

## 'RaHOW 2010' Documentary film launch

The launch of the short documentary film "RaHOW 2010" by local film producer and artist Sho Wakajima will be held at Lismore Library on Thursday 14th October, at 5:30pm.

Sho and his associates Annie Benzie and James Smythe will present to the wider public the first film of a planned series of documentaries on related topics.

"RaHOW 2010" is an artistic portrait of the Lismore peace group "Remembering and Healing Old Wounds", documenting the multicultural, multi-faith events organised by the group on the ANZAC



RaHOW organisers handing Japanese military sword to Rev. Watanabe at Lismore Uniting Church on 24th April. Photo: Sho Wakajima

weekend this year and showing the wide support the group receives.

The film launch event is free and everybody is invited. Light refreshments,

sushi and Anzac biscuits, will be served.

For further details phone 6688 6214, email [RaHOW@internode.on.net](mailto:RaHOW@internode.on.net) or visit [www.RaHOW.org](http://www.RaHOW.org)

## Bill blows Byron Bay away

Barkers Vale writer Bill Lane (pictured) has won the Byron Bay Writers Festival LitLink Unpublished Manuscript Award, which was announced at the writer's festival last month.

The winning novel, *The Horses*, is set in a boys' boarding school in Sydney in the 1970s, during a freakishly wet winter. The atmosphere is dark, enclosed and nightmarish. It explores institutionalized violence and a certain masculine world view.

Realist in part, the novel shades into the absurd and surreal. Black humor and sudden shifts in perspective break up the stifling atmosphere.

"This is a novel that occupies with beautiful unease a world where the real is surreal. It's the world of a boarding school, and we'd like to think that boarding schools were never and could



never be anything remotely like this... Resonant and mysterious and wonderful," Varuna creative director Peter Bishop said in announcing the winners.

Bill is currently in residence at The Writers House Varuna in the Blue Mountains as part of the award. Before leaving

Bill said he was looking forward to the opportunity to take up residency at Varuna.

"It's a chance to work in an environment which has been set up for writers," Bill said.

"I spend most of my time at home looking after three children; it will give me a chance to have some unbroken focus."

Bill had been working on the novel for five years before entering it in the award.

Another of Bill's novels, *Over the Water*, has been short listed for the Penguin-Varuna Scholarship, in which there were 560 entries. The winner will be announced in October.

Bill was shortlisted for The Australian Vogel Award in 1995.

## 'Our Generation' to screen at Sphinx Rock

The doco *Our Generation* features the voices of youth, men, women and elders from remote communities in the Northern Territory, Aboriginal leaders and personalities from across the country, as well as academics, lawyers and international activists.

The film opens the way for dialogue on how Australia can move forward with genuine respect and partnership with its First Peoples into a future where solutions come from working together, rather than being dictated from Parliament thousands of kilometres away.

A movement is building across the country to stand up for what is right for the oldest living culture on Earth.

This film is at the heart of that movement. It will be showing at Sphinx Rock Cafe on 29th October in solidarity with the National Day Against the Intervention in the Territory. This will coincide with a blessing of the garden by Traditional owners of the Bundjalung Nation and very special Guest appearances. Entry will be \$5 (conc.) and \$10 for donation to the cause in honor of the message the film brings. Check out the web at [www.ourgeneration.org.au](http://www.ourgeneration.org.au) and <http://stoptheintervention.org>

This project started out in June 2007, in response to the Howard Government's controversial 'Emergency Intervention' into Aboriginal communities in Australia's remote Northern Territory. All in the name of 'protecting children', the Intervention took away all existing Aboriginal land rights, suspended the Racial Discrimination Act and placed over 70 communities under compulsory government control.

Subsequent government measures have had little to do with directly improving



Sinem Saban: Writer, Producer, Director.

the wellbeing of children, but instead have disempowered traditional owners, opened up access to valuable Aboriginal land, and sought to forcibly assimilate Aboriginal culture.

In February 2008, the Labor government made a much-publicised National Apology for previous injustices wrought upon the Australia's First Peoples.

Since then, however, it has continued to undermine their human and cultural rights; in particular their rights to have proper access to basic services, to maintain their own languages, to be involved in the decisions that affect them, and to remain living on their ancestral homelands.

The film has developed into a powerful journey into Australia's indigenous relations, from colonisation until the present day. It looks at Australia's ongoing policies of paternalism and assimilation, explains the real issues underlying Indigenous disadvantage in this "lucky" country, and upholds the right of First Australians to dignity, culture and empowerment in their own country.

## CHANTILLY LACE



Fashions on Tweed (left to right): Arthur Holmes, President of the Murwillumbah Festival of Performing Arts (seated), Lightly Sunlight from Chantilly Lace Boutique, model Alamel Rowan and Solar Chapel from Luffley Café.

The Chantilly Lace Boutique Spring/Summer Fashion Parade will be held on Saturday, 9th October from 7pm at Murwillumbah Civic Centre.

A night of fashion, fine food and full-on entertainment is on offer at the Murwillumbah Civic Centre on Saturday, 9th October, to raise much-needed funds for the Murwillumbah Festival of Performing Arts.

Highlights include an extended parade of Spring/Summer fashions from Chantilly Lace Boutique featuring Australia's Next Top Model beauty, Alamel Rowan, live music with The Room Upstairs Jazz Quartet and a Latin dance performance.

Tickets are priced at \$65 per head and include champagne supper provided by Luffley Café. Phone 02-6672 3221 or call into Chantilly Lace Boutique in Commercial Road, Murwillumbah for tickets.

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# No Rally Group fundraiser

by Marie Cameron

Hanging Rock Hall was the perfect place for a "Celebration of Community", with over 100 people enjoying dinner by the campfire on 11th September to raise funds for the No Rally Group.

The Katie Milne/NRG Legal Fund raffles were drawn, and the painting "Web of Space" by Leigh Arnold was won by Nettie from Nmbngee, but what blew everyone away was when "Waterfall" by woodworker Paul Roguszka was won by Katie Milne.

For the first time in her life Katie had won something, and she chose to return it. Everyone who has a ticket in "Waterfall" is still in the draw. Katie will draw the raffle next time, at a date to be announced.

Imandan took over the stage and filled the hall with their distinctive reggae sound. At one point Johnny G became the lead singer and the crowd loved it.



NRG Secretary Andrea Vickers & Cr Katie Milne with the Waterfall cabinet

Thanks to everyone who supported such a lovely night.



Heather Kimber and Graham Ferguson had a commitment ceremony on 11th September. A beautiful day, great food, lovely people and all the blessings a loving couple could wish for.

Photomontage by Mac McMahon

# Blue Knob Hall turns 80 in style

by Paul Tait

The celebration of Blue Knob Hall's 80th birthday on Sunday 2nd October was a great night, with the hall packed despite the teeming rain.

