

# War and Peace in a time of Climate Change

A report on the resistance to the Talisman Sabre war games

by Graeme Dunstan  
Peacebus.com

The US military has some 40 bases and installations in Australia, 700 bases in 156 countries around the world and it regularly conducts regional joint training exercises with the armies of its hosts and allies.

Kicked out of Okinawa by the Japanese and with no room to expand the bases in Guam and Hawaii, Shoalwater Bay has become the biggest and best training area available to the US military in the Pacific in terms of coordinated sea, air and land operations.

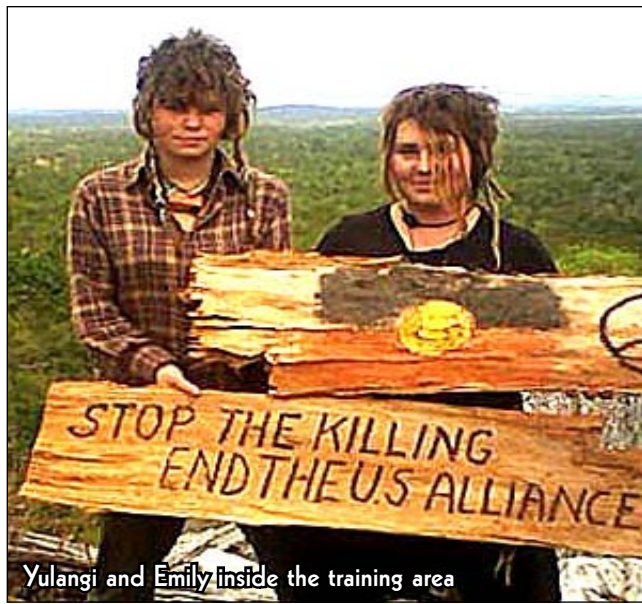
Practising invasion is what it's about, and a growing number of Australians want them gone.

Talisman Sabre 2009 took place 6-26th July; it involved some 15,000 US and 8,000 Australian service personnel and cost the US taxpayers \$150 mill and Australian taxpayers at least \$50 million. These sums do not include salaries; just the extra cost involved in transport, fuel consumed, wear and tear on equipment and munitions expended.

In response the Australian peace movement, such as it is, rallied to resist in Byfield, Yeppoon and Rockhampton, south of Shoalwater Bay. This was the fourth Talisman Sabre, and the number peace activists who travelled to protest was growing exponentially (6, 60 and 600) until this time around, when only about 50 rallied from Melbourne, Sydney, Northern NSW, Brisbane and Cairns.

Likewise the number of local participants was down.

Some of this slippage was due to an implosion of the previous organising group but most of it reflects the public mood of the times – peace has slipped off the agenda.



Yulangi and Emily inside the training area

Back in 2007 resistance to Talisman Sabre benefited from the popular mobilisation to bring Howard down. But that done, too many people became complacent and, lulled into passivity by the Obalmy politics of hope, they have fallen asleep in front of their TVs.

If you thought Howard the pits, wake up! When it comes to warring in subservience to the US Empire, Rudd has proven to be just another US puppet in a suit, but more so. He has committed more troops to the un-winable war in Afghanistan (total now 1,550) and he has increased recurrent military spending from \$55 million a day under Howard to \$71 million a day.

We peace activists may have been few on the ground, but we were a colourful and vocal public presence none-the-less. Talisman Sabre is a 21-day exercise and Peace Convergence was basically a weekend program of feel-good peace activism.

In Rockhampton we rallied in halls and conducted peace vigils at the gates of Lavarack Barracks; we hokie-pokied at the police blockade on the

entrance road to the training facility; we paraded through Yeppoon and had a delightful peace concert, music courtesy of local lads, on the beach front of beautiful Keppel Bay on a balmy sunny day.

There were a couple of arrests during these events and the story of our Convergence made local newspapers and regional TV, but it didn't go much further south, north or west.

Organisers encouraged direct actions by independent affinity groups, and these began on the last day of Peace



Convergence and the first day of live firing at Talisman Sabre. A group of four activists, Margaret Pestorius (44), Jarrod McKenna (28), Jessica Morrison (33) and Rev. Simon Moyle (32), put their lives on the line by entering the training area and concealing themselves there.

They called themselves the Bonhoeffer 4; Bonhoeffer being the Lutheran pastor who resisted and was executed by the Nazis. In an essay in *The Monthly* before his election, Rudd had claimed Bonhoeffer as his spiritual hero. They were discovered after two days while crossing a road, arrested, charged with trespass, and released without bail.

Their action was followed by two other groups trespassing for peace: the Jaegerstaetter

3: Culley Palmer (21), Jim Dowling (53), Bryan Law (55); and the Grana 4: Yulangi Bardon (21), Emily Nielsen (19), Mark Palmer (51), Jake Bolton (27). Nimbin residents will recognise Mark and Culley Palmer as father and son locals, Mark being the captain of the Stoney Shute Fire Brigade.

They stayed varying lengths of time, surrendering themselves one at a time to remind the military of their presence. The girls, Emily and Yulangi, managed to evade capture for 11 days surviving on a diet of nuts and muesli bars before surrendering on the last day of Talisman Sabre. All praise and gratitude for the courage and determination of these trespassers. Without them Peace Convergence would have been a fizzer.

The military tried to ignore the trespassers of course and claim that their presence had no impact on the exercise. But Byfield residents who live close to the training area and can hear the detonations, reckon the live fire part of the Talisman Sabre 2009 had been curtailed to just 4 days. In a letter to the local paper they

congratulated the military on their respect for civilian safety and commented that it was a pity they were not as equally respectful of civilians in Iraq, Afghanistan and Pakistan.

