

## In praise of colon cleansing

We experience better health and well-being when the colon is clean and functioning normally, according to a local complimentary medicine specialist.

Ela Gold DOHSc, DipAcu, DipAyu, HCHT (pictured) is the founder of Shanti Village, Kyogle, which



provides alternative medicine information, specialising in detox and internal cleansing.

Ela explained why colonic cleansing is important: "When we don't eliminate our waste, toxins back up in the colon which can cause 'auto-intoxication', or self-poisoning.

"This occurs when the bowel walls become encrusted with focol matter, hampering the absorption of vital nutrients, and providing a breeding ground for unhealthy bacteria.

"Colonic irrigation is an internal bath of filtered water which helps cleanse the colon of poisons, gas and accumulated faecal matter. This leads to proper assimilation of food and, in turn, more energy, clearer thinking and vibrant health."

An holistic colon hydrotherapy session can assist in relieving symptoms such as: constipation, irritable bowel syndrome, parasites, chronic fatigue, depression, skin

disorders, headaches, candida,

circulation problems, nausea, flora imbalance, and lower back pain.

The colonic procedure is not offensive, not painful, and takes approximately one hour. The treatment at Shanti Village includes abdominal massage and reflexology on the hands and feet.

As each person is unique, the number of visits needed to support an individual healing journey will vary.

"We are all totally individual, so we all have to find our own way and what works best for us to keep our natural cellular defense activated," Ela Gold said.

"The only healer that can heal you is you!"

A local woman said, "It was a comfortable experience, which left me feeling lighter and cleansed. I would recommend Ella Gold at Shanti village for a cleansing experience."

Shanti Village is contactable on 02 6633-1488, or online at <http://www.shanti.com.au>



Last month, we talked about cleansing. Traditionally, After cleansing comes Rasayana which is rejuvenative tonics aimed at renewal of both body and mind. The preparatory cleansing of the digestive system allows nutrients and tonics to be absorbed more effectively.

Rasayana preparations nourish all the tissues, promotes longevity, increases body strength, improves memory and intellect, increases immunity, improves complexion and increases shukra (reproductive tissue), acting as an aphrodisiac. The process of cleansing and rasayana is recommended for pregnancy preparation, recovery from illness and general well being and prophylaxis.

According to the ancient Vedic texts, rasayana was aimed primarily at the transformation of the brain, from old negative egotistic patterns to the birth of true awareness in human beings. By ingestion of these ambrosias, people experience clarity of perception, physical strength and endurance, and longevity of the tissues. Rasayana often have unique potencies with special affinity to certain tissues known as prabhava.

Typical rasayanas are for vata – ashwagandha, calamus, garlic, ginseng, guggul and harataki. For pitta – aloe vera, amalaki, gotu cola, brahmi, shatavari and saffron. For kapha – bibhitaki, elecampane, guggul and pipali (bodhi tree).

**Ashwaganda** (Withania somnifera) or winter cherry is also known as Indian ginseng because of its rejuvenative and strengthening capacity, particularly for muscles, marrow and semen. It is used in all conditions of weakness and tissue deficiency in children, the elderly, those debilitated by chronic disease, stress and overwork, lack of sleep and nervous exhaustion. It is one of the best herbs for the mind, upon which it is nurturing and clarifying. It promotes deep, restful sleep. It is good for weak pregnant women, stabilising the fetus. It regenerates the hormonal system, promoting the healing of tissues and can be used externally on sores. It is best taken in powdered form with hot milk in the evening.

**Chyawanaprash** is an avaleha or medicated chutney. It has over 48 ingredients and is rich in amalaki which we talked about last month as a component of triphala. It is a complete food, having all vitamins and minerals, in a sweet and spicy delicious paste. The recipe is thousands of years old, formulated by the Vedic rishis or seers, considered to be a gift from the creative god, Brahma. It can be taken in milk or on toast, or eaten straight off the spoon. It's a handy way for busy people of all ages to obtain their daily nutritional requirements.

Consultations and treatments are available on Thursdays at the Nimbin Apothecary, phone 6689-1529 for bookings.

## Homeopathics etc

by Tarang Bates

The morning is warm; the veranda bathed in gentle rays of sunlight. Breakfast is organic, home grown avocados, sprouts, locally baked organic bread and tea with organic milk.

Even the stray mozzie hanging around would have to be fairly organic, depends how far from home they have strayed. We have such an amazing choice of food in Nimbin and it's primarily because a majority of us choose to eat healthy meals... supply and demand it's called. Our kids know that eggs come from a chooks bum...not a cardboard box in the supermarket!!

A beautiful cinnamon breasted Spinebill, has its long curved beak imbedded deeply in a scarlet, Calliandra flower and the Pecans are growing plump. As I write this a wind comes dancing through the garden, carrying with it the first of the yellow Pecan leaves. Soon the tree will be bare and we will be foraging with the wildlife for the fallen nuts.

I have recently returned from New Zealand (my second home).....staying on the edge of the Wiatakere Ranges National Park. They were subjected to helicopter raids about the same time as we were this year. Nimbin and the Mardi Grass are well known over the ditch and I heard a few stories fondly recalled.

It's always good to come home....the sense of community is strong. People are generally watchers of the earth, living simply with an understanding of soul and our connection to the valleys and mountains around us. There is a vibrancy of life in Nimbin, which is much bigger than the main street.

While I was away, home birth was apparently marginalized even more than it was previously. A birth at home, in familiar surroundings with family and friends, creates an environment of peace and



tranquillity for the mother and babe, which is needed for comfortable, safe birthing in most cases.

Perhaps every second year (as an experiment) alcohol could become illegal and hospital birth inaccessible, while pot becomes legal and homebirths accessible. I am well aware that excessive pot or alcohol consumption causes problems, and that hospital births are an absolute necessity in certain cases. The issue here is personal choice; a couple of joints on the weekend with friends is not much different to a couple of glasses of wine. We are grown up responsible people, living wonderful lives with healthy vibrant families...who are more than capable of making responsible, informed choices.

**MOULD and HOUSE DUST MITE:** both of these remedies are useful for people who suffer reactions to these common house mates.

**AMBROSIA:** a lovely name for ragweed, is used for hay fever. Watering eyes with itchy eyelids. While the nose and head feel stuffed up there is lots of sneezing and a runny nose.

**PULSATILLA:** is good for treating seasonal allergies. People who have thick, yellow/green discharges from nose and eyes, with burning, itching and watery eyes.

