



Barbie endured extensive surgery and daily bandage changes to her leg injuries from being pulled off a barbed wire fence.

## Don't fence them in

by Sonya Nourse

Humans construct fences for all sorts of reasons but rarely give any thought to the menace their work can present to native wildlife, including koalas.

The ubiquitous barbed wire is a case in point. Over the past twelve months, two koalas that have become entangled in barbed wire have been admitted to Friends of the Koala, one extremely badly damaged because of the way it was handled by its well-intentioned rescuer.

Coming across a koala or any animal caught up in barbs is distressing and most of us would want to do anything to alleviate the animal's pain and distress.

Pulling it away or cutting live tissue isn't helpful and invariably exacerbates the original damage (and pain); much better to place a blanket or suchlike over the koala to shelter it from the sun and to calm it, lessening the instinct to struggle.

Seeking assistance from someone trained in barbed wire extraction may take a little time but it is much more humane to wait and will usually achieve a better outcome for the animal. If that is impractical and you are the landowner, consider cutting the wire so it can be removed from the animal under anaesthetic by a veterinarian.

Barbie, the koala referred to above required extensive surgery and many months of rehabilitation at the Australian Wildlife Hospital while the leg-tissue grew back. All animals tangled in barbed wire fencing require medical attention and even if they seem okay should be brought in for observation.

Where possible avoid using barbed wire fencing but if it is absolutely essential, replace the top and bottom wire with plain wire. Don't plant trees next to such fencing as they will attract animals and the risk of disaster will increase.

Whilst fencing can present barriers to ranging wildlife there are also situations around the house, such as dog runs and swimming pools which demand exclusion and fencing should be designed accordingly. We have been called to koalas where their heads are caught between the uprights and even wedged in the gap between the fence and the ground. Unroofed dog runs can be a death trap for a koala.

There are a number of websites which promote koala friendly fencing, but the acknowledged authority for wildlife friendliness in general is [www.wildlifefriendlyfencing.com](http://www.wildlifefriendlyfencing.com)

### 20th Anniversary

Throughout 2009 Friends of the Koala is celebrating the 20th anniversary of our becoming a licensed wildlife rehabilitation group by holding events to promote our work. If you are interested in finding out more about koalas or becoming a koala carer, a Basic Training Day is to be held on Saturday 7th March. Registration is necessary.

Information about koalas and Friends of the Koala is available at: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233

Until next time, happy koala spotting!

## Koa's new film

Local filmmaker Mark Jago has teamed up again with Koa Windsong and local plant expert Gareth Wise to create the third instalment in their **Walk Softly with Koa** bush tucker and survival films.

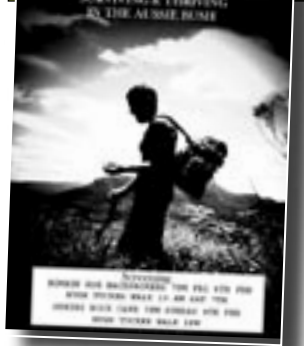
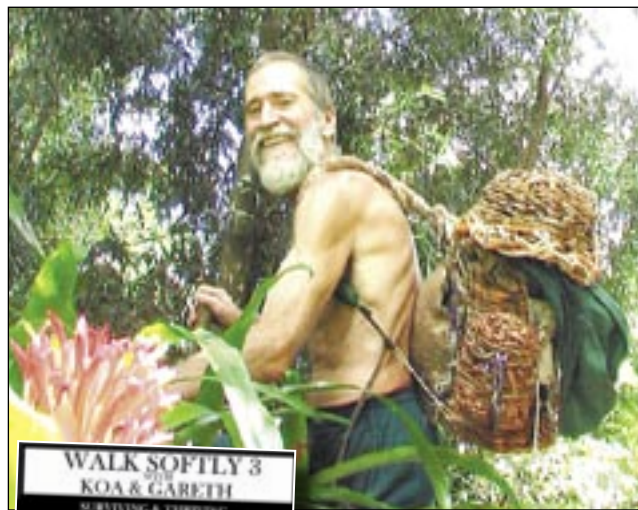
Koa said, "I have been living this lifestyle of living in nature, harvesting food and fibres for weaving for over two decades now, and I am still on the path of learning more. I don't claim to know everything – there are plenty of gaps in my knowledge base and plenty more to learn from my fellow kindred spirits.

"That's one of the reasons why I hooked up with Gareth Wise for this film, to introduce someone into the process to share what he knows, which is a whole suite of knowledge that is unique to him.

"In this film we have gone into some areas that we haven't really touched on before, like fire management, water harvesting, building different types of shelters and more in-depth information about bush tucker plants and what most people call weeds.

"We spend some time talking about ways of changing our attitudes to plants, especially weeds. From my perspective there are no weeds, there's just a lack of knowledge about a particular plant that makes us find no value in them. All things have their uses."

Mark Jago said, "A lot of the filming for this new



instalment was done during the weekend workshops Koa and Gareth have been conducting to educate people on bush tucker and survival skills. And it's becoming apparent that there is a growing awareness of how important this knowledge is."

Koa agreed. "I guess the bottom line is we are trying to dispel people's fears when it comes to the bush. Knowledge conquers fear, and there seems to be an agenda to keep the bush as the vast unknown, a place to be feared and avoided. So we are simply trying to dispel that attitude. "When we walk in peace

and harmony with our environment we become situated in the "Now" – this is the secret to a happy fulfilling existence on this planet. The Original people who were here before us lived this way and had achieved a level of balance with their environment that is to be envied today.

"From my perspective it's time to rebirth the tribes in the spirit of love and compassion and start living in a sustainable way."

