

# Victorian fire stories

## Positive News From The Fireground In Victoria

Out of the tragedy of the Victorian Bushfires is emerging a slew of heartwarming stories, including these good news stories about pets, heard by a Nimbin local while she was visiting family in north-east Victoria.

A woman went to the pub with two, half-dead parrots and asked if she could put them somewhere and the only place was the cool room. She couldn't get back for 48 hours and expected the worst. When they opened the cool room they were still alive and in even better condition.

Man in ute was trying to evacuate with his dog until a tree fell and blocked the road. His only option was to run but the dog would not get out of the car. After the firestorm passed, he went back expecting the worst only to find his mate panting with another two dogs.

A Kingslake woman who went through it all, ended up with five extra dogs and within the week had reunited them with their owners or family.

Stories from returning firefighters are harder to come by. One said, "It's not glamorous what we're doing –



we're mopping up and blacking out."

Marc LeBars, of Blue Knob

Brigade, took these photos of his

crew working in the Yarra Valley (top) and of some of the hundreds of NSW volunteers in the area.

# More fundraising

## ART RAFFLES

Two well-known Nimbin artists have donated works to raise money for the Victorian Bushfire Appeal. 'Mirror' by woodworker Jan Schilling and the painting 'Night Sky' by Leigh Arnold will be raffled in two separate draws through Nimbin Artists Gallery. Tickets: \$2; 3@\$5.



## BUSH DANCE

The Nimbin Red Cross is holding a bush dance at Tuntable Falls Community Hall on Saturday 4th April to raise money for the Victorian Bushfires Appeal.

Food at 6pm, dancing starts 7pm, admission \$10/\$20 families, all welcome. Enquiries phone Phyllis Braham on 6689-1558.

## Butcher, baker, what the?



This month, Warren and Jenny Nugent will be moving their Nimbin business across the road into the butcher shop.

The Nugents have been running the Aquarius Bakery in Cullen Street for seven years, and this will be a big move for the business.

Warren explained how the shop will look: "When you go in, the butchers' servery will be on the right, and the left hand side will have the bakery counters, extending into the unused shop window."

It has now been approved by all the relevant authorities, and will be fully air-conditioned, with a 6 x 7 metre extension to be built on the rear of the building for coolrooms and bakery preparation areas.

"We needed larger premises, with better access for deliveries, so I bought the freehold butcher shop," Warren said. "The butcher boys were looking to sell their business, so I've ended up

**Foodie.** Warren Nugent outside Nimbin Village Meats.

buying their business too.

"All up, I'm putting about \$½ million into this, so we're here for the long haul," he said.

Jamie will be staying on, providing the same high quality service in the newly badged Aquarius Butcher and Bakery.

Two new apprentices will be employed, Jason in the butchery and Jamie in the bakery, and the new business will have extended trading hours: Mon-Fri 6am-6pm; Sat 6am-4pm or later; closed Sundays.

The butchery will be closed for business from March 7th-9th for renovations, prior to the grand opening day of the combined retail business on Thursday 10th March.

Pastryfoods manufacturing will move across the road later, when the extension to the Heritage-listed butchery is complete.

# Tuntable Falls kids join bush fire appeal



What an exciting day the children of Tuntable falls community school had when they decided to participate in a hands-on event to support the victims of the Victorian bush fires.

With the support of parents and teachers, the children went into the streets of Nimbin, armed with their good and compassionate intentions, their self-made posters and money jars, and collected \$597.50 in just one hour!

Due to the generosity of the Nimbin people, tourists and the local businesses the children felt empowered and amazed at what is possible to

achieve – even as little people – if they put their hands, hearts and minds to it.

You should have seen the smiles put on the faces of the young children when they received all those very generous and kindhearted big and small donations. With each donation the confidence and self-belief of the very young grew more and more, empowering them to keep going, confirming that they are doing the right thing. The children received nothing but encouragement, support and appreciation for their efforts and impressive actions.

It was a truly self-empowering feeling when the



students went back into the classroom, sorting, counting and adding up all those many coins and notes that were sent the next day to the Red Cross appeal fund.

The children were overwhelmed with the outstanding result that they

managed to achieve. It was not only a highly inspiring and rewarding day in their education, but it also created a long-lasting impression, demonstrating that you can make a real difference, even in a little community school, just up the hill from Nimbin.

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# Repco Rally... really?!

