

Horsie girls Jemma, Helen, Alena and Sherakea out riding in preparation for the next Nimbin Pony Club meeting.

Back to School Day Thursday 17th May Nimbin Central School

Back to School Day is held during Education Week, 14-18th May, and aims to provide positive role models for our young people in government schools.

Former students and community members who are high achievers in their chosen career, are invited to speak with small groups of children.

If you could help by talking about your time at school and what you have been doing since you left, please contact Manuella Matheson-Geiss at 6689-7457 or <manuella. geiss@education.nsw.gov.au> for further information.

Aquarius Peace Dance Festival (34th Aquarius Anniversary) Saturday 12th May 2007 6pm to midnight Nimbin School of Arts Hall MC Paul Joseph

This is a fundraiser for the Nimbin Aquarius Foundation Inc. which supports Nimbin murals and artworks, Aquarius archives, Nimbin–Woodstock sister villages, sustainable communities and world peace.

On the bill are Trippy the Clown, belly dancing with Shahurazade, Zellie on piano for a Benny Zable flag dance, and songs by Mira Magic, Burrie Jerome, Paul Joseph and Lisa Yeates, interspersed with the short films "Give Trees a Chance" and "Cullen Street Rainbow" (see p.10).

Then there's dancing till midnight with Skylarks, Jambin and One4One. Lighting by Kaleidoscope Chris, scenic designs by Benny Zable, decorations by Jenny Love, Food available from 6pm. Tickets at door.

FOR SALE: A HOUSE AT JARLANBAH \$238,000

10 year old timber home. Large lounge/kitchen, one bedroom, attached undercover caravan. Solar Hot Water. 25 fruit trees. There are breathtaking views from the north-facing verandah of the Border Ranges, Blue Knob and Mt. Nardi.

Jarlanbah Community is 1.5km from Nimbin. On the 54 acres there are 43 1.5-acre strata title lots, the remaining community land comprises 5 dams, woodlots, orchards, agricultural lots, walking tracks, sealed roads and a Community Centre with its own pizza oven.

The owner enjoys living at Jarlanbah and has chosen to re-locate

Doof duffed

by Neil Pike

On Thursday 26th April, three representatives of the Doof "organisers" attended a meeting with Lismore Police and Council. At this meeting, they were informed that the Doof could not continue without a Development Application (a legal impossibility within two weeks).

It was pointed out to the authorities that the doof was in fact a "safety valve" for the Mardi Grass. Without it, the Police would have an extremely difficult time clearing NImbin at the 12 o'clock curfew they intend to maintain.

An acoustic party somewhere was suggested. We pointed out that this might work if Mardi Grass was just for old hippies but that the Doof actually took care of the younger generations and the more hot-headed patrons that attend such an event. By midnight, Nimbin would be full of such folk. What would happen to Nimbin without a doof to draw them away? Repeatedly, it was asked how we (the community) could work with the Police to ensure a peaceful result and what strategies could be employed. We were told that "our concerns were noted"



and that the Police would deal with it.

Shortly afterwards, our meeting was interrupted by a phone call from Superintendent Bruce "Bluey" Lyons (the Lismore Area Commander who last year publicly identified Mardi Grass with Cronulla) to enquire how the "meeting was going". We reiterated our concerns about clearing a partying crowd from Nimbin if there was no doof to send them to. We were told that the Doof could not happen. Since 2000, The Dance for Drug Law Reform (or Mardi Grass "Doof" or allnight dance party) has been a regular fringe event of the notorious Nimbin Mardi Grass. It was originally founded by local second generation hippy kids for three reasons: firstly, as



Welcome. Nimbin's new pharmcist, Joanne Treasure, has taken up her duties at the Nimbin Village Pharmacy. She has in mind a number changes to the shop, but isn't ready to announce them just yet We can hardly wait!

an attempt to offer some youthful perspective to an otherwise 60s-style event. Secondly, the Doof was initiated in an attempt to draw Mardi Grass attendees who wished to "party on into the night" ÂWÁY from the village of Nimbin. This followed several years of Nimbin suffering 24 hr congestion, noise, bongo jams and some property damage and anti-social behaviour throughout the Mardi Grass. Since the first time, the results have been obvious. Nimbin shuts down at midnight and those young or mad enough to want to continue celebrating move out of town to a single, contained, dedicated, safe environment where they stay. Any Police who attended these events in the past have always seemed relieved that this "containment" minimised their workload on an already over-stretched weekend.

Last but certainly not least, any and all profits from the event were then donated to the local hospital, bushfire brigade, radio station Skate Park etc. For the first time ever, money brought to Nimbin by the Mardi Grass was staying IN the town...

Hi. My name is Carolyne.

My husband and I own the

retro café on Cullen Street.

Over the next months, I shall

be bringing you information

on the value of food and

some wonderful recipes.

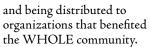
I would like feedback

from readers as to the type

Fruit and vegetables can

vitamins and basic minerals

The alternative to buying



The doof "organisers" for instance have already donated \$2000 towards the skate park. This year's party was to raise an additional \$2500 for noise tests in partnership with Lismore City Council. Unfortunately, the Skate Park (like the doof) has run into legal troubles over noise complaints from a few neighbours.

What does all this mean? It's obvious that the "powers-that-be" really don't want Mardi Grass to continue as it has. If one were paranoid, it would be easy to conclude that a chaotic, violent riot is a perfect excuse to shut an event down. Last year's attempts to create this were unsuccessful. Doofers and party-goers at midnight though, are a more rowdy bunch... a perfect target in fact.

Whatever the case, the Mardi Grass Doof cannot continue this year within the Lismore Shire. Various disorganised "renegade" parties around the area on that night can be anticipated as a direct result. We are in no way responsible for any ensuing chaos.

Cooking with Carolyne

most common of these are mushrooms. They can be served as an accompaniment or substitute for meat dishes.

Recipe of the month

155g butter 500g mushrooms sliced 45g plain flour 3/4 cup milk 3/4 cup cream 1/2 tsp salt 1/4 tsp grated nutmeg 30g breadcrumbs 1/2 cup grated parmesan cheese

Melt 60 g butter in heavy pan and add mushrooms. Cook over low heat until just wilted. Blend remaining butter and flour in a small saucepan, add milk, cream, salt and pepper and nutmeg. Stir over very low heat until thickened. Place mushrooms in a casserole dish, pour sauce over them, sprinkle with breadcrumbs and parmesan, brown in a hot oven 205C.

there to suit new circumstances. RING Sue on 6689-0009 to view this special home. extremely nutritious foods to grow are fungi. The

One of the easiest and

Enjoy.



Page 2 The Nimbin GoodTimes May 2007

All installations

Underground Power

Meterbox – Metering

Selling the dream Don't be a dope, it is

The Real Estate boom

By Sophia Hoeben

Two articles, in *The Northern* Star (21st Aril) and The Sunday Mail (26th March), presented Nimbin as a town ready and eager for "Boom time".