**Walk Softly 3** will premiere at the Nimbin Rox Backpackers on Friday 6th February starting at 7pm, entry \$5 with another screening at Sphinx Rock Cafe on Sunday 8th February at 7pm. Koa will also be conducting bush walks on the Saturday morning at Nimbin Rox YHA (6689-0022) and on the Sunday afternoon at Sphinx Rock Café (6679-7118).

## OBSERVING NATURE



WITH MICHAEL SMITH

- Go pick those Isabella grapes and turn them into wine.
- Paw paw, mangoes, figs and macadamias ripen.
- Bats arrive to eat all your mangoes.
- Lantana flourishes.
- Bats knock off your edible figs.
- February and March are the months of highest rainfall, average 180mm.
- Paspalum goes to seed.
- Bunya nuts fall to the ground (don't be under them).
- Banana trees respond to the rain and throw out bells.
- Young foxes leave their mother's den to find their own territory.
- Huntsmen spiders lay their eggs.
- Time to plant out natives (from the seeds you have collected) to harden for winter.
- Feral cats breed.
- The constellation Orion dominates the night sky.
- Spitfires mass on branches.

*Michael Smith has been observing nature's cycles for over 25 years. He will be sharing his insights with NGT readers monthly in these columns.*

## Part-time Permaculture Design Course and Semester 1 Courses at Djanbung Gardens



Class in progress with Sunny, the turkey.

The Erda Institute team at Djanbung Gardens are completing final preparations for the new training year starting 16th February, with a new intake of students for the nationally accredited Permaculture Certificate III and IV courses.

Austudy approved, the full-time training involves 3 days/week for Cert III and 4 days/week for Cert IV.

For those not in a position to undertake full-time training, some of the certificate course modules are open for registration as short courses or part-time studies.

### Part-time Permaculture Design Course

In term 1, the full PDC will start Tuesday Feb 17, and will continue with classes on Mondays 11am-5pm and Tuesdays 9am-5pm for the rest of term, concluding April 7. This

will cover the full PDC curriculum of the Permaculture Institute plus and also forms foundation training for the accredited Cert III and IV in Permaculture.

Those who have previously completed a PDC can apply for a course credit to enrol as part-time students for Cert III or Cert IV, and simply attend and pay for the non-PDC component of the training.

Term 2 will offer a greater diversity of short and special interest courses with the Growing Abundance Program, Food Forests and Orchards, and Integrated Organic Pest and Weed Management Part 1.

Course enquiries can be made during open hours, Tues-Sat 10.30-3pm at Djanbung Gardens, 74 Cecil Street Nimbin. Phone 6689-1755, or visit [www.permaculture.com.au](http://www.permaculture.com.au)

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# Another noxious weed: Green Cestrum

by David McMinn

Green Cestrum (*Cestrum parqui*) is a native of Chile, but has naturalized in south east Queensland and north east NSW.

It was originally introduced as an ornamental garden plant, but has now spread throughout our region and is now widespread in the Nimbin village and the surrounding countryside. This weed is a major problem for the local farmers, as cattle die a painful death after eating this highly poisonous shrub.

Another potential problem is that children could eat the berries of this plant and become very ill or worse. Death has resulted from children eating the fruit of this and other *Cestrum* species. Green Cestrum may also cause headaches and allergic reactions in susceptible adults, who come into contact with this shrub.

## Description

Green Cestrum is a small



shrub with pale yellow tubular flowers and berries that are black in colour when fully ripe. If crushed, the leaves emit an unpleasant odour.

All parts of the plant are poisonous, although the fleshy fruit are considered to be the most toxic. Ingestion of this plant by humans can cause a loss of appetite, intense abdominal pain and blood stained scouring. In severe cases, death can result.

## Control

The shrub has been declared noxious, which means that land owners are legally obliged to get rid of any plants growing on their land. To destroy the plants, you may try cutting the plant off near the base and then applying glyphosate to the stump.

Alternatively, make cuts near the base of the trunk and immediately apply glyphosate. Spraying herbicides is not suitable in a garden setting

due to 'collateral damage'.

If you are loathe to use toxic chemicals, you may cut back the shrub to a stump and continually remove any green shoots that emerge. This will take time and persistence on your part.

Alternatively, cover the stump and the surrounding area with black plastic. Lack of sunlight will exhaust the plant, eventually killing it.

Digging the plant out is not a good means of eradication, as any roots left behind will quickly resprout. All the best with your weed control.

Green Cestrum is yet another example of how your favourite garden plant can quickly become the next weed disaster. When selecting plants for your garden or bush block, you must make sure that they are non weedy and very unlikely to spread into the local environment.

Weeds will become an acute problem in coming years, with many new weed species spreading throughout our beautiful valley.

# Forest FOI goes to court

After a year of legal wrangling, the simple request by the North Coast Environment Council for basic information on logging approvals granted over forests in North-East NSW, will finally be heard before the Administrative Decisions Tribunal in Sydney this month.

"In February last year, the North Coast Environmental Council made a Freedom of Information application to obtain copies of 17 logging approvals issued by the Department of Environment and Climate Change over

forests in northern NSW," said Ms Susie Russell, Vice-President of the North Coast Environment Council.

"We were refused that information several times, and even our attempts at mediation were refused by the landholders involved. Now we find ourselves at the Administrative Decisions Tribunal," Ms Russell said.

"Our situation is in contrast to promises by NSW Premier Nathan Rees when he said last October, "The days of a secret state are over," and the NSW Ombudsman's

annual report which called for an end to decisions being made behind close doors.

"Under the previous native vegetation laws, the community frequently obtained this type of information under Freedom of Information requests.

"A 'cone of silence' has since descended over the Department of Environment and Climate Change, as they refuse to recognise the public is very interested in good forest management.

