

The Stars come out at Hanging Rock Hall

The upcoming *Hidden Talent Show*, at Hanging Rock Hall on 30th October, is a celebration of our youth.

This, the third in a series of community celebrations at Hanging Rock Hall, promises a showcase of the diversity and talent that we nurture in our community. Young people are coming together to put on an entertainment event featuring an eclectic program, including pakour, hip hop, drumming and strumming, flamenco, juggling, acrobatics, and more.

The show will have the enthusiastic support of our local primary schools, music and dance teachers and many private groups and individual participants, ranging in age



from 5-25. In addition, workshops in the areas of juggling and acrobatics and hip hop dance are open to all on the day.

In the tradition of Hanging Rock Hall celebrations, there will be a sunset fire ceremony, which will include lanterns made at workshops throughout

the afternoon.

All the regulars you've come to expect will be there, too including the Rainbow Chai Tent with hot drinks, cakes and food provided by various hardworking community organisations, and face painting for the kids.

This event is not a fundraiser. It is a community celebration, funded through Kyogle Council, and brought to you by the *Range to Range Futures Group*. Anyone who would like to get involved can call Frank on 6689-7597 or contact Frank@dreamspace.com.au

It's not too late to register your act, and we're always looking for volunteers or support from locals.

Celebrating diversity in the Green Cauldron

The Unity Festival and the Caldera Artfest may share the same weekend - and a common goal of celebrating the amazing diversity within Australia's Green Cauldron - but each provides an exceptional insight into the uniqueness and complexity of the region.

The Caldera Artfest at the Murwillumbah Civic Centre from Friday 1st through to Monday 4th October showcases the region's incredible bio-diversity through photography, paintings, sculpture, films and displays.

The 2010 Caldera Artfest is part of a world-wide celebration of the International Year of Biodiversity. The exhibition at the Murwillumbah Civic Centre showcases the work of artists concerned about the natural environment and promotes awareness of the significant biodiversity values within Australia's Green Cauldron. Entry to the exhibition is free.

Artwork and associated product sales will generate revenue for specific land care projects and artists. For more information visit www.calderaart.org.au



Deya Dova

calderaart.org.au

The Unity Festival on 2nd October at the Murwillumbah Showground is all about celebrating the dance, music, cuisine and culture of the Tweed and Bryon Shires, infused to create an exciting family event. The theme for this year is Celebrating Diversity.

Deya Dova headlines the Echo Main Stage with her bright and energetic mix of Dance, World and Electro with an Indie Pop twist. The Country Energy Dance Stage showcases African, Indonesian, Filipino, Torres Strait Island, Indian and South Sea Island

performers dancing in traditional and striking costume.

For the taste buds, the Unity Festival offers a delicious multicultural menu including Indian Curries, Indonesian Satays, Vegetarian Gourmets, Bush Tucker, Maori Burgers and North African Gypsy meatballs and kebabs to name a few.

Tickets are now on sale at: www.Unityfestival.com.au

Have a Ball on Blue Moon



The annual Blue Moon Ball at the School of Arts has been a major hall fund-raiser and a feature of Nimbin's cultural calendar for nearly 20 years, and this sellout show always presents some top performers.

This year's upcoming Ball on Saturday, September 11, will feature two fanastic female duos. Scarlet Affection and the Hussy Hicks (pictured), together with popular stand up comedian Ellen Briggs, beat poet Frank Khouri, Tango Motion's Boris and Renee, the Big Band at the End of the Universe and host/poet David Hallett.

The School of Arts has recently had a circus/acrobatic installation added to the auditorium ceiling, and so the Ball will also feature performances from Li Pawson and Tumble Falls Circus.

The show is licensed (no BYO) and will be catered by Di's Folly. Tickets and table reservations are going fast, so don't miss out. Doors open at 7pm for dinner and drinks. Show tickets \$30/\$25 concession. Bookings at Perceptio, phone 6689-1766.



