



The world according to
Magenta Appel-Pye

My wise mum, Peggy Pye, tells me that the most important thing is 'to be kind'. Those three little words could change the world.

At my primary school assembly every morning we recited a poem by Stephen Grellet: "I shall pass this way but once; any good that I can do or any kindness shown to any human being; let me do it now. Let me not defer nor neglect it, for I shall not pass this way again."

I took it to heart, and even now I say it upon waking.

Each day it is my mission to do a kindness for someone. It may be a smile and a conversation with an elderly stranger or taking food to a sick neighbour. Or sending a nice text to a depressed friend, or giving money to a charity.

I steal flowers from the empty house's garden and

give them to a stressed mother.

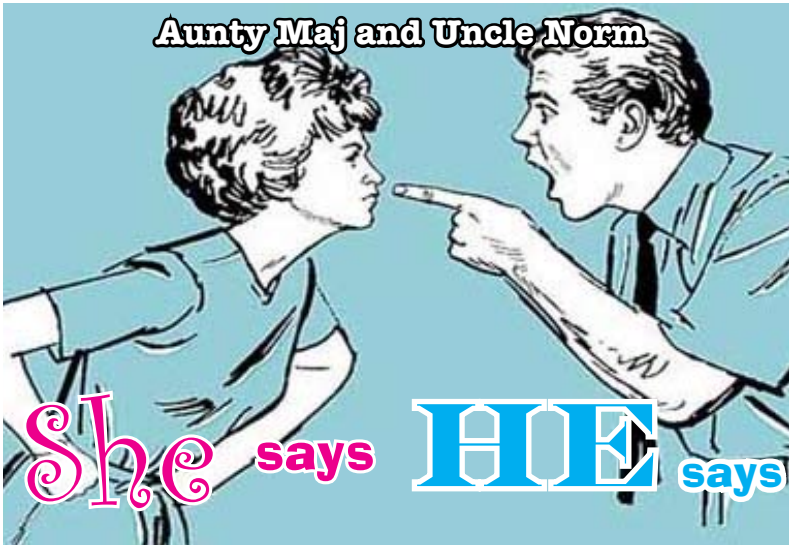
Each and every kindness makes me feel happier. It helps me accept myself as a good person despite all my obvious flaws. If they thank me, I say 'it was my pleasure' because it was.

It's no wonder volunteering is so popular. Not only are you being useful and helpful, but you receive the massive bonus of making friends, learning new skills and feeling fulfilled.

There's nothing else I can think of that has so many perks.

On days when I feel down, I drag myself out of bed to find a kindness I can do. And I feel uplifted. This works every time. I am sure I get more out of my charitable acts than the person on the receiving end.

What is especially appreciated are those who receive graciously, for the giving enjoyment is doubled and that person has given you something – the gift of feeling good about yourself.



She says
Dear Miss A. More, I once went to break up with my boyfriend and my mum said, "Oh yes, the two years is up." This is when the rose-coloured glasses come off and you're left with two fallible human beings. So how do we know if we love and are loved?

The helpful book *The Five Love Languages* by Gary Chapman tells us of ways that people show love. There is physical touch, of course, and acts of service. There are words of affirmation, which are so important and also gift giving. The last one but certainly not the least is quality time.

This book helps you to work with your beloved and talk about where your cups are not filled. If you have these covered and you still do not know if you love him, then you probably don't.

I was never sure about love until I met Norm. I was teaching a student and he came to look at the piano. He thought, "So, the perfect woman does exist. What a shame I'm married." I drove home thinking, "Damn, all the good ones are taken."

Five years later he was free and I was still single. In 21 years I have never doubted my love for him and, even though he sometimes drives me crazy, it has only ever deepened. Maybe love at first sight is a meeting of soul mates. Who knows?

If this has only increased your confusion, you might have to resort to the old tried and tested method we employed as children. Pick a flower and, pulling off the leaves say "he loves me, he loves me not, he loves me..."

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

He says
Dear Miss A. More, I can hear the *Twilight Zone* theme music running through my brain right now. I'm told so many stories of women who can't find a partner, and your letter illustrates why. Things seem to be going along just fine when you decide this is too good to be true so there must be a problem, and so, you create one.

On the other hand, maybe I'm being too hard on you. From my experience, two years into a relationship does seem to mark a point where it's time for a reality check. By now you've done the sex part of the deal to death and the real person you've got to live with is emerging. He may well be hot stuff in the bedroom (and the shower, the car and under the table in a restaurant) but has he otherwise turned out to be a dickhead? Hopefully not, and if not WTF is your problem?

Christ, he's still hanging around, isn't he? Does he let you drive his car? That's surely a sign he loves you, and even if he won't it just means he loves his car more. Is that unreasonable? He might take you to the pub on Friday night to watch the footy and shout you a chicken parma. What a guy. Course he bloody luv's ya!