The concert that followed a delicious dinner was a raging success. Smiling Ruth Miller and the Hot Girls gave us a blast from 30 years ago when Ruth's band Blue Skies would perform to a packed Hall, singing many of the same songs she did back then.

The crowd just loved that bit of reminiscence. Julie Metcalf and Chris Sullivan gave us some absolutely beautiful Celtic reels and some wonderful old Australian ballads. Vic Florey played an acoustic set, singing some of his beautiful songs, and Christine Strelan performed two of her insightful poems.

Mookx aka Brendan Handley sang several of his songs with Megan James, and finished off with a beautiful song about Blue Knob Hall made famous by George Scott, called "Hallelujah Fever", written by Phil Thomas who lived here 30 years ago, hailing from Alabama originally. He wrote it



The current Hall committee (left to right): Christine Wynyard, Heather Kimber, Robin Moore, Jeni Kendall and Jenny Martin.

for Ruth Miller to perform at Blue Knob Hall 30 years ago. Then the "Hussy Hicks" blew us all away again with beautiful subtle and powerful songs that

bought standing ovations on two occasions.

It was a really memorable night – thanks to all who helped make it so.



Flowers 1 by Diana Macartney-Filgate



Energetic Flow of the Surf, woodblock by Christine O'Brien



Agapanthus Two, colour lino print on Hoshio paper by Mary Dixon. At right: Feathers by Shirley Miller



A splendid exhibition of creative prints is now showing at Blue Knob Hall Gallery.

The tradition of printmaking is an old and varied one, and opens the possibility for exploration of mark-making, leading to some spectacular effects. The concept of a template from which numerous images may be made has had tremendous social and artistic implications.

The official opening is on Friday 8th October at 6.30pm, after which a delicious dinner will be available on the Café verandah. Please book for the meal on 6689-7449.

The Gallery also holds a Farmers

Market every Saturday from 9am 'til 1pm at the Hall, overlooking Blue Knob Mountain.

Our cafe offers light refreshments. Evening dinners may be arranged for a minimum of 10 persons.

Julie Metcalf will be playing on Sundays so visitors can enjoy music with their art and their meals.

Print! runs from 7th October to 28th November, Thursday to Sunday from 10am-4pm at Blue Knob Hall Gallery, 719 Blue Knob Road, Lillian Rock, phone 02 6689-7449.

Please visit our web-page at <http://members.ceinternet.com.au/robimoor>

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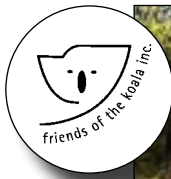
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# Koala Kolumn



by Lorraine Vass

Spring is a lovely time of the year for all sorts of reasons. For some it also brings with it the task of preparing the Annual Report. Being Friends of the Koala's President I put together our Report. Apart from the pressures of nagging and meeting deadlines, I generally find it an interesting and enjoyable undertaking.

Reading the previous year's Report is a reminder of our achievements and what we said we would do in the year ahead. Writing my contributions and overseeing the contributions of others usually highlights that we didn't accomplish all we set out to. But falling short of stated objectives isn't always such a bad thing. It can indicate that some matters demanding our attention were unexpectedly expedited or that important issues simply erupted and took higher priority.

Then too the world of voluntary, community-based koala conservation is quite volatile. People come and go, change jobs, get jobs, embark on courses of study, have babies, divorce, become ill, undergo operations, lose their driver's licence, run out of steam – whatever.

Volunteer wildlife rehabbers and advocates don't have the luxury of a seven-hour day or rostered days off, much less weekends. The only way to take a break (rather than just pull out) is to go away (finding someone to look after your patch can be a challenge), leaving your mobile phone and laptop behind.

Funding maintenance is not a given. Friends of the Koala relies strongly on the generosity of the Northern Rivers community. The recent economic crisis has meant some people having to contract their discretionary spending. Grant and sponsorship applications can fail or only meet with partial success.

October is Wildlife Awareness Month. Perhaps in this International Year of Biodiversity you might consider actively engaging in the rescue, rehabilitation and release of our native wildlife. We have plenty of groups from which to choose in our region: Tweed Valley Wildlife Carers, Northern Rivers Wildlife Carers, WIRES Northern Rivers and the two specialist groups of Australian Seabird Rescue and Friends of the Koala.

Our mission is broader than most wildlife rehabilitation groups in as much as the focus is on conserving koalas, not just in the Northern Rivers but elsewhere, in recognition of the contribution the species makes to Australia's biodiversity.

The holistic approach we've developed over the years means that the work required by Friends of the Koala is quite diverse and may involve staffing the rescue 'hotline', rescuing and/or transporting koalas, providing care and rehabilitation for injured and sick koalas at the Koala Care Centre in East Lismore, monitoring development applications impacting on koala habitat, challenging or otherwise commenting on matters of government or council policy, fundraising, grant application preparation, seedling propagation, general nursery work, events co-ordination, education, promotion/publicity and administration (e.g. secretarial



**Back into the Wild.** Mathew (above) was the first koala to be radio-collared for the Urban Koala Tracking Program. In September 2008 he was wired-up and released in Keen Street Lismore, where over a few weeks he made his way to the golf course and back to Albert Park PS. Sometimes he would venture a bit closer into suburbia, being spotted in Felicity Drive, Wanda Park and Denbos Crescent. After two years Mathew's collar has been removed. Here he is being released by his primary tracker, Sam Kendal.

duties, treasury, website management). Something for everyone, you might say.

## Coming Events

On Thursday 14th October we will be holding our Annual General Meeting at the Lismore Workers' Sports Club in Goonellabah. Our guest speaker is Dr Damian Licari, Lismore Council's Ecologist.

On Saturday 23rd October, we will be holding a Basic Training and Information Day in Lismore. Both events will provide opportunity for finding out more about the group, our welfare and conservation work and how you can help.

During October also keep your eye out for Australia Post's issue of Wildlife Care – Rescue to Release, a set of stamps focusing on wildlife care, and introducing children and adults alike to the important work of Australia's thousands of volunteer wildlife carers (there are 4,500 in NSW alone). It is not coincidental that the stamps are being issued during Wildlife Awareness Month. Indeed it is encouraging to see Australia Post promoting environmental awareness and responsibility, and acknowledging the generosity of spirit inherent in volunteering.

In last month's column I mentioned that we expected the in-coming Federal Environment Minister to make an announcement on the Koala's nomination for 'vulnerable to extinction' listing under the *Federal Environment Protection and Biodiversity Conservation Act 1999* on 30 September. Like many others, I wrote to Minister Burke urging him to honour his predecessor's promise, but, disappointingly, no announcement has been forthcoming.

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

Until next time, happy koala spotting.

# Tourism report highlights threat of WA oil and gas industry

by Renae Williams,  
The Wilderness Society WA



A new study by the Curtin University Sustainable Tourism Centre identifies plans for a massive polluting LNG industrial site near Broome as a serious threat to the Kimberley's unique and globally-recognised tourism 'brand'.

