind, cyclically regenerated he rises from the ashes... transformed. Transformation time is here.

We start the month, once again, with a New Moon, a new beginning, a new cycle. The Sun, the Moon, Uranus and Juno (asteroid) sit together in Aries... big times require big players. All are helping with this rebirthing... this glorious transformation. We need to trust and have courage.

Uranus carries the brilliant mind of our 'tomorrow world', the seed of the new. He is forward looking, he rebels at the traditional, he has no interest in the old. He doesn't hesitate in creating the change that's required. He breaks down the old structures for the emergence of the new. He's a rebel, he's not adverse to revolution... he carries the powerful energy of electrically charged change.

Juno's ancient energy is equal



of balancing the saucer delicately in one hand while pouring the tea into it with the other, with many bemused Indians watching.

As I am travelling with a Naga (warrior) Baba, I am extended the same respect, which barely conceals their curiosity at my presence, especially when a joint or chillum is passed to me! Perhaps Gujarat's most incredible feature though, is its huge wilderness areas. Wealthy influential Maharajahs of the past decreed vast areas of land for the preservation of India's only lion population.

With an estimated four hundred wild lions as well as tigers, hyenas, jackals and various other dangerous wildlife, my nights spent at an old ashram situated right in the middle of this largely unfenced wilderness reserve, were less than peaceful, but hugely exciting. Two nights previously, a local child was killed by a prowling tiger so, not keen to be on the menu, I wisely opt to sleep inside.

Never sure how each Ashram will receive me and fully aware that a woman travelling on her own would never breach these inner sanctums (some visit I am told, but they are never allowed to stay) I am delighted by Gujarat's hospitality and generosity. It is indeed surprising where life takes you when you step out on the path of adventure.

relationship' (the circle)... and through her archetypal experience we can become aligned with our heroic self. She is custodian of the seasons of a woman's life, the evolution of women's roles. She carries power, as wife to Jupiter King of the Gods... she found her voice. She's a mighty feminine power within.

As our communities, our towns and our cities, and our magnificent planet heal, so do we. We are all affected by this massive tide. This is a time of great healing. So much is available to us now... to shift. We must take this journey first within ourself, be a part of healing ourself. Then maybe we can be a part of the great healing circle... joining our intention, our energy and our focus.

Peace and love begins with 'me'. It needs to be real for me. I need to live, wholeheartedly, in Peace. It can't just be nice words to say. It has to be real.

Over the last week, a lot has happened, at least for me. I need time to process and assimilate this new that's been presented. Big times require big people, people who stand in their power... people with big hearts and big loves... big kindness and big generosity. We live in a natural world full of all these things... we carry within us all of these things. It's time now to be who we really are, beings of Light, of Love... magnificent creations, created by Life itself... with kindness unparalleled.

We live in unique times... possibly times that have never happened before. This requires unique people to stand and add their voice... to the circle of humanity, the circle of our precious Earth.

We are unique, each and every one of us... no one can do what we can do... no one can offer what we can offer. It's time... it's time.

Nimbin Bushwalkers on the March

"Mystery" Falls

by Michael Smith

Judy Hales led a walk to the bottom of a waterfall in the Nightcap National Park. Where? Best not to say, as it starts on private property, but we did get permission! Three foundation members, aged in their mid sixties, turned up for five hours of rainforest. It was a madness of trees, vines, moss and the coo-ooing of pigeons. The best cedars had been chopped out generations ago. Left alone, protected, the gully was allowed to become the best it could.

A hundred metres from the falls, we sat down to lunch, a talk and a think. Only Judy, with her blood-stained Vinnies clothing in tatters, climbed the last slippery cliff to swim the plunge pool. The place was wet and fecund with spooky life forms. I imagined a night spent here would see you consumed by mould, fungus and hopelessness. It was a good lunch and we made it home safe and satisfied.

Richmond Range National Park

by Don Durrant

Only three walkers turned up for a trek in the Richmond Range. With rain threatening, we travelled along Cambridge Plateau, seeing many pademelons and birds. As it was a cool day, many of them were out and about. We stopped to marvel at the beautiful panorama of the Richmond Valley from a lookout and then it was into the real rainforest. We passed a very docile python, which showed no interest in us at all.

