

A question often asked about Steiner education is how well it prepares its students for the world beyond school. Although currently very little quantitative data exists in Australia about the pathway chosen by Steiner School's graduates, academic studies are planned for 2015.

Of the 40-plus Steiner schools in Australia, 14 now offer high school to year 12, with many of their graduates excelling in their chosen fields.

Glenaeon Rudolf Steiner School in Sydney is contacting graduates from the past 40 years and surveying them about their postschool careers.

Previous graduate's stories demonstrate what has been known anecdotally for years. A Steiner education successfully equips students with a range of skills, attitudes and work practices which translate into a wide variety of career opportunities.

Gleneaon's class of 2004 celebrated their 10-year reunion at the school this September and represent the diverse tertiary options and to Brisbane to visit Samford Valley Steiner careers Steiner alumni have pursued. Their assorted degrees translated into a mix of fascinating careers, including environmental consultant, research scientist in psychology at the University of Sydney, radio presenter, art director, audio engineer, neuroscientist,

freelance director, photographer, senior graphic designer, environmental specialist at BHP, actor and writer, producer at Opera Australia, acupuncturist, Circus Oz performer, advertising accountant director, IT and marketing manager, social media

manager and NSW Govt

Enterprise account executive. 'To truly know the world, Brenna Hobson graduated look deeply within your from Gleneaon in 1993 and is now executive director at the own being, To truly know yourself, Belvoir Street Theatre and a take real interest in the trustee of the Sydney Opera world.' – Rudolf Steiner House.

Brenna says Steiner education has given her many valuable skills, particularly 'the ability to think laterally and to find another way to do something if the most obvious one is blocked. "That sort of creative thinking is absolutely a

trait that I associate with Glenaeon." (Excerpt of an article in the Steiner Education

Australia (SEA) Annual Newsletter 2014). On a different note, Rainbow Ridge Year 4, 5 and 6 students went on an excursion School and mingle with the students there. The next day was spent in Brisbane cycling along the river, exploring South Bank and the highlight of the excursion, attending the performance of the musical Lion King. It was fantastic.



#### by Michelle McDonald

Farmers and gardeners the world over fight for the right to save and exchange their own 'tried and true' seeds.

With 67% of the world's seeds now being owned by only ten multinational companies, saving seeds has never been a more vital gardening activity. Tuntable Falls Community School has decided to take our gardening future into our own hands.

Recently we had a visit from Michelle and Mij of the Nimbin Seed Savers, who guided us through the process of saving seeds.



School Seeds' label and to step-up our own seed-saving program. With hot summer days already upon us, gardening

growth of their corn. We have also harvested leeks, tomatoes and lots of parsley and chives, which we turned into a lunch of leek,



by Jennifer Parke

It has been a busy term at Coffee Camp Public School with lots of exciting excursions, winning entries at the Lismore show, and the usual lively mix of fun and learning.

Years 4, 5, and 6 had a whole week at Lake Ainsworth where they enjoyed sailing, swimming, canoeing, archery, snorkelling, raft building, rock climbing, BMX bike riding, cooking, and night games with students from

## Early learning by Elissa Wenzel

Nimbin Early Learning Centre is now open after our extensive renovation. The centre has just had a \$250,000 refurbishment funded by the Commonwealth Department of Education for the benefit of the Nimbin community.

We are enrolling now for 2015 and spots are filling up quickly. The centre caters for 15 children a day ranging from 6 months up to 6 years. We have a Preschool room which includes a school readiness program and also an infant's room catering for 0-2 year olds. We do group time activities as a large group and split into smaller age appropriate groups.

Our friendly staff are available to have a chat with you and answer any questions. If you are interested in enrolling your child or would like to ask any questions please call the Director Elissa on 6689-0142 or email us on: nimbin.director@nrcs.org.au

Our centre is also looking for any volunteers

several other small schools in the region.

Washing the dishes for over 200 people became a lesson for Coffee Camp kids in how to get a job done while having fun - that hose cools you down and gets the food off!

The teachers had as much fun as the kids, and were very proud of their behaviour and social skills. Ex-student - now student teacher Charlotte very generously volunteered her time to come on the camp and relive her Coffee Camp days.

Years K,1,2, and 3 went to Minyon Falls where they got involved in field activities relating to national parks, rainforests, and water quality with the staff from the Dorroughby Environmental Education Centre. Lots of curious creatures were apparently seen in the bush through the binoculars.

The school won first prize for their pumpkin in the schools section of the Lismore show and second overall. The teachers and students have been enthusiastically guarding the pumpkins for months.

Coffee Camp will celebrate the end of another great year and farewell Year 6 students at the very special Christmas Tree Night on 10th December with a BBQ, Christmas Carols and students' performances.

Families looking to enrol Kindergarten students for 2015 are welcome to contact the school and come and meet the staff before end of term on 17th December.



who would like to come in for a couple of hours on any day for reading, music and art activities with our children, helping at meal and rest times, and assisting with general supervision. If you are interested, please come in and speak with Elissa.

The centre will be closed from Monday 22nd December and will reopen on Monday 12th January. We hope everyone has a happy and safe Christmas and New year.

## Future cross country runners

One of the most important aspects of every child's early education is the trust imparted to them from the significant adults in their daily lives.

At Nimbin Preschool this trust equates to providing children with opportunities to organise and construct their own learning. Recently, Gryff and

Luano decided to organise



We spent a busy morning inspecting seeds for good health, labelling seed envelopes and making seed saver tags by recycling plastic milk bottles. Selected plants in the garden have red wool tied around their stems to show that they are to be left for seed collection.

It is always a joy to show visitors around our school gardens and to find new ways to involve the children in the joy of gardening. We are now inspired to create a 'Tuntable Falls Community

is now an early morning pursuit. The children in the Upper Primary class have designed and built bean tepees from found materials in the bush around our school. Standing proud in our garden, they have been planted with snake beans and purple king beans. The Kindies and Lower Primary children have been busy planting lettuce and harvesting the last of the garlic, which is now hanging in the kitchen. The Kindies exclaim daily at the rate of

garlic and potato frittatas with cucumber and tomato salsa.

Gardening in the extreme heat and low rainfall this summer is challenging, but if you have the water, many vegetables will thrive.

