

Khadi's return

by Williamina Bowers



Khadi and friends invite you for another showcase of unique entertainment on Sunday afternoon, December 3 in the Nimbin Hall at 1.30pm.

Inspired by her recent adventure to England and Summer School with The Royal Ballet, Khadi's horizons are opening up, seeing her into a new level of maturity, and knowing her direction.

She is keen to move into a bigger school with broader scope and to work with more than one teacher; and whoops... she's also discovered boys – dancing with them, that is, and would like to do more of that too.

Short-listed for the New Zealand School of Dance, she feels confident to take on the brave new venture of relocating independently.

In this concert Khadi allows us a peep through the window of ballet school when she will bring on the Barre and demonstrate the classical dance form. Later to whisk us off into a jazz cabaret showpiece.

For an added treat, Khadi will join with the voice of Williamina and fingers of Gerard Lynam on piano, in an interpretation of a modern classical piece – not giving away any more about that – you'll have to be there.



Classical gas. Dancer Khadi Wolf-Brooke (above) will be joined by soprano Williamina Bowers, tenor Paul Mc Geown and baritone Chris Crane, among others, for a great night's entertainment.



Chris Crane



Paul McGeown

Still hot on his sister's heels, Jarius is persuaded to give us two dances this time. Acting through mime and movement in 'The Sword of Zoro' and something else, described to me only as 'fast, funky floor footwork tap'. . . oh yeah!

The indestructible Archie, not long back from his world tour, and proudly sporting the winner's title of the recent Lismore Poetry Cup will share not only his winning

poem, but also his equally crafted baritone.

Young talent is with us in Chris Crane who kicked off his career with Val Hopkins (now Val Mace) at the age of eight. Now 16 he is dedicated to musical theatre.

We're delighted to present Liora Claff, a very fine vocalist, not to be missed, coming with a colourful history of folk, jazz and more recently classical.

Goes without saying Paul McGeown will make a return appearance, along with Tub and a couple of other surprises, too.

Lunch will be available from midday, along with coffee, chai and cakes. Tickets from Perceptio at \$10, family \$22 or at the door.

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Celebrating the elements

by Robert Fisher

Blue Knob Hall Gallery's current exhibition sees 19 local and regional artists taking the theme "Celebrating the Elements" to new heights, literally! The exhibition is open Wednesdays to Sundays 10am to 4pm until 19th November.

Officially opened by Lizabeth Johnson, Gallery Co-ordinator of the Nimbin Aboriginal Arts and Cultural Centre, the evening was a great success. More than 40 gallery members and friends enjoyed a superb evening including a scrumptious meal served by Julie and Michelle from the Blue Knob Hall Café & Restaurant.

Lizabeth said, "The exhibition is superb, very encouraging. I can feel the elements in the artwork." She explained, "Aboriginal totems consist of a plant, animal and element. We must honour and respect our totems." Her own totem element is 'still water with movement underneath' ie. a billabong or spring.

The exhibition includes a large mixed media installation by Francisco called 'The Fifth Element', beautiful large digital prints on canvas of local landscapes by Len Martin, a wool and chiffon waterfall 'Mist of Rainforest' by Sachiko Kotaka, clay horse sculpture 'Grasslands – Fields of Flowers' by Heather Kimber, 'Earth, Air, Fire and Water' felt wall hangings by well-known felt artist Barbara Mills, stunning oil and acrylic on canvas pieces 'Breathing In' and 'Breathing Out' by Claire Larrivee, mixed media wall pieces 'Side Dish I and II' and 'Cathedral Piece' as well as oil on canvas 'Close-up' and 'Three Elements' by Margie Rojo and two intricately carved, hebel sculptures 'The Marrakesh Lantern' and 'Ground Zero' by Mac McMahon.

There are over 50 stunning works for sale, including pieces by Seta Evanian, Stuart



Cathedral Piece, by Margie Rojo, and Alchemy #2, by Christine Wynyard.

Cussons, Ruth Sutter, Christine O'Brien, Christine Wynyard, Angela Gill, Lyn-Palmer, Hayley Hillis, Shirley Miller and Robin Moore.

Armistice Day dancing with Liora Claff

Liora Claff began a career in music singing around the folk clubs in Sydney.

A founding member of the popular 1970's band 'The Larrikins', she toured, recorded & performed throughout Australia.

Liora learned to play fiddle from the many fine musicians in Sydney's Irish Club, even jamming with the Chieftains on their first Australian tour. She holds the (dubious) title of first female fiddler in Sydney.

After a hiatus of fifteen years to raise a family, Liora re-entered the music scene



singing jazz with such great bands as the Eclipse Alley Five.

Moving to the North Coast she has found diversity, singing jazz with local musicians and playing folk with old friends such as the late Jacko Kevans.

For three years Liora was the vocalist and dance caller with local world music band KaOZ Klezmer and more recently became a student of classical singing.

Watch out for her on 11th November at the Anglican Church Hall in Bangalow where she will join forces with local legends Steve Berry, Cleis Pearce & Matt Goodwin for an evening of fine dance song and feasting.

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Nimbin's catwalk awaits

One of the biggest, most glamorous and visually exciting events on Nimbin's entertainment calendar is about to happen, with three spectacular Fashion Shows happening during November.

The Shows' organisers David Hyett and Christine Chester are delighted with the volume and quality of entries in this year's shows. David said, "It is the high level of involvement from young designers that is the most satisfying aspect of this year's shows so far. The Nimbin community can pat it self on the back for the solid support afforded to past fashion shows, which has encouraged the village's youth to further explore their creative talents in the area of clothing design."

He said, "The Fashion collective has a clear objective to put Nimbin on the fashion map as a centre for creative and professional design at the cutting edge of the fashion industry. We are looking forward to the day when one our designers or models makes it into *Vogue*."

First time entrants in this year's shows Jamie, Miriam Handley and Raquel Cerne bring youthful enthusiasm and wonderful talent, Jamie with his art-house screen-printed designs, Miriam Handley with her provocative boiler suits, sexy bikinis and creative crochet in copper, and Raquel with her cotton garments infused with soft earth and forest colours.

Our youngest designers,



Holly Fry at age 7 has prepared two designs, and the children of Tuntable Primary School, having included fashion in the curriculum, will present a full collection of youth street wear.

