

Koala Kolumn

Location, location. Ashley, fitted with collar (if you look hard enough you will see the antenna sticking up behind and the black of the battery under his chin), and Rick Stewart, a member of the Tracking team.

Radio-tracking koalas

by Sonya Nourse

Wildlife radio-telemetry, more commonly known as radio-tracking, involves the transmission of information from a transmitter on a free-ranging wild animal to a receiver. Advances in the field of wildlife radio-tracking have made it possible to acquire detailed data on many important aspects of wildlife biology, including habitat use, home range size, mortality and survivorship. Since many wildlife species are nocturnal and difficult to observe, radio-tracking provides a valuable tool for researchers to learn more about native fauna. Radio-tracking studies have now become a more common tool in the preservation of many vulnerable, threatened and endangered species.

Using transmitters is an expensive and time-consuming technique. Project funding must be sufficient to enable regular monitoring of the collared animal for the life span of the transmitter or until it is removed. Mildly invasive, radio-tracking is generally utilised only when other methods are unsuitable. Full justification and a thorough and detailed description of the methods,

equipment, monitoring and impact are required before a tracking project is approved by government.

In many areas of NSW koala populations are suffering rapid declines and the koala is listed as a vulnerable species under the NSW Threatened Species Conservation Act 1995. In the Northern Rivers Friends of the Koala believe koala numbers in urban Lismore are diminishing. Many sick, injured and orphaned koalas are rescued and presented for veterinary attention and rehabilitation. Until now little monitoring of those koalas returned to the wild has been undertaken.

Following a great deal of preparation and planning, a collaborative venture between Southern Cross University, Lismore City Council and Friends of Koala to radio-track up to eight koalas in the Lismore urban area is now underway. The project's aim is to research the movements of urban koalas.

Some of the animals in the study will have been rehabilitated. Their post-release behaviour in particular will be of interest. Information gained will enable the Lismore City Council and Friends of the

Koala to work together for the improved management of the City's still significant urban population.

Dr Ross Goldingay, Senior Lecturer in Wildlife Ecology at Southern Cross University is the project's scientific supervisor. Lismore City Council has purchased radio-tracking collars. The Australian Wildlife Hospital is providing veterinary support and is fitting the collars. Tracking is being supervised by FOK Care Co-Ordinator Barb Dobner and undertaken by a team of dedicated and trained Friends of the Koala volunteers.

Mathew is the first koala to be monitored. He was originally treated at the FOK Care Centre for conjunctivitis caused by Chlamydia. At 5-6 years of age he is in the prime of his life. Being an urban koala, he has to face the challenges of cars, dogs and a limited food supply post release.

Mathew was returned to the area where he came from, as is required by the licensing agency, the Department of Environment and Climate Change. Within recent weeks Ashley, a healthy male brought to FOK's attention because he was on a busy road, has also joined the study.

Information about koalas, their food trees and Friends of the Koala is available at: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233. FOK is always looking for interested people to help its koala conservation work.

Until next time, happy Koala spotting!

Dr Recher's piece of paradise

by Sue Stock

Visitors were treated to a rare guided tour of Dr. Paul Recher's Dorroughby property as part of Australia's Open Garden Scheme last month.

Established in 1978, Dr Recher's Fruit Spirit Botanical Garden comprises 32 hectares of 'botanical jungle' and wet sclerophyll forest.

Sturdy legs and feet were recommended for the ninety-minute guided walks, and they proved to be needed for the three creek crossings.

The garden has an extensive collection of fruit, nut, Australian native trees, bamboos, gingers, and succulents.



Dr Recher's informed commentary, and the amazing display of hundreds of native and exotic species he has planted, provided plenty of inspiration for the scores of gardening enthusiasts who attended the weekend walks.



Nightcap Village update

Court orders onsite meeting with all stakeholders

The NSW Land and Environment Court will conduct a conciliation conference next Thursday, 11th December, onsite at the 'Nightcap Township' site, No.2954 Kyogle Road, Kunghur from 9.30am.

This conference is part of court proceedings to determine the final outcome of this controversial development application. Experts will be present to hear evidence from the neighbouring community. This is an opportunity rarely granted by the court in its final determinations in the matter.

This will be the community's final opportunity to have a say in the future of this development. Attendance is vital if you wish to oppose this controversial application.

Community members wishing to make a submission to the court on the day should contact Lesley Finn on 9334 8682 or by email to lesley.finn@hwlebsworth.com.au.



Concept plan for Nightcap Village
Artist's impression

Registration is essential for the court to allocate how many days are required to conduct the conference.

If you would like further information or to discuss any aspects about the implications of the Nightcap development contact John Donvito from the Caldera Residents Action Group (CRAG) on 6679 7273 or by email to gplanet@aapt.net.au.

Good News: Gunns pulp mill has no hope

by Lisa Yeates

Nimbin's Tasmanian Correspondent

Tasmania's Deputy Premier, Lara Giddings, told a protest condemning Gunns' pulp mill project in late November, "There's less and less chance of it being built in the current economic climate."

Thousands of Tasmanians created a 1 km line along Kingston beach to encourage Premier David Bartlett to honour his pledge, made in June when he said, "I have drawn a line in the sand" and will end the government's involvement with the pulp mill, unless Gunns had made real progress on finance and construction by November 30th.