"There is a grave double standard at play here, as



North Coast Environment Council Inc.

approvals to clear land are publicly available, but approvals to log are not," Ms Russell said. "The Department is effectively doing special deals with the timber industry that are inappropriate, and aimed at blocking public scrutiny of environmental regulation."

# Conservation Course to be run in Nimbin

Late in January, residents of Nimbin and the local area attended an information session at Djanbung Gardens on a Certificate II Conservation and Land Management Course, to be run by ACE Lismore Community College.

Course tutor Michelle Taylor gave an introduction to the course, which is fully funded under the Productivity Places Program and is open to anyone who is currently seeking employment.

The course will be delivered in classrooms and amongst the natural settings of Jarlanbah Community and Djanbung Garden Permaculture Institute, student will transverse between the two venues via a connecting



riparian zone and wildlife corridor where several platypuses live.

Michells said, "An observation count of birds, plants, weeds and other wildlife will be conducted, with the information gathered used to develop appropriate conservation strategies."

The course will be conducted Wednesdays and Thursdays from 9.30 – 3pm over 18 weeks, starting Wednesday

11th February, concluding 17th June.

Bush regeneration techniques will be taught, with an emphasis on non-chemical methods. Peter Hardwick, a local bush food expert, and other guest speakers will share their knowledge and experience with the class.

Seeds of local native species will be collected and propagated for planting to extend and regenerate the riparian and verge areas. Also included in the program is a Senior First Aid Certificate and computer skills subject, Business Technology.

For further information and enrolments, phone ACE Limore on 6622-1903.



## Change, Change, Change

**Obama references energy, climate challenges in inaugural address**  
In his inaugural address, President Barack Obama made a few points likely to bring smiles to the faces of environmental advocates. "We will restore science to its rightful place ... We will harness the sun and the winds and the soil to fuel our cars and run our factories," he said. Later, he made reference to climate change: "With old friends and former foes, we will work tirelessly to lessen the nuclear threat, and roll back the specter of a warming planet." The official White House website made an apparently smooth transition from George W. Bush to Barack Obama, and energy and environment get a starring role on the new homepage. There's also now a White House blog.

## They Did What!?!?

**Grist looks back at the WTF moments of the G. W. Bush years**  
The Bush administration was hostile to government regulation and protective of business interests. That was their stated ideology on the campaign trail, and when elected, the president saw to it that his government acted on it. Fine. We get it.

But the Bush environmental record is not entirely explicable through ideology. Some of the stuff Rove & Co. did was simply perverse, with little policy or philosophical rationale beyond, "hey, let's f\*ck with the dirty hippies!" They did worse things, sure, but these are the ones that seemed to call for psychological diagnosis rather than political explanation. We call these episodes of sheer dickishness "WTF? moments." Here are a few:

## Mocking auto efficiency

It's something of a marvel that Bush's EPA once released a TV public service announcement encouraging home energy conservation. (Only you can reduce energy demand – because we won't!) Perhaps to atone for this vaguely hippie gesture, the PSA poked fun at some dope trying to improve his car's fuel efficiency. We say again: mocked someone trying to improve fuel efficiency. Where was YouTube when we needed it?

## Testing pesticides on human subjects

The chemical industry has developed sophisticated methods of testing potentially toxic chemicals on animals, which, you know, isn't that cool, but it's not as uncool as testing them on human beings. But hey, sometimes you want to act like a villain in a dystopian sci-fi movie. Clinton banned the creepy and unnecessary practice of using data from pesticide health studies on human subjects. That act of sanity couldn't be tolerated, and sure enough, Bush promised the pesticide industry he would overturn the ban. We wouldn't make that up. (The plan ended when Senate Democrats raised a stink.)

## Withholding benefits from nuclear workers

The Bushistas are obsessed with nukes – using nuclear weapons letting more countries get nuclear weapons, building more nuclear power plants, opening up massive nuclear waste dumps ... pretty much anything radioactive gets the thumbs up. You'd think as part of that obsession they'd have done whatever they could to clean up the messes left behind by previous nuclear adventures – messes like, say, a group of workers sickened by radiation from working around nukes during the Cold War. Indeed, congressional Republicans urged them to do just that, even appropriated money. But ... no. That would be too, oh, decent. Instead, Bush's Energy Department has paid out only \$700,000 of the \$95 million it has received since the program was created, to only 31 of the roughly 25,000 claims filed. Denying already-appropriated money to radiation-sickened workers. Really?

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## The Writable Web comes of age

by Jay Stephens

2008 saw a real online buzz about platform convergence (accessing the web, both to read and to write content, from platforms such as mobile phones and PDAs), twitter, life streams, and the writable web.

Through late 2008, this buzz reached a pitch that reminded me of the hype around blogs just after the dot-com crash. Interestingly, this buzz about "new and exciting" technologies (which mostly deliver only what Web 2.0 was meant to, way back in 2002) has coincided with a blogosphere massacre ([bit.ly/AOL-blogs-fail](http://bit.ly/AOL-blogs-fail)).

It has also coincided with Barack Obama harnessing the grass roots potential of Web 2.0 with devastating effect. Obama was the first presidential candidate to spend serious money on campaign advertising within virtual realities, and within network games (see [bit.ly/2008-online-tactics](http://bit.ly/2008-online-tactics)).

The Obama campaign also famously used Facebook and Twitter, not only as tools for advertising, rapid rebuttal, and recruitment, but as networking and team-building tools, crucial to cementing groups of young, inexperienced but enthusiastic teams of election workers into a nationwide unit to pull off the big win.