Amongst Nimbin's more experienced and accomplished designers, Pol's layered denhiems shorts, trousers and skirts feature an amour-like look. His sophisticated evening wear and ball gowns are garments that would be applauded on every catwalk in the world.

Christina Chester continues to develop her Baroque feel, tastefully embellishing her garments with applicaides, brocade, braids and other rich trimmings. Christina's designs continue to feature her hand painted trade marking.

Barbara Mills, after recent retail successes in Sydney, has taken her felting to a new level creating a collection with a sensually revealing edge.

Nimbin Fashion Shows are unique because of the fully choreographed sequences, the variety of fashion styles and the full community support. This is definitely an entertainment extravaganza not to be missed.

There will be three shows at the Nimbin Town Hall. Opening night is Friday 17th November at 7.30 pm, then a matinee on Saturday



18th November at 2.30 pm followed by the Grand Finale Saturday 18th November 7.30 pm until late.

Tickets are available from Perceptios bookshop Nimbin, phone 6689-1766, or at the door. For further information on the Fashion Shows please contact David Hyett on 6689-0095, mobile 0418-824-598, or email dhhyett@bigpond.net.au



Postcard from Pearl

Hello all my Nimbin family! I am writing this from Amsterdam actually. I flew up here from Spain to catch up with some friends Clare and I met in Italy. We have been smoking way too much, going shopping in the massive second hand shops, playing music in the street, and just checking the place out.

It's CRAAAZZZZYYY! We just got back from the red light district, just the cutest little streets filled with sex shops, smoke shops and all the girls standing in front of the glass windows in their lingerie, waiting for customers... junkies having arguments over drug deals, and hordes of Japanese tourists snapping photos. It's great being able to smoke in public, to discuss the best ways to take the mushrooms that are sold fresh, in cartons in the shop fridge and just be real about drugs and drug use. The Dutch have a very pragmatic approach, it's great to be here and experience it.

So, I am living in Granada, a small city in the south of Spain, which is one of the main centres of Flamenco and Gitano (gypsy) culture.. I'm learning Spanish and flamenco dance and playing music in the streets to fund my lifestyle... Luckily there're tourists all year round, so I can make enough money to survive and keep getting my cds out there!

Throughout the summer here, I was travelling with my friend Clare. We played at busking festivals in Austria, Italy, Poland and Germany, and travelled in between to Morocco, Portugal, Prague and Bratislava. It,s been brilliant and scary, crazy fun and a lot of hard work... I feel blessed to be here, and to have a skill that can earn me money in so many different and exciting places...but sometimes I feel the insecurity of relying on the weather, people, local laws and public holidays to be in my favour, or I'll be going hungry!

It was really fantastic, I learnt a lot about travelling,

myself, and of course the countries we were travelling in. I realised that it is possible to actually make money in summer just playing music here... so I'm going to stay until next summer, hopefully get into a lot more festivals and try to pay off my debts from this trip!!

I've made friends in so many countries, and airfares are so cheap here, so

it's really easy to travel around. I have to lug all my music gear and coax and cajole my way out of paying overweight baggage, but it means I can play on the streets wherever I go, keep costs down and meet interesting people.

I'm in the middle of organising for next years' festivals and getting a myspace site up and happening... I want to have online cd sales so I can reach more people and save on posting cds around... Tell your friends to check out my website www.hannahpearl.com

And Jimi's having a party on the 2nd December at the Tuntable Hall to raise some funds to get over here and see me, so go along and party on, help me get my lover here!

I welcome emails and news of home, you can write me from the website if you like!!!

Miss you all, I'll be back one day, but I'm not sure when...

Hannah



Picture: Michal Slominski



Max Maxted at work on a large canvas in the foyer of the School of Arts Hall during the Spring Arts Exhibition. Max, who considers his paintings "never finished" is off to Melbourne soon, where his wife Marie has taken a position with Marcia Langton's office.

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More weeds you can eat

by David McMinn

Given the very positive response to my article "Weeds You Can Eat" (NGT June 2005), I thought it would be appropriate to follow this up with a sequel article.

There are many additional weed species that you may utilise in your culinary pursuits. In a salad, weeds can be used to give flavour to a Woolworths' iceberg lettuce, which must be one of the world's greatest culinary achievements...

Again it cannot be overemphasised that you must identify weed species correctly. Eating the wrong plant can result in serious illness or even death. There are numerous poisonous plants in the garden and the countryside and a novice can easily become confused. A good background knowledge is required to harvest and cook weeds properly.

An excellent reference is *Wild Herbs of Australia* by Tim Low, which gives an informative coverage with many botanical line drawings. This is out of print, but may be available on the internet or in public libraries. If there is any doubt identifying a particular weed species, do not eat it.

More Edible Weeds

Amaranth (*Amaranth species*) are shrubby weeds, occasionally found around the Nimbin village. The young leaves of most species can be utilised in cooking and are eaten in parts of Asia and Africa. Green Amaranth also produces nutty seeds which may be eaten in cakes and bread.

Slender Celery (*Apium leptophyllum*) is a small delicate plant related to the commercial celery and has a similar flavour. Being so small it is more suitable to use as a herb.

Cats Ears (*Hypochaeris species*) is similar in appearance to Dandelion and confusion may arise. Cats Ears may be easily distinguished as it has branched flower stalks, where as Dandelion has a single stalk. Cats Ears can be seen commonly in lawns, pastures and waste areas. Tim Lowe described the young leaves of Cats Ears as being "among the most tender and tasty of wild greens".

Canna Lillies (*Canna species*) produce a tuberous root that may be cooked and eaten. Indian Canna may be growing wild as a garden escapee. It used to grow extensively on our farm, until the brush turkeys discovered

that the roots were edible. Now it is rarely encountered.

Taro (*Colocasia esculenta*) has large heart shaped leaves up to 40 cm long with a large edible tuber. It is not a weed, but it can be cultivated like one. Taro can be planted in a sunny wet spot and will thrive with little maintenance. We have two varieties growing on one of our springs and harvest them every autumn. The leaves may be eaten, but are usually better cooked. The plants will not tolerate dry conditions or cold weather.

Purslane (*Portulaca oleracea*) is a flat growing plant with fleshy succulent leaves/stems and small yellow flowers. Friends were complaining about a rampant weed growing on their driveway. I asked them to describe it and informed them that it was probably purslane and they should be eating it rather than spraying it with herbicide. They were particularly impressed after reading on the internet that purslane had the highest content of Omega 3 oils of any leafy green vegetable. My friends now cultivate it in pots and it is a valued addition to their salads.

