

Gathering of the Original Sovereign Tribal Federation at Bondi Beach

by Benny Zable

On Saturday 22nd May, the Original Tribal Federation (OSTF) began a series of ceremonies, story telling and discussions in formatting the OSTF.

The Chai Tent was invited to help with camping and feeding arrangements at La Perouse. As it turned out, we ended up being the central setting for the OSTF gathering and declaration, which was filmed over 22nd-23rd May at Bondi Beach.

Here are some quotes from the invitation that was circulated to the public attending activities there.

"The Original Sovereign Tribal Federation is constituted of those Original Tribes which have come together by Sovereign Treaty

for the dual purposes of the Self Governance and self respect of all the Federations' member Tribes.

The Original Sovereign Tribal Federation is committed to the non-violent resolution of the issues Self-Governance, Trade, Transport Land Title, Law, Culture and Religious practice and other matters of concern of interest to the Member Tribes of the Federation.

The time has come to bring peace and truth to the issue of Our place upon this Our tribal island continent."

Furthermore the invitation extends to "Everyone – black, white, blue green or whatever – an invitation to join Us and become a part of our peoples – and help Us and become part of Our peoples – and help Us to send a

clear message to the crown, its' governments and its' agents that We have all had enough of their lies, deceit and mismanagement of Ourselves, Our lands, Our resources and Our natural wealth."

The unfolding events were both filmed and photographed for further outreach of this most historical process.

Michael Jack and family carried the financial burden of putting a team together, transporting us, going to great expense to obtain tents and a PA system, and feeding us to help facilitate this historic occasion.

It is estimated the cost of this journey to Sydney is over \$5000.



and buying our products that are designed to promote and achieve the creation of a Federal Aboriginal Sovereign Australia.

There are only we who invest in this dreaming to make it happen with kindness.

So we ask you to give generously to The Chai Tent donation Commonwealth Bank account BSB 062-

580, account 10278485. Please give your name/initials, and that it is for the Federation Of Sovereign Tribes. (FOST).

On behalf of The Chai Tent family, thank you.

Also the specially built iconic Rainbow Chai Tent and trailer is old and in need of replacing.

We plead to you wonderful underfunded Rainbow Region people to help us with donations

Turning the tide of militarism

by Graeme Dunstan, Peacebus.com

Australian troops have been in Afghanistan for eight years now, which makes it our longest foreign war ever and probably, in actual tax dollars, the most expensive. Yet it's a hidden war, partly due to Government intent (secrecy, embedded journalism and the like), but mainly due to widespread apathy and lack of interest.

War without end – and most people are simply too distracted or too deceived to care. As in George Orwell's 1984, war has become normalised and the peace movement has all but evaporated from public place and public imagination.

Last Anzac Day it was my pleasure to join a small group of faith-based peace activists at the Australian Quaker Centre at Silver Wattle, near Bungendore, in a retreat called *Putting an End to War*. For three days my heart sang just to be there and plotting for peace amongst such uplifting company. I came away inspired.

Our meditations on *Putting an End to War* suggested a number of directions for future action – first is the importance of ongoing resistance to Talisman Sabre, the biennial US-Oz war games at Shoalwater Bay, near Rockhampton.

These war games make the cost and meaning of the US Alliance highly visible and targetable. Protesting them brings attention to peace and gives us peace activists an opportunity to come together, meet and act in a common cause. In this resistance, new generations of peace activists will be inspired and initiated into direct action.

To this end faith-based activists such as Bryan Law and Margaret Pestorius of Cairns, expanding on the success of the trespass walks last year, are promoting 'Wilderness Pilgrimages' into the Shoalwater test facility during Talisman



Graeme (right) with Chaplain Clair Hochstetler, Manager of Pastoral Care at The Canberra Hospital, at Silver Wattle on 24th April.

Sabre 2011. These will combine guided wilderness walks with deep Christian witness.

The second theme for action came from reflections on the recently published *What's wrong with Anzac?* The Militarisation of Australian History by Marilyn Lake and Henry Reynolds.

The book documents how history has been bent and the militarist agenda of the RSL, whose membership never attracted more than 10% of WW1 veterans, has become government-funded cultural policy.

Christians are challenging the tightly controlled secular liturgy that the RSL has created. The core critique is that the liturgy honors unquestioning blood sacrifice to the gods of war. It twists Jesus' teaching about 'greater love' from meaning a sacrifice made out of love for love, to a sacrifice made out of hatred for war.

Citizens generally ought be concerned about the fabrication of Australian national identity as something forged in war and dependent on war. In this is the means by which perpetual war is validated and normalised.

The project for peacemakers is to reclaim the Anzac Day for peacemaking. Big challenge, and while at Silver Wattle I had a vision of how that might happen: lantern lit peacemaker vigils on Anzac Day eve in which the veteran voices of peace are heard.

Starting in Canberra next Anzac Day and spreading nationally like a lantern virus, 10,000 lanterns by 2015, the centenary of the Anzac landing. Be my witness!

As Taoists know, every tide has got to turn. Let's speed the day when peace is normalised again.



Collage (above) reprinted from the 3CR's 'Seeds of Dissent' 2009 calendar. Contributed by Rainer Glasker.



NIMBIN LAW
Solicitors, Barristers & Conveyancers

Highly competitive rates.
Extensive experience in many legal areas.

50C Cullen St. Nimbin 2480 (at rear)
Ph: 02 6689-1003
nimlaw@pains.com.au

Contact us & mention this advertisement for a no obligation consultation.

Daisy
NIMBIN

GO CRAZY IN DAIZY

Jewellery, incense, stickers, postcards, beanies, hats, sarongs, bedcovers, wallhangings, cushions, thongs, CDs trance & local, slippers, beads, sunnies, chimes, etc...

• OPEN FROM NOON DAILY •

60 Cullen Street Nimbin – ph 6689-0146

Nimbin HEMP Embassy

NIMBIN CANNABIS LAW REFORM RALLY and MardiGrass, the annual gathering on the first weekend of MAY.

FOOD FUEL FIBRE

JUST SAY KNOW CANNABIS EDUCATION, INFORMATION & PRODUCTS

66891842 www.hempembassy.net

NIMBIN CAFE

Open for Dinner Tuesday nights

"The Oasis"

Now with a wide range of hot and cold dishes

Open 7 Days a Week
80 Cullen Street • 6689-0199

'COLOURSS' exhibition in Kyogle

Six small schools are coming together once again to show the general public the great art they produce in this year's 'COLOURSS' exhibition.

The acronym used for the title of this exhibition stands for Community Of Learners Of Upper Richmond Small Schools and the schools have been supported to undertake this exhibition by the Department of Education North Coast Regional Arts Council.

The Afterlee Public School has coordinated this exhibition which runs from the 8th of June through to the 3rd of July. The official opening will take place on Thursday the 10th of June at 5-6 pm and includes live performances from students.

Over the years the Roxy Gallery has supported the Small Schools in our region and we are happy to say this is their fourth exhibition held at the gallery. Along with Afterlee students' work there will be works by students attending Barkers Vale, Collins Creek, Rukenvale, The Risk and Wiangaree Public Schools.

COLOURSS is a great opportunity to see the talents of the up and coming artists of tomorrow. This is a wonderful opportunity to view the talents of the future artists by showing support and encouragement for creative expression.



Learn to sew your very own tipi by creating a light & simple 2.6 m kids tipi (shown)

With easy-to-sew calico and using your home sewing machine

Over six weeks of four hour lessons...