For more information, on these homeopathic remedies. Contact Tarang at Nimbin Homeopathics 02 6689-1452. Email: [tarangbates@yahoo.com.au](mailto:tarangbates@yahoo.com.au)

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# Study finds leisure is vital ingredient for fatherhood

Taking time out to play in the sand, read a few stories, play board games or have a game of backyard cricket could be some of the best ways for non-resident fathers to establish a positive relationship with their children, says Southern Cross University academic Professor John Jenkins.



Professor John Jenkins

Professor Jenkins, who is head of the University's School of Tourism and Hospitality Management, has just completed a study examining non-resident fathers' leisure with their children, and has found that leisure pursuits help non-resident fathers to both engage with their children and reassert themselves as a parent.

"The nature of fatherhood has been the subject of some speculation but unfortunately, much of the debate about parenting and non-resident fatherhood focuses on the impact of a father's absence rather than what he actually does when he is with his children," said Professor Jenkins.

In-depth interviews were conducted with 18 non-resident fathers residing in the Hunter region, ranging in age, income and background.

Professor Jenkins said common themes in his interviews with the fathers were the effects of separation on life circumstances, lack of contact time with their children, the leisure activities undertaken and their significance, and the fathers' aspirations for future leisure experiences with their children.

"Fathers' leisure activities with their children included

skiing, surfing, cycling, playing in the sand at the beach and camping," said Professor Jenkins.

"But other passive and educational leisure pursuits often less associated with fathering were also common: arts, crafts, drawing, reading and playing board and computer games together."

It was found that leisure activities enabled the group of non-resident fathers interviewed to share experiences with their children, and were vital for building stronger relationships with them after separation.

As well as that, positive experiences arising from leisure-based interactions increased many fathers' happiness and sense of worth as a parent.

"It is very apparent that although separation and divorce can affect family relationships profoundly, leisure is an important way for non-resident fathers to connect with their children and redefine or re-establish their roles as parents," he said.

# Stress, Depression, Bowen Therapy and Pranic Healing



Eleventh in a series by Tonia Haynes

Bowen therapist and Pranic healer  
Phone 6689 9284

Hello all. Right now the weather is glorious in this beautiful paradise of Northern N.S.W. Sunny days and cool nights do much to lift the spirits. Particularly after the weeks of rain and cloudy skies, which are a blessing, in a country suffering from drought.

But unfortunately, the spirits are inclined to flatten out when one is exposed to long periods of rainy days and muddy toenails that don't look clean, no matter how hard we scrub. At times such as these, Revlon's Blazing Passion Red or even better, Demon Goth Black nail polish come in very handy as a cover up, particularly if one insists on still wearing thongs, even after the experts have said not to.

I want to thank the parents, who in the last month have brought their young children to be treated at my clinic. They always bring sunshine to my room, no matter how grey the day.

It is commonly thought that stress and depression are held in the mind. 'Pull yourself together, or change your attitude', are the common response of a public who do not 'understand', when one does not perform in a manner that is classified by our society as sane and productive.

Interesting thought that eating the brains of our neighbours in Oz is not okay, whereas in parts of New Guinea it is a productive and accepted action.

But, I digress.

It is true, stress most often begins in the mind when our expectations of life are not met, but over time, feelings

of stress take a toll on the body, because the endocrine organs that produce the chemicals that keep us in balance, think that we are in a state of fight or flight twenty four seven and they faithfully do their best to perform to protect us, until eventually, they run out of energy

This creates a catch 22 situation whereas a body that is tired from wanting to run away but can't, stops functioning properly, therefore causing more stress.

The major endocrine organs that keep us in balance are related to the sympathetic or autonomic nervous system which gets its energy from, and gives energy to, the spine, muscles and organs of digestion and elimination.

A person in stress will often have associated physical problems such as body pain, constipation, headaches, stomach upsets, lack of appetite, malabsorption of nutrition, sleeplessness, or sleep that does not give a feeling of rest, etc. The symptoms are endless because we are wondrous, powerful beings, who can create all manner of complications when our dander is not being pandered.

Over the years I have been in clinic, it has come to my attention that a mix of Bowen Therapy, Pranic or energy healing and Emotional Field Therapy can work wonders for stress and even depression. Bowen Therapy relaxes the muscles, pumps nerve and blood flow up the spine and rehydrates the tissues of a tight body, which in turn removes body pain and also allows those endocrine organs to want to go back to working efficiently.

Pranic Healing cleans and re-energizes the energy vortexes which are an

extremely important part of the electromagnetic system which assists in keeping our body alive healthy and energised.. It also removes the dysfunctional and unpleasant charge we feel when we are emotionally out of kilter.

Emotional Field Therapy assists in clearing old thought patterns that have stopped us moving forward to be the way we would like to be, without a lot of verbal sharing about those inner, most secret gooblies, we have been carrying around for ever.

These treatments assist in clearing the whiteboard of one's mind of feelings of helplessness, hopelessness and exhaustion. Anger and resentment settle and one is able to see the world through clearer eyes and perhaps begin to make decisions toward a better life.

A diet high in nutrition also plays an important part in keeping us safe and sane. It has been recorded by them that know stuff that today, more than ever before, young children are being faced with stress and depression, due to a diet lacking in good nutrition. Similar to a car, the body needs good fuel in order to run efficiently.

It is interesting to note that children who come to me for treatments are reported to be better behaved as a result.

Holidays away from a seemingly stressful environment give us a break and help for a while, but running away incorporates taking ourselves along and once the stimulus of a new environment settles, we are often faced, with the same problems we ran away from.

I am in the Nimbin Clinic, Tuesdays and Saturdays and the Tweed Heads Clinic, Thursdays and Fridays. Mobile: 0439794420 (no range at home)

Love, Light and Laughter.

## Cook's corner

### Recipe of the Month

by Carolyne



### Lime Delicious

This is a lovely light winter comfort food. One serve gives you more than a quarter of your daily vitamin C requirement. It's great that something so yummy can help ward off winter colds.

#### Ingredients

- 30 grams butter
- 250 grams (1 cup) sugar
- 1 tblspn grated lime zest
- 2 eggs, separated
- 40 grams (1/3 cup) self-raising flour
- 150 ml (2/3 cup) skim milk
- 125 ml (1/2 cup) lime juice

#### Method

1. Pre heat oven to moderate 180c. Lightly grease a 1 litre (4 cup) oven proof dish. Beat the butter, sugar and lime zest until light

and creamy. Gradually add the egg yolks, beating well after each addition. Fold in the flour, milk and lime juice alternately.

2. Place the egg whites in a clean dry bowl and beat until soft peaks are formed. Gently fold into the flour mixture, the pour into the prepared dish and bake for 40 minutes, or until golden brown. Serve warm with cream or ice cream.

With all our beautiful limes in season, this is a truly yummy recipe.

For information call Carolyne at the Coffee House, Nimbin. Phone 6689-0590

Till next month, enjoy!