Warrigal Greens (*Tetragonia tetragonioides*) is a native bush food rather than a weed. It can be easily established in

the garden so that it can be harvested as needed. Only eat the fleshy young leaves, as the older leaves will be coarse and leathery.

Clovers (*Trifolium species*). According to Tim Lowe, "clovers are claimed to be edible, although all (species) are tough and unpalatable". Even so, I have picked fresh red clover flowers and used them in salads with favourable results.

Dock Soup

This is my yummy soup made from the leaves of Broad Leaf Dock (*Rumex obtusifolius*). Alas, no quantities may be given as I make it up as I go and no two batches taste the same, but they all taste good. It is easy to make and makes great conversation at dinner parties. People are surprised that weeds can be so flavoursome.

Directions: 1 onion chopped and fried in oil. Then add chicken or vegetable stock. Bunch of young fresh dock leaves, chopped ginger to taste, soy sauce to taste, curry powder to taste, 2 cloves of garlic crushed, coconut cream (optional).

Enjoy!



Ice Cream Bean, Inga edulis. A large attractive tree with spreading branches and lovely white and yellow pom-pom type flowers. The pods look similar to a tamarind pod. Surrounding the inedible black seeds is a thick white juicy pulp that tastes very much like vanilla icecream. The tree has the added advantage of being nitrogen fixing and is a good choice as a fast growing shade tree. **Weed Warning:** This is an attractive fast growing legume tree native to Central and South America. Over the last 10 years it has gained popularity in Australia as a nitrogen fixing tree that produces large velvety pods filled with creamy sweet flesh. Its popularity has also generated concerns about its potential to spread, with the main area of concern in NSW from Taree to the Tweed region.

Photo: Sue Stock

Suzuki's seditious semantics

Dr David Suzuki spoke to packed audiences in Byron Bay and Lismore on his last speaking tour of Australia last month, at age 70.

He drew rounds of applause and cheers from those attending the Lismore forum when he spoke the words "I never said that John Howard was an imbecile. I said that he was an asshole!"

Dr Suzuki felt it necessary to correct a misquote in his introduction, given by a member of TROPPO, the organisers and benefactors of the funds raised by the inspirational talk by the veteran environmentalist and broadcaster at his Lismore engagement.



Amongst the crowd was former Nationals MP for Richmond, Larry Anthony, who visibly shrank in his seat at the thunderous applause and cheering in response to Suzuki's statement.

Word has it that Mr

Anthony had attended at the request of neighbours, who are also organic farmers.

Mr Anthony's applause was, appropriately, noticeably absent during the presentation.

Some people never learn.

Garden Club meetings

The last meeting of the Nimbin garden Club for 2006 will be the Annual Christmas party Luncheon, which will commence at 12 Noon on Saturday 18th November at Annie's Country Tea Gardens & Nursery 4460 Kyogle Road, Wadeville. Those wishing to attend are reminded that the cost per head is \$7 for members and \$14 for non members.

Members attending are requested to contact the Club treasurer Ossie Osborne (ph. 6689 1726) asap, as we need to finalise numbers for catering purposes sooner rather than later. Persons with special dietary needs should also make their preferences known to Ossie when booking.



Garden club members enjoying a pleasant and informative afternoon visiting Hendrik and Nana De Vries' garden at Stoney Chute last month.

Photo: Gil Schilling

The first Club meeting for 2007 will be on the third Saturday in February (17th). Venue details will be advised in the next newsletter due out early next year. As always, visitors and

new members are always welcome. For more information please contact either Gil (6689-0581) or Caroline (6689 1945), or take a look at <http://groups.yahoo.com/group/nimbingardenclub/>

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Vocational training for sustainability

Djanbung Gardens Permaculture will be holding free information days each Saturday during November to introduce new pathways to careers in sustainability.

2007 will be the third year of delivering the accredited vocational courses in Permaculture, Certificate III, IV and Diploma. Registrations and enquiries from throughout the Northern Rivers, interstate and as far away as England and USA are coming in as people finalise their plans for the new year.

"At Djanbung Gardens we offer a unique learning environment surrounded by working examples of the concepts taught - I call it the living classroom, bridging the gap between theory and practice" said Robyn Francis, international permaculture designer and educator. "Sustainability is firmly back on the agenda, and these courses provide the skills training for a new generation of designers, facilitators and practitioners to meet the challenges of climate change and a post-carbon future"

Permaculture has



been at the forefront of sustainable design and practices for over 3 decades, and now these concepts are becoming mainstream thinking. Permaculture expertise will be increasingly sought after as a valued and practical pathway to sustainability.

"This year at Djanbung has without a doubt been the best year of my life," said Loki Ysebart, Certificate IV student, "being able to go from a fun and practical learning environment to bring about positive change that you can taste in the food you grow, hear the cacophony of wildlife all around you, feel the things you build with your own hands, and see in the smiling faces of your classmates.

"Before hearing about permaculture last year, I'd almost given up hope of being able to achieve anything of value to the world. Now though,

everywhere I look I see possibilities and potential, and have confidence that I can make them tangible. I wouldn't give that up for anything," she said.

Full time certificate and diploma courses are Austudy approved. The 2007 program also includes a diverse range of short and part-time courses. Community and bioregional development, sustainable land-use and food production, restoration ecology, organics, appropriate technology and natural building are just a few of the modules in the program.

Djanbung Gardens is located on the edge of Nimbin village. The Saturday Information days in November will start with a presentation at 10 am by Robyn Francis on the Accredited Permaculture Training courses, followed by a tour of the gardens and facilities of the Djanbung campus. Course information kits and registration will be available.

For further information phone 6689-1755, Mob 0429 147 138 or email robyn@permaculture.com.au

The dilemma of wild dog baiting

by Anja Hunold

Due to recent attacks on cattle and wildlife by wild dogs and/or roaming domestic dogs on properties along Gungah Road, a group of affected and concerned property owners decided to resort to '1080 wild dog baiting'.