It's easy to

tipi

sew your own workshops

expressions of interest : call kiri sta* 66897058

I have sewn many tipis of all sizes, so I'm sharing my experience, and a unique design developed over years of tipi living.

Workshops are \$26 per session, plus materials (100 - 150\$) which I can help you purchase.

At the end of six weeks you will be confident to make a tipi of any size you wish AND you will have a kids tipi!

At least 6 people per workshop required.

Where: Blue Knob Gallery **When:** Tuesdays 10 - 2pm starts 8 June

New Potters Group starting up in July

Lismore's first Potters Group is being formed.

Potter Paula Bradley (pictured with Blue) said, "What I hope to achieve is an informal creative space for potters of all levels of experience to come and connect, work together, learn from each other, swap ideas and socialise in a friendly, enjoyable and supportive environment."

Space is being made available at Northern Rivers Pottery Supplies, down the lane beside Rainbow Wholefoods at 54d Terania Street, North Lismore, where group members will be welcome anytime to work on their pieces between the hours of 9am - 4.30pm Mondays to Thursdays, except if there is a private workshop or an ACE class.

Members may leave their works in progress on site, but for security reasons all personal tools and clay must be taken with you.

9am Wednesdays each week is a time for all group members to come and have a cup of coffee, meet and touch base with each other at the shed.

Paula said, "We are hoping for donations of moulds for future use. There is a varied and up-to-date reference library for members to use. Three pottery wheels are available for members to use, as is the slab roller."

There will be workshops offered by local



experienced ceramic artists throughout the year for Potters Group members. Some may run at weekends. If numbers can't be reached for these workshops, the general public will be invited to make the numbers up. Costs for workshops are to be paid at booking stage.

All members of Lismore Potters Group receive a 5% discount on clay, slip, underglazes and brush-on glazes.

For further information regarding fees, terms and conditions and any other enquiries please call Paula at Northern Rivers Pottery Supplies, on 6621-4688.

Winter Warmth and Papery Perfections

Works on Paper, the next exhibition at Blue Knob Hall Gallery, will run from 11th June 'til 1st August, and will continue to challenge creativity in the medium of Paper.

Once again the response is as varied and spectacular as possible from the Artists. Wild watercolours, graceful gouaches, perceptive pastels, lovely line drawings, phabulous photographs, thrilling 3D creations - and who knows what else is possible using this most responsive and malleable of media.

As well, the Centre Stage area will have A suitable array of winter felts And other items of warmth and cheer, Highly suitable for this time of year.

The Exhibition will be officially opened on Friday 12th June at 6.30pm, followed by a scrumptious dinner - not of paper! (\$15 for main, \$4 for dessert and a donation for wine) - for which bookings are necessary (6689-7449). Artists who have offered works include Pauline Aherne, Stuart Cussons, Gareth Deakin, Francisco, Janet Hassel, Satchiko Kotaka, Len Martin, Robin Moore, Christine Robinson, Michael Walker, and of course there will be many more.

The next happening at the Blue Knob Hall Gallery Moore Workshop Space, is Kiri's Sew Your Own Tipi workshop. This will run on Tuesdays from 10am to 2pm for 6 weeks, starting on the 8th June, and will cost \$26



per session (plus materials \$100-\$150). For all enquiries and bookings please contact Kiri on 6689-7058.

Needless to say, there will shortly be a new, large and significant work On The Easel, while our Artists and Friends Lunches continue to go from strength to strength, and are reasonably priced at \$15 for both main and dessert, with a donation for wine.

The next lunch will be held on Thursday 24th June at 12.30pm - write it in your diary.

A continuing feature of our Artists and Friends Lunches, and indeed of our exhibitions,

is the wonderful, continuing support we get from Kyogle Artists and the Kyogle Roxy Gallery who repeatedly brave that road to attend our functions. It sometimes seems to me that the traffic is all one way, and I suspect it is perhaps in desperation to get us over there to The Roxy, that BKHG artists have been invited to exhibit there from 30th August to 25th September, with expression of interest forms to be completed and returned to BKH Gallery by 30th July. Further information can be obtained from The Roxy on 6632-3518 or email roxygallery@kyogle.nsw.gov.au



Shown are Carnival by Robin Moore (top); and her Edge of the Dam (below); St Lucia Court by Gareth Deakin (above) and Christine Wynyard's Weight of Love (bottom left).



A TASTE OF ART

www.blueknobgallery.com

blueknob hall gallery

Open Thursday to Sunday 10am - 4pm
719 Blue Knob Road, Lillian Rock Ph: 6689 7449
GALLERY • CAFE

TATTOOS

BY BEKI

New School * Oriental
Memorial * Greywash * Tribal
Specialising in Custom Tattoos

Rainbow

BODY PIERCING

TATTOO STUDIO

Sharon 66 890 376
76 Coler at N. Inn.

RVBYESQUE

ALAN MORRIS
PROPRIETOR

SMOKING PARAPHERNALIA & FINE USED BOOKS
21 CARRINGTON STREET LISMORE 2480
PO BOX 1184 LISMORE (02) 6622 4676

Make Love

Not War

NIMBINMUSEUM.COM

Koala Kolumn

by Lorraine Vass

Federal environment law does not protect the Koala. Indeed, the third attempt to change this is being played out right now. Assessment of a nomination to list Koala under the Environment Protection and Biodiversity Conservation Act 1999 (EPBC Act) will commence after the public exhibition period closes on 9th June. Minister Garrett expects to receive the Threatened Species Scientific Committee's recommendation by the end of September 2010.

Koala conservationists are gravely concerned that while the Committee has prepared the nomination so that reassessing Koala's status will be based on the most recent information, it says it hasn't made up its mind on Koala's eligibility to be listed in any particular category. Two are proposed: vulnerable and conservation dependent.

Under the EPBC Act any action such as a development or project requires Ministerial approval if it has, will have, or is likely to have, a significant impact on a matter of national environmental significance. For species listed under the Act, vulnerable is a category which triggers the need for such approval. Conservation dependent does not.

The particular criterion on which the vulnerable case for Koala is being based (there are five possibilities) is [that Koala] has undergone, is suspected to have undergone or is likely to undergo in the immediate future a very severe, severe or substantial reduction in number. For the conservation dependent category the criterion is [that Koala] is the focus of a specific conservation program, the cessation of which would result in the species becoming vulnerable, endangered or critically endangered.

For anyone remotely



interested in koala conservation the choice between the two categories is a 'no brainer'. Here in New South Wales Koala has been listed vulnerable since the introduction of the Threatened Species Conservation Act 1995. The 2008 State Recovery Plan for the Koala (*Phascolarctos cinereus*) confirmed the listing was still well and truly warranted. Even with the protection of the Act and State Environment Planning Policy 44 – Koala Habitat Protection (SEPP 44) Koala's situation over the past 15 years has not improved. Many of us here on the Northern Rivers would argue that it has deteriorated.

Given our experience, we ask why the Committee would be considering anything less than vulnerable? Well, part of the answer has to do with the well-intentioned anthropogenic extension of Koala's natural range to include off-shore islands such as Kangaroo Island as well as parts of mainland South Australia. But more important is that there is no definitive estimate of the size of the national koala population or the trend in population size or of distribution.

It's said the devil is in the detail and that is certainly the case with the nomination, which contains references throughout to inadequacies in the available data to provide reliable assessment.

