

Autumn Arts Extravaganza



– for Nimbin really needing a large permanent serious purpose-built gallery space. It's an astonishing exhibition, the best exhibition anywhere on the north coast I would think, with a startling



The annual Nimbin Autumn Arts Extravaganza (AAX) at the Town Hall, again organised for us by the hard-working people at the Nimbin Artists Gallery, is a strong argument – in fact an unimpeachable argument



a hack and like the sound of my own voice, I'll leave the viewing to you. Apart from the work itself, the exhibition is beautifully hung. So many galleries don't seem to have any idea how to hang their work and amazing stuff gets insulted with poor light and strange positioning and weird ideas. I went to an exhibition at the Queensland Art Gallery, a few years back, that was ruined by its contemptible hanging. The

array of works of exceptional quality and with a liveliness and imaginativeness to it that one doesn't often see. If there were any kind of real review, I would just list the artists who have their work on display at the AAX and leave it at that. I'm certainly not going to single anyone out. It would take me all day and I still wouldn't do anyone justice. But as I'm just



Marian Henderson

AAX has a wonderful vibe to it and the thought and care that has gone into the hanging really needs to be applauded. The AAX crew have used the space and light beautifully and given great consideration and respect to everyone's work. The artists themselves should be exceptionally pleased.

When you're at the exhibition and have been round it once, stop and go round it again. You're not window-shopping. You're getting a look at human playfulness and reverie, rare commodities these days and fabulously on offer thanks to the Nimbin Artists Gallery. The AAX runs until 18th April, so make sure you don't miss it.



A Postcard from Paradise

by Megan James

Hello Nimbin! I have finally made it to Fiji and the island paradise of Taveuni, where the tranquil ocean vista from our door belies the havoc that Hurricane Tomas wreaked upon these beautiful islands two weeks ago.

The devastation of fallen trees and twisted roofs is a potent reminder of the power of nature to destroy. Whilst the people here are as accepting of this as they are of the natural gifts also bestowed on them, those who are living close to the land will feel the effects of the hurricane for long time to come.

The coconut palms have already begun to drop all their coconuts and there will be no more for another two years. Every bit of the coconut palm is essential to life here and the loss of coconuts means the loss of a major food source as well as one of the few sources of income from copra. The staples of banana, breadfruit and cassava will not produce for another year and even taro will rot in the ground and not be available for another 6 months.

The island here is littered with rotting guavas, carambolas, bananas, citrus and avocados – the bats are now foraging on the ground and I don't know what they will do when that is all gone. The little roadside stall that was full of produce two



weeks ago now has only a few wrinkled limes, papaya and some measly scavenged bananas.

The kava crop, which plays a sacramental role in Fijian community life and on which many villagers rely for income will not be harvested for another three years now. Many of the people of Taveuni and other tourist islands can earn cash (albeit at \$2.80 an hour!) to get them through the hard times to come, but this is not the case for those who live in the more isolated areas.

We are yet to visit some of these islands to record music but Mook has already had an adventure visiting the remote village of Cavaga on the southwestern tip of Vanua Levu, the second-largest of the 322 islands that make up Fiji. The village is so isolated that Mookie was the first white man many of the children had seen. (Cavaga is pronounced Thavanga – the missionaries who first wrote down the language used a shorthand for their different sounds.)

Mook's project here is to record as many of the village bands as he can, archiving their music and leaving them with a saleable product that will help supplement their income. Like most villages in Fiji, Cavaga has its own little group of dedicated men of all ages who spend their evenings gathered around the kava bowl practising exquisite harmonies for their island songs.

The ensemble of Sinu ni Sawana comprises ukulele, lead, rhythm and bass guitars with male vocalists whose harmonies range from divine male soprano to bass – and there is now an excellent recording of sixteen of their best songs, which will be available for them to sell. Originally Mook was hoping this

could help with the costs of schooling (which is not free here) but following the hurricane the need for cash is even more urgent.

Today we were told by his friend Sireli just exactly how hard it will be for the people of this village to recover from the cyclone and get through these next few years. Foreign aid has delivered basic supplies such as flour, sugar and tinned fish, but these won't last for more than a few months at most.

The little band from Cavaga is the best we have heard. There is a passion in their music from the unspoiled nature of their lives. If we can sell their CDs to folk on the Northern Rivers, this will help the band and their families to survive for the next few years. It will also bring the peaceful magic of this beautiful music to Australia. When we return in May we will make plenty of copies to sell as fundraisers – and you can order a copy for yourself now by emailing mookx@mookx.com with your name and address details.

Many thanks to those good souls who have already donated cash for the people here. It seems that many Taveuni folk have a better chance of survival through their employment in the tourist industry than those people in the more remote islands and villages – and that the greatest need there is for cash relief, so I plan to give the funds to women who are heads of families there, rather than spend it on goods or services. Besides being far easier to transport cash, this allows women to make their own choices – and if it were given to the men, it's likely to end up in the kava bowl.

Bula Vinaka!



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It's All Happening at Blue Knob Hall Gallery



There's a feast for your eyes at Blue Knob Hall's Gallery, with the current exhibition of local artists' works, 'Celebration of Colour', on show until 11th April. It's full of treats for the eyes. You'll also be tempted by the range of edibles that Heather is serving on the verandah overlooking Blue Knob Mountain. The Gallery and Café are open Thursday to Sunday, 10am to 4pm. Check it out. This month 'On The Easel' features 'Future Dawn', a painting by Ian FitzSimons.