Watching the media it was apparent to me that the Rudd government was acting cautiously and being very low key about the glories of Talisman Sabre and the 'interoperability' of the Australian Defence (?) Forces. Defence Minister Faulkner for example flew into Townsville to shake hands with the US military but did not make himself public, the story of the trespassers a running sore on his war propaganda. Such is the power of witness.

May obstructing Talisman Sabre, and all other preparations for war, become a national pastime.

## US Military Pollution and its results

by Lynne Oldfield

The end result of anywhere the US Military touches whether it is training exercises like Talisman Sabre or a war such as in Iraq or Afghanistan is a residue of dangerous toxins and heavy metals in the area.

Vieques, off the coast of Puerto Rico, was a training base for the US Military for over sixty years until the local population got so incensed at the alarmingly high rates of cancer and disease that it stopped in 2003.

The military presence in Vieques has had a devastating effect on the environment, economy and ecology. Dangerous levels of heavy metals have shown up in the crabs, fish, goats, wild horses, vegetation and in the people who live there.

Health statistics in Vieques show the consequence of those toxins compared to normal residents of Puerto Rico. Residents of Vieques have 269% increased chance of cancer, 73% increased chance of heart disease and many other problems. Infant mortality in most of Puerto Rico is decreasing but is increasing in Vieques and has been increasing since 1980.

The 2001 study looking at hair of the residents of Vieques show that 73% of these human beings were contaminated with aluminium and 30% of children under ten years old show toxic levels of mercury.

In other words, in Vieques, heavy metal poisons the land and water and the population carries that poison in its bloodstream. There is no debate about this anymore but somehow when the agency ATSDR (Agency for Toxic Substances and Disease) tested the area it stated that it is safe to eat the seafood from the coastal waters and near shore lands and that the residents have not been exposed to harmful levels of chemicals resulting



Christian peace activists

from navy training activities.

These remarkable statements should not come as a surprise to anyone who actually knows this agency. It's famous for ignoring the dangers of formaldehyde in the trailers used by Katrina victims and for that the agency was publicly chided by its own chief toxicologist who was then cut out of the loop after raising concerns about the scientific basis for the agency's analysis.

In case after case documented in an excellent report put out by "The Science Technology Oversight Committee" it was found that the US Agency for Toxic Substances and Disease has trivialised health concerns and failed to stop the ingestion of poison and spreading of cancer.

Who is overseeing the consequences of using Shoalwater Bay, a once pristine ecological site, as a training facility for US War Games? Right now the whales are migrating through those waters. They will be subject to bombs dropping in those waters now and there will be unexploded ordinances there forever such as in Vieques.

In Western Australia, another base used by the US Military is near a famous lobster fishery.

When people in the places like Vieques have to deal with the after-effects of arsenic, lead, napalm, and depleted uranium because of the explosives dropped there is it any wonder that anywhere the US Military goes with its munitions the war is not winnable and the local population permanently antagonistic?

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# Honduras – Anatomy of a coup

by Warwick Fry

The day after the Honduran coup (28th June) I spent writing to the ABC, and a number of Australian journalists who should have known better, that President Zelaya had not been arrested at gunpoint (“in his pyjamas”) and put on a plane to Costa Rica “because he was seeking to extend his term as President in contravention of the Constitution”, which is still how the story is being reported in the US media.

Zelaya was not even a candidate in the upcoming November elections, and was indeed, looking forward to retirement. What he did propose was first a poll, to ask people if, in the November elections they would like the opportunity to cast a non-binding vote to form an elected Constituent Assembly. (The current Constitution was drafted in 1982 when Honduras was under the control of the military.) This Assembly would only then look at Constitutional reforms. Then, and only then, would the reforms be put to a referendum.

Zelaya’s real ‘crime’ was to upset the ruling oligarchy, and their mates in the military by increasing the minimum wage to around \$200 a month, and investing heavily in health and education. He was also proposing to ‘freeze’ mining and mineral exploration by a Canadian gold mining company (Barack – sound familiar?) that threatened to be environmentally devastating.

Up until now the repression had been heavy, but casualties relatively light. Four people were killed in July when 200,000 turned up at the airport to greet the exiled President Zelaya who was making an attempt to re-enter the country by plane (the landing was aborted when the military placed trucks on the runway and opened fire on the aircraft). Several more have been killed since, although the demonstrators, whilst confrontational, are strictly non violent. Over one thousand people are



known to have been arrested or detained and four or five have been abducted. As Nicaraguan correspondent Toni Sola explained in an exclusive telephone interview with community radio 2Nim-FM, it has been a ‘cat and mouse’ waiting game.

“It’s a question of who will buckle first, the resistance movement inside the country under the increasing pressure from the coup regime, or the de-facto government under international pressure from outside and from inside, the economic effects of the resistance demonstrators and strikers who have brought the country to a standstill”

The latter is unlikely. Toni was up at Las Manos, the border town with Nicaragua when President Zelaya made another attempt to re-enter the country in late July. Tens of thousands of his supporters migrated from all over Honduras to meet him and set up a ‘human shield’. Over four thousand of these defied the military roadblocks set in place by going around them and walking overland through heavy bush to the Nicaraguan side of the border. Toni was organising food, shelter and medical supplies for what looks like becoming a ‘tent city’ on the Nicaraguan side of the border.

The US has ducked the issue by condemning the coup but not withdrawing diplomatic relations (as most other countries have done) or military aid (there is a 600-strong airbase in Honduras). It has basically supported the ‘waiting game’ by encouraging ‘talks’ and negotiations between the de-facto government and President Zelaya in Costa Rica, which were long, drawn out and eventually failed. Zelaya accepted all the terms of the negotiations except one – that he not be allowed to return to Honduras. The de facto government refused to accept even that concession.

