



'Psychic' comes from the Greek word meaning 'of the soul'. It's amazing how much anger and fear this word evokes in some people.

I have previously written about such phenomena and some people rang up and abused me! I respect those whose beliefs are different but I ask that they, in turn, respect my experiences. Hopefully they won't burn me in this time and place.

I grew up being taught by my mother and grandmother that it was natural to use your normal metaphysical abilities, accessing information through channels other than the five physical senses.

As a teacher, people often tell me they used to have metaphysical experiences, but they stopped. We talk about their last incident and work out why they shut down. They often have a good reason: they may have picked up a loved one's pain and felt it physically, which can be extremely uncomfortable and confusing.

Some are visited by departed loved ones (ghosts!) or they 'heard' voices and feared they were going crazy. As a child you may have told others you see colours around people (auras), or you had invisible friends and they didn't believe you. You may have picked up on everybody's energy and

The world according to Magenta Appel-Pye

"The possibility of stepping into a higher plane is quite real for everyone. It requires no force or effort or sacrifice. It involves little more than changing our ideas about what is normal."

– Deepak Chopra

not known how to develop strong boundaries around yourself.

You can choose to block off, but the problem lies in staying closed for the rest of your life and never developing your soul's potential, especially if you are gifted in this area. The best way is to find a reputable teacher. There are many good books in the library to help you get started. My students usually come through word-of-mouth, often from Facebook recommendations, so ask around.

The main thing is to put white light around yourself and ask for protection and guidance and believe it, then sit quietly and listen. Remember to ask for what you want, and also for what you don't want to experience. Always ask to access only those beings who are there for your highest and best.

She says

Dear Peggy, what seems like a trivial problem, actually points to a big issue – power. Whosoever has control of the remote holds the power in the house. They get to channel surf at will, mute with impunity, even turn the damn thing off.

We might have to make up our own protocol because in my grandfather's time there was no TV. Even in some of my father's lifetime, the only remote controlling going on was when Mum was backseat driving.

These days, men don't rule the roost anymore even if, unfortunately, they still rule most of the world. Nowadays good, healthy relationships should be based on equality. So I guess this is the new protocol – sharing.

Norm holds onto the remote control so tightly I always joke that it's not his penis and he can put it down. Over time we have substituted the two boring words 'remote control' for the more succinct, much funnier word 'penis'. Where's my penis? Who's got the penis? The penis needs new batteries. It never ceases to give us a laugh. You've got to laugh at something!

So, Peggy, share and share alike. If he's "I own the TV, and the rights to the remote control", maybe you should leave him to it, and go out and find a more enlightened husband who will share his 'penis.'

He says

Dear Peggy, some of our younger readers may be shocked and surprised to learn that many moons ago televisions did not have remote controls. You actually had to get off your arse and change channels via a dial on the front of the telly, and adjust the volume with a knob. To top it off, the old TV's weren't even in colour! "OMG, LOL!" I hear from the back seat.

My enterprising older brother went to the trouble of fashioning a piece of plastic to fit the channel knob. He then stuck it on the end of a pool cue so he could stay



Remote control protocol

My husband thinks he has the rights to the TV remote control. What's the protocol here?

– Peggy Pye, Homeleigh, NSW

Send your relationship problems to normanappel@westnet.com.au

**What's the best way to force a man to do sit ups?
Put the remote control between his toes.**

seated. He certainly put a lot of effort into being lazy. Nowadays we have remote controls for just about everything. Soon you'll be able to shite by remote control.

What's happening in your lounge room is a metaphor for our world at large. Your husband is the great remote couch Dictator. When he's holding that thing, he's king of the world. With his finger on the button, he could wipe out an entire evening's entertainment with one press.

So maybe it's time to take back your power and declare war. If

you're anything like my little reality star, I'm sure you're well equipped and armed with plenty of womanly weaponry to take the bastard out.

I think you should go back to the good old days. Take a hammer and smash the friggin' thing and, if either of you want to watch something badly enough, you will have to make the effort, like we did in days of yore. Actually you should go one step further and smash the TV. There's nothing but crap on it these days anyway.

