# Healthy Ageing

New research shows that by 2060, Australian women could expect to reach 90 and by mid-century most Australians can expect – on average – to live to their midto-late-80s.

By 2045-50 – Australian men and women will live five years longer than they do now with women going from 83.7 years to 88 and men from 79 to 84.1 years. Currently, Australians now have the second longest life expectancy in the world at 81.4 years – after Japan. Australian women in some parts of the nation like the Sunshine Coast and agricultural areas outside Perth have among the longest life expectancy in the world.

Currently, about 13 per cent of our population - some 2.8 million people is aged 65 years or older. This is expected to rise to 18 per cent by 2021 and to 26 per cent (around 7 million people) in 2051. The number of people aged over 80 years will almost double over the next 20 years.

Recently I released this new data from the Department of Health and Ageing – in a major speech to Australia's Ageing Population Summit 2008 – in Melbourne. In 1901-10, Australian women lived seven per cent longer than men. Currently, the difference is six per cent and it will be five per cent by 2045-50.

Department of Health and Ageing data also shows that people who reach 100 have a greater chance of reaching their next birthday than ever before. Currently two in every 10,000 people are aged at least 100. By 2050 this will be 23 in every 10,000 people. Currently, there are 2,860 Australians over the age of 100 and that is expected to increase to 78,000 by 2055.

Centenarians are the fastest growing age segment of the Australian population. Their numbers have increased by 8.5 per cent a year over the past 25 years. Ninety-three (93) per cent of Australians over 100 are between 100 to 104; 6.3 per cent are 105-109 and 0.3 per cent are over 110 years.

There was an increasing demand, meaning that Australian government expenditure on aged care could rise from the current three per cent of total Commonwealth revenues today to nine per cent by



Richmond MP and Minister for Ageing Justine Elliot (left) with Australia's first Ambassador for Ageing, Noeline Brown.

remain unchanged. The Australian Government is investing in aged and community care. Over the next four years, funding for aged and community care will reach record levels of more than \$40 billion - with \$28.6 billion of that on residential aged care alone. No government in Australian history has spent more on aged care and community care than this one. We are proud of our plans for aged and community care.

We want to ensure that older Australians can live independent lives and age in their own homes, but also have the option to enter aged care homes if they need to.

### **Still time to Vaccinate**

Presentations of influenzalike illnesses to GPs rose in May and June indicating that winter-related bacterial and viral infections have commenced in Australia.

I again urge any of the 2.7 million Australians over 65 who have not already been vaccinated to protect themselves from potentially life-threatening winter illness with their annual free influenza shots.

The National Notifiable Diseases Surveillance System records show that during the period January 1 to July 18, 2008, there were 1,237 cases of laboratory confirmed influenza notified in Australia. (In a similar period – January 1, 2007 to June 30, 2007 – there were 912 notified cases of influenza-like illnesses.) As the 'flu season August or September, many people can still be protected by having the vaccine now.

Infection control in Australia is a big task and we can never wipe out infectious diseases, but we must always look at ways to minimise risk. As part of its preparations for the influenza season, the Australian Government has delivered almost 2.6 million influenza vaccine doses to States and Territories for use in the 2008 government-funded influenza immunisation program for people over 65. The Government has provided \$28 million for the 2008 influenza vaccine program.

Last year, 2.57 million Australians over the age of 65 received the free flu vaccinations from their GPs, at clinics or in nursing homes across the country. Over the last five years, influenza and pneumonia were responsible for 2.5 per cent of all deaths in Australia and, in 2006, resulted in 2,725 deaths – making these conditions together the 12th highest cause of death.

For most people, vaccination is completely safe. I urge everyone over 65, including those in nursing homes, who have not already been vaccinated to take these seasonal precautions to ensure that they have a safer and healthier winter.