The term 'Boom' was used in both articles as coincidently was a photo of Peter Robinson of Nimbin Real Estate proudly holding up the sign showing us

another bit of Nimbin or what he calls "The last frontier for northern NSW development" sold off to the highest bidder.

The Sunday Mail article reported that "Australia's counter-culture capital has responded by embracing commercialism and capitalism." Where did this information come from? Is it factual or a part of a Nimbin

member of my own community and a friend of twenty years I know him to be as against greed and development as the rest of us.

boom time in Nimbin You can't make a people disappear simply by saying they're not there. I'm sure I speak for many other hippies (and I'm still proud to be one) when I say, we are still here and we will not give Hippie Nimbin ready to boom

and in town. And, we are all useless dope-smoking pot heads, infested with lice and contagious diseases such as hepatitis. Our town goes berserk more than once a



year but especially at Mardi Grass when thousands of freaks come from all over the world to smoke our dope and celebrate the existence of the

weed. It's unlikely you'll ever walk down the streets without getting hassled to buy pot,

and on no occasion should you venture into town at night, when you could get hit in the head with a rock as someone tries to smash the

shop windows. To top it all off, you'll have to face the road blocks into town at Mardi Grass time along with the rest of us and possibly be searched by dogs by the side of the road. If you do make it into town, you may have to dodge the police horses and batons if things get out of hand.

All in all, it's not a safe place to bring up your children, especially if they're used to private schooling.



Nimbin markets proving popular

The Nimbin markets are growing! With unflappable market co-ordinator Cat Anderson at the helm, there are now more stalls, attendances are up, and there's a pleasant laid-back vibe.

Massage, food, clothes, art and craft, there's everything really. Music performances are also held throughout the day on the market stage, featuring mostly local musicians. You may catch Sisters in Lore, Al Khymia, David Julian, Martin Preedy, Doug & Biskit, Bo Kahn, Daddy Cool, or any of the travelling players who head for the markets when coming through town. The markets are held every third and fifth Sunday in the



Warren Nugent, proprietor of Nimbin's Aquarius Bakery, has hit on a new way to make dough - with a sourdough starter culture instead of commercial bakers' yeast.

Real Estate marketing

the tourists and locals

sold out to greedy

It was ironic seeing

Hippie, surrounded by

Wally Watt our Museum

tourists, in the same article

which insisted we all want

'Boom Time" because as a

think. No-one I know in my

twenty-seven years as a local

wants to see the community

People figured out how to promote the fermentation and leavening of grains around 6,000 years ago, for both brewing and baking.

Warren went on a twoday course in Braidwood to learn the fermentation techniques.

A sourdough starter is a natural leaven - a mixture of grains and liquid (usually flour and water) inhabited by "wild" yeasts and bacteria which leaven and flavor bread dough. These yeasts are the yeasts that thrive naturally on the surface of

in the air and in the soil.

The bacteria are certain strains of the benign bacteria Lactobacillus, that convert simple sugars into lactic and acetic acids. These acids flavor the bread with a rich complexity of flavors, sometimes giving it a sour tang.

"We're making a white loaf, the San Francisco, and an 80% wholemeal, the Rustic," Warren said. "With no yeast and no preservatives, they're usually sold out by lunchtime."

The 800 gram loaves are selling for \$4.50 each, but as an introductory offer, present this article and get one for \$4.

Warren plans to extend his sourdough range to include a rvebread and a

Adam gets mobile

Nimbin's favourite mechanic, Adam Bell (ex Nimbin servo) has now gone out on his own to become Nimbin's first mobile mechanic.

Qualified for over 20 years, Adam moved to the region as soon as he finished his apprenticeship in Pennant Hills, doing lengthy stints with the Coastline Ford dealership and NRMA Ballina.

Trading now as Adam's Auto Repairs, Adam is offering a friendly, reliable service where he comes to you. Services available include tuneups, brakes and most of your motoring needs. "All makes and models," said Adam. "Holdens, Fords, Mitsubishi, Nissan, I've



worked on just about everything."

Operating at the cheapest rates in town, being mobile and servicing the Nimbin district, this is a great new service much needed in the Nimbin area.

Adam's Auto Repairs can be contacted on 0429-672-723 for an obligation-free quote.



Local Sourdough a big hit

landscaped grounds of the Nimbin Community Centre. For enquiries, phone Cat on 0429-194-248.

grains, fruits and vegetables, fruitloaf in the near future.

Cheapest rates in town!



Free-range Chickens Continental 🗧 Gourmet Deli All organic meats

Friendly and obliging service Phone 6689 1311



Open every day 6am-5pm mon-fri 6am-2pm sat-sun +public holidays



www.nimbingoodtimes.com

The Nimbin GoodTimes Page 3 May 2007

Anzac day in Nimbin



A good crowd turned out for the Anzac Day ceremony at the cenotaph in Allsopp Park, conducted by Anton Eldridge.

In his address Anton paid tribute to Vietnam vet Kenn Austin, a corporal in the Army Medical Corps, who had recently passed away in Nimbin.

The observance was followed by a traditional service at the Bowling Club, then after a cup of tea, the two-up was on for young and old, at the Bowlo as well as on the hotel verandah (below), and for several hours the roars of the punters rang





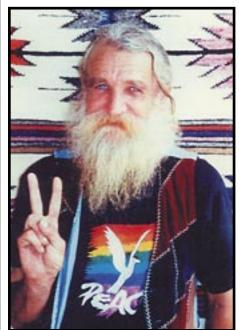
Two Nimbin identities pass away

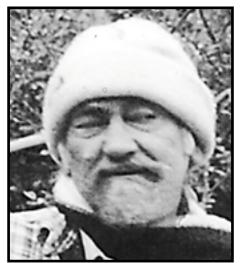
Unexpected bereavements have lately become an unwelcome occurrence, with first Sol (*right*) and then Kenn (*below*) succumbing to heart attacks at home. Both were well known in the village, and shared their talents freely. They will both be remembered for their wisdom, compassion and generosity. Nimbin's street culture is all the poorer for their passing. Sol was born Czeslaw Henri Gwozdz. He died on 29th May, aged 58, and was cremated at the Goonellabah Crematorium.

A heartfelt wake followed at the Nimbin Oasis cafe, with music and reminiscences lasting well into the night. Vale Sol.

Kenneth William Austin was born in 1951 in north-east Tasmania, and enlisted in the Army at age 17 as a medic. During his many years in Nimbin he became known as an activist, environmentalist, astrologer, guru and poet.

He died on 19th April, and his funeral at Nimbin cemetery drew hundreds of mourners. Rest in Peace, Kenn.





You are the flower, I am the bee, Many flowers have I seen on my journey. At some I have stayed, gathering the dust of experience. Yours was a subtle fragrance: intoxicated by your beauty, I drank deep of your nectar. The river of your love has washed away the dust which clung to my limbs and impedes my journey. With the nectar of your love, the honey I am able to share will be rich and fruitful. Kenn Austin



Commonsense Human Values

First in a series by Laurie Stubbs

These articles will be talking about the mental touchstones we use every day to check if what we're doing is OK, -- or not. These are our human values.