Yuraygir

by Gary

*It rained on Friday morning,
but we were not put off.
The weather cleared during the day,
and the Nimbin Bushwalkers were on their way.
To Lake Arragan was our camp
around a campfire on Friday night was our pamp,
The walk next day the party split
some driving north to Angourie to walk south,
The rest walking north to retrieve the cars.
Another campfire and yarns that night.
Bill the President walked down to the beach,
and when he returned with wonder hard to breach,
some ventured down along with him.
The heavens so clear, across the milky way,
and I looked for our nearest stars, Alpha Beta and Gamma,
some 93 thousand million kilometres away.
I lay on the beach to watch the sky,
saw two meteors streak their way by.
Next day the balance of direction was restored,
and our souls were comforted by what we saw.
Some drove south and walked north,
whilst some walked south to Sandon River.
We witnessed many whales out to sea,
Some breaching in harmony.
These adventures are good, and the companionship just fine,
Just as good as a fine red wine.
Everyone is welcome to join, only 20 bucks a year,
Value for money for such really good cheer.*



by Anne Tuart

On Friday afternoon we made our way south to camp at Lake Arragan camping area in the Yuraygir National Park, which surrounds Brooms Head. We were blessed with two days of glorious sunny weather for our walks.

Saturday we sent a carload of walkers north to Angourie for the walk back to camp while the others walked north to Angourie. We swapped car keys when we met half way for lunch. The walk was along beaches, over headlands and along the Yuraygir Coastal Walking Path, which is behind the sand dunes.

We saw plenty of whale blows as the whales are travelling north to give birth. We enjoyed exploring sea caves, paddling in the ocean and avoiding shallow creeks.

On Sunday we employed the same car shuffle approach, but this time we went south to Sandon River. From Brooms Headland we could enjoy watching a huge pod of dolphins that were occasionally catching a good wave.

It was a dilemma, whether to stay dolphin watching or having coffee at the Brooms Head cafe.



Walks Programme

**Sunday 19th August
Rocky Creek Dam area near
Dunoon**

Leader: Sue Macklin 0402-220-973. Grade 3. There may be some slippery uneven tracks to follow so decent footwear needed. Several walks leave from the main carpark that we will combine to take in this beautiful spot. There is the lovely Cedar walk through a regeneration area that will lead us to the Scrub Turkey walk where we can experience parts of the Big Scrub Rainforest of the Nightcap National Park.

For info and to register ring Sue. Bring lunch, hat and water.

**Sunday 9th September
Lake Ainsworth coastal wildflowers**

Leader: Peter Moyle 0412-656-498. Grade 3. 10km coastal walk, easy grade walking behind the dunes. Beach, heath areas and hopefully some spring flowers and frolicking whales. Meet at 9.30am at the carpark at the end of Lake Ainsworth, Pacific Parade, Lennox Head. Bring lunch, hat and water.



Nimbin Garden Club notes

by Nik Terakes

It was a warm sunny afternoon in July, when over 30 members and guests met at the home of David Warner, on his lovely 10 acres at Cawongla.

After moving here in the 80's, David's first objective was to create a Japanese-inspired garden. Thoughtfully placed Japanese maple, clumping bamboo, osmanthus and azaleas fringe the area and are bordered by mondo grass,

before the clean space of pebbles with stone stepping paths.

Further afield he created a northern hemisphere garden, and now has wonderful specimens of different conifers, liquid amber, swamp cypress and Chinese tallow.

To the east of his house he has created a wonderful rainforest pocket. The towering Davidson plums and quandongs created a lovely shaded environment for aniseed myrtle, native



gingers and many more exotics such as a watermelon tree, native tamarind and plum pines.

He is constantly working on new areas to regenerate and told us that the count would now be over 1000 trees that he has planted over the years.

Many thanks David for such an enjoyable afternoon.

Our next club visit will be on Saturday 18th August, from 2 to 4pm, at Christy's home on Belleridge Road, Nimbin (off Cecil street).