You can't ride a horse through a national park. So why would a racetrack for vehicles travelling at speeds up to 260kph be allowed in the name of sport?

Around 150 people gathered in the shade at the back of the Uki Buttery on Saturday lunchtime, 28th February to air their concerns around the proposed Australian Motor Rally, sponsored by Repco.

Only a couple of people spoke in favour of the event, suggesting that the tide is turning and that there is a growing groundswell of people who are saying "No Thanks". Perhaps Motor Rally is not to be part of local "popular" culture after all. After an address by meeting organisers Janaki and Peter Lanyon, a series of speakers from the floor highlighted the negative impacts the rally would have.

Local people are waking up to the reality of what the race will mean, not just for the lead-up months of television gantry construction, not just for the three race days in September, but for 10, possibly 20 years into the future, with a location in New Zealand chosen for the alternate years.

The Green Cauldron is about to be rebranded as a hoon's paradise, the fragile, eco-sensitive land trashed by high octane dust, all in the name of "jobs" and "tourism". The suits behind the event genuinely think they are doing us an economic favour to the tune of two million dollars. Journalists, caterers and accommodation hosts may make a bit of money... but the big deals are being made over television rights and advertising in places far from here.

It has emerged in the last few days that WA pumped six million dollars into the event over several years but pulled out because they weren't actually seeing much economic benefit.

The sleepy conservative town of Kyogle in particular is set to get a new image unless councillors can be lobbied and the unique biodiversity protected. Murwillumbah already has



## Affected roads on the preferred route include:

Ferndale Rd, Old Cob O'Com Rd, Hillyards Rd, Homeleigh Rd, Williams Rd, Byrill Creek Rd, Cudgera Creek Rd, Smarts Rd, Reserve Creek Rd, Eden Creek Rd, Peacock Creek Rd, Sextonville Rd, Afterlee Rd, Iron Pot Creek Rd, Ghi Ghi Rd, Collins Creek Rd, Lynchs Creek Rd, Round Mountain Rd and Sargents Rd.

Speed on Tweed: the Rally is a big boys' extension of that, but with a global television audience. Tickets are already being sold in England and Japan.

Expect television helicopters, crowds, police and let's not forget the hard working Tweed Valley Wildlife Carers who are expected to follow the cars in Williams and Sergeants Roads mopping up the koala carnage. All this in spring .. if we get a dry winter, that's bushfire season.

So what can be done to stop the rally? Despite tacit financial support from Events NSW, DA's for the rally have not yet been submitted and certainly not approved. As Tweed Deputy Mayor Barry Longland pointed out, Rally Australia are leaving it very late for approval, and thus giving us more time to stop it. Even if the local councils chuck it out, State Legislation can still overturn that, so it's important also to lobby at a state level. The person to write to is Christina Kenneally, NSW Minister for Planning.

Tweed Councillor Katie Milne pointed out that we

should suggest alternative money raising ideas to Events NSW more in keeping with the peaceful nature of the area... immediately someone suggested a festival of music and healing. Or even a "responsible" vehicle rally, with solar powered cars. Or just a big cycling event.

Rally head honcho Gary Connelly has already said that it's the first time the event has been slowed up by DA bureaucracy, and they are rattled by how much resistance there has been to the event. Anti-rally campaigners are urging supporters to write emails to local and capital city newspapers, and are confident of making make this a national issue.

Kyogle campaigners are planning a Well Being Survey to find out to what extent the Rally might be challenging people's mental health. It's certainly dividing communities into for and against camps.

In the meantime, choose your auto spares with care and look out for some creative traffic-stopping actions involving bicycles, wheelchairs and nudity.

# World Nude Bike Ride

by James Fuller

The World Nude Bike Ride (WNBR) is an international event that has main activities split into northern hemisphere rides around July, and Southern Hemisphere rides which this year are scheduled for 14th March.

The purpose of the ride is to highlight the vulnerability of cyclists to traffic, but it also promotes sustainability, freedom from fossil fuels, peace, and 'positive body image'.

Our mission statement is: "We face automobile traffic with our naked bodies as the best way of defending our dignity and exposing the unique dangers faced by cyclists and pedestrians plus all the negative effects of oil, cars, war, consumerism and non-renewable energy."

The WNBR in this area is having a triple event this year, with Nimbin having its first ride on 7th March, followed by Byron Bay having a ride on March 14, and finally Brisbane on March 21.

We have got an excellent venue in place for preparation and the post-ride cleanup and party (although not necessarily in that order).