Last Thursday (‘bloody Thursday’) seems to indicate that the ‘waiting game’ described by Toni Sola is coming to an end, with the de-facto government coming to the realisation that the popular resistance is not going to burn itself out. The sudden escalation of the repression is a sign of desperation – that they will have to try to crack the resistance before it breaks them.

Meanwhile, the main source of news in the country is the resistance radio station “El Globo de Honduras”. The regime has imposed a media blackout, and expelled many foreign journalists (except for CNN that studiously ignores the massive street demonstrations) and threatened others with death.

Radio Globo has been broadcasting phone-ins from ordinary citizens, as well as its journalists, around the clock, and streaming it on the web. As well as regular reports from trouble spots, and providing the communications for the logistics of the resistance, it has been broadcasting phone calls from President Zelaya, and inspirational speeches from his wife and daughter, who have refused to leave the country, heading up many of the marches and demonstrations organised by the resistance.

Updates on Latin Radical, Nim-FM, noon Sundays.

Photos: Toni Sola



## Biomass and Biogas Pyrolysis

by Wayne Wadsworth

Every year, farmers produce millions and millions of tonnes of waste crop biomass. In most cases it is burned, and the carbon and the gases released into the atmosphere as greenhouse carbon and gases.

If we convert that biomass to biochar, the farmers can produce green energy from the biomass through pyrolysis. The pyrolysis system will give the farmer green energy and the 20% biomass left (charcoal) can be chopped up and used by the farmer as a soil conditioner and store carbon in the ground for thousands of years! A win for the farmer, a win for the city consumer and Mother Nature.

One tonne of woody mass converts to approximately 20% carbon, after the pyrolysis process of converting it from raw dry biomass to charcoal/biochar.

Dry hardwood normally gives the best ratio return after pyrolysis conversion. Industrial Hemp will give about 20 tonnes of biomass per hectare, which converts to about four tonnes of carbon capture and storage.

Beema bamboo gives the best yield, about 100 tons per hectare, equalling 20 tonnes per year of carbon capture and storage. Unlike crops, bamboo only gets planted once and has very low maintenance requirements.

Food and green crop waste also represent a means of turning green crop waste and green refuse waste into energy and fertiliser. The process is very simple: green waste is mixed with small amounts of water and pumped into a holding tank that is sealed from oxygen. The food waste is eaten by anaerobic bacteria that fart and make flammable gas. The more bugs, the more farts, the more biogas.

Anaerobic digesters are very efficient and the leftover sludge can be used as a biofertiliser. The leftover liquid can be converted from anaerobic (without oxygen) to aerobic (with oxygen) to make a fantastic liquid fertiliser. The liquid can be pumped through the biochar to make a lovely brew for the soil.

Your on-site sewerage treatment plant can have a biogas unit installed and the leftover sludge and water used to irrigate a Beema bamboo plantation that converts the bamboo to biochar using pyrolysis, giving green energy and carbon capture and storage.

Your rubbish tip can convert woody waste to energy and biochar, and green waste to biogas, biosludge and liquid fertiliser. A win for the old hippies, the mellow farmers and Mother Nature.

Dont ask. Just do it.

About the author (Wadzy): I have spent the last couple of years designing and building all the above. They work and are cheap and efficient. If you too wish to help Mother Nature, email [hellowadzy@gmail.com](mailto:hellowadzy@gmail.com).



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## Dog attack victim dies

by Lorraine Vass



The unfortunate koala

The Friends of the Koala Rescue Hotline is a 24/7 service. When a koala is reported it's not always immediately clear what has occurred. Through patient probing a picture unfolds and the phone holder must make decisions which will set a course of action for an effective response.

A few weeks ago, a local resident, Marc LeBars found a koala on Blue Knob Road. The koala had a lot of fresh blood on his head and down one side. A young male, he was clearly in a critical condition and undoubtedly suffering a great deal of pain. His positioning by the side of the road suggested that he had been hit by a car.

It was a Sunday afternoon and Marc was driving into Nimbin, so he carefully picked up the animal and continued on into town where a friend called the Rescue Hotline.

On the basis of information gleaned, the carer to whom the incident had been referred contacted the after-hours vet in Lismore to flag an emergency appointment, met the victim and his caring rescuer on the Nimbin Road and transported the koala to the surgery.

The koala was put under anaesthetic for thorough external and internal examination. Experienced carers and vets often work closely together, the vet taking on board the carer's observations at initial assessment and sharing ideas as the examination proceeds. Puncture wounds under the jaw and on the koala's head were identified. Under the head wounds, the skull had been crushed. The koala was bleeding in several locations. Beyond help, he was euthanased.

A dog, not a car had been the cause of this young koala's death; whether a domestic or a wild dog is unknown. The koala had been in excellent condition with no sign of disease. He had been doing very well out there until the dog got him.

Keeping dogs in areas where koalas are known is always a dicey proposition. It is

a dog's natural instinct to chase anything that moves. Dog owners are liable for their dog's behaviour and have a responsibility to ensure their dogs are properly confined. Even the most responsible have had to concede to their great sorrow, that it was only a matter of time.

If you have any suspicion at all that a dog has bitten a koala, we implore you to contact Friends of the Koala immediately. Secure the dog until the rescuer arrives and contain the koala if at all possible, remembering to minimize risk to yourself and anyone else who might be present. An harassed koala's instinctive behaviour is to climb whatever might be close to hand.

Even a small bite from a dog, if left untreated can result in a long, slow and painful death for the bitten koala. It is a regrettable fact that 80% of koalas attacked by dogs either die from their injuries or are euthanased.

More information can be found in Friends of the Koala's brochure, Responsible dog ownership and koalas, which is available from the Nimbin Environment Centre. If you need to report wild dogs phone the North Coast Livestock Health and Pest Authority on 6621-2317.