Federal Member for Richmond 107 Minjungbal Drive Tweed Heads South



Page MP Janelle Saffin, (front right) pictured at the Natural Birth Education & Research centre with (I-r) new father Darren Mattock and his mother Sharon Cadwallader, local mum Zsa Zsa Kiss and her daughter Erika Dansie, midwife Lynne Austin and founder of the Natural Birth & Education Research Centre, Margaret Spain. Photo: Terra Sword, Northern Rivers Echo

# Janelle's Page

### **Climate Change**

The issue of climate change is very much in the news, following the release of Professor Garnaut's draft report and the Government Green Paper on Climate Change.

The 12 hottest years in history have all been in the last thirteen years and without action, scientists predict up to 20 per cent more drought months over most of Australia by 2030.

The focus of the Rudd Government's Green Paper is to prepare this country for the future challenge of climate change.

This requires a market-based and wholeof-economy reform – the comprehensive Carbon Pollution Reduction Scheme: which works as follows.

• The Government sets a limit on how much carbon pollution industry can produce, and then the Government sells permits up to that limit, creating an incentive to look for cleaner energy options.

• Companies can buy and sell permits from each other depending on how much they value them, thereby enabling the market to find the most efficient ways of reducing carbon pollution.

The scheme will provide incentives to households and businesses for the transition to a low carbon future. Kevin Rudd has made it clear that economic transformation is required and that our fundamental economic health is able to absorb it.

The proposed compensation measures for consumers include reducing fuel excise on a cent for cent basis to offset the initial price impact associated with the Carbon Pollution Reduction Scheme. issue. The Green Paper is available at *http://www.climatechange.gov.au/greenpaper/index. html* There is also an information hotline: 1800 057 590.

### **Solar Schools**

And on the theme of preparing for climate change, I encourage all local schools to apply for the new solar schools grants of up to \$50,000 that are now available.

From solar panels, rainwater tanks, small wind or hydro power generators to insulation and awnings - there is a long list of water and energy efficiency measures schools can choose from.

Schools will find information about the program, and funding guidelines at *www. environment.gov.au/settlements/renewable/ nationalsolarschools/index.html* 

### **Maternity Services Review underway**

More than 17 per cent of women reportedly say they'd choose to give birth in a birth centre if available, and it's important that maternity services in Australia reflect the needs of women.

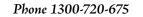
Birth centre and home birth options are part of the Rudd Government's current Maternity Services Review.

The Government has met with midwives, obstetricians, nurses, GPs and consumers to initiate the review process and a discussion paper will soon be released for input and comment by interested groups.

As a strong supporter of midwifery services, I'm pleased that the Government is also reviewing the Medicare Schedule to consider including midwives for the role they play in the provision of maternity care.

> Federal Member for Page 63 Molesworth Street Lismore

2050, if current policy settings generally lasts until late



There's much to digest and discuss on this

Phone 1300-301-735



Page 2 The Nimbin GoodTimes August 2008

www.nimbingoodtimes.com

# How do you want your eggs done? | A taste of life

In case anyone is wondering what the Dali-esque eggs are doing in Nimbin's Peace Park, they are there to provide additional play equipment for the 5 to 12 age group, when they're finished.

The structures were to be two-metre 'Tall Prolate Ellipses' to represent eggs half buried in the ground, and separated by a specified 'safe fall zone'.

The project was undertaken by local artist Donato Rozella, with laboring assistance from several locals, including Marilyn Guertsen. However, the non-matching structures evolved as they were being built, and though constructed outside of the original design brief, should still serve the purpose.

The bases of the reinterpreted egg structures will be ringed to a height of 400mm with polyurethane



climbing holds, fitted to allow traversing around and between the structures – known in rockclimbing circles as "bouldering".

The foot-holds will be fitted and colour-coded to provide varying degrees of challenge when traversing.

Marilyn Guertsen said that the structures related to wellknown Aboriginal stories about the three sisters, and it was hoped Aboriginal artist Burri Jerome would be painting the completed climbing equipment to reflect that story.