Actually, there has been no progress at all. Not only that but the next day, Lisa Singh, Tassie's newly announced Cabinet Minister

said the projects future was "not looking that rosy." Of course the Gunns' directors are very upset saying such comments "Will not be helping them secure financing for the \$2 billion pulp mill."

Unable to accept defeat, Gunns is still putting the pressure on the government to support the building of the mill, despite the Sovereign Risk Agreement running out of time.

Gunns shares have dropped right down and they are selling off assets to repay debts. Oh dear... my heart bleeds.

In the meanwhile, Winiata and crew have completed their epic walk from Canberra to Bells Bay to publicise the threats the Pulp Mill will have on Tassie's forests and wildlife. They crossed the great water and landed here on Monday.

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Mur'bah rail line not on Labor infrastructure agenda

by Andy Gough

Even though Nimbin residents still have to face the prospect of getting to Kyogle at inconvenient times in order to catch the XPT to Sydney or Brisbane, at least travel by rail is still a semi-viable option. But what if we could also utilise a commuter service on the Murwillumbah line?

Greens MLC Ian Cohen recently submitted the following questions to the Minister for Tourism in the NSW budget estimates:

1. When does the NSW Government plan to fund the reopening of the Casino to Murwillumbah rail line as a commuter service to enhance tourism industries on the North Coast?

2. Has the Department calculated the potential increase in tourism income for the region as against the fund needed to maintain the rail corridor and repairing the bridges?

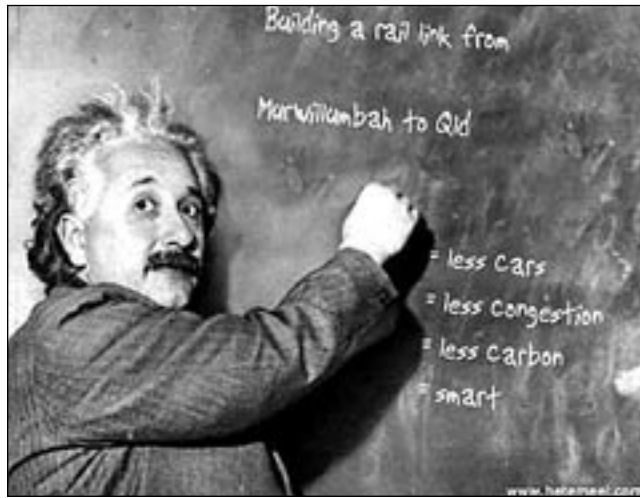
3. What plans are in the pipeline to connect the line with Queensland rail services and what benefits for tourism on the North Coast?

RESPONSE: "The focus of the Department of State and Regional Development's efforts is on promotion of business investment in the logistics sector, which was identified as a key sector in the NSW Government's Innovation Statement released in November 2006.

"The Department also helps individual business enterprises in the logistics sector looking to grow their operations. For example, the Department assisted Jim Pearson Transport to establish a transport depot in South Grafton. The new depot incorporates maintenance, fuelling and cleaning facilities for the transport company which services the Sydney to Brisbane line haul market.

"The Department of State and Regional Development has undertaken two major studies of the logistics sector in NSW to identify key government actions to address the growing freight task for the State."

Trains On Our Tracks (TOOT) president Karin Kolbe is unimpressed.



"They haven't answered the question at all. In the answer there is no mention of the rail line, no mention of tourism, and no mention of linking NSW to Queensland along the corridor where the bottlenecks have been clearly documented in AusLink's report on the Brisbane-Sydney corridor," Karin said. "There is no understanding that with climate change and peak oil we need to move our dependence from road-based transport to other modes."

Justine Elliot's office advised that in order to be considered for federal infrastructure funding it had to first be initiated by the NSW government. NSW Transport Minister David Campbell's office has confirmed that the Murwillumbah line was not part of the NSW government's wish list submitted to Infrastructure Australia for federal funding.

Lismore mayor Jenny Dowell is unaware of whether the rail line is even

on the federal radar. "The first thing we must do until governments recognise its value, is to protect the rail corridor from being sold off. If that corridor goes, there is little hope of getting it back," she said.

Considering the rail corridor crosses two marginal, Labor held rural electorates, Page and Richmond, the project certainly qualifies for some federal pork barrelling, especially considering both wins were on the back of Greens preferences. There are plenty of 'working families' in our area dreaming of a train service.

In her maiden speech to Parliament four years ago Justine Elliot said "Forget the buck-passing and politics - I am here to do a job to represent Richmond," and "Many locals are very positive about federal Labor's long-term commitment to restoring the train."

Not at the moment they aren't, Justine.

Hemp licence workshops



Hot on the heels of the NSW Government's decision to license industrial hemp production, Northern Rivers Hemp Association held a workshop for 15 farmers to assist them in completing their applications. Pictured sharing their experience at the workshop are experimental hemp crop growers Dr Keith Bolton (left) and Andrew Kavasilas (centre). Photo: Deb Felton

BIG Kyogle farmers market

Mark 20th December on your calendar.

Kyogle Tidy Towns Committee are planning a very special Farmer's Market to celebrate the fantastic products of our region. As well as the usual stalls which will have wonderful fresh fruit and vegetables and other delectable delights which will make the preparation of festive meals so much more enjoyable.

By buying locally produced products you are decreasing your carbon footprint on the planet - isn't that great?

There will also be arts and crafts for sale in the Memorial Hall, and you can



buy stocking fillers or the perfect gift for that special person in your life.