So what about this Clayton's category, conservation dependent? The Committee is asking whether the new National Koala Conservation and Management Strategy 2009-2014 measures up as an effective instrument for koala

protection. We don't think so! The Strategy has no funding nor implementation team, so why would we believe it will be any more effective than the 1998 National Strategy which did little more than gather dust on library shelves?

Let's face it, unless there is an obligation in law to protect the Koala it doesn't matter how many strategies or recovery plans are written up; it simply will not happen. You only have to look at the number of comprehensive koala plans of management that are in place in New South Wales after 15 years of SEPP 44. Landscape-scale management plans rather than block by block plans are clearly favoured by the SEPP but it falls short of requiring local government to prepare them.

The result is that only two councils in the entire State have comprehensive koala plans of management in place, Port Stephens and Coffs Harbour.

I encourage you to have a careful look at the nomination and to put in a submission which at least urges a vulnerable listing under the EPBC Act. The document can be downloaded from: www.environment.gov.au/biodiversity/threatened/species/koala-nomination.html

Also check out the Australian Koala Foundation's Koala Campaigners website for the basis of a letter for you to write to both Minister Garrett and Prime Minister Rudd. With a federal election coming up now is the time for all of us to insist that Koala is protected by Federal environment law.

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.

Until next time, happy koala spotting.

Nimbin Sustainability/Food Security Working Group

• **EcoMart Presentation:** Saturday 19th June 2010 2-4pm, followed by Seed Exchange Network gathering and seed swap, at Djumabung Gardens, Cecil St, Nimbin.

EcoMart Northern Rivers is a new community-based initiative. The aim is to set up a producer and consumer cooperative to distribute local produce and goods to village and neighbourhood shops, and consumers who order via the internet. The web-based system allows you to sell whatever quantities you want whenever you have goods

available. Ideal for small quantities produced occasionally.

Come along to find out more and discuss how we in the Nimbin Valley catchment area could become involved.

• **Bush Regen:** EnviTE is looking for ideas for a 6-month community environmental program in Nimbin. Send in your ideas to NNIC.

• **Next Sustainability/Food Security Working Group Meeting:** Thursday 24th June at 6pm at NNIC, 71 Cullen St, Nimbin (Elmo Room). Bring stuff to eat.

PLANT OF THE MONTH

Banana Bush *Tabernaemontana pandacaqui*

Selected by Richard Burer
Project Officer, EnviTE

While the name sounds edible, this interesting rainforest shrub is decidedly not to be eaten, as it belongs to the same family as the highly poisonous oleander.

Following the summer flowers, a spectacular autumn show appears as the inconspicuous shrub produces a blaze of tiny yellow banana-shaped fruit surrounding deep red fruit pulp. The effect, set against the

typical lowland rainforest greenery, is stunning.

Common in dryer and lowland rainforest, banana bush (or *Tabernaemontana pandacaqui*) can be found locally at the Nimbin Rocks and in and around rainforest remnants in the Nimbin and Websters Creek valleys. It is particularly common south of Casino in the Myall Creek catchment on sandy soils in riparian areas.

Banana bush is easily propagated from fresh seed.



The milky latex which exudes from broken parts of the plant has reputed medicinal qualities that can be researched on the internet.

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

Open Day at Djanbung Gardens



Permaculture College Australia invites you to the 2010 Djanbung Gardens Open Day on Saturday 12th June, where there will be many fun opportunities to experience.

Come meet Polly and Pudge and the rest of the animal systems, plants and students of Permaculture College Australia as we accompany you through aspects of 'Practical Solutions for Eco-friendly Living and Design'.

Learn more about composting, alternative technologies, natural foods and community concepts, just to name a few. Featuring fresh garden and organic produce with drinks available, career advice and displays.

Workshops include: Water systems, Composting, Natural Dyes and Pest Repellents, Scarecrow Making, Conscious Power Consumption, "Peak Everything", Mangrove Maintenance, Genetic Engineering and Seedsaving.

For the Children: Terra-forming and Face-Painting.

We look forward to greeting you – admission by donation.

Djanbung Gardens is located at 74 Cecil Street Nimbin, phone 02 6689-1755, email admin@permaculture.com.au or visit www.permaculture.com.au

Nimbin Lifestyle 6689 1305
real estate
www.nimbinlifestyle.com.au
45 Cecil St
Nimbin

PRIVATE RAINFOREST

NEW LISTING

\$549,000

27 ACRES
BOTANICAL GARDENS
2 BAY MACHINERY SHED
3 PRIVATE TRAIN CARRIAGES
A SELECTION OF FRUIT TREES

Emmalee & Darren, trading as

**Nimbin Mill Farm
Hardware & Gas**

at the Old Sawmill on Gungas Road

New Plant Nursery & Garden Ornaments

We sell bulk landscaping materials and Searles gardening products.
Come out, see our range and compare prices.

Yes, we can deliver.
Phone 6689 1206

VOUCHER - cut this out and present for

\$10 off guided garden tour every Sat 11am
OR 10% off one short course/workshop

at Djanbung Gardens 74 Cecil St Nimbin
Valid for the period June-Sept 2010
Celebrating the inaugural year of

**PERMACULTURE
College Australia**

Vocational Training & Community Education



Logging damage on the Gungas Road property.

by Robert Carroll, President
Nimbin Environment Centre

Gungas Road Logging

We have all been witness to the huge trees that have been driving past our homes and shop windows of late.

The destruction of the trees comes with a devastation to habitat, loss of our precious air filters and a sense of disgust that any human can allow this to take place for the sake of earning a quick dollar or two in their bank accounts.

We have been provided with some photographs that will show you the devastation that has been happening in our precious backyard and have provided them to the editor who may wish to publish the photographs for all to see.

People live within nature in our region and it must be evident that the owners of the Gungas Road property do not live within nature as the destruction they have caused to our beautiful region is disgusting.

We have contacted the EDO, Council and lodged an official complaint with the Department of Climate Change and Water.

Just be aware that we are kept well informed by concerned residents along the road so if you decide to come back for more it will be a different outcome.

Coal Seam Gas

Well this is a big one and we are well aware of what is devised for our area if the landowners of the particular properties sell out or are forced to sell and allow this to happen in our region. It all comes down to the owners of the affected properties taking a stance and not allowing such destruction to take place. If you are a neighbour your voice will in most cases only be heard with the back up of fellow environmentalists

who take passion in saving our planet. But there is help out there for you and we will all be there to stand up to the Corporate greed barons that take pleasure in destroying our planet to once again fill their bank accounts up. The Environment Centre has the latest info on Coal Seam Gas on our Noticeboard so if anyone is interested and would like a read please come in. If any residents in the area are being bullied by the drilling rigs please let us know and we will get our numbers together and come over to your place for a peaceful protest. We are here to help so please give us a call.

Benny Zable

Benny had a great turn up for his court case in Lismore with Graeme Dunstan and his PeaceBus ensuring we were all well heard.

Benny had a victory, with prosecution dropping the case and the Judge finding that Benny had been wrongfully arrested and awarding him compensation of \$1000, which in turn was given to his lawyer Steve Bolt.

It goes to show if you stand up and speak you can be heard.

AGM

Our Annual General Meeting is 4pm, 18th June at Birth and Beyond. Membership is now due and you must be financial members to vote at the AGM. Supper and entertainment to follow the meeting.