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# LOOK TO THE STARS

YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

BY BEV MURRAY

**M**ay 2009. This month begins with Mercury retrograde in Gemini on May 6th re-entering Taurus on the 13th. Mercury retrograde is always difficult where communication is concerned and it has a habit of making short journeys tricky. Computers and other technological innovations can play up now too so be prepared to back up. With this retrograde there is an impetus to nut out mysteries and get to the bottom of things. We are encouraged to question what we are being told, especially in a global political sense. From mid-May, Venus and Mars are prominent energies and can help set the stage for practical growth in June and July. The end of May could easily herald another cycle of seismic activity. The Moon is close to the earth at this time and this usually affects all things tidal and water related.



**Quote of the month:** "For a long time it had seemed to me that life was about to begin... But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life." ~ Alfred Souza

Bev can be contacted on 0401-800-210 or through [www.astralinsights.blogspot.com](http://www.astralinsights.blogspot.com) or at the Well Being Centre, Yamba.

## Forecasts by Tina Mews

### Aries

During this month you might find yourself full of energy and enthusiasm. With Mars and Venus traveling through your Sun sign and your house of values and possessions, the economic stimulus bonus might be spent without much hesitation for some strong felt need of self-indulgence - just do not forget to take it easy! Mercury retrograde might twist your instincts and you would do well to think before you leap.

### Taurus

We are still in your birthday season until the 20th May, when the Sun will be entering the sign of the twins. So, have the courage for a new vision and dare to think big! The inspirational and healing triple conjunction of Neptune, Jupiter and Chiron is wandering through your tenth house of success, career and achievement, while Venus, your ruler, is in your house of dreams and fantasies. Something new might be forming and just needs that extra bit of confidence to be initiated.

### Gemini

This year's birthday season will be starting with your ruler Mercury still moving retrograde. Take it as an opportunity to relax your busy mind and move into a stand-by mode of introspection, while listening for once to your other twin! It is a great time for tidying up some loose ends. New connections might be made easily during this month and you still can expect to be challenged to work harder at putting your dreams into reality. Use this month's New Moon on the 24th for meditating and focusing on some good intentions for the coming year.

### Cancer

The emotional tides are running high this month with Mars and Venus in Aries in your house of achievements and public image. It will be a mixed package, with some pleasant and some stressful moments. Even though you might try to avoid conflict, it might not always be possible. See it as a chance to express what you really needed to say by now and please, do not bottle up! You feel better when you can tell your truth and be listened to.

### Leo

You are bursting with energy and motivation, because Mars and Venus in Aries are supporting your solar fire. You feel strongly about your beliefs and really want to get things done, be practical, creative and productive. Watch out for Mercury retrograde because difficulties in communication can be expected, confusion can arise about details. Nevertheless, with compassionate and idealistic Neptune, Jupiter and Chiron in your relationship house, you only see the best in everyone.

### Virgo

With your ruler going retrograde, communication might become more problematic. At least you do not have to criticize yourself, when your famous awareness for details fails you during these three weeks. A more blurred view might open you up to a totally new perspective, lessening the effect of fragmentation caused by analytical thinking. Saturn turning direct in your sign on the 16th will help to boost your confidence.

### Libra

The Goddess of Love (Venus) and the God of War (Mars) are conjoined in your house of relationships. The choice is between cooperation and competition. You will be more assertive than usual about your goals. Disagreements about money, joint projects and commitments can potentially cause turmoil. Try to balance the gap between your ideals and other people's reality.

### Scorpio

One-to-one encounters with others are teaching you a lot about yourself. At the moment you feel very practical about your relationships, with Venus and your ruler Mars in your sector of work and health. It is important for you to work hard, avoiding a build-up of frustrated energy. You are not feeling particular romantic at the moment and during the Full Moon on the 8th in your Sun sign you might be reminded of your partner's needs. Try to keep your cool and avoid spreading poison by using that famous Scorpio sting.

### Sagittarius

This month finds you hunting for pleasure and excess. Mars and Venus journeying through your house of play and fun, while benevolent and expansive Jupiter, the ruler of your Sun sign is conjoined with inspirational and mystical Neptune. Indulge, and know where your limits are. Purchasing a liver tonic might be a good idea. You will have to juggle social commitments with work schedules.

### Capricorn

This is a great time for you to get involved into all sorts of creative projects or even romantic adventures. Saturn, your ruler, will be turning direct on the 16th easing restrictions on self-expression. Stress at the home front might be building, and issues around children and parenting will gain in urgency. Try not to push your authority too hard as an attempt to circumnavigate your own insecurities. Focus instead on you inner strengths.

### Aquarius

For you Cupbearers the time is favourable for focusing on your homelife, your family and your psychological make-up. You will benefit from working on a stable foundation. Energy spent on psychological self-evaluation can be of enormous help for your personal growth. Let go of the one or other outworn pattern and allow yourself to be filled with some new visionary goals!

### Pisces

You might spend a lot of time dreaming and imagining a new vision, which you feel like sharing with friends, neighbours, relatives etc. Mercury retrograde could bring some unexpected delays, car repairs, computer problems or minor misunderstandings. So, avoid making important decisions or signing documents with long term consequences. You might miss some important details. Just tune into your Piscean relaxation mode and have faith in yourself.

## 2012 Nonsense

by David McMinn

"The future has a way of arriving unannounced." - George Will

There has been much speculation about 2012, with the ending of the Mayan calendar. Does this portend world disaster? Is it the beginning of a new age of higher consciousness?

Judging by the track record of previous prophecies, nothing much will happen. A friend has been collecting numerous newspaper cuttings of various predictions made over the past 20 years. Guess how many have come true? Yes you were correct - zero, but that should not come as a surprise.

In the early 1980's, I was a follower of Paul Solomon and read all his books. His doom and gloom scenario was the reason why I moved out of the city and to Nimbin to be self-sufficient during the coming great collapse and world famine. Of course it never happened and, in retrospect, I cannot believe my stupidity. Lesson learnt, and after that little experience I became very cynical about the 'gift of prophecy'.

Do any boomers remember that prediction of a tsunami sweeping away Adelaide on January 19, 1976? The state Premier went down to the seaside on the day to defy the forecast and of course it never happened. As for the East Coast experiencing a tsunami - a favourite of all Australian 'prophets' - statistically it will occur one day, but it will not be predicted. A tsunami was foreseen to wash down the East Coast on May 15, 1995. I was on the esplanade at Surfers Paradise, holidaying in a flat overlooking the ocean - I thought to myself "at least I will have a great view." Most recently, yet another big wave for the East Coast was forecast on October 8, 2008 and again nothing happened.