The Town Band will entertain in Stratheden Street between 9am and 10.30am. Buskers can take the stage between 10.30am and 12pm but must register

with Council prior to the day.

Mrs. Clause will be visiting throughout the morning with a special basket of goodies.

Have you ever wondered how animal sculptures are made from balloons - well come and see - or have your face painted for free if that is more your style.

Town Crier Sir Geoff will keep you informed of the morning's activities.

So please come and support local producers, artists and craftspersons and in doing so, do your bit in saving the planet.

For further info contact J. Hayman, phone 6633-9143.

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ENVIRONMENTAL NEWS FROM WWW.GRIST.ORG

Not just a river in Egypt

A taxonomy of denial

As a climate scientist, I have become fascinated with climate skeptics. What makes them tick? Do they believe what they're saying? A while back, I suggested cognitive dissonance may play a role. Public Radio International has an interesting story on denial. Turns out that, much like a Neapolitan ice cream, it comes in several flavors: First is "strategic denial": someone may know very well that X is true, but deny it because denial is in their best interest. Think ExxonMobil. Second is "state of fear": when you are afraid something could be true, you deny the possibility. The radio story referenced women who don't check themselves for breast cancer -- not because they're not worried about it, but because they're terrified what they might find. Third is the "collapsing worldview": If X is true, then you're wrong about the world, and you'll have to reassess how you see things. If climate change is correct, those who believe the free market solves all problems will have their worldview shattered. Easier to just deny!

The Britain Image

British lawmakers OK landmark climate bill

With lawmakers' final approval on Tuesday, Britain has become the first country in the whole wide world to make a legally binding commitment to cut emissions 80 percent by 2050.

Reef, or Madness

Ocean acidification to weaken coral reefs, make islands more vulnerable to storms

Acidification of the ocean could make low-lying island nations like the Maldives and Kiribati more vulnerable to storms since it can significantly weaken coral reefs, according to a new report. When the oceans absorb carbon dioxide from the atmosphere, carbonic acid forms, which makes it more difficult for sea critters like coral and starfish to form shells and skeletons. "If ocean acidification weakens the structure of reef-forming corals and algae, tropical systems (islands) will be more vulnerable to physical impacts from storms and cyclones," the report said. So far, the world's oceans have absorbed roughly half the carbon dioxide emitted by human activities since preindustrial times. And if acidification keeps increasing, as it's expected to, the ecological effects on sea life could be even more extensive. "Ocean acidification is likely to have an ecological cascade effect right up to parts of the food web that are important to human beings, such as fish and shell fish," said Will Howard of the Antarctic Climate and Ecosystems Cooperative Research Center.

But Ceres-ly, Folks ...

Big-money investors urge global climate deal

In a letter timed to kick policymakers in the pants before an upcoming United Nations climate summit, more than 130 investors holding more than \$6 trillion in assets urged world leaders to rattle up a binding agreement to reduce global greenhouse-gas emissions 50 to 80 percent by 2050. "The climate crisis is a multi-generational challenge that requires strong national and international policies immediately," says Mindy Lubber of investment group Ceres. "World leaders must shun the excuse that it is too expensive to act to curb global warming. It is too expensive not to act."

Do You Know the Way to San Jose?

Electric-car infrastructure coming to California's Bay Area

California's Bay Area will enjoy an electric-car infrastructure by 2012, startup Better Place announced Thursday. The mayors of San Francisco, Oakland, and San Jose signed on for the plan, which will cover the region with charging and battery-exchange stations at an estimated cost of \$1 billion.

A Ruminant With a View

USDA has crazy idea that organic cows should get time in pasture

Only cows that have gobbled grass in pasture for at least 120 days per year can produce milk labeled "organic," according to draft rules issued by the US Department of Agriculture. Activists have long criticized a loophole that allowed organic-milk producers to keep their cows in giant feedlots, as long as they were fed organic grain.

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How to reduce spam in your email box

by Pixie Barrett

By now, I suspect everyone is familiar with www.snopes.com and/or www.truthorfiction.com for determining whether information received via email is just that: true/false or fact/fiction. Both are excellent sites.

Here's some spam-reducing advice from snopes.com:

1) Any time you see an email that says forward this on to 10 of your friends, sign this petition, or you'll get bad luck, good luck, or whatever, it almost always has an email tracker program attached that tracks the cookies and emails of those folks you forward to. The host sender is getting a copy each time it gets forwarded and then is able to get lists of 'active' email addresses to use in SPAM emails, or sell to other spammers.



2) Almost all emails that ask you to add your name and forward on to others are similar to that mass letter years ago that asked people to send business cards to the little kid in Florida who wanted to break the *Guinness Book of Records* for the most cards.

All it was, and all any of this type of email is, is a way to get names and 'cookie' tracking information for telemarketers and spammers – to validate active email accounts for their own profitable purposes.

If you have been sending out (forwarding) the above kinds of email, now you know why you get so much spam!

Do yourself a favour and stop adding your name(s) to those types of listings, regardless how inviting they might sound!

You may think you are supporting a great cause, but you are not in the long run. Instead, you will be getting tons of junk mail later! Plus, we are helping the spammers get rich! Let's don't make it easy for them!