Cr Katie Milne

"Celebration of Community", an evening of food, music and dance, will be held at Hanging Rock Hall on 11th September.

Highlights of the event include a salsa demonstration and class at 6pm, an art auction at 7pm, the draw of the two Katie Milne/NRG Legal Fund raffles at 8pm, then dance with *Imandan* from 8.15pm, with sound by Rich.

There will be a BBQ for the kids, (\$5 vegetarian/other), and dinner for adults (\$10 vegetarian/other) will be served at 8.30pm. Coffee, herbal teas and scrumptious cakes available all evening.

"Celebration of Community" will be held Saturday, September 11 from 5pm at Hanging Rock Hall, Williams Road, Barkers Vale.

The event is a fundraiser for No Rally Group Inc., with entry by donation - adults \$10, children are free.

Raffle tickets for two major artworks by Paul Roguszka and Leigh Arnold are still available at Nimbin Environment Centre, Sphinx Rock Café, and Blue Knob Farmers Market.

Felt good



Learn how to felt and make a nice wrap, scarf, wall hanging or pillowcase for yourself. Enjoy a creative day in a beautiful space at Black Sheep Farm Nimbin Learning Centre.

The workshop runs on Saturday 4th September from 9am to 5pm, and costs \$80 including all materials.

If you wish to have accommodation at Black Sheep Farm's beautiful guest house or the "cottage" please check for availability. Make it a craft holiday weekend.

For more information and bookings please call Suzanne on 6689-1095 or visit www.blacksheepfarm.com.au/nimbin/learning-center/feltmaking-workshops/32

Book soon, as numbers are limited.

BLUE BIRTHDAY BASH



Blue Knob Hall is turning 80 and a benefit party is being held that will raise the roof with dinner and a concert. It is likely that the Blue Knob Fire Brigade will help out, that the Hussy Hicks will play and

other special guests too. Please come and celebrate the Hall's 80 wonderful years of being there for our community.

Blue Knob Birthday Bash Sunday, October 3rd at 6pm.



KATS youth production "Fairytale High" is a play that will delight both young and old.

The characters in Fairytale High have all been taken from well known fairytales and placed in a modern high school setting. Once upon a time there was... well you will just have to come along and meet all the characters from the seven dwarfs to Rumpelstiltskin and all the rest in between.

There will be two performances at the Kyogle Memorial Hall, starting with a Matinee on Sunday 12th September at 2pm and then Saturday 18th September at 7pm. Tickets are adults \$10 and children \$5, and will be available at the door.

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Get your arts into gear



MardiGrass 2010 - digital photomontage by Mac McMahon

Calling all Nimbin artists... entries and registration forms are now available for the annual Spring Arts Exhibition at the School of Arts.

The exhibition is a feature of the busy Spring school holiday period, and will be open daily from Saturday 25th Sept to Sunday 10th October.

The exhibition presents a diverse selection of Nimbin's fine arts, crafts, photography, textiles and installation arts, together with a

series of music recitals.

Together with the annual \$100 Peoples' Choice award, there is an exciting addition to this year's exhibition, in ACE North Coast providing a \$500 art prize, which will be presented at a special opening event. All entered arts and crafts are in the running for the prize.

Registration entry forms are available at Perceptio. Numbers are limited For exhibition enquiries, phone 6689-1577.

Smoldering work wins



"A man called Smoulder" – a charcoal drawing (top) of Smoulder by local artist Rikki Fisher (above left), won second prize in the Portrait category at the Bentley Art Exhibition held at Bentley Hall on 6-8th August. The Bentley Art Exhibition received over 600 entries in 12 different categories. To Rikki's surprise she also won the People's Choice Award. The Portrait category from the Bentley Exhibition was displayed for two weeks at the Platypus Gallery in Casino. Above right: Children from Manifold Public School at Bentley listening to speeches at the opening of the portrait exhibition at the Platypus Gallery.