The Rural Lands Protection Board was contacted and appropriate steps were undertaken to commence baiting, the first being to inform neighbors within 1 km radius about the impending baiting. As news got around, things started to become rather threatening and personal. Objections to the baiting from opponents turned into verbal intimidation, bullying and eventually malicious damage of private property (see photos). At this point of time the baiting is called off.

As the organiser (not instigator!) of the baiting, it has been a rather upsetting and disturbing experience. First off finding the dead wildlife on my property, not a pretty sight a wallaby with ears and tail bitten off, only 50 metres away from the house. I have three children and a horse and plenty of wildlife which are potentially in danger. Who did it?? It is well known that there are wild dogs in this area and unfortunately there is also a number of roaming domestic dogs around, which is unsettling since children walk to the school bus, and ride their bikes and horses along the roads.

I don't have a gun or the skills to shoot any dogs, nor do I want to. I don't like using poison nor killing as such, but looking at the danger the dogs present, something should be done. Following all



the intimidation I received, I am not sure who presents the bigger danger now..... the dogs or the humans who decided to take matter into their own hands, literally by desecrating our sign and letterbox. We had not even done anything!

What are these people capable of if we would have gone ahead with the baiting?? It is one thing to have a different opinion and feel passionate about things but another to resort to methods such as the above mentioned. My sense of safety is affected by dogs and humans alike.

The dogs are still roaming, killing plenty of wildlife and multiplying happily. May you rest peacefully surrounded by howling.

Fluoride: far worse than we thought

by Andreas Schuld

In 1999 the US Center for Disease Control (CDC) released a glowing report on the fluoridation of public water supplies, citing the procedure as one of the century's great public health successes.

Ironically, the same report hints that the alleged benefit from fluorides may not be due to ingestion: "Fluoride's caries-preventive properties initially were attributed to changes in enamel during tooth development because of the association between fluoride and cosmetic changes in enamel and a belief that fluoride incorporated into enamel during tooth development would result in a more acid-resistant mineral."

The CDC report then acknowledges new studies which

indicate that the effects are "topical" rather than "systemic." "However, laboratory and epidemiologic research suggests that fluoride prevents dental caries predominately after eruption of the tooth into the mouth, and its actions primarily are topical for both adults and children."

The obvious question is this: How can the CDC consider the addition of fluoride to public water supplies to be a public health success while admitting at the same time that fluoride's benefits are not "systemic," in other words, are not obtained from drinking it?

The truth, now becoming increasingly evident, is that fluoridation and the proclaimed benefit of fluoride as a way of preventing dental decay is perhaps the greatest "scientific" fraud ever

perpetrated upon an unsuspecting public.

Even worse, the relentless promotion of fluoride as a "dental benefit" is responsible for the huge neglect in proper assessment of its toxicity, an issue that has become a major concern for many nations. As there is no substance as biochemically active in the human organism as fluoride, excessive total intake of fluoride compounds might well be contributing to many diseases currently afflicting mankind, particularly those involving thyroid dysfunction.

In the United States, most citizens are kept entirely ignorant of any adverse effect that might occur from exposure to fluorides. Dental fluorosis, the first visible sign that fluoride poisoning has occurred, is declared a

mere "cosmetic effect" by the dental profession, although the "biochemical events which result in dental fluorosis are still unknown." The quantity of fluoride needed to prevent caries but avoid dental fluorosis is also unknown.

Also unknown is just how much fluoride we ingest each day and this would obviously vary greatly between individuals. An example would be a tea drinker. Tea is very high in fluoride (the fluoride content has risen dramatically over the last 20 years) and the longer a teabag is steeped, the more fluoride is released.

Then what about the office "on the boil" urn, where fluoride content becomes ever more concentrated? Well we use that concentrated fluoride solution to make a nice cup of tea! Just don't use it to make up your infants formula though! This should make a grown medico weep, but many of them support the dental

profession's contention that fluoride added to water at 1ppm. is safe and effective. And we all thought that our doctor had to take into account our particular needs when prescribing medication. Silly us!

But after listening to the same regurgitated unsubstantiated rubbish from two local Dentists (who are no more qualified to speak on this topic than any other intelligent person who has access to the hundreds of scientific articles and debates on this topic on the internet), the majority of Lismore City councillors decided to adopt the "one dose suits all approach" and mass medicate us with the industrial waste version of artificial fluoride. Food for thought at the next council elections!

Learn more and discuss at the "Freedom From Fluoride" meeting at the School of Arts hall on Saturday 25th. November from 1.00pm.

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ASTROLOGICAL TRENDS FOR NOVEMBER 2006



by Bev Murray -
Insight Astrology

BIRTHDAY – Scorpio

Determined Scorpios can be rather stubborn and resistant to imposed changes. In many ways this is a plus, for it gives them the stamina to accomplish things, but it can also stand in the way of personal growth!

The transformative energy of Pluto motivates these robust fellows to delve into the deepest mysteries of life. Although they do not intentionally set out to be mysterious themselves, they manage to appear enigmatic anyway.

Give them: White gardenias, Good food and wine, anything sweet (they are notorious for their sweet tooth!) a mystery novel!

What November holds...

Scorpio

There are five planets in Scorpio this month. This makes it a dynamic and powerful time! Be careful that an authority figure doesn't undermine your professional image. On a positive note you should be happy to see this pile up of planets are all preparing to head into your personal wealth sector over November. Finances will be looking up.

Sagittarius

Jupiter is your ruler and the planet in charge of good luck, abundance, and joy. This month, he moves into Sagittarius heralding an excellent time across the

board. You may find that you need to get your head clear after the last two chaotic months but once you do there is no holding you back. The full Moon on the 5th especially favours work-related issues!

Capricorn

Your calendar is about to be packed full of social events and committee meetings. The positive aspect is that you should be able to mix business with pleasure and accomplish all kinds of wonderful networking opportunities this month. Towards the end of November however you may need a little time out to recoup your energies.

Aquarius

You can feel the need for adventure and certainly travel is a possibility this month. You might just want to broaden your circle of friends. The Full Moon can be a little intense for you guys, as there is no escaping emotional connection! The New Moon runs more to your liking and the month ends on an optimistic note. Good things are on the way!

Pisces

A month of delays, especially during the first two weeks. Try not to get emotional and upset as this is all meant to be! Projects begun now will be slow to get off the ground but they

will be in your favour over the long haul! Look forward to better results after the New Moon on the 21st of November. Jupiter gets busy after the 24th as well and good things happen!