These trends are related. Life streams, social networking, and status tools like Twitter are combining with people's increasing "on the go" access to the web to render blogging obsolete.

Putting personal content online in 2009 requires a way of thinking that must go beyond blogging, if we are to reap the benefits that the writable web offers - this



new way of thinking assumes we are always connected no matter how remote we are.

It assumes that the references to support (or refute) an argument are never more than a click away. It assumes that the interestingness of an idea, and the level of support for it, can be measured in hours, often in minutes.

It assumes that anything interesting posted online will immediately become a conversation as opposed to a blog post with a comment thread appended below it. It assumes that people can contribute to this conversation in words, in pictures, in video, and hypertextually - by linking, tagging, and making mashups of whatever is already in the conversation.

This way of thinking is what I like to call the writable web. In many ways, it's a return to what the web was always meant to be - a place for ideas to be generated, swapped, analysed and turned into parts of an ongoing global conversation. This flatter structure plays to the Internet's strengths, but at the same time exacerbates the problems that already exist - information is hard to search for and to filter when everybody is generating it all the time, so our new way of thinking must also prioritise cutting-edge technologies to find the content we want.

These technologies get ever more sophisticated. An

example is [www.last.fm](http://www.last.fm)'s music recommendation algorithms, which determine music you will probably like, not only through your choices on their site but also the choices made by other users similar to yourself, and even being aware of which MP3s you play most often at home on the PC.

Such systems carry with them a danger. The danger is, that the benefits of face-to-face communication and networking in the old sense of the word, are being automated away, and replaced by something that can never be as rich or as deep (see [bit.ly/web-recommends](http://bit.ly/web-recommends)).

I am optimistic though. Five or six years ago the major social use of hand-held devices was to organise "Flash-mobs" of protesters at short notice. While this use of communications technology is empowering, ultimately, it is still a "push" medium; thousands of people received the same message, and act on it.

Contrast this with the way the Obama campaign reached out to the grass roots and engaged in a genuine two way conversation about everything from tactics to policy, and I think we can see that Web 2.0 has grown up, both as a way to raise issues (and finances) and as a way to test and implement new thinking faster than ever before.

## Say NO to Microsoft and YES to open source software OpenOffice.org – the free alternative to MS

by Pixie Barrett

OpenOffice.org 3 is the leading open-source office software suite for word processing, spreadsheets, presentations, graphics, databases and more. It is available in many languages and works on all common computers. It stores all your data in an international open standard format and can also read and write files from other common office software packages. It can be downloaded and used completely free of charge for any purpose.

OpenOffice.org 3 is the result of over twenty years' software engineering. Designed from the start as a single piece of software, it has a consistency other products cannot match. A completely open development process means that anyone can report bugs, request new features, or enhance the software. The result: OpenOffice.org 3 does everything you want your office software to do, the way you want it to.

OpenOffice.org 3 is easy to learn, and if you're already using another office software package, you'll take to OpenOffice.org 3 straight away. Our world-wide native-language community means that OpenOffice.org 3 is probably available and supported in your own language. And if you already have files from another office package - OpenOffice.org 3 will probably read them with no difficulty.



Best of all, OpenOffice.org 3 can be downloaded and used entirely free of any licence fees. OpenOffice.org 3 is released under the LGPL licence. This means you may use it for any purpose - domestic, commercial, educational, public administration. You may install it on as many computers as you like. You may make copies and give them away to family, friends, students, employees - anyone you like."

I have used Open Office for many years, enjoying all the continued improvements. The latest edition 3.0.1 has just been made available for download. If you have limited or dial up perhaps I am sure we could arrange some copies to be available.

I have found this software user friendly and often has more usable features, i.e. features that the average user will benefit from.

There is an extensive range of open source software available. Linux operating system (no virus!) can be obtained on disk.

## COMPETITIONS

Our pick of the on-line comps. They end towards the end of February 09.

### Gold Coast Family Holiday

MyFun is giving you an exclusive chance to win a Gold Coast Family Holiday to experience Hollywood Stunt Driver at Movie World.

Staying 3 nights at the newly refurbished Sea World Resort, the prize includes flights from your nearest capital city to the Gold Coast, entry into Warner Bros. Movie World, Sea World and Wet'n'Wild Water World, and tickets to both the Australian Outback Spectacular and Paradise Country Aussie Farm Tour.

<http://myfun.com.au/Member/MyFun-Competitions/Win-a-Family-Holiday-to-experience-Hollywood-Stunt-Driver.asp>

You can enter once a week online - and you can increase your chances with every friend who you tell about this competition.

### 20 Table Tool packs to give away

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Valued at \$45 each, these sets include a Philips Avent Sportster Cup, Silly Billyz Messy Eater Bib and SteadyCo Cutlery Set. The cutlery set is designed for little hands, the non-spill valve on the cup ensures there'll be no leakage, and the unique bib design includes a neck guard.

To enter, tell in 25 words or less, why you'd love to win this prize; also adding the code from the current M&B magazine. Code is MB0109.

<http://www.motherandbaby.com.au/Competition.aspx?ContentID=1192>



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Happy Valentine's Day and don't forget to peek in on the upcoming marriage of Macro Tough and Nano-E-Lastik on <http://kaputradio.libsyn.com>. Just click on the link KR #81 'Robots Rule'.



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# Grim Tales from History

**An email assault on Dr Keith Windschuttle, Historian, from Kathy Stavrou.**

Dr Windschuttle (pictured),

I am puzzled about your statements trying to deny the disgraceful treatment of Aboriginal people and the "great unbroken arch of systematic brutality, dispossession and incarceration stretching from the late eighteenth century to the twentieth" in which you previously believed.