The koala from Blue Knob was fortunate to the extent that he was visible on the roadside, and the driver who noticed him cared enough about his condition to take responsibility for delivering him into appropriate care. Although the koala did not survive his pain and his death was humanely managed.

Information about koalas and Friends of the Koala is available at [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) Sightings can also be lodged online. To report koalas in trouble phone Friends of the Koala's 24/7 Rescue Hotline on 6622-1233.

Until next time, happy koala spotting!

# Southern Swamp Orchid

by David McMinn

Our Southern Swamp Orchid (*Phaius australis*) blooms every August, which is something we look forward to at this time of year. The large flower spike can have up to 20 beautiful flowers and look quite stunning.

Some internet sources stated that the spike can reach up to 2 metres, but presumably this would only be under ideal conditions. Each flower consists of five petals, which are white on the outside and brownish on the inside. The central tongue is pink and yellow in colouring. The leaves are large, broad and heavily pleated, while the bulbs are fleshy and green. Overall, the plant has an attractive appearance, even when not in flower.

The Southern Swamp Orchid is native to north-east NSW and Queensland. It is a ground growing species found naturally in swampy areas of coastal paperbark and eucalypt forests. Unfortunately, the species is becoming rare in the wild due to habitat destruction and the impact of illegal plant poaching. The latter is a problem for any desirable native species that has commercial value. It is classified as an endangered species in NSW.

From our experience, the plants are best grown in large pots, with the soil being kept continuously moist. This may be achieved by placing the pot in a bowl, which is frequently topped up with water. Make sure you allow the dishes to dry out briefly between waterings to kill any mosquito larvae. It grows best in a semi-shaded position that is humid and airy. In full sun, the stressed leaves will become yellowish and may become sun scorched.

The plant requires good potting soil, high in organic matter. Do not use commercial orchid soil mixes, as they are designed for orchid species that grow on trees. Organic fertiliser can be applied a few times during the year, when the plant is actively growing. The species is cold hardy as our plants survived the black frost of 2007 with no

Photo: Hugh Nicholson,  
Terania Rainforest Publishing



damage. However, they were growing under trees, which would have given them some protection from the worst of the cold.

Southern Swamp Orchid can be readily propagated by dividing the large clumps of bulbs. Alternatively, once the flowers have dropped off, the flower spike may be planted upright in moist soil. Little bulblets will form along this spike after several months. These may be cut off and placed in pots to produce new plants. Alternatively, cut the flower stalk into segments

with one or two nodes. Plant these in a 50/50 mixture of sphagnum moss/coarse sand and maintain them in a humid environment. Each segment should produce a new plant. These techniques have allowed us to give away plenty of propagating material to our friends.

A very similar species, the Greater Swamp Orchid (*Phaius tancarvilleae*), is also

native to the North Coast and is also listed as being vulnerable. When buying Swamp Orchids, purchase them from a reputable nursery licensed to sell native plants. This will help to stop the extensive black market in native orchids.

Overall, the Southern Swamp Orchid is a highly desirable species for any garden. We are hoping to establish it around the permanent springs on our farm.

Time will tell.

## PLANT OF THE MONTH: Foam Bark

*Jagera pseudorhus*



by Richard Burer

Foam bark is an attractive medium size tree that occurs in most types of rainforest. It has an umbrella-shaped crown with ferny foliage and large bunches of attractive pink-brown round fruit. Large trees are often found in remnant and regrowth around Rosebank and in the Alstonville plateau area. It is also very common around Nimbin so keep a look out for it on our local roadsides. The pseudorhus refers to its being a pseudo rhus tree probably in looks but also due to the reaction that one can get when you touch the attractive round fruits, which are covered in irritating minute hairs.

An excellent tree for planting in paddocks and edges of forest and it readily regenerates in bushland areas. It is easy to propagate from the seeds, which can be removed from the fruit with tweezers. At my house in Nimbin, it readily regenerates and is the most prolific regenerating species out of all the native species present.

The tree attracts caterpillars and butterflies and both King Parrot and Green Catbird relish the egg shaped seed.

This tree has well documented cultural uses by Aboriginal people. The bark was used to stupefy fish, bringing them up to the surface so that they are easily able to be collected.

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# What's wrong with the NSW Planning system?



Sylvia Hale MP

by Sue Stock

"A great deal is wrong," say many locals. So NSW Upper House Greens member Sylvia Hale found a very interested audience when she recently addressed a meeting of Northern Rivers Greens and their friends on this subject at the Workers Club in Lismore.

She started her talk by outlining the level of property developer donations to major parties in NSW from 2004 to 2008. In that period, they gave \$9.4 million to the ALP and \$5.2 million to the Liberals. Sylvia said that the Greens believed that developers are attempting to influence both planning policy and individual planning decisions in this state.

As a former Marrickville Councillor, Sylvia stated her strong support for local government. "Local Government should be local, accountable and democratic. It should be the place where decisions are made about developments to ensure they are in the communities' interest." Sylvia Hale spoke about the Greens campaign to keep decision-making about developments within the community. Instead, successive NSW Planning Ministers have given themselves greater powers to override local councils and communities and have imposed big new residential and industrial developments, regardless of their impact on the environment or our neighbourhoods.

The main law regulating land use in NSW is the Environmental Planning and Assessment Act 1979 (EP&A). The Act is administered by the NSW Department of Planning. The Minister responsible for the Act is the Minister for Planning. In 2005, the EP&A Act was amended to replace the former category of State significant development with a new category called "Part 3A Major projects". All major projects, which include a sub-category of critical infrastructure projects, are now assessed and approved under these Part 3A provisions.