Blue Knob goes cold turkey



'From Glennies Chair' by Len Martin

by Len Martin

Over recent years, Blue Knob Hall Gallery has received much support from Kyogle artists and Kyogle's Roxy Gallery.

Indeed, our current exhibition *Spring into Life* specifically features major works of our colleagues from distant Turkey Land. In response, The Roxy is featuring an exhibition of works by Blue Knob's finest entitled *Blue Knob in Turkey Land* – a title that somehow conjures up images of intense cold – that will run from August 31st to September 25th, (Tues-Fri, 10am-4pm, Sat 9.30am-noon) with a Grand Official Opening on Saturday 4th September 1-3pm.

So, the Blue Knob Hall Gallery conglomerate continues to spread its tentacles – bigger building, more workshops, a great farmers market every Saturday and more and more people coming from far afield



'Folly' by Gareth Deakin

to our Artists and Friends luncheons.

To help cope with an ever increasing and discerning clientele, the gallery is expanding its culinary expertise. Stephanie Seckold has come on board at the Blue Knob Hall Gallery Cafe and she and Heather have some great new ideas to implement. Steph brings a fresh new outlook and extensive hospitality experience to our community Gallery and Cafe.

Upcoming workshops include a *Creative Thinking Workshop* with Michelle Walker on 18th September from 8.45am-4pm.

Join Michelle and others interested in the arts, crafts and

at the Roxy



'Rally' by Ian Fitzsimons

design for a day of exploring new ideas in creativity. Learn techniques and approaches that you can apply every day to your creative interests, regardless of your preferred medium.

Cost \$70+GST and materials \$11. To book please email Michelle on michellewalker.com.au

On 4th September from 10am-4pm there will be a Weaving Workshop, *A Taste of Tapestry* with Rupda Wilson.

Learn techniques dating back to medieval times and beyond, then take home your own small tapestry. Cost: \$60 plus \$15 materials.

To book please email Rupda on ma_rupda@hotmail.com or phone 6684-3057 or mobile 0432-210-572.

SCU to host photo exhibition

by Andrew Speers

Digital Photography 2 is a popular unit with over 40 students working on their prints for the Exhibition at the *Next Gallery*, Magellan Street, from 4th to 9th October. This unit is being led by Dutch-born photographer and PHD candidate Raimond de Weerd, aided by technician Michael "Tichy" Moynihan.

Raimond is involved with a small group outside the uni, who make composite images using the census to gather data on a specific group and then come up with the face of say, Redfern. At the Sydney Festival the image was projected on a large building at Circular Quay.

The two lecturers are great and have made the unit very enjoyable. Students are being taken through the darkroom process in a large facility that has been revived and there is also studio room available for modelling and fashion photography.

All students are working under a common theme of "Framing Fiction" and will



submit up to four prints for the exhibition, which can be from digital negatives or film.

The exhibition will be a

lot of fun. There will be refreshments on the opening night and it will surely be standing room only.



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The tragic plight of Tweed koalas

by Chris Degenhardt

A current scientific study shows that there may be as few as 150 koalas left in the whole of Tweed Shire.

Their numbers have been decimated by loss of habitation through land development, dogs killing them, being run over by motor vehicles, natural disasters and disease, caused by stress myopathy.

So who is going to take responsibility for protecting our remaining koalas? Not the federal government. They pass the proverbial buck to the state government. Not the state government, they pass the buck on to the local shire councils. So it becomes the responsibility of, in this case, Tweed Shire Council, which appears to have very little interest in the plight of these wonderful creatures.

If this council cares, and if the Tweed koala is to survive into the future, something has to be done – and soon. The best this council can do, at this late hour is to form a 'Koala Advisory Committee' to discuss the issue. This is a luxury we and the koalas cannot afford.

What they need is our affirmative action to make them a priority issue. Developers like the Leda company need to be told their development can go ahead providing they implement best koala management practices. This means no cats and dogs allowed, safe koala corridors provided, blocks with room for koala feed trees so the koalas can freely move around.