You don't buy a gun and terrorise people because a bunch of ideas in your head tells you that's not right. Many of our thoughts and actions are steered by this sort of notion -- right and wrong, good or bad, friendliness, sympathy, altruism -- and there are many more such values.

As individuals we can do ourselves and our society a lot of good by sorting out the basics of human values. Commonsense tells us we need values for the things we can do. We don't have values yet for things we don't yet know how to do, though our civilisation is expanding its capacities every day. Argument about Stem Cell research -- going on right now; the case of David Hicks - held by the Americans for years -- these will produce new values. There are going to be many more cases where new values are needed to judge actions; some values perhaps we can't imagine at this time.

That's the direction these articles take. To get there we'll look at what are our present values – where they come from, and if there's a pattern to them. Then, there's the question of how we are programmed, simply because we are humans. We'll take a look at human capacities – because it's likely our present ways of living suppress some of our built in abilities – telepathy

take a different look at the great sweep of history. (I assure you, that won't be boring wars and dates) Down the track a-ways I'll suggest, and set out, a new self-consistent set of values as a discussion base.

You, Dear Reader, may disagree, or agree with what's written, but thinking about it is a useful process. Our present multiple sets of values are less than consistent, and in many cases downright contradictory. You could say that whatever you want to do – good or bad, there's a value you can quote to support it. Looking at all these values honestly, and then at a possible new set will be an interesting exercise.

To start analysing what are our values we need a backdrop of the basic nature of man. We are animal, but a rather special kind. We can think -- and we may be the only ones that can. So the first question about our values is:- How much is from our animal background, and how much the result of our thinking our intelligence ? Or to put it another way, what values are part of our genetic origin, so we're born with them, -- and what does our civilisation add to this base.

Looking at this takes us into the realm of science - but science always must relate to humans, and to commonsense. So what we'll see will be simple practical and everyday stuff, though (in some cases) I'll be translating statistics and jargon into ordinary language.

for example. To get an insight about a new set of values we'll

So --- next article is about our genetic hardwiring.



for Traditional Thai Meals & Snacks

Carefree Ceremonies by Gwen Trimble AUTHORISED MARRIAGE CELEBRANT Uniquely Weddings personal Love commitments Re-affirmation of yows ceremonies

Phone 6689 1490 Mobile 0427 486346 www.carefreeceremonies.com Email gwentrimble@dodo.com.au



postcards, beanies, hats, sarongs, bedcovers, wallhangings, hammocks, cushions, thongs, wildfoot, CDs trance & local, slips, flags, beads, sunnies, chimes, massage oil, etc..

Page 4 The Nimbin GoodTimes

May 2007

NIMBIN FIREYS GET A BRAND NEW TRUCK

Nimbin volunteer fire brigade took delivery of their latest pride and joy - a new Cat 1 Isuzu tender.

Brigade members stopped salivating long enough to switch the gear over, during a working bee in April.

They marvelled at the appointments in the cab, which include air conditioning and a CD player!

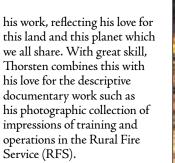
The good news is that Nimbin was able to keep the "old" appliance, Big Red, as a water carrier, since the new truck has a considerably smaller water tank.

Both vehicles are sure to be a drawcard for the brigade's major fund-raising event, their annual MardiGrass BBQ at the shed.

Life on fire

"Life on Fire" is a photographic exhibition by German-born Thorsten Jones which has been showing at the Roxy Gallery, Kyogle. Thorsten first developed a serious fascination with photography during his high school years. This fascination deepened under the gentle and patient guidance, support and catering of Baerbel Mattauch, his photography teacher. In 1991 he moved with his young family to Australia and quickly settled in the Northern Rivers.

The photographs in this exhibition reflect Thorsten's impression of his surrounds. Images of landscapes, portraits and nature are a large part of



Thorsten has spent many hours working for the RFS and through his involvement in this wonderful voluntary emergency service has captured the essence of fire and fighting it. Featured are photographs from out of area deployments of Northern Rivers Task Forces between January 2002 and December



2006. Also shown are crews working on local incidents, as well as training that was conducted by the RFS Northern Rivers Team within the last 12 months.

Thorsten is an extremely talented photographer who has spent many years refining his skills in photographic composition and moving into the digital world. He has worked throughout the Northern Rivers region photographically documenting live performances such as Festival of the Dreaming and has some amazing shots of musicians from our region.

What's on @ Tuntable Falls Community School?

Amongst all the things and events that make Tuntable Falls Community School so unique and special, there is one weekly event that everyone in the school community, from the youngest Pre-Schooler to the oldest community member, is looking forward to so enthusiastically each week: The special lunch on Wednesdays!

At Tuntable, a wholesome lunch is cooked every day by the parents for the children, including a variety of vegetarian based, mostly organic dishes.

On Wednesdays, however, the children take over the kitchen and organise the lunch for the entire school community. One of the schools two classes prepares a complete three-course gourmet meal for everyone present on the day: the pre schoolers, the students from the primary school, the staff and parents.

Lots of busy hands and nimble fingers are involved in cutting, grating and peeling



and stirring until the meal is ready to be served.

After the children have set and decorated the lunch table, they serve the food and we all sit down to share a delicious and nutritious meal together. Following the meal, cleaning and washing up is part of the whole process and everyone is eager to The whole day is a highly enjoyable and highly educational task where children learn – apart from practical skills - to cooperate, to persevere, to succeed and to achieve (in a group effort) a wonderful and delicious outcome.

Back in the classroom on the next day, there are plenty of opportunities to reflect on the task and to incorporate the cooking day, into our literacy, maths and craft lessons.

After an entire term of cooking, the menu is filled with lasagne, veggie burgers, Cannellonis, delicious soups, Tacos, salads and desserts. And lots of happy and eager young chefs having had an exceptional time by providing and caring for others (and themselves).

Looking forward to more exciting and unique educational experiences in Term 2 @ Tuntable Falls Community School, keep looking at this column or come and visit.... Enrolments are open for Pre-School



Annie's Garden, open for show as part of the Nimbin Open Gardens program in April, is, like all the gardens, a tribute to the effort of its owners.

In 12 years, Annie Garft and her husband Willy have transformed 5 acres of the overgrown 40 acre exdairy farm they bought at Wadeville, into a series of beautiful and productive gardens.

The extensive gardens include dry rainforest, orchard (the "Fruit Salad garden"), cottage garden, vegetables, succulents, and a Faithful Garden growing the plants that are special to various religons.

Annie, an ex-truckie, confesses to no formal training, though she did a Permaculture course years ago. "I'm not a horticulturist, I'm not a chef, I listened and read to learn," Hard work has always been part of the deal. "I've been through three wheelbarrows and eight shovels," Annie laughed.