In the 16th century, Nostradamus made various forecasts of events to unfold over the ensuing centuries. He wrote that in July 1999 "A great King of Terror will come from the sky. He will bring back the great King Genghis Khan. Before and after Mars rules happily." It was the one of the few dates given by Nostradamus, and was another non-event. His work is ambiguous, hard to decipher and wide open to (mis)interpretation. Even so, books on Nostradamus' writings are still being published and read 450 years after he died.

Then there is the biblical prophecy that Jesus would come back to Earth and save humanity. Around 70% of Americans believe that this will occur - a scary statistic. For the past 2000 years, Christians have been anticipating the imminent coming of Jesus and they have always been proven wrong.

When a catastrophic event does happen, how many psychics actually foresee it? The September 11 attack in 2001, the 2001 Bhuj earthquake, the 2004 Boxing Day Tsunami... the list goes on and none were foreseen.

Throughout history, the gullible have embraced various portents of disaster, and today is no different. This reflects a serious flaw in human nature that makes some people attracted to tales of looming catastrophe. Forecasting doom can be big business and gives a huge financial incentive for the unscrupulous to lie, cheat and manipulate. The lessons from history are never learnt, and the multitude of failed prophecies is simply forgotten.

Anyway, we do not have to wait that much longer to see the outcome of 2012. A major catastrophe will be extremely unlikely to happen, and I will not be worrying about it.

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# From our man in El Salvador

by Warwick Fry

Back in the olden golden days – several years BW (Before Windows) – there existed the romantic image of the cyberspecialised Road Warrior – the intrepid soul on motorbike or communal bus, roaming the countryside and delivering experiences over coin operated public phone booths.

I still remember those old 600 Kilobytes per second 'modem' converters – a kind of rubber clamp that fitted over the mouthpiece of a phone that sent the signal up to the internet in a stream of accelerated Morse-coded beeps that to the human ear sounded very much like the dial tone of a fax machine.

A 'laptop' computer then didn't have a hard drive. If you were lucky it had two floppy disk drives. One ran the programs, and the other stored the data. But they were a godsend to journalists in remote places who, back then had to send their stories over the phone, with accelerated hi-fi sound tapes, or clunky and expensive telex machines that literally, translated keystrokes into the equivalent of a Morse code – a minor upgrade of the telegraph. These were, in fact, the precursors of the 'modern' word processor.

Journalism in Third World countries is easier now, if one discounts the expense of airfares. The distribution, the cost and efficiency of 'cyber cafés' is far superior to the Australian experience. An hour on the Internet in a Salvadoran cyber-café costs between fifty cents and one US dollar. And cyber cafés are ubiquitous in Latin America. In Mexico any village with a bus service (even if it is only one a day) has a cyber café.

So, my ambition to be a cyber-road warrior ("have laptop, will travel") has lost many of its romantic connotations. All that is really required now is a memory stick to move the data around. (Forget the motorbike – the public transport here shits on the Australian version – most of the workers here don't have a car to drive to work). Working as a journalist is so much easier now than it was in the 1980s, when getting stories pictures and sounds back to Australia was a logistic time-lagged nightmare.

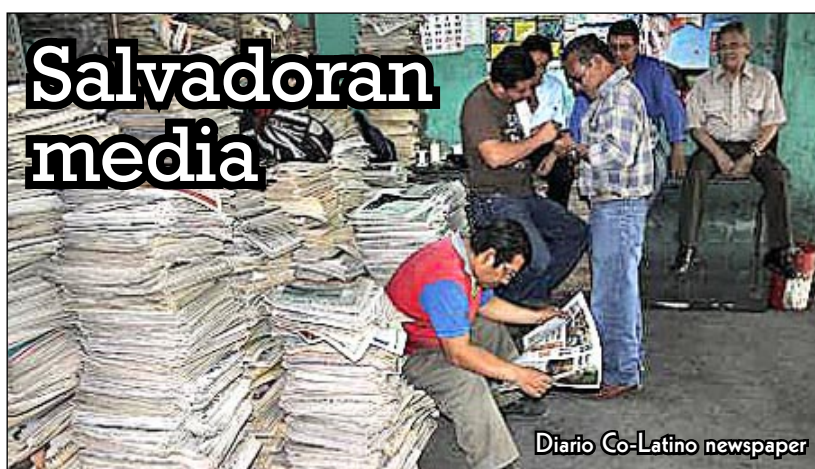
These days I can do an affordable live phone-in to community radio station 2Nim-FM from the centre of San Salvador, the capital of the Central American Republic of El Salvador. Instead of the old tape recorded "somewhere in the mountains of ..." or scribbled notes, smuggled down on the back of a mule, I am now reporting from "A cyber café, somewhere behind (and slightly underneath) a Church in the centre of San Salvador".

I like that. I am continuing to take

pictures that may result in a calendar: "Salvadoran Workers". And believe me, nowhere will you see a people as hard working and industrious as the Salvadorans. Which makes the ongoing rape of that society, and that hard, sweated work of those people

by a privileged class aligned with the imposed neo-liberal ideology of the US, all the more obscene and disgusting.

Let's hope that the President elect, when he takes office on 1st June, can reverse, or at least mitigate, those levels of entrenched social obscurity.



The Salvadoran media was always different. Alternative in the most hard core sense of the word. Australia had the rebellion and massacre of Eureka. A number of our 'alternative' publications have borrowed their name from that experience.

El Salvador had the peasant uprising of 1932 in which over thirty thousand indigenous peasants were massacred. Its leader, Farabundo Martí gave his name to the guerilla movement that fought the military to a standstill in 1989. The country was run, if not dominated, by the military (with US support for much of the time) for the next sixty years, and the indigenous people stopped speaking Nahuatl, the indigenous language, for fear of renewed persecution.

Yet throughout this period alternative journalism survived. Or in one case a newspaper that had a 100 year history of 'oppositional' journalism. I spoke to workers in the latest incarnation of this paper to ask them how the paper had survived. In the last half century it has changed its name three times, been burned down twice, bombed once and gone bankrupt twice.

It has survived through the support of its readers and the commitment of the print workers and journalists who at times worked without pay to keep the paper solvent, often sleeping on the floor of the building, which to this day, looks like a huge barn. It was founded by a poet in the 1890s. The family dynasty passed it into the control of friends, and the workers, until it was taken over by a prominent Christian Democrat in the 1980s. As the Christian Democrat party became increasingly beholden to the military, he tried to shut it down.

Workers kept it going over the hard years, often working without pay, sleeping on the floor. Emilia Pineda, who still remembers those years, told me how, after government helicopters bombed the place and destroyed the presses, students from the Mechanical Engineering Faculty of the National University came over and repaired them. "They are still working to this day," she said.