The Planning Minister is now the consent authority for all major projects and critical infrastructure. An example of this is the new Development Application from the promoters of the Splendour in the Grass music festival for a permanent festival site at Yelgun will

be considered as a Part 3A development.

The main effect of the Part 3A amendments has been to remove many major projects from assessment and approval by Councils and to give control of these projects to the Planning Minister.

The EP&A Act was again significantly amended in 2008 by the Environmental Planning and Assessment Amendment Act 2008. This controversial new planning law passed through the Upper House of NSW parliament in June 2008 with the support of the two Shooters Party MPs and Fred Nile. These amendments have a staggered commencement from August 2008. These amendments introduce a new system of planning administration; the Planning Assessment Commission, Planning Panels, Independent Hearing and Assessment Panels and planning arbitration. The overall intent behind the reforms appears to be to expedite the planning assessment process, reduce local control over development and increase and focus centralized control. It will take local councils out of planning decisions in this state.

Sylvia Hale spoke of the fact that this will lead to a reduction in environmental and heritage protections, a reduction in community involvement in development decisions and a massive centralisation of planning power into the hands of the Minister or panels appointed by the Minister and a decrease in council involvement in development decisions accompanied by an increase in council costs to pay for alternative decision-making processes.

"The creation of regional planning panels is a power grab by the NSW government that favours the property development industry at the expense of local communities," according to Sylvia Hale. "The state government is taking development decisions away from elected local councils and giving it to appointed panels under its control," Ms Hale said.

"Local Councils across the state and the political spectrum have refused to nominate members to these regional planning panels. They are rightly concerned about the loss of community involvement in decision-making, the potential conflicts of interest that may emerge for elected Councillors or Council staff who sit on the panels and how much the Councils will have to contribute to the costs of the panels."

"These latest moves demonstrate the way this state government treats local communities. Power has been shifted away from elected local councils and into the hands of state Ministers while costs have been shifted back onto local residents."

To find out more go to Sylvia Hale's website at [www.sylviahale.org.au/planning-panels-a-macquarie-st-power-grab](http://www.sylviahale.org.au/planning-panels-a-macquarie-st-power-grab) or come along to the next Northern Rivers Greens meeting at 6pm Monday 10th August at the Lismore Workers Club.



## A new way to shop

John Knapen and Effie Ablett are very active in working towards establishing a new sustainable shopping service! Sounds enticing... sustainable shopping.

Their plan of action is to set up community-owned supermarkets or neighbourhood shops selling local produce, goods and services.

The promotion of local production by micro and small businesses will lead to job creation and revitalisation of local economies. A fundamental change in society could take place, from being big business-driven to being community-driven.

By enhancing local economies, the influence of community on the media and government will be increased as the influence of big business is reduced. Community initiatives in climate change and environment protection may then more easily become a reality.

Low carbon footprint production and consumption, ethical business practices and living sustainably should be a priority for everyone. To combat climate change the whole community needs to be motivated, not just those who are presently engaged.

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- Education about sustainable products and services - transport miles and business practices.
- Interaction with EcoMart supermarkets in other localities for distribution of surplus goods and services.

If you want to do something about environment protection, climate change or peak oil please help to get this new community resilience-building project off the ground. EcoMart is a practical way to bring these issues to the attention of the wider community, and develop local food production and micro businesses.

The Ecomart strategy can be implemented anywhere with some modification for local conditions. You are welcome to use the strategy to set up a node in your area. Let us know if you are interested and we will help in any way we can and try to put you in touch with like-minded people nearby.

John and Effie are retired and not seeking any monetary gain for themselves, but rather wanting to do something practical to promote sustainability in the wider community.

Please contact them if you have any questions at [cc@ecomartaustralia.org](mailto:cc@ecomartaustralia.org)

## White Roofs catch on as Energy Cost Cutters

Relying on the centuries-old principle that white objects absorb less heat than dark ones, homeowners are in the vanguard of a movement embracing "cool roofs" as one of the most affordable weapons against climate change.

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What is more, a white roof can cost as little as 15 percent more than its dark counterpart, depending on the materials used, while slashing electricity bills.

Art Rosenfeld argues that turning all of the world's roofs "light" over the next 20 years could save the equivalent of 24 billion metric tons in carbon dioxide emissions. "That is what the whole world emitted last year," he said.

## Free Handbook on Environmental Law

The new edition of the "Rural Landholder's Guide to Environmental Law in NSW", a publication produced by the Environmental Defender's Office in 2006, is now available for free, including postage and handling.

The guide is a valuable tool in understanding the law in NSW regarding land management and explains legislation dealing with issues such as vegetation management, protected species, fire management, water management, construction and development, pollution, agricultural chemicals, crops and stock, mining and quarrying, heritage protection, conservation on private land and trading and offsetting agreements.

## OBSERVING NATURE



WITH MICHAEL SMITH

### August happenings:

- Mango and macadamia start to flower.
- Cedar trees leafless.
- Valencias and grapefruit flower.
- Magpies steal hair from the tails of resting cows, for nesting material.
- Bandicoots do your yard over.
- Grape vines put on their first leaves.
- Lots of birds courting and nest-building.
- Wattle Day.
- Frogs breed in your cattle troughs.
- Jacaranda leaves turn gold/yellow.
- Flies overwinter as larvae or pupa in crevices.
- First mulberries ripen.
- Mistflower turns your hillside snowy.
- Time to panic burn.
- Return of the pantry moth.
- Magpies swoop.
- Cane toads become more active and show up more often as road kill.

Michael Smith's nature observations are based on about 25 years of observing.

To obtain your FREE copy of the guide please email [education@edo.org.au](mailto:education@edo.org.au) or call (02) 9262-6989. Boxes of 160 are also available on request for groups or organisations.