Local couple Sam and Marnicka (pictured) recently took over the THC cafe in the chemist, re-named it Caper on Cullen, and brought some new tastes, ideas and humour to the food scene in town. With a focus on fresh local produce, native flavours and homemade treats they are also trying to keep the bigger picture in perspective.

"As a token of respect for the original inhabitants of this land, we are proud to offer a 10% discount to all kooris," Sam said. "Our preference is for local, natural, GM free and/or non irradiated foods. All our eggs are free range and all meats are either certified organic, free range and/or wild. We are appalled at the legal standard of 40kg of live chickens per m2, living a 10 day week on an artificial lighting regime, pumped with hormones and antibiotics, debeaked and crippled by their unnaturally rapid growth (a 2.5kg battery chicken can be as little as 35 days old!!)

"We refuse to pay our staff below minimum wage and are in the process of switching to 100% certified green power. We support the Nimbin Environment centre and hope to be able to support other community groups. We



am — 1pm. New mums and dads Peace Park - all welcome.

Nimbin Family Centre's information talks for Term 3 are: • August 4 Healthy Rhythms in Early Childhood - Katrina Ross

August 18 Speech and

Development in Young Children - Janet Beearley

• August 25 Potty Training, Tantrums and Developmental

Stages — Maureen Saye September 1 Coping

Mechanisms in Dealing with Children's Behaviour – Gail Clark

 September 8 Post Natal Depression, Bonding With Baby

- Sophie Reynolds • September 15 Nutrition: Whole Foods for 6 to 18 months Children – Nossah Strum

All are welcome to come and attend the one-hour session: grandparents, friends and all carers are most encouraged — young children included.

are keen to hear from and work with local

"Despite the criminally negligent food

endeavour to be accurate and truthful in the

environment is through the food you choose

to eat, short of growing your own, choosing

possible can have a huge impact on the planet.

purchasing power of a retail position our voice

"Change comes from within and by tackling

local, seasonal and organic produce where

the system head on, with the increased

of dissent is hopefully a little bit louder."

Caper on always, Sam and Marnicka.

wording of our menu and labelling. Arguably

labelling laws in this country, we will

the greatest impact you can have on the

producers and artists.

A free music/singing class for 18 months old and up will be starting soon. If interested please ring 6689-0423 to find out more details. Family Support Network has recently purchased a large collection of high-quality percussion instruments, which will provide a wonderful opportunity for young ones to experience sound, rhythms and singing.

# Happy ending for cemetery blues

Grieving relatives and friends had plenty to say about the bulldozing of grave ornamentations at Nimbin cemetery when they had an on-site meeting in July with Kris Whitney, Lismore Council's co-ordinator of cemeteries.

Their concerns were less about the desecration of the gravesites, but more about not being permitted to have memorial plantings in the one new row of burial plots.

For Megan James, whose deceased husband served in the Vietnam War, a peace rose was particularly significant to plant; for Cassie Rix, a flowering shrub. "I was told I could plant flowers here," Cassie said.

Kris Whitney spoke of the costs of maintenance and insurance requirements. "East Lismore cemetery is the model for what we want to do here," he said, but was told, "As a community we want to have a say in what happens here."



grave garden issues with Megan James (centre) and Sally Edsall.

A week after the meeting, Mr Whitney wrote to Megan James, "After considerable deliberation of our differing perspectives and requirements, the following determinations are now being considered:

1. Restricted size On-Grave Gardens should be allowed. The proposed garden bed will be 1 metre wide and run parallel with the headstone foundation base. (pictured)

2. The onus of vegetation management be with those who inter a loved one into the cemetery.

3. A Code-of-Practice will be developed that will guide families into selecting appropriate plants for the ongrave gardens.

4. If Council determines that a plant is of risk or impediment to people, assets or site access then the plant will be removed after a prominent notice is placed on the plant for several weeks.

"Can you please consult with the other stakeholders and get back to me with your feelings." At this stage, the feelings

commented, "Over the last few years we slipped from being a net power exporter to becoming an importer of power, due to company expansion.