Our "Enjoy the Herb" banner that was lent to someone to use in our march during the Mardi Grass Parade was not returned so if anyone remembers who was holding this during the parade please advise them that we would like our banner back.

We were also pleased to see the No Spraying signs out the front of the Sphinx Rock Community – way to go.

Blue Knob Farmers Market set to start

A new weekly farmers market is being launched at the Blue Knob Cafe and Gallery. The market will start on Saturday 3rd July and run weekly on Saturdays from 9-1pm.

This is an initiative of a group of growers and producers who are concerned with providing local sustainable food for the community. Local producer Peter Calkin is excited to see a market in the region. "Farmers markets are community strengthening in so many ways and the more we have the merrier. I love being able to meet and talk to the people who are growing the food my family eats, and have a jolly good time in the process." Produce available at the market will change with the seasons. Some of the delectable foods you can expect



to find include fresh organic bread in wood fired ovens, raw organic honey, citrus and avocados, eggs, local cheeses, macadamias, local preserves and jams, a range of winter veges, some bushfood condiments and traditionally brewed soft drinks

There will be an open stage for musicians with some great acts coming up over

the next few markets. Fresh local coffee, cakes and delicious meals are available at the cafe and the gallery has a ongoing exhibitions of art and craft works from talented local artisans.

Organisers plans for the future of the markets include: seminars and workshops on creating more sustainable food and demonstrations that show how best to exploit the freshness of these foods; farmer walks on local growers farms; and the creation of a local food feast sourcing as many ingredients as possible from the Nimbin Valley. We are also encouraging backyard gardeners, growers and small home-based producers to put forward produce for sale. For stallholder information contact Peter Calkin on 6689-7004.

Why hemp food is still illegal here

by Guy Stewart

I trust that everyone is now aware that farmers in NSW can cultivate low-THC cannabis (hemp) for industrial use. Frustratingly, the most valuable part of the plant, the seed for human consumption, is still prohibited.

The NSW government does not prohibit the use of hemp food, although they do not specifically allow for it either; Victoria and Northern Territory are the only states that currently do that. However, hemp food is still not widely available there either.

There is some confusion with where the authority actually rests. A recent letter received from the Office of Tony Burke the Federal Minister for Agriculture stated;

"Responsibility for developing and approving new food standards, or variations to food standards rests with the Food Standard Australia New Zealand (FSANZ). FSANZ is an independent statutory authority that develops and amends food standards ... in Australia and New Zealand. For matters relating to food proposals and submissions, you should contact FSANZ directly on 02 6271-2222 or visit www.foodstandards.gov.au"

However, Application A360 (Use of Hemp as a Novel Food) was recommended by FSANZ (then named ANZFA) for approval in 2002, but was rejected by the Ministerial Council (then named ANZFSC) because it might confuse people about the acceptability of Cannabis and difficulties in distinguishing between high



Canadian food processor Mike Fata, President and Co-Founder of Manitoba Harvest Hemp Foods & Oils.

THC Cannabis and low THC hemp products.

Contrary to the minister's statement FSANZ can only make recommendations to the Ministerial Council (ANZFRMC) on which he sits. It is then the council's decision to adopt the draft standards, which results in their incorporation into the Australian New Zealand Food Code.

The confusion they mention is perpetuated by the government's national drug strategy, which (incorrectly) states "Cannabis is derived from the hemp plant and contains the active substrate tetrahydrocannabinol (THC)."

It was stated by the house secretary in the parliamentary debate of the NSW Hemp Bill 2008 that Chinese and Hungarian Farmers have been growing hemp for food for thousands of years and still maintain the legal separation between High and Low THC Cannabis seed. They would view our law as most naive.

In December 2009 FSANZ accepted a new Application A1039 (2) to allow hemp food based on the Pre-market safety assessment conducted

for Application (A360) and ruled that it should be presented to ANZFRMC for re-assessment.

Public comment phase is now complete, and the Board is expected to complete its approval in Mid-July 2011 and make a Notification to the Ministerial Council in late July.

There still remains an uncontested World Trade Organisation (WTO) obligation to liberalise the market as there are no identified public health or safety concerns. NRHA has been contacted by Canadian Firms who are interested in Australian Hemp. Our alternative growing season

could supply fresh seed for high quality markets in Canada, while their established products, value adding processes, cultivated varieties and experience could help bootstrap the Australian Industry.

Currently, this trade is illegally blocked.

The Canadian Hemp industry first exported hemp seed and oil in 2006. Today it is a multimillion dollar industry. 59% of exports are to the United States where hemp food is legal but hemp cultivation is not.

There is good work to be done right now in lobbying to have the roadblocks removed. Without additional pressure on ANZFRMC, local MP's and the federal government it is very likely that the current application will be denied again on the same grounds due to the inherent inertia and other unseen influences on these public policy bodies.

If you would like to participate in some grass roots political influence, call your local MP, debunk the myths and help them to understand these important issues.

See www.northernriverhemp.org for more information.

BRUCE Mc DONALD
Rural Maintenance



Slashing
Chainsaw Work
Repairs & Maintenance
Over 25 Years Experience

0418 682 447

ABN 97 195 366 213
PO Box 8014, Stokers Siding NSW 2484

NIMBIN BUILDING MATERIALS

for a broad range of
NEW
+ NEW RECYCLED
materials at competitive prices

Open Wed, Sat & Sun, 8am-5pm
at the Recycling Centre

Phone/fax Andy 6689-1644,
6689-1014 (a/h) 0429-891644

Mr BOBCAT

6689 0044
0427 946 823

• 4-in-1 bucket • trencher • auger • 4 tonne tipper

• NOW WITH EXCAVATOR •

Annie's
Country Tea Gardens & Nursery

Phone/Fax: 6689-7369



2460 Kyogle Road, Wadeville
Open 8:30am - 5pm, Tuesday - Sunday

Large selection of home baked wood stove cooking from menu or blackboard specials, including all day breakfasts and freshly baked scones

Stroll through 5 acres of beautiful country gardens

Large range of sun hardened plants

Great choice of garden statues and local art & craft

Judgement made in midwife case

by Dr Michael Kidd

The Tribunal decision before the Nurses and Midwives Board on Nimbin midwife Jillian Delaile has just come to hand, two months after the hearing.

It found Jillian guilty of professional misconduct and removed her name from the roll of midwives, but allowed her to keep her NSW Nurse's registration. She can reapply after one year to be re-admitted to the midwives roll.

On my quick scan of the 15,000 word finding, there was an inevitable quality: it does not seem to be grounded in reality as to what actually happens between people, plus it's so easy to judge somebody after the event.

Overall it's a good decision from Jillian's point of view, which allows space for re-application and self improvement. It could have been far worse. But the procedure to re-apply is quite onerous.

I disagree with certain aspects such



as: the failure to deal with our written submissions and the selective application of the leading case of Pillai v Messiter which emphasises the need to look at the surrounding circumstances. Alas we no longer have Justice Kirby. There was no account of her good character and the fact that these two cases were the only

two, in her long career of over 800 live births. No account was taken of her excellent employment reference.

I am concerned with the overall implications that certain people might see this as a repudiation of home birthing, as that was my prime reason for defending Jillian pro bono. I don't see it in that light, but the need for closure as two babies, tragically, from a combination of factors, died.

Hopefully we can all learn from that. I would like to see the Federal Government really support home birthing with practical measures, rather simply more regulation and costs.