You wrote: "... until 1970 almost all Australian historiography was written in terms of 'settlement' and 'development' of the country by Europeans. Even those left-wing historians who criticised the process did so on the grounds that the local white working class had not got a fair share of the spoils. The Aboriginal perspective and the often shocking and disgraceful story of how Aborigines were treated, was omitted entirely."

[Source: Windschuttle, Keith; *The Killing of History* (McLeay 1994) Page 35)]

What made you change your mind since 1994?

How do you explain, or explain away, the almost unbelievably sadistic attitudes of the Aborigines Protection Board, in their avowed intention of taking the children away, and exploiting them as cheap or free labour, as so evilly depicted in their own words, in the appendix to the Evidence, as presented by the Public Service Board, in the 1939 NSW SC inquiry, chaired by Mark Anthony Davidson MP, into the APB? Mr Davidson even allowed an Aboriginal man, William Ferguson of Dubbo, to give copious evidence about the reality of Aboriginal life in NSW Reserves, and to cross question APB members. As well, a letter from an Aboriginal man, Mr (later Pastor) Frank Roberts, was tabled, giving details about the scandalous and disgusting state of the Tuncester (Cubawee) Reserve.

Mark Anthony Davidson, MP, a brave and forthright man, would have made mincemeat of you. He said in Parliament that the New South Wales Aborigines Protection Board treated the Aborigines worse than Hitler treated the Poles in Poland.



How do you explain away the evidence about the massacres of the Tribes, by the NSW Native Police, as presented in the SC Reports of 1857 and 1858? By 1862, and the passing of the Robertson Free Selection Land Act, more than 85% of the Aboriginal population were dead, violently cleared away at the behest, and with the permission of the NSW Parliament and their land developer mates. I have these 1957 and 1858 reports scanned and posted in Word on my website in full, at [www.kathystavrou.net](http://www.kathystavrou.net) (follow link to Index).

You said, on your link: <http://www.sydneyline.com/RMIT%20debate%20with%20Grimshaw.htm>: "For some reason, the academic historians who dominate this field want to portray their own country as the moral equivalent of Hitler's Germany or Stalin's Russia. They are entitled to their opinion but they are not entitled to invent the facts on which that opinion is based. Nor are they entitled to deceive their students and the public at large as they have been doing for the past thirty years."

MA Davidson MP (Member, NSW Parliament 1918-1949) said, 17 Oct. 1939, Hansard p.6662, "The Aborigines Protection Board has proved itself incompetent to administer the Act, although I admit that the Government has failed to provide sufficient funds to support the few remaining natives. After taking their country from them, we have treated them in such a manner that we should not expect Hitler to treat the Poles. The number of full-blooded aborigines in the State has been reduced from 1,000,000 to 1,000. There are a large number of quadroons and octaroons that could be allowed to take their place in the community, but the Government introduced legislation that virtually

made them prisoners. Now they are living on the verge of starvation. Their conditions are deplorable. When I successfully moved for the appointment of a select committee to inquire into the administration of the board, I was surprised at the interest shown by the public in the matter. Wherever I went the administration of the Government and the board was condemned by all right thinking persons ..... the Aborigines Protection Board has associated itself with some of the vilest actions that could be perpetrated. It is absolutely autocratic and Nazi-like."

There's the central point in all this, where Davidson refers to the unheard voices of all right thinking people. To me, it's very significant that over the 60 years spanned by the Aborigines Protection, and Aborigines Acts 1909-1969, only about 7 MPs ever spoke up for the Aborigines, and against the evil, Nazi-like Acts, which were the racist pieces of legislation specifically designed to identify, and to progressively extinguish Aboriginal subject, and later citizenship, rights. How could you deny this? It's in black and white, in the Government's own documents. Those very few decent minded Governors, and later, Government Members have their words on record, about the massacres, the stealing of children, and the extinguishment of rights; as incontrovertible evidence in refutation of your group's whitewashing of successive Australian Governments' genocidal acts.

Guess people love to hear people like you putting shit on the researchers who talk about what you used to call the overarching systematic (actually, systemic) brutality against the Aboriginal peoples. It lets them off the hook so they don't have to feel guilty. That's why my PhD research is called "Caught in the Act, New South Wales Government Acts of Bastardy Against Aboriginal People 1788 to the Present". I don't understand people like you. I was taught to tell the truth, particularly when it stares you in the face in the words of the Government's own documents.

I have to wonder about your real agenda in this.

Kathy Stavrou

# What's really behind the Fiji coup?

by Michael Kidd

In the recent Fiji budget the self-appointed finance minister and PM, Bainimarama cut company tax from 32 per cent to 29 per cent in 2009, and 28 per cent in 2010. He has lifted the Fiji Military Force (RFMF) budget FJ\$15 million to FJ\$96.8 million.

The various islands of Fiji except for the mainland Viti Levu, have been declared "tax free regions" as has the old capital of Levuka. And include 13 years' tax holidays for new companies and import duty exemption on raw materials, machineries and equipment for initial set up. If you want to buy a piece of Fijian land, its helter skelter as the Minister of lands can approve sales to foreigners. Since the coup there have been lots of new projects which have only collapsed due to the world financial crisis. The rate of land sales increased after the '06 coup, which is a telling statistic, even though the World was slipping into recession, it doesn't seem to make any difference to military coups which anyway defy economics.

People compare the Fiji coup to ones staged in Africa, but from having studied the African coup at University 30 years ago, the '06 one is more a South American model: whereby the ruling classes and power elites seize power to protect their commercial interests. If the ordinary people oppose they are ruthlessly put down. Witness the several murders committed on ordinary Fijian villagers (and the death of business man John Whippy at the hands of the Head of the Fiji Navy in public) by either the army or police since the December '06 coup, for which no one has been punished, or in the case of Whippy's death, the killer being given a slap on the wrist.