Visitors and guests are always welcome to join us. Bring a cup, a chair, and a plate to share.

Tiny Tots at Lillian Rocks

Amanda Hobson Family Daycare

0400 893 543
amandahobson71@gmail.com

3931 Kyogle Road
Lillian Rock ..NSW

Nimbin Trailer Hire

Phone Jake 0458 491 428

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Showcase your home at the Sustainable House Open Day

The Sustainable House Day Northern Rivers team has announced that it will host another Open House Day on Sunday 16th September across the Northern Rivers.

"We are proud to provide ongoing support to an event that inspires and educates local residents and has a tangible impact in helping them see first-hand how they can make their homes more sustainable, fit for climate, comfortable to live in and cheaper to run," said local Sustainable House Day Co-ordinator Andia Cally.

"We are calling on sustainable builders, designers and visionaries to open their homes, hearts and wisdom and share their sustainable building stories with their local communities."

Sustainable House Day is a national event that has been running for more than a decade, and has seen the majority of visitors taking steps to live more sustainably as a result of their experience.

A recent national survey showed that 86% of Sustainable House Day attendees shared what they learned with friends and family, 56% were inspired to incorporate sustainable renovation or design into their builds and 32% had implemented what they had learned within a month of attending the event.

Andrew Wadsworth and his partner Meg opened their house for the second time last year. Jaye Irving, second-prize winner in the 2017 Sustainable House Day Design Competition, designed their hemp house (pictured), the first of



Designer Jaye Irving talks to Hemp House visitors in 2017



its kind in our region. Irving and the couple were all in attendance on the day.

Andrew estimates they had between 50

to 100 people came through their house last year. Besides putting their profile online and working out who would manage which timeslot, "there wasn't much organization involved," he said. "It was an easy way to meet people in the community that had similar values around building."

"I think that's the biggest part from the visitor's perspective is to see the possibilities for real, rather than just looking at a drawing or model. It's good to touch it and feel it and see what's

possible."

As a homeowner, Andrew said, "It was great to share what you're passionate about with other people and get them inspired. If someone values sustainability and wants to live that way, sharing what you do and what you've done is the best way to continue to grow that interest."

If you would like to showcase your home and share your passion and knowledge about sustainable living and what you learned, register on the national website: <https://sustainablehouseday.com/submit-your-house>

All participating homes must have a minimum of four sustainable features. This can include anything that contributes to sustainable lifestyles, energy saving and healthy home practices.

This event will follow on from the Tweed Living for the Future Home Expo on the Saturday 15th September.

Nimbin Crossword Solution

From Page 33

S	T	I	R		C	H	A	T				
S	O	I	R	I	S	H	L		W	I	C	K
H	N	A		E	P	A		A				
A	G	E	L	D		I	N	C	H	L	V	
R	U		O		N	A		L	E	G		
P	I	E	S		K	A		O		R		
E	S	U	N	N	Y	S	I	D	E	U	P	A
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Nimbin Headers

2nd Division action from the home game Haeders Vs Dunoon: top three pics and second row, the two on the right. Above: A penalty taken by Headers defender Nigel Hayes is despatched against Lennox Head in 7th Division. Right: Some action from the same game. Left: Headers Vs Mullumbimby on 14th July. Photos: PAC



Nimbin fitness classes



Kids' fitness classes start

Discover Fitness introduces a fantastic new class, Fun and Fitness, led by Gail Pierce, which combines games, strength skills and flexibility.

This program aims to assist your child in developing co-ordination, muscle control and confidence.

The games component will focus on supporting social interaction, cardiovascular health, problem solving and team collaboration. The strength component will focus on both upper, lower, abdomen and core strength.

Flexibility is an important part of all children's health and can often be overlooked. Both static and dynamic flexibility will be practiced. Our overall aim is to ensure your child has fun, develops friendships and builds confident healthy self-esteem.

We welcome your support and quick response to securing a place for your child, so numbers can be finalised and classes confirmed.

