



Local 2020 Summit in session

Janelle Saffin MP for Page

"Janelle's Page"

It was inspiring to have so many people come to the local 2020 summits to share their insights on the future of our region and Australia. There are many challenges ahead: climate change, our health system and ageing population, transport needs, the future of agriculture, our systems of government and so on. It is wonderful to be able to tap into the wealth of ideas from our local population for creative approaches. The reports from the local summits were fed into the National Summit in Canberra.

As Prime Minister Kevin Rudd said 'we're throwing open the windows of our democracy to let a bit of fresh air in'.

One issue that is constantly raised locally is the state of our local health services.

In April I spoke at the Special Commission of Inquiry into Acute Care Services in NSW public hospitals when it visited Lismore, and raised concerns about the fact that our area isn't getting its proper allocation of NSW health funds. By my calculations the Northern Rivers is being underfunded by about \$40 million.

Now an audit of Australia's rural and regional health workforce has found that the former Federal Coalition government relied on 17-year-old population figures in developing its incentives for doctors and rural health workforce policies.

When you consider the significant change in population in our region over the past 17 years it's clear this

antiquated data is irrelevant.

I am including here the findings of the rural health audit released by Health Minister, Nicola Roxon.

The audit, conducted by the Department of Health and Ageing, found that:

- The current supply of health professionals is not sufficient to meet current needs.
- This situation will get worse as the population and the workforce age.

- We are highly reliant upon overseas trained health professionals, with 36% of doctors working in Australia trained overseas. This figure rises to 41% in rural and remote areas.
- The supply of health professionals in many rural and regional centres is low to very poor.

Now that we have a clear picture of the extent of the challenges, the Government will embark on a comprehensive overhaul of the rural health workforce programs. In order for the changes to be sustainable, they will have to be tackled in a measured way.

The Government will:

- **Immediately** establish an Office of Rural Health in the Department of Health and Ageing, to drive reform in the rural health sector.

- **Over the next 12 months** reform the remoteness classification structure (RRMA) to ensure that incentives and rural health policies respond to current population figures and real need.

- **Over the next 12 months** examine all existing programs that support rural health professionals, to determine how to better support communities in most

need of assistance.

- Continue to invest in rural and regional health services to ensure families get the health services they need – including the new announcement today of \$6.3 million extra funding for a number of existing rural clinical schools and university departments of rural health to expand their capacity to provide rural education and training support.

As well, this month's Budget will deliver on a number of important election promises to strengthen the health workforce, including:

- \$12 million to help people in rural and remote centres access specialist services on a regular basis without having to travel to a capital city.
- \$7.9 million to support and expand the the Specialist Obstetrician Locum Scheme

- Doubling the number of John Flynn scholarships for undergraduate medical students to undertake placements in rural and remote medical practices.
- \$2.5 million for clinical placement scholarships for allied health professionals.

This is in addition to our commitments to deliver 10,000 extra nurses into the health and aged care systems, and create up to 50,000 additional health-focused vocational education and training places.

There is a lot to do to turn around the dire state of affairs in rural health and I will continue to advocate strongly for better health services, including mental health and dental care, in Page.

Federal Member for Page
63 Molesworth Street Lismore
Phone 1300-301-735

Justine Elliot MP for Richmond



Justine watches Noeline Brown being vaccinated

Justine calls on local seniors to take advantage of their free annual influenza shots

Local Seniors can take steps to protect themselves from potentially life threatening winter illness – by having their annual free influenza shots.

Last year, 2.57 million Australians over the age of 65 received the free flu vaccinations from their GPs, at clinics or in aged care facilities across the country.

In the last five years, influenza and pneumonia were responsible for 2.5 per cent of all deaths in Australia - and in 2006 resulted in 2725 deaths – making it the 12th highest cause of death.

This is why the Government not only recommends annual vaccinations for people 65 years of age and over, but provides them free of charge under the Program

The government has provided \$26.2 million for the influenza vaccine program.

Autumn is always the best time of year to be vaccinated, before flu outbreaks become more common during the colder months. This will allow the vaccine time to work before the winter starts.

I also encourage Australians aged over 65 years to receive their free pneumococcal vaccine.

These seasonal precautions can assist seniors to have a safer and healthier autumn and winter.

I'm pleased that Noeline Brown aged 69, Australia's first Ambassador for Ageing has already set an example for older Australians by having her flu shot.