When I went to represent the Fiji Law Society mid '07, I was surprised how many intellectuals supported the coup and rationalized it as being 'against corruption'. No matter that by any sense of the matter, the



**Coup du jour.** December 5<sup>th</sup> 2006: Fijian soldier blocks media access. "I was only following orders."

Fijian Judiciary have been compromised in the series of cases where the High Court either turned a blind eye, ignored inconvenient arguments, and in the recently decided case (October '08) concerning the 'lawfulness' of the coup allowed the plaintiff's (the former PM) to be bullied by the defendants, the military; and surprised by artificial constructs and simple lack of time to put their case, and rebut the military's absurd use of the Doctrine of Crown Privilege to stop the Court from reading conversations between the President and the coup maker.

The plaintiffs were served with 50 pages of argument and cases that purported to argue that the dismissal of the Elected Government was an 'act of state' and therefore not capable of review, on the second last day of the hearing; and the chief barrister for the military, McCoy QC, blithely said 'I won't be here tomorrow as I have a plane to catch'.

He must have known something!! The transcript of this case is worth reading: [www.michaelkidd.org/Qarase%20v%20Bainimarama.htm](http://www.michaelkidd.org/Qarase%20v%20Bainimarama.htm).

As one who trained lawyers for the University of the South Pacific in Suva and have done my fair share of appeal cases, I have never read such a one-sided case, and have written a somewhat scathing and probably slightly contemptuous (of the Court) article entitled "Fiji Legal System Breaking Down", which goes into some of the unfortunate detail: <http://inelligentsiya.blogspot.com>.

The latest news is that the South Pacific Forum have given an ultimatum which Bainimarama refers to as a 'act of war' – hold elections or we'll suspend you. Of course the only way to deal with bullies that won't listen, is by doing to them what they have inflicted on others. But we won't go there.

The Interim Government and its supporters, who are mostly from the Indian ethnic community, are quite blasé about the reasons for not holding elections: that even with redrawn boundaries and an open electoral system, Qarase would still win.

Such arrogance can only mean an eventual backlash when democracy is restored, which is inevitable.



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# Homeopathics etc

by Tarang Bates

As I was driving up to Brisbane recently, I noticed a couple of houses with solar hot water systems on their roofs. Only a couple, with the sun blazing down, thousands of roofs exposed to the heat, all day long with no trees around.

It is hard to understand why people do not take advantage of the rebate and get on the program. In Nimbin, because so many people are not on the electricity grid, they are not eligible for the rebate, nor are we eligible for the rain water tank rebates - because we are not relying on the water authorities. It is a crazy and unjust situation.

Nimbin has a high rate of solar hot water and rain water tank households. Often these families have been running on solar for many years and need to upgrade their systems. You would think that our efforts over the years to become self sufficient, moving away from draining precious resources, would be a good enough reason for us to be offered the same rebate.

It's fantastic to see so many of our children, the next generation, following in our footsteps. I noticed a comment on facebook by one of them recently with a young family, who had managed to connect their solar hot water, about how amazing it was to have hot water at last. Up until then they did not have hot water....something that most people out there take for granted. They could have really done with the rebate!

They are often choosing to eat organically, taking responsibility for their health - using homeopathics and herbs and other natural healing wherever possible and making informed choices. Home births where suitable and affordable and if disposable nappies are used,

they are more often than not organic and biodegradable, even though these cost extra, they do not cost the earth!

Then there are our grandchildren, the next generation again, some of them moving into young adulthood, I am amazed at how many of them are choosing to become vegetarians or vegans - these are choices they are making for themselves.

These next generations are living in a way that is second nature to them. We brought them up to be socially and environmentally aware, and they are a bunch of wonderful, strong, socially adaptable and responsible young people. Pursuing a myriad of creative careers and life paths.....we can certainly indulge in a little pride.

OK, about time I got on with the homeopathics!

**KALI MUR:** is beneficial for inflammations, fevers, colds....cold sores.....tissue injury and trauma. Infections such as tonsillitis, mastitis and swollen glands. Warts, mouth ulcers and cysts will benefit from this tissue salt, also used as a mineral celloid (potassium chloride) and often combined with Ferrum Phos (iron phosphate) - PCIP

**FERRUM PHOS:** is used for inflammations and infections, fevers, colds and flu and for anemia, iron deficiency.

**NAT SULPH:** is used to assist detoxification and liver function as a mineral celloid (sodium sulfate). Useful for fluid imbalance, fluid retention, breast tenderness, nausea and gallstones.

For more information on Homeopathics and Mineral Celloids contact Tarang on 02 6689-1452 tarangbates@yahoo.com. Most Saturday mornings I am either in Rainbow Lane, or outside the Town Hall.

# Ayurvedic Info



This month, as summer is still in full swing, we thought we'd give a few simple recipes that help cool people down...

## GREEN BEAN SUBJI (serves 4)

4 cups green beans, chopped; 2 cloves garlic, chopped; 1 inch piece of fresh ginger, peeled & chopped fine; 1 tablespoon shredded coconut; 2 tablespoons fresh coriander, chopped; 1/2 cup of water; 2 tablespoons cooking oil or ghee; 1/2 teaspoon cummin seeds; 1/2 teaspoon black mustard seeds; 1/4 teaspoon turmeric; 1 pinch of hing (asafoetida); 1/2 med onion, chopped; 1/2 teaspoon of garam masala powder; 1/2 teaspoon salt (squeeze of lime optional at the end)

Wash and slice beans diagonally. Puree garlic, ginger, coconut, coriander and water in a blender. Set aside. Heat oil or ghee in medium saucepan. Add cummin seeds, mustard seeds and hing. When the seeds pop, add the turmeric, garam masala and chopped onion. Stir until until onion is soft and golden brown. Add the blended mixture, salt and green beans. Cover and simmer on low heat until just tender. (About 5-10 mins)

## CUCUMBER RAITA (serves 4-6)

2 small cucumbers; 3 tablespoons ghee; 1/2 teaspoon black mustard seeds; 1/2 teaspoon cummin or fennel seeds; 1 pinch of hing; 4 curry leaves, fresh or dried; 1 tablespoon of coriander leaves, chopped; 1/2 cup of yogurt.