#### Try planting these

Vegies: eggplant, beans, capsicum, cucumber, lettuce, pumpkin, radish, sweet corn, sweet potato, tomato, zucchini.

Flowers: sunflowers, dahlia, marigold, nasturtium, zinnia. and run a cross country event for preschool. Their decision to do this was based partly upon what they had experienced at the schools that their older siblings attended, combined with the support for engaging in the process of organising and constructing the idea from their teachers. Recognising that they needed help from others, they quickly recruited their friend Tokie. Their ideas for the event

were constructed by them as: + drawings of the course

Maximus and Solomon with the trophies, medals and ribbons at the Cross Country event

 walking the course designing trophies using wire and clay designing medals using postcards of an image of Tutenkamen cutting out ribbons developing the wording for the ribbons + and discussing and coconstructing the issues around winning and what

happens if you don't win. The wording on the ribbons read: "For you because you are one of our winners" Perhaps most importantly was the construction of thinking about winning that

led the children into ensuring that everyone received a medal and a ribbon for trying their best.

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### Redefining the concept of addiction minds and lives.

We simply weren't

designed to run on

Just as substance

variety of states of

being, so too does

that sort of fuel.

use induces a

the experience

of awareness through the power

by David Ward

Rather than identifying with being addicted, we could instead say that our consciousness has been switched off, or at least dulled. Being disconnected from our consciousness, it is difficult to access our intuition. This facilitates the handing over to substance use for managing our day-to-day living.

Sugar, caffeine and tobacco are stimulants that we come to rely on for our energy needs. Cannabis and alcohol are classed as depressants and are useful as balancers to counteract these stimulants. All substances including food are commonly used to manage or suppress our moods and feelings. Without the consciousness and intuition, it is hard to be aware of the harm that substances do to our bodies,



of consciousness and intuition. This can only be fully appreciated through avoidance of intoxicants. Habitually intoxicating ourselves opposes the many benefits of administering good nutrition to our bodies.

To choose this method of managing ourselves, this freedom from addiction, we need to find a key event in our lives to focus on. This becomes our catalyst for achieving our freedom, our opportunity to experience this other

state of being. Through adopting the life giving practices, it is possible to develop an overwhelming desire and powerful cravings for this original state of existence. Your awakened consciousness and intuition will be there to protect and guide you, keeping you on this true path.

A healthy consciousness needs a balanced brain environment, fuelled by neurotransmitters rather than foreign chemicals. Your body, mind, relationships and life will be transformed. Don't be deceived by the expectation that everything should be perfect from now on. There will be many more experiences and transitions to come. The magic here is that you can now navigate the course of your life from a place of wisdom, health, clarity and intuition.

David Ward is a life coach and freedom from addiction specialist dedicated to positive living. He can be reached on 0447-820-510.



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#### Nimbin Community Preschool Science is the buzz at Nimbin Central School

A spectacular series of interesting liquid nitrogen Science demonstrations was recently given to students from Years 6 to 10, as well as several parents and caregivers, at Nimbin Central School.

The audience was fascinated by the chemical properties and effects of nitrogen in its liquid state at a temperature below -196°c

Some of the highlights included: Shrinking balloons, liquid nitrogen icecream, ping pong ball spinner, the water egg, the boiling tea kettle, freezing anti-freeze, super balls that don't bounce, exploding canisters, and floating chalk. The

demonstrations were presented by Nimbin Central School teachers, Bill Zsigmond, Phil Shaw and Brad Clarke.



## From the Woodenbong hills

#### by Marilyn Scott

t's a beautiful, misty, wet morning as I write this article... so grateful for the wonderful rain ~ thank you Mother Earth.

I've attempted this article a number of times, strange thing about NGT's deadline time... big things always seem to happen. Wonder if this happens to other contributors... or just me.

Again, it's been a big month... they seem to just keep on coming. Recently we entered the zone of the Pluto/Uranus challenge, the sixth since 2012. The seventh and last will be in March next year. It's been a pressure cooker kind of time. They're determined, these energetic powerhouses, to eliminate the old, dead and dying and give birth to the new. It's happening. And that's not just



operation that's been going on since the big shift in 2012... gosh didn't so much happen that year! Visits from the Pleiadians, Venus, seeing a new world birthing... it was pretty cosmic. That's when I began trusting myself, which is pretty major... 'cause what I was seeing was way beyond any logical explanation. Sometimes what is, is just what is.

But gee, 2014... what a wild ride this has been. No more time to be carrying around all the dead weights, our dear planetary friends are making



I can feel it, and I do. I feel so much gratitude at times, for everything. Love truly is the essence of this magickal Life force. Kindness and care manifests all around us, in the natural world.

We need to come back to our beautiful hearts. We need to give thanks every day for all the bounty that continues to shower upon us.

Yes we live in a pretty outrageous time, the death very personally, doing a major number on my Moon. They've currently taken up residence ~ goodness ~ such major re-arranging going on in there. My dear beautiful body needs to go through this as well. Yucky chest stuff... old grief being stirred, time to be extra kind to myself... ok, ok, always time to be kind to myself.

So as we move through the ending of this most



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## Phone Shane 0458 491 428

for our social structures and overreaching, overbearing, greedy corporations; it's for all of us. No-one escapes their transformational storm.

It's hitting me where it often does being a Virgo, in my body. Dear, dear Virgo's body, she's just so finely spun. I see her as being the Spirit of the Earth, her energy fields so earthly ethereal. Oh yes, I have other stuff as well, that compounds this super sensitivity. It's a wonderful gift, but it has its challenges. It's been a major planetary

sure of that. We need to be free, to create the world of our dreams. We can't be chained to things that drag us down. There is so much help for us at this time.

This ending of 2014 is a pretty concentrated one... Pluto and Uranus have come in to give us another push.... transform or die. That's pretty clear! Well I don't know about you, but I love living and I want to be here as long as possible. Such a gift this precious life, far more than I will ever understand; but

of the old, the birthing of the new. The old appears dominant and overbearing, taking control. But in reality it's an illusion... Mother Earth can bring a stop to it quick smart. We're witnessing a momentous time in human history. Yes it can be scary... 'will we make it?' But I have no doubt we will. The darkness can be pretty monstrous... but it can never put out the Light. 'Cause the Light exists in each and every one of us. This big storm Pluto/ Uranus thing is hitting me

significant year, we can make time to reflect ~ not on what's happening outside, but what's happening inside me. Time to give thanks and send our wishes out into the Universe ~ they hear us, they know what's going on, and they offer their love, help and support. Wishing you all lots of love, happiness, joy, beauty and peace. And a joyously abundant New Year...