Further information is available on the Fight Flu web site developed by the National Institute of Clinical Studies. The address is www.fightflu.gov.au

One-third of all drownings in Australia are aged over 55

According to a new study on aquatic-related injuries about 100 people aged 55 years or older die by drowning each year in Australia, including about 60 from accidental drowning.

Recently I launched the Grey Medallion swimming program for people over 55, in

response to the new study by the Australian Institute of Health and Welfare's National Injury Surveillance Unit which has found that another 75 people are admitted to hospital each year after a near-drowning incident.

A further 534 older people, on average, are admitted to hospital each year for injuries that occur while they are involved in aquatic activities, including boating and fishing.

Falls account for 40 per cent of all injuries at places involving water. Sixty-seven per cent of injuries at swimming centres and 57 per cent of injuries at beaches were due to falls.

The new Grey Medallion program is being funded by the Australian Government and conducted by the Royal Life Saving Society Australia.

The program is designed to enable older people to swim and take part in other water-based activities with greater confidence and safety.

The medallion program is conducted in a relaxed environment more suited to older people than the Bronze Medallion for young people. It teaches older people to swim more safely while improving their fitness.

Swimming or aquatic exercise can be a relaxing and pleasant form of activity for many older people, improving their mobility, flexibility and muscle strength.

Being physically active is also important to maintaining good health and wellbeing, and is a key means of preventing accidental falls which are a major problem for older Australians.

The Grey Medallion program is a really welcome addition to Royal Life Saving's string of programs to give Australians water safety skills.

The Department of Health and Ageing provided funding for the Grey Medallion program through the National Falls Prevention in Older People Initiative. The society has also received funding from the National Injury Prevention Program to implement health-related elements of the National Water Safety Plan 2004-07.

Til next time.

Federal Member for Richmond
107 Minjungbal Drive Tweed Heads South
Phone 1300-720-675

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A nimbin institution returns...

Movies on Fridays & Saturdays

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Nimbin Bush Theatre



Nimbin Aquarius Programme

Friday May 9, 5pm

Sacred Fire ceremony, welcome to country and barbeque
Nimbin Rocks

Saturday May 10, 6pm

"Some Children of the Dream" exhibition, Opening at the Nimbin Regional Gallery, running to 25th May.

Followed by "Woodstock Downunder" Nimbin premiere, 9pm at the Bush Theatre

Sunday May 11

Aquarius 08 at the Channon Market

Thurs May 15

"Imagineering" (Art, Archives and Action), on the site for the Aquarius Eco-village

Fri May 16, noon

Nimbin/Woodstock Cultural Exchange
Nimbin School of Arts Hall

Fri-Mon May 16-19

Starting Friday 5pm
Koori Aquarian Honorable Eldership Camp
Nimbin Rocks

Sat May 17, 7pm

"The Big Gig"/Trip to the Light Fantastic
Nimbin School of Arts Hall

May 23-31

Woodstock Museum Film Festival at the Bush Theatre. See Film Programme, page 16.

Fri May 23

All Day Films at Bush Theatre

Sat May 24 midday-midnight

Aquarius Festival of Water Bush Theatre
Details to be announced.

Sun May 25, 7pm

Woodstock Museum Film Festival continued. See Film Programme, page 16.

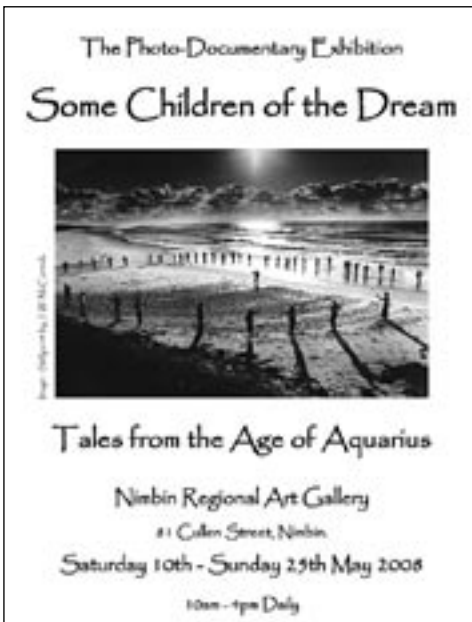
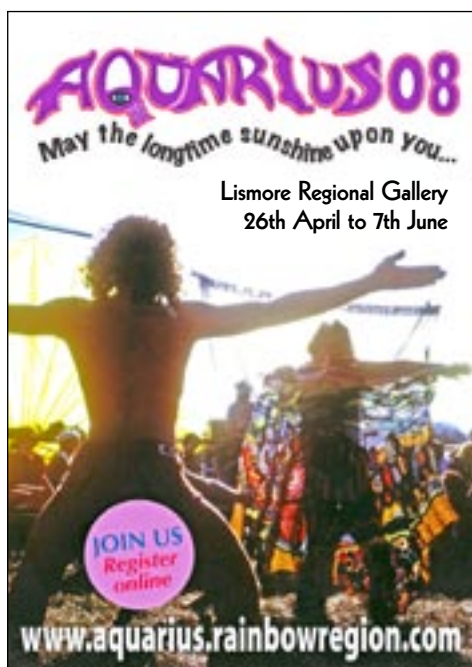
May 26-30