"And then, there was a time when we could only bring out one double sided page. And people still bought it as a gesture of support"

I have my own memories of the *Diario Latino* as it was known at the time, during the guerilla offensive of November 1989, when it was a 'limited edition' so to speak, and people read it surreptitiously. It was the only afternoon paper in El Salvador, and back then you had to be quick – it would sell out within an hour after midday, and people even found that incredible. The building was referred to as 'the house of death' ... just waiting for military reprisals. Media students then, were the mainstay staff and journalists.

The *Diario Co-Latino* is a training ground for University media students who reject the values of the commercial media. They don't see themselves as mouthpieces for the FMLN. One of the journalists I interviewed had just graduated, and the other was still at the university part time, while working for 'Co-Latino'. Emilia was obviously proud of them, and both were clearly passionate about the need for genuine independent journalism. Independent of commercial values.

The commercial media in El Salvador is Kerry Packer 4xXXXX!

## Nimbin Crossword

2009-05

by Synec



### Across

1. (and 3, and 19 and 31 across) The mob who give us our harvest time carnival
3. See 1 across.
6. Water for plants?
7. Skinhead backbeat
11. New Mexico town – famous artists' colony
12. Four in a pack – high in most poker rules
13. Laugh?
15. Oil-producing nations' cartel
17. Smallest Galilean moon of Jupiter
19. See 1 across.
22. The negative
24. Drug-fuelled religious rite of the ancient Greeks
26. Thee (French)
28. Alcoholics Anonymous (init.)
30. Bet on? Returned
31. See 1 across.
32. In favour of
33. Looked at? With eyes
34. Intentionally lose? Toss
35. One who eats

### Down

2. From Ireland
3. Small Italian potato dumplings – delicious with pesto
4. Pastis 51, Pernod or Ricard? Aniseed flavour
5. (3,5) Large hunk of meat? Pro-legalisation symbol
8. (and 16 down) Volkswagen campervan rally
9. Not where swine-flu breeds, but an infection of the eye
10. A yank south of the border
14. Also known as (init.)
16. See 8 down.
18. Growers complete at the Hemp \_\_\_\_\_.
20. (3,4) The passengers (only!) on a boat
21. Ocean
23. Further from the centre
25. Beams (of sunlight)
27. Hate
29. Remain? Tolerate

(Put your hand over the solution!)

### Crossword Solution



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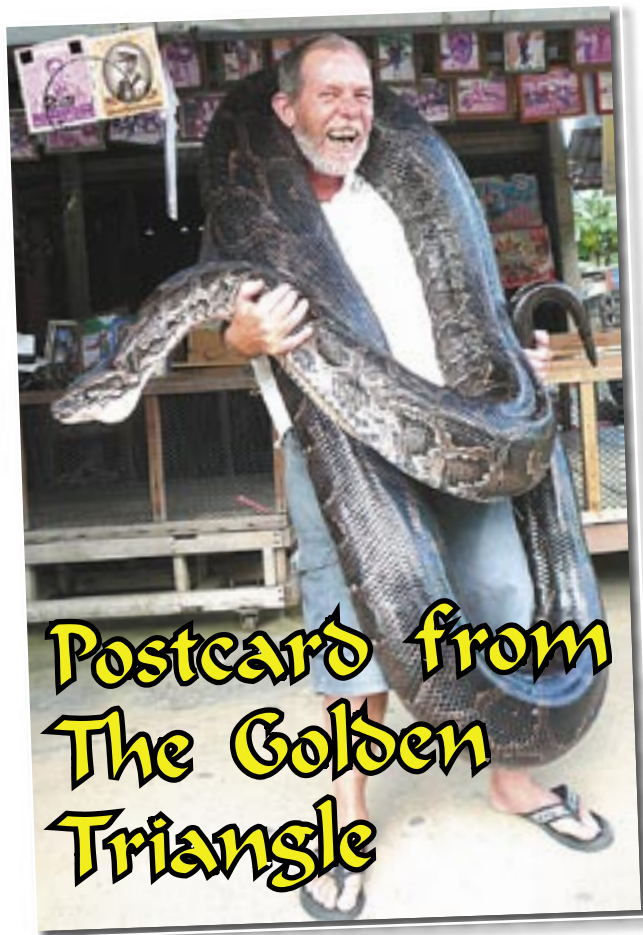
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## Postcards from The Golden Triangle

by Bob Tissot

**OK** It's 2pm and we've just checked in to the Golden Triangle Inn, pleasantly situated in beautiful downtown Chiang Rai. The room is deliciously spartan, the gardens delightfully tropical. We've just survived 14 hours breathing recycled Turkish Air and 8 hours trying not to breathe Bangkok air. Needless to say our nostrils are rejoicing in some crisp mountain oxygen and we set off on foot to explore.

Discovered the "food court" for want of a better term. A vast outdoor plaza surrounded by maybe 100 food stalls selling "squid moustaches", "mixed fried insects" and "bamboo with worms". We tuck in with gusto and eat like kings. (Caution: The squid moustaches are very hot).

The next day we head off for the Hall of Opium. Found the bus and made it through the police drug check point and into Chiang Saen where we grabbed a truck with a couple of Belgian travelers and negotiated a price up to the Hall of Opium. Set up as a ROYAL INITIATIVE BY THE QUEEN MOTHER (that deserved capitals as does any mention or thought of the ROYAL FAMILY). It's a palatial establishment which

presents the whole history of opium from its earliest use to the present day. Lots of staff scurrying, making sure you see things in the right order, and the best display of pipes, scales, boxes and other opium smoking paraphernalia you could possibly hope to find.

Emerged hours later to discover our truck had vanished, (we'd lost the Belgians somewhere inside). Cadged a lift back as far as a HUGE Golden Buddha situated on the riverbank where Thailand, Burma and Laos meet, and got distracted there until we'd managed to miss the last bus home. BOTHERSTICKS! Found a cheap room (tiled floor, walls and ceiling; felt like sleeping in the bathroom) and wandered into the evening to discover that we'd stumbled upon a festival celebrating the end of the Buddhist Lent (you can process that cross-cultural reference on your own).

The riverbank was lined with families and food vendors and as the full moon rose through the mist over Laos, glinting on the mighty Mae Kong River, and the chicken legs crackled on the braziers, we were adopted by a Thai family and plied with fireworks and firewater. They spoke no English, we refused to embarrass them with our Thai, yet communication was perfect...