"We are now very pleased to see that we are once again a net exporter of clean

## Calling all home brewers Last year's home brew competition at the Nimbin Show may have had few entries, with the majority of entrants winning a prize, but the quality of entries was surprisingly good.

This year the Nimbin A&I Society is hoping to double the number of entries, and provide more people with the opportunity to appraise their favorite brews in company of other brewers.

The competition will include a separate category for lighter beers, including pilseners, lagers and ales and one for darker beers including stouts and similar styles. Another category will include home made wines made from any fruit (including grapes) and/or vegetable and herbs. A third category will include separate classes each for home made liqueurs and spirits.

The judging of exhibits will again be conducted by the experienced trio of pedigreed personnel; the sartorially splendid Deb from the Nimbin Hotel, Pete, partaker extraordinaire of all intoxicants worthy of consumption, and Terry the soup man who knows the odd thing about putting ingredients together to come up with something palatable.



into gear and start up on getting a couple of batches underway in addition to what is already stashed in the shed. This improves your chances of winning as well as providing a platform for "meaning full" dialogue with other competitors and judges on the quality and characteristics of your brew.

Because of licensing regulations, the appraisal of entries following the judging will again this year be limited to exhibitors, so for those who do work for it by making a brew or two, we are in for a lot of fun on the afternoon and the opportunity to get a look at what other people are doing with their brews.

PS: The theme for this year's Show is 'Futuristic

seem a lot more positive. Sales Manager, Dave Lambert

Parents and children are enjoying the playgroups on Tuesday for Toddlers and Friday for babies, 10

are welcome to come along and meet other parents and children. On the second Tuesday of each month there will be a playgroup in

135-Watt solar panels, and completes Stage 1 of the Company's upgrade project.

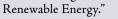
Rainbow Powers Up

Rainbow Power Company has just turned

on its new 11.8kW solar array to export

power back into the Country Energy grid.

The new system is made up of eighty-eight



As the show is only a couple of weeks away, September 20-21, home brewers need to get

*Recycling* – *interpret that in a costume and you* could win a prize at the Show.



Aquarius Bakery Open every day 6am-5pm mon-fri Nimbin Specialist Bakers in fine pastries and breads 6am-2pm sat-sun 6689 1566 +public holidays Cullen St, Nimbin

MBIN CANOLES Open 7 days 8am - 5pm weekdays 11am - 4pm weekends Ph: 6689-1010 fax: 6689-1210 email: nimcand@bigpond.net.au

www.nimbingoodtimes.com

# Getting on like a house on fire Matthew likes Chinese



Get down low and go, go, go! That was the message when the fire brigade visited Nimbin Community Pre-School in July.

Though drizzle kept the procedings indoors, Nimbin Brigade Captain Brad Soward and Deputy Group Officer Christine Hartley gave an easy-to-understand presentation on home safety as part of the

# **Basic training**

### by Marcus Mantscheff

Four Nimbin Bushfire Brigade members journeyed to Yorklea on the weekend, attending 16 hours of bush firefighter training with the Rural Fire Service.

Firefighter safety was the cornerstone of the training, looking out for mates who will be looking out for you. Operating fire engine mounted pumps to draught water from dams, hydrants, tanks or your swimming pool; zig-zagging drip torches to fire a backburn and using the knapsack, hoses and portable extinguishers to put out the flames; understanding various radio communications and protocols so you can be understood: these were only



a few examples the Bush Firefighter training covers.

Do you know which extinguisher to use on a live electric motor? When does a fire get too big to attack safely? How can a 20-degree upslope change the rate of fire spreading? Can you tell the difference between heat exhaustion and heat stroke? How dangerous are fire conditions at 3pm on a hot day with a strong north-

Nimbin Organics High quality organic greengrocer

## Bulk foods, seeds, organic pies & cakes juices, A2 milk range Quark cheesecake

RFS Community Education program. Engaging in a range of activities, including jigsaw puzzles to identify escape routes, the tiny tots all received a sample bag of fire prevention materials at the end of the session But best of all was the group crawl, as

westerly blowing? How many acronyms can the Rural Fire Service fit into two weekend training sessions?