But wait, there's more: curators, Polly and Sachiko and Myfanwy, invite you to visit their forthcoming, fabulous, Fibble Fable Fibre Show II and its "UNLIKELY STORIES", as told in fibre artists' distinguished mediums: cellulose, hemp, jute, flax, ramie, sisal, wood, spider, silk, sinew, catgut, wool, hair, bamboo, modal, seacell, fibreglass, optical, polymer or



micro-fibre – all speak from "another" place in dialects that can inspire and delight us. What surprises will be in store this year? Let the fibres speak! FFFSII will be officially opened on Friday 16th April, at 6pm. Please be sure to book if you wish to have dinner at the Cafe. The exhibition will run until 6th June.

The wonderful new Moore Workshop Space with its facilities is available for renting at the modest cost of \$6/hour for meetings, workshops etc. And indeed there are a number of workshop happening there in April.

ORI-KIRI-FELT

Two-day workshop with Sachiko Kotaka, 10am to 4pm, Saturday 10th and Sunday 11th April, early bookings essential: email:



skotaka@dodo.com.au or call 6621-3427, numbers are limited. \$150 – including a handout and 5 origami papers. Hot drinks (tea and plunger coffee) included. Please send a deposit of \$50 (cheque or money order) by mail to PO Box 1230 Lismore NSW 2480 to reserve a place and receive receipt and materials list by mail or email. Order snacks and lunch from the Blue Knob Cafe, or bring your own.



RELAX & RENEW

A day of energy work with Gillian Ross. 10am to 4pm, Saturday 17th April. Enjoy a cocktail of techniques for rejuvenating your body and mind including gentle stretching, yogic breathing, deep relaxation, meditation and shiatsu massage. The emphasis is on sharing skills that you can incorporate into your daily life to improve your health and wellbeing. \$60 (concession \$40). Numbers are limited so booking is essential, phone 6689-1572; email pemavalley@dodo.com.au If possible please bring a yoga mat, blanket and cushion. Blue Knob Hall Café will be open for lunch but you are welcome to bring your own.



COLOURED CLAY JEWELLERY WORKSHOPS

With Risha, qualified teacher and local artist. Adults Workshop, Friday 23rd April, 10.30am to 12.30pm. During this two-hour workshop you will create 2 finished pieces of jewellery to take home. \$30, Morning tea provided. Kid's Holiday Workshop – Coloured Clay Art, Thursday 8th April 10.30am to noon, \$20. Transmute all that excess 'holiday energy' into two finished pieces to take home – "peas in a pod" and fridge magnet. To reserve your place, phone 0488-572-012 or email p_fireagle@yahoo.com.au

There is now a program of movies at the Gallery and there is even talk of a Blue Knob Hall Farmers' Market. How's that for Creative Artistry in the Global Economy? For all the latest news on what's happening up there on The Knob phone, 02 6689-7449; e-mail: bkhgallery@aapt.net.au or visit <http://members.ccinternet.com.au/robimoor>

Winds of Change at Roxy Gallery

Philippa Leader is a local lady who is currently undertaking study in Community Service. Through this study she has had the opportunity to look at various packs of strength cards which are used to assist clients to decide what they already have in their lives that would help them take their next step towards achieving a goal.

The strength cards have inspired Philippa to show transition taking place in different ways hence "The Winds of Change". The purpose of the work is to inspire the viewer to see and choose the next positive move towards completing their goal. The theme of this exhibition evolved out of a desire to produce a series of images that affirm strength and positive energy.



Singing to the Birds

Philippa Leader's work has been influenced by many artists and styles, including abstraction, realism, surrealism, tarot decks, romanticism and fair ground art and in this exhibition she uses fantasy characters as a means to create images of encouragement – visual

affirmations of strength. I also love the idea of appreciation of the arts in general as a way of achieving positive energy through music, dancing, singing writing and poetry.

Part of this exhibition also comprises a series of new works titled "The Sea of Dreams" which has come from influences by two well loved books from the nineties.

'Winds Of Change' will be exhibited from 16th March to 10th April, with the official opening being held Friday 19th March from 6pm to 8pm.

Roxy Gallery,
143 Summerland Way,
Kyogle, Phone: 02 6632-3518
www.kyogle.nsw.gov.au
Open: Tuesday to Friday
10am to 4pm and Saturday
9.30am to noon.

Sachiko Kotaka's Ori-Kiri Felt workshop

Sachiko Kotaka held her first workshop at the Blue Knob Gallery on 20-21st March with some very experienced as well as new devotees to the fine art of felt cloth-making

Sachiko studied this wonderful art process with Polly Stirling many years ago. They developed the technique together and named it nuno-felt. Nuno is a Japanese word for cloth, so the process is creating felt cloth.

Satchiko has bought many of her traditional ideas to this craft and works in a very precise way with the medium, using stenciling and innovative natural dye techniques.

This workshop is actually a pilot for Sachiko, as she and Polly Stirling are preparing to go to the US to conduct a series of Ori-Kiri retreat workshops in New York State in June of this year.

Blue Knob Hall to get new roof

by Jeni Kendall

We have just received the good news from the NSW Office of Rural Affairs that Blue Knob Hall was successful in getting \$24,800 to replace the old tin roof and build verandah roofs around the existing building.

The grant is called the "Country Halls Renewal Fund" and is under the "Building the Country" initiative of the NSW Government.