**OK** It's 9am and I've managed to negotiate our hire car through the Chiang Rai rush hour and into the mountains along the Thai / Burmese border. According to the guide books, driving yourself in Northern Thailand is "very adventurous and not recommended" but having driven in Israel and survived and this country at least drives on the proper side of the road we figured "How adventurous can it be?" We were heading for Doi Tung, which means "Banner Mountain", being the mountain upon which a major God (maybe the one true God) alighted and proceeded to create plants and animals.

It wasn't long before the maps and reality digressed somewhat and we found our road becoming progressively thinner and steeper. Soon we were climbing up vertical cliff faces and then zooming (oh, all right, cautiously creeping) back down the other side. "Ah", we said, "this is the REAL Thailand." After a stop at Wat Phra Doi Tung (temple on hill, a million steps, a hundred bells), we continued on and up, always taking the high road because Diana was searching for the perfect view. We noticed a flight of steps in the hillside which seemed to offer the kind of ultimate view D was searching for.

Climbed the steps, found the view all right but also found a series of very neat bunkers, and upon looking further up the slope saw the troop's quarters and artillery. Not sure how we'd managed it, but after turning left, and then right, and then left (or was it right) again we somehow found ourselves inside military territory. Shit! Quietly we backed away, down the steps, into the car and made a dash for it but we'd only driven about 200m when we rounded the corner and found the CHECKPOINT! And



the boom gate was down. Handed over all our papers (and the car's papers) and answered all the questions. "Bloody Hell clobber, I've got no bloody idea how we got here!" They guessed we were Australians and took pity. Finally released but hit two more checkpoints before we got off the mountain...

**OK** It's bloody early and we're stopping at an elephant camp on our way to an isolated mountain village with a hill-tribe man we'd met the night before. We'd been to this same camp the day before when, in a rush of blood to the brain, Bob decided he'd like to be photographed holding a boa constrictor. Not just any old boa mind you but Toro, the biggest damn constrictor in the place. In the red corner, weighing in at 68kg, the challenger, Brainless Bob. In the blue corner, weighing in at 120kg, the champion Terrible Toro.

It took 5 fully grown humans to lift Toro out of his cage and drape him, coil by massive coil, around the puny neck of the challenger. He lasted 10 secs during which Diana managed to get a shot that seemed to say it was all good, but then his back went SNICK and

the wimp cried out "Quick, get him off". The handlers rushed into the ring and

took the weight before the challenger sagged to the ground. Today, Bob is greeted as a returning champion. Much back-slapping. (Easy fellas, easy).

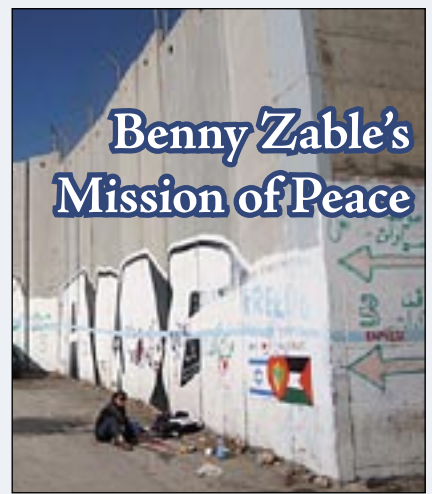
From there we went to our guide's village for lunch and squatting amongst the pigs, cows, dogs, chickens and children we purchased women's handcrafts, pleased that the money was going to the source. No haggling, just making sure that we bought something from everyone. Sitting up there high in the mountains, passing time with the locals, had thoughts of home. Tomorrow those thoughts become a reality.

It is turning out to be a cosmic blockbuster movie of a journey.

What a first night it was, as I was taken by taxi under cover of darkness by these tough looking guys from the Jerusalem Central Bus Terminal to the old city Olive Mountain House of Ibrahim.

This place is hosted by Ibrahim Ahmad Abu El-Hawa, who I gifted with one of my Rainbow Peace flags. Rainbow Peace flags fly at the entrance of this extraordinary place, high up on the Mount of Olives, overlooking the ancient city.

The first full day here I went on a walk down to the Separation Wall with Amanda Sampson, an artist I met at the Dharma



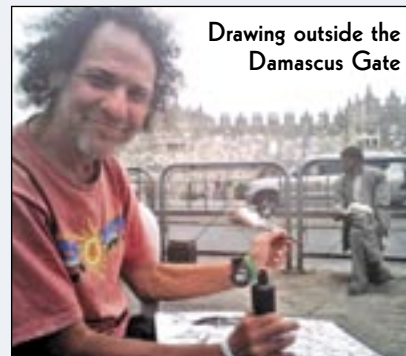
Benny's PALESRAEL mural on the Separation Wall in the West Bank

On the Saturday, we walked for 10 to 12 hours through the Judean Desert with members from the community to the Dead Sea, checking out wildlife collecting seeds and specimens. An extraordinary beautiful environment.

We came across Bedouin shepherds herding sheep and goats, and camels.

A highlight of my visit here has been the discovery of a permaculture project on the West Bank, near Bethlehem at Beit Sahour.

Bustan Qaraaqa (Translated means the tortoise's garden) permaculture and



Drawing outside the Damascus Gate

gathering, and friend, and we took photos with the banner while military cruised around us. Later on, Anna Verhagen, who befriended Jingles in Nimbin, and I went on a journey to the old City. We hung out at Damascus Gate, sketching.

We met up with protesters helping Palestinian householders who have been told by Israeli authorities they will be evicted any time soon. I stayed overnight with a family who have been living in two of the houses for over 32 years. They are to be evicted because of pressure from Israeli settlers. The dispute has been in and out of court for the last 32 years. The issue is an international one now, with negotiations going on with top level US officials. Throughout the night it is like Nimbin, with car burnouts and loud music, whining police sirens...

guest house has developed an Eco alternative outreach centre over two years. It is a project aimed at healing the earth, revitalizing the soil and water, bringing back native plants that since the Ottoman empire has been almost extinct to the region. The other broader campaign they have embarked on developing is the Green Intifada. You can find more about these movements by googling.

On Thursday 30th April I painted the PALESRAEL mural on the Separation Wall at the Bethlehem crossing, with members from the Bustan Qaraaqa community.

I will be back on Sunday at the Mothers Day Channon Market in May at the Rainbow Chai Tent. See you all soon.

Love and Peace.

Benny Zable

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# Is the sun finally shining on the Nimbin Bushwalkers Club?

by Michael Smith and Len Martin

Eleven stoic members of the Nimbin Bushwalkers Club Inc rolled up to their overnight campsite in a State Forest east of Tenterfield on 4th April. It had been raining for a week, the creek had broken its banks and the ground was sodden.

Rain was pouring down and thunder and lightning were cracking and flashing in the treetops above. Tents and tarps went up, the alpha males went bush to gather branches, and a fire was lit in the most improbable of circumstances. The rain decreased and a good night around the fire was had.