Bulk recipient email

1. Forwarding emails:

- remove all previous addresses:
- put cursor at the start of the text want to keep; scroll down to the bottom of the required text; press Shift and then click the mouse at the end of the text. All the text you want will now be highlighted;
- press CTRL+X - this will 'cut' the text from the page;
- press CTRL+A - all remaining text will be highlighted;
- press DELETE - all unwanted text, graphics etc will be deleted
- press CTRL+V - this will 'paste' all the required text into the clean page

2. Forwarding and New Bulk Recipient emails:

- ensure all addressees are set to BCC: {blank carbon copy} this will hide all addresses.

These two steps not only protect your email address, which is in the header of the email if you forwarded, unless edited; it also protects friends to whom you enjoy sending emails.

Selectable output control

by Jay Stephens

Maybe you have a terrestrial digital set top box (or a satellite set top box) at home. If you do, it probably has both digital (HDMI) and analogue (component, composite, or both) outputs. However, the humble set-top box includes another, less-publicised feature as well.

In addition to all the buttons on the remote that came with the box, each of the outputs (sound and video) almost certainly has an internal switch. You can't see that switch. You can't disable that switch. But it is there. The only way to flip that switch is by sending a specific signal to the box, along with the programme content that it is tuned in to.

This Spring, for the first time since 2003, the groups that called for this technology to be included in digital video receivers in the first place (including the American MPAA – basically the Hollywood lobby) began to lobby for them to be actually used.

'Why,' you might ask, 'would anyone build in a switch to turn off the video or sound outputs from my box?'

The short answer is that the content creators and broadcasters want to be able to prevent you (the consumer) from copying video or audio content, even when it is broadcast to devices in your home. Using a technique called Digital Rights Management, or DRM (see www.eff.org/issues/drm) they hope to "allow" you to record and copy music and TV shows in a particular, limited way. Here's how it works:

First, the files you record contain special embedded DRM (Digital Rights Management) codes, which are designed to allow you to play the content only a limited number of times, only until a certain date, or even only on a certain PC or DVD player, or within certain geographical areas (your PC can't ping GPS? You can't watch the movie then). This is similar in principle to the use of different regions for DVDs, preventing you from playing an Aussie disk on your pommie friend's DVD player they bought in the UK.

Second, the DRM files that are stored along with the movie or music are writable, and contain a record of how many times the file has been played, when it was played, on what machines, and (in the case of a PC) who was logged in when it was played.

In other words, if the DVD player, say, is connected to a device that can read and transmit data back up to the broadcaster – which all cable boxes must be able to do for various reasons – then that device can interrogate the DRM capable files and 'report back' on your watching habits, breaches of copyright, and even whether you watched any of the adverts (if there were adverts). This does not happen now – but it could be done with the existing technology.

All of the above depends on two things. You must have recorded the file including the DRM codes onto your recording device, and the recording device must be able to recognise the DRM codes. This is where SOC (Selectable Output Control) comes in.

Obviously, if you could copy your movie or song straight to an analogue device (VHS, say) there would be nothing recorded there but the program itself – the sounds and maybe the pictures. You could make as many copies as you wanted, and play them when and where you wanted.

By using SOC technology, the broadcasters will be able to remotely turn off the analogue outputs (or non-DRM-enabled digital outputs) in the devices in your own home, before their broadcast begins.

It's interesting that this technology is currently being pushed as appropriate for "Europe, Australia and much of Africa and Asia" and not the USA (see bit.ly/dvb-drm) – probably because any American court would find the entire plan unconstitutional.

Don't buy DRM enabled hardware (if you can avoid it), don't use DRM enabled software (you can avoid it). 2009 might well be the time to dust off that old VHS recorder in the shed.

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live session. A tutor is online and waiting to help you. Any questions, email technical support at support@yourtutor.com.au

What's on in December @ Kyogle library?

- Bookworms is a free storytime session with rhymes, songs and craft for pre-schoolers aged 3 to 5 years. Register your interest in joining Bookworms now for 2009.
- Join the Summer Reading Club for lots of free fun for kids. Collect your kit from 16th December @ Kyogle library.
- Holiday reading – stock up for the Xmas break with library loans right up to 5.30pm on Xmas Eve.



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CTC Community Update



The Annual General Meeting of the CTC @ Nimbin Inc, held on October 30, ended with several new committee members taking up the helm.

Congratulations to management committee members for 2008-2009: Jamie North, president, Lynne Oldfield, vice-president, Adrienne Watt, treasurer, joint secretaries, Louise Mehta and Lisa Billings, Helen Lynne, Public Officer, with Graham Ferguson and Helen Lynne taking up roles as ordinary members.

To celebrate this injection of new energy and the acquisition of advanced technical skills courtesy of Lynne and

Adrienne's recently completed IT/video studies courses, the CTC @ Nimbin is proud to announce receipt of funding under the Foundation for Rural & Regional Renewal's program, Small Grants for Rural Communities – SGR14. A worthy asset to meet our community's promotional needs, the Ricoh Aficio MP C2500 is an all-in-one colour laser printer, copier, scanner and fax handling paper sizes from A6 to A3 (A3+ via bypass tray) and paper weights up to 257 g/m2.

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Eureka season's greetings



by Graeme Dunstan,
Peacebus.com

In 1854 the Victorian town of Ballarat was two years old and had a population of over 20,000. They lived under canvas, cooked on open camp fires and endured its often wet, cold and miserable climate. Alluvial gold had been discovered by white settlers only two years before and a phenomenal rush had brought men (and fewer women) from 60 different nationalities to seek their fortunes in a frenzy of industry; panning in surface creeks and digging shafts to find underground ones which they called 'leads'.