Finally we reached the creek that was our destination and made our way downstream, passing cascades, rock pools, cliff lines, and waterfalls. There were no lawyer vines (there are none this side of the Richmond River) to mar our way. There were, however, huge Hoop Pines, Booyongs, Leopard Ash and Ribbon Woods with little evidence of past logging. We lunched at a 100-metre waterfall but it was such a cool day that only Judy was tough enough to swim. It was an easy walk

back to the car and another pleasant drive back along the plateau, seeing many more pademelons, birds and a white dingo. We all agreed it had been a very pleasant day.

Suffolk Park

by Tony Isaac

Sunday morning of 16th March was fine, warm and blustery along the Byron coastline as a team of six headed off from the caravan park site south along Suffolk Park Beach. The stiff northerly wind blowing upon the high tide was whipping up some wild waves as well as foam and frothy bubble, which at times surged right up to sand dune line. The salty sea spray was a visible mist between us and the headland. A brahminy kite was spotted soaring above, displaying its unmistakable white head and chestnut wings.

We were soon on our way up around the headland, enjoying the magnificent views looking back to Cape Byron and out to the Three Sisters Rocks. Legend has it that three sisters were swimming at this site and one became caught in a strong current. The other two sisters swam to help save her but were soon caught in the rip and all three drowned.

We took a steep path down to a pebbly beach where we saw, perched on a craggy outcrop, a flock of terns accompanied by two oyster catchers. Onward we went, stopping frequently to enjoy the splendid ocean views as well as the glorious shades of green from the lush bush land rising



in the hills behind us. Further south as the headland turned, the wind dropped suddenly and we realized just how hot the day had become. So down the cliff we went for a swim and lunch in the shade of the pandanus palms. Judy was into that surf in a flash! After lunch she was also into sampling some New Zealand spinach (Warrigal Greens) which was growing nearby. The water was delightfully fresh, though had far too strong a pull for us to venture out any distance. I found myself heading home on a natural high after a day of fresh air and exercise, stimulating conversation and laughter along with the fellowship of jolly good company!



April Walks Program

Nimbin Bushwalkers Club Inc.

Sunday 13th April Wooyung Beach

Leader: David Holston (0452 471 327).
Grade 2: 5 hours including lunch and swim. Walk in via Jones Road to littoral rain forest and coastal heath of Billinudgel N.R. Return by track behind coastal dunes through Wooyung N.R.
Meet: 9am Wooyung Caravan Park, cnr Wooyung and Tweed Coast Road.
Bring: Water, lunch, hat and swimmers. If in doubt due to weather, phone David.

Sunday 27th April Mt Jerusalem

Leader: Bill Potter (0428-737-747).
Grade 3-4: 3 hours with option of two hour Rowlands Creek add-on. Descend Chowan Creek through a series of pristine rock pools to 50-metre waterfall.
Meet: Uki Public School, Rowlands Creek Road entrance.
Bring: Water, lunch and hat. Please advise Bill you are coming.

Sunday 10th & 11th May Sheep Station Creek – Border Ranges National Park (weekend camp)

Leaders: Michele Alberth (6632-1214), Catherine Baker (6684-2160).
Grades: Saturday: one or two shorter walks **Grade 2**, Sunday: Rosewood Loop, **Grade 3**, 3-4 hours. Walking is on tracks through World Heritage Rainforest.
Campsite: shade, composting toilets, free Gas BBQ, 'bring-your-own wood' BBQ's, no water, no rubbish bins.
Meet: 10am Kyogle visitors centre parking or 10.30am Sheep Station Creek camping grounds.
Bring: Camping gear, food plus cutlery etc., water, rubbish bags, torch. National Park camping fees apply.

nimbinbushwalkers.com



Nimbin Garden Club



by Gill Jones

The old Smith family homestead at the Nimbin Rocks end of Mountain Top Road is another of Nimbin's iconic historic properties. Now lovingly restored and maintained, both home and garden reminded us of a bygone era of elegance and good living. Evidently there were once a couple of tennis courts which must have attracted the farming families of the valley to enjoy the vistas onto the eastern rocky escarpment and Nimbin Rocks.

The garden was developed by Bee Smith who was 90 years old when she died, having lived on this land all her life. The property

covers 122 acres with around 30 acres of cleared manicured lawns and gardens surrounding the homestead.

Originally the farm grew small crops of corn and beans as well as running a dairy. The current owner cleared lantana around the house, dams and large fig trees, which now host a variety of both native and tropical plants.