Marilyn xxx



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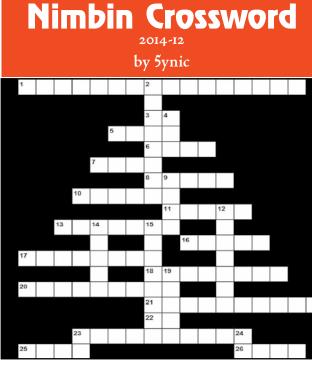
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No bed-pan jokes, but plenty of hilarity was evident at the Nimbin MPS staff's seasonopener Christmas party. It had everything: glamour, wit, fun, food, bowls, and Jonesy. Best wishes to all for a happy and healthy party season.





#### **Across**

- 1. And 10 across, 11 across: Decorate for Christmas (4,3,5,4,6 of 5)
- 3. US State bordering Canada. Capital Bismark (init.)
- 5. Tapering spliff shape

The world according to Magenta Appel-Pye



Christmas beetles are out in plague proportions heralding in the silly season which means one thing above all - gifts. My mother-in-law says that at Christmas she doesn't exist. She doesn't want anything other than peace and quiet. I can relate to that.

At my Mum's retirement village they have a saying "if I can't eat it or read it, I don't want it'. Their houses are already overrun by sentimental tchatchke.

My family's main love language is gifts. Other things can be forgiven but woe and betide if you don't send a Christmas present. But the present doesn't have to be anything you actually like or could use. Previous presents have been a bra extender (I admit it did come in handy, thanks Mum) and a Jesus snow dome. One year I actually got something I like - a box of chocolates. I stupidly bit in without checking the ingredients. They don't seem to remember that I'm coeliac. There went that Christmas!

At least, the Christmas cards are painted by people with disabilities and some gifts bought from World Vision. These I don't mind, I just pass them along, hoping someone somewhere will want them.

The best present I ever gave to my sister was a goat - well a card saying that a goat was being given to an African family on her behalf. No shopping, no wrapping, no shitty gift. Some wise person said 'you measure your wealth by what you give' and I believe this is true. So this festive season, think beyond your immediate family and shop locally to help all those struggling small businesses in our community.

Have a jovial, blessed and safe holiday season and see you here in The Nimbin GoodTimes next year. Thanks to all who put this paper together, especially Bob Dooley and Sue Stock. Check out my Facebook page: magentaappelpye



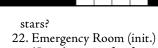
Questions

- 1. West Papua is currently occupied by which country?
- 2. Who wrote the novel A Clockwork Orange?
- 3. Who would use a theodolite?
- 4. In the biblical myth how many animals of each type did Moses take onto his ark?
- 5. Which is the odd one out? Waterloo, Trafalgar, Dien Bien Phu, Austerlitz.
- 6. Who invented the mathematical branch Calculus?
- 7. In which ocean do The Maldives lie?
- 8. If someone is hirsute, what is their dominant feature?
- 9. Which car company made the 2CV?
- 10. The Doodlesack is what type of musical instrument?

#### is used loosely in this context.

- 10. It's a type of bagpipe. The term "musical instrument" Horsepower.
  - 9. Citroën. 2CV stands for Deux Chevaux or Two not be the place for you.
- 8. They are hairy. If you got that wrong Nimbin might **'3**SIJ

above sea level. Not much future there as the oceans



- 23. (Simultaneous fire from
- the) canon batteries of
- warships 25. Christmas décor
- centrepiece?

Solution: Page 21

26. Portent



#### 60 Cullen Street Nimbin – ph 6689-0146



6. Till 7. Understand? 8. Older brother of Moses 10. See 1 across. 11. See 1 across. 13. Old (and valuable?) 16. Adversary? Hard-boil, spice and scramble the yolk. 17. European Pagan winter festival 18. Normal for Nimbin 20. The bane of your existence? (4,5) 21.Steering a ship by the

Down 2. Jewish festival of lights 4. Home to fox (or lion) 9. Only black man to win the Australian open 12. Not a fighter? 14. Saturn's largest moon 15. Not deserved? Income gained without working 19. Carries? Large mammals 23. Or not? That is the question! 24. Therefore

are 1200 coral islands with an average height of 1 metre 7. The Indian Ocean south west of Singapore. There published first. Leibniz developed it independently but Newton 6. Sir Isaac Newton. The German mathematician that the French won. on land. I would also accept Austerlitz, the only one 5. Trafalgar. It was a sea battle, the others were fought 4. None, it was Noah. 3. A surveyor. STIGW 2. Anthony Burgess. "Initiative comes to thems that the independence flag. 1. Indonesia. You can get 15 years hard time for flying **219W2nA** 

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### **ASTRO FORECASTS**

### by Tina Mews

#### WHAT'S HAPPENING IN THE HEAVENS?

## December

In the yearly cycle around the zodiac we have reached the sign of freedom-loving Sagittarius, the realm of far reaching visions and expanding horizons. Sagittarius is a fire sign and, similar to Aries and Leo, needs to preserve a feeling of uniqueness and individual importance. One of their main quests is the search for meaning and universal truth. It is highly important for Sagittarius to keep their inspirational fires burning, because dealing with the 'banalities' of everyday living can be felt as depressing, especially when they find themselves locked in a space or situation with 'no room to move'. It is essential to have a goal they feel enthusiastic about because life is best seen as an adventure. At times they can be their own worst enemies by having placed too high expectations - combined with too little staying power - upon themselves and others, with the result of getting miserable when things do not work out as imagined. Mostly, though, they recover fast and are not too shy to tell you what they think, because honesty ranks very high in the Sagittarian value system.

The Full Moon in Gemini on December 6 promises to be inspiring as it is harmoniously aligned with Uranus, planet of inventions and surprises. The Full Moon is also in square to Chiron in Pisces, the cosmic shaman, symbolising the need for reconciliation of the fundamental split between our spiritual and instinctual sides, between body, heart and soul. We can receive helpful guidance for healing our wounds of separation when we are in contact with our intuition. Jupiter, the great protector of the solar system, starts its four month retrograde passage on Dec 9. Jupiter loses some of its exuberance and becomes more internalised when retrograde. We might feel more frugal and sensible during this festive season and are conscious of our spending habits. Jupiter is in a wide square formation with Saturn which indicates tension on the global markets and a decreased willingness to be excessive.