Victoria as a British colony was also new, established for just 17 years. Squatters supported by rich families in England had seized land and were establishing themselves grandly on the sweat of convict labour. The Victorian police force was even newer; just one year old and, manned by ex-convicts and ex-convict guards, it had already established an enduring reputation for corruption, violence and malice.

The colony was broke and was faced with a rapidly increasing population and urgent demands for infrastructure spending. The rich squatters refused to pay taxes and a miners license was introduced which police would collect on a commission basis. It was, in fact, a tax on work rather than wealth and in practice, fuel for further police corruption.

Agitation about the inequity of the tax, police corruption and the arbitrary arrest and detention of diggers led to

mass meetings and demands for reform.

Delegations were sent to Melbourne but the haughty Governor LaTrobe was not going to respond to demands being put upon Her Majesty Queen Victoria by a liberal rabble. Instead he responded by marching two redcoat regiments to Ballarat intent on crushing the democratic movement.

The diggers, realising what was coming, took up arms and began organising their defence with Peter Lawler, the Commander in Chief. A big flag, 3m by 2m, was sewn up and some 500 diggers many of them carrying guns, gathered about on Bakery Hill and, led by Lawler, swore this oath: "We swear by the Southern Cross that we will stand together truly and fight to defend our rights and liberties". This was a challenge to the British Empire and sedition – a capital offense.

The diggers then marched to the Eureka Lead, a predominately Irish digging on high ground about 3 km from the government camp and astride the Melbourne road. There they built a fence of mining timbers (the so-called Eureka Stockade). For three days the rebels effectively administered the goldfields of Ballarat. The colonial administrators, police and soldiers were too terrified to leave the government camp. On Sunday morning at 3am they did and devastated the diggers with a dawn attack.

The fight was short and bloody. The redcoats broke through the fence, killed all who resisted, tore down the flag and "trampled it under foot with a loud hooray" while the mounted police went berserk attacking bystanders outside the stockade. When the dust

Commonsense human values

Twentieth in a series
by Laurie Stubbs



Do whatever you like on the Earth as long as it does not change the systems that make the Earth our home, nor deprive a species of its livelihood.

This article continues a trial set of values based on the principle Life Develops Itself (LDI)

Take anything you want from the Earth and use it, but when you have finished with it return it to the Earth in the same form as when you took it.

Natural breakdown and change of all things on Earth happens on a rational and predictable base. Interference by humanity upsets rationality, produces massive problems. To fail at recycling robs Earth of what it needs to continue to sustain life.

Here again the LDI principle is directly involved. Industrial and mining wastes must be fully recycled. Minerals will always be taken from the earth's crust, but the earth must be restored to the function level that applied before the mining. Equally, the junk which most of these minerals become must be recycled as resources for repeat products -- not merely buried or put out of sight.

For example, nuclear wastes are a huge potential for damage temporarily locked away in one form or another. Humanity has so far baulked at the cost of reprocessing but allows an unrealistic profit to be taken today. Taking materials from the earth in future carries an obligation to reprocess whatever wastes are involved and return them safely to the earth. Action is -- in the long run -- agreed to (or allowed) and therefore is done by the people as a whole whether the immediate actor is Governments or corporations. We must review collectively what is done in our name.

This is an extension of the value above Take anything you want from the Earth and use it, — but includes a wider framework so as to maintain earth systems, and existing species. The current example is global warming, and its effect on weather change. In turn, weather change could be catastrophic.

Take any living thing for food, but acknowledge your debt to it, and do enough work to replace it.

All living things 'work for a living'. Ant and termite colonies function to allow the breakdown of materials into a form plants can use. Bacteria, insects fish, reptiles, mammals and all the rest have interrelated functions in a marvellously complex chain of action that works to allow all to survive as species. Complexity and diversity is part of the way life develops itself. But humanity has the choice to decide whether a particular person may work.

Though the meaning of "work" changes when we look at mankind, it is still input to a complex exchange between humans and the environment. But some humans do not work, and so are denied the self respect and status which comes from the western idea of work. If such a person were to create a vegetable garden and grow what they eat, they would have stepped outside the conventional wisdom, would have "worked" within the work notion of

this value. The work of growing is a process of understanding a personal relatedness to the earth and all its species. That relatedness is the essence of the work idea contained in this value. One life form preys on another throughout the gamut of species.

Today's human numbers don't accept that foodstocks have a life. An element of human balance has thus been lost. Accepting the contribution of other living things to our lives recognises our dependence on other species and the planet's interlocking systems. All living things contribute in one way or another to the lives of all the rest.

Resources are conserved; used carefully without wastefulness or selfishness.

Natural use of and changes of materials from one form to another sets the standard. Humankind must conform to this natural law.

Human wastes are returned safely to the soil.

What comes from the earth must go back to the earth. All natural life forms do it. Man is no exception.

Regard the Earth as held in trust by you for your descendants.

It is axiomatic the LDI principle insists on preserving the earth in good shape. That it can be preserved is shown by Australian Aboriginal experience. As a value it is in direct contrast to the conventional Western resources to rubbish paradigm; many of the worlds problems have origins which flow from that outlook.

So much for the beginning of the value set. Next article looks at the second group.

had settled 25 diggers and 5 redcoats were dead.