We had gathered to get an early start down Flaggy Creek to see what it had to offer. The walk was led by 'The Waterfall Man' Don Durrant, so we knew we were in for a rugged time. Using techniques borrowed from rock-climbing, yoga and mud wrestling, we survived five hours of wandering down the gorges, waterfalls and cascades of Flaggy Creek. My photo album now has new photos of wildflowers, orchids, waterfalls, fungi, snails, giant worms and heroic walkers.

April's mid week walk was attended by six optimists. It had been raining for many days beforehand, and we knew it would be sloshy underfoot, but at least on this day the sun was out. We gathered at Rocky Creek Dam and did



the softest option, the Platypus Walk. A different stroll had been planned, which involved walking across the spillway, now a roaring surge and not to be attempted.

We then drove up Gibbergunyah Road to have a crack at the Big Scrub Loop. The road was closed at the causeway. Exposing our pinkies to the concrete slab, we found the water to be boisterous but only shin deep. The trekkers moved on up the road and plunged into the soggy remains of the Big Scrub. This was the type of bush that the dairy farmers cleared a century ago to turn into productive farmland, only to be

abandoned to hippies to grow lantana on.

This particular rainforest remnant was next to a macadamia farm. The creek was lined with nut-studded silt, the next invasion. Even here there were swollen creeks to cross and leeches to be fed. Surely there must be no more appropriate time to visit the rainforest than after rain.

Saturday 25th April dawned fine and clear and... sunny! A perfect day to walk from Minyon Grass to the plunge pool at the bottom of Minyon Falls, led by the intrepid Don Schell.

It was indeed a beautiful 4 km shaded walk along a wonderfully graded track through varied vegetation, Bangalow palms and rainforest, with some slippery wet rock-hopping at the bottom to reach the plunge pool, where we were bathed in the spray from the spectacular falling water - of which there was lots - one benefit of the bl\*\*dy rain!

Over the horribly slippery rocks slowly and clumsily, as befits a person of my age, to admire the falls and the rock face, then back over the wet slippery rocks to the creek crossing where we decided to have lunch.

The group then bravely decided to do the whole circuit - returning by the much longer track up to the falls and thence downhill to Minyon Grass. A wonderful day was had by all.

One small thing, I reckon the best way to Minyon Falls is by the Whian Whian forestry road - a dirt track, but infinitely better than the horribly bendy bitumen via Repentance Creek.

Footnote from Len: I must apologise for using an inappropriate name for a certain landmark in my report for last month. In respect for the traditional owners, I used what I thought was an appropriate name, rather than that conferred by Captain Cook. However, I was apparently in error. Sorry folks, will stick to European names in future.

## May Walks Program

### Saturday 9th May

#### Rockface Road to Clarrie Hall Dam Wall

Leaders Neil Biggar (6679-3140, at night) David Holston (6672-5071, at night) Grade 3. 7km. From Rockface Rd. via well defined fire trails to Dam wall. Starting at 270m above Sea Level along Gilwah Rd (a ridge trail) past sandstone features to the Dam Wall Trail to the carpark at 70m above S.L. Vegetation varies from Heath-Dry Sclerophyll Forest to Rainforest.

Meet 8.30am Nimbin car park, 9am Clarrie Hall Dam Wall carpark. Car shuffle to Rockface Rd for 9.45am start. Bring Lunch and water.

### Wednesday 13th May

#### A walk along Blade Road West, Nimbin

Leader Judy Hales (6689-0254) Grade 2-3, a 4km (return) 2hr walk, mostly along a designated but unformed Council road, unshaded (so bring a hat) relatively easy grades and wonderful views - a walk with a purpose!

Meet Nimbin car-park 10am for car pooling. Bring hat, camera, water and food for picnic lunch.

### Weekend 23-24th May

#### Mt Nardi to Sphinx Rock and back (Overnight, club members only);

Sunday 24th day-walk from Mt Nardi out and back towards the Sphinx Overnight Leader Michael Smith (6689-9291) Grade 3 to Flying Fox and 1km of Sphinx Rock (worth going just to get this close). Grade 6 from there to Sphinx. On- and off-track, thick scrub & cliffs, some sections exploratory. Start Sat 8am Mt Nardi. Bring camping gear, stove, food and water for 2 days. Must phone leader to register interest & arrange transport to and from Mt Nardi.

Day walk leader Judy Hales (66 890 254) Grade 3 6 hr relatively easy walking to meet returning over-nighters; no steep grades. Meet Nimbin car-park 8.30am, Mt Nardi 8.50am Bring lunch and water.

### Sunday 31st May

#### Don Durrant's place at Afterlee (20 mins west of Kyogle)

Leader Don Durrant (6633-3138 after dark). Grade 3 5 hr: a walk through Don's superb rainforest, all on tracks with easy grades Meet 8am Nimbin car park, then drive in convoy to Don's place - bit over an hour Bring food for picnic and water. Nimbin Garden Club members are welcome to come.

## Nimbin Garden Club Notes



by Gil Schilling

Photo: Ossie Osborne

Club member and native plant guru, Rob Fleetwood (pictured), was the star attraction at the club's recent April meeting.

A gathering of more than 20 members and guests listened attentively as Rob detailed the basic elements of successfully designing and planting a sub-tropical rainforest, using species best suited to particular local conditions.

As a knowledgeable and passionate gardener who has achieved much in re-generating his own 'rainforest in progress', Rob's generous advice and tips were much appreciated by all those present. Questions and queries were followed by a sociable afternoon tea.

The meeting also gave members an opportunity to say goodbye to Jan and Lloyd, who are shortly moving to Murwillumbah.

### Next Meeting

The club had planned to follow-up on the rainforest theme with a visit to the Firewheel Native Nursery in Dorrroughby for the May meeting, however, there has been a change of plan. The next club meeting, scheduled for 2pm on Saturday 20th May, will now be held at Siddha Farm, Young Road, Tuntabale.

For those who don't know, Siddha farm is a long established working organic market garden run using permaculture principles. Please don't forget to bring fold-up chairs, cups and a plate to share at afternoon tea. Visitors and guests are of course welcome to come along. Anyone seeking more information should contact Gil on 6689-0581.

(Note, the visit to the Firewheel native nursery will take place in June - details next month.)