Many thanks to the community for financial contributions: there was an unexpected cost (\$637.97) for my asthma which later became pneumonia on the second last day, after six days in Public Building A/C. (Contributions to MJ Kidd Summerland CU 802-222, 022263084).

The Nature of Shame

by Dave Reynolds



Shame is an invisible yet powerful shaper of human behaviour and relationships and occurs when our needs and wants are not received by our environment.

When we care about something, we are more vulnerable to shame and the function of shame is to pull us back from reaching beyond the available support. Shame occurs at varying degrees of intensity. At one end of the spectrum is shyness or the type of mild embarrassment caused by a social gaffe like forgetting someone's name and at the other end is flooding shame, where we feel crushed and isolated. In contrast, when our yearnings are received fully, we feel as though we belong in our world.¹

Flooding shame is painful to bear and because of this, most people attempt to avoid situations or experiences where this is a possibility. Clearly this is healthy behaviour up to a point, to avoid potentially shaming experiences. What tends to happen however is that if a person has repeatedly experienced shame, the painful expectation of humiliation becomes part of their worldview and they may also end up avoiding all sorts of potentially growthful and enjoyable experiences.

As children, our caregivers would have encouraged certain types of behaviour and discouraged others. If this discouragement was shameful, if we were told that we had something wrong with us for example, 'You are a bad girl' rather than 'I don't like your behaviour', then we are likely to feel shame as adults when we approach similar situations. So, if we were shamed for not succeeding, we are likely to feel ashamed every time we fall short of our own or others expectations, however unrealistic they may be.

Because shame is so hard to bear, we learn personal strategies to avoid the feeling. We may learn to withdraw,

to attack, to blame others, to apologise or maybe to escape into addictions or develop unhealthy obsessions including overworking. Commonly, shame can manifest as a belief that one day we will be found out as inadequate. Often, over time, mental well being and relationships suffer and the shame remains un-named and unresolved.

The good news is that shame can be understood as a natural human response to an unsupportive environment. Clients often bring experiences of shame to therapy that they hold as painful secrets. With enough support, these experiences may be seen for what they are: situations where a need was not met by the environment. Such insight brings great relief and allows the possibility for unmet needs to be acknowledged and validated.

As a Gestalt therapist I encourage my clients to become aware of when in their lives they may need more support. During a session, clients may explore asking directly for what they need at such times and develop ways of sustaining themselves when there is insufficient support available from others. These skills when practiced in daily life can help to break the grip of the painful cycle of shame.

Gestalt Therapy and Counselling sessions are available on Mondays at the Apothecary. For appointments phone 6689-1529. For other days in Nimbin and Lismore phone 6689-0426.

Reference: ¹ Robert G Lee (2008) The Secret Language of Intimacy.

Deepening Self Awareness through Yoga

by Sam

"Yoga transforms the physical and spiritual life of the practitioner by releasing the physical, mental, energetic, emotional, and psychological blocks that limit potential; this release helps one to evolve and grow"

– Sacred Sanskrit Words by Leza Lowitz

When I undertook my teaching apprenticeship I was practicing Yoga intensely 6 days a week for over two years.

Opening my body revealed many aspects of myself that I was completely unaware of. I didn't realise at the time that unexpressed emotions, traumas and habitual patterns were stored in the body and mind.

Basically Yoga opened me up, turned me inside out

and showed me who I really was. Initially I resisted, I didn't fully understand the depth of the journey I was undertaking. These early times set the foundation for a life forever changed, I remember these challenging and liberating times well. They have been a huge stepping stone for me, learning about my body, how my mind works and the intimate relationship between the two.

Through introspection, dedication, observation and awareness I have realised how important it is to honour and allow all aspects of myself to be present. Only through this time can I understand what aspects of myself need to be nurtured and cultivated and what aspects of myself can be let go of.

This powerful and ancient



practice is clearly defined in the Eight Limbs of Classical Yoga. In particular the second limb of Yoga – **Niyama**.

Samtosa – Contentment, equanimity, happiness and satisfaction. Honouring all that you are and being satisfied with your life on a deep level in the present moment.

Saucha – Purity of body and mind. Embrace purity in your body, environment, relationships, communication and actions. Care for your soul.

Svadyaya – Self-observation. Be rigorous in looking at yourself. Practice introspection. Know yourself deeply and authentically, so that you may fully know and understand others. Assess your thoughts and actions. Change what you don't like,

relinquish what does not serve you and embrace what does.

Ishvara Pranidhana – Surrender to God or the Divine. Be devoted, let go of your small self and your ego. Accept the mystery and miracle of life, approach it with a sense of gratitude, awe and wonder.

These ancient teachings give us much guidance as we move in to the coming Winter months – the time of darkness, introspection, stillness and letting go.

These words are so profound and yet so simple, encouraging oneself to be humble and to look within for truth, love and peace. If we can take even one small aspect of these teachings in to our lives, then our daily experience, our intimate connection with everything will surely be one of deeper fulfilment and joy.

I am eternally grateful to my Teachers and Yoga for showing me this path, for helping me to discover myself and to live life with integrity and awareness.

Sam is a Certified Yoga Teacher running classes at Birth & Beyond in Nimbin: Tuesdays – 9am and 5.30pm, Fridays – 8.30am. Phone 6689-7055.

Nimbin Tax and Accounting

PUBLIC ACCOUNTANTS

Income Tax Returns – Individuals, Partnerships, Companies, Trusts and Primary Producers
BAS & Bookkeeping Services
Business Software, Business Advice, Grant Acquisitions

Weekdays 9am - 5pm, except Wednesdays 9am - 1pm
Saturday 9am - 1pm. Discount for Centrelink recipients.

Tel/Fax 6689-0470 Mobile 0427-855-077

Old Bank Building, 39 Cullen Street, Nimbin
(Next to Post Office – parking available)

PO Box 645 Nimbin 2480 Email pjh@lis.net.au

Calurla Chalets Phone 6689-7297

SELF-CONTAINED ACCOMMODATION
Visit our website: www.calurla.com

PURPLE PIXEL Typesetting

Intuitive Graphic Design to suit all budgets

20 years experience in all facets of print media. Posters, flyers, catalogues, promo, band art, press ads. Fast, friendly, reliable, local.

Johanna Evans 0409 313 968
02 6633 1396 purplepixel@bordertel.com.au

Dave Reynolds
Grad Dip Gestalt
Counselling and Psychotherapy

Nimbin & Lismore
02 6689 0426

Birth of a New Year

by Allan Lunare

It generally seems that women have an easier time of connecting deeply with the Earth than men.

That's not to say that men cannot or don't connect with the Earth, because they most certainly do. More that women are more intrinsically aware of the connections they embody. They live within the cycle of the Moon in their own bodies and they give birth to new life; mothers on the Earth as the Earth is our Great Mother.

With the Winter Solstice occurring this month – the year's shortest day on Monday the 21st – it is a great time to explore the notions of the masculine and feminine aspects in each of us. On the Earth at this time there is a major shift back to the feminine occurring, as the patriarchal system in place these last few thousand years drops away.

When the masculine –the Sun- is at its lowest ebb (and in fact 'dies' in some midwinter traditions), it is a wonderful time to look at what these two halves of



the one' mean to us. How, for example does our sense of the masculine affect our relationship with the Earth? Is our masculine self simply another aspect of the patriarchal system that we have unwittingly inherited from our fathers?

To explore these issues while connecting with the Earth is very potent around the Solstice. While there is plenty of talk about the shift in consciousness, a direct and personal experience of these energies is something very different.