There are any number of ways to put him to the test. At the beach you could pretend to get caught in a rip and call for help. If he just stands on the shore yelling "swim baby, swim!" he's probably not that into you.

Some people go for a trial separation. Though it's risky as you may decide you love him after all only to find he got snapped up like a hot chip at the seaside.

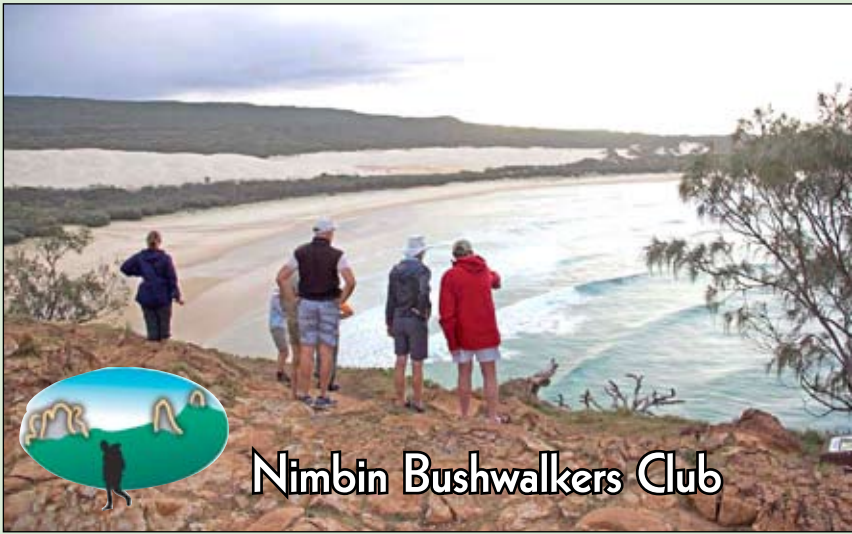
Perhaps you should just get on with life, get married and plod on for the next 30 years by which time you'll surely know the answer.

Why should you never break up with a goalie? Because he's a keeper.

True love

Dear SSHS,
I have been with my boyfriend for two years and I'm not completely sure if I love him or if he loves me. How can I tell?

– Miss A. More,
Loadstone



Peter Spearritt

Fraser/K'gari Island Walk
Fourteen members of the Club headed north to Fraser Island on 18th May for seven days – only four had been before.

While Fraser is justly famous for its bushwalks, it is hard to get around the world's largest sand island – 22 kilometres wide, 123 kilometres long – without a four wheel drive vehicle.

Our walks coordinator, Peter Moyle, organised three to help us explore the coast and the interior.

From Inskip Point, the barge took us across to the southern tip of the island. Enroute to our accommodation at the village of Happy Valley, we saw evidence of the massive damage done by sand mining from the 1950s to 1970s.

Then we encountered dunes in their natural state, along with majestic coloured sands. We hiked through rainforests, along the banks of sandy

bottomed creeks, and swam at Sandy Cape and Lake Mackenzie, the largest of the perched lakes.

We marvelled at the variety of bird life, the range of plants, and some fine-looking dingos prowling the coastline.

Saved by John Sinclair, and a small group of committed environmentalists known as FIDO, from the pro-development policies of the Bjelke Petersen government, the island was accorded World Heritage status in 1992.

Formerly the home of the Butchulla people, those remaining being forcibly removed in the early 1900s, it is gradually reverting to its Indigenous name K'gari.

It is managed by Queensland National Park Wildlife Service and the Butchulla people who were granted some native title rights in 2014.

Both are doing a great job of maintaining this extraordinary place for future generations.



WALKS PROGRAMME

Friday 20th – Monday 23rd June – Washpool National Park
Leader: Megan Meyers 0415-063-302
Grade: 3 The Washpool: another great destination with great walks and a beautiful camp area. Come for 2 to 4 days, walks of different lengths, camping at the Bellbird Camping area, \$6 per person per night, plus vehicle access permit. **Meet:** at the campground, it is approx. a three hour drive from Ballina.

Sunday 14th July – Ballina to Lennox Headland
Leader: Megan Meyers 0415-063-302
Grade 3-2 This year something different, we will be walking through some beautifully restored coastal rainforest before heading up the coast to the Lennox headland and returning. There are some drop-offs on headlands and some slippery rocks to walk over. A 12 km walk. **Bring:** the usual, lunch, water, good footwear and a hat.

Friday 26th – Monday 28th July – Yuraygir Coastal Walk, near Brooms Head
Leader: Peter Moyle 0412-656-498
Grade: 3 Most will be camping but you can come for one or both of the day walks. We will be leaving from Lake Arragan camping area on the Saturday morning at 9 am. Some will walk to Angourie along the coast while others will drive to Angourie, leaving vehicles for the others to bring back to camp, and they will walk back to camp. On the Sunday we will do a similar split: this time to Sandon River leaving at 8 am. Most will be camping at Lake Arragan on the Friday and Saturday nights. \$12 per person per night and a vehicle pass required, \$8 a day or better value a yearly pass. Beach, headland and inland track walking, maybe slippery and uneven ground care needed at drop-offs. Good footwear, water and lunch a minimum.