The report, entitled "Kimberley Whale Coast Tourism: A review of opportunities and threats" by Dr Michael Hughes and colleagues from Curtin University, was commissioned by The Wilderness Society and launched on 31st August, in Kings Park, Perth.

Some key findings:

- Tourism is more valuable to the regional economy than resource projects which return less to the local economy, employ fewer local people and have relatively short lifespans.
- When iconic brands are damaged – as occurred in the 1970's with the location of an oil refinery on the Shetland Islands – it takes a lot of time, money and effort to rebuild.
- Currently around 10 tour operators, including Aboriginal-run businesses, offer whale-watching experiences out of Broome and the Dampier Peninsula – the site of the proposed LNG hub and port.
- There appears to be a substantial imbalance between government support for tourism, including Indigenous tourism enterprises, and the far greater level of funding for resource extraction projects.

## Who's planning to export 1 billion tonnes of coal from the Kimberley?

The Kimberley 'rush to riches' races ahead with coal company Rey Resources being granted a land clearing permit in September to commence exploratory drilling for coal mining. The Wilderness Society will be appealing this decision.

Rey Resources Ltd holds mineral exploration tenements in the Canning Basin, which underlies much of the West Kimberley. These tenements cover 8,000 square kilometres and contain deposits of in excess of 1 billion tonnes of coal.

The company plans to develop a thermal coal export industry, underground coal gasification (UCG) and coal bed methane extraction. It plans to sell coal and coal products to customers in South Asia.

Derby and Point Torment (just to the north of Derby) would be used to export the coal despite King Sound's unsuitability for large bulk carriers. The time has long passed when new coal mining provinces, such as Margaret River or the Kimberley, should be opened up!

Please email [info@reyresources.com](mailto:info@reyresources.com) and tell Rey Resources what you think of their dirty plans! (You can also contact the Premier, via [wa-government@dpc.wa.gov.au](mailto:wa-government@dpc.wa.gov.au))

# PLANT OF THE MONTH

## Davidson's Plum

*Davidsonia pruriens var jerseyana*

Selected by Richard Burer  
Project Officer, EnviTE



This handsome iconic small tree, with its irregularly toothed ornamental leaves and slender trunk, is well known and easily visible in the local area.

October is the time for cerise flowers to cluster along the leafless trunk, followed by a striking formation of purple-black fruit throughout the summer.

The habitat for Davidson's plum (*Davidsonia pruriens var jerseyana*) is riverine and lowland subtropical rainforest but it is seldom seen in the wild.

Davidson's plum loves a moist well drained soil and should be protected from the westerly sun and frost. With this in mind, you will have success from this beautiful tree which is a must for every rainforest garden.

The tree is easy to propagate; just remove the seeds from the fleshy fruit and sow in a well drained potting mix.

It is worth taking the time to find a good form when propagating as there are some, grown locally when the tree gained

popularity in the early '90s, that are poor fruiterers and not handsome.

The fruit can be eaten raw but many people find them too acid. The sour flesh makes delicious jam, however my favourite Davidson's plum product is the amazing alcoholic wine made locally a few years back. Search online for recipes and try making some yourself.

Peter Hardwick is a great source of information about this species and runs bushfood courses at Djanbung Permaculture Gardens, in Nimbin.

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

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by Robert Carroll, President  
Nimbin Environment Centre

**Water Saving Grant**

\$5.4 million funding is available for communities to save water and power.

Funding is now available under the NSW Government's Climate Change Fund for community and other not-for-profit organisations to undertake simple and low-cost water and energy upgrades in their facilities.

Under Community Savers, up to \$40,000 (excluding GST) is available for not-for-profit organisations such as community groups, rural organisations and local clubs to make their facilities more energy and/or water efficient. Eligible projects include but are not limited to, installing rainwater tanks, water efficient fixtures, energy efficient lighting and climate-friendly hot water systems.

Applications for Community Savers must be received by 5pm on Monday 25th October 2010. Visit [www.environment.nsw.gov.au/grants/ccfjfp.htm](http://www.environment.nsw.gov.au/grants/ccfjfp.htm) to download the Guide for Applicants or to view currently funded Community Saver projects.

Some organisations have been able to slash their water use by an average of 40 per cent and electricity by an average of 20 per cent.

We hope to see in the future more funding become available for farmers to keep Cows out of the Creeks and be able to manage their water supply – via troughs, solar pumps and fencing options if suitable.

**Shoes**

We have had a great response from the Nimbin Community kindly donating their shoes for the Wordly Soles charity, co-ordinated by TAFE college associations.

We have received well over 100 pairs and are still accepting them so if you have any shoes in good condition you can still drop them into the Centre.

**Our Grant Funding**

We have spent all of our funding by purchasing a Digital Projector, Nikon camera, HP laptop and a

marquee for market stalls. We are planning on diversifying the Nimbin Environment Centre by attending other markets in our region in the coming months.

We used our projector for the first time showing "When the Dust Settles" a David Bradbury film on uranium mining. We had a good attendance and great feedback from people voicing their concerns and asking what they can do to help. We plan to make this a regular event and will keep you informed of our next screening that will be coming up soon.

**No Rally In Our Valley**

The Repco Rally has been run out of town and is now heading down to Coffs Harbour. All the great work and effort has been very effective and we are all so happy on this achievement.

Congratulations to all and we can now let our beautiful region rest in peace, with no threat of high speed cars racing through our area destroying the beautiful and magnificent biodiversity that we all strive to maintain in our region.

**Newcastle Coal Protest**

"We were compelled to take these actions because our political leaders are failing to take any action at all."

More than fifty people staged a protest at Newcastle Coal Port on Sunday. Nine people were arrested for climbing onto coal piles and tying themselves to structures at the port. Others climbed onto coal heaps with signs saying "coal exports fuel global warming".

It took the Police Rescue Squad nine hours to remove the protestors.

Good effort by all and we hope to see The Politicians stand up and put a stop to the burning of coal fossil fuels once and for all.

**Rising Tide Climate Camp**

The Environment Centre is getting numbers together to see if it is able to get a bus to go down to the camp being held 1st-5th December at Bayswater Power Station, so if anyone is interested please leave your name in the shop and we will get back to you.

# Growing your own house?

by Hilary Fuerst

There has been a lot of misconception over the last sixty-odd years about a very useful plant, and until recently, with the appearance of hemp-fibre clothing in Australia, most people have known very little about industrial hemp's uses and benefits. As well as its use as a clothing fibre, hemp may be used for its nutritious food value, bio-remediation capabilities, carbon-sequestration, hemp plastics and as a building material. Most of us can relate to wearing a comfy hemp shirt, but actually growing and building a family-size house out of hemp is way out of our realm of experience.