Annie uses the products of her garden as ingredients for the fare served in her cottage garden tea rooms, and she propagates her plants to sell, sun-hardened, in her nursey. Somehow she also finds time to write a helpful monthly column for The Kyogle News.

Also nearing completion is an impressive new tea-house structure, and Annie has plans for cabins and further down the track to develop a conference centre.

With her energy and enthusiasm, there's no reason to doubt that Annie can achieve her goals. In the meantime, you can meet Annie and taste her freshly baked home cooking at her tea-rooms, Annie's Garden, open Tueday to Sunday, 8.30am to 5pm, at 4460 Kyogle Road, Wadeville.



weighing and measuring, slicing, mixing

complete the task for the day.

to Year 6.

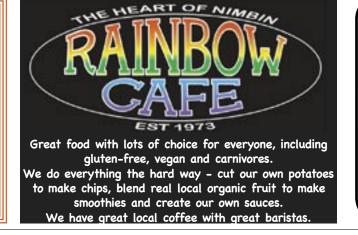
4460 Kyogle Road, Wadeville 6689-7369

FELT MAKING Saturday 19th May 10 am - 4 pm Black Sheep Farm Cost: \$75 All materials included

Phone Barbara Mills

6689-1763





Nimbin Organics High quality organic greengrocer Bulk foods, seeds, organic pies & cakes juices, A2 milk range Quark cheesecake Shop locally and support your

local organic supplier

email goodtimes@nimbinaustralia.com

Dress standard welcome

In response to Terry Beltrame's letter, "Dot Points" NGT April 07, what a reactionary piece of tripe. You, Mr Beltrame obviously have a few unresolved issues from your own education you should consider therapy.

Open your eyes, Terry. In case you haven't noticed, some of the kids in Nimbin ain't doing that well. They are queueing up to take their spot in Rainbow Lane.

You make mention of alternative ideals, we need an alternative to our so- called alternative, because there's not much of the Aquarius spirit left.

Many people in Nimbin are welfare recipients trying to fool themselves and the rest of us, that they are hippies. They do not live off the land, they do nothing to repair the environment, but spend a lot of time whinging and pointing their fingers at schools, modern medicine, and of course the government. Yet they are more than happy to lodge their fortnightly form.

As for the possibility of dress standard at Nimbin Central, I don't know about you Terry, but I'm a little sick of seeing twelve year old girls in push up bras – looking more like porn stars than the children of the peace/ love generation. And while you Terry, may be concerned that a dress code will stifle their individuality, you may not have noticed that they all dress exactly the same!

Nimbin kids have been let down enough with their white elephant skate park and closed youth centre. That some of them manage to

achieve remarkable things in spite of where they live, not because of it.

Give the kids a break. Let them experience a little discipline, conformity and respect. It's the only opportunity some of them will ever get. You are right, children are the future, but if Nimbin's future is anything like its recent past, the kids don't have a hope in hell.

Dot Panaretos - welcome to Nimbin.

Towswot, Nimbin Yocal seat of Page. (Name and address withheld)

Dam and be damned

Elections sharpen focus. The federal election campaign is under way. We knew John Howard needed the many federal seats of Queensland and we have waited for his strategy. He might have travelled north more often or announced a Nuclear Power policy while in Brisbane or enlarged a defense base in Townsville.

But his assault, when it came, was breathless in its audacity, its contempt and its vandalism. He would dam the upper reaches of the Clarence and send the water to the Gold Coast.

His weapon was water. Of course it was water. It's the weapon of choice in these drought and climate conscious times.

Never mind the loss of river based industries and jobs. Worry not a fig for the downstream environmental degradation. Listen not to the tourist industry within Page or the residents of Maclean and Grafton. Give nary a thought to the long term water needs of current and

Mental Health First Aid Course in Nimbin on 10th and 11th May from 9.30 - 4pm.

Primary Carers - family and friends of people living with a mental illness - who live in the Nimbin area, are invited to a 2-day training program in how to support someone in a mental health crisis situation, or who is developing a mental disorder.

The course teaches the symptoms, causes and evidenced-based treatments for the common mental health problems of depression, anxiety disorders, psychosis and substance use disorder.

Places are limited and registration is essential. There is a cost of \$10 per person which covers the take-away manual and certificate. Refreshments provided. We can also arrange respite and transport.

Please call Gillian Murray from Mental Health Accommodation



future residents of the federal Do anything, so long as

Letters

those Queenslanders are grateful.

So now the Nationals candidate for the federal seat of Page pledges to oppose his own party's plan to dam the Clarence River. He will single handedly face up to John Howard's Liberal-National juggernaut and, as a lone voice crying for reason, bravely reverse their intentions to dam the Clarence. In doing so, he hopes to enlighten the Coalition with a sliver of economic, social and environmental sanity and not even pro-dam Ian Causley will deter this single voice.

Well folks, there's a surer way. Vote for the Labor candidate for the Federal seat of Page. He or she will unreservedly halt even the smell of construction of a dam on the Clarence. It's so simple. You see it's Labor policy to not dam the Clarence.

But wait, there's more. With Kevin Rudd's Labor representing Page you also get troops home from Iraq, 60% reductions in greenhouse gas emission by 2050, a revolution in education spending, broadband that equals the best in the world, zero nuclear power stations in anyone's back yard, care for the aged, a revitalization of the nation's hospital system and best of all, wait for it... an end to the Coalition's vile industrial relations laws known as Work Choices.

The people of Grafton, Iluka, Maclean, Kyogle, Lismore, Alstonville, Ballina, Coraki and beyond can hardly wait. Never have so many people, longed so desperately as have the people of the seat expected to act in the same

of Page, nay Australia, for an end to John Howard's rule. Rather than dam the Clarence, I say damn the Coalition.

> Peter Lanyon Lillian Rock

Mandatory vaccination

Do you know about the draconian NSW Health Department policy -Occupational Assessment, Screening & Vaccination Against Specified Infectious Diseases, PD2007 006? We know there is a shortage

of doctors and nurses, especially in the rural areas. Yet many nursing and medical students are being forced to choose between their chosen profession and their health.

This mandatory vaccination policy will do nothing to ease this situation, as there are many experienced health professionals who are prepared to leave their jobs rather than accept vaccination. Already nurses are being told to get vaccinated or get out! Should a citizen of a democratic nation have to decide between their health and their job? Even if you believe in the safety and effectiveness of vaccination, you must agree that nobody should lose their job, nor students their right to an education, because they don't want to be vaccinated.

NSW is the first state to implement this policy and I believe is being used as a test run for the other states and the Commonwealth Health Departments.

If nurses and doctors are forced to accept forced non-consensual medical treatment, will they also be

About us

Editor: Bob Dooley Assistant: Sue Stock Layout: Bob Dooley Photographers: Sue Stock (principally), Janelle McLennan, Alex Charles Bookkeeper: Lisa Yeates Website: David McMinn We are online at www. nimbingoodtimes.com

way and use forced nonconsensual medical treatment on their patients? Will patients be expected to be vaccinated against their will, as a condition of treatment? Who is really gaining by the plethora of vaccinations from cradle to grave?