Aries

You might find that November is full of demands on your time, goodwill and energy. Be sure to look after yourself and take a break occasionally. It is time to reevaluate your finances and set the budget in order! November 2-3 is especially favourable for this! The 21st-30th is an ideal opportunity to spend time out of doors doing something exciting!

Taurus

Romance is highlighted this month. The Taurus Full Moon on the 5th is an opportunity to forgive and forget past misdemeanors and move on! The 10th-18th is the most trying period of this month merely because your energy levels are not up to scratch. Try focusing on your diet and sleep patterns! The 22nd on is fantastic for just about everything!

Gemini

Career goals are well supported this month, but avoid letting the Mercury retrograde activity let misunderstandings blow up. Softly, softly is the way to go!! The new Moon on the 21st sees any health problems you have had of late finally resolved and you will be feeling the benefits! Good luck in your relationship sector seems likely!

Cancer

Venus seems to be busy this month and you should reap some lovely rewards from her activity! Friends and relationship matters in general should be positive. Watch the career zone however because all is not what it seems. An unpleasant surprise can throw you off guard! Keep your reactions low key for best results! Some very positive energy is on the way so let it slide!

Leo

Be compassionate and don't take the hard line with others early this month! Good fortune will come from an understanding heart. Some issues about

the balance of work and home will come up this month and home will probably win! Go with the flow here and find happiness with those closest to your heart! Passion is also in the air!

Virgo

A burst of fresh enthusiasm fires up this month! Tasks left unfinished will be finally tidied up and communication left open ended will be sorted out now! Recycling an old idea mid-month can have very surprising results, give it a go! Watch out for muddle on the 29th, a lot of misinformation will be flying about! Keep smiling!

Libra

While a few problems could reveal themselves in the first week you will find some surprisingly helpful left of centre solutions! Keep a watchful eye on finances until Mercury goes direct again on the 18th. New projects get the green light then and much that is positive can and will be achieved! The final weeks suggest that communication is the key to greater abundance.

Fluoride – not our cup of tea

On August 19th 1993, Food and Drug Administration (FDA) issued a Safety Alert to Hemodialysis Personnel and Water or Dialysate Service Contractors on fluoride contamination of hemodialysis water supply. See www.fda.gov/cdrh/safety/081993-fluoride.pdf

D. Bruce Burlington, MD, Director of the Center for Devices and Radiological Health wrote:

"This is to alert you to a recent incident in which three hemodialysis patients died and several others were hospitalized after exposure to high levels of fluoride in their dialysate, and to urge that you take certain precautions to prevent other incidents of this kind. Please share this Safety Alert with those within your organization who are responsible for water treatment, dialysate delivery systems (including

water treatment systems), and patient care."

How reassuring this must be for those unfortunate to need haemodialysis!

The incident was investigated by the FDA and the Centers for Disease Control and Prevention (CDC). The fluoride concentration in the dialysate was reported to be 15-25 ppm; the ANSI/AAMI (American National Standard) standard identifies 0.2 ppm as the acceptable level of fluoride in dialysate. The high concentrations occurred because the deionizer used to remove fluoride and other contaminants had become exhausted. It is thought that the warning lights on the deionizer tanks ceased functioning.

Accidents happen! What a shame they started off with fluoridated

water!

This incident underscores the need to continuously monitor the water quality in hemodialysis system.

Who among us is able to monitor the fluoride level of water in an urn which is continuously "on the boil", as often happens in the office, so that the fluoride content will become ever more concentrated? Then we make use that concentrated fluoride solution to make a nice cup of tea!

Tea is very high in fluoride because tea leaves accumulate more fluoride (from pollution of soil and air) than any other edible plant. It is well established that fluoride in tea gets absorbed by the body in a manner similar to the fluoride in drinking water.

Fluoride content in tea has risen dramatically over the last 20 years



Mulgum Creeek - fresh water at present

due to industry contamination. Recent analyses have revealed a fluoride content of 17.25 mg per teabag or cup in black tea, and a whopping 22 mg of soluble fluoride ions per teabag or cup in green tea. The longer a tea bag is steeped, the more fluoride is released. After ten minutes, the measurable amounts of fluoride almost doubled. In fact tea has been found to be a primary cause of dental fluorosis in many international studies. Next to water, tea is the world's

most popular beverage. See www.westonaprice.org/envtoxins/fluoride.html

Up to about 15 years ago, I drank copious amounts of tea and suffered excruciating pain in my ankles. I read a book which recommended excluding tea, meat and sugar from my diet – I wasn't a coffee drinker. I persisted with the fast from these items, later to take up eating meat and sugar, but whenever I drank tea the symptoms came back. Food for thought!

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Nuclear no solution – Green Power not so green

By Peter Pedals
Rainbow Power Company

There was a solid turn out of about 250 people at the Lismore premiere of "An Inconvenient Truth" at the Lismore Cinemas.

Rainbow Power Company was invited to sponsor this screening and had a small display in the foyer, which may stay there for a week. Before the screening Andy Gough who is the Greens candidate in the March NSW election said a few words and then I addressed the audience. Rainbow Power Company had been very enthusiastic about supporting the showing of a film with the calibre of Al Gore's movie, but we had some hesitation about being seen to be somehow affiliated with the Greens, as we don't want to be alligned with any political party.

I presented my perspective of Australia's dealings with climate change thus far, pointing out that the Australian government had held up the process of the Kyoto Protocol when it was being worked out, in order to get the maximum concessions for Australia, to the point that Australia needs to do very little in order to meet our commitment. Ever since, John Howard has persistently claimed that addressing global warming is bad for the economy. As a result of having supposedly met our commitments there is now very little incentive to introduce more renewable energy. Even the power utilities have reduced their buy-back rate for renewable energy as they claim they are already over committed.

And now Howard and his minions are telling us that we have to have nuclear power. Even the mining of uranium presents a huge environmental problem. Olympic Dam in South Australia is the world's biggest uranium mine. When they have finished mining at Olympic Dam there will be an estimated 620 million tons of mine tailings, a radioactive waste still containing radioactive uranium 238 which could not be extracted. Uranium 238 has a half-life of 4.5 billion years and will therefore present a problem for longer than we have had life on Earth so far.

When the mining company is finished there they will cover the tailings with a 1.5 metre thick layer of rock and clay and all responsibility for protecting us from this material forever more, will then be handed over to the state government and the tax payers will have to bear the cost from then on.