Klara Marosszky of Australian Hemp Masonry Company and Paul Benhaim of [www.TheHempConsultant.com](http://www.TheHempConsultant.com) are on a mission to change that. Klara and Paul are eager to introduce this emerging industry to any interested owner/builders, professionals in the construction industry and prospective growers of industrial hemp. The first weekend in September, they hosted a hemp building workshop in Byron Bay -- hopefully the first of many -- which I was fortunate enough to attend as a guest of The Owner Builder magazine.

Hemp masonry has been used in other countries such as Switzerland and the U.K., and in Japan there is a hemp building that has been standing for centuries. Industrial hemp farming has finally been legalised in NSW, so now the fibre can be sourced fairly locally. Hemp fibre, when mixed with lime, is a strong, white ant repellent, non-toxic, fire resistant and renewable construction material.

The hemp building workshop hosted by Klara and Paul was held at Starseed Garden Nursery in Byron Bay on 4th September. The workshop was the first of its kind and well attended - the expected number was around a dozen but over 50 interested people showed up!

In the morning session of the workshop, Paul gave a brief overview of his involvement in the hemp industry. Paul is recognized internationally for his hemp research and development, has published several books on industrial hemp and its uses, and has specific interests in hemp as a food source and in hemp plastics. He pioneered the hemp food and hemp plastic industries in Europe in the 90's. Paul is the self-described computer geek in the troupe, and spends the bulk of his time indoors writing, conducting research and marketing.

Klara is the outdoor hands-on person, and has been instrumental in establishing the hemp industry in NSW. She became interested in industrial hemp because she recognised its varied uses and benefits, and envisioned the hemp building industry as a sustainable, socially conscious business. She noted that hemp produces an enormous fibre biomass, far greater than forestry and



Klara Marosszky pouring the hemp mix at the workshop (above); bags of hemp binder now available for home-builders.

Photos courtesy [www.thehempbuilder.com](http://www.thehempbuilder.com)

in a much shorter period of time. Hemp can be farmed sustainably without the use of fertilisers or pesticides, and it sequesters large amounts of carbon during its growth (in fact, it continues to take up carbon from the atmosphere when used as a building material). The plant also has the capacity to remediate polluted soils, and she cited examples of where it's been used for that purpose.

At NSW University, Klara teamed up with her brother Marton, who has an extensive background in construction technology and management. Together they developed a blended binder based on hydrated lime, which is readily available in Australia. The binder is mixed with the whole hemp fibres and clean sand to form a lightweight, strong material that not only meets building standards, but is also environmentally responsible and economically viable. The final product that they have produced for the market consists of two pre-measured bags, the first containing the hemp fibre and the second containing the binder. The builder supplies the sand, and by mixing the three parts with a bit of water, produces masonry for the infill of framed walls.

The average owner/builder, providing they do not have a prior drug conviction, can get a licence in NSW to grow industrial hemp (which does not contain enough THC to be of any illicit use). Industrial hemp can be grown in just about any soil, requiring minimal fertiliser and no pesticide application. Klara noted that is possible for an owner/builder to grow enough hemp, in one crop, on one hectare of land in 3-4 months to build a 135 square metre house and a small shed.

In the afternoon, Klara and Paul split us into two groups. The first group busied itself with the mixing of the hemp masonry. Each participant was able to have a play with the mixing, learning how it should look and feel, and



the best ways to get the desired result.

Meanwhile, the second group was over at the old pumphouse, learning how the shuttering was constructed and applied. Klara fills in about 60cm (just over half a metre) in height at a time, pressing the mixture down into the shuttering, then allows the hemp to cure overnight before moving the shuttering upwards on the wall for the next run. The walls are generally about 20cm thick, and when completely cured, may be rendered with a finer fiber for a smoother finish. Any type of render and/or paint can be used, as long as it's breathable.

Everyone at the workshop had a chance to try their hand at both the mixing of the hemp masonry and the infilling of the walls. It was a busy and satisfying afternoon.

The positive aspects of building with hemp are numerous. Ecologically speaking, hemp masonry is sustainable, renewable, local, has a low carbon footprint and is high carbon-sequestering. Hemp masonry meets building standards, is fire-resistant, non-toxic, breathable and repels white ants. The cost is manageable too, and building may be done in stages if funds are not always available.

As a prospective owner/builder, I have been converted -- when my house plans are ready to become reality, the Australian Hemp Masonry Company will be getting an order from me.

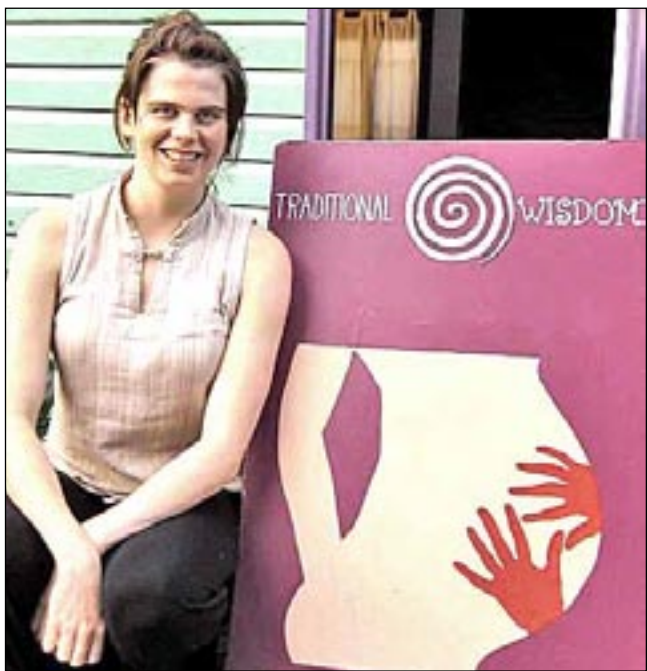
To learn about the next workshop, purchase hemp fibre or binder, or learn more about hemp construction and hemp products visit: [www.TheHempBuilder.com](http://www.TheHempBuilder.com) or [www.hemp.co.uk](http://www.hemp.co.uk)

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# The Big Stretch in Nimbin



Kirrah Holborn, (pictured) a local Doula, will be screening "The Big Stretch" at Birth and Beyond in Nimbin.

The Big Stretch is the result of an exciting collaboration between Sunshine Coast filmmaker, Alieta Belle and birthworker and author, Jenny Blyth.

The film is visually stunning and incorporates a fusion of interviews, birth footage, still images, poetry, animation and original music from more than fifty deeply satisfying births.

It presents a fresh insight into the amazing journey each woman takes in becoming a mother. Women

in different stages of pregnancy and preparing for a natural birth reflect on how they are 'stretched' in every way- emotionally, physically and spiritually.

The film will be screened on Sunday, October 10th, from 11am at Birth & Beyond in Nimbin. Entry is by donation and copies of the DVD & Birthwork book will also be available for purchase.