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## Balance the Jaw to Balance the Body



**H**i all, my name is Debra Mackay and I am a Holistic Healing Facilitator.

I have worked from the Nimbin Apothecary rooms for approximately three years up until the beginning of this year when I decided it was time to follow my true passion, which is to empower people with the tools to heal themselves. I will be offering a workshop called RESET on 19th August and I would like to explain the benefits of this particular form of energetic healing.

Reset is about balancing the jaw to balance the body. The hinge that connects our lower and upper jaw is called the TMJ or Temporomandibular Joint and has a major effect on influencing the body as a whole, including the skeletal, muscular, nervous and meridian systems as well as hydration. By balancing this joint alone, we can effectively balance 42 muscles throughout our body.

The jaw is known as the mirror image of the pelvis or the pelvis of the skull, therefore if the jaw is out there will be pelvic issues and vice versa. Often if there is a lower body issue it is actually the jaw that is out. Energising the jaw muscles balances, among the many muscles, two known as the psoas and sartorius muscles which relate to the kidneys and adrenals thereby allowing the body to utilise water more efficiently and as hydration influences nerve impulse conduction, biochemical reactions and the whole body due to the fact that water is the medium in which our bodies operate, you can see how important just bringing these two muscles into balance is for our body.

Another important connection of the TMJ is to the Sphenoid bone and the atlas (C1 of the spinal column). The Sphenoid is the key to cranial bone dynamics and is also the 'hanger' from which the skeletal system is aligned. Resetting the TMJ muscles has a far-reaching impact on conditions ranging from headaches to neck and lower back pain, hernia, and digestive valve function. Reset has helped conditions such as Arthritis, bed-wetting, chronic fatigue, clenching teeth and clicking jaw, neck, shoulder, lower back pain, fibromyalgia, frozen shoulder, headaches, sinus, hearing, tinnitus and much more. It is of great benefit especially after dental work.

This workshop is aimed at anyone who is interested in taking charge of their own health and that of their family. The procedure is very simple and anyone can do it. You will be supplied with a manual to take home, which guides you with absolute accuracy as to how to perform this balance. Don't worry if you have no experience with working with energy, this workshop and balance is designed to introduce you to working with the body's energy and you will not only have this balance performed on you, but you will also perform it on someone else so that you will be able to both see and feel the effects for yourself.

The cost of the workshop, which is a full day starting at 10.30am and finishing around 4pm is \$70. It is necessary to register by 12th August and a deposit of \$30 is required. If you are interested in doing this workshop please contact me to register and for any other queries by phoning 6632-3854.

### RESET WORKSHOP

#### Balance the Jaw – Balance the Body

Learn how to treat many different issues via a simple energetic balance

**Workshop date: 19th August**

Contact **Debra Mackay** on **6632-3854** to register before 12th August, or for more information.

## Ayurvedic Info

**S**easonally speaking, we've arrived in late winter. It's bitter, cold, windy and (traditionally) dry.

If you recall, these conditions are aggravating to the vata dosha which governs all movement, nervous systems, bones, large intestine and the mind generally. Common complaints include restlessness, sleeplessness, irritability, stiff joints and bones, headaches, constipation, anxiety, dry skin, hypersensitivity and generalized fluctuation of symptoms.

Vata is made up of ether and air elements which when aggravated can manifest as vagueness, ungroundedness a spacey disconnected feeling, or other similar symptoms as mentioned above. There are several simple ways to pacify vata.

1. Food: the opposite of ether and air is earth and water. Therefore, root vegetables, particularly, balance vata. Oils, including ghee, can be used more liberally in cooking. Food should be juicy and warming, eg. Bone soups, baked vegies, fish and chips, pakoras, warm sweet puddings (bread and butter pudding with custard, made with cardamon, cinnamon, nutmeg and ginger) etc. Porridge is a great breakfast, warming with silica for the nervous system. Chai with the spices cardamon, cinnamon, ginger, cloves etc is a delicious warming drink. Hot milk with a little nutmeg helps improve sleep, raising serotonin levels overnight. The tastes of sweet, sour and salty pacify vata.

2. Lifestyle: massages with warm oil, especially sesame, to keep the skin moist and improve circulation; gardening (grounds people quickly); gentle exercise that helps focus the mind eg walking, yoga, t'ai chi; meditation; walks along the beach – remember that salty air!; rug up and keep out of the cold and wind; saunas, steaming and hot baths are all less drying than showers

(apply oil beforehand to prevent moisture loss); sitting in the morning sun; pranayama (mindful breathing); when working, slow and steady wins the race – rushing is a sign of aggravated vata and can lead to accidents; keep a regular schedule where possible.

3. Things to avoid – getting cold; dehydration; cold food and drinks, including bitter foods like salad, dry crackers, puffed cereals with cold milk; dark coloured attire; isolation; standing in the wind; too much sedentary existence eg excess time on computer.

### DHAL

A simple tasty nutritious meal perfect for those cold evenings

1 cup red lentils; 4 cups water; 2 tablespoons of ghee; 1 teaspoon cummin seed; ½ teaspoon ajwain (wild celery) seed; ½ teaspoon mustard seed; ¼ teaspoon asafoetida (hing); 1 teaspoon turmeric; ¼ teaspoon chilli; 4 curry leaves; ½ teaspoon of salt; 2 tablespoons of finely chopped coriander leaf; 1 tablespoon grated ginger; 1 diced onion; 1 large diced tomato; 1 – 2 cloves diced garlic

Rinse lentils thoroughly, add to water with chilli, turmeric and salt and bring to the boil. Cook on medium heat for 25 or so minutes, uncovered, until red lentils are soft and well cooked. While the lentils are cooking, heat ghee on medium heat and add to it mustard seed, cummin and ajwain seeds. When the seeds begin popping, add onion and ginger and stir well.