With good soil, fed on a regular basis with horse manure and dam weed, the gardens looked healthy and lush, despite the dry conditions. There is quite a bit of water on the property, including dams which are gravity-fed from fresh underground springs. With few eucalypts, there are a variety of



mature shady trees including ice-cream bean trees, tree ferns, natives, fruit trees and a variety of species gained after years of nurture.

The current owner said the garden just evolved and grew organically. Valerie thought she would be more of a bush regenerator-type of gardener, but the bones of the past must have encouraged the flowers and shady walks, which are a strong reminder of the grace which a good, well-designed garden can provide.

We were happy to meet five new members at the last visit, and welcome visitors and new friends to our club. We would especially like to thank Youngberry's nursery and the Nimbin Garage who provided the prizes for our monthly raffle.

The next Garden Club visit is to Gondwana Nursery, 148 Creagans Road Barkers Vale, which is at 2pm on Saturday 12th April, a week earlier than usual due to the Easter break. This nursery is one of the largest native plant nurseries on the East Coast of Australia, and employs around 12 local people. Not always open to the public, we encourage both new and old members to take this opportunity to learn about natives



especially suited to this area, and to be able to purchase plants to take home, now that the Autumn conditions are more suited for planting.

Please bring a cup, chair and food to share and check us out on Facebook, and we look forward to seeing you soon.

nimbingardens@gmail.com



What’s a Book Exchange?



Wanita (Terri) and Bruce Ellis (*pictured*) moved up to Nimbin from Wollongong when they ended up unemployed, to create their own employment.

Wanita, who grew up in Mullumbimby and New Brighton, said, “This area has always been my spiritual home, and I knew one day I would return. My sister had returned a couple of years earlier and settled with her family. I asked her if Nimbin had a book exchange and when she said no, I knew this was the right idea and the right place.”

Having worked in a book exchange for many years in Bundaberg, and with heap of books and many people willing to donate, Wanita discovered the Community Centre had the A2 room for lease. “The universe must have agreed with us,” she said.

They moved the family up in December last year and opened the shop four weeks later on 13th January, and since then it has been all systems go.

Wanita said, “Many people have asked us if we are a library, a charity, or a bookshop, so I would like to explain how we work. In an exchange, we sell second-hand books for great

prices and then if or when our customers want to return the book we give them a 50% exchange rate towards the store. This means that when you’re finished reading a book and you do not really want to keep it, then you return it to us, receive your store credit and hunt for the next book to read.

“Another way we work is if you have books at home you are no longer reading, bring them in and receive a store credit to start you off. We are also happy to accept donations of books and other store items, which has been a huge help to us as we are growing our business. We also sell and exchange DVDs, CDs, cassettes, foreign language items, jigsaw puzzles, board games and second-hand toys for kids. We have a great kid’s corner for the little kids to explore and enjoy – we want families to feel at home with us,” she said.

There is a comfy lounge for people to relax on as customers decide which book they would like, in a bright cheery atmosphere with complementary instant tea and coffee, made with rainwater from the Community Centre.

Normal opening hours are Monday-Friday 9am-5pm and Saturday 10am-2pm, as well as on Nimbin Market Sundays from 8-ish. They will be open through the long weekends in April and throughout MardiGrass weekend. Phone 0498-564-339 for enquiries.

“We would like to thank all the local support we have received. So many people have shown support for us and our little business – without them we may not have made it this far. Taking a leap of faith is always risky, but following your dreams is worth it. Moving home was the best decision for us and our family,” Wanita said.

Turning the wheel of change

The Wheel Will Turn
by Manohar Mouli Biswas, 2014
Reviewed by Rob Harle



This book is far more than a wonderful collection of moving and powerful poems. It is an expression of true freedom, a freedom that a few years ago seemed impossible and unachievable.

The Dalits of India have been oppressed and denied the chance of rising above their birth origins for centuries, perhaps for over a thousand years. Relegated to extreme poverty, extreme hard work, with no chance of education, and quite often dying from starvation.

The book’s title refers to the Wheel of Dhamma, or Justice, which may have become stagnant for a while leading to oppression of the powerless, but will turn to re-establish a just society.

Manohar Biswas, with his tireless work towards a better life for Dalits, has, with this collection of poems put into reality the saying, “better to light the smallest candle than curse the darkness”, which, co-incidentally, is the motto of Amnesty International.