For more information phone or email Kirrah on 0429 308 851 or kirrah@wholistic.com.au and to read more about the film go to:

See [www.birthwork.com](http://www.birthwork.com)

## MEN'S WORK

by Dave Reynolds



As a therapist, I work with men and women who want support for their personal growth. Every person who comes to see a counsellor comes with their own unique issues and they deserve to be met by a counsellor who is able to see them as they are, aside from gender stereotypes. In my experience however, there are certain themes that run through the work I do with men which are relatively common and I certainly have experienced them in my own life.

Inside every man there is a boy, or rather several boys at different ages from childhood through adolescence. These parts of us are as valid as the adult aspects and being able to reconnect with those younger, more playful parts is a useful skill. Men who are able to choose when to drop their serious sides and play are to be seen enjoying life on sports fields and in the playground with their kids. Flexibility is a great quality and being able to respond in a variety of ways to a given situation is one indicator of good mental health. There are times however when the boy comes to the fore when an adult would be better equipped to deal with whatever is happening.

This is most likely to happen during stressful experiences and I often meet men who struggle to handle intense emotional states. Many men I have worked with report feeling very uncomfortable with the intensity of physical charge that such situations provoke and they find it difficult to remain centred and grounded in their bodily experience. These men have often learned to deal with the discomfort in their bodies by either freezing, collapsing or exploding. This response usually developed when these men were boys and so they are likely to feel as powerless and confused as when they were children.

When men find themselves in this boy like state, they are temporarily out of touch with their adult resources. Ideally, when we were boys there would have been an adult man there who we could trust to keep us safe and who would have taught us how to stay centred and in control

of ourselves. The man would have told us that we were going to be okay, that this intensity would pass and that we could learn to support ourselves by breathing deeply whilst feeling our emotions as fully as possible. Then, once the boy's immediate needs had been met, the man could have discussed different strategies with us and helped us choose what we wanted to do.

Most men in our culture did not have fathers like this and most adult men do not have mentors like this. In fact, many men live their lives isolated from each other, struggling along with what our fathers gave us and avoiding opening up to anyone about our inner world. We are expected to cope somehow, to be tough, strong, resilient, caring, gentle and sensitive. We are expected to do all this without having been shown how by more experienced men. Little wonder that so many men struggle in relationships with others when they barely know themselves.

The next time you find yourself shutting down in an intense situation, notice the boy inside you. Be that ideal father and reassure yourself that you will survive. Breathe deeply, feel your feet on the earth and stay in touch with yourself. If you abandon the boy inside, you will add to the trauma of past abandonments. If you can stay with your experience until you are back in your adult state, you will have begun to repair your relationship with your past and that will profoundly affect your relationship with the future.

The journey from boyhood to manhood takes a lifetime. All men need support and guidance along the way and I offer my skills and experience to any man who is ready to take the next step.

Dave works as a Gestalt Therapist and Counsellor in Nimbin on Mondays (6689-1529) and at Jera House in Lismore on Wednesdays.

# Naturopathic Clinic opens in Nimbin

by Jacintha Duivenvoorden

*"Let us draw from science its jewels of knowledge as these are the scientific communities gift back to the whole. But let us not forget... Our modern practice stems from thousands of years of traditional wisdoms and today as we walk forward, as practitioners of the arts, we must hold true to the knowledge that "we stand on the shoulders of giants." (Newton; 1675 )*

Opening my own Naturopathic Clinic has, for some time now, been a dream of mine. Truth be told though, to have created this space in the Nimbin Village was something I never really thought possible or probable. Life however, has always guided me well... my path has unfolded, doors have opened and I now know that that here in Nimbin is exactly where I need to be, to do the work I have to do.

Through my work at St Vincent's Hospital, Lismore, fields of Nursing and Allied Health (pathology), I have developed a healthy respect for the strengths and benefits of orthodox medical practice. My training and experience have also allowed me to gain insight into the limitations and shortcomings of this system. All schools of medicine hold value and all schools are inherently limited. As a Naturopath, my vision reaches towards generating a holistic and unified system of medicine where all practitioners work together to support the best health outcomes for patients.

Naturopathy is a health modality that asks the patient to 'actively engage' in their own healing process. My role as a naturopath is in educating, directing and facilitating the process of change for individuals.

Through implementing dietary and lifestyle interventions and with the support of modalities including

western herbal medicine, nutritional supplementation and massage, Naturopathy targets the underlying cause of a patient's illness or imbalance, rather than treating symptoms.

In caring for the whole person through supporting cellular, biochemical and physiological functioning, as well as mental, emotional and spiritual wellbeing the move toward regaining health, vitality and longevity is made.

Clinic specialises in treatment of: allergies and food sensitivities; gastrointestinal disturbances; weight management; stress, depression and anxiety; fatigue; insomnia; arthritis; cardiovascular conditions; high blood pressure and cholesterol; hormonal imbalances and natural fertility; thyroid problems; menstrual/menopausal problems; musculo-skeletal problems.

Jacintha is passionate, dedicated and inspired by her work, and brings with her a fresh and up to date approach to naturopathic practice, integrating classical naturopathic methodologies and modern scientific practices.

Jacintha has been working from the Nimbin Apothecary for the last six months and considers herself blessed to have worked with the amazing group of practitioners based there. She looks forward with excitement now towards a greater commitment to her vocation and the Nimbin community.

Belinda McMillan has been a practising Remedial Massage Therapist for over 11 years, working for the last 6 years in a holistic physiotherapy and posture clinic in Sydney. She also has an extensive background in Natural Therapies education.



Bel and Jacintha

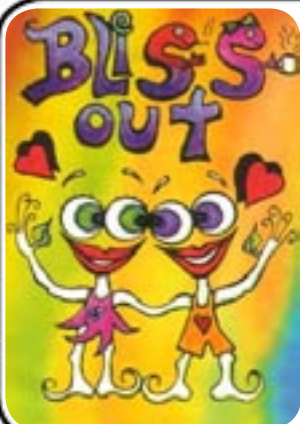
Further studies in a variety of remedial therapies including Aromatherapy, Nutrition, Reflexology, Reiki, Shiatsu and acupuncture techniques, allow Belinda to offer a multi-faceted treatment for general muscle aches, stiffness and sports injuries.

Belinda has fallen in love with the area after her recent permaculture studies at Djanbung Gardens and is excited to offer her treatments to the lovely citizens of Nimbin! Belinda will be working from the clinic on Fridays and Saturdays.

Appointments can be made by phone, or pop in for a chat at Jacintha Francesc Naturopathics, 44 Cullen Street Nimbin, (opposite Nimbin Medical Centre). Phone 6689-1554.

### Clinic Hours:

Mon: 9am-6pm  
Tues: clinic space available  
Wed: 9am-6pm  
Thur: 11am-8pm  
Fri: 10am - 6pm  
Sat: 10am - 5pm.