We are suggesting three classes on Thursday afternoons: ages 3 to 5 at 3.45pm; ages 6 to 8 at 4.20pm; and ages 9 to 13 at 4.50pm.

Age groupings and consideration for individual childhood development are of course negotiable.

Cost will be \$8 per class for the two younger groups paying up front – \$42 for the 6-week block. The older class will cost \$10 per session or \$9 if paying up front – \$54 for the 6-week block.

Classes will start for Term 3 on

Thursday 9th August. They will be held at the Physical Activities Centre, Cecil Street in the Nimbin Showground. Please call 0428-439-526 for placement and enquiries. Discover Fitness prides itself in providing quality training by highly qualified staff.

Also our brand new low impact fun fitness classes have started on Thursdays at 4.15pm. This class is designed for those who are wanting to bring a bit of fun and fitness into their lives.

Low impact group exercises incorporate games with functional movements aligning with daily life and aiming at enhancing strength, weight loss and heart wellbeing. This 35-minute class will run for 7 weeks, giving you the perfect opportunity to start afresh with focus on your health and fitness, with a goal to have fun, gain strength and balance as well as develop new friends. Cost will be \$15 each, a small discount will apply if you pay upfront.

Our advanced 40-minute group fitness class will continue at 4.50pm each Thursday for those who want to maintain their fitness as well as keep building strength. This class is dynamic, fun and aimed at those with a current level of fitness.

Please contact Cassandra on 0428-439-526 to secure your place and start your child or yourself. Classes are run by fully qualified personal trainers Chrissy Shcyff and for the children, Gail Pierce.

A long time between drinks



Back row L-R Bob Day, Phil (Hippy) Summerfield, Jack Horner, Jimmy Johanssen, Don MacDonald, Greg Peterson and J (Yogi) Suchanow. Front row Xavier Kay, Col Lawrence, Charlie Macleod, John McLaren, Greg Marchant, Stan Arnold and Gary Childs. Absent Allan Ross and Graeme (Cookie) Cook.

by Don MacDonald

Nimbin Bowling were successful in winning their Grade (6) in the 2018 pennant season.

2005 was the last time they were successful. However they have been runners up a number of those years in between.

Stiff competition from East Lismore, Lismore Heights, Kyogle, Evans Head and Lennox Head clubs highlighted a most competitive and enjoyable year. Well done boys.



Pennant Presentation Phil (Hippy) Summerfield (Bowls Co-ordinator), Tony Canini (NRDBA Vice President) and Don MacDonald (Nimbin Club President)



NIMBIN LIFESTYLE

REAL ESTATE

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104 GWYNN ROAD, JIGGI
\$750,000



87 CULLEN STREET, NIMBIN
\$799,000



45 LILLIAN ROCK ROAD, BLUE KNOB
BY NEGOTIATION



377 PINCHIN ROAD, GOOLMANGAR
\$570,000



36/4505 KYOGLE ROAD, WADEVILLE
\$235,000



1 TAREEDA WAY, NIMBIN
\$171,000



312 GUNGAS ROAD, NIMBIN
\$649,000

Introducing **Csilla Foraita**, our newest recruit in administration and reception.

Having grown up on the Tunttable Falls and Nmbingee communities and educated in Nimbin, she's as local as they come!

That's not to say Csilla hasn't seen the world. She has degrees in Law AND International Relations and Politics, taking her off to work for Save the Children in Africa, and 4 years of hospitality in Austria.

Csilla is now spending some time back home, and has spent an invaluable 2 years with the Rainbow Power Company. She is also enjoying playing soccer with the Headers womens team, and loves the local music festivals.