Nurses should contact Liz McDonald or Susan Taylor of NSW Nurses' Association, fax 9550 3667, phone 1300 367 962 or email <lamp@nswnurses. asn.au> to express concern, and contact Australian Vaccination Network 6687-1699 or go to <avn.org.au> for more information.

Meetings and such

Nimbin Climate Action Group

Wednesday 16 May 2007 Theme: How Secure is Nimbin's Food Supply? What are key issues to be addressed locally - now and in future? (Guest Panel plus Public Discussion and creation of focus groups))

Venue: Djanbung Gardens, 74 Cecil Street, Nimbin (300m past showground) Time: 6pm for Cafe & Networking, 7pm Panel Program commences.

Glenn Bailey for NCAG 6.30 pm.

Nimbin Community School **Co-operative**

Notice of Annual General Meeting

- Thursday 17th May 2007 6pm
- In Nimbin Community School room at the Community Centre

In order to be financial and eligible to vote at the AGM, the membership requirement

Thanks to all contributors and sponsors. NGT is auspiced by the Nimbin Community School Co-operative Ltd.

Next deadline: Wednesday 30th May

Email: goodtimes@nim <u>binaustralia.com</u> or put stuff in the ComSchool's pigeonhole in the Nimbin Community Centre.

be paid before the AGM. Hope to see you there. Judy Hales, Katie Cawcutt, Sue Edmonds, Belinda Landreth, Martha Paitson.

E-Workshops for artists

Create Locally, Sell Globally! E-Marketing Workshop for Craft/Design Artists

Live at home, work at home, sell to the world! At this exciting workshop, tailored for craft and design homebased business operators, you will learn tips and tricks on Internet marketing and the fine art of writing for the web.

Lismore - Tuesday 8 Angela Martello May 2007, Invercauld East Lismore House Conference Centre, 161 Invercauld Road, Goonellabah. 1.00pm for 1.30pm - 5.30pm BOOKINGS ARE ESSENTIAL to <belinda. green@business.nsw.gov. au> or PO Box 146 Lismore NSW 2480 or phone (02) 6622-4011.

Wednesday at the Movies

A fundraiser for the Open Learning Centre. Two movies for \$7.00 at the Nimbin Community Centre Dance Studio.

Open for affordable food from 6pm. Movies start at

May Program May 9 - "A Time for Drunken Horses", multi award winner drama of life in a Kurdish village on the Iran/Iraq border. and "Leunig Animated," 50 one-minute animations exploring whimsy, irony, melancholy and bliss.

May 16 - "Lord of the Flies," the original film version of this allegory of the fall of civilisation. Second film to be

and Rehabilitation Service on 6622-0309 to register your interest.

are an annual fee of \$10 must announced.

NIMBIN NEWSAGENCY & GENERAL STORE Fresh fruit & vegetables Newspapers & magazines School craft supplies Bill Express agent **EFTPOS**

Nimbin Tax and Accounting ABN 60 797 128 595 Tax Returns from \$55 Electronic Lodgement Service BAS Statements Small Business Accounting Software Saturday mornings, other times by appointment 66c Cullen St (Rear Nimbin Lifestyle Real Estate) PO Box 645 Nimbin 2480 Tel/Fax 6689 0470 Mobile 0427 855077 Email pih@lis.net.au

For free and professional business advice contact:

NORTHERN RIVERS **BUSINESS ADVISORY SERVICE**

1300 650 058

info@norbas.com.au

Northern Rivers Business Advisory 1300 650 058

Department of State and Regional Development

Page 6 The Nimbin GoodTimes

May 2007

Visitor Centre blues

by Doug Whitlen

I would like to refer you to the current situation of the Nimbin Visitor Information Centre or NVIC

In a nutshell it is in dire straits. Up till now it has been able to keep its doors open relying on minimal funding and a small dedicated group of over worked volunteers and one paid coordinator. This public service facility is currently facing the possibility of having to close its doors due to lack of funding and sufficient financial support. **Review**

Nimbin village and surrounding area is a major visitor draw card and point of interest for the North Coast visitor experience. Nimbin is a gateway to a number of World Heritage and National Parks, the region is renowned for its natural beauty and comfortable lifestyle. In fact it is amongst Australia's most visited areas. The village itself is unique on the national landscape and captures the heart of most who pass through.

In recognition of its place and presence, Nimbin is a focal point of the Tourist Authority's newly established "Rainforest Way", in the past was a feature on the official Lismore Council website, and referred to on the official Lismore Council telephone answering message. Facts

The role of the NVIC is to provide information and general assistance to visitors and tourists to the area, to



familiarise them with the locality, accommodation etc, to generally field their enquiries.

It is the first stop for commuters and daily buses from Byron, Lismore and Murwillumbah etc

Over the holiday period over 240 visitors daily with occasionally in excess of 330 stop by NVIC for info. It is the busiest level 3 visitor info centre in the NSW!

The majority of the time the office is run by just ONE volunteer and is open 6 days per week from 10am to 6pm. Understandably at times visitor numbers overwhelm exhausted volunteers, it can be a somewhat thankless and repetitive task, resulting in a turnover of volunteers. NVIC also operates as

an "Internet Café" with a few retail lines, however due to constant volume of visitor enquiries it is almost impossible to run a supportive retail venture as well.

Local businesses refer visitors to NVIC as

they are too busy to field enquiries all day. NVIC is instrumental in enhancing the visitor experience assisting with high volumes daily. It is a centre personally catering to the welfare of visitors and businesses in the region via local knowledge. Its existence

is justified by the mere volume of through put. Yet NVIC is barely supported by local government agencies, it receives a mere pittance just a few thousand dollars annually yet its through put is regularly double that of the Lismore Info Centre with its budget

well in excess of \$1 million. NVIC plays a significant role in the visitor experience, with tourism being the area's largest income earner. NVIC urgently needs financial support.

Lismore Council Jottings the independent chair of the public hearing and the

by Cr. Jenny Dowell 6625-2206 Jenny. Dowell@lismore.nsw.gov.au

Definitely!

Anyone who saw the NR Echo and the Northern Star headlines following the March meeting of Council would have been understandably confused about whether the Aboriginal football Carnival was going ahead or not. The resolution even had Councillors divided on our understanding!

To clarify matters, a clear and decisive motion of endorsement and support for the carnival was carried unanimously at an extraordinary meeting on 3rd April. There were very few people in the gallery to hear the vote and one can only hope that Council's poor handling of this matter fades from memory as the excitement of the sporting skills on display at the Carnival grips our community in October.

Goonellabah Recreation Centre

The main purpose of the extraordinary meeting was to award the contract for the design and construction of the Goonellabah Recreation Centre to Spantech.

Having been a member of the project team, I was well aware of the pros and cons of the tender, but many of my fellow Councillors were concerned that they did not have enough information to make a decision.