Woodstock Museum Film Festival continues at Bush Theatre. Details to be announced.

Sat May 31, 11am-2pm

Digital Filmmaking with Nathan Koenig, CTC at the Nimbin Community Centre

For updates, visit <http://www.rainbowregion.com.au/aquarius/index.php>



Burlesque goes bush



Watch out! The Bush Theatre is up and running again, and people are turning out in droves to enjoy the old place again. It was standing room only at the Burlesque Night in April which featured (above) the Hot Flushes and the Can-Can Cowgirls, (below) the Tuntable Circus and Pricasso, shown with his portrait of Tonia Haynes, in a 10-act program that concluded with an extended dance set by local rockers Mona Lizard. Organiser Biko said to stay tuned for more.



Digital archive CTC@NIMBIN

History is happening all around us, even as we read the GoodTimes.

Aquarius turns 35 this year and the, much maligned, Nimbin Mardigrass has come through its 16th Law Reform Rally, stronger than ever.

What remains to be seen is how much footage these events will generate, and how much will remain accessible to the community in the foreseeable future.

As a community organisation of such a unique social experiment, this non-profit feels obligated to initiate a digital archive of Nimbin/culture/, outside the control of media monopolies

that clearly abandon objectivity in maligning our town.

Hence the CTC Nimbin is inviting expressions of interest from grant writers, script writers, costume designers, administrators, makeup artists, actors, camera people, musicians, story tellers, indeed interested parties of all persuasions, who feel our community and its unique story deserves preserving, for our children, their children and beyond.

By way of Manna from Heaven, the CTC Nimbin has secured the services of renowned Woodstock film

maker Nathan Koenig, for a one off master class in Digital Filmmaking with Camera and Editing.

Nathan edits in Final Cut Pro on Mac Book Pro. He will be using real life footage from *Woodstock Downunder* as an example.

The course will be held Saturday, May 31, 11am-2pm, in the CTC room at the Nimbin Community Centre. Bring your camera, and please also, bring any DVD submissions to Woodstock Museum Film Festival in Woodstock New York. This year's theme is Freedom!

Admission by donation. Bookings phone 6689-1183.

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NNIC launches its history



Iffy weather didn't stop the Nimbin Neighbourhood Centre from holding their mega-launch in April, they just moved the whole thing down to the Bowlo.

Celebrating its 30th year of operation with more space, more projects and more people, the NNIC acknowledged its laudable history of community service in a new publication also launched on the day.

Peter Pedals, founder of the original Rainbow Information Centre in 1978, gave a perspective on the services provided over time, as did Bundjalung elder Viv Roberts.

Chris Crawford, CEO of North Coast Area Health Service, also commended Centre workers, past and present, for their achievements.

The same sense of history made it necessary for a ribbon to be cut to officially open the \$90,000 extensions up the hill, and with Centre stalwarts recruited to be

It's official! Cutting the ribbon are (left to right): Teena Ann, NNIC Community Welfare Worker; Ernie Bennett, Chair NR Area Consultative Committee; Julie Byers from Dept Premier and Cabinet; and Mim Batori, NNIC volunteer. Below: Past-NNIC workers Katie Cawcutt (left) and Phyllis Williams cut the birthday cake.



the 'walls', it occurred in the cheerful spirit that NNIC is renowned for.

Copies of the *History of the*

Nimbin Neighbourhood and Information Centre 1978-2008 are available from NNIC, phone 6689-1692.