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8:00	2:35	3:20	Lismore Transit	8:00	2:35
8:10	2:45	4:00	Goolmangar	8:10	2:45
8:20	3:00	4:15	Coffee Camp	8:20	2:55
8:45	3:20	4:30	Nimbin Ave	8:35	3:10
9:30	3:30		Nimbin depart	9:00	3:30
9:40	3:40		Blue Knob	9:10	3:40
9:50	3:55		Twin Bridges	9:15	3:45
9:53	4:00		Mt Burrell	9:20	3:50
10:10	4:20		Uki	9:40	4:10
10:15	4:25		Mt Warning turn	9:45	4:15
10:30	4:40		Murwillumbah	10:00	4:25

### Leaving Murwillumbah through to Lismore

Normal Depart Times			School Holiday Times		
7:10	1:50		Murwillumbah	7:30	2:15
7:20	2:03		Mt Warning turn	7:42	2:28
7:30	2:08		Uki	7:55	2:33
7:55	2:30		Mt Burrell	8:10	2:55
8:00	2:35		Twin Bridges	8:20	3:00
8:32	2:40		Blue Knob	8:30	3:05
8:45	2:50		Nimbin arrive	8:40	3:15
7:50	9:00	3:30	Nimbin depart	9:00	3:30
8:05	9:10	3:45	Coffee Camp	9:10	3:40
8:15	9:20	3:55	Goolmangar	9:20	3:50
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An absolutely gorgeous 6 acres of pure peace and serenity, just 10 minutes to Murwillumbah and under 5 minutes to the heritage village of Uki.

A unique tri-level home sits in a tropical garden of ferns and stags with a meandering creek through the bottom of the property, manicured, park like areas welcome you as you wind up to this very private home with wrap around verandahs and a super parents retreat up stairs complete with walk in robe, ensuite and sitting room as well as its own breakfast balcony overlooking the in-ground pool.

Multi-media room, open plan, light and airy kitchen and dining and a great double garage complete the picture. Property is always about location and this property is in one of the best. Inspect today.

Ref.#1204



## UKI \$520,000



**An extremely rare property indeed!**

1 acre of super easy maintenance rural property between Uki and Murwillumbah with views of the iconic Mt. Warning to die for. Surrounded by large acreage means you have all the aspect with no neighbours and none of the work.

With 2 kitchens, 2 bathrooms and 2 living areas this would make a great B&B or duplex living (STCA).

Plenty of room for the veggies, a horse, even a pool. Established fruit trees and room for expansion in this winter sun drenched property. Huge double garage / workshop completes this idyllic lifestyle property.

Come start your tree-change here. Inspect Today!

Ref.#1207



## NIMBIN \$310,000



**See for yourself.**

Set on half an acre in a great strata-titled community, sits this lovingly maintained generous timber home of 1 bedroom with open plan living.

More rain water storage than you will ever need, with lots of fruit trees planted throughout, huge colorbond shed, town facilities being just a walk from the colour of Nimbin village, yet private and peaceful.

Pictures don't do it justice. Come and see for yourself. A great start into the property market.

**Inspect Today!!**

Ref.#1198



## Mt. BURRELL \$469,000



Start your tree-change here, on this beautiful parcel of land near Mount Burrell, surrounded by National Parks and having direct access to the Tweed River with an irrigation license to 2010. Solid, older style 2 bedroom house with lots of shedding and water infrastructure currently in place. Great views to Mount Warning and ready access to Nimbin, Kyogle and Murbah. Priced to sell. Inspect today!

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- HUGE SCOPE TO IMPROVE WITH ADDED CAPITAL GROWTH

Ref.#1193



## Mt. BURRELL \$599,900



**What an amazing, rare 87-acre parcel of land!**

With awesome views from several vantage points to Sphinx Rock, Mount Burrell and the Border Ranges, a permanent creek running through the property and a perfect mix of native forest and cleared areas, this is one where you can turn any dream into reality.

Would suit eco-tourist type set-ups, or the perfect getaway from the hustle and bustle of city life.

Just minutes to the service centre of Mount Burrell, where all your daily needs are catered for, and only 30 minutes to Murwillumbah and under an hour to the Gold Coast and the Tweed Coast's famous beaches.

Ref.#1201



## KUNGHUR \$1,200,000



**203 Acres on 2 separate titles!!**

What an opportunity to secure a large land holding in this pristine part of the valley.

2 approved homes, 1km of creek frontage with permanent water, storage and machinery sheds, cattle yards and magnificent views of Mt. Warning, Mt Burrell, Sphinx Rock, Nightcap and Border Ranges to be had from every vantage point.

Carry on farming with the ability to run 70 to 100 head of cattle, or turn your eco-tourist dreams into reality with numerous other possibilities on one or both titles.

Motivated Vendor.

Ref.#1206



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Where can you get 2 acres of land and a brand new 2 bedroom home for this price? Our motivated vendor says sell this property NOW! The home has large windows in all rooms assuring that much sought after light, airy and spacious feeling. Perched at the top of a ridge on the strata titled hamlet of Billen Cliffs and



boasts beautiful views of mountain cliffs and lush green valleys. Located on a bus route that services all schools and major towns in the area; Lismore, Kyogle and Nimbin, and just a 20 minute drive to Lismore, half an hour to Nimbin and Kyogle and just under an hour to the Gold Coast, this property is perfectly positioned as an ideal weekender.

## THE ENCHANTED FOREST \$370,000



**NEW LISTING**

This beautiful property is 100 acres of tallow wood, ironbark and bloodwood forest. The property is in a highly sought after area; secluded yet convenient to a number of villages in the region. The property has a new long leafy driveway, power and a building

## RIVENDELL \$230,000



**PRICE REDUCED**

This property has that something special. Set on a gorgeous 2 acres of rainforest with its own mountain stream, this architecturally designed eco friendly timber home is the perfect retreat. The home has a lovely bathroom, an excellent kitchen, spacious lounge room, elevated

## READY SET GO \$272,000



**NEW LISTING**

This partially renovated home is in a quiet part of Nimbin and has a beautiful rural outlook encompassing views of Blue Knob and Nightcap National Park. The circa 1930's home is in the process of being lovingly and tastefully restored to its former glory creating a solid foundation for future renovation. A large portion of the interior has been freshly painted, the home has been re-stumped and

entitlement. There is a large cleared plateau, a perfect site to build your dream home, with a sunny northerly aspect and inspiring views across the mountain tops to the north. Winding through the property is really the most magnificent stream; with fast water, sandy banks and sandstone cliffs.

bedroom, plus a new converted loft area and wonderful decks and verandahs all with amazing views. Placed in a strata community and only 30 minutes to Lismore and 2 hours to Brisbane, this is the ultimate getaway.

the kitchen and bathroom are in the process of being remodelled. There is more than enough room for the whole family with 3 large bedrooms and 2 sleepouts. The home has many sought after features associated with a home of this vintage; a large open fireplace, painted beech interior lining boards, high ceilings, decorative fret work, wide timber floor boards and large mature trees and gardens on a huge block.