This couldn't come at a better time, as Blue Knob Hall will now be able to be part of the Nimbin Community Solar Project, which should see 10kW of solar panels on our new roof! What a great 80th Birthday present for the Blue Knob Hall, and thanks to Natalie Meyer of the

Nimbin Neighbourhood and Information Centre, Lismore City Council and Southern Cross University for supporting our application.

It is very hard to get any funds for capital infrastructure, and renewing an old roof isn't a very exciting sounding project, so we are truly grateful to NSW Rural Affairs.



Round Three of the "Country Halls Renewal Fund" is now open and looking for applications.

A TASTE OF ART

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gallery

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Koala Kolumn

by Lorraine Vass



From the north to the south, koalas east of the Great Divide are under a considerable amount of pressure right now. In our neck of the woods mega-developments such as Tweed's Kings Forest and Cobaki are threatening koala survival. Down south logging operations by NSW Forests are the problem.

Logging on the Far South Coast has a long and sordid history. Exploitation of the region's koalas has been even more sordid. Back in the last century tens of thousands of animals were killed for their skins and a tannery to treat those skins operated in Bega.

Whether providing licences for slaughtering koalas for their skins, or logging the forests in which they continue to hang on, our governments only appear to ever listen to conservation arguments, if they listen at all, when it is too late.

Over the past 20 years considerable government and community effort was expended in trying to locate the few koalas thought to have survived the hunting and intensive broad-acre logging and burning of forests for woodchip. In 2004 regional extinction was assumed to be the most likely scenario.

Opportunistic sighting of



a couple of koalas reignited interest and in 2007 the Department of Environment, Climate Change and Water (DECCW) initiated a further study which set out to assess the distribution and abundance of koalas in an area of approximately 21,000 hectares, on national park, nature reserve, state forest and private land.

A healthy koala population of around 50 adults was found, about 20 of them ranging in the Mumbulla State Forest. And there's the rub. Seven compartments in Mumbulla were up for logging by NSW Forests. The study report, *Koala surveys in the coastal forests of the Bermagui-Mumbulla area: 2007-09 - an interim report* is available on DECCW's website.

Several months of inter-departmental negotiation to resolve the matter were blown out of the water when the politicians became involved. Ministers Macdonald and Sartor closed ranks and despite the last-ditch galvanizing of community members, conservation groups and koala campaigners, logging commenced on Monday 29 March 2010.

At the time of writing the South East Regional Conservation Alliance (SERCA) and other local environmentalists, with the Nature Conservation Council of NSW, the Wilderness Society and the Australian Koala Foundation had set up a vigil site in an effort to stop the logging. Whether or not community activism will succeed remains to be seen.

So, why do we need to be bothered about what's happening down south? The answer lies in the Regional Forest Agreements, their prescriptions and the proposition that the methodology Forestry is required to use by legislation to locate koalas prior to



logging is so flawed that koalas are rarely found.

Some of you may have participated in the postal NSW Community Wildlife Survey conducted by DECCW in 2006. Now the Department is adding to the information collected and is looking for volunteers to complete an online questionnaire. As in 2006 you are asked to provide information about where you have seen the following animals in the past two years: Barking owls, Bush-stone curlews, Cane toads, Emus, Feral cats, Flying foxes, Kangaroos, Koalas and Wombats (the team is especially keen to determine the extent of wombats in north eastern NSW).

You don't have to have participated in the 2006 survey - new volunteers are welcome. The survey is estimated at taking about 20 minutes to complete and can be accessed at www.environment.nsw.gov.au/surveys/StatewideWildlifeSurvey.htm Talking of wombats earlier and they are Koala's closest living relative, we were really pleased to see Ken Henry, Secretary of the Treasury wearing his Wombat Foundation polo shirt on TV recently. I had the pleasure of hearing Dr Henry speak in Brisbane last October on a range of matters which included his forthright views on the nation's propensity for perpetrating massive environmental destruction. His is a powerful and inspirational voice, especially for those of us working with wildlife.

Information about koalas, their food trees, Friends of the Koala and how you can help our conservation effort is available at: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233.

Do all you can to make this International Year of Biodiversity count and until next time, happy koala spotting.

Northern Rivers Wildlife Carers Inc.

Caring for native animals in the Northern Rivers Region since 1992

Have you ever found sick, injured or orphaned wildlife and didn't know what to do?

This is the dilemma that faced Sienna Blake and Max Katterns when they moved to Blue Knob.

"We had moved into a little shack in the forest with critters everywhere and we wanted to familiarise ourselves with how to help them if they were in need," says Sienna who, along with her partner Max, has been a member of Northern Rivers Wildlife Carers for 11 years.

NRWC is a local, independent network of trained volunteers who have been licensed to rescue, rehabilitate and release native wildlife since 1992.

Nimbin is a part of the area the group covers, which is one of the largest in the state from Ocean Shores in the north to New Italy in the south and from Byron Bay in the east to Tabulam in the west.

As vegans, Sienna and Max specialise in caring for vegetarian birds such as pigeons, doves and parrots.

Sienna explained that birds often come into care because they are hit by cars or attacked by cats. "Sometimes babies have fallen from the nest or been attacked by a natural predator," she says, "and if they come into care as a tiny chick they could be with us for months."

Recently a baby rosella (pictured right) needed



Max and Sienna's skills as substitute mum and dad when Country Energy found the chick in an old power pole.

The dehydrated orphan made a slow but eventually brilliant recovery.