The Wheel Will Turn is a blazing candle for the emancipation of not only Dalits, but by association, all human beings who are for whatever reasons oppressed by those in positions of power, control and authority.

Manohar’s poems are like the lotus flower, they have grown to perfection and beauty out

of the mud and filth perpetuated by heartless, selfish individuals and groups who can watch others suffer, starve and live impoverished lives without a twinge of remorse. His poems are powerful statements that force the reader to acknowledge the seriousness of his mission.

Quite a few of the poems express the feelings of utter hopelessness felt by Dalits in the not so distant past, but sprinkled throughout are lines which indicate there is now the possibility of change in sight. The Wheel has started Turning.

The book is beautifully produced, runs to eighty eight pages and together with the fifty poems written by Biswas and translated into English by ten different scholars, there is an Editor’s Note by Jaydeep Sarangi; an Introductory essay The Fourth Person by Kalyan Das; and an in-depth Interview with Manohar Biswas by Jaydeep Sarangi and Mohini Gurav.

The Fourth Person and the Interview are very important additions to this volume of poetry in that they, in a sense, ground the Dalit issues which helps non-Indians understand the highly complex issues involved with the Dalit’s move to freedom.

This book is a must purchase and read for all lovers of fine, serious poetry; students and scholars involved in the humanities; and anyone interested in furthering the global cause of making the equality of all human beings a reality.

The Green Bank

by Rebecca Ryall



Well, with the soccer season again upon us, we are tickled pink to be able to offer an ethical option when it comes to buying practice balls for the little football stars in our lives.

JINTA Sports offers the only ethically-produced soccer ball available on the market, and is the only ball guaranteed to have NOT been made by enslaved children in the developing world.

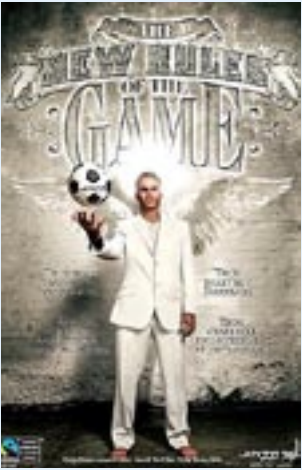
In addition to this fair-trade guarantee, sales from JINTA soccer balls also support sport and health programs in Indigenous communities in the Northern Territory. Additionally, The GreenBank offers our own guarantee, in pledging 15% of all JINTA sales to the Nimbin Headers Football Club, supporting the health and wellbeing of our own kids, as well as kids all over the country, and indeed, all over the world. A JINTA practice ball represents a stylish, and feelgood gift for the budding Lucas Neill or

Kate Gill in your life.

In March, we also took delivery of some gorgeous handmade leather bags and belts, produced by a very talented local. These are one-off originals with prices ranging from \$67 to \$400. These are generating a lot of interest, so be sure to check them out next time you’re in the shop.

We are also happy to be expanding our healing range, with the addition of Artemis Medicinals Balms and Cremes made by astrologer and herbalist, Fiona Maunder. We now stock a range of herbal balms and ointments, which perfectly complement both the Tea Medica range of herbal teas, and Kylie’s Naturally Nourished range of organic skincare.

We also have a new delivery of ReTyred furniture, made from old car and truck tyres. This range includes chairs, bar stools, tables and baskets. They are enormously popular, and



this will be the last delivery for a while, as the creators take their products to the European market.

We are phasing out our silicone reusable coffee cups and all remaining stock will attract a 15% discount this month. These make great gifts, as well as being very useful for those of us who like our coffee and tea on the go.

Tea Tastings are still happening all day, every day, and we also have a committed group of health and wellbeing practitioners, working out of our consultation room six days per week. Call the shop on 6689-1881 to book, and like our facebook page, to stay up to date.

facebook.com/
TheGreenBankNimbin

Ode to a Pothole Painting Pirate

by Biskit

*Oh Roa D’Art, Roa D’Art –
wherefore art thou Roa D’Art?*

*Though the scions of council
deny the beneficence of the act,
name it a vandalous distraction,
and would persecute and
prosecute
this holy service,*

*We who traverse the treacherous
surfaces
of these raddled and uncertain
highways,
negotiate the fickle temper of this
land
of water and rainbows, heat and dust,
We know the true value of this transient art.*

*For this expression of colour, form and whimsy
that highlights and beautifies
the convoluted arteries and trajectories
of this land of rivers,
has been sent to save us.*