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# Brewers Corner

by Terry Beltrane

What a wonderful corner of the Nimbin Show, Brewer's Corner is!

Exhibits were down on numbers this year, but the quality of exhibits was exceptional with only two brews showing 'manufacturing' faulty characteristics within a line-up of over twenty brews.

This was the first year that we had someone exhibit a spirit/liqueur, and bugger me dead if it didn't take out the Championship with a unanimous decision from all of the judges – Mick Hurley, Graham Ferguson and me – with absolutely no dissent, discussion or doubt about the winning brew – a fabulously clean and complex, smooth bourbon style spirit made by Ben Taig. So he gets the Championship this year.

First prize for all beer categories went to Tony Gibson for his fabulously creamy and full flavoured stout. Second prize went to Jillian Gulizia with her beautifully textured and full flavoured lager.

High Commendations went to Mark LeBars who submitted lots of samples (which kept us busy) and would have cleaned up the awards but for the lack of depth of flavour and being a bit



thin. Needless to say he'll be making something a bit more concentrated for next year, because his beers were technically perfect and free of any of the common "home brew" off flavours.

Barry Stewart and Ben Egan did well with their Lager and Pale Ale and were awarded High Commendations, as was Mark Palmer with his red wine made from Japoticaba (Brazilian Cherry). Japoticaba is a recognised environmental pest and it's great to see it put to such good use and with such good results.

Coopers Home Brew again provided fabulous support with their sponsorship and prizes of T-shirts, caps, stubby holders, key rings and posters which will, in time, become collectables, aside from the immediate pleasure they provide.

Mark the date for next year's "Brewers Corner" in your calendar. Home brewing is a great way to keep ahead of the tax-man, save money and keep your friends entertained.

## Nimbin Men's Shed Takes Off

As a result of the article in last month's Nimbin GoodTimes, enough volunteers have surfaced for us to form a working party (committee?), and we will be meeting in the next week or so to get started on making the shed a reality.

Look for more on our intrepid volunteers in subsequent issues.

Getting a shed up and running will be a daunting task. We will need to raise between \$50,000 and \$100,000 just to get the thing built and equipped; add to this ongoing costs and you can see we have a job in front of us. No problem, we'll just roll up our sleeves and get going on it.

We're already getting lots of support, and no doubt the volunteers will be out and about, buttonholing townfolk looking for more support in coming days.

Please watch this space for breaking news concerning the Men's Shed. We intend to be a community organisation working in, for and with the greater Nimbin community.

For the moment please address all questions, comments and whatever to Martin Gill on 6689-7255 or [lillianrock@bigpond.com](mailto:lillianrock@bigpond.com)

# Nimbin Hospital info



Elvish plots at the Trivia Night. Photo: Warwick Fry

## Trivia Night

The Trivia Night was a great success once again – with pirates, elves, apaches, pinkos and golden rollers competing.

A good time was had by all as usual, and we banked \$1400 into the Hospital Auxiliary account.

Well done everyone, and a very big thank you to all who came and played, and to the Bowling Club for putting up with us!

## New Equipment

The blanket warmer (pictured below, with members of the Hospital Auxiliary) is one of the larger items Nimbin Hospital Auxiliary purchased last month.

This is what some of the community's money has gone on when buying a raffle ticket from the ladies when they are in the street selling tickets, or coming along to our other fundraising events.

A very big thank you to the community for supporting us.  
– Leanne Major

## Health Notices

• **Nimbin Immunisation Clinic** – Birth to 5 years – 12th October at Nimbin Hospital. Appointment 6620-7687.

• **Womens Health Clinic** at Nimbin Hospital, 3rd Thursday of every month, next 21st October. For appointment ring hospital 6689-1400 or Community Health 6689-1288.

• **Physio at Nimbin Hospital** every Tuesday and Friday. Ring hospital 6689-1400 for appointment, or Community Health 6689-1288.

• **Podiatrist Michele Bevis** at Nimbin Hospital every Wednesday, phone 6679-4020 to make appointments.

• **Next Hospital Garage Sale** will be on 23rd October.

• **Nimbin Health Fair** on 3rd November Rainbow Lane 10am-1pm.

• **Nimbin Health & Welfare AGM** on Tuesday 16th November, 3pm at the Old Hospital meeting room. Any enquiries ring Helen 6689-1288.

# Talking together

by Dr Elizabeth McCardell

M. Counselling, PhD Phone 0429-199-021

The boat slid through satiny water to an infinite edge of sea to the breakers beyond. Overhead ospreys circled; whales glimpsed through laid back leavings and turtles mated far from shore. I wondered about the name "Whitsundays" (for this is where I and a colleague and friend were last week) and I remembered:

Whitsunday is the other name for the day of Pentecost (the 49th day after Easter Sunday), the Christian feast when the Holy Spirit descended upon the people and gave them capacity to understand and speak many tongues, join in community, and celebrate the new church. Whitsunday, or White Sunday, is thus called, for the white ceremonial robes of the celebrants of this feast – appropriate for the white beaches of these islands. Central to the idea of the feast is an ability of people to share things together, to talk and to have a sense of community.

The Whitsundays are a scattering of approximately 150 handsome islands peeking through the sea

between approximately 20° and 21° south latitude off the subtropical central Queensland coast. Captain James Cook found these islands in 1770 and named them 'the Cumberland Islands' and their passage, the 'Whitsunday's Passage' because it was the feast of Pentecost when he sailed among them.

The Aboriginal tribe, the Ngaro, however, knew and explored the richness of these islands for 8,000 years, paddling in boats made from saplings, bark and fern fronds. I imagine the Ngaro talked of many things.

Though somewhat a culturally biased account of things, and I do this in deference to other cultural experiences, I am moved to write of the elegance of this wondrous place as itself a Whitsunday experience: of a place where strangers come together, sharing their disparate experiences in making contact with one another, and conflating this with what I experience in my clinical practice.

It always strikes me as something of a miracle



when people from diverse backgrounds can come together and get on so well. I often find myself really enjoying the presence of others so very different to me. Listening deeply, a tool of psychotherapy, isn't just what makes contact possible, but it is part of it.

Such listening situates the practitioner in a place of present-centredness as well as an exquisite awareness of self in relation to the other person. The co-createdness of the relationship is also heeded and responded to, even played with. There is a dance-like quality to the sharing and with it, a sense of togetherness and separateness; feeling states that are like the tense and loose states of a boat riding Whitsunday waves.

On the boat up north, my American psychotherapeutic friend and I encountered many people who showed

a delight in talking of their lives to us. These were contacts with people we'll probably never see again, and yet – in that short time – we came to know quite well. It felt to me that the islands were like a net thrown out, gathering people in shared experience, yet each maintaining their unique perspective and eager to speak of this to us: a magic of commitment to conversation, a magic of community.