The grand finale of the year, however, is the revolutionary Uranus/ Pluto square



(exact Dec 15). This is the sixth square out of seven and follows on from the last one which took place in April signifying the possibility for escalating conflicts but also reflects the potential

for a turning point. We are reminded that we are living in times where deep transformational

forces are at work, the ongoing archetypal tension between the forces of progress and the slow and painful but unpreventable death of the old, outworn order that needs to be transformed and replaced with new vital energy. The overall tense atmosphere will reach its climax at our summer solstice (Dec 22), which coincides with a New Moon and a line-up of planets in structural and organised Capricorn. On the positive, it is a favourable time for the clearing of old, unresolved issues followed by the setting of fresh intentions. The message is to reflect on where in our lives the restrictions and self-imposed boundaries have become too tight and prevent the influx of new ideas. Let's not forget that Christmas is the celebration of the 'divine child' entering the human arena. The motif of the divine child is common to many cultures and religions, suggesting that a new powerful impulse has arrived, potent enough to disrupt the old order for the purpose of renewal and regeneration.

A new chapter in the ongoing cosmic drama opens when Saturn enters Sagittarius on December 23. Saturn will journey through the sign of the seeker and teacher until 16 June 2015 and again during 18 September 2015

- 20 December 2017. Saturn was last in Sagittarius from November 1985-November 1988. We might re-visit issues and themes from that time. Saturn travelling through Sagittarius stresses the need for scrutinising our ideas and beliefs. Are the views that we are holding still valid? What dogma is operating in the background on which we base our philosophy? Saturn's work will include the clearing out of judgments and rigid beliefs. We could take this opportunity to work on our vision and re-write our story.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com

#### Aries

This is the time to work on your plans and vision for the next year. New ideas will be flooding in and you might feel inspired to move ahead with your projects. The Full Moon on Dec 6 might be a mixed blessing as unresolved issues might resurface and block your attempts for renewal. Just take it easy and let the more difficult vibes pass.

#### Taurus

At the moment you are in a process of transformation which requires the shedding of the old skin before the new can show forth. This might involve some letting go of old possessions or projects that are not worth carrying any longer. Then, at the summer solstice (Dec 22), you are ready to develop new goals and objectives for the next year. Allow yourself to be inspired with new possibilities.

#### Gemíní

Co-operation with others will benefit your social life. Keep yourself busy, but make sure to ground your initiatives and follow through with whatever you have started. Conflicts within your personal relationships need to be addressed now, while new contracts and alliances can be formed especially during the first three weeks of the month.

#### Cancer

Right now your focus will be with the many little things in your daily life that need to be addressed. It is also important to pay attention to any health concerns especially in regards to your digestion. If you feel extra anxious, try to identify the grand ideas that still need assimilating and integrating. After the solstice (Dec 22) you are more open for partnerships and/or cooperation with others.

#### Leo

The first three weeks of the month could be very inspiring and creative, promising pleasant moments of joy and happiness. Nevertheless, the four month Jupiter retrograde phase starting December 9th shifts your focus on what is fulfilling and gives meaning. You might become more aware of when you are your true self or when you role play to gain recognition from others.

#### Vírgo

Virgo's mythic task is to ground 'spirit in matter'. Therefore, getting things right and having everything in its place is a prerequisite for your own contentment. Your emphasis is on home and family as well as your own inner world. Seeking roots, building a strong foundation or finding the right home will be your main focus for the next 3 years besides establishing your inner security.

#### Libra

#### The first 3 weeks of the month favour

communication and networking. It is time for you to get your message out and about. The Full Moon promises to be very social and friendly. The focus shifts towards home and family and your emotional security on Dec 22 (solstice). Unfinished business within your family and/or relationship might surface now and needs to be addressed.

#### Scorpio

This is your time of taking stock of assets and resources as well as your emotional and spiritual security. It is helpful to questions what you truly need to have, what gives you support and nourishment and what you can let go. Be aware of self-limiting attitudes. Your efforts and patience could pay off soon and you might be confronted with making important career choices.

#### Sagittarius

Jupiter, the ruler of your sun sign, turns retrograde on Dec 9 (until April 8, 2015). Creative ideas and projects might need more time and patience to be realised; this is a great opportunity for deepening your understanding of yourself, your work and your life's purpose. Saturn's entry into your sun sign on Dec 23 (until Dec 2017) signifies the start of a new cycle of internal growth and self-sufficiency.

#### Capricorn

The first three weeks of this month are best used for reflecting, finishing off with old projects and making space for the influx of new energy at the summer solstice (Dec22). Solstices are powerful portals for visualising the birth of new ideas. Where can you see yourself in the next 12 months? Are you writing a new story of who you want to be or become?

#### Aquaríus

Mars, the planet of action, enters your sun sign on December 4 (until January 13). Your energy level is receiving a cosmic boost, so use it wisely! You might favour group projects and cooperative efforts with friends and partners. There is a lot of positive resonance with others which will add to an overall feeling of contentment, especially when you gain recognition for who you are and what you have done.

#### Pisces

This is the time of the year when you can get ahead in your projects and career plans. Others will recognise you, but do not get caught in their expectations; instead you might want to explore what 'success' means for you. Be positive about your achievements, honour your abilities and strengths and be protective of your more sensitive sides.





Monday 20th October – The clash of the Titans Eastern Water Dragon (Physignathus lesuerii lesuerii) grow to a length of three feet. Two male eastern water dragons come to grips with each other for the prize of the harem. In the face off, the one on the left is the dominant male and in the right corner we have the pretender to the throne. The dominant male has had the crown for a very long time and it's the first time I've seen a clash like this.

They battled away for about 15 minutes before one of them gave up and I haven't seen him since. And the winner is the young challenger who kicked the old king out.

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Come January, there will be a new chef in town. Café Blue Knob has a new team, and an exciting new concept.

Not so long ago, German chef Joline with her team from Goatie Hill farm agreed to take over the wonderful Blue Knob Café, five minutes from Nimbin. Under the new name Café Blue Knob they will start on 8th January, with the opening day coming up on 13th February.