*Lest we suffer
the broken axles and shot suspension
of the outrageous potholes and cracked ripples
in our fair roads.*

*You, whose Observant daubs
seems to prompt the attention
of council road crews
intent on covering
the gaily marked evidence of their neglect,*

*You, who have saved our vehicles
from certain death or monumental expense
in the annual rigour of rego time,*

*You, who have given through high service and
art,
comfort and solace to the bruised bits of bodies,
bounced by broken unpredictable surfaces,*

*You, who have created colour and form
to guide us round the perils
through tempest and storm,
in darkness and light,*

*To you, our pothole painting pirate,
We who travel these roads salute you.*

Nimbin Holiday Club Autumn Program

The program runs for children aged 5 – 12 years, and is operating from the Youth Connections Building between 9am and 3pm. On excursion day, please meet us in the Nimbin Central School car park at 9am.

Please read the dates and venues below carefully and book to avoid disappointment. To book, phone NNIC

on 6689-1692 between 10am and 4pm, or if you can’t get through, text Sophie on 0411-203-508.

Please ensure that your child wears appropriate clothing, covered shoes, brings a hat, and has adequate food and drinks. Parents must sign consent forms for any excursions.

Date	Program	Cost
Wednesday 16 th April	Nimbin Youth Club, Park, and Skate Park Please bring food and water. DVDs, Art, Craft, Games, Music, Dance and more. SPIDER ART AND SPIDER DRINKS!	\$12
Thursday 17 th April	Nimbin Youth Club, Park, and Skate Park Please bring food and water. DVDs, Art, Craft, Games, Music, Dance and more. MODELLING CLAY CREATIONS!	\$12
Wednesday 23 rd April	Excursion to Lismore Skating Rink and Heritage Park Skating followed by lunch and play at Heritage Park. Ride on the mini train! (Extra \$2)	\$22
Thursday 24 th April	Nimbin Youth Club, Park, and Skate Park Please bring food and water. DVDs, Art, Craft, Games, Music, Dance and more. LAST DAY PARTY!	\$12

Our Village Rocks: April School Holidays at Nimbin Youth Club

Learn some new dance moves and express yourself through badge-making and street art.

All workshops free for young people aged 10+ with lunch provided.
For more info, phone Lisa 0431-242-232.

Monday 14th April	Dance workshop with Harry and Maricar	10am -1pm
Tuesday 15th April	Dance workshop with Harry and Maricar	10am -1pm
Wednesday 16th April	Badge-making with Jesse	11am -1pm
Thursday 17th April	Street Art with Justin	11am -1pm
Wednesday 23rd April	Badge-making with Jesse	11am -1pm
Thursday 24th April	Street Art with Justin	11am -1pm

Looking good for the Nimbin Headers in the 2014 season



Headers frontman Phil Courtney get his hat trick against Woodburn

Pre-season antics

by Gary Whisker

The 2014 season was kicked off by our women's team taking on Richmond Rovers in Lismore for the first Callan McMillan Shield match. With only 11 players available, they battled valiantly against the full squad of Rovers. An evenly-matched first half finished 2-0 to the Lismore outfit. The mighty Headers then produced an impressive fightback to come away with a respectable 2-2 draw. Always outnumbered, but never outgunned!

Byron were the next opponents, on a hot and sunny arvo at the Bay. Their team was made up of young, fast and skilful girls who will be playing in the 2nd division this year. Our women are in the 3rds, so this was always going to be a stern test. The coastal club ran out 3-0 winners, but the scoreline didn't really reflect the closeness of the game. Their coach admitted it had been a lot closer than he expected.

The third and final match was the first home game of the season. The opponents were Italo Stars, and there were a few familiar faces in their line-up. The crowd were treated to a very entertaining contest, with Stars running out deserved 4-2 winners in searingly hot conditions.

The men's Anzac Cup quest began at Pottsville in energy-sapping heat. The contest was over after 20 mins, with the Headers racing away to a 4-0 lead after some wonderful football. The game pace slowed considerably after that, and to their credit, Pottsville fought back strongly with the game finishing 4-1.

A visit to South Lismore on Friday night was next on the agenda and produced an

evenly matched encounter that ended in a 1-1 draw.