The tailings is from the original rock ore ground to a fine powder and has had some uranium 238 extracted. That token gesture of rock and clay covering will soon erode away and that fine powder can then become airborne and blow all over the continent. Some of this radioactive material is water-soluble which may then slowly seep into the Great Artesian basin directly underneath the mine site. If you look at the cost of dealing with radioactive waste for an eternity you



can never claim that nuclear power is cost effective, nor that the mining of uranium is financially viable. The profits we are making today from the sale of uranium will fade into insignificance when compared to the ongoing cost and the ongoing deaths caused just by the tailings.

And so we continue talking about having nuclear power stations. The cost of building a nuclear power station is enormous and the question arises as to who is prepared to have one in their back yard? Even when the nuclear power station is shut down, the cost of removing it from the landscape is astronomical, so it will just be left there as a reminder to all future generations.

John Howard says that if we are going to stop burning coal (coal is also our largest export material) then we shall have to have nuclear power stations to provide a base load. Why does the federal government not present us with better options? I would suggest that it has to do with the worldwide energy mafia of coal, nuclear and oil who want to have and maintain control over all humanity.

We have much better options, which the government isn't presenting to us. We have a perfectly viable base load in the form of hot rock. Australia has the largest reserves of near surface hot rock on the planet. We have enough hot rock reserve order to continue living this wasteful lifestyle for the next 800 years without greenhouse gas emissions by utilising fracture hot rock as a base load to operate similar power stations to the ones presently using coal as a heat source. This gives us plenty of breathing space without having to consider going nuclear. And then we have plenty of time up our sleeve to keep adding renewable energy sources to the power mix.

World power consumption at present is about 13 terrawatts (13,000,000,000,000 watts). The only renewable energy source that can easily produce this amount of power is solar power. The amount of energy falling on the Earth as sunshine, is tens of thousands of terrawatts. With the combination of solar, wind, hydro, tidal, ocean current and wave power we can have all the energy that we need forever more without contributing to greenhouse emissions. We can even start driving electric or hydrogen-powered vehicles



Coal-fired power plants (left) are a relic of the past. The Snowy Mountain Hydro scheme (above).

and have zero greenhouse gas emissions instead of having the highest per capita emissions on the planet.

If we start implementing this zero emission strategy today whilst our coal and oil resources are still at our disposal this strategy will start reaping benefits, both environmentally and economically in ten to twenty years time, but this is possibly too long a time frame for any government to consider. Governments in Australia can only plan 3 years ahead at the most, when it is time to have another election. A sign on our display near the entrance of the theatre reads as follows: "... and how long can we wait for the politicians to do the right thing? Solar power you can have today ... and there's a rebate." It is up to each one of us to take action against climate change.

When I walked out of the movie theatre I was handed a leaflet entitled "Climate Change Action Kit" produced by members of the Climate Change Action Network. This leaflet spelled out many positive forms of action we can take such as political lobbying, activism, becoming more energy efficient in the home, buying locally grown food and reducing your transport needs by walking, cycling, car pooling and using public transport. I was dismayed that the only bit of advice relating to renewable energy stated: "Switch to Green Power produced from wind or solar. This can save about 1,300 kilos of carbon dioxide per person per year. Call Origin Energy or Climate Friendly www.climatefriendly.com. Because of an estimated 6 billion dollars a year of government subsidies to the fossil fuel industry and lack of support for renewables (www.sustainabilitycentre.com.au/Subsidies.pdf), buying 100% non-polluting wind or solar energy will add 5 or 6 cents per kW to your electricity bill. You can easily counter this by using energy efficient light bulbs and energy saving appliances."

This piece of advice being given ought to be withdrawn or changed, because as it stands, it is misleading and in fact, bad advice. The 'Green Power' scheme is misleading on two counts:

1. The Snowy Mountain Scheme is included as one of the renewable energy resources. This is an old scheme that should not be included because people imagine when they

contribute to the Green Power Scheme that they are only contributing to all new renewable infrastructure.

2. Line losses are not included in the calculations and by buying Green Power you are contributing to the centralised power structure. Solar Farms are usually placed near major cities which adds to the centralisation of the present distribution network.

They do this in a way that maximises visibility to the public thereby promoting their own public image but it does not maximise greenhouse gas reduction for the money spent on it. Nor does it help with poor quality power, which happens most at the extremities of the grid. The greatest greenhouse gas contribution is also from consumers at the extremities of the grid because this is where the greatest line losses occur because of the huge line losses getting the power this far. The land purchased for the solar farms is generally very expensive real estate that could and should fulfil another purpose like growing crops. We need to make people aware that buying 'Green Power' is a poor option that gives more power to those with a centralised power mentality. Do the Greens also endorse Green Power?

The beauty of solar power is that of all power sources it is the most easily decentralised and the most easily adapted to dispersed power consumption. Therefore, what you should be taking advantage of is the government subsidy for solar power on people's rooftops. Roofs are generally just wasted real estate mostly only used to keep the weather out and it doesn't need to be purchased for the purpose of mounting a solar array. In fact, having a large solar array on a roof shades the roof and helps with modulating the climate inside the building. Roofs all over the country are just waiting for the addition of solar power generators.

Having solar power on your own roof decentralises the power network, minimising line losses and helping to reduce poor quality power when line losses become extreme. The more solar is installed on rooftops all over the country the less problem we will have with brown-outs and black-outs. Rooftop power also takes away some of the power of the energy monopolies. By promoting Green Power you promote energy monopolies. By promoting solar power on your own rooftops you are giving more power to the consumers because they end up owning their own power source.

"An Inconvenient Truth" will continue showing in Lismore for a couple of weeks. I would like school students to see this film because it is they and future generations who will bear the consequences of today's destructive lifestyle. You can organise showings for school groups (or any other groups) by ringing 6622 4350 and making a booking.

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Nim-FM Program Guide

SUNDAY

12:00 am The Lounge
Mixed blessing from the digital one.

7:00 am For the Love of Jesus
Start your Sunday with Praise and Joy with Rhonda. Christian music, Christian teaching, family words of wisdom.

10:30 am Health to Wealth
A magazine format with a community focus. Featuring Dr. Oscar speaking about health. Their son Felix aged 9 months makes a regular guest appearance.