The last thing our koalas need is more stress brought about by human activities, such as the Repco Rally. Koalas have a very complex digestion system and they need as much as 16 hours sleep a day. Disruption to these patterns



through excessive dust and noise impacts on their health.

Add to this, cars speeding past their habitat during their breeding season the effect becomes even worse. Just because no koalas were reported as during the duration of the Repco Rally in no way means that they and other wildlife did not die in the bush from stress myopathy, resulting from this sporting event.

As the federal government shows no interest in the koala's plight and the state government claims no responsibility we only have our local shires to fall back on. So far Tweed Shire council has not taken the Tweed koala situation seriously and time is running out. So, if we want our children and grandchildren to experience koalas in the wild we have to speak up and demand the council takes affirmative action.

Team Koala is doing just this but we need your help and support. If you are interested in this great venture by becoming a member, offering relevant expertise etc. email the secretary at: degsart1@bigpond.com

PLANT OF THE MONTH



Bastard crows ash (*Pentaceras australe*)

Selected by Richard Burer
Project Officer, EnviTE

As well as being called Bastard crows ash, *Pentaceras australe* can also be known as Black teak or Penta ash.

A fine and graceful looking tree, it is often found on the edges of native vegetation where it regenerates occasionally in regrowth and remnant rainforest.

In spring, white flowers cluster the entire

tree with a showy feel. Common in the area, a fine specimen can be found approximately 1km north of Wadeville Woolies, adjacent to the fence on the western side of the road.

This compact and bushy, small to medium tree (up to 25m) makes an excellent choice for along farm fence-lines or on the edges of orchards and extended gardens.

It is an excellent tree for environmental restoration activities as *Pentaceras australe* will tolerate exposed conditions.

Try your luck at propagating the papery winged seed.

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

Koala Kolumn

by Lorraine Vass

For the first time in New South Wales, the Land and Environment Court has convicted an environmental consultancy and one of its directors for giving bad advice to their client on which vegetation could be cleared to prepare for a development.

The vegetation in question was more than three hectares of high quality koala habitat at 60 Port Stephens Drive, Taylors Beach. The Department of Environment, Climate Change and Water prosecuted Orogen Pty Ltd and Anthony Fish for two offences each under the National Parks and Wildlife Act for causing damage to the habitat of a threatened species (the Koala), knowing the land contained habitat of that kind. The illegal clearing occurred around January and March 2007. Over three years later, on 8 August 2010 the landmark decisions were handed down.

Orogen and Mr Fish both pleaded guilty. In his evidence, Mr Fish explained that he and Orogen failed to advise the developer that the Act prohibited



damage to threatened species habitat unless a development consent had been obtained from Port Stephens Council.

It was a devastating and expensive oversight; devastating because the deaths of 30 breeding females have been attributed to the clearing activity and expensive because the defendants have been ordered to pay \$120,000 in fines, prosecutor's costs and investigation expenses, plus providing \$160,000 worth of environment services (Koala habitat mapping for Port Stephens Council) under the new penalty provisions of the Act. The Court also ordered Mr Fish and his company to take out advertisements detailing their offence.

The cases are important because they highlight the dilemma of a developer's right to engage a particular environmental consultant rather than 'blind' appointment from a consultants' register and also the responsibility of consultants to provide accurate advice to their clients. We can only hope the Court's



Horsing around. Koalas get themselves into strange predicaments. This young male, perched on the fence of a property at Bangalow, attracted the curiosity of two thoroughbreds. Following a sniff and cautious lick, the bemused koala was well and truly nuzzled. The animal was brought in for observation and a vet check. Confirmed to be in fine shape, he was returned to the property, safely away from his equine friends.

message is heard loud and clear.

The date of the convictions was the anniversary of Sam's death. Whose death I hear you say. What short memories we have. Just 12 months ago Prime Minister Rudd articulated on television the Nation's grief over the euthanasia of that heroic koala. I remember writing to