We have the services of a local "Woman's Support Woman" to communicate to women who have questions about participation.

We have several specialist body painters lined up, but we need more – some of us will simply paint each other. We will have prizes for the 'best undressed' riders. We expect to have a number of spare bicycles.

The WNBR rides in London attracted several thousand people (I have actually met



Photo: Jeff Dawson

some) and are fully sanctioned and escorted by police. Unfortunately, police attitudes in Australia have not yet proved as benign, but we do not believe that in doing this protest that we break any laws, as the law in NSW calls for penalties for "wilful AND obscene display". Mere nudity is not, in our opinion, obscene. We understand that the Rev Fred Nile has tried to get this law changed to "OR" in the past, but failed.

Our ride is definitely not 'obscene', so get your kit off, get on your bike and join us!

# Film competition canned

by Lynne Oldfield

The people who attended the Nimbin Film Industry Meeting in February decided that with the small group available, and everyone having other commitments, the 39 Hours Film Competition would not go ahead this year, and hopefully next year would go ahead as a youth-only event.

Paris Naday has a vision for the new version of Nimbin's 39 Hours. She said, "When I participated in starting up the 39 Hours film competition, I personally had two main goals.

"I wanted to increase interest and skills in film making and editing in Nimbin, bringing people up to speed on the new digital revolution, which I believe has been achieved to an extent, after two years of workshops and a number of



Nimbin people enrolling in and completing TAFE and other courses in film making, and with the increase in cameras and computers and editing software now.

"My other main goal was to hold a creative youth film-making event that would bring young people to Nimbin, showcase the creative talents and increase the skills of our young people – not only technical skills, but leadership and teamwork skills that are essential in filmmaking."

The proposed structure of the morphed 39 Hours places more emphasis on training.

Advertised throughout regional high schools, youth will be invited to submit an

application including a short film they have made.

These submissions would be judged by a panel who would select 20 finalists who would win a place in Nimbin's 39 Hours, a four-day weekend film production camp where these young people would be camping/living together four days.

They would partake in workshops by industry professionals and then mentored in groups, using professional equipment as they make their 39-hour movie. These movies would then be judged as well as the individual's participation/performance in the program.

The movies made would be compiled into a DVD for screening back at the schools.

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# IMPACT pain management works

by Paul Le Bars

Thank you for your responses to the last NGT article on the IMPACT program for chronic pain. I received enquiries from as far away as Brooms Head.

There are many who are just sick of taking medication. I must emphasize that you must talk to your doctor before attempting to reduce or ceasing your medication. The consequences could be damaging or even fatal, so please take care and seek professional advice.

I have still not had a painkiller since finishing the IMPACT course and I'm doing my stretches, strengthening and functional exercises religiously. I try to cycle into town and back as much as possible, weather permitting. I am due to play my first game of Pennants for the Nimbin Bowling Club (with some trepidation – wish me luck). I must thank the club for their support.

I now weigh 70 kilos (11 stone) – I haven't weighed this much for 30 years – and am slowly building up my core and muscle mass (by pacing). I have also regained my appetite and am eating good food. Overall I have a more optimistic outlook on life, freed of the clutches of the pain medication and its toxicities. I must admit that I do get flare-ups, but, using the stretching, gentle exercise and desensitisation techniques I overcome the pain and can continue what I'm doing. Life is getting better.

And the news gets even better. On 28th March, from 10am-4pm in Nimbin Town Hall,



there will be an IMPACT Information Day for anyone who endures chronic pain. David Beveridge, Nurse Practitioner Pain Management, will talk about the history, principles and application of the IMPACT program for those with chronic and painful conditions.

So I urge all of you who need help to come along. If you know someone who suffers from chronic pain, pass this on. It's only a few hours but it's worth every second to gain the understanding of pain and its foibles.

When asked, on the last day of the course, what our feedback about the program was, I told them that in the context of 30 years of chronic pain, 3 weeks of instruction was such a small price to pay for the knowledge and relief gained.

I must thank the IMPACT team in Lismore for all their support and friendly assistance, and the community I live in for all their encouragement and good will.

See you at the Information Day. Be kind to yourself and travel safe.

**IMPACT Information Day**  
28th March, 10am-4pm,  
Nimbin Town Hall

# The Walking Man

Yatra is a Sanskrit word for pilgrimage.

On 7th March, 25 men will embark on a form of pilgrimage for seven days, walking through the magnificent rainforests of the Nightcap National Park.