126 GABAL ROAD, LILLIAN ROCK
\$320,000



LOT 31 TAREEDA WAY, NIMBIN
\$195,000

NEW HOMES

from

\$180,000

+ LAND

2 BED - 1 BATH - 1 CAR

PACKAGE INCLUDES

Internal fittings and fixtures - Vinyl planks in living and kitchen areas - Carpet in bedrooms
External floor spaces - Single carport - Driveway to 6m - Colourbond roofing
Council certifications - Customisation available to suit your budget
*Pricing based on 1m gradient across building envelope



1245 JIGGI ROAD, JIGGI
\$445,000

BUSINESS OPPORTUNITIES



HORN'S GAS & PLUMBING
\$385,000



NIMBIN NEWSAGENCY
\$550,000 + STOCK



NIMBIN POST OFFICE
\$360,000 + GST + STOCK



CAWONGLA STORE
\$695,000 + STOCK

Nimbin Hills REAL ESTATE

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yvonne@nimbinhills.com.au klaus@nimbinhills.com.au samara@nimbinhills.com.au



LATEST LISTINGS



Contact John

297 Stangers Road, Stony Chute \$845,000
• 4 x bedroom faced-masonry dwelling with a self contained guest space
• 100 pretty acres of well-maintained paddocks • Views of Nimbin Rocks
• Abundance of water w/ springs, creeks, dams & a large irrigation license



Contact Yvonne

585 Mountain Top Road, Mountain Top \$680,000
• Stunning 3 x bedroom classic Australian cavity brick, Colorbond home
• Close to 6 acres of rich plateau land w/ a spring fed dam and small creek
• Massive 6 bay shed, with plumbing and power • Abundance of fruit trees



Contact Yvonne

22 Nimbin Street, The Channon \$395,000
• Pretty Colorbond and western red cedar 1 x bath, 3 x bedroom cottage
• Carefully crafted landscaped gardens, with views out from the large deck
• Carport with secure storage shed. Open plan kitchen with bamboo floors



Contact Jacqui

2 Oakley Creek Road, Georgica \$449,000
• 3 x bedroom hardiplank home with separate living and dining rooms
• Set on 5 beautiful acres of park-like lawns perfect for a hobby farmer
• Easement to Jiggi Creek supplies permanent water, plus 3 water tanks



Contact John

97 Anderson Road, Nimbin \$735,000
• Close to Nimbin Village. 15 acre property in private elevated location
• Park-like lawns and gardens w/ fruits and veggies. Great hobby farm
• Comfortable and spacious 3 x bed dwelling with good aspect & views



Contact Jacqui

438 Crofton Road, Nimbin \$295,000
• One of only 4 x five acre shares in a 100 acre property. All very private
• Commanding views of mountains. A true "surprise package" property
• 2 x bedroom home plus studio & shed w/ amazing list of added extras

FEATURE PROPERTIES



Contact Jacqui or Yvonne

64 Bishops Creek Road, Coffee Camp \$715,000
• 5x bed home on 27 acres with stunning views of iconic Nimbin Rocks
• Creek and 77m deep bore, swimming pool + 60 000 litres water tanks
• Renovated large timber home with hardwood floors. Disability friendly



Contact John

25/43 Alternative Way, Nimbin \$459,000
• Brand new home on a large block with views, and all estate living extras
• Have some colour & design input into the look and feel of your home
• 3 x bedroom, 2 x bathroom, 600m2. Being built in Nimbin Eco Village



Contact Grant or Samara

345 Blade Road, Stony Chute \$749,000
• Beautifully renovated 3 x bed timber country home w/ sensational views
• 90 acres. Undulating hills w/ mix of native bush & open grassy paddocks
• Lovely lifestyle extras: large pool, large gazebo, sheds, stables & more

SPOTLIGHT ON



Idyllic country lifestyle on this 115 acres - manicured acreage, well maintained plantation & balance of land able to be used for cattle grazing. Two titles and 2 x dwellings - one newly refurbished 2 x bedroom home with huge decks and a pretty cosy 2 x bedroom cottage. Views to the Nightcap Ranges. There's an abundance of water from springs and dams, and more than enough work sheds and vehicle housing areas to service all your needs.



306 Crofton Road, Nimbin \$975,000



115 ACRES
RING JOHN WILCOX

For more information, see **"Head For The hills"** or visit our friendly staff at
www.nimbinhills.com.au Ring Office **66 891 498** 74a Cullen St, Nimbin