In working with the energies of the

Earth and being open to them we can circumvent the mind and tap into a deeper part of self very easily. And when a group gathers and joins in this space, together with the Land, then the experience is amplified even more.

Ultimately there is nobody we can really trust to tell us how it is other than ourselves. Not our ego story-loving selves but our feeling and heartfelt True Selves. These parts of self know very well what is truth and what is sham. We only need to cultivate informing ourselves from these parts of us a little more often to become our own experts.

Working with Earth energies allows us to be grounded, but also clearly connected to the wise and discerning selves we all share in common, no matter who, or what sex, we are.

Workshop

The next Earth Healing workshop is on Saturday June 19th, from 9:30-1 p.m., just off Mt. Warning Road. Contact Allan on 0432 047 432 or email fishriddle@hotmail.com for more details. Friends of Wollumbin Landcare receive 10% of all takings from this workshop. F.O.W. use no chemicals in their rehabilitation work.

Nimbin Hospital info

New Physio

Nimbin hospital has a new physiotherapist (pictured right).

His name is Peter Davis and he is in attendance on Tuesdays and Fridays, from 8.30am to 4.30pm

Appointments can be made by ringing Leanne on 6688-1401. You do not need a referral from the doctor.



Clinics

• **Nimbin Immunisation Clinic** for Birth to 5 years – 2nd Tuesday of every month, next one 8th June. For appointments phone Lismore Community Health 6620-7687

• **Nimbin Womens Health Nursing Service** – pap tests etc, menopause breast health, general health information, free and confidential. Every 3rd Thursday of the month,

next one 17th June. Phone 6689-1400 or Helen on 6689-1288 to make appointment.

• **Health checks and assessments** at the Nimbin needle and syringe rooms (underneath the surgery) every Wednesday from 10am – general health checks, wounds, immunisation, referral and advocacy.

Support your local public hospital.

Musing on assumptions

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

The other day a friend and I went kayaking on the Wilson River in Lismore. What an amazing place we live near, yet barely know. I was blown away by the tumble of lushness tingling with unexpected flowers; a richness of life practically hidden beneath the bridges that link South Lismore to cbd.

We saw a raft of branches and weed ferrying a little group of ducks downstream. I was reminded of the little rafts ferrying Thai children across rivers to school.

Fish were leaping, water birds scurrying, as I, in my kayak skimmed across the perfectly glassy surface, amazed, yet again, how easy it is. This expedition was my first in this part of the world. I regularly took my kayak out on the Swan

River near Fremantle in WA close to where I lived until early 2009. Sometimes, and that was the most fun, I kayaked on the ocean. There, I was sometimes visited by dolphins, paralleling my movements as we slipped a wave or two together. Ah, the magic of it all.

It is mucking in, on, and around water that inspires me. I am a swimmer, snorkler, diver, and kayaker and playing in this way I come to know my own thoughts on things, what matters to me, and how I may achieve what sets my heart on fire.

So, it was in kayaking in Lismore that I began thinking, yet again, about life, death, the inbetween, and assumptions we make about what's normal. Fortunately, though, this bit of thinking was short-lived



on the water. Kayaking is for being present with water. I resumed it over coffee, later.

I'll start with assumptions. Life, death and the in-between will have to be written about some other time. It seems to me that when we make assumptions about what's normal behaviour we are short-circuiting a process that is really much more complex. What is normal is open to dispute. My passion for water play (I can't call what I do, sport) is distinctly non-normal for women of a certain age who relish rounds of golf. The estimation of what's normal, in this example, arises from a comparison between preferred activities. Is such

a quality of estimation reasonable when deciding what's normal behaviour in matters of the heart: falling in and out of love, grief, feelings of loss, reactions to trauma, etc.?

What's normal? When two people declare love for each other, yet one does not act in a loving way and the other is grief stricken, is the experience of the latter non- or ab-normal? This scenario is quite common and one I occasionally witness in my clinical practice. The depth of grief experienced by the person, who has declared her love and meant it with every fibre of her being, is not emotionally met by the empty words of the other, even though the words sound right. Writing this, it seems obvious. No, the loving one is the ok one. Yet, quite often, it is the grieving, loving one who comes to therapy – sent by the partner who speaks well, but means not much. My work, in this regard, is to validate the realness of this person's experience.

How is it that we, so often, doubt ourselves so much, and take on the assumptions about our experiences that

effectively undermine what we know intimately to be real? In the example above, it is in terrible heartache and the confusion surrounding the double-speak of the partner that the capacity for seeing clearly is lost.

Assumptions subvert the complexity of human interaction. They make things seem to make sense, without necessarily doing so. They are slippery and very unreliable, yet they do serve a purpose in shortcutting across the multiple possibilities of life, the number of which we would have difficulty negotiating otherwise. Getting through a day without making some assumptions would be really difficult. I assume, for instance, that my shoes will

fit, my car will go, I'll earn enough money to stay alive, etc.

Tragedy comes when assumptions are made about other people, nature and the cosmos and never consciously questioned. Knowledge about the world would be miniscule and our relationships with one another well and truly stuck.

The art is to apply awareness – and counselling is a very useful tool to learn how to do this – to what is felt and being said by others and ourselves and to determine what is authentic and what is not. Separating out what belongs to us, emotionally, and what belongs to others is empowering, and a necessary skill in the art of life.

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

KA-HUNA BODYWORK AND MASSAGE WITH CHRISSY

"It is my absolute joy and honour to share my Ka-Huna touch"

• Pregnancy massage available •

APPOINTMENTS CAN BE MADE FOR EACH WEDNESDAY AT BIRTH & BEYOND BY RINGING NIMBIN APOTHECARY 6689-1529

Join David Holmgren in... **'Future Scenarios'** planning for local resilience

Community presentation on how society can respond to Climate Change & Peak Oil

WHEN: Thursday 17 June
TIME: 5.45pm - 8.00pm
WHERE: Mullum Civic Hall, Dalley St
COST: \$10

For more info call 6626 7305

Organised by...
David Holmgren is the co-ordinator of the Permaculture Design System & inspirer of the Transition initiatives.

New Energy Activity

by Daniel Keszler

Loving Greetings Dear Reader, Winter has announced itself and I wish for everyone to have a fire to sit by or a fire within that keeps one warm and from which we draw strength to go through the days with love and light.

We feel the importance of being true to ourself in our actions and feelings ever stronger and how that creates magic in our life. We learn that we have to continuously let go of our attachments to arrive at a level of awareness which shows to us the true nature of things. We become clear about the fact that all our struggle is going on only in our own chest or head and that we have no need to superimpose any of that onto our fellow men.

True humbleness is born when we respect others as equal (including Plants, Animals, Earth,...) and as individuals on their very own path to infinity.

Some of you may wonder why I call this column New Energy Activity. For me, this points to the NOW. The current moment is always new, the energy is new, it is born fresh in every new moment. In every moment of now you can decide to see the world anew without judgment, preconceived ideas, categories, labels, in other words, without your mind telling you how your world is supposed to look.

And this Energy of Now is active, it is full to the brim, bursting with life force, pure and fresh. To be in that



awareness connects one to this life force, fills one up with a mysterious glow and with laughter, laughter just for the hell of it...

Now I share with you a quote out of the writings of Carlos Castaneda.