The Walking Man is a variation on three previous successful annual yatras attended by women and men.

Why a Yatra for men? The age-old questions of "How am I to live; how are we to live?" have serious and long reaching implications into the future of not only our children and their children but the planet we collectively depend upon.

The Walking Man Yatra is an inner and outer pilgrimage. With these questions as an inner pilgrimage, it offers men an opportunity to explore the values, attitudes and ethics we bring to everyday life.

The outer pilgrimage is through a World Heritage National Park, now preserved as a result of community action. It is an opportunity to be in nature to experience and understand how nature can shape the way we think and feel.

The Yatra route will be a

seven day round trip starting from Doon Doon near Uki, walking along the Historic Nightcap Trail via Terania and Protestor's Falls, staying at overnight camps with a full day at a camp site in the Channon area. The return walk continues via the Nightcap Ranges back to Doon Doon.

A typical day will consist of yoga, meditation, shared meals, walking quietly and contemplatively beneath rainforest canopy, making and breaking camp together. At times there will be facilitated discussions and activities assisting individual and collective enquiry.

All camping equipment is transported and a mobile kitchen meets food needs. As on previous Yatras, these shared activities soon create an enjoyable sense of shared purpose and community.

The Yatra facilitator team consists of Ronny Hickel, Ken Golding and Greg Bantick, who have, between them, many years experience of bush walking, meditation, yoga and working with men.

There are places available. If you are interested ring Ronny on 6679-9045, 0422-075-488 or email [innerunion@st.net.au](mailto:innerunion@st.net.au).

# Year of the Blood Donor

The Federal Health Minister, Nicola Roxon MP, formally announced 2009 the Year of the Blood Donor, in Melbourne in February.

An anticipated doubling of demand for blood and blood products within 10 years has led the Blood Service to launch a nationwide recruitment drive.

While demand is increasing, the people who currently donate are ageing.

Younger Australians, aged between 20-40 years, are either not signing up or donating less regularly.



"There is no substitute for blood, and we need blood of every type, every day to save the lives of thousands of Australians," said Leanne Latham, the Donor Centre manager in Uralba Street, Lismore.

Make an appointment by phoning 6620-2320.

# Cassie celebrates one year at Nimbin PAC

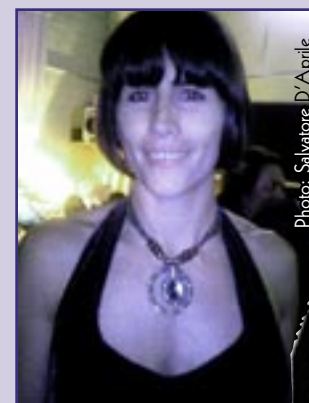


Photo: Salvatore D'Aprile

Popular gym instructor Cassandra Jeffereys held a party at the Nimbin Physical Activities Centre in February to celebrate the end of one year of classes there.

Cassie currently provides individual and group sessions to over 100 people a week at the Centre, and among her clients are body builders, a competition archer and a cyclist.

The party was a great success, with live music, food and drinks keeping the dozens of guests entertained until the wee small hours.

Cassie says, "I am passionate about creating movement within your body." For enquiries about Cassie's "Discover Fitness"

classes, or for personal training, contact her on 6689-1405.

# HEART MOVES

The Heart Foundation is launching its Heartmoves exercise program in Nimbin. This program will provide a fun, social and safe way for local people to become more active.

Heartmoves is open to everyone and has been developed specifically for people who have health risk factors or stable chronic illnesses such as heart disease, diabetes and bone or joint problems. It is also suitable for people who have not exercised for a long time.

Heartmoves focuses on delivering safe, low-to-moderate intensity exercise incorporating gentle aerobic



activity, weight-bearing or resistance exercise and stretching- all of which help to build strength and improve balance.

The first class will be held at the Nimbin Physical Activity Centre, otherwise known as the Showground Hall, in Cecil Street Nimbin from 10.30am to 11.30am on Tuesday 17th March 2009. This first class will be FREE.

For further information contact local instructor Sue Boardman on 6689-1731 or [sue.boardman@hotmail.com](mailto:sue.boardman@hotmail.com)

Further information about The Heart Foundation: [www.heartfoundation.org.au](http://www.heartfoundation.org.au) or call 1300-362-787.