Skin and grate the cucumbers. Pour off and discard any excess juice. Heat the ghee in a saucepan over medium heat and add the seeds, hing and curry leaves. Cook until seeds pop. Add the coriander. Shake and take pan off heat. Stir the yogurt and grated cucumber together in a bowl. Add the cooled spices to the yogurt mixture. Season with salt to taste. Mix well and serve.

## MINT CHUTNEY (makes approx. 2 cups)

3 cups fresh mint leaves; 1 cup water; 1 cup shredded coconut; 1/2 small green chilli (optional); 1 inch piece of fresh ginger, peeled and chopped fine; 1 tablespoon ghee; 1/2 teaspoon cummin seeds; 1/2 teaspoon black mustard seeds; pinch of hing; 1/2 lime; 1/4 teaspoon salt.

Put the washed mint leaves, water, coconut, chilli and ginger into a blender and blend on medium until it is a well mixed and finely ground paste. Heat a saucepan on medium and add the ghee, seeds and hing until they pop. Cool and add to the mint paste. Squeeze in the juice from the lime. Add salt and stir well. Keeps in the fridge for two to three days.

Bon appetit!

# Christina Chester's Fashion Expression

Recently watching the inauguration of Barack Obama made me aware of the important role fashion plays.

Who says these are bleak times?

On one matter at least, designers are positively euphoric. Michelle Obama's fashion has captivated the public since her husband announced his candidacy. No doubt the new first lady's fashion choices will generate headlines for years to come.

Michelle Obama radiates a powerful style all her own.

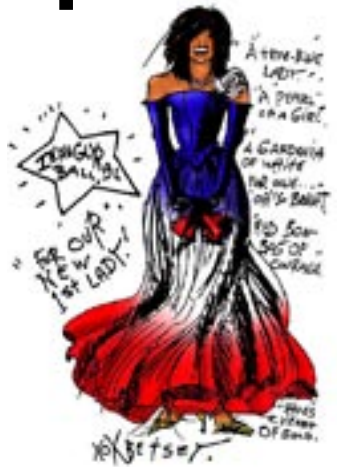
So step aside Angelina. You too, Madonna and all potential Oscar divas, now all suddenly second-tier. The First lady has an impeccable sense of style that has been compared

to that of former first lady Jackie Kennedy. As Jackie did, the way Mrs. Obama presents herself sends out messages that are subliminal and sometimes overt. The power of clothes "that look dramatic in newspapers and photographs" can boost

a politician's image, as Mrs. Kennedy demonstrated throughout her husband's campaign and presidency.

A fashionable woman with a modern approach to dressing, Michelle blends pieces from high-end designers with cost-conscious labels, to create her own ensembles of powerful femininity.

Fashion encompasses much more than just the latest skirt length, the newest colour or the most up to date accessories. Image, individuality, group identity and many other factors also



play a role.

Fashion is no longer

governed by the catwalk; what happens in the street is at least as important.

Fashion is a mirror of society and reveals all its social connections. Clothing is a language, a nonverbal system of communication that through its symbols

conveys much about the wearer to the viewer. Before people speak to one another, their clothing makes a statement that expresses their sex, age,

class, occupation, origin and personality, as well as what they are or what they want to be at a particular moment.

Already a fashion icon, Michelle Obama's classic elegant style will probably not set a great trend in Nimbin, but her look makes her seem warm, very authentic and real and I feel this is also what Nimbin's fashion style reflects.

Its been a pleasure again to share my love of fashion and creativity with you.

Christina

christina@ccdesign.biz



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# Bush Remedy for Morgellons on trial

by Peter Barrett

Well, how things can turn quickly, with a little communication!

I would like to thank the NGT for publishing my story about the fungi being called Morgellons. Pixie (Barrett) also finished a forum page online called the Morgellons Australia Support Mob, which has brought new people with more information. Also a local doctor has noted a considerable increase in discussion about the subject all around.

The outcome has been yet more contact by professional people, including *Rolling Stone Magazine*, who are interested in doing a Morgellons story because it has become now a worldwide issue of major importance. The story is now in preparation.

The writer is hoping to come to Nimbin to obtain content, samples and photos for the story and have also contacted Dr Randy Wymore from the New Morgellons Order, researchers who, like us, are not interested in 'conspiracy theories', only fact and reality; looking for answers to the real questions.

As timing would have it a good friend of mine, a Koori bloke who lived here for a few years and would be known to many of you, just posted me a parcel of Bush Medicine along with instructions for use. I used it as per instructions and to my amazement the reaction was fast and effective.

I broke out all over with lesions and my skin started to spit out foreign fungi etc. It just killed and expelled everything that was not part of me. I feel clean and alive again, with sores healing up and anything left is now dead, dry and being expelled by my body.

I feel the Morgellons research community is about to be turned on its head. Three days was the treatment time, and some people report suffering



Peter Barrett

from Morgellons for 18 plus years. My last batch of tablets went for six months. Now thanks to the Indigenous people and their fantastic medical knowledge I have achieved more in three days than the past four years.