When onions are well cooked, add turmeric, asafoetida, curry leaves, garlic and tomatoes and stir well and let simmer to a sauce. Add this sauce to lentils and cook for about 10 minutes on medium heat. Sprinkle finely chopped coriander as garnish and serve with basmati rice, chapatis or pappadums.

Yum! Enjoy!

Helen and John are available for consultations and treatments at Birth and Beyond.

## Homeopathics, Trees and thinking too much

by Tarang Bates

**A**n advert for chainsaws beat the dexterity of my finger to the mute button the other night. In the sales pitch, their most outstanding quality was "50 years in the forest". At the risk of sounding like a hypocrite here – we own a chainsaw and live in a timber home – to be responsible for 50 years of tree destruction and forest degradation, are rather passé claims to fame in the current climate.

I guess there is a sector of society to whom this pitch would still be attractive. There are people who still view trees as a merely money-making resource, others view humans as superior beings for whom all others species have been created – to use without a thought for the consequences. For it is said, that they will be provided with a new world when the old one is all used up... scary stuff.... Anyway, they would probably warm to the chainsaw pitch! I didn't.

I do understand of course, there are times when trees need to be cut down but there does exist a type of "ism", which sits alongside racism, sexism and ageism – which is treeism. Some people genuinely fear trees, just as they fear people of other races, religious or sexual persuasions. Unfortunately trees are defenseless against this bigotry. Of course trees do fall on houses, catch on fire, drop leaves and branches but there are many wonderful qualities about trees that are worth respecting and honouring.

There is quite a bit to be said for where you choose to direct your thoughts and energy, in order to find the right balance. Rampant out of control thought patterns often focus on the negative and the longer they are allowed to run amok, the wilder they become and the harder they are to rein in.



Soon you have a pack of wild dogs straining on their leads, snapping at the heel of every tree, homosexual or Muslim in sight.

In Nimbin we are surrounded by trees under which people of all persuasions, ages, colour, spiritual and philosophical leaning like to rest and play. I give thanks for the wonderful trees and their life-giving shade.

### THE HOMEOPATHICS:

**KALI PHOS:** Useful remedy for people who worry constantly and suffer mental fatigue. They find sleeping difficult because of persistent thoughts and may be nervous, sensitive and suffer from complaints such as nervous asthma.


**OCCILICOCCINUM:** (Anas barb) is a highly recommended remedy to be taking regularly during the flu season.

**GELSEMIUM:** Is one of the most important influenza remedies. The body is aching, tired, heavy weak and sore, especially arms and legs. Drowsy and dizzy, headache and the face may be dusky red with fever and chilliness along with all the other respiratory symptoms normally encountered.

For more information on these remedies contact Tarang at Nimbin Homeopathics on 02 6689-1452 tarangbates@yahoo.com.au

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 INSPIRE UNIFY LOVE EVOLVE

# BUZZ OFF – A guide to non-toxic pest control

## ANTS

**Get out:** Things ants do not dig include citrus, mint, cinnamon, cucumber, dried chili pepper, and paprika. Try spraying or sprinkling these in anty areas. Other effective combat-ants include diluted liquid soap or boric acid (but keep the latter out of the reach of children and pets).

**And stay out:** Keep ants away by storing food in tightly closed containers, vacuuming crumbs, and putting pet food away for the night. Try spraying their usual pathways with a citrus-derived cleanser or vinegar.

## FLEAS

**Get out:** There are a few herbal remedies said to work for dogs (though they may not be safe for cats): spray diluted eucalyptus, rose geranium, or tea tree oil on your dog's fur. Rub diatomaceous earth powder on your pet, or use an herbal shampoo. Or comb your pet's fur with a comb dipped in soapy water, then freeze the water to kill the fleas.

**And stay out:** Vacuum carpets and furniture frequently. And if you're really up for an adventure, spray your yard with freeze-dried nematodes; the tiny worms eat flea larvae. Yum!

## FLIES

**Get out:** Deterrents include citronella, pine oil, eucalyptus, cloves, basil, and bay leaves. And you can make your own flypaper by spreading a mixture of boiling water, corn syrup, and sugar on strips of brown paper bags.

**And stay out:** Cover trash with a tight-fitting lid, and remove it regularly. Keep an especially close eye on compost and your fruit bowl—your bruised pear is a fertile fly's dream.

## MOSQUITOES

**Get out:** Ye olde essential oils come in

handy once again; apply them straight, or look for natural insect repellents that contain them. Citronella candles or torches are a tried-and-true method for outside gatherings. And inside, sometimes just turning on a fan can do the trick.

**And stay out:** Make sure screens are intact and sealed. Remove standing water from gutters, pet dishes, toys, wheelbarrows, plant saucers, etc. Spray garlic oil on the shrubs and plants around your yard; this step is said to repel mosquitoes for up to four weeks. Of course, it might also repel your friends.

## SILVERFISH

**Get out:** Plant-based repellents include cucumber (try placing strips or peelings in cabinets, closets, and basements, replacing them when they dry out), camphor, rosemary, cloves, and costmary. Set out a glass container with tape on the outside—the tape gives them enough traction to climb in, but leaves them with no way out.

**And stay out:** Like earwigs, silverfish thrive in dark, damp environments. They also think wallpaper paste is a mighty yummy treat. So repair or replace old wallpaper, seal cracks in walls and floors where possible, and consider a dehumidifier.

## SPIDERS

**Get out:** They might creep you out, but most spiders are harmless—and are actually a good bet for keeping other insect populations down. Still, if you'd prefer to keep your house web-free, spraying a citrus essential oil in spider-prone areas can help keep them out.