We are passionate about organic and seasonal locallysourced produce, and will offer traditional hearty foods as well as world cuisine flavours, with some quirky dishes too," said chef Joline, who has left her raw catering and cooking class business in Brisbane to live in Blue Knob. Joline has cooked since she was twelve, and also undertook African catering and traditional European cuisine as part of her repertoire. "My European heritage mainly shines through in my cakes and pastries, while my passion for world flavours is reflected in the main dishes."

So homemade German and Austrian tortes, cakes and pastries, next to Thai,



Mediterranean, Indian and African main dishes? "Yes, but we will cook even more than that, so the menu stays interesting. It all depends what organic food is seasonally growing and is

available in the region.' Jenny, partner of the Goatie Hill farm, said, "We either grow it or we source it from our local organic farmers, so that the produce won't travel further than 20km and comes fresh out of the ground. That is an exciting part of the quality of our food."

Jodie and Peter are completing the team and are passionate about creating a social hub, a communitybased, caring space where families feel welcome and visitors can relax.

The café will incorporate

lots of fermented foods, as well as raw foods too. From brewing their own Kombucha to making kefir and krauts a health conscious approach to eating out is important to the Café Blue Team. "For us it is vital to offer yummy health promoting foods and educate about it too! A typical side dish could be indeed a mild sauerkraut with kale and dill, or as dessert a raspberryinfused Kombucha sorbet," grins the chef and vanishes in her kitchen.

Art and beauty have a special place in Joline's life and will always be reflected in her dishes as well as in her decor. "People want to experience a tad difference but still feel at home and comfortable when they visit a café. So our aim is to entertain and nourish at

the same time." Joline says, stirring a naughty batter of one of her more indulgent cakes: Red Velvet Cheesecake Chocolate Fudge Brownie. Yum! "Yes, we will offer gluten free, vegan, sugar free, 'artificial free', as well as vegetarian, light meat and fish dishes. However, we do not want to limit our creativity and the one or other indulgent cake and dish are offered too. For the fun of it!"

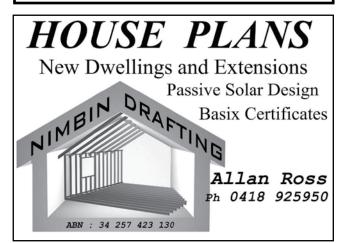
Also, the team intends to create cultural events on Friday nights as soon as they have established themselves. Writers nights, comedy nights, African or Japanese nights are a few of those ideas. Small drama groups, comedians, 1-2 musicians or string ensembles are welcome to perform. How about a flamenco guitar player, an opera singer or simply an awesome pizza night? "Or all together," Joline laughs. "Whoever feels like performing and isn't playing hard rock could approach us, so we can create a list of local artists, comedians and showmen. It is about community, great food and creating fun together."

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### Flavour of the month Pomdulci 50 gms Pine nuts

by Thom Culpeper

'Pomdulci' is based on the 12th century recipe on parchment found among the archives of the Hostpitali de Sienna during the latter half of the 18th century. This note was an instruction to the residents and land labourers of the Monastery of Montecellesi to deliver to the nuns, a tax in the form of a strong, sweet bread made up of fruit, honey and pepper (fructus, pepatos and melatos).

The addition of Eastern spices cinnamon, coriander, mace, cloves and allspice dates from the establishment of the marine trading centred around Venice and distributed to central Italy. The inhabitants of Emilia-Romagna to le marche developed the 'spiced' form of the 'panpepato'. Trade with Sienna due the State City of Sienna, further established the broad acceptance of the now named 'Paneforte' (strong bread), the peasants (contadini) having a dearth of surplus nuts and dried fruits, traded these for spices. Surplus bread baked locally, was crumbed and added instead of new flour, the resultant 'bread' did not rise, the high honey content allowed the pane with fruits and spices to be kept safely for long periods and to supply a useful compact energy source for the labouring classes, particularly at harvest. Gift exchange at Christmas proved an affordable social binder for the rural people and the town populations. A cucina povera beloved of Italy is in general an expensive item of modernity. The traditional ingredients are now becoming difficult to obtain as the rurals flee to the cities, taking their 'fancies' with them, but now having a limited access to the traditionally inexpensive preserves of the rural villages and casas. Candied fruits that were traditionally available are now rare, melon, cedro

(citron or Buddha's hand), angelica, hard

A lighter version know as Panforte

quince watermelon and pumpkin.



Margherita is made using melon and vanilla in place of the Eastern spices, and was named for a Savoy Queen who once visited Sienna.

The below is a new version of the 'Paneforte', Italian. I propose: 'Pomdulci'... a version based on Northern Rivers produce and so as to not run foul of the regional naming problems that are becoming manifest as the traders push to monopolise their market 'niche'. It is as follows.

This superb 'bread' is an easy doer for 'afters' at Christmas, and makes a great little gift for that 'thanks' obligation!

'Pomdulci'... (From the Latin:

150 gms glaced Davidson's plums, cut 10mm slices

- 200 gms candied citrus, citron, rosella, cherries, papaya, angelica, cranberries, rye berries, mango or what ever suits your fancy.
- 50 gms baking cocoa
- 15 gms cinnamon, ground
- 20 gms mix of cloves, ground, mace, coriander, allspice & fresh ground black pepper
- 150 gms flour of choice
- 150 gms Bush honey
- 100 ml water
- 150 gms demarara sugar or light
- muscovado, unrefined sugar 50 gms icing sugar with cinnamon to dust. Method:

Preheat oven to 190C

Toast almonds and hazelnuts on a baking sheet 5-6 minutes. Rub hazels in a towel to remove the skins.

Butter or spray-oil the pans thoughly. This mix is very sticky. Cover pan bases with paper or wafers. Line sides with baking paper.

Combine flour, cocoa and spices in a large bowl, mix. Add all of the candied fruits and nuts and coat evenly.