NIMBIN LIFESTYLE

REAL ESTATE

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1 BED, 1 BATH

1142m²

**33 ALTERNATIVE WAY, NIMBIN
\$272,000**



1 BED, 1 BATH

UNDER OFFER

STRATA TITLE

**67/265 MARTIN ROAD, LARNOOK
\$230,000**



1 BED, 1 BATH

COMMUNITY LIVING

STRATA TITLE

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\$250,000**

UNDER \$400,000



3 BED, 1 BATH

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NIMBIN \$310,000**



RURAL LAND

70 ACRES APPROX.

**LOT 7, 365 LINDSAY ROAD,
LARNOOK \$330,000**



3 BED, 1 BATH

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NEAT & COSY

**1978 CAWONGLA ROAD,
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\$500,000 - \$600,000



3 BED, 1 BATH

15 ACRES APPROX.

**2117 NIMBIN ROAD, COFFEE
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3 BED, 1 BATH

62 ACRES APPROX.

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BENTLEY \$549,000**



3 BED, 2 BATH

62 ACRES APPROX.

**815 NAUGHTONS GAP ROAD,
NAUGHTONS GAP \$530,000**

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2.2 ACRES APPROX.

**75 OXBOW ROAD CAWONGLA
\$650,000**



3 BED, 1 BATH

90 ACRES APPROX.

**345 BLADE ROAD, STONY CHUTE
\$739,000**



4 BED, 4 BATH

TWO HOMES

9 ACRES APPROX.

**458-459 WILLIAMS ROAD,
BARKERS VALE \$575,000**

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NEW LISTINGS



NEW
10.117 hectares

Contact Jacqui

242 Williams Road, Wadeville \$742,000
• Great eco-friendly family home w/ studio
• Permaculture w/ Hanging Rock Ck frontage



NEW
31.78 hectares

Contact Yvonne

1163 Williams Rd, Wadeville \$880,000
• Gateway position cnr Williams & Kyogle Rds
• Stunning Mt Warning views. Deco farmhouse



NEW
49.45 hectares

Contact John

UNDER OFFER

661 Caniaba Road, Lismore \$885,000
• Mix of open cattle country and Hoop Pine
• Immaculate Queenslander style dwelling



NEW
2.023 hectares

Contact Jacqui

25/4505 Kyogle Rd, Wadeville \$410,000
• Hand built from quarried basalt & field stone
• Beautiful artisan 2 x dwellings in rainforest



NEW
40.47 hectares

Contact John or Jacqui

Lot 254 Atkins Rd, Larnook \$400,000
• Stands of tall native trees and open pasture
• Rich creek flat & fertile plateaus - ideal farm



NEW
2.023 hectares

Contact John or Yvonne

52 Stony Chute Rd, Nimbin \$765,000
• 1 x large 3 bed dwelling, 1 x 1 bed cottage
• Overlooking creek, gardens, pasture & forest



NEW
68 hectares

Contact Samara or Yvonne

491 Stony Chute Rd, Nimbin \$1,195,000
• Large, lush and exceptionally private acreage
• So much on offer! Stunning prestige property



NEW
18.02 hectares

Contact Yvonne

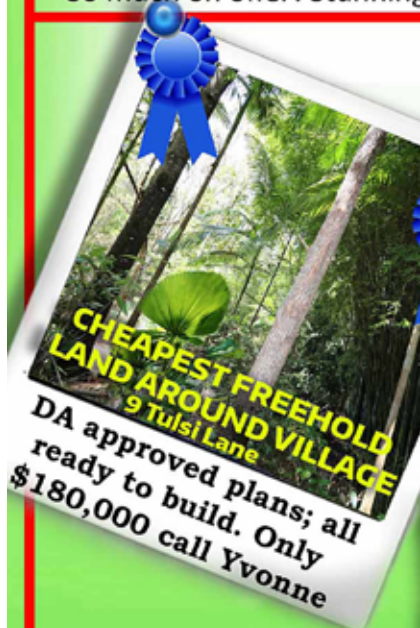
356 Stony Chute Rd, Nimbin \$965,000
• Old-world inspired design w/ modern comfort
• Amazing Nimbin Rocks panoramic views. Immaculate



NEW
40.47 hectares

Contact John or Jacqui

Lot 253 Atkins Rd, Larnook \$400,000
• Frontage to magical ambling Webster's Creek
• Versatile property - perfect mountain retreat



CHEAPEST FREEHOLD LAND AROUND VILLAGE
9 Tuisi Lane
DA approved plans; all ready to build. Only \$180,000 call Yvonne

#1

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