Happy recipients of the Womanly Wise diaries

Safe Community Project report

by Maire Barron
Safe Community shared Project Co-ordinator

Nimbin Neighbourhood and information Centre's 'Safe Community Project' has started the year with a launch of the Womanly Wise Diary.

The diary was created by the young women of the Nimbin community during 2007, including the banner-making workshops for *Reclaim The Night* and the *Love Bites* training program.

The focus for the diary is encouraging healthy relationships, facts and info on domestic violence, and sexual assault advice. Because the information is contained in the diary it is available all year round for the young women to read and learn about.

The young women of Nimbin are very creative and I would like to take this opportunity to thank everyone who contributed to the project. The diaries have been given out to some young women around town and the Year 9,10,11,12 girls at Nimbin Central School.

Nimbin Central School has played a vital part in the Project by giving us time and space for the Project to take place, so thank you very much, you ladies at the school are great.

Sally Penhaligon worked hard on this project with me, she made the whole thing possible so thanks heaps Sally It was great working with you. She is taking some well-deserved extended leave this year.

This year the work involved in the safe

community project has been divided between two people. Amara is taking on the work involving the not-so-young women, which she will keep you all informed about through the Nimbin GoodTimes and the NNIC Community Calendar. I will continue sourcing some original Nimbin Youth educational material on domestic violence and safe Relationships.

The Project aims to work with local young people to create a comic book containing messages from the young women and young men around relationships. It is proposed that the young women will write the scripts and the young men will do the artwork. The comics should be ready for distribution at the school and around town towards the end of 2008.

We have already had many requests for copies of the lovely diary but copies are extremely limited. We will endeavour to source funds to re-print the diary to meet the huge demand. I will keep you posted about this. It is a perpetual diary so we can use it for many years.

I am having a great time on this project and I love working in Nimbin with our young people. They are just so creative and positive and have so much voice. I think we are a really lucky community to have such a strong crew of young women.

The NNIC Safe Community Project is an Australian Government initiative funded under the National Community Crime Prevention Programme.

Children's Sanctuary

John Rogers, 64" and a native of Oxford, was hiring out his yacht in the Northern Territory 11 years ago when he received an inspiration: to found a Children's Sanctuary.

He ended up with a rainforest property in the foothills of the Nightcap Range, adorned with ewaterfalls and cliffs.

His vision is to create a place where children and their families can stay for an average of a fortnight's duration. The aim is for the family to draw closer together.

Activities include bushwalking, caring for animals, music and floating down the creek. He would like to see a school and a folk festival eventually.

Although he is a Christian, the project is open to those who have no set belief, says John. He is keen to see the children

encouraged to express themselves.

Thus far he has built a large structure, including kitchen, bathrooms, a huge verandah and the top floor with a low ceiling where children may have an advantage in games played there.

There are a number of portable, foldable, ex-army bivouac buildings for dormitories.

The project is about 80% complete, and a sponsor and construction manager are now sought to finish the work. Also, volunteer workers can visit on the WWOOFer program.

John was inspired by the verse where Jesus rejoiced and thanked God that he had hidden deep things from the wise and prudent and revealed them to babes.

Those interested please ring John on (02) 6689-0119.

Information Sessions for Families

Nimbin Family Centre is introducing a series of information sessions for families. Topics presented will be of interest to parents and cover a range of ideas around health and wellbeing.

The topics will offer opportunity to share information in an informal friendly environment.

Sessions will be held each Friday from 2.00pm to 3.00pm at Nimbin Family Centre, 81 Cullen Street, Nimbin.

The first session 'Astrology and Children' will be on 9th May. Other topics include: infectious diseases,



Family Support Network Inc.

16th May; baby massage, reflexology and aromatherapy
23rd May; Homeopathy
First Aid for Babies/
Toddlers plus Alternatives
for Immunisation 30th May;
Yoga 6th June; and Lemon
Foot Baths for Healing

Children 13th June.

Other programs for May and June are the P5 Parenting Program commencing 12th May at Birth and Beyond and Jamming Pre-Schoolers music program starting 13th May at the Dance Studio, Nimbin Community Centre.

These programs are filling fast, to get a place phone Helen on 6621-2489 or Mimi 6689-0423.

All services and programs at Nimbin Family Centre are free of charge and focus on supporting parents and carers in their role of caring for and nurturing children.

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The Science of Sustainability

by Kevin Cousins

Years 8 and 10 Science students at Nimbin Central School have focussed on Sustainability in first Term.