The Eureka Stockade had been crushed, but not the Eureka spirit. The news of the government attack provoked outrage, and when the prisoners were brought to Melbourne there were mass protests in the streets. The Colonial government proceeded with trials – five of them one after the other – and each time the juries, not even hearing the evidence of the defence, ruled that the Government had acted tyrannously and that the diggers had the right to defend themselves. The released prisoners were carried through the streets of Melbourne by cheering crowds.

By the end of 1885 Latrobe was dead, a broken man, and democratic reform in the Australian colonies had become a necessity. So it was

that Victoria became a leader in liberal democratic reform for the world.

The Eureka story was denied, actively suppressed and distorted by the colonial government and the squatter property class that ruled it. It was put about that the reforms so won were in the pipeline anyway and the Stockaders mere foolish and impatient hot heads.

Bullshit! The "fair go" tradition begins at Eureka and it was won with blood. Courage in the face of tyranny. Direct action, solidarity, direct democracy and internationalism.

Anarchy works. Governments lie. The poor and the lowly have always know this and this is why the Eureka Southern Cross flag is such a potent symbol. It is why it needs to be seen when Australians stand together and resist the tyranny

of governments and the corruption of their police.

And it is why I am a Eureka flag bearer and why Peacebus.com actions take place under the Southern Cross. I want to honor that blood sacrifice, carry forward the tradition of the fair go, inspire others to be brave in the face of tyranny and to stand together truly and fight to defend rights and liberties.

I have flown the Eureka Southern Cross at actions and places as diverse as Melbourne s11, Sydney APEC, Yeppoon Peace convergence, Independence from America Day in Byron Bay, in Canberra at the 2007 Bring Hicks Home/Bring Howard Down rally, in Newcastle for Climate Camp and in Wollongong protesting the corruption of the NSW ALP.

In Ballarat I have in the past years illuminated the

Eureka commemorations with lanterns. This year, I plan to illuminate the Eureka spirit by burning an effigy of Australian Federal Police Commissioner Mick Keelty, Howard's "Terror War" point man and chronic abuser of individual rights and liberties.

Thanks to the flakiness of the Rudd government he is still in office and the tyranny of the "Terror War" continues. end the terror, I say. Sack Keelty! Cuff the AFP!

At the Eureka Memorial at dawn on December 3rd – the 154th anniversary of the Eureka rebellion – Mick Keelty will burn. And if neither Rudd nor Keelty get the message, I plan to keep on travelling the country and organising Keelty burnings under the Southern Cross until they do.

Blessed by the ancestors, Eureka spirit will prevail.



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Homeopathics etc

by Tarang Bates

The Kookaburras are cackling away up on the ridge – I had an amazing encounter with one of these beautiful birds in a dream recently. At first she was weary of me; I had to trust her to wrap her beak around my finger. I could feel the pressure getting stronger (and I know how much a Kookaburra beak can hurt!) I relaxed and trusted and she stopped at a point that was just right. As our encounter continued, the boundaries between us blurred, her feathers felt exquisite on my face.....we fell into love.



Have you ever noticed how, when you walk past a wallaby, you can slow right down. I don't mean just your walking....energetically as well, make eye contact – stop and talk. There might be a bit of ear twitching, but you can usually feel the animal relaxing and meeting your energy. I have friends who do this with Jumping Ants..... yes you know who you are!! They even tell me that they look into their eyes and see their ears twitching.

I love sitting here on the veranda, its very grey out there today but lush, green and cool – I love cool. A Wonga Pigeon is taking a stroll through the garden, what a beautiful bird. Actually it's waddling rather than walking, because it's so full of chook food. There have been some amazing storms around and for the first time, a number of Bunya Pines have snapped in two. One of these was loaded with immature cones; we planted it over 18 years ago and had been hanging out for a good feed.....that'll teach us! Maybe I have been looking at it too longingly when I walk past every day.

Well, whooping cough is still doing the rounds, albeit in isolated pockets. It's useful to consider a few doses of Pertussin, even if you dosed your family at the start of the outbreak, which was a year ago.

Chicken pox is now on the move, which is a very infectious viral disease. It is spread by droplets from the nose, mouth or rash of an infected person. The incubation period (how

long it takes to develop after contact from an infected person) is 13 – 17 days. Chickenpox starts with a fever, lasting around 24 hours, followed by a rash on the trunk and spreading to face and limbs. The spots start as pink dots, becoming transparent blisters which may reach the size of a pea. After 24 hours they form pus, and then a few days later form scabs. The person is infectious until the scabs fall off.

The homeopathic prophylaxis which should be used at the start of an outbreak (which is now) is: **VARICELLA** for 10 days. As with other prophylactic remedies, this should be repeated for 3 or 4 days during future outbreaks.

If Chicken pox is contracted, following are number of remedies which may help:

RHUS TOX: The rash can be extremely itchy and the child may be restless and feverish.

ANT TART: The blisters are very large, the child whines, may be drowsy and doesn't want to be left alone.

PULSATILLA: Rash and fever with the child tearful and clingy, not thirsty despite the fever.

To help the spots dry and heal, oatmeal or baking soda in the bath (about ½ capful) may be useful.

The preceding words are not intended as medical advice – they are intended to assist parents, who choose to use homeopathic medicine, with the advice and in conjunction with, their family practitioner.