Nimbin was represented by three new trainees and our equipment officer who is completing a Trainers Certificate. The Channon, Larnook, Kyogle, Alphadale, Bentley, Woodburn, Broadwater, Rosebank, Dunoon, Mallanganee, Casino, Tullera, Bungawalbyn and Ellangowan brigades were all represented in a mix of male and female officers, keen to understand more about how to protect their families, homes and neighbours. The calibre of trainers was high, with decades of experience to impart.

Another weekend of training and assessment, and Nimbin will have three more qualified bush firefighters, ready to learn the real

Matthew Gambin, a student in Year 11 at Nimbin Central School, has won a highly prestigious scholarship to study at the International School in Taipei, Taiwan.

Matthew has already completed his Physics, Chemistry and Extension Mathematics HSC courses, and is extending his working knowledge of Mandarin. He has just returned from a 6 months stay in China, where he went to school as an average Chinese student would and was billeted with a Chinese family.

Being the only Westerner was a very unusual experience, and Matthew found himself the centre of attention wherever he went. The opportunity to immerse himself in Chinese culture and language was a highly rewarding one. So much so that he applied for and won, one of only three scholarships offered in Australia, to continue his studies in Taipei.

Matthew said, "I lived in Ningjin and Xingtai in southern Hebei province. Hebei is the province that surrounds the area that contains Beijing. I went to Wuzhong (Fifth High School) in Ningjin for a month. I was staying with the

# Talent Comp for Families

Having fun keeps a family together, so the Fatherhood Festival is initiating a new event to get families off the couch and onto the stage – Family Idol.

With heats in Byron Bay, Ballina, Bangalow, Lismore and Mullumbimby, this is a five- week talent drive where heat winners

# Youth grants

Entries are closing soon for the Your Eyes Only competition for young Australians aged 12 to 15 years old.

To enter you need to submit a creative piece of work that shows the positive things about your community through your eyes.

Your Eyes Only is an opportunity to win a donation for a community group of your choice, of up \$3,000. This donation can then be used by the community group to further its work by purchasing much needed equipment or adding funds to an existing program.

Winning entries are judged by a committee of young people also aged 12 to 15 years old, from across Australia. Entries need to be received by 2nd September 2008.

To access the guidelines and application form, visit http://www.youngaustralians.org/



Matthew (left) sharing dumpling day with his fellow students.

family of our friend's brother. "In March I went to Xingtai and for two months went to Xingtai Xueyuan Nanyuan (or Xingtai Uni South Campus) which probably can't give a good idea of how universities work in China as it had been a place for junior middle school students to go to train to be school teachers but then it relocated and became part of Xingtai Uni (but with a lot of autonomy) but retained the same teachers, and their teaching styles.

"For both the high school and Uni, I stayed in one class and the teachers would come to us. At Uni, I was in a 'Chinese' class as in

Chinese, foreign literature (in Chinese). There was also PE, Art (copying what teachers drew on the board), Aesthetics (I couldn't understand the Chinese so I didn't really get it), Education Theory and Politics (Mao Zedong Thought, Marxism, Deng Xiaopeng Theory)." Nimbin Central School

Chinese literature, ancient

is fortunate in having a fluent Mandarin speaking teacher, Ms Lishia O'Reilly, who herself has won a Premier's Scholarship to study in China. This and the unwavering support of his family, has allowed Matthew to work toward completing Mandarin at the HSC.

battle it out for \$1000 in prize money and \$1000 in gift giveaways, with a grand finale at the Bangalow A&I Hall outdoor stage at the Fatherhood Festival on Sunday 7th September with Mandy Nolan as MC and Australian Idol, Damien Leith as one of the celebrity judges.