Nimbin's first sustainability project was funded by a Federal Government Community Water Grant. This grant funded the refurbishment of the dam, a 22,000 litre storage tank and pumps to allow dam water to be used in the school, at a total cost of about \$45,000.

We have received a second Community Water Grant of \$49,800, to spend on diverting roof water from the Science Lab roof to two 110,000 litre storage tanks, which will be used to supply the drinking water for the school. All water will be sterilized by UV sterilisers and be chemical free.

The Science Department was also successful with an Eco-Schools Grant of \$2,500 for the construction of an aquaponics unit. It has had a pilot of this project running for over 18 months, using Lomandra, the stream rush, to remove nitrogen from a fish tank.

The Rainbow Power Company has also generously donated the time of Paul O'Reilly, to assist the Year 8 Science class with investigating energy consumption patterns both at school and at home. With the help of Leanne O'Grady from Connect and



Paul from the Rainbow Power Company, Year 8 will compile a survey from students, staff and parents on energy usage in Nimbin. The results will be used to prepare an application for funding from the Federal Government, to install solar panels.

Year 11 Biology and Chemistry students are currently investigating

the ability of Azolla, the native water fern, to remove dissolved metals, such as zinc, copper and Nickel, from water. The techniques used to follow the concentration will be by gravimetric analysis each week and also following the conductivity, using a laptop computer and a data logger.

Year 9 Science students have also entered a team in CSIRO's 'Murder under the Microscope', a nationwide competition to solve environmental problems. Some of our students will also be attending the Sustainability Conference in Ballina later this term.

This term's focus for Year 8 will be Chocolate. It is a thematic unit which covers the chemistry, botany and commercial processes of chocolate as well as the social issues, such as child slavery and Cadbury's experiments with social improvement.

We may even find time to taste some.



'Save a Mate' training day



Nimbin Youth Support worker Mairie Barron (at right) with Red Cross workers who conducted the Save a Mate programme for 27 students at Nimbin Central School during Youth Week. The training provided students with skills in emergency response, as well as developing protective behaviours to avert emergencies when out with friends. The programme was repeated at the Nimbin Bowling Club for Jungle Patrol volunteers in the lead-up to Mardi Grass.

New school leaders elected

Nimbin Central School went to the polls in Term 1, to elect its SRC committee for 2008.

The school elects students to its Students Representative Council from every class from Years 3 to 12.

A separate vote is then taken from the Year 12 representatives to determine the School Captains and Vice-Captains.

Girls School Captain Karma Blinco-Parr is pictured cutting the celebratory cake, assisted by girls Vice-Captain Sarita Perston.

The boys Captain is Jack Lapham, and Jesse Schoer is boys Vice-Captain.

Visit the school's website at www.nimbin-c.school.nsw.edu.au for more information.



School social has Aquarian theme



Go Green! That was the theme for Nimbin Central School's end-of-term Social in April.

The invitation said, "Dress up in your best hippie duds, or keep it simple in shades of green, and come along for a fun night to raise money for our Environment Council."

And dress up they did, for a fun Thursday night in the school's MPU, with hot dance tracks, disco lighting and smoke machines.

Each student was allowed to bring two school-aged guests from another school, so there was lots of mingling amongst the peer groups.

The night was judged a roaring success.



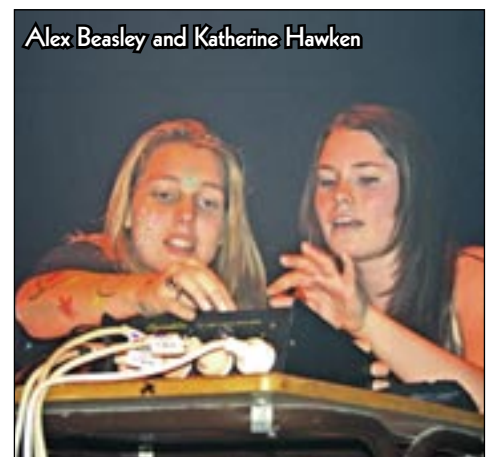
Mahalia, Possum and Cody



Some of the costumes at the Primary Social



Some of the boys at the Secondary Social



Alex Beasley and Katherine Hawken

Annie's Tea Garden & Nursery

Blackboard menu featuring Annie's home cooking, oven-baked on a wood stove, including fish schnitzel, pasta and quiche dishes. BYO

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