In a thick-bottomed pan combine the honey, sugar and water on a medium heat, stir gently with a spatula till the sugar is completely dissolved. 120C if you have a sugar thermometer, if not get one ..! It is very sticky, scrape into the pans and level to 2cm high, wet the spatula or your fingers, to compress, a wet bottom of a glass helps. Bake for 30min @ 160C, remove and cool completely, de-pan and coat the 'breads' with lightly cinnamoned icing sugar for serving, otherwise store in an air-tight container. Cut in small wedges for service with a sweet wine or a draft on choice. This "bread' and festive puddings can be had at Nimbin market and Blue Knob from Culpeper, together with the Kimchiis and glaced 'Davos', glaced Angelica and other specialities via: thewholearthveg@gardener.com



Thurs/Sat/Sun 10am-4pm Fri 10am-2pm 719 Blue Knob Road @ The Blue Knob Art Gallery Info and Bookings 0416 616 804 or 02 6689 7449 cafeblueknob@gmail.com

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pomum: tree fruits, and dulcis: sweet) To make 10x4 slices or 5x8 slices: Devices: 100x50mm spring-form cake pans or 250x50mm spring-form pans. Baking paper, rice paper (wet it to cut it) or wafers To make 12 servings: Bread crumb or biscuit lining: 1 tblsp flour 1 tblsp bread crumbs 2 tblsp ground almond or hazelnut Ingredients: 200gms dried figs, cut in 4

300gms blanched almonds, cut through once 100gms toasted hazelnuts, halved 100gms pecans or walnuts 100 gms maccas, halved

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#### by Michael Smith

Late in October, sixteen club members collected in Toonumbar National Park, on the banks of Iron Pot Creek, just 40 minutes from Kyogle. Here, for a small fee, the government lets you put up a tent, and sometimes light a fire. We were here to do the Murray Scrub walk in the warm humidity of an Aussie spring. Great cedars of impressive size were left by the loggers of old for us to look at, like a tree museum. Mixed up with them were all the usual suspects of the rainforest, some of which sting, as Christina found out. Ticks and leeches too made themselves known. At the foot of a



forest giant we found a geo-cache, a plastic tube of knick-knacks and paper scribbles.

Back at the campsite, on the banks of the river (named after that metallic kitchen utensil) we attended a technology expo. First, from an age when men wore nothing, a fire was lit by rubbing sticks together. Next, another unnecessary fire was struck from flint and steel, reminding us how it was done when some men wore a codpiece. Finally, from the modern era, using fire alone, a number of capuccinos were produced, frothy milk and all. Photos were taken.

To best discover who else planned to spend the night here, we took our light-emittingdiodes down to the creek. Parting the night in an unexpected blaze of lumens we saw eels and catfish cruising the creek, watched over by a possum. We were not yet alone in the world. A koala grunted through the night until the bellbirds took over.

Sunday we made our way down the neglected Poor Bullock Range Road to visit Eden Creek Falls. Toonumbar means "people used to live there sometimes". Our twelve bodies put a human presence back into this

### December & January

There are no walks scheduled for the two hottest months. Have a great summer!

Club membership is expected to be \$17 for 2015. For enquiries, contact the Secretary, Michele Alberth on 6632-1214, or go to: www.nimbinbushwalkers.com



Triny & devil's fig

lonely place, a generation after the last logger cut, and picnickers were welcomed along a maintained access road. The track to the falls was grade 4, steep and neglected. We found another geo-cache, swam the plunge pool, then scattered to our various lives elsewhere.

#### by Bill Potter

On 9th November, six of us set off on the National Trail in the Numinbah Valley under a cloudless sky, passing clusters of birdnest ferns between rocks and staghorn ferns on the trees. The track then branched off the national trail which carries on up to Binna Burra, and ascended along the Prison Farm fence. We soon glimpsed Egg Rock rising out of the distant valley below, passing through a variety of vegetation including blossoming flame trees. Finally we descended to the creek, which flows past the base of Egg Rock and down through the farm.

Judy, Triny, Tony and Ron took advantage of a deep swimming pool to cool off before lunch and Joanna reconnoitered the base of the Rock with a view to a future climbing adventure. We had been surprised to see so many thorny devil's figs – one of the more recent weed species in this area – in our travels up the Numinbah. Our





conservationist, Triny, decided to start digging them up from the banks of the creek. This was quite difficult without digging tools since they have deep tap roots.

After a relaxing and productive lunch break we headed back the way we came, although some of us were tempted to follow the creek down to the Prison Farm. We thought it would not be a bad thing to be detained at Her Majesty's pleasure in such a wonderful place and we would have plenty of time to dig up the devil's figs!

## The best place to think: Ten years of Blue Knob Gallery and Café

by Stephen Wright

A ctivism can take a lot of different shapes. In times when it seems that top-down political power is deliberately intent on crushing any sense that communities and marginal groups might have of their own agency, it is more important than ever that we clearly signpost all the ways that radical local, political changes can be made.

Activism is not just about blockades or versions of Occupy, as important as these kinds of movements are. Activism mobilises small-scale, DIY resources and uses them to create spaces where voices can be heard that can't be heard anywhere else. Activism doesn't seek permission, and doesn't give up. And sometimes flies below the radar. When the old Blue Knob Hall began its transition a decade ago to what is now the Blue Knob Community Gallery and Cafe, what was being initiated was the kind of activism that can sometimes pass unnoticed as activism. What was created

was a new and re-invented community space. With a minute amount of government money a small group of people, mostly women, have transformed a tiny neglected country hall into a vibrant gallery, artists' workshop, cafe, market space and general community hangout.

It's been a remarkable achievement, a tribute to the ability of Nimbin to renew itself and a proof of the idea that it only takes a few people to create significant change. Blue Knob Cafe as my preferred writing space several days a week. Friends often ask me how I can write in a cafe, especially on Saturdays when it is so crowded and noisy. Writers of course stereotypically sit alone in rooms, muttering to themselves, conjuring up imaginary people and places. And it's true that when I'm writing I sometimes get into strange states of mind. But that's my job, after all.

What writing at Blue Knob has taught me is that my practices of writing-as-demonology are in fact a rediscovery of writing as a capacity to think about the minds of others and all the ways in which our minds attempt to draw political maps of each other. Of course in the cafe I can be both in the public arena and concealed within myself at the same time. I'm an inveterate and obsessive observer of others, just as I tend to be an inveterate and obsessive observer of myself. But I don't write in other cafes. I've tried, and it never works. Blue Knob Cafe, being a place that has been given a lot of thought, has engendered in itself



But having being reinvented as something else, a curious transformation has taken place in the old Hall.

Blue Knob Gallery and Cafe has become a fluid, lively, tumultuous and politically oriented space with a special quality conducive to thinking and conversation, always changing, always on the move.