"She is now on soft release," says Sienna, who explains that young birds are set free but are support fed until they can completely provide for themselves.

Sienna says that training as wildlife carers has helped her and Max make up for the impact humans have had on non-human animals. "We have taken their homes and habitats for development and farming. Being wildlife carers has meant that we can do something, in a tiny way, to redress the balance."

To become a carer and learn basic rescue methods for our diverse range of local wildlife, please ring Jo after 9am on 6624-7778.

If you do find an injured or orphaned animal please call the Northern Rivers Wildlife Carers' 24-hour hotline on 6628-1866.

PLANT OF THE MONTH

Brush Cherry *Syzygium australe*

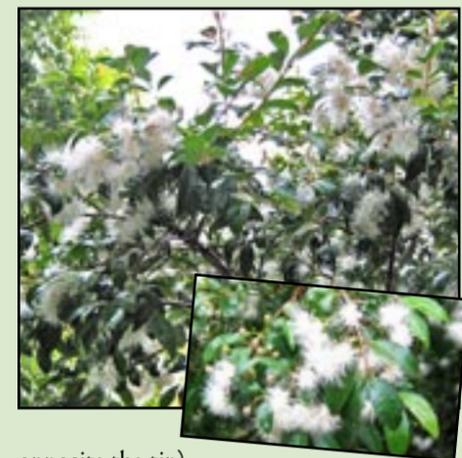
Selected by Richard Burer
Project Officer, EnviTE

Syzygium australe is a small tree found in all types of warm rainforest. Commonly known as Brush Cherry, it is very common on the North Coast, particularly in the Nimbin area, and it is edible.

It is often found in damp gullies and by creeks. Purple/maroon fruits hang in abundance from winter to spring, and are a favourite bush tucker for the kids.

This very attractive evergreen tree is easy to grow and makes an excellent screen, garden or native planting for most situations.

For those interested, there is a very old tree on Calico Creek (on Blade Road,



opposite the tip) that looks to have had many a camp and feast over the last couple of hundred years.

EnviTE is a not for profit organisation providing employment, training and professional environmental services.

Growing Abundance - maximise your food self-reliance

Djanbung Gardens workshops

With food prices set to continue to escalate over the coming years, it's an important time to start taking the issue of food security to heart. Food security is something we can all participate in, in some way, by gardening at home, in community gardens or as small-scale producers.

After Easter, the *Growing Abundance* workshop series begins again at Djanbung Gardens. The program starts with an introduction to botany and plant identification for the keen gardener, seed saver and plant

enthusiast on 20th April with Robyn Francis, and the following week, a 3-day workshop on *Food Forests and Orchards* including a pruning workshop with Janelle Schafer.

In May the series continues with a 2-day workshop on *Seed Saving and Community Seedbanks* starting May 10, including selecting suitable plants, seed collection, cleaning and storage techniques and important tips for managing a personal or community seedbank.

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Plantations in the Northern Rivers

by Michael Mizzi

With the introduction of the Federal Government's Managed Investment Schemes as a way of deferring responsibility for the expansion of timber production from government forestry agencies to private enterprise, farmers and landholders across Australia have experienced the full brunt of these ecologically damaging and socially divisive schemes first hand. Currently there are 1.86 million hectares under plantations in Australia with expansion in the northern rivers projected to continue.

Monoculture plantations have been expanding across the Northern Rivers for many years now, with the CEO of one major investment company based in Lismore, Forest Enterprises Australia (FEA), stating that he wanted to see the northern rivers "turned into another Tasmania."

The other major player has been Great Southern Plantations, which is in the process of being bought out by Gunns Ltd.

North Coast Environment Council president Jim Morrison has criticised these plantations. "Large tracts of land have been gobbled up with significant remnant native vegetation including old growth trees felled to make way for these ecologically unsound plantings. On degraded farmland, these remnant trees are valuable habitat for threatened species."

Plantations are regulated through a code of practice under the Plantations and

Reafforestation Act (1999), which allow very generous clearing exemptions not available to other farming enterprises."

One fear of conservationists like Mr Morrison are poisons used in plantation establishment and maintenance.

"Plantation establishment begins with extensive use of Atrazine, a pre emergent herbicide which is injected into the ground with potential to cause genetic anomalies in frogs. Its use is banned in a number of countries. Atrazine was banned in Europe in 2004. Atrazine is a teratogen causing emasculation in male frogs even in low concentrations. It is also an endocrine disruptor and oestrogen disruptor causing tadpoles to turn into hermaphrodites." Mr Morrison said.

"This process continues during plantation growth. Young mono culture plantations are very conducive to attack by plague insects such as Psyllids and pre-emergent herbicides contaminate groundwater. The Use of herbicides like Dimethoate (Rogor) to treat Psyllid infestation pollutes the air, killing the biodiversity of insects which birds feed off and creates a monoculture of predatory birds, Bellbird Miners, which farm the psyllids and chase out all other birds from this territory of single species trees. Aerial spraying near residences occurs with spray drift being a problem."

Mr Morrison also criticised the cultural impacts of plantations on local communities.



Typical plantation site with all vegetation removed

"These plantations occur with very local consultation and very little government regulation. The companies have an internal audit mechanism but reports from this process is full of the positives regarding employment and projected profits while health issues such as air pollution are ignored."

Hazard reduction burns to protect the plantations, cause respiratory problems for residents, usually over several weeks during winter, a time when respiratory diseases increase. Another worry of local residents is the increased fire danger due to the dense plantings and the increased fire load. This puts extra strain on RFS resources."