All these remedies and others are available from Nimbin Homeopathics. For enquiries, contact Tarang Bates DHP on 02 66891452 tarangbates@yahoo.com.au. Or speak to me at the Saturday morning Rainbow Lane markets (most Saturdays).

Ayurvedic Info



Helen and John

Last month we talked about the formation of the elements from the cosmic embrace of Purusha and Prakruti, the male and female creative principals. We expanded on the elements of ether and air, which constitute the Vata dosha.

This month we will talk about the remaining elements fire, water and earth. Remember – fire and water constitute the pitta dosha and earth and water the kapha dosha.

Fire

Fire is hot, sharp, dry, penetrating and luminous. When air begins to move, it creates friction which generates heat or fire. Fire is radiant energy and on the atomic level, it's the basis of the quantum wave of heat and light. It is active and changeable. In our solar system the sun is the source of fire and light, while in our body, the fire in the solar plexus regulates body temperature and metabolism: digestion, absorption and assimilation. Fire is associated with vision so its sense organs are the eyes. It is intelligence, transformation, attention, comprehension, appreciation, recognition and understanding. On the negative side, it manifests as anger, hatred, envy, criticism, ambition and competitiveness.

Water

Water is fluid, heavy, soft, viscous, cold, dense and cohesive. It brings molecules together. Water is the universal solvent. It is associated with the sense of taste. (Without moisture, the tongue cannot taste anything) Water exists in the body as plasma, cytoplasm, serum, saliva, nasal secretion, cerebro-spinal fluid, urine and sweat. It is necessary for the maintenance of life as we know it. Water is contentment, love and compassion, but can create thirst, edema and obesity.

Earth

Earth is heavy, hard, rough, firm, dense, slow moving and bulky, the most solid of the five elements. It is neither hot nor cold. Earth is mechanical and physical energy. It gives strength, structure and stamina to the body. Bones, cartilage, nails, teeth, hair and skin are derived from the earth element. Earth is associated with the sense of smell. It promotes forgiveness, support, groundedness and growth. On the negative, it also creates attachment, greed, possessiveness, indolence and depression.

For a consultation or treatment, book for our Thursday clinic by ringing the Nimbin Apothecary on 6689-1529 or John – 6689-1794 or Helen – 6689-1717.

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Fungi story touches locals

by Peter Barrett

Our story last edition on the newly identified fungi and arthropod infestation which sufferers and doctors at the USA Centre for Disease Control are calling 'Morgellons' has literally touched the hearts of several locals.

Some readers could not believe their eyes when they read the story. It was a blow-by-blow description of the symptoms they themselves have been suffering – one reader for as long as eighteen years without respite of any kind. Another reader literally broke down and cried tears of what she described as "joy and relief" to have read that other people have exactly the same symptoms that have been traumatising her for over two years, and that she is not going mad. The condition has a name and is being studied in the US with a mandate to find a cure.

Author Peter Barrett suffered from the insidious affliction for at least four years. Still today Peter and his wife Pixie are consuming large quantities of pharmaceuticals in an attempt to knock the it on the head. Peter said "I am amazed at the number of people who contacted us after reading the NGT story. I didn't bother to include contact information – I never gave that a thought. Those that found me wanted to find out more about how to recognise whether they actually had Morgellons, and of course everyone wants to know how to treat the jolly thing."

Because of the number of concerned locals we decided to add an Australian

Morgellons information page to our website. The page will contain information relating to the illness Morgellons. There will be links to relevant websites and stories about successes (and failures) of treatments tried around the world.

It will be a place to tell your story also, so we can compare individual symptoms and recommend various remedies that have offered real relief to sufferers. We will also keep the page up to date with progress on research being performed by the US Centre for Disease Control.

There is no remedial information about Morgellons available to the medical profession at this stage, so we do not expect miracles.

Like all diseases there is a period of time needed to identify and isolate before finding a cure. We are sadly in the time vacuum between identify and cure. It's nobody's fault, but if we are to find a cure every piece of information is vital. Once trends are established there is something for scientists to work with.

The webpage will be available at www.webuy4au.com and you can email enquiry@webuy4au.com or phone 6689 7257 for more information. We also have a photographic microscope used to photograph fungi samples and compare the photos visually with identified Morgellons photos located online at www.morgellons.org, the US CDC, and several other great information sites.

All these links will be posted on the Morgellons Australia support page. Go to www.webuy4au.com and click the Morgellons link.

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For chronic pain, try some **IMPACT** in your life



by Paul Le Bars

About 2½ months ago with much apprehension I started a pain management course at the Intensive Multidisciplinary Pain Assessment and Cognitive-behavior Training Clinic (IMPACT) at the Lismore Base Hospital. Well, talk about a life-changing experience.

Prior to starting I was suffering pain 24/7 due to an accident I had 35 years ago. Subsequently I have had multiple operations, enduring chronic pain and depression over the years. During this period I have tried everything – alternative therapies, painkillers of all descriptions, self-medication, meditation, hypnotherapy, hydrotherapy, hippy therapy etc. All turned out to be (now I've learned) short-term fixes for my enduring chronic pain.

Though hesitant, at first I found the lecturers very encouraging and empathetic to our group of eight chronic pain sufferers. Throughout the three week intensive course we were educated by a doctor, a psychologist, a physiotherapist, and a nurse practitioner, all specialising in chronic pain (as opposed to acute pain – three months on average – the time it takes for tissue and bone to heal in normal circumstances).