To register your interest, phone 02 6684-2309, or visit www.fatherhoodfestival.com





business as the 2008 fire season draws nearer.

fundingopp/list.chtml?folder=Your%20Eyes%20 *Only* or call 03 9670-5436.



# Emporium continues to pack 'em in

### by Dave Fawkner

If you've ever been frustrated by congested aisles in the Nimbin Emporium you're not alone.

It's been driving proprietors John and Sue Harris crazy for years, which is one reason they have why they've installed a new shelving system.

"The building's over 100 years old and there is only so much we can fit into its 230square metres," Sue Harris said.

"The new shelving is adjustable and allows us to better utilise the vertical space and increase the number of goods on display."

While it hasn't solved the aisle problem, Sue believes the new shelving will help to relieve the congestion.

"One of the problems with having limited shelf space is that staff need to restock during the day,' Sue said.

"We can now do that from storage space on the top two shelves rather than blocking the aisles with cartons brought in from out the back.

"It's much quicker for staff and less disruptive for



Nimbin Emporium proprietor Sue Harris and son Adam demonstrate the ease of reach of the new shelves while Damien Radclyffe loads storage space above.

### shoppers."

Sue said some products had been moved as part of the refit but customers' responses were very positive.

"We think it's a more logical layout, but if you're having trouble locating something don't hesitate to ask our staff."

# Nimbin by Kara Forsyth

At the July meeting of NimCoC, the most disappointing discussion was about the results of the Lismore City Council Section 356 Miscellaneous Community Donations program.

A total of 27 applications werew received, including four from Nimbin, with 17 applications accepted and unfortunately all four Nimbin applications were unsuccessful, under the voting system used by the 12 LCC Councillors, details of which are available on the council website.

Lismore City Council will

## be commencing Stage 1 of the Lighting to the Western The Chamber has asked LCC for a general review of

Carpark and the introduction

of Public Recycle Bins

in the near future, but

as yet we have seen no

this up.

column.

further developments or

correspondence in relation to

pedestrian crossing lighting

but we will continue to follow

Some of the other projects

we have continued to work

on include community tree

planting in the Western

carpark, under-awning

lighting due to the recent

spate of break-ins to Cullen

Street businesses, as well as

mentioned in last month's

the Transition Towns project

The Chamber has asked LCC for a general review of the Cullen Street surveillance cameras and to update us as to the operating procedures, code of practice, audit results and statistics, and we are encouraged by a recent decision to allow access to view footage of a recent Cullen Street break-andenter.

Our next meeting will be on Tuesday August 19th at 6pm at The Rainbow Café. Attendance over recent meetings has been a little disappointing and we are hoping to see a more encouraging turnout next month. Hopefully we will see you there.

# Nimbin Community Centre in community hands by Diana Roberts of Nimbin, especially the Community Community

Welve years ago the Nimbin community commenced fund raising to purchase the former Nimbin Central School and playing field. Eighteen months of extensive community activity including two Visions of Nimbin festivals, raffles too numerous to mention, "special" events such as New Years Eve at the Bush Theatre, monthly financial pledges by community members, a successful grant application to the Casino Community Benefit fund and a generous contribution from Nimbin Community School resulted in the \$140,000 deposit being raised.

Ten years later we have repaid the additional \$140,000 required for purchase, the \$70,000 required to redevelop the site including disabled access, car parking and connection to the sewer, and the substantial interest on the loan we received from Lismore Council. At its 2008 July meeting Lismore Council resolved to transfer the ownership of Nimbin Community Centre to the community, who will now take title to the community centre land and eight buildings.

When this project commenced, the land and buildings were valued at \$550,000. Today no doubt their economic value is much greater. However, of much greater significance is their value to the heart and soul of our community. The Community Centre houses a range of groups and activities that materialised into the available space. The Parenting Centre, Nimbin Day Care, Nimbin Markets, NIM FM, Nimbin CTC and Jungle Patrol are examples of this. Other groups such as Nimbin Neighbourhood Centre, Nimbin News and Nimbin Artists Gallery have grown because they have had the space to expand in.