12:00 pm Radical Latin
2:00 pm Nimbin
Aboriginal Broadcasters
With Luke, Burri & J.B.
With regular guests. All in the heart of Bundjalung country

5:00 pm Rastaman
Vibrations
Roots and reggae comin' atcha for some seriously righteous listening with Zev

8:00 pm The 4 Elements
with MC Bush Wax
To promote hip-hop in all its diverse elements. Local and abroad.

MONDAY

12:00 am Randomised
Acts of Musical Kindness
Groove on with our Digital DJ

7:00 am Get Up
Wake up with Reggae & Justin.

9:00 am Health Beat
Health & herbs, issues & research with alternative healthcare practitioners

11:00 am Absolutely Fabulous
Chat and music with Gail

1:00 pm Aerobics for Fat Chicks
Vicky shows you how it's done

3:00 pm Nimbin
Aboriginal Broadcasters
Music from the heart of

Bundjalung Country with JB, Luke & Burri.

6:00 pm Nim-FM News
News and Current Affairs with the Nim-FM news team

6:05 pm Roots 'n All
Frank brings you hot world beats interspersed with topical and esoteric issues

8:30 pm The Mixed Bag
A little bit of everything with Andrew

11:00 pm The Lounge
Lay back and enjoy interruption-free music all night.

TUESDAY

12:00 am The Lounge
Kick back till dawn. Music Music Music

8:00 am Morning Show
Nimbin Time
News, views & music with Chig

10:00 am Underwater Radio
A community focused program featuring local musicians and music with Martin.

12:00 pm Electro Popsicles
Electronic music with Pol

1:00 pm Halcyon Connection
Let Letitia bring you all the Good Vibes from Nimbin

3:00 pm Maids, Mothers & Crones
Women's issues, spirituality and magic, presented from the crones's perspective with Raine

5:00 pm Parlez-vous
French news, contemporary and traditional music, with Olivier

6:00 pm Nim-FM news
News & current affairs with the Nim FM news team

6:05 pm Radio Yerevan
Armenian core mixed with similar influence or feel - Middle Eastern etc. with Seta

7:00 pm Eine Ueberstunde
Mathias brings you German news &

current affairs, multicultural issues, world music

8:00 pm Furry Footed
Furry Faced Friends show

Animal news, views, stories & issues, intertwined with mostly Aussie & local musicians. Rock from 60's, 70's, 80's to now with the Pussycat.

WEDNESDAY

12:00 am Random
Musical Biscuits
Tasty Treats from our binary baker. All night

8:00 am Nimbin
Aboriginal Broadcasters
From the heart of Bundjalung Country, deadly beats from the local crew. JB & Burri

11:00 am Farrenheight 11/12
Da usual, da best shit in Town. Get stratospheric with Farren

12:00 pm The Tonk & Azz Show
Tim slips in with music reviews, guests & live performances, movie reviews.

2:00 pm Nothing Sacred
Christine brings you 20th century poetry & music

4:00 pm The GoodTimes Music Show
Bob and Garry keep it mostly local with news, views & occasional guests.

6:00 pm Nim-FM News
News and Current Affairs with the Nim-FM news team

6:05 pm Mama Mia
Italian Hour
All Italian music and news. Join Jingles, get a cappuccino and enjoy

7:00 pm Demoville
Recent indie releases and local demos. Richard brings you all the very latest contemporary groove.

9:00 pm Pure Hip Hop
Powerful lyrics, pure hip hop with Zac.



THURSDAY

12:00 am Random
Musical Biscuits
Groove all night with our binary baker

8:00 am The Third Stone
News, briefs, commentary, Peaea's morning sunrise with tunes, easy going.

10:00 am Kerry's Hours
Music -classic, jazz, standard: News, political commentary

12:00 pm Scan Dot Org
Satire, current affairs commentary, podcasting

1:30 pm Jazz and World Music
Wolfgang presents Contemporary music and Jazz around the world

3:00 pm Deutsch' Stunde
German news, interviews and music. All the latest from the continent with Wolfgang

5:00 pm For the Love of Gaia
Healing and political issues set to beautiful music with Lynne and Adrian

6:00 pm Nim FM news
Local News brought to you by Pam & Ian.

6:05 pm Sounds of Delight with DJ Starshine
Local bits & pieces starting in the 60' to the here and now.

8:00 pm Miss La Qua
Gay & Lesbian topics & events. Special guests.

10:00 pm The Lounge

Continuous, presenter-free music.

FRIDAY

12:00 am Random
Musical Treats
Non-stop music all night. Let our digital DJ be your friend.

7:00 am Wake up to the 4 Elements with MC Bush Wax
Raising awareness of the 4 Elements, HipHop with the environmental movement

9:00 am Life in the Sandpit
Current affairs, ethics, morality and the sweetest of sounds. Kick off your shoes and come and play with Bob & Jack.

11:00 am Ecocentric
Local Environment news - issues -actions. Mim & Kieren will give you a hand up the tripod.

12:00 pm The Hemp Hours
Drug Law Reform, Hemp Activism, Medicinal Cannabis & Political Comment (sic) Bob, Michael & The Goddess

2:00 pm Nimbin
Aboriginal Broadcasters
Indigenous music and news with J.B. & Luke from the heart of Bundjalung Country

5:00 pm The Funk Hour
Late 60's early 70's (mostly) funk music with Cynthia



6:00 pm Nim-FM News
News and Current Affairs with the Nim-FM news team

6:05 pm Black Coffee Radio
Marie can go anywhere between the latest space news to musical specials on artists and albums.

8:00 pm Ear Ache My Eye
Heavy metal from every angle by Asher who is... living metal.

10:00 pm The Lounge
All night music. Sit back & relaxxx.

SATURDAY

12:00 am Morning Glory
Fresh from the fish market

8:00 am Pigfat and Bumnuts
Music - right across the genres. Easy listening Sat Morning with Garry.

10:00 am Free Press Media
Omega rocks into Saturday with cutting edge news and insight.

12:15 pm The Power and The Passion
Alternative power news and more. Peter will bring you up to date on all the latest in alternative power.

2:00 pm Spirit Radio
Smooth tunes with Jarod

3:00 pm Yellow Dog's Kitchen with Mim
Magazine arts show. Poetry, readings, music, local arts round-up

4:00 pm Uncle Len's Tall Stories
Poetry - Prose readings by Uncle Len.