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# Chamber Chat



by Peter Wise



Chamber membership has increased significantly in recent months. We encourage regular attendance at monthly meetings to ensure members are kept informed and actively participate in new initiatives being developed, for the benefit of Nimbin small businesses. New members are welcome, with meetings held monthly on the 3rd Mondays at Nimbin Bowling Club at 6pm.

Following the Lismore

Council Contact Forum held in Nimbin in November 2008, a report and action plan from Council, in response to the many issues raised, will be available to members at the next meeting on the 16th March. Be there, rain, hail or shine!

Also, as reported previously, there are many community issues that overlap and are not the primary focus of the

Chamber of Commerce. Therefore, after recent discussions with Council and the Community Centre, the view is that Nimbin needs a community engagement policy.

As a result of this, the Chamber and the Community Centre will be co-hosting a Community Forum on Wednesday, 25th March, 7-9pm at Nimbin Town Hall. We urge Nimbin business proprietors, community organisation representatives and residents to attend this Forum.

## Nimbin student receives Premier's Award

Lucy Wise, daughter of Peter and Helen Wise of Nimbin, has received the Premier's Award for All-round Excellence in the NSW Higher School Certificate.

Attending Trinity Catholic College, Lucy achieved an HSC mark over 90 per cent – Band 6 – in six subjects, and placed on the Distinguished Achievers List for subjects in Biology, English Advanced, Studies of Religion, Visual Arts, Italian Continuers and Italian Extension, with a UAI of 97.25.

Proud parents Peter and Helen said Lucy's dedication and commitment to her



study was worthy of her achievements. The family celebrated with a farewell lunch, as she leaves for Sydney to start a Liberal Studies degree at Sydney

University, in Arts/Languages, Psychology and Science. Lucy also won a four-year scholarship.

Farewell and good luck Lucy.

## Nimbin Community Forum



Wednesday 25th March 7-9pm  
Nimbin Town Hall

Lismore Council is arguably the sphere of government closest to the community, but how do we ensure our voice is heard when the decisions being made by Council staff and Councillors impact on us? When we vote at elections are we really giving those elected a mandate to make decisions on our behalf?

Following recent discussions with Lismore Council, Nimbin Chamber of Commerce and Nimbin Community Centre are co-hosting a community forum that aims to ensure Lismore Council engages with us more effectively. Currently we do not have a local resident on Council and many feel without an effective voice our needs and values are often overlooked or ignored.

But at what level do we want to be consulted and on what issues? How do we ensure that voices truly representative of the community are taken into the decision-making arena? The Forum will explore a range of options including suggestions brought forward on the night and existing ideas such as establishing a Resident's Feedback Panel, Citizen's Juries on

significant issues, focus groups, a Council of Nimbin organisations, regular surveys, visual information displays, and information articles in our local paper.

Everyone is encouraged to attend this evening. We are hoping attendance will reflect the diversity of our community thereby assisting us to positively work towards improving communication and dialogue and create mechanisms to better reflect our community's views to Council.

Council are being invited to attend the Forum and both Nimbin Community Centre and Nimbin Chamber of Commerce aim to ensure that your input is valued and the outcomes are implemented.

If you belong to any sort of group (sports club, educational/cultural or service association) please ensure you have at least one representative attending.

For further information or if you are unable to attend but would like your voice heard, please contact Diana Roberts on 6689-1648 or email [Diana@nimbinapothecary.com](mailto:Diana@nimbinapothecary.com) or leave a message at Nimbin Post Office for either Nimbin Chamber of Commerce or Nimbin Community Centre Inc.

## Skate Park update



The Saturday morning working bees at the Nimbin skatepark are starting to make a difference, with one neighbouring house causing a lot of excitement by saying they could already notice a difference in the noise levels.

Pictured are working bee stalwarts (from left): Neil, who has tirelessly, day after day, largely on his own, sealed beneath the

eastern side of the ramp facing the Bowlo; Bill who has scoured the Brissie scrapheaps to get steel at nominal cost; and the gift from France, some say to make amends for Muraroa, Welder First Class Fabian, who makes the magic spark.

Every Saturday morning, help is welcome from about 9am, with a barbeque lunch at 1 or 2pm.

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# Janelle's Page

from Janelle Saffin, MP

Since I last wrote our nation has faced the tragic devastation of the Victorian bushfires. The staggering numbers of people who have lost their lives, the missing, the injured and homeless make this Australia's worst peacetime disaster. And while the bushfires raged, floods in Queensland and New South Wales were also declared natural disaster areas. In our part of the world we are familiar with bushfires and floods, and we know the recovery period can be a long, hard road. So it's been great to see the enormous generosity of our community. Apart from the many individual donations to the Red Cross Bushfire Appeal, there's been a long list of local fundraisers organised, and it's heartening to see so many school children actively involved.