About losing Self – Importance:

“Self-importance is man’s greatest enemy. What weakens him is feeling offended by the deeds and misdeeds of his fellow men. Self-importance requires that one spend most of one’s life offended by something or someone, because it also requires we also make what others do important to us. Don’t let your self-importance run rampant. To be angry at people means that one considers their acts to be important. It is a projected form of self-importance. It is imperative to cease to feel that way and we can only do this by shifting our perception. The acts of men cannot be important enough to offset our only viable alternative: our unchangeable encounter with infinity.”

Ref: <http://essential-knowledge.net>

Love and light
Daniel

Ayurvedic Info

Welcome to early winter – a good time for pitta after the hot steamy summer, but not so good for vata and kapha whose attributes are similar to the season. Early winter is cold, damp, changeable which can increase kapha hence headcolds and mucous type ailments as well as aching joints. Pain associated with the nervous systems, dry bowels and low blood pressure are characteristic of vata imbalance.

Simple ways to alleviate these symptoms are increasing warm fluids ie soups, teas, warm water etc. moist, juicy foods; dressing appropriately to insulate the body, particularly the neck and head; wear warmer colours (red, orange, yellow etc); tonics to build immunity; plenty of nurturing ie massage, yoga etc.

Your digestive fire is stronger in winter so you can digest heavier foods better, including fats and your appetite is enhanced so don’t be afraid of a bit of ghee.

You can do much more vigorous exercise (yes, including sex, Christina!) as it is less likely to cause overheating. Exercise, including walking, yoga, pilates, working out or generally being active around the house and garden, helps prevent toxins or ama accumulating which is the primary cause of disease.

So, how does disease develop? Ayurvedically speaking, its a six stage progression. **Stage one is Accumulation** – due to various causes, eg inappropriate diet, seasons, unresolved emotions, etc, the doshas (vata, pitta, kapha) build up excessive amounts of ama, eg mucous in the chest, wind in the colon or heat in the liver. At this stage the individual is still quite healthy and your body’s natural intelligence may crave things that will restore its homeostasis.

Stage two is Aggravation – the accumulated dosha continues to build up in its own site eg excessive kapha moves from the stomach to the lungs, causing a cough or feeling of congestion; excess pitta may be causing heartburn or acid indigestion; vata may cause lower back pain. At this stage, disease can still be remedied through diet and activity by applying the principle of opposite qualities.

Stage three is Migration – the affected dosha begins to spread from its place of origin, through the general circulatory system, looking for vulnerable sites of entry. Cleansing or purification is now required to restore the body’s balance and allow excretion of the ama. This can include purgation, emesis, enemas, steam therapies etc.

Stage four is Localisation – the aggravated dosha find the vulnerable organ and enters, changing its normal qualities and functions. This creates an altered state in structure and function. In this way the seeds of disease begins to sprout. If the condition isn’t interrupted at this stage, it will erupt as a full blown disease.

Stage five is Manifestation – qualitative changes become apparent and signs and symptoms appear on the surface. This is when the person becomes sick and usually presents to the local doctor.

Stage six is Complications – as the pathological process is fully developed, structural changes appear and complications of other organs, tissues, or systems become evident. This is also the most difficult stage to treat. An example of the fifth stage would be a stomach ulcer and a sixth stage is perforation and bleeding or a tumour may develop. Functions begin to be disturbed in the fifth stage and tissue structure and the surrounding systems are affected in the sixth stage.

Early detection and treatment is obviously easiest and preferable and this is why prevention is emphasized so strongly in Ayurveda. The key is awareness – the more you are alert to how your mind, body and emotions are reacting to changing circumstances, the easier it is to maintain health.

John (6689-1794) and Helen (6689-1717) have a regular Thursday clinic at Birth and Beyond and bookings can be made through the Nimbin Apothecary on 6689-1529.



Homeopathics... Seasons and Respect for the Earth

by Tarang Bates

The early morning rays slant through the swirling mist wrapping itself around the trees on its journey from the valley up the mountain. The wallaby’s catching the sunspots are carrying on as if it’s spring. A big male sniffing and grunting, the object of his affections keeps moving whenever he comes too close, tail between her legs she keeps a wary eye on him, while she bends over scavenging fallen pecans.

The seasons in their never ending procession, circle through our lives as we grow older and greyer and perhaps a little wiser, our children and grandchildren finding their own wisdom and paths in life. My children’s book is finding its way out there in the world; it has been very rewarding and lots of fun, as well as lots of hard work. Writing and publishing your own work is quite a different process to promoting and selling it... it’s all part of the learning!

Inspiration sometimes needs a degree of blank gazing – it’s not actually an invitation for conversation... I am thinking of designing a sticker to slap on my forehead to make it more obvious... he suggests it should be a red circle with a cross through it, as he gets up from his chair headed for the wood pile. It doesn’t take long before I am distracted by the sound of the wood chopping... for various reasons. The sound holds so much promise... the least being a cosy night of flickering flames. I watch for awhile... just to make sure he is holding the axe properly! Before wandering off on a kindling forage – one of my favourite missions.

Nature has almost been banished from many people’s lives and my kindling walk is my daily dose of nature. As I walk around the land I am reminded of these words



“All around the world we’ve come to live cosseted lives, with high levels of perceived control that ensure a sense of predictability and calmness compared to previous generations” and other societies. I look around at the life we have created – very comfortable...winding paths and archways of jasmine, beautiful trees and orchards. I am always aware at the back of my mind (or somewhere in my mind, not sure if it’s the back)... how easily all of this can disappear in the twinkling of an eye. Landslide, was how we lost our home once upon a time... just as quick and final can be fire, earthquake or cyclone. These experiences bring our lives back to reality; we are living on the earth, a moving, living, very powerful entity that we would do well to show the utmost respect.

HOMEOPATHICS

ACONITE: This is a very useful first aid remedy to keep on hand. Aconite may assist with fear (sometimes quite extreme) and anxiety (possibly free-floating) palpitations, restlessness leading to disturbed sleep. Fear of death, the future, crowds, unhappiness, worry and anguish. Sudden fevers, croup, red dry sore throat and swollen tonsils, earache with the outside of the ear red and hot.

Homeopathics and “Peek-a-Boo and the Pile of Poo” a Nimbin children’s story available from Tarang @ Nimbin Homeopathics 02 6689-1452 tarangbates@yahoo.com.au

CENTRE FOR BALANCE AND EMPOWERMENT

Daniel Keszler



- Remedial Deep Tissue Massage
- Onsen® Therapy
- Myofascial Dry Needling
- Holographic Kinetics
- EMF Balancing Technique®
- Martial Arts, Tai ji quan, Qi Gong Training

Daniel’s contact: 02 6689-9249, 0419-182-989
e-mail: sirius@yellowspace.net
For bookings Wed, Thurs and Fri in Nimbin: 02 6689-1529

Shanti Village

Internal Cleansing & Detoxification

If you suffer from:

- Low energy
- Constipation
- Candida
- Diarrhea
- Brain fog
- Not feeling 100%

We might be able to help:

- Colon Hydrotherapy
- Bacteria cleanse
- Liver & Gallbladder flush
- Heavy metal detox

www.shanti.com.au
Kyogle: 02-66331488

Nimbin Ayurvedic



Traditional holistic health care offering massage, facials, oil and steam therapies, detox cleanses, dietary and lifestyle consultations. Home visits!

John (02) 6689-1794 (0429-417-774)
Helen (02) 6689-1717 (0427-683-227)

Consultations For...