**And stay out:** Clean up clutter—especially wood and cardboard, which spiders find quite alluring. Dust regularly. But mostly, get over your arachnophobia! Ultimately, spiders might be the best form of non-toxic pest prevention you can find.

Courtesy [www.grist.org](http://www.grist.org)

# It's less about helping than real conversation

by Dr Elizabeth McCardell, M. Counselling, PhD.  
(Phone: 0429-199-021)



"I know your type. You come here and try to 'help' people. Why don't you just go back to where you came from! We don't need people like you around here."

This was left on my answering machine. I didn't know the person and the person didn't know me, thus it was not a reaction to me, per se, but a reaction to an idea, albeit common, that we therapeutic counsellors "just want to help".

As far as I'm concerned, and ultimately I can only ever speak from my own perspective, I am not interested in the mechanics of 'helping'; what attracts me on a daily basis is the specialness of the therapeutic conversation. The fact is that what happens between us is incredibly rich and incredibly different from most other conversations (whether we speak, or draw, or sing, or throw a ball). I can count on only the fingers of one hand where I have shared such wonderful dynamics in a so-called ordinary conversation. Most people, as I know as much as my clients, are not usually as authentic with one another, at least generally. The aim in the therapeutic conversation is realness and attentiveness, here and now; an authenticity that can be extended outwards in the rest of life. This is the beauty of therapy and the amazingness of the therapeutic change: I as much as you.

The notion of therapy as help is fraught with assumptions. Let me unpack some of these.

Firstly, it assumes that the therapist has done all possible work on herself and that she is free of all encumbrances to take you into a new spot. Certainly, the therapist must be aware as much as possible of her own processes, but this is ongoing. She should continue her own self work for the rest of her life.

Related to this is the implicit idea that the therapist is free from the dark places everyone else experiences and that she can lead the client out of the dark and into the light. Dark and light, however, co-exist in all of us. The work is to acknowledge both and to find the middle ground that neither demonizes the dark nor deifies the light. We humans are capable of all expression and the middle ground holds together the extremes that would otherwise

overwhelm us. The choices we make are to be choices arising from awareness, made from a sense of responsibility for oneself, and from a well developed sense of self support. The process to develop these is part of the therapeutic endeavour.

Secondly, it suggests an end point to the therapeutic process, akin to helping someone carry their groceries to their car. There is no end point to the therapeutic process, although there is one with the therapist. The support and co-created conversation with the therapist finishes after an agreed time, but continues on with the client supporting himself in his own life. The insights, new understandings, and new meanings that have arisen, continue to enrich the ex-client throughout his life from then on. Thirty years later, I am still reflecting on a particularly rich session I had with a therapist in Perth who is long since dead. It was this session that contributed to me eventually, after reasonable success in other careers, becoming a counsellor myself. He saw in me possibilities I did not yet even recognize in myself. His capacity for being present with me, without wavering throughout whatever I brought to my sessions with him, gave me the first scratchings of a blue print for my current life. I bow my head to his skill, wisdom, support, and insights and I seek to pass them on to my clients so that maybe they can hand them on, ad infinitum.

Thirdly, the notion of therapy as helping describes an idea that the therapist knows what is going on from the moment the client first comes in to when they leave. This doesn't happen. It can't. The client is present with the therapist one

hour each week, fortnight, or three weeks. The rest of the time they are busily living their life. The therapeutic conversation is collaborative, which means neither client nor therapist actually pre-determines authoritatively what arises in each session. As I practise therapy, what is figural right now is what is worked on in the session, and I cannot know at the outset – without listening to what the client says matters to them at that time – what is figural (maybe a dream, or memory, or unpleasant meeting, or something else bothering them). I come to know this throughout the session and thereby work with that.

Another layer of the notion of therapist as helper suggests she holds all the power and the client is disempowered. Yes, the client consults the therapist, paying money to do so, but it is a sort of contract where mutual work is agreed to take place. Nothing much is achieved if the client doesn't wish to do the work the therapist suggests. Equally, nothing much is achieved if the therapist has an agenda that has little relevance to the client. Both need to listen to each other as much as they need to listen to their own processes. It is from this that a real dialogue can take place. A desire to help, as far as I'm concerned, is a weak, rather presumptuous, and misguided reason to take up the career of counselling. The whole art, craft and purpose of counselling vibrates with possibilities and rich stories gathered in a shared therapeutic conversation – something I would not swap for any other career path.

## Dr Elizabeth McCardell, M. Counselling, PhD

### Counsellor/Psychotherapist

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## Cook's corner

### Recipe of the Month

by Carolyne



### Orange Blossom Cakes

These little cakes are extremely easy to make. But look and taste beautiful.

- 125g soft butter
- ½ cup caster sugar
- 2 eggs
- 1 cup self raising flour
- 12 icing flowers to decorate
- finely grated rind of 1 orange
- 2 tbsp orange juice
- 2 tsp orange blossom water
- 1 cup pale blue royal icing

### Method

1. Heat oven to 180°C. If you don't have ¾ cup metal molds use flat bottom patty pans and make a collar out of baking paper to stand about 5cm above the top of the patty pan, secure the collar with string, or a china headed pin, not plastic.

2. Place royal icing and flowers in an air tight container in fridge for later use.
3. Place all other ingredients in the bowl of an electric mixer and mix for 2 to 3 minutes or until creamy.
4. Spoon batter into prepared cake molds, bake 10 to 12 minutes or until the cakes bounce back when pressed. Turn onto a wire rack to cool.
5. When cakes are cold, ice with royal icing, let stand for 5 minutes then decorate with icing flower.

For information call Carolyne at  
The Coffee House Nimbin,  
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Till next month enjoy. Carolyne.




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