Nimbin Community School Co-operative are especially deserving of mention in this story. The Co-Op sold a building they owned in the main street to support acquisition of the Community Centre and, while the decision was a difficult one for their members at the time, it has proved to be the right one. Nimbin Community Centre management committee would like to thank the community of Nimbin, especially the Community Centre tenants and all those who use the Community Centre, for the incredible support they have given to the organisation over the past 12 years. As soon as we have the property title deed in our hands, it is our intention to hold a community event to celebrate such a wonderful community achievement. Rest assured you will all be invited and we will continue to honour your trust in us.

### Twelve month deadline for Skate Park

The same Council meeting that resulted in the transfer of title for Nimbin Community Centre to the community also provided a deadline for completion of works at Nimbin Skate Park. Unless Nimbin Community Centre Inc. takes ownership of Peace Park within twelve months, the Skate Park must either be completed, and meet reasonable noise requirements when in use, or be dismantled at the community's cost.

Nimbin Community Centre management committee is reluctant to take ownership of Peace Park without Council contributing to maintenance of the Park on an annual basis. While maintenance is currently manageable, as the Park is developed, maintenance responsibilities increase. September sees local government elections and maybe a new council will be more sympathetic to supporting Nimbin than previous Councils have been. Lobbying a new council for funding to support park maintenance will be a priority for the Community Centre.

In the meantime it is essential that those in the community who would like to see the Skate Park finished and open for use put their time and energy into the project. Raising funds for noise insulating material is something everyone can be involved in. If you haven't got time to get involved think about pledging \$10 a week from your bank account or make a one-off donation. Without greater community support it is possible the Skate Park will be dismantled in twelve months' time.

Summerland Credit Union details for the

# Empowering workshops for a safer community

## by Amara Bartlett

Nimbin Safe Community Project Worker (shared with Maire Barron)

The Community Training Sessions held in town in June attracted a number of women who were looking to increase their skills and knowledge in supporting women who are experiencing domestic violence.

These sessions went really well and highlighted the need for connections and support within the community. If you see yourself as a supportive community member to people who have been experiencing violence, and you missed out on the training, feel free to make an appointment with a Community Welfare Worker at the Nimbin Neighbourhood and Information Centre who can provide you with some helpful information in this area.

It can make all the difference to someone who is experiencing violence if they can talk about it, and just to listen to them, believe them and not judge them is a really effective way of supporting them. Being informed on local services, and providing valid information on options to others is also really important, so people can make their own informed choices.

Another women's workshop will be running on Wednesday 13th August, called "Creating A Safe Community". The idea for this workshop came from the Nimbin Women's Dinner 2007, where women attending the dinner wrote down their ideas based on the statement "To feel safe I need..."

The workshop will cover the principles of social action, empowerment and community development and will provide an opportunity for local women to come together to discuss what is good about where they live, what could be improved and how this may happen. There are lots of inspiring examples of communities around the world creating what they need to strengthen their community and empower themselves. All women are welcome to come and have their say.

The workshop will be held at Birth and Beyond from 10am – 2pm, is free, with lunch and morning tea provided. Please contact me at the Nimbin Neighbourhood and Info Centre on 6689-1692 and leave a message for Amara for bookings or more information. Please RSVP by Monday 11th August.

The Nimbin Domestic Violence Committee meets monthly at the NNIC. This Committee is made up of local service providers and discusses issues around violence, the Safe Community Project and organises the annual Women's Dinner. If you are interested in attending these meetings, please contact me at NNIC for more information.

The Nimbin Neighbourhood and Information Centre's Safe Community Project is an Australian Government Initiative and is steered by the Nimbin Domestic Violence Committee.

FONS (Friends of Nimbin Skate Park): BSB: 802-222 Account No: 22266557



www.nimbingoodtimes.com