Their concern was legitimate considering the \$17 million price tag, so we agreed to defer the decision to a workshop. Like most Goonellabah residents, Council wants to get this project going so we took the highly unusual decision to hold a workshop midway through the formal Council meeting on 10th April.

For readers unaware of the GRC, the complex will contain 2 basketball courts, gymnasium, steam room, youth activity space, café and indoor water space – toddlers' pool, beach entry leisure water, lap swimmers area and a water slide. There will also be provision to open the side of the pool area to give an outdoor pool feel in summer.

Separately, but due for completion at the same time (August 2008) is the skate park and Tucki Tucki Creek



rehabilitation.

Olley Arts Centre

Council has committed \$6 million to a new Art Gallery on the site of the old Lismore High School and unanimously agreed to ask Margaret Olley to lend her name to the new building. Margaret, who was born in Lismore and is a Patron and generous benefactor to our Gallery, has also been active in promoting our need for Federal and State government grants. The gallery and the redevelopment of the entire cultural precinct is being driven by an active project team and the Arts and Culture Policy Advisory Group led by Cr Ros Irwin and will certainly be the next major project after the GRC.

Off exhibition

Many of Councils decisions, particularly as they relate to Management Plans for Council lands, fees and charges and to long-term plans for Council activities, are exhibited for public comment for a period of 28 days. Items 'On Exhibition' are advertised in Councils 'City News' in the *NR Echo* and on Council's website.

This month, the Cities For Climate protection Local Action Plan came off exhibition and was formally adopted by Council. I know many people either individually or through Lismore's Climate Action Group provided valuable submissions that resulted in changes and additions that have enhanced the LAP.

Also adopted after public exhibition was the Management Plan for Lismore Park and Council's Pesticide Notification Plan and the \$20 fee for rural recycling for the remainder of this financial year.

Unfortunately in the Lismore Park matter, Council went against the recommendation of staff, the independent chair of the public hearing and the community itself and narrowly voted to lock up Crozier Field during daylight hours. I have moved a rescission motion on this decision and am hoping to reverse it at the May meeting.

On exhibition

Currently on exhibition are Draft Section 94 Plans to collect developer contributions towards the cost of building new roads in new residential areas in Goonellabah and Caniaba and Council's Stormwater Management Plan. The SMP charges properties in the urban catchment an annual fee to be directed towards improving the quality, flow and environmental impact of stormwater run off. Residents outside the urban area are also invited to comment on the plan before May 11.

Other decisions

The April meeting with the workshop in the middle was a marathon finishing at 11.45 pm. Among other items on the Agenda were shade sails for Lismore Memorial Baths, a security fence for overnight parking at the airport, no extended support for the Show Society, purchase of additional land at the cemetery and the GM's performance review.

Nimbin Visit

Apart from attending a couple of meetings in Nimbin during April, I was delighted to see all the gorgeous works at the Autumn Arts exhibition. Congratulations to all Nimbin artists and to the organisers for staging such a fantastic exhibition and for the huge crowds that visited.

Kids in Community awards

Finally, if any readers are working with the young people of Nimbin, consider a nomination for a Kids in Community award. There are numerous categories that recognise young people aged 13-25 and their supporters for the great work they do in making our communities better places to live. Simply go to the website <www.kic.com. au> and download a form or give me a ring. Nominations close on 18th May.

The views expressed in this monthly column are mine and are not intended to be a reflection of the Council as a whole or of ff, other individual Councillors.

Don't let them stop you from voting

from the GetUp team

It beggars belief, but this federal election tens of thousands of eligible Australians will be stopped from voting. Will you be one of them?

The Federal Government has passed extraordinary legislation that will close the rolls for new voters at 8pm, on the very night the election is officially called. In the last election, 83,000 firsttime voters enrolled in the first week after the election was called. Hundreds of thousands more registered at their new address. But this time they won't get that chance - unless we act urgently.

That's why whether you're enrolled to vote or not, there's a crucial role for you to play right now. Click onto <www. getup.org.au/campaign/Do ntLetThemStopYouFromVo ting> to demand this law be revoked, and help friends and next two weeks - before new changes and extra red tape come into effect on April 16 making it even harder!

In Australia we never know what date to expect the federal election; it's up to the party in power to decide. Typically, the big announcement prompts tens of thousands of people, especially young, newlyeligible voters, to enrol that week. Hundreds of thousands more remember to register at their new address. It's been that way since Federation with no evidence of widespread voter fraud.

But this time if you're too busy or don't hear about the election in time, and you're not already correctly enrolled, you can't vote. Even if you're organised enough to get in early, new forms and ID requirements are about to come into effect on April 16 - making it that much harder for many Australians overseas or in rural areas to register.



for more than three years and you're not on the roll, you're still not allowed to enrol from abroad.

The effect of this law - the Orwellian-inspired "Electoral Integrity Act" - is to stop people from voting. Our purpose is to fight back. We've made it easy to spread the word to ensure your friends and family are correctly enrolled before the polls slam shut: just use the note below to share this essential campaign with everyone you know, including Australians overseas!

family enrol correctly in the And if you've been overseas

Spread the word.



www.nimbingoodtimes.com

May 2007 The Nimbin GoodTimes Page 7

A practical legal perspective on The Deadly Weed

Res ipsa loquitor – the matter speaks for itself

by Dr Michael Kidd

"Marijuana (cannabis) rapidly becomes psychologically addictive... to inject passivity, colour, and excitement: whatever the user wants... except perhaps for some artists, it rarely brings useful or reliable creativity, just delusion."

This quote is from long term Nimbin area resident and legal champion of the underdog, David Spain.

My next door neighbour in Northern Tasmania was a former junkie from Melbourne, who went there to go cold turkey and ended up being the local dealer of cannabis for some ten years. He took cannabis for a back injury but what stopped him in the end from holding down a regular job, was not this injury, but the sense of paranoia induced by long term low grade use of cannabis. I had a few with him, but seeing this effect made me completely give it up and that was over ten years ago.

Eventually Ken (not his real name) gave it up as well and started doing a form of reiki healing for a small living.

I guess over the last 25 years I have acted for about a 500 drug users in the Courts in a variety of situations and probably only one or two would have gone to jail. Most of the users were unemployed and the fines they mostly incurred were therefore unfair and counter productive.

As a result I believe minor users, people growing small quantities for personal use and those able to

NIMBIN LAW	et a
Solicitors, Barristers & Conveyancers	(XIX)
are pleased to announce that they have now been joined by	8400
DR. MICHAEL JOHN KIDD LL.M. Ph.D	50C Cullen Street
Solicitor & Barrister with 27 years practical legal experience	Nimbin 2480
who will be providing services in the areas of Criminal Law and	Ph: 6689-1003
Motor Vehicles Law	nimlaw@ spains.com.au
Nimbin Law also provides services in th	e following fields
(NSW&QLD):- © Conveyancing © Multiple Occupancy	Wills EstatesProbate

the whole spirit of the New Age movement. I've noticed also comes an inability to maintain constructive family relationships.