Three days after this match we were informed that we had unknowingly played an ineligible player in the previous rounds. That meant all points were deducted and we now sat bottom of the group. Very disappointing to say the least! We wanted to go out in style with a win at home to Ballina, if nothing else to prove we were the team that should have been contesting the final at Oaks Oval in April. We produced a convincing 4-1 victory and it was smiles all round after a freak storm blew across the pitch towards the end of the game.

Our friends at Uki hosted three trial matches the following Saturday. First up were the women, with our 3rds taking on Uki's 4th. Unfortunately we only had 8 players which meant having to borrow a few from Uki. In an exciting, good-natured game, Uki ran out 4-2 winners. Next up were the men's 5th division playing Uki's 4ths. Our boys were on the wrong end of a 7-0 spanking against a strong, well-balanced side.

To round out a thoroughly entertaining afternoon our 3rds took on the hosts' 1st division team. This was a hard-fought encounter, resulting in a 3-2 home win. Everyone agreed that we would love to make these games with Uki an annual event, as it was in the past. Ideally we would each host games, giving both of our canteens much needed funds, and supporters plenty to cheer about.

5th Division Nimbin Headers V Casino Cobras

by PAC

A nice flowing game for the first 30 minutes, with both teams attacking and

defending without too many shots on target and with Casino Cobras having the lion's share of possession. Then two minutes later Casino are awarded a penalty for a player being fouled in the penalty box and the ball is soon in the back of the net: 1-0 to Casino. And that's how it finished at half time.

The Headers were having more of the ball in the early stages of the second half. At about 14 minutes in, Steve Waddington for the Headers has a shot from the left-hand side and the keeper saves, just.

Five minutes on, Steve has another shot from a similar position and the Casino keeper saves again and the ball goes out for a corner, but nothing comes of it.

Four minutes on, Steve's on the attack again, passing a defender and shooting across the keeper, just missing the far post.

About 35 minutes down in this half and, after substantial attacking raids on the Casino defence, a shot is put in and comes back to a Headers player who passes the ball to Harry Waddington who guides the ball into the left-hand side of the goal past a defender who tried hard to clear the ball (which was already over the line) but only managed to hit it into the roof of the net. Nimbin Headers 1, Casino Cobras 1.

With time running out, young Jake Charles for the Headers, who has had a great

game so far, hits a stunning shot which the Casino keeper had to palm away but regathered. Three minutes later Jake has another dig, and again the keeper saves. So at full time it was a point apiece.

For Casino, my man of the match goes to the keeper who made five brilliant saves. And for the Headers, the workman-like performance from left wingman Steve Waddington who was knocked over in both attacking and, when he had to, defending modes.

3rd Division Nimbin Headers V Woodburn Wolves

Headers start this game in a hurry, and within a few minutes striker Saki Hayashi has a shot, but just over the bar. This is going to be a tough game for both sides as play swings from one end to the other.

But after about ten minutes the Wolves mount an attack and a lovely goal comes at the end of it: Wolves 1 Headers 0.

On the 16-minute mark, a nice move from the Headers finds centre forward Phil Courtney who quickly squares the ball to the left wing and Gary Whisker shoots, but he scuffs his shot which flies high and wide.

Three minutes later Headers player Saki has another shot, but just passed the junction of the goal.

On 30 minutes Saki again, takes the ball to the goal line pushes the ball past a defender, regathers and shoots – just missing going in from an acute angle.

The Headers are now piling on the pressure and the equaliser duly comes with left winger Gary Whisker squaring the ball to striker Phil Courtney who runs onto it and smashes it past the keeper: Headers 1 Wolves 1.

A minute later, Gary has a shot for the Headers



Headers Saki Hayashi just misses the far post

which the keeper has to tip over. From the corner kick the ball bobbles about and comes to Headers front man Phil who shoots but hits the right-hand post and the ball comes straight back to him and he does not miss with a second chance: Headers 2 Wolves 1. And so the first half comes to a close.

Straight from the start of the second half the Headers have a shot, but just wide.

Nine minutes in, a Woodburn striker has a great shot on target which produces a great save by the Headers keeper Brodie Ross

With 21 minutes gone, Headers striker Saki runs straight through the middle of the defence and is pushed over for a penalty, and centre forward Phil steps up and smacks it into the net to give him his hat-trick Headers 3, Wolves 1.

A couple of minutes later, Headers striker Phil has a shot which produces a great save by the Wolves keeper, but it's a corner which comes in and Headers midfield player Leon Kindermann hits a sweet shot, but it's cleared.