Aura Balancing
Spiritual Purpose Alignment
Whole-Hearted Healing

Saturdays At Nimbin Apothecary
6689 1529

*Dana Mynard 02-6689 7538
danamynard@yahoo.com.au*

Fashion Focus

by Dionne May

Warm Winter Wishes To All
All must seem very quiet on the fashion scene in Nimbin at the moment but I can assure you it is anything but behind closed doors.

So what have our local designers been up to? Well apart from all their hard work of getting the new Nimbin Fashion Co-op into order and registered, this group of fantastically talented people have added their efforts to other projects around town.

Judy Who and her daughter Jazz have taken over management of the E-Bar, and now the aptly named Jaz's Joynt is as alive and vibrant as these two gorgeous women.

Honey has already completed her new range for this year's Nimbin Fashion Show, and has also bravely put up her hand as Secretary for the Co-Op.

Pol continues to work tirelessly in and around the fashion shops of Nimbin while Christina Chester not only opened her own work space/retail outlet in Nimbin this year, but also lent her considerable talents to helping me design and create those amazing Bud Babe costumes for this year's winning Mardi Grass float.

Such a diversity of talent that adds an



Christina Chester (left) with Dionne in their MardiGrass costumes.

enormously vibrant dimension to our Nimbin 'scene'.

So you can be assured that over the next cold Winter months, while we all hibernate, this group will be drawing deeply into themselves again, like fertile seeds in the cold ground, ready to bloom in Spring and blast us again with their colour and inspiration.

Bowen, Necks and Pain

by Tonia Haynes
Bowen Therapy, Spinal
Realignment, Pranic Healing,
E.F.T.

Hello all. I sincerely hope you all have a cuddly place to sleep on these cool, late autumn nights. My Tasmanian longjohns have been hopefully peeping their soft, long legs out of the dresser drawer at every opportunity, and I can tell you, it won't be long before I succumb to their hidden charm.

I have been glued to the computer for the past three weeks, finishing assignments that will prove to the bureaucracy, which governs the heart of alternative healing, that I am just as intelligent as I pretend.

Thank goodness the bowing in homage to thems-that-know-best is almost at an end for the time being, but my neck tells me that it is time for another treatment with my favorite Bowen Therapist, because even though early on in the month we both thought the treatment she did would keep my immune system relatively safe for the Winter, neither of us bargained on the stress of the past three weeks.

My neck is scrunched like an old boot in a small cupboard, from hanging over Bill Gate's debatable miracle, six hours a day, five days a week, for the past three weeks (I work in clinic the other two). Except I must admit, I am ever grateful for spell check.

But still, as I hold my aching head and fight once again to find the newly acquired reading glasses, without bending my neck too far 'coz it hurts, I have to repeat the question: Who was the ditz that designed a brain big enough to feed a family of four and placed it in a skull heavy enough to knock you out? That is, if you're unlucky enough to be attacked by the favourite weapon of a

cannibal. And then, as an afterthought, stuck this fabulous invention on top of a fragile stick called a neck? A structure that hasn't enough flesh to make horses doves for three,

Necks aren't just silly, they are a major design fault! If Bill Gates had invented them, he'd be broke, for sure.

Fragile as they are, albeit also courageous in their attempts to keep upright a heavy lump called a head, they are a major wiring system for the hard drive that runs our bodies. Our thoughts from the brain reach us via our neck. Our eyes and ears are kept in working order by the messages from our neck. Even the flexibility of our arms and shoulders can be limited by a neck that just ain't doin it right.

No wonder my head is a fog, I now need glasses and my shoulders, right now, are only suitable for firewood.

Fortunately, all of this will change tomorrow as I wend my sorry way back to Tweed Heads for another Bowen treatment. I don't know if the eyesight will miraculously right itself. These eyes have seen a lotta stuff and they're a bit tired, but I do know by Friday the foggy head will be gone, the shoulders will be soft and gorgeous once again and I will be able to find things without the terror that if I turn my neck, it may stay that way.

How do I know this?
Because I have been like



this before in the past, particularly since Bill Gates gave us a lolly shop of technology that appears to do amazing things, but is not necessarily that good for our bodies.

Always when I have been in this state, I have found a Bowen Treatment or two is enough to clear the way once again, so that I can be of the most benefit to my own clients.

Usually I only need one session, even when I am this stiff, because I have Bowen regularly. After the initial clearing of the sins of the past, which may take three or more treatments, (for me, it was six initial treatments) a session every six to eight weeks generally brings an immediate return to good muscular and structural health.

And the bonus is, after a treatment, one feels soo good!

I am in clinic at Nimbin Tuesdays and Saturdays and look forward to rectifying your aches, pains and foggy heads, if I can. I will certainly give it my best shot, because I am one of the lucky ones. I love what I do.

Make an appointment now.
Phone 02 6689-0240 or
mobile 0439-794-420

Love, Light and Laughter

Cook's corner

Recipe of the Month

by Carolyne



stir until thickened, strain into a clean bowl. Stir the melted chocolate into the custard, add the vanilla and allow to cool. Whisk the remaining cream till stiff peaks form, fold into the chocolate mixture with the praline until just combined, set aside.

To assemble, put one circle of pastry onto a desert plate, place a large dollop of mousse on to pastry, place a second pastry circle on top, put a large teaspoon of mouse onto second pastry. Allow one hibiscus blossom per dessert. Put enough mousse into the centre of the hibiscus blossom to make petals bend out, set blossom into the mousse on the top of the pastry stack, drizzle hibiscus syrup over the top and around the base, sprinkle with icing sugar.

Hibiscus blossoms in syrup may be purchased from House Lismore. This is my own personal recipe,
Until next month enjoy,
love Carolyne.

For information call Carolyne at the Coffee House Nimbin on 6689-0590

To make praline, lightly toast hazelnuts. To skin, lay hot hazelnuts on a clean cloth, fold over and rub vigorously to remove skins. Line heavy based saucepan with baking paper, add caster sugar to saucepan over medium to low heat, when sugar starts to melt gently stir until sugar is melted and lightly golden brown, remove from heat, add hazelnuts and allow to set. Break praline and food process until medium coarse.

Melt chocolate in a heat proof bowl set over a saucepan of simmering water, whisk the egg yolks in a small heat proof bowl, heat 100ml of the cream in a small saucepan over a low heat. Stir the hot cream into the egg yolks, return the mixture to the saucepan over a low heat and

Hibiscus Blossom Dessert

Ingredients

One sheet of Pampas puff pastry

Mousse:

150 g of dark cooking chocolate
2 Small egg yolks
150 ml. thickened cream
½ tsp vanilla extract

Hazelnut Praline:

¼ cup hazelnuts
½ cup caster sugar
One jar of hibiscus blossoms in syrup

Method

Use a large scone cutter, cut pastry into eight circles. Bake at 180C approx. 10 minutes until golden brown and puffed. Set aside until needed.




Home-style Cooking using Organic local produce.
We specialise in Cakes and Wholesome Hot Meals.
Zentveld's Coffee
Phone 6689-0590
Wheelchair Access Open 7 Days

Bring your Mind Body and Spirit back into balance with

KINESIOLOGY



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

ACUPUNCTURE & MASSAGE

Ingrid Foraita

Monday, Wednesday & Friday 10am - 5pm

80 Cullen Street, above the Tourist Information Centre.



0447 745 595
or 6689 7204

Gift Vouchers Available