Mr Morrison also criticised the breach of rules surrounding plantations.

"Plantation establishment was meant to occur on predominately cleared relative flat to gently undulating country, however this has generally not always been the case as steep slopes up to thirty degrees are ripped up for establishment."

"The establishment of dense plantings of deep rooted, nutrient hungry monocultures of eucalypts on very short rotations on degraded farmland does nothing to restore the productivity of the land. Because of the short rotations involved in planting

and harvesting trees the land will become even more degraded.

"The use of cattle grazing in many plantations has resulted in accelerated riparian degradation as cattle congregate in these non-planted areas often at greater intensity than when the properties were managed solely for beef production."

Both farmers and conservationists have aired their concern over these plantations. Governments continue to encourage their establishment and corporations continue to attract investments, tax breaks and government subsidies in the form of cheap public land into which they can expand. FEA recently raised \$39.5 million in capital for plantation expansion.

FEA state in their Sustainability report for 2009, "In this context our vision is for FEA to be a sustainable organisation based on our operations meeting and where possible, exceeding environmental, social, economic and cultural requirements."

A fully independent environmental and cultural review of the effects of these plantations is currently in preparation and anyone wishing to make a submission can do so through by contacting the author at forestinquiry@gmail.com



by Robert Carroll, President
Nimbin Environment Centre

The last two months have been very busy for the NEC.

The volunteers have been excellent in keeping the shop open to keep the actions alive. As you know, the NEC raises money for actions, not profits, and we hope to have many more trips organised in the coming year, so keep up-to-date with our current actions.

Our trip to Newcastle on 27th March to blockade the export of coal from Newcastle's port with risingtide.org was to stop the spread of cancer that comes with the extraction of coal: 21 poisonous chemicals, 9 of which are carcinogenic.

One of Australia's most fertile food bowls Liverpool Plains had a win in court against BHP mining their land. The decision was that BHP had not consulted certain landowners of their intentions to mine and the threat it posed due to the owners having mortgages over their properties and the possible devaluation of their land due to mining activities.

This is a big win and it shows that mining companies need to start treating people with respect and that they are not able to just take control of peoples lives as they have done in the past.

Transgrid was thumbs-down by certain Council members who found it more appropriate to install solar power on all the homes in the



Nimbin protesters leaving for the Newcastle coal blockade

Lismore CBD. That would be a great lead and a great sight for all to see.

Good news for the trees if the Kyogle processing plant goes under due to it struggling to refinance its debts. Things are starting to change as the corporate greed supporters start tripping over their money boxes. I say trees for health not for wealth.

Roundup still remains a problem and we have people coming into the shop on regular basis who live in communities who do not want to be subject to the poison but are finding it very difficult to get the message through to their fellow community members. We have a very detailed Round-up information brochure in the shop and I urge you to read it.

One of our volunteers was in court on the 11th March over Repco Rally charges and had her case adjourned to 15th April and was well supported by a group of people on the day.

Cows out of the creek is still under review and one we all hope can be achieved for the future of our waterways.

We love what Mother nature provides for us all and success is on its way if we all rise to the challenge.

Let's raise a glass to sustainability

by Chibo Mertineit

Do you know that glass takes a million years to break down naturally, but it can be recycled forever without any loss in quality?

According to Planet Ark, we are using around 850,000 tons of glass annually in Australia and only 350,000 tons or 1.4 billion bottles are being recycled.

One recycled bottle can power a 100 watt light bulb for 4 hours, run a computer for 25 mins or run a colour TV for 20 mins through the energy which



Some members of the TAFE Learning for Sustainability course currently running at the Community School in Nimbin (left to right): Nick Penn, Chibo Mertineit, Jasmine Evans, teacher/facilitator Klara Marosszky, Omega Breakspear and Shauna Bensley. Photo: Peter Bargmann

is saved. Recycled glass melts at a lower temperature than virgin raw materials, which means less energy is used to

recycle a bottle than to make a new one. In turn this reduces further global warming and air pollution.

But just 5 grams (equivalent to a 10 cent coin) of the wrong kind of glass can result in a ton of valuable glass going to landfill. A small piece of a wine or other drinking glass, window glass, pyrex, mirror, light globe, china, medical and laboratory glass, ceramic plate, cup or crockery is enough to contaminate a batch.

Most glass manufactured in Australia uses a percentage of recycled glass. It makes me wonder why ONLY South Australia has had a bottle refund system working for over 20 years.

Glass accounts for 12% of the rubbish collected on Clean

up Australia Day. It is illegal to dump glass or any other rubbish on private or public land, unless it's a licensed landfill site.

WHAT GLASS CAN BE RECYCLED?

Clear, green, brown bottles and glass jars! Lids off!

Please don't dispose of anything recyclable in a plastic bag. Bottles placed in plastic bags are sent to landfill, as the plastic bags choke the machines.

At the Nimbin Recycling Centre in Blade Road you can drop off, free of cost, glass, metal, paper and cardboard,

plastic containers and bottles.

Fluoro light tubes (contain gas, don't break them), household batteries (no car, truck or solar), mobile phones, printer cartridges, smoke detectors, reading glasses, corks, x-rays and CD/DVD have to be put into special bins. Polystyrene is now recycled in Lismore at the Recycling and Recovery Centre!