So the drug issue is not an easy one - which is why I adopt a very practical attitude, and encourage clients to go into rehabilitation if the situation demands it. Problem being that the person who needs it most usually is the most resistant.

The MERIT (magistrates early referral intervention & treatment) program targets the latter and from what I see it is constructive and does not take a lot out of the week in terms of attendance, and those who go through it get a S10 (discharge without conviction) - if they are first offenders or if previous drug offending has been some time ago.

But to adopt a phrase George Bush has been using lately, there are some benchmarks -such as urine analysis and submitting to a longish form of supervision. Sometimes though, doing the things we don't like, or necessarily want, can yield unexpected dividends. So it's best to have an open mind.

I support Mardi Grass to the extent that it embodies the alternative lifestyle (which includes the above limited usage), and because this lifestyle involves making a small imprint on the planet, and is against big government.

Drug dependence usually involves being dependent on other people to a marked extent and wanting support from the State in the form of welfare, but not admitting this multi-layered dependence. That's the irony!

I feel the best way is to replace it with something more powerful. I once asked an aboriginal client of mine who was in rehab in western NSW why he drank. He said he was trying to find the Spirit in the bottle. Well you won't find it except inside yourself, in conjunction with

A practical legal perspective on Goddess punchy about Mardi Grass

G again with a chunk of good advice as we sail towards the 15th Nimbin Mardi Grass.

I must tell you that after scrolling through you humans' historical records, I can't help but see the Mardi Grass as a bare knuckle, knock down and drag out boxing bout. The justice system is the defending champ and the end prohibition movement is the contender.

We're paused before the 15th round begins, sitting in the

green corner, sucking down air and willing dynamite back into bruised and THC-softened knuckles. Apart from the adrenaline, the only thing that gives comfort is the sorry sight of the champ sitting all bloodied up in the blue corner. The last round was a pig but the champ's years are beginning to tell, you can sense it; one more combination and the bastard's going down.

Not many of you mortals may realise the terrible catastrophe last year's Mardi Grass was for the prohibition movement and justice system. Last year they sent in the riot squad with a water cannon, cavalry and undercovers and they turned cars away from the village telling the people the town had been shut down. They did this in a bid to finish Mardi Grass with one mail-fisted anti-terrorist blow and their desperate strategy backfired badly.

Never mind the provocative actions of the riot squad, the hippies refused to be riled and carried out their protest peaceably before the international media. Four million dollars of police manpower ended up busting Rusty, and that case got thrown out because the magistrate thought the police were full of shit.

The upshot has been that operation `Crush Mardi Grass' cost the justice system enough to fund a small African war and has been the subject of endless questions in parliament as to why Thomas George thought it necessary to spend so much on suppressing the already suppressed. In boxing terms it's a bad cut above the eye that just won't stop bleeding, not necessarily terminal but now the champ has to be





careful and the contender's ahead on points. Fearing another media mauling, the cops this year have decided to stay home. They sent their apologies to Michael the Mayor but it turns out the 5th and 6th of May they are shampooing and pedicuring their attack dogs. Great victory!!

So, this year, we get a couple of ponies for crowd control and the saliva testing Winnebago parked somewhere between Lismore (the industrial estate) and Nimbin.

It's the 15th round and the bell's about to ring and this is what you gotta do. I want ya to jab and weave and keep your hands up, they got nuttin'. Use the ring and make the sucker chase ya, he's old and slow. Keep working the eye and when he's good and blood blind, take him out with a straight right.

Translated into mortal terms this means: come to Nimbin for the 15th Mardi Grass, 5th and 6th of May and be prepared to party hearty, the cops are on the run. Whatever they do now is a losing move and they know it. The supreme court hasn't yet heard a case on medicinal cannabis grounds, and that is the justice system's blind spot. If it can be proved before the court that cannabis has useful medical qualities the whole prohibition structure will come apart like the cheap suit it is. It's why cases that have legitimate medicinal grounds never make it to court, they just can't afford to open that particular Pandora's box.

So here's the good advice; before you come to Mardi Grass go get a letter from your GP prescribing cannabis. If your GP won't do it

> go to another who will, there are plenty who know that pot is good medicine. Then, if you do get busted, show the cop your letter and tell him you're going to take it all the way to the top. Then get a photo, the prescription will cost a little time and getting to Nimbin a little energy but the cop's expression, well that's priceless.

See you at the Mardi Grass mortals, your presence is required.



prove medicinal use with a

prosecuted.

its own sake.

Doctor's letter, should not be

But what about the other

side? For those who are

clearly dependent, to the

extent where it affects their

whole life, and traps them

in terms of not being able to

earn a living, something must

be done. No one could accuse

me of being authoritian and

in favour of intervention for

My libertarian credentials

go as far as filing a complaint

committee over the treatment

to the UN Human Rights

accorded the leader of a

large commune in NZ:

Centrepoint, which was

effectively shut down for a

combination of reasons. One

of them was the use of drugs

(LSD & Ecstasy) à la Leary

style. The drugs led to other

things like child sexual abuse

Some things unfortunately

term drug uses - that become

a form of addictive behaviour.

I guess the most important

one being the inability to

see other peoples' point of

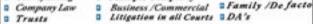
view, which it-self is against

which was the sine qua non

of Centrepoint's long term

go hand in hand with long

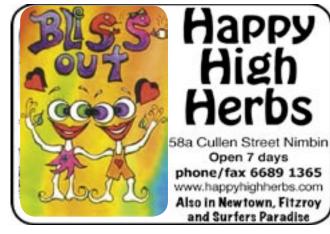
survival.



a Higher Power, bro!



Goddess



RVBYESQUE

ALAN MORRIS

SMOKING PARAPHERNALIA & FINE USED BOOKS 21 Carrington Street Lismore 2480 PO Box 1184 Lismore (02) 6622 4676 Follow the Rainbow Serpent through 8 rooms representing the Aboriginal, pioneer and hippie eras. Expressions of interest are sought to keep the Museum alive and enjoyable for visitors. Contact Michael Balderstone at the Museum Phone 6689-1123

Still open every day, and well worth a visiti

Page 8 The Nimbin GoodTimes

May 2007

Smoking bongs is not so cool, okay?

by Binnah

moking bongs is hard core – even perhaps a macho thing to do. Remember 'harm minimisation'? It is a term not used much lately in the public or press arenas. Here we are in 2007 and no responsible body has distributed informed info on the ways of minimizing harm – in fact (on the more positive side of the coin) ways of 'maximising care' and bringing out real info with at least a tiny bit of 'street cred' regarding street drugs and issues such as safe bong use.

It has taken thirty odd years and finally the results are rising to the surface – telling us what we already knew – or at least attempted to ignore...

Bongs are bad for your health, okay? That particularly applies to young lungs. All right, so they're economical and get one bent quicker than smoking joints...