To my surprise only around 20% of the problem was visible and treatment has expelled another 80% from deep inside the tissue, all dead drying up and coming out. I may need a second treatment but must wait for the first treatment to finish working before we can tell.

I can't express my thanks enough for the help my old mate gave me and there are going to be a lot of others worldwide who feel the same way. Two more persons locally are now testing, so we will have a comparison report by next month and hopefully good news for sufferers worldwide.

The next step is formal testing, then we need to address the subject of permission from the Indigenous people to broadcast their medical knowledge along with the product itself.

It appears thanks to our Aboriginal friends, a cure may have been found, and in Australia – where else?

## Cool Change

*Limb glued to limb  
I hear the hum of heat  
the sizzle of sun on cracking  
earth  
crisping the grass.*

*A cloud looms  
silently flickering  
heavy with threat and promise  
prowling the horizon.*

*Wind hisses up the valley  
like the breath  
from a hot iron  
rattling the palm fronds.*

*The mountains grey out,  
wind lashes suddenly cool  
carrying smell of wet earth,  
crushed leaves of eucalypt.*

*Growing things  
reach for their life blood  
as noisily splashing, gushing in  
gutters  
the rain comes at last.*

Nathalie Buckland



## The Healing Benefits of Tissue Salts

Tenth in a series by  
**Tonia Haynes**

Bowen therapist and Pranic healer  
Phone 6689-9284



Hello all. It has been a great festive season. I for one have had a really good time with the good people of the Nimbin Valley.

We are truly blessed and need to take care of this most special place; being aware that many see this as a potential future area for development and money in their pockets.

While on the subject of awareness, many parents know about tissue salts or biochemic cell salts, because for the problems that ail most kids, such as teething, fevers, earache, headaches etc. tissue salts can work healing miracles. They also work very well with animal problems, such as non malignant lumps on the skin and fluid swellings of the external ear; potentially disappearing both in a matter of days.

There are twelve salts, they are easy to obtain from health food shops or many chemists and compared to the price of most other healing agents, are as cheap as chips.

They are similar to homeopathics in that they are microdoses, in this case, micronutrients, but unlike homeopathics they can be placed in the hand or near electrical appliances without damage to the vibrational potential of the medicine.

Suspended in a tasteless lactate base tablet (great for kids and neophobic animals) they are crushed or chewed in the mouth; also available as a spray for those with lactose allergies and in cream form for external use. The only trick about tissue salts, is having the knowledge as to which one to use for which problem.

Fortunately, one can buy a recipe book for about fifteen dollars that lists symptoms and explains which tissue salts to use to alleviate the symptoms and often the problem. It also explains how tissue salts are made and how they work.

Bowen Therapists are not naturopaths and for this reason, are not allowed

to prescribe herbs etc. but we are allowed to use tissue salts with our clients because the Therapeutic Goods Assoc. deems them to be harmless.

Harmless they may be, but if the correct tissue salt is used for the right symptoms they can clear problems which may be beyond the assistance given by a doctor or vet.

As to dosage, the instructions are on the bottles and explained in the book. There is also an explanation of how they work in the book.

Similar to homeopathics, it is important to follow the dosage instructions to get the best results.

Homeopathics are often decried for their seeming lack of effect because they have not been taken as prescribed. We are inclined at times to treat vibrational medicines like pain killer drugs; albeit two now should give us relief for four hours or remove the pain all together. Vibrational medicines are designed to alleviate the cause as well as the pain, so the dosages can be different.

If you are treating animals with tissue salts, gear the dosage to their size. A small animal needs baby doses, a medium to large animal, child doses and a larger animal such as a horse or adult cow, adult doses.

I firmly believe that tissue salts should be a part of every first aid kit. They are well worth the little study it may take to work out which ones are needed.

I personally use as a skin moisturiser, calc flour which is a salt for elasticity and is available in cream form. It has saved me from needing to buy commercial skin creams and also saved me large amounts of cash.

Til next time, take care of yourselves.

Love light and laughter.

## Cook's corner

### Recipe of the Month



by Carolyne

### Goat Cheese Soufflé with Creamed Spinach Sauce

This is a lovely light meal to indulge in on a Sunday brunch with friends.

- Preparation time 15 minutes
- Cooking time 25 minutes
- Serves 6

#### Ingredients

Cooking oil-spray  
¼ cup (25g) packaged breadcrumbs

30g butter  
2 tablespoons of plain flour  
1 cup (250ml) milk  
4 eggs, separated  
¼ teaspoon cayenne pepper  
150g firm goat cheese, crumbled  
**Creamed Spinach Sauce:**  
180g baby spinach leaves  
¾ cup (160ml) cream, warmed

#### Method

1. Preheat oven to moderate heat (200C / 180C fan forced) Spray six one cup 250ml soufflé dishes with cooking oil spray, sprinkle with breadcrumbs, place on oven tray
2. Melt butter in small saucepan, add flour cook stirring until mixture bubbles and thickens. Gradually add milk, stir until mixture boils and thickens. Transfer to large bowl, stir in egg yolks pepper and cheese, cool 5

minutes.

3. Beat egg whites in a small bowl with an electric mixer until soft peaks form; gently fold whites in two batches into cheese mixture.
4. Divide mixture among prepared dishes, bake uncovered for about 15 minutes or until soufflés are puffed and browned lightly.
5. Meanwhile make creamed spinach sauce
6. Serve soufflés and sauce.

#### Creamed Spinach Sauce

Boil, steam or microwave spinach until just wilted, drain. Using hand, squeeze out excess liquid. Blend or process spinach until almost smooth. With motor operating gradually add cream, proceed until smooth.

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