Lismore Council has a proactive approach to recycling. They ran free courses in 1996 called 'earthworks' to educate people on reducing, re-using and recycling and they are now distributing organic matter bins in town for householders.

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Blues Group for Men

by Chris Robinson and Darmin Cameron

There is a new Blues group starting up in Lismore and you don't have to be able to play music.

No, we are talking about a different kinda Blues, the ones that get you down without the boogie. All you need to join this group is a willingness to explore that scary taboo subject of Depression, or sometimes known as the Black Dog, a term coined by the Prime Minister of Great Britain, Winston Churchill the man who steered England to victory in World War Two also suffered from Depression.

Depression is a very common and serious illness. Around one million Australian adults and 160,000 young people live with depression each year. A person may be depressed if, **for more than two weeks**, they have felt sad, down or miserable most of the time, or lost interest or pleasure in most of their usual activities.

Other physical symptoms include feeling tired all the time, sick and run down, churning gut, not sleeping well and/or loss of appetite. When people get depressed, they often think negatively about themselves "I'm no good, what's the point of doing anything, the world is stuffed it's a mess and the future will never improve". This negative thinking can

interfere with recovery and make a man more vulnerable to depression in the future.

In our tough 'Ozzy Macho' culture there seems to be a bit of shame attached to admitting that you may suffer from depression, like it is a weakness and you are not a man if you suffer from it, this makes it hard to employ recovery strategies if a person lives in denial about it.

It is mysterious stuff; it can sneak up on you and slowly descend like a dark cloud interfering with every aspect of life. Not being able to admit it to yourself and others means using a lot of energy to cover up and put up a brave face, basically it is exhausting, making recovery even harder.

There is some great research on natural drug free methods that support recovery, a simple one is exercise, too easy, just a good dose of daily exercise can alleviate and ameliorate some of the symptoms of depression. Seeking professional help and support is another highly recommended strategy.

Each man's experience will be different, although a number of factors may combine to trigger or maintain a depressive episode. These include: -

Family conflict, isolation or loneliness unemployment, having a serious medical illness, drug and alcohol use, changes in the brain,

having a family member with depression.

Depression is more than just a low mood. People with depression can find it hard to function every day. Sometimes depression may be masked by alcohol or drugs, or become buried by spending excessively long hours at work.

A man may feel irritable, angry, discouraged and overwhelmed, yet soldier on rather than seek help to understand what's happening and change the thinking and behaviour that continues to undermine a real solution. In most cases, if left untreated, depression can go on for weeks or months, becoming harder to manage or lift and more likely to recur.

But don't despair, there is help. The Men and Family Centre's 'Leaving the Blues Behind', begins on 14th April at 6.15pm in Lismore. The group runs once a week for 12 weeks. Some of the feedback from the last group in Byron was extremely positive: "I think this group saved my life. I wasn't really going to come because I was anxious and now I've made a life connection with a whole group of wonderful people."

One man said that it was, "...an opportunity to unburden yourself and, through support and insight, develop a better 'you'." Another acknowledged, "I felt really positive after every session. The whole experience was very beneficial for me."



Darmin Cameron

After getting to know each other, topics that group members will explore will include:

- Self-empowerment – Taking Responsibility for my own Change
- Checking the Evidence and Reconstructing my Judgements, Managing Anxiety and Anger, Learning Relaxation and Stress-Management Techniques
- Gaining Problem-Solving skills, Getting Active in Purposeful and Satisfying Ways

Anna Clark and Chris Robinson, experienced group facilitators, will assist participants to gather tools for life and Leave the Blues Behind. Cost is \$10 a session, or free for those in difficult financial circumstances.

Please call Chris or Paul on 6622-6116 at the Men and Family Centre, Lismore, for information or to book.

For other information on recovery from depression, google Beyond Blue or the Black Dog Institute.

Quit Smoking Group for people with mental health issues



free Nicotine Replacement Therapy offered after week 5 for participants who want to stop or reduce their smoking.

The course will run on 10 consecutive Fridays starting 23rd April, from 11am to 12:30pm at the Neighbourhood and Information Centre.

The last project of the soon to be ex- Buttery's Mental Illness and Substance Abuse (MISA) outreach service will be a series of specially designed quit smoking programs for people with mental health issues.

One of these courses, which are funded in partnership with the Cancer Council of NSW, could be run in Nimbin.

The program will involve ten 90-minute sessions with

It you meet the criteria and are concerned about your tobacco use (or can't afford it anymore) make sure you register and leave your name and contact details with the reception at the Neighbourhood Centre.

The course will only go ahead if there is enough interest.

For more details call Kav at MISA on 6687-1658.



Bring your Mind, Body and Spirit back into balance with Kinesiology

by Amanda Joy

Hi, my name is Amanda and I recently moved into the area with my family. I have studied and practiced Kinesiology over the past four years, in particular Touch for Health and Cranial Kinesiology. I will be

running introductory classes through the Community Centre Term 2 and encourage you to come learn some new techniques that can benefit the health and well being of yourself and your family and friends.

I have come across many people who aren't quite sure

what I do, so the following explanation on Kinesiology is aimed at increasing public awareness of the tremendous benefits of receiving a Kinesiology balance.

Kinesiology applies a range of gentle yet powerful healing techniques to improve health and over all general wellbeing. It is based on muscle testing which provides feedback from the body, revealing valuable information. Often called Muscle Monitoring, it is the body's ability to indicate the presence of stress on any level by way of a muscle response that is the defining feature of this approach. Kinesiology works with the body, mind, emotions and spirit as one unified system as it seeks to uncover and then balance the causes behind our problems and symptoms in a gentle and non-invasive way. In this



Amanda Avis

way we re-establish the body's natural balance as it focuses on the body's innate ability to heal itself.