A free kick is awarded to the Headers and a Wolves player, not ten metres away when the kick is taken, interferes with the ball and is given a yellow card and he whinged for the rest of the match.

On the 35-minute mark, the Headers front man is through and passes to the left. Gary runs onto the ball and strikes the ball – just over the bar.

With about three minutes to full time, Woodburn are on the attack and the winger smashes in a great goal to make it Nimbin Headers 3, Woodburn Wolves 2 and that's how a great game of football finishes.

Women's 3rd Division Nimbin Headers V Pottsville

by Gary Whisker

The women's 3rd division side hosted Pottsville on Sunday 30th, after both teams moved up from playing 4ths last year. Pottsville finished the season as minor and major premiers, so this was always going to be a difficult assignment for our female warriors.

Fortunately, the day was overcast so heat wasn't a problem for either team. The first 20 minutes were fairly even, with Pottsville perhaps shading it with a couple of mobile playmakers moving the ball around nicely. A breakaway down the left side on the 25-minute mark saw their striker run clear and finish coolly. The Headers responded with some good interplay, resulting in a great team goal 5 minutes before the break, Ginger O'Brien scoring. 1-1 at half time.

In the second period, Pottsville continued to threaten and came close a number of times. As both teams tired, it became real end-to-end stuff. The visitors took the lead again midway through the second half, and added a third with 15 minutes remaining. Our girls threw everything at them in the dying moments, but the score remained 3-1 and Pottsville deservedly took all three points.

There was plenty for the Headers to be encouraged by, and we all look forward to watching this enthusiastic group of players improving and becoming a force to be reckoned with. This Pottsville side will be right up there again this season, and it seems likely that a lot of their opponents will come away empty-handed.



5th division Headers backline player Bruce Hatfield heads the ball away from a Casino attacking forward
Photos: PAC



3rd division Headers Rubin Garcia shadows a Wolves player on the ball

Crossword Solution

From Page 22

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

LISMORE – NIMBIN NIMBIN – LISMORE BUS SERVICE

Ph: 02) 66226266 Fax: 02) 66226682

Phone for a very competitive quote on quality seat-belted coaches, capacity 18 to 59 including wheelchair accessibility

Full timetable on-line at: www.wallersbus.com

Normal Mon-Fri Week

Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am
8.00am	8.45am
12.00pm	12.35pm *
2.35pm	3.10pm
3.20pm	4.15pm
5.30pm	6.00pm

School Holidays

Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)
8.00am	8.30am
12.00pm	12.35pm *
2.35pm	3.10pm
5.30pm	6.00pm

Leaving

Nimbin – Main St. (Park)	Lismore Transit Centre
9.00am	9.35am
12.45pm	1.15pm *
3.25pm	4.10pm
6.05pm	6.35pm

Arriving

Nimbin – Main St. (Park)	Lismore Transit Centre
8.50am	9.35am
9.35am	1.15pm *
4.10pm	4.10pm
5.15pm	6.35pm

No Public Holiday Service

Town Service - Wheelchair access available upon request, 24 Hour notice required

Some Buses connect in Nimbin for Operators to Murwillumbah

* Mondays & Thursdays Only

Nimbin's Annual Nude Bike Ride



Lismore's
real fresh food
people

Lismore
Organic
Market



North Lismore
Showground
Every Tuesday
7.30 to 11 am



This year's World Naked Bike Ride pedalled into Nimbin on Saturday 8th March and into The Channon Markets and Byron Bay on Sunday 9th, to remind other road users that we all share the roads.

The bare-as-you-dare bike riders painted their bodies and decorated their bikes with peace slogans or protest signs.

About 25 people turned out in Nimbin to paint up at the Bush Theatre before doing laps of the village, to the applause of a large crowd of onlookers.

Photos: Brian Alexander and Cleo Striber







Pictured right:
Champion Pen of 3 weaners
2013 winner - Alf Jarrett

Date: 24th April
Time: 9.30 am for Pen Judging
Venue: Kyogle Showgrounds

Contact Norco Kyogle for all the details
Willis Street
Ph: 6632 2920



Norco - an Australian, farmer owned dairy co-operative since 1895



THE END...
until next year

NIMBIN
LISMORE
BALLINA

Lifestyle
real estate

Phone (02)
6689 1305
www.nimbinlifestyle.com.au

MAKING YOUR DREAMS COME TRUE