But with 'froggy' Howard coming out and saying that Cannabis gives people Emphysema, we need to really define what is going on here before fairytale becomes accepted fact. Emphysema is when your lungs stop working and you get puffed walking out the front door.

Howard is specifically talking about bong smokers when he takes 'ignorant license' and has claimed that smoking pot causes lung disease. (If only he knew what he was talking about...)

We all know (or at least expect) that bongs are pretty hard core and if anything is good for fucking your lungs – its bongs.

Taking smoke into the lungs for any reason is looking increasingly stupid as the days pass and has for a while now.

To make matters worse, home made bongs are often made from materials which are toxic and worsen the



danger to health. PVC plastic tubing like plumbing pipes and stems from garden hose are the worst. PVC or Poly Vinyl Chloride gives off the deadly heavy metal, Dioxin. It's bad enough that we buy our food and drink in this dangerous material but to add heat to these plastics and the outcome is 'yucky' as Alexander Downer would say.

The very worst are the Orchy juice bottle type plastics.

More things wrong with smoking a bong

• Tobacco and Cannabis don't really mix at any time. Tobacco closes down your bronchial tubes. Cannabis opens up your bronchial tubes. There are many herbal mixtures such as Damiana that go with Cannabis better than tobacco.

• Using the full capacity of your lungs exposes them to more abuse as you use the top and bottom part of the lung when inhaling bongs. This is not usually as extreme when smoking joints.

• The smoke may be cooled by the water but the smoke filled air is also water laden and moist as it enters the smokers lungs. Unless one has gills, water in lungs is not good. A tissue (even better - a hemp rag) may be used in the stem of the bong to catch the moisture.

There are so many aspects of bong smoking that are not very good, okay?

The real bottom line is: noone gets close to approaching the subject of why people who know the facts still choose to practice health harming activities on their own person - like smoking. Perhaps people continue because they have what is called these days 'deeply unresolved issues', causing depression and their will to live is diminished. Is it the response of people feeling on some level the weight of a world in peril.....but that's just too deep and dark a can of worms to open here.

One thing we would do when I was younger was to smoke bottleneck chillums. Drink a long neck bottle of beer, smash it, stuff some silver foil in the thin end, stuff it full of mull and go for it! Dudes with the 'honour' of busting it would sometimes keel over and faint on the floor upon exhaling the largest cloud of smoke possible to come out of human lungs just because it was overload and the brain is momentarily starved of oxygen to the point of blackout...not good really... in retrospect.

If you still insist on smoking a bong after considering all this, then glass and natural materials like bamboo are better to use if you are to make your own. Paw paw stems work well instead of garden hose – and they're disposable when dirty.

The message is: Don't smoke bongs. If you choose to still smoke them, do it as safely as you can.

Smoke a lot of anything and you are more likely to get emphysema - smoke bongs and you give yourself an even better chance. You just need to see someone with the disease to see that it's not much fun when you run out of puff going to the letter box. Why not enter the bong throwing in the Hemp Olympix at this years Mardigrass and throw yours away.

Consider vapourisers or cookies perhaps.

Safe bong-smoking pointers

Have pot straight or mix it with anything but tobacco (suggested herbal mixtures)
Use non-toxic materials for a bong. (eg glass or bamboo) not plastic!

• Put tissue or hemp cloth in stem to catch moisture in smoke.

Clean them regularly.
Never smoke sieved remains
desperate or not.

It is advantageous if one can view their Cannabis use as recreational rather than habitual. There is a great deal of difference between 'use' and 'abuse'.

Which one are you doing? What are the real reasons why you use Cannabis? Is it self-medication or is it

for (re) creation? Do you know? Do you care? Remember – your life and your body are precious gifts look after them !

look after them ! Live safe on the edge...

Homeopathics

By Tarang Bates

Another festival, another day in Nimbin – valley of festivities. It's a good to get together and play as often as possible, good for the soul individually and collectively.

This area has something like seventy land sharing communities (give or take) and getting together on our land, is a natural part of our lifestyle. Working, playing, eating – any excuse will do.

So we like a festival generally, of course thousands of visitors to our village has advantages and disadvantages. Over the years I have heard so many positive comments from people visiting, about how easy going the place is, lots of people smiling and talking to each other and to them. How they can sit in one of the cafés and someone will strike up a conversation with them. There are plenty of people living unfulfilled lives, stressfully thrown together, unnaturally enclosed in their creations of social acceptance. Being in Nimbin and breathing in the colours, sounds, lightness of being and experiencing another world of social expression, is a really valuable experience. People often comment on this, sometimes quite passionately and emotionally, because it feeds a part of them, which has been curled up in a corner waiting to dance. Of course, particularly

Of course, particularly during Mardi Grass people tend to get a bit excited and over do things – so the remedies this month are to suit the over-indulgence factor. A repeat of Nux Vomica is called for because it is the remedy of overindulgence.

Nux Vomica is the

first remedy which comes to mind when treating a R hangover. For relief from the a symptoms of over indulgence N in alcohol, drugs or food. It is also useful in cases r of too much mental work, N causing brain strain. The C person may crave stimulants en like alcohol and a variety com



of other drugs and end up with a typical hangover headache with heaviness and pressure, digestive discomfort nausea and confusion. Small amounts of food are handled better and they feel worse before getting out of bed. Overindulgence in food can leave the person feeling irritable and snappy with heartburn, indigestion and bloating. In extreme cases there may be convulsions from alcohol abuse, the person may be very pale, palpitations and sleeplessness. May feel dizzy from smoking and alcohol.

Cannabis Sativa,

which is homeopathically prepared cannabis, can be used when someone has had a bad reaction to smoking or eating pot. You may find confusion with the mind being very active, thoughts crowding in on each other. Dreamlike reality with anxiety, crying, laughing with forgetfulness. Dryness of the mouth, throat and lips. Palpitations and difficulty breathing with shaking and extreme thirst. As with alcohol, there will always be people who over do things and others who shouldn't drink or smoke at all because of various sensitivities. This remedy is also used in other circumstances, as with all homeopathic remedies you don't have to be using the substance to match the picture.

These two remedies, and Rescue Remedy, are available at Happy High Herbs during Mardi Grass.

Homeopathic first aid remedies available from Nimbin Homeopathics. Contact Tarang 02 6689-1452 email tarangbates@yahoo. com.au



An amazing competition and show, proudly presented and hosted for the second year by Hemp Lore Australia on Saturday 5th May, featuring 13 pot Art Tattoo categories.

Showtime and Judging 3pm at Nimbin Town Hall. Entry by gold coin donation, high energy band, lucky door prizes too. Catch it if you can.







Nímbín Homeopathícs Tarang Bates DHPh Díploma Homeopathic Pharmacy • Remedíes to suít • Fírst Aíd kíts • Colloídal sílver tarangbates@yahoo.com.au 199 Falls Rd, Nímbín NSW 2480 Phone 6689 1452 ABN 74789109157