A Kinesiology treatment is known as 'a Balance' during which the client remains fully clothed. As a discipline it empowers people and allows them to work through stresses that are undermining their development. This is because Kinesiology allows us to access our own inner

knowledge.

During a session, a practitioner places steady gentle pressure on a limb held still by the muscle of the client. A change in the muscle's ability to maintain a steady resistance (unlocking) indicates the presence of a possible stress within the client. Muscle Monitoring can indicate what is required by the body to restore balance and harmony. This stress may manifest in the person as some form of disease, an accident, poor nutritional or postural habits, an unresolved argument etc. Stresses can also carry over from any time in the client's life.

Kinesiology can help you resolve long term problems, release any blocks by getting to the real issue.

A Kinesiology balance

acts very quickly and often requires relatively few consultations to receive lasting benefit. It stimulates the body to activate its own self healing power to balance a wide range of conditions such as Structural, General Health, Learning, Addictions, Cellular, Emotional, Energy, Spirit.

Each session is unique because it is determined by the responses gained from muscle monitoring and because it honors the person's own healing potential and the sequence it follows to bring about the remarkable process that is healing.

Often it can seem too simple to have such an effective resolution. But as the Chinese sages taught so long ago: "A miracle is simply that which is divinely natural".

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For a consultation or more information contact Amanda on 6689-0492

99% of the Population Aren't Coping Perfectly Well

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



I've sometimes heard it said that since 99% of the population don't need therapy, what's wrong with the woosy 1%? Maybe the numbers are wrong, but the gist of this idea is also missing the mark.

The trouble is, vast numbers of people in Australia, particularly rural Australia, aren't coping particularly well. Many use alcohol and/or drugs to mask their emotional difficulties, while others turn to gambling, food and sex to conceal how they actually feel about themselves.

Underneath exhibitions of self-abuse there lie vulnerable people feeling they have no one to talk to. Family and friends often do not have the patience nor the skills to hear someone out, so feeling bruised, grief stricken, confused, in deep emotional pain, they play dangerously with their lives.

The trouble is, the feelings don't go away. They may be hidden temporarily, but they pop out when a person least expects it. These feelings are not always symptoms of a mental illness or mood disorder, like depression or anxiety, but profound distress. Grief, for instance, can so disturb a person that it feels like there is no possibility of an end to it.

Grief can be feelings of loss of a loved one through death (human or animal), loss of a relationship, loss of a job or a familiar lifestyle (experiences of prison can be absolutely devastating to a person's equilibrium), loss of health and well being (say, through cancer or motor neuron disease), loss of competency

and memory (in dementias like Alzheimer's), feelings of loss when a parent or friend or child acquires a dementia (and this condition is not confined to the elderly) – they look familiar, but they are not 'all there'; grief has many forms and feeling it does not describe mental illness.

Capacity to experience grief makes us intensely human, though we now know that other animals know grief well. Movies of elephants grieving over the death of a much-loved member of an elephant clan show this. The capacity to grieve is part of the capacity to love.

We cannot snap out of feelings we have and denying these feelings exist in our waking life, while over drinking, eating (or refusing to eat), engaging in high risk sexual activity, driving too fast, or whatever, does nothing for the distress that arises at night, alone.

Counselling, or its longer duration counterpart, psychotherapy, can help restore a sense of balance within ourselves. It can introduce a sense that we have the capacity to choose from many options in life, rather than go with the stuff we formerly thought was our boring old lot in life. It can invigorate us; bring excitement, even joy to our lives.

Counselling can break through procrastination and artistic blocks, so writing, painting, dancing and music making become not only possible but wonderfully accessible. Counselling is a very useful tool in bringing mindfulness to whatever we do, think and feel, so that we

are not seemingly controlled by other people, habits and old self stories that get in the way of living authentically.

Counselling is good, but a holistic approach to working through emotional pain, depression, anxiety, confusion, loss, etc. is best of all. I actively encourage my clients to exercise: walk, swim, run, play sport; to eat a balanced diet (and not over indulge); to take their medicine (as prescribed by their doctor, or alternative health specialist) and cut down the use of alcohol and non-prescribed drugs; to explore ideas in books, talks, the internet and meetings; to take time out with walks in the forests, massages, spa baths, for instance; and to keep a journal, writing down (or drawing) their dreams and observations of their encounters in everyday life.

Counselling is most effective when it is part of a whole self health plan. When viewed in this way, there is nothing woosy about it. If 1% of the population get to enjoy it, then how lucky are they! The alternative for many people is a small, ugly and repetitious life alleviated (controlled?) by substance abuse and dangerous behaviour.

Life is too short for that. How much lovelier to be able to accept what is inevitable, celebrate what is choiciful and manifest a richer, more abundant presence in the world.

Death and Resurrection – a common theme in mythology

by **Rosetta Stoned**

Now that it is Easter time again, it is timely to appreciate that the biblical version is only one of many death and resurrection stories from ancient mythology.

Death and resurrection was a common theme in the ancient religions and was achieved by many of the gods (see table).

It is indisputable that the ancient Jews and early Christians borrowed heavily from the myths, ceremonies and customs of the pagan religions in the Middle East and Rome.