I imagine that the first Christians felt their commitment to dialogue (listening, receiving, and sharing) as a palpable energy and as a means to generate and hold safe a sense of community. I feel my commitment to dialogue is likewise a means to create a safe therapeutic place where diversity of experience can be expressed without anxiety, held and released when the time is ripe; a place that is the relationship of selves who do not need to agree with each other in order to get on with the work of increasing awareness and discovering in themselves healthy freedom and new ways of being.

People talking together are like the Whitsunday islands strung together like individual pearls in a necklace of great beauty, and like a necklace, the elements of communication are not glued, but linked by likeness and difference. So, let's talk!

Dr Elizabeth McCardell, M. Counselling, PhD

Counsellor / Psychotherapist



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# New Energy Activity

by Daniel Keszler

Loving Greetings  
Dear Reader,

I am confident that each one of you is exactly where you're supposed to be. You have chosen to be there consciously or unconsciously. It is a wonderful thing to remind yourself to take on the full responsibility for your situation even if you can't remember how and why you've gotten yourself into it.

By doing so, you grant yourself the power to move on, let go, or stay a little longer, according to your very own choice. There is absolutely nothing outside of yourself, that is in your way. At the blink of an eye, you can drop anything out of your life that is not serving you any longer. Or you can pick up anything that you deem supportive for the time being. Awareness is the key, everything else is extra luggage and there is nothing wrong with that.

One of the most important statements towards an enlightened mind for me, given by one of my dear teachers is, "I am in everything, everything is within me". This statement creates a psychic state of wholeness and identifies you with the source of all there is, from there anything is possible.

In this month's column, I'd like to inform you about my activities. I have started a new Integral Martial Arts class. It is held at the Living Arts Sanctuary every Wednesday night



from 6-8pm. The training consists of warm-up, kicks, jo-work, release, locks and throw techniques, meditation, and energy-work. The aim is to increase awareness, align to universal principles, and thereby evolve on many levels. For directions and further enquiries, please call me.

I have also started to give full day workshops called: The Warrior's Path. These workshops will teach you tools for self care and self development through exercises to enhance energy flow and charge, harmonize, expand and establish a strong sense of some of your energy bodies. I teach useful elements of Integral Martial Arts, and we usually finish the day with a Phase XIII guided meditation of the Electro Magnetic Field Balancing technique. The next one will be on 23rd October, also at the Living Arts Sanctuary. The times are from 9am to 6pm. Bookings are essential.

I would also like to make people aware again that I am available for treatments on Monday and Tuesday in Coffee Camp. To make a booking, just call my home number.

*Infinite Love and Blessing to all of you and until next time,  
Daniel.*

## Ayurvedic Info

Previously, we've spoken about the seasonal changes and the importance of cleansing as Ayurveda's principal form of disease prevention and maintenance of well-being.



This month we thought we'd give some general guidelines on cleansing, as many people have been doing cleanses lately, some of which are not appropriate to their constitutional makeup. This can result in negative physical effects, for example when a Vata constitution does a raw food or juice only fast, they become spacey and weak, aggravating Vata. A lot of these "cleanses" including detox packages, epsom salts and olive oil gall bladder cleanses, are not only aggravating but inappropriate to the season and do not allow for individual constitutions – one size doesn't fit all.

Ayurvedically speaking, the pre-cleanse protocol includes diet, exercise, self-massage, sweating and mental preparation eg meditation. This can be done for up to a month before hand. This allows the toxins to be loosened so they can be expelled painlessly. A good cleanse should leave you feeling lighter and with more energy, not exhausted.

Here is a good evening meal when preparing and cleansing:

### Khichardi

1 cup red lentils; 1 cup basmati rice; 1 tablespoon grated ginger; 3 tablespoons of ghee; 1 tablespoon of fresh coriander; 2 bay leaves; ½ teaspoon of tumeric; ¼ teaspoon cracked black pepper, ½ teaspoon of salt; ½ teaspoon of cummin seed; ¼ teaspoon of asafoetida; 6 cups of water.

In a medium large saucepan, heat the ghee and add to it cummin seeds, pepper, bay leaves and stir till seeds pop. Add finely grated ginger, salt, tumeric and asafoetida and stir for a couple of minutes. Add the presoaked red lentils and rice. Stir well for a couple of minutes. Add water and stir well to the boil and then simmer for 20 minutes, partially covered. Coriander may be added at the end or sprinkled onto the servings.

For vata spices like black mustard seed, ajwain and extra tumeric and salt can be used.

For pitta, shredded coconut and extra coriander leaf may be added and black pepper reduced.

For kapha, spices like cinnamon, cloves, cardamon and extra bay leaves may be added and salt reduced.

A health assessment should be obtained before a cleanse so it can be properly adapted to your individual needs. The weaker you are, the gentler the cleanse. There are certain contraindications such as pregnancy, periods and chronic disease. Cleansing at the wrong time and inappropriately can drive toxins deeper and cause illness, becoming more difficult to shift.

Pitta cleanses eg small intestine, gall bladder and liver, can be done all year round except in the heat when dehydration is a real danger. The best time of year to do it is autumn when the toxins are more amenable to discharge.

Kapha cleanses which expel toxins from the upper stomach, lungs and kapha tissue, are best done in spring, but can also be done all year except for in the heat.

Vata cleanses, which clean the large colon, are able to be done all year around.

*For your complete personal cleanse protocol, book in and see us at birth and beyond on Thursdays, or phone us on 6689-1749 (John), 6689-1717 (Helen) or 6689-1529 (bookings via Apothecary).*

## Howling winds, black-outs and new generations

by Tarang Bates

I am in New Zealand for a few weeks.... the wild west coast of the North Island. This was to be the start of a "once in thirty year" series of storm fronts that will hit this beautiful, vulnerable country over the next week (as if an earthquake wasn't enough!).

Our first extended family dinner was held by candlelight, after a fiercely raging storm of huge waves, lightning and hurricane force winds threatened to blow the windows in and eventually brought the power down. That was 20 hours ago – still no power. Everyone runs on rainwater, the pumps are down and the remnants of last night's dinner for 20 are still hanging around, soaking in buckets of cold water.

Makes me realise how fortunate we are to have well functioning solar systems, gas appliances, gravity fed spring water, as well as our rainwater and a government that is actively encouraging people to connect up to solar with such generous rebates.

It was a wonderful night with old friends, their children and their children's children all honouring the long held friendships we first cultivated in our early twenties and beyond. Successive generations coming together whenever we meet across the miles as long lost friends, the candles, the lightning and the howling wind making the night even cosier. (The power was down for three days.)

Today I saw my little peanut-sized new grandchild's heart beating on a scan, we drove there to the strains of AC/DC and home to Dylan lamenting Maggie's father's brick window.... A very exciting time for my son and his partner, I felt honoured to share such a precious moment with them.