It is like a ship apparently at anchor that frequently finds itself in different locations under new stars because the island to which it is tethered is free floating, continually voyaging by itself. I am a writer, and I tend to use

the ability to support thinking in others. It's a remarkable thing, that is still being steadfastly nurtured through hard work, vision, and solidarity. And pancakes.

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## Story in the making: Sex, crime and politics



#### by Warwick Fry

hey always ask you (Latin Americans) whether you have children. I always wish they wouldn't. Rather than explain (why I don't think it is always a good idea to breed) I declare that I have a hijastro (stepson) of whom I am very proud. I find that's the best conversation stopper re one's breeding habits so I use it a lot. The hijastro concerned, when he paid a visit a few months ago here to Central

America (that's Central Latin America, not Kansas, Dorothy) pleaded with me not to present myself myself as his 'dad'.

The hijastro was a free-ranger. Having an 'old cock' around was going to cramp his style. I could have told him not to worry, but that might have cramped both our styles. We were each focused on distinct, separate, and totally different regions where each of us could range more or less freely.

In Central America that can depend on political perspective. Sex and politics. An exotic mix. The Russians seem to be reasonably good at it and getting some mileage out of Putin's shirtfrontless frontage; The yanks just mine it for Moral Righteousness and 'gotchas'. Australians don't give a rats. In Central America the moral righteousness is a (fortunately) present absence.

In the 1980s it was the military who controlled the red light districts of San Salvador. I have vivid memories of the jackbooted PN (National Police El Salvador had four different law enforcement agencies at the time) - wandering in to the bar/brothel, through a throng of mini-skirted girls and trannies twirling and whirling to the juke-box ('Pump up the Volume' is engraved on the auditory nodes of my brain), parking their M16s behind the bar to get their 'freebie' out the back. A girl, a girl-boy, or a snort of cocaine, and of course, to collect the tax. They didn't seem to mind the pig, that you had to move out of the way to get to the urinal, or the 'manager' wandering out of his kitchen wearing nothing but an apron... You might ask what was I doing there? Well – it did have the best jukebox in town. I place the responsibility on an Australian colleague – a female journalist who was aggravating, difficult, and got herself into all sorts of jams that gave the journalist fraternity here, headaches. But she was a bloody good journalist, and well... found people.

during the guerrilla offensive when people working in the streets near our hotel advised us that questions were being asked about us by people who were obviously from the government security forces. We would 'disappear' for a couple of days. And where better than a military owned brothel? The girls and 'boy-girls' were happy to make one of their rooms available. With unbelievable honesty. I recall when the aforementioned colleague partied a bit too hard one night. The working boys and girls had her laid out on the double bed in one of their best 'rooms' (plywood partitions rented by the hour) with her passport, traveler's checks, and wallet, which she found all laid out neatly beside her, when she regained consciousness the next morning.

Our hotel was in a street called Calle Concepcion. Part of the surreal irony of El Salvador. One block up are all the funeral parlors. One block across is the red light district. And the name; 'Conception'. Birth, death, and sex, all on the same strip. Nothing in the Anglo world can match that.

So, twenty five plus years later, it's Calle Concepcion revisited. The Hotel Imperial is still there. One of the staff was about to retire, but remembered well that epoch, remembered me, and was flattered that I remembered him (how do you forget a guy called Tito?). Gave me mates rates.

The red light district is still there too, just a couple of blocks away. And the funeral parlors. In the 70s and 80s the death squads and government security forces were the main source of coffinfodder. Until a few years ago the gangs were the mainstay of the coffin industry. The gang 'problem' was imported from the USA in the mid-1990s when over 60.000 Salvadorans were deported. Most of them had grown up on the streets of Los Angeles and had formed gangs in self defense against the black, white, and Mexican gangs. But the gang culture is extreme, tribal, and very brutal, and when they reformed in Central America it was a culture that is more North American than Salvadoran. In 2012 a former guerrilla

commandante (Raul Mijango) successfully set up talks and established a truce between rival gangs, police, and the church, that brought El Salvador's homicide rate down from 16 a day to 4; a truce that survives to this day.

In an interview with a sex worker near my hotel (who turned out to be the vice president of the Sex Workers' Union) I was told that most of the harassment came from the owner of the property where she worked.

"The gangs are cool with us" she said. "We only pay them \$3 a week, each girl, and we feel safe. It is the owner of the business who beats us up, makes death threats to the girls if they are behind on the rent (they pay \$9 a day for the use of the bed in a plywood booth) ...

"We sex workers aren't going to let her humiliate us. I'm a single parent, and I have been a sex worker for twenty years.

"I learned about organizing a Union when I worked in a sweatshop for \$8 a day. I want to see my son through University".

When I asked her where was the father of her son, she just waved her hand. "Haven't seen him for 20 years". But she had the most beautiful, Salvadoran smile.



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Like the tranny bar. There were times



#### The vice president of the Sex Workers Union

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## Memoir: The hippie trail, South East Asia, 1972

by Stephen Castell

Twas not like my school friends. While we all drank alcohol, I also took marijuana. I was part of a trend that saw an increasing popularity of that drug among the young of the West.

It had a geographical manifestation - the hippie trail. In 1972, its quintessential form was an overland journey from London to Kathmandu. My difference from my school friends, as a 20-year old user of marijuana, took me on a similar but less pure form of the hippie trail – a journey from Bali to Bangkok. I first travelled by plane from Sydney to Bali, then a plane to Singapore, then overland to Bangkok.

My first destination was Kuta Beach in Bali. I stayed in a first class hotel on my first night. I would then use the cheap local accommodation. I arrived at Bali's airport in the night and took a taxi to Kuta Beach. I didn't see anything unusual in the new country, as I travelled in the dark. The overwhelming humidity was, however, vastly different from temperate Australia. This is the climate close to the equator.

Awakening in the morning with the light of day, I discovered I had stepped into a land of great beauty. The beautiful landscape expanses of blue sea and white sand of Kuta Beach – was skirted by a simple and exotic village, with small bazaars and colourfully dressed people. It was nothing like the mundane concrete and steel of a place like Surfers Paradise that I had envisaged. I now needed cheap accommodation. I had been told the taxi drivers would know of it. I headed back to my hotel, packed my bag and took a taxi.