## Nation Building and Jobs Plan

The reality of the global financial crisis is hitting home, with one of our major trading partners, Japan, now in depression and five other major trading partners in recession.

As Prime Minister Kevin Rudd said, he cannot remove the impact of the global recession on Australian jobs but by Government action we can reduce it.



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

The Government's \$42 billion Nation Building and Jobs Plan will support jobs and small businesses in the short term and build schools, energy efficient housing and roads for the long term.

In Page this means:

- Every one of our 84 primary schools, special schools and K-12 schools will have capital funding provided for essential new buildings and upgrades;
- Eligible families will be able to install insulation in the family home for free or apply for a rebate of up to \$1600 for solar hot water.
- Eligible families will receive a Back to School Bonus of \$950 to help with the costs of kids returning to school
- More than 6000 students and people looking for work will receive a Training and Learning Bonus of \$950 to support their study costs
- People whose taxable income was less than \$100,000 in 2007-08 will receive up to \$900.

There are benefits for local councils too with the Government's \$890 million injection of funding for improving community infrastructure and roads.

These are tough economic times and this plan strikes a balance between supporting growth and jobs now, and delivering the investments needed to strengthen the economy for the long term.

## Indigenous Health

Given the irrefutable evidence that smoking harms unborn babies, and figures showing about 57 per cent of Aboriginal women smoke, I was delighted to be able to announce Government funding of \$620,000 for a local research project to help pregnant Aboriginal women quit smoking.

The research is a collaboration between the Northern Rivers University Department of Rural Health, the local Aboriginal community and the North Coast Area Health Service and will explore the reasons for the high smoking rates and the best ways to support pregnant women to quit.

Janelle

# Stimulus package to benefit locals

from Justine Elliot, MP

Local families will start receiving bonus payments under the Rudd Government's Household Stimulus Package from 11 March 2009.

Family Tax Benefit customers do not need to do anything to receive the payments. Once a family has claimed FTB, Centrelink has all the information it needs to make the payments.

The bonus payments are a key part of the Australian Government's \$42 billion Nation Building and Jobs Plan to support jobs and invest in future long term economic growth.

The key bonus payments for families are:

- \$900 Single Income Family Bonus to about 1.5 million families with one main income earner;
  - \$950 Back to School Bonus for 2.8 million children aged 4-18 in about 1.5 million families, and;
  - \$950 Training and Learning Bonus for full-time students aged up to 24 whose parent/s receive FTB Part A.
- For more information contact the Family Assistance Office on 13 6150 or visit or [www.familyassist.gov.au](http://www.familyassist.gov.au)

## Rudd Government fast tracks free ceiling insulation

Home owners can start applying for free ceiling insulation immediately. Through the Government's \$3.9 billion Energy Efficient Homes Package, households can now apply for one of the following upgrades.

**The Homeowner Insulation Program.** This installs free ceiling insulation (capped at \$1,600) in the homes of eligible owner-occupiers.

**The Low Emission Assistance Plan for Renters.** This provides assistance of



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

up to \$1,000 for installing insulation in private rental properties.

**The Solar Hot Water Rebate.** This provides rebates of up to \$1,600 for installation of solar hot water systems.

The fast track guidelines make it even easier for Australian households to apply for this program. By visiting the website people can check immediately whether they are eligible, arrange for a skilled tradesperson to do the work and send in their receipts for the rebate.

Energy Efficient Homes will eventually install ceiling insulation in around 2.7 million homes across the country and has been welcomed by industry as well. It will create thousands of jobs in the manufacturing, distribution and installation of ceiling insulation and solar hot water systems during the global financial crisis. The Rudd Government announced the \$3.9 billion Energy Efficient Homes package on 3rd February 2009 as part of the \$42 billion Nation Building and Jobs Plan.

For more information on the fast track application process please visit <http://www.environment.gov.au/energyefficiency> or call the hotline on 1800-808-571.



## Energy Efficient Homes Package

I also urge eligible nursing home and hostel operators to apply for solar hot water and insulation rebates under the Australian Government's Energy Efficient Homes package.