Then for a walk on the beach, across the bridge honouring the eels, past the trees commemorating all the babies born in the area, onto the black sand glistening in the sun, where I met an old man collecting kelp for his veggie garden.

He told me an interesting sheep story (well this is New Zealand!) Down south is an island where sheep were transported - way back in the time of sailing ships. Those sheep were to be food for survivors of shipwrecks.

Anyway one thing led to another... either the sheep were very busy multiplying or there weren't as many shipwrecks as expected... and they ran out of grass. So in their wise sheep wisdom, they turned to eating kelp off the beaches. Now many generations later, there is a strain of sheep that live exclusively on kelp, who are extremely healthy and never succumb to any disease... so now of course, humans want to eat them!

The wind has returned to a gentle breeze but along the beach, every so often a large sea bird lies crumpled perhaps exhausted and finally giving up in the storm. It's a beautiful, ancient place lined with massive cliffs, rocky outcrops and caves. I love being here and it feels like my second home.... think I will be back here in about eight months or so.... to catch up with that little being, waiting to join our family.

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# fashion focus

by Christina Chester

**H**i Fashion Folks! Only five weeks to go till the 8th Nimbin Fashion Show. I can already tell it will be an outstanding kaleidoscope of Nimbin's creativity and colours.

The machines are running hot at the moment, and soon there will be that special flair in town again. If you are looking for something special to wear, why not check out all the beautiful garments in our local fashion shops in Nimbin. A great occasion to dress up and show your own colours.

To take you into different realms, colour will be an important medium in my new collection called 'illuminated shadows'.



A great line-up of local designers this year will entertain you with stunning creations. Tina's childrens collection in velvet and hemp will be very cute, Nimbin Central senior textile students have their fresh ideas almost ready,

Honey will surprise us with an 'out-of-this-world', elegant glowmesh collection, 'The tales of Avalon'.

Nora's knitted and crochet work transforms and perfects the art of "Luxury Lanology" and Pol will keep you at the edge with his collection "White Trash", inspired by South African electro Hip Hop singer YO-Landi from Dieantwoord.

This is only a little glimpse of what's to come... The Show will be held in the Nimbin Town Hall on the 12th and 13th November. If you would like to get



tickets early, you can book them at Perceptio Bookshop Nimbin, phone 6689-1766.

For more info please contact Christina Chester, email [christina@ccdesign.biz](mailto:christina@ccdesign.biz) or phone 0427-326-790.

**Fashion Show Previews by Honey (above left) and Nora (above and far left). Below: Christina Chester**



# Bowen Therapy and extended tummies

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

**T**hose summer days are nearly upon us. We hopefully look in the mirror wondering if last year's swimmers will still fit, or should we throw caution to the wind and purchase two bits of optimistic and overpriced cloth, called a bikini.

We turn and carefully look again in the mirror at the side view and there it is. The Frunchback of the Cathedral of Doom!

Poking out from our front side, it hangs over the 'Bonds No Ridge Perfects' in a woeful droop, groaning its poor existence to an unsympathetic world.

Our eyes blink rapidly in shock. 'OMG!' We scream silently.

That mirror cost big money at the second hand antique store and now we find it is obviously a reject from the mirror maze at Luna Park.

It must be so. We could never look that awful.

We poke the frunchback tentatively and it wobbles back and forth in a rhythm of unwelcome symbiosis. We poke it again and mutter in reflective horror. 'It looks like it's filled with liquid. Surely fat isn't that fluid.'

Well guess what? That's a very good point. Fat isn't fluid unless it's filled with trapped lymphatic fluid, which is a natural part of the body's protection system.

Lymphatic fluid moves throughout the body depositing digestive fats, but it also removes from around the cells stuff that is too big to fit through the cell wall. It is a bit like a vacuum cleaner and

similar to a vacuum cleaner it stores what it has collected in sacs called lymph nodes, where it is eventually broken down to a user friendly size for elimination.

All sorts of things can trap lymphatic fluid in the tummy region or any other region and when lymphatic fluid is trapped it becomes oedema, which is just another clever title for 'swelling because of trapped fluid.'



Oedema is caused by injury, the residue of surgery and the usual suspects; too much alcohol, takeaway and fried foods, excess coffee, sugar, allergies, etc. Designed to protect the body so that it can heal, lack of healthy food and movement persuades the oedema to hang around way beyond its use by date.

There are a few ways to send the frunchback scurrying back to the bell tower. Cutting back on meat, alcohol, dairy and fatty foods and eating more fruit and vegetables, allows the lymphatic fluid to flow easily around the body, which in turn assists the stomach to once more love that flat feeling.

Exercise also moves out the oedema but be careful with the crunches. Crunches can just as easily crunch the spine, putting it out of alignment, if the core stomach muscles are not strong.

A stomach needs to be strong at the core, even if perfectly flat seems unobtainable. It is actually our second back. As well



as carrying many of the organs that keep us alive, the stomach muscles support our spine and keep it flexible.

Dr. Tanya MacDonald, Chiropractor and Personal Trainer has produced a 10 Minute Core Strength program on DVD, which is useful for those who need a gentle beginning toward chasing away the frunchback and strengthening the spine.

Bowen Therapy wears many hats. As well as realigning backs, necks hips and limbs and eliminating pain, Bowen has a particular therapy that chases away oedema and assists in removing cellulite. Cellulite is also another symptom of trapped lymphatic fluid.

This Bowen Therapy is similar to Lymphatic Massage and like Lymphatic Massage, needs a few treatments to make a noticeable, visible difference, but it is a fantastic way to remove potentially dangerous and unattractive fluids from the body, making it an excellent support for those who are brave enough to embark on the yearly Spring detox.

I am in clinic in Nimbin Tuesdays and Saturdays and would love to assist you to remove any back, neck or limb problems and also to chase away that dreaded frunchback so you can look and feel your best this Summer.

Love light and Laughter

Call for an appointment now.  
Phone 02 6689-0240, mobile 0439-704-420

## Cook's corner

### Recipe of the Month



by Carolyne

### Lamb Shanks

4 lamb shanks  
1½ cups tomato sauce  
1½ cups dark brown sugar  
1 tsp butter  
2 tblsp worcestershire sauce  
½ cup brown vinegar  
2 tsp hot English mustard



#### Method

Melt butter in a cast iron pan, brown shanks on all sides.

Take pan off heat allow to cool slightly, mix all ingredients together, pour over lamb shanks.

Place lid on pan, turn heat to just simmering, turn shanks over 3 or 4 times during cooking.

The shanks are ready when the sauce is dark and rich in color and the meat on the bone can literally fall off when pushed with a fork.

This is a delicious dish served on a bed of creamy mashed potatoes and vegetables of your choice.

**I**hope everyone enjoys the accompanying picture, it was of our dinner last night.

Till next month,  
Love, Carolyne.

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



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