The taxi driver took me to a losman, the name for the cheap local accommodation in Bali. It was a small building set on a paved road with a small flow of cars and motorbikes. It looked nothing like the brick or wooden dwellings I had known in Australia. It was a building with ten or so small rooms joined to form a rectangle, made of concrete or some similar material. A courtyard and other rooms such as toilet and bathroom completed the square.

I took one of the rooms, a small affair with a bed and table and a tiny window for light. Investigating the facilities, I discovered the toilet was only a small hole that was flushed with a bucket. I soon learnt that the custom of the East in regard to toilets was different to the West. Though usable for sitting, this device was meant for squatting. The washing facility was a room with a door with a container of water and a small container with which to apply it. I settled into my new, simple setting. Within a few days I contracted dysentery from some poisoned food or water, of which I had been warned.

I soon discovered that Kuta Beach had greater attractions than stunning white sand, beautiful blue ocean and a charming, exotic culture. I started using the marijuana that was offered - it was stunningly cheaper and a far better quality than the Australian equivalent. I was using it with foreigners from all around the world. The cheap and good marijuana in Bali, as in all South East Asia, as I was to discover, attracted users from all around the planet.

One I met adopted an unusual style of being a user of marijuana in these lands. His pose was of a clean-cut traveller – not the usual scruffy look. He travelled with a suitcase – not the usual trademark backpack (that no doubt contained a copy of Herman Hesse's Steppenwolf or Siddhartha).

I had two weeks in Bali in this way. My next scheduled stop was Singapore. Singapore was notoriously anti-hippie, and did not allow males with hair below their collars through the airport. I had my hair cut. I don't know if they still do it, but today it seems absolutely bizarre. In line with this custom, Singapore also sent users of illegal drugs to jail with little hesitation. I arrived in Singapore and went to Orchard Road which, according to word of mouth and travel literature, had all the cheap hotels. I took a small room in a twostorey hotel. I felt depressed being alone in a foreign town and also still suffering from dysentery.

The mood soon changed. I met a group of hippies in the hotel who had marijuana and sat passing a joint. I did it against all the advice about the danger of it. Fortunately I didn't get caught. We listened to Leonard Cohen on a small cassette player, and then caught trishaws to Bugis Road, an eating place where transvestites paraded by. They were glorious looking women, all men.

The group of hippies moved on – the hippie trail was, after all, a 'trail' – and once again I was alone. Visiting the tourist sites in Singapore without marijuana and company gave me little pleasure. The prospect of a planned meeting with my sister who lived in Kuala Lumpar to the north gave me comfort. My mother and aunt were also arriving there.

The train trip to Kuala Lumpar took a few hours. On meeting, we went to Penang, an island in the north, and stayed in a first class hotel. The hippie trail beckoned. I came across people with marijuana quite soon. A hippie community existed a few kilometres away at Batu Ferringi. The hippies were raided regularly – on the beach or in the huts that the locals rented to them. They fled quickly, but returned soon to await signs of another raid, to flee yet again. This was the thriving hippie trail of South East Asia, a tourism phenomenon of world travellers seeking good, cheap marijuana. I also often saw people smoking heroin,

though I never saw it being injected.

My time with my family lasted a week. I met a man - though not a user of marijuana – who knew of a house with rooms to let near the hippie colony, and moved there with him. A group of female students from Australia stayed in the same house. They moved on quickly, except one. This female, my male friend and I became a fixture together. We sat in tiny local cafes that were more simple and quaint than what I had known in Australia.

A village with gentle people going about their daily business provided a bohemian paradise for us, all from materialistic Western culture. The fish lying out to dry that had been caught in the nearby ocean – dried fish was a popular culinary offering - gave testament to the down to earth community we were in. The girl and I smoked marijuana – the male didn't. I also started smoking beedees, a tiny, cone-shaped tobacco cigarette. Other people arrived at the house – a continuation of the colourful array of world travellers I had already seen. They also used marijuana.

My time in Penang in this way came to an end after two weeks. I was keeping to loose travel plans to head north to Bangkok, then return to Kuala Lumpar and Sydney. I returned to the mainland for the border crossing to Thailand. I boarded a train to Bangkok and watched workers in rice paddies and distant mountains from my window.

The air of helplessness that I was feeling as I headed to more foreign country presumably attracted the attention of two young Indian businessmen sitting nearby. They invited me to stay with them in Bangkok, which I happily accepted. I was soon introduced to Bangkok's plentiful brothels on arrival. The two men were familiar with Bangkok and used the town's brothels readily. Alone in a strange town, I was susceptible to bad influences, and became an accomplice. I was also able to attain cheap, good quality marijuana, as elsewhere in South East Asia. It was offered to me in cafes when I was alone, while the men did business.

Travel deadlines to return south gave me only a few days with the men. I returned south, now equipped with a new pastime – brothels. I stayed in a small town near the border for a few days, then proceeded to Kuala Lumpar and Sydney. I had done the hippie trail. As I look back on my journey, I reflect on how easy it was to be swept into an overuse of marijuana. The smoking foundation had been laid in Australia with the widespread use of tobacco. At the same time, marijuana had become popularly used. The ready availability of marijuana in South East Asia collaborated to form a pattern of overuse. This pattern was also associated with the risktaking that accompanies youth.

For all my mistakes, it was a great time, and I will always remember those simple, exotic cultures.

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7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
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
Leaving	Arriving	9.00am	9.35am
Nimbin - Main St. (Park)	Lismore Transit Centre	12.45pm	1.15pm *
7.52am	8.50am	3.25pm	4.10pm
9.00am	9.35am	6.05pm	6.35pm
12.45pm	1.15pm *		
3.25pm	4.10pm	No Public Holiday Service	
4.30pm	5.15pm Town Service - Wheelchair access available upo		
6.05pm	6.35pm	and the second	ur notice required
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निदि

A big crew of Nimbin folk travelled north to experience the Supernova Pop Culture Exhibition, a gathering of pop culture fans, cosplayers, artists and collectors who come together at conventions. One of the Nimbin contingent was cosplay group Ghost Shoe, comprised of Lili Rojo, Keisha King and Taita Shin, joined by Keisha's little brother. The girls won the award for Best Standard Group in competition, wearing costumes based on the Wind Waker Zelda game. Here's Max hugging a Wookie.

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