Apart from the stretching, strengthening and functional exercises, we were taught about and practised, cognitive behavior therapy, the psychology of pain, the origins of chronic pain and nerve dysfunction, the pharmaceutical short fixes and the toxic consequences of pain medications, goal setting, understanding the physiology of sleep, stress management, problems solving, thought management, understanding and management of a chronic condition, pain desensitization, thought management and tolerance setting and much more.

This is all from the mainstream medical fraternity. Everything we learned is backed up by credible, qualified scientific evidence, and is easy to learn.

This approach to chronic pain has its beginnings in the USA following a study on Vietnam Veterans 30 years ago, and was taken up by the Royal North Shore Hospital in Sydney 20 years ago. Since then it has been a work in progress and introduced into the Lismore Base Hospital three years ago.

When I started the course I had a pronounced limp, an arthritic hunched back, and was consuming 15 to 20 pain killers a week.

I'm glad to say my limp is almost non-existent, I ride about 30-40 kms on a pushbike (the specialists told me to avoid the cycle), I stand straighter than I have in 20 years and I haven't had a painkiller or a sleeper in seven weeks. Don't get me wrong, I still have the pain but I'm managing it, not it managing me. The IMPACT course has provided me with the tools to overcome the impediments of chronic pain and helped me to raise my quality of life.

The catch is you. If you don't apply the IMPACT tools to your condition then the tendency would be to go back to the cycle of painkillers, depression and only short term gains. Basically back in the same hole.

Lastly I have to thank the dedicated practitioners at the clinic for their time, support and encouragement, and for giving me a brighter outlook for the future.

I know many people who suffer from chronic pain, and I would strongly recommend the course. If you need further information, definitely have a chat with your GP and get a referral.

I hope others can benefit. Take care and look after each other.

Cook's corner

Garry, Carolyne, Shannon and staff of the Coffee House would like to thank all our customers for the wonderful support we have received during the past year. We look forward to being with you all again next year. Thank you all and God bless you.

SUBVERT COSMETIC MULTINATIONALS



by Trish Clough

Have you ever thought about what you are paying for when you buy skin care products? In addition to the ingredients and packaging, you are also paying for research and development, legislative compliance, manufacturing, labelling, distribution (sales managers and reps), huge advertising costs in glossy magazines and television, administration staff, payments for CEO's and corporate functions, retailers margins, and maybe a few day spas as well.

I estimate the cost of ingredients and basic packaging of a quality brand to be approximately 5%-10% of the price you pay for the product. If you make your own, however, this is all you have to pay. And you can have fun while being creative.

As an owner of Traditional Medicinals in Lismore, I urge people to create their own natural skin care products with our December workshop.

Just in time for Christmas gift giving, the workshop requires only a basic skill level to create massage oils, bath salts, melt-and-pour glycerine soap, shower gels, foot scrub and hydrating mists. With limited places available, the workshop will be very hands-on, providing individual support in developing unique skin care products.

Participants will learn about essential oils and designing their own special fragrances. There is also a prize of \$50 worth of 'make your own cosmetics' ingredients from the shop for the product judged best on the day.

The workshop will be held on Sunday, December 14, and costs \$145 which includes lunch at Goanna Bakery Café, morning tea, and six products to take home.

The workshop will be conducted by myself and Steph Willacy. We have been designing and making natural skin care products for 15 years. Having previously stocked well-known natural cosmetic brands it became apparent to us that customers could get much better value and unique products if we supplied our own range of products. Over the years we have designed a range of over 100 products, including cleansers, moisturisers, body care products, and specialised products for men and babies.

We want to share our skills and experience, and give people the chance to make their own quality products, saving even more money and having control over the ingredients they put on their skin. This reduces excessive packaging and transportation costs, and gives people independence from the marketing forces of the cosmetic industry.

Skin type tips

by Cheryl Beasley



Women who have dry skin often feel that their skin is tight, or rough. Dry skin is often also flaky and scaly, and it can sometimes be red or itchy. If you have dry skin, you should avoid washing with hot water.

They should also take short showers or baths of no more than five to ten minutes, using lukewarm water. They should use a moisturising natural body lotion immediately after a shower or bath, natural soap is also useful in keeping the skin properly hydrated.

Daily Skin Care

Every woman's skin care routine should be made up of three main components, morning and night: cleansing, toning and moisturising all with natural skin care products.

Cleansers remove makeup, dirt and oil. Using natural cleansers that are specifically formulated for your skin type will work best. Make sure to rinse well, splashing the face five to ten times with warm water. Dry gently.

A natural toner removes any remaining traces of oil, dirt and soap. Toners should be applied using a cotton pad or cotton ball. Toners are especially helpful for those with oily or combination skin.

Moisturising is an important final step of every woman's daily skin care regimen, even oily skin needs to be well moisturised. A natural moisturising cream helps replenish the skin, helping it regain the moisture lost throughout the day and through the cleansing process.

Diet and Your Skin

One of the easiest ways to get healthy, glowing skin is to maintain a balanced diet. Eating lots of fruits and vegetables helps skin look and feel its best while drinking lots of



This is the last in a two-year series of advice columns by Cheryl Beasley, the founder of LanaB Skin Care, an online natural skin care business at www.lanab.com.au

Cheryl has over twenty years experience producing skin care products, and produces a monthly newsletter pertaining to the industry. Thanks for the great advice.

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