5:00 pm Easy listening
Saturday arvo music with Mel

A sweet accompaniment to your afternoon

7:00 pm Setiram
Music, aliens, magazine entertainment with Uncle Seti Ram

9:00 pm WildSide with Louise
Make a cuppa and dance your way through Saturday night. Dance music mixed with gentle pieces in between

11:00 pm Automatic DJ



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Nim-FM launches talkback radio

Nimbin's community radio station has continued the Nimbin tradition and taken a giant leap into the future. Talkback Radio.

The launch on 23rd October at Nim-FM studios was a gala event. Ribbons, balloons and gold tinkly things decorated the studio. The cameras flashed as Nim FM President Bob Tissott cut the ceremonial ribbon.

At 9am Stuart Cameron, host of the Healthbeat Show anchored the first official talkback program. Martin Preedy and Paul Le Bars joined him in the studio. As the show went to air a huge cheer erupted from the many who were there.

Three sister community radio stations come over to cheer us on, Bay-FM Byron Bay, 2NCR Lismore and COW-FM Casino. Refreshments were served and Nim-FM buzzed as the station filled with people excited about community radio.

A week later the tinsel has disappeared and it's time to work. As we experiment our way into understanding the potential of the talkback equipment we must do so in the public arena. Please



Bob Tissott cuts the ribbon to launch NIM FM's talkback facility.

love and support us as we go. We invite your feedback. Phone 6689-0279 or email nimfm@nimfm.org

Our Presenter Trainer Co-ordinator is in overdrive. All Nim-FM presenters are offered individual talkback training sessions and there has been a full response. The latest Nim-FM training course graduates are joining

existing presenters and the overall weekly program is taking on a new shape. Cut out and keep the updated Nim-FM program guide in this copy of the *GoodTimes*.

The recent Nim-FM AGM also saw a large turn out. It must be due to the beautiful refreshment served by Judy Hales and Katrina Edwards. Bob Tissott was returned as

President, Paul Le Bars was elected as Vice-President, Judy Hales as Treasurer, and Katrina Edwards as Secretary. A further ten people were elected onto the general committee.

Thank you everyone for supporting Nim-FM 102.3 Nimbin Independent Media Inc. Roll on 2007. Nim FM is excited!

Piano resonances

A concert of piano music composed and performed by Michael Hannan and Diana Blom will be held in the Nimbin School of Arts on Sunday 19th November at 3pm.

Michael and Diana have been friends since the late sixties. Both studied harpsichord in Sydney with Dorothy White and both have pursued careers as university music academics, Diana at the University of Western Sydney and Michael at Southern Cross University.

Despite being a keyboard player and composer since her teens, Diana has been writing pieces for solo piano in only the past few years. Four of the pieces she will play are from a set of five tangos called

'Tango Cinco' (Tango Five). And while the mood and feel of the Argentinean tango permeate the music, there are other twists and turns for the listener's ear.

'Cloud Studies' are three short pieces which are more impressionistic in character. Viewing the John Constable exhibition recently held at the National Gallery in Canberra, it was Constable's smaller 'cloud studies' of many different cloud formations which attracted Diana's attention, creating the impetus for the piano pieces. Diana has also composed a duet especially for the concert with Michael. 'The Green Man Dances' celebrates the mythology or reality of the green man of England (and



Diana Blom and Michael Hannan

other places) who represents death and rebirth. The duet is his dance.

Michael's 'Resonances' is a large scale work which explores the complex sonorities of the piano by means of a constantly depressed sustaining pedal. The complete cycle of twelve 'Resonances' movements corresponds to the twelve astrological signs and are dedicated to friends born



under these signs. The four movements included in this concert will be 'Mercurial Orbits' (Virgo), 'Conjunction' (Libra), 'Mysterious Clusters' (Scorpio) and 'Star Cycle' (Pisces).

Also on the concert will be Michael's 'Three Gymnopédies', written in the past year in homage to Erik Satie's famous 'Trois Gymnopédies'.

Homeopathics

by Tarang Bates

What an amazing time of the year right now.

I walk down pathways of purple velvet Jacaranda, the driveway is strewn with vibrant orange, Silky Oak flowers, courtesy of those magnificent black cockatoos that have been cruising the valleys and ridges for a few weeks.

The start of our storm season is here with dramatic sky scapes. Juicy mulberry-dripping children, and mango, pecan and avocado flower-laden orchards - it's no exaggeration to say the atmosphere actually smells of honey at the moment.

With everything thriving, including the ticks & mozzies, what an appropriate time to concentrate on some of the relevant remedies to assist the bliss factor!

Allium Cepa

For those who react to all the pollens and fragrances around at this time of the year, with, what is commonly known as hayfever, sneezing, runny nose and watery eyes. Sometimes this comes with a tickling in the throat and a cough.

Nat Mur

This is another hayfever remedy, usually with an alternating runny nose and then a blocked nose, making breathing difficult. Sometimes you will get one nostril blocked and the other runny at the same time. Plenty of sneezing, maybe sinus inflammation and a headache. Nat Mur is very good at stopping a cold, which starts off with sneezing.

Ledum

Tick bites, something we all have to live with around here. Some people suffer from quite life-threatening reactions, others the common swelling, itchy bite glands. Ledum and a couple



of other remedies are invaluable to have on hand, and the earlier they are used the quicker the relief. Also useful for puncture wounds, such as a rusty nail in the foot, bites and stings, bruising to bony parts of the body and black eyes. The other invaluable tick remedy is Ars Alb which I covered last edition.

Ixodes

This remedy is made from tick venom, and is an excellent remedy for animals. Worth using at any stage of poisoning. If at the paralysis stage, the animal doesn't respond, which is uncommon, then Conium is a remedy worth trying. For humans I have seen better results with using Ledum and Ars Alb, but there is always the exception.

Apis

Is for bee stings, and is useful for any sting or rash that is burning, itchy, painful, red and puffy. Mild sunburn also.

Urtica

For rashes, hives or bites which are prickly and itchy. Useful for caterpillar hair rashes, mild burns, sunburn.

Keep in mind that the recommended uses for these remedies as described, are for first aid and acute homeopathic use. For more indepth, chronic problems, a consultation with a homeopath is needed, and a specific remedy found to suit the individual.

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