Guidelines and how to apply for the rebates are now available by calling 1800-808-571 or at the website: [www.environment.gov.au/energyefficiency](http://www.environment.gov.au/energyefficiency)

I urge nursing home operators who have older buildings to use this opportunity to improve their energy efficiency. Insulation will increase comfort for residents and save nursing home operators money as well as helping tackle climate change.

Under the Energy Efficient Homes package, the Solar Hot Water Rebate has been increased from \$1000 to \$1600, with the previous means test removed, and the rebate for landlords to insulate rental properties has been increased from \$500 to \$1000. Insulation is typically the most cost effective way to improve a home's energy efficiency.

Although all newly-built homes must be insulated, many older homes – up to 40 per cent of Australia's housing stock – remain uninsulated.

Insulation rebates are available to eligible nursing homes and hostels through the rental rebate, and also to owner-occupier households. Solar hot water rebates are also available to eligible owner-occupied households and tenants.

## Celebrating a milestone?

If you or a family member are celebrating a milestone 90th or 100th birthday, or a 50th or 60th wedding anniversary I am able to arrange congratulatory messages from the Prime Minister, Leader of the Opposition and in some cases the Governor General and the Queen.

Contact my office on 1300 720 675 for further details. 'Til next time,

Justine.



Some of the 55 householders who now have solar grid feed systems on their roofs through the Nimbin Solar Packaging Project, co-ordinated by the Nimbin Neighbourhood Centre and installed by the Rainbow Power Company, taking advantage of federal government rebates and bulk supply pricing.

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## Quilters Group display

**Quilters** (left to right): Merle Mcquirter, Gillian Lucas, Daisy Stewart, Sally Rose, Janice Rose.

The Nimbin Patchwork and Quilting Group are holding their first quilt display on 20th and 21st March, from 9.30am to 4.30pm at the Nimbin Showground.

Also on display will be collectables from yesteryear.

Entry will be \$5, with tea, coffee, sandwiches and cakes also available, with all money raised going to support the Nimbin

A&I Society.

Over the years the group have made a number of quilts as fundraisers for the community, and at this display they will be raffling the quilt pictured.

There is plenty of parking at the Showground, with access for buses and wheelchairs. For more information, contact Janice Rose on 6689-1151.

## Pooches on parade at Sphinx Rock



Dog Show contestants (above) await the results from the section judges, Deya, Nicola, Thorsten and Daniel (right). Lapping it up were (anticlockwise from top left): Melissa and Donald; Kara and Buster and Matilda-Louise; the Lamb family; Leah Thomas with raffle prize; and Angelo with nephew Eden, and Panda.



## Celebrating Seniors Week 16th - 20th March

by Rose Cubis, Nimbin Aged Care

This year for Seniors Week, we are planning to celebrate with our Seniors Citizens in an event called, "Lets talk together", in conjunction with the Lismore Living Library.

It will be held on 19th March for Nimbin and The Channon/Dunoon Seniors, at Nimbin School of Arts Hall (9.30am-2pm) and The Channon School (2pm-4pm). A lunch will be provided for all older people participating as a 'book', reader or volunteer, and light refreshments will be provided.

The Lismore's Living Library motto 'Don't judge a book by its cover' could particularly apply to Nimbin. We need some positive images of Nimbin out in the media and wider community. Negative stories of drama in the streets is obviously not the 'only thing that happens in here.'

The art of conversation is alive and well in Nimbin. you only have to walk up the street past the cafés to hear snippets of stories being shared. Lismore's 'living library' is about ordinary people engaging in conversation one to one. Sharing conversation with a 'living book' can be a unique experience.

Our work with the older community over the years has given us a chance to hear some of these stories from our interesting and diverse aged community. We invite you to celebrate with them and recognise them as a vibrant part of the Nimbin and The Channon/Dunoon communities by coming to be a reader or a 'living book'.

There will be a training session at the Lismore library on March 6, so interested people please contact us for details. For all enquiries phone Cedar and Rose on 6689-1709.

## Simon sees in 'swinging sixty' in style

Sustainable councillor Simon Clough recently celebrated his 60th birthday at The Channon Hall with lots of friends and family, fabulous 60s music from The Channon musos and some eclectic dancing.

Trish starred in her "dolly bird" gear with a black wig. We are assured it was a sixties fancy dress theme.

Happy birthday, Simon!

**Let them eat cake** (right to left): Simon and Trish Clough, and daughter Elly Clough.



Photo: Sho Wakejima

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