There were numerous Christ-like sects during the Roman era, based on Mithra, Dionysus,

Osiris and others. However, in 313 BCE Emperor Constantine legalised Christianity, and the rest, as they say, is history.

Diety	Date BCE	Origin	Comment
Horus	3000	Egypt	Crucified, buried in a tomb, resurrected & ascended to heaven.
Mithra	3000	Persia	Crucified. Resurrected after 3 days.
Tammuz	2000	Babylon	Died and resurrected on the 3 rd day.
Osiris	1200	Egypt	Died & resurrected.
Dionysus	1200	Greece	Rose from the dead on March 25 th .
Pythagoras	600	Greece	Returned after descending into hell.
Atis	600	Phrygia	Crucified & buried. Resurrected as a pine tree on March 25 th .
Phoenix	-	India	Burnt to death & rose from the ashes.

* March 25 occurred 9 months prior to Xmas on December 25. Interestingly, March 25 would be the hypothetical date of the immaculate conception of Virgin Mary, the mother of Jesus.

For the Earth

by **Allan Lunare**

Thankyou, Sphinx Rock

On 14th March, the fifth Earth Gathering was held beside Sphinx Rock Café at Mt Burrell. When sitting with the calendar to plan these gatherings, I go entirely with intuition to choose a date. Recently I did this to plan for April's gathering but found it hard to get a firm day. No date jumped out at me and I found myself thinking about moon cycles, school holidays and the like to encourage a decision. I was thinking with my mind because I hadn't yet realised that there was no energy for a particular date. There was no energy there for another gathering at Sphinx Rock.

So for the time being March's gathering is the last in this series. My apologies to those who had planned to come in the future. However, I have written something of the process of choosing the date to let you know that this was unexpected for me too.

The best thing that could arise from me moving onto other things would be that other people take up this work of convening Earth Gatherings. There was some interest in doing this from people at the last

gathering and I have offered my support in selecting a site and initially attending. It is a very simple matter of gathering to give thanks to the Earth for all she provides us and sending Her our love. I am very happy to help in any way that I can to establish such a group locally.

Before I continue with what I am doing next, I want to offer my most heartfelt and humble thanks to all the Beings of the Land at Sphinx Rock for supporting these gatherings. Thankyou. And to all of the people who attended, creating a sacred space with such enthusiasm and genuine love for the Earth, I thank all of you. I have been honoured to sit with you all in such a clear and graceful space and to connect with the truth of what we all share.

Earth Healing Workshop

The next series of Earthwork has a much greater focus on personal healing. The first workshop will be held Saturday 24th April, 9am–noon, Mt. Warning Road, Mt. Warning. Cost: \$60/\$40 concession. Bookings essential.

It will explore a direct experience of connecting with the land at a very potent site, just below Wollumbin



off Mt Warning Rd. Here we will explore our connections to past lives as indigenous beings who were not separate from the Earth and Her energies. We will also explore Nature Spirits in relation to receiving guidance and living a spiritually connected life.

I am very excited about the prospect of working with people and the Spirits of the Land at such a site. As with all previous gatherings I have been directed to work at this particular place. All the content of this workshop has been gained through intuition and by listening to the land.

The healing of each human being on this Earth is ultimately the healing of the Earth herself. The two are not separate. A very famous Indian man who obviously knew this said, "Be the change you wish to see in the world." Sometimes this takes great courage.

Please phone me on 0432-047-432 or email fishriddle@hotmail.com for more info on the workshop.

Living Together Gathering

Invitation to Community

The fifth D.I.Y. Living Together Gathering – April 8th -12th at Ewingsdale Hall – is dedicated to community coming together to co-create a positive, sustainable future... and it is taking shape.

The Big Dome and other marquees are lined up for community-raising on the 8th and 9th of April. Lois Cook, a Ngungbul woman and key representative of the educational organization 'Aboriginal Cultural Concepts', will give the Welcome to Country at sunset on Friday the 9th.

Contributors to the Program thus far include: Steve Strong, presenting the fruits of 20 years controversial research (including sources from archaeology, science and



Aboriginal Knowledge Keepers) into the Australian Aboriginal beginnings of Homo Sapiens; Annaliese Hardock presenting holistic views on sustainability, drawing upon her Findhorn, academic and empirical background; Grace Benn presenting "Peace Between the Sheets" and offering Yoga practice; the not-for-profit prophet Robyn Harrison presenting – with poetry, music and magic – "Sustainable Living: The Major Growth Industry of

the 21st Century" and more.

The traditional Sunday Peace Concert is gathering its line-up of Performers for a Peaceful World, including the Peace Choir andy Holmes, Gina Lakosta, Tarshito and Narada.

Entry to the Gathering is free. This is a "By Gift" Community Gathering, where we support the wealth of all by sharing of ourselves and our abundance.

Now is the time for interested members of the regional community to go online to www.livingtogethernetwork.net to find out more, read the full Program in Progress and register your unique offering to a positive, sustainable future.

Key organisers may also be contacted by phone: Katharina Myr on 6684-9270 or Dudley Leggett on 6685-3719.

Dr Elizabeth McCardell, M. Counselling, PhD

Counsellor / Psychotherapist



For those who want to bring mindfulness to, and some relief from, that which is creating depression, anxiety, drug and alcohol excess, relationship problems, prolonged grief, or a sense of meaninglessness in their lives.

Clinic in Lismore – for appointments phone **02 6624-3704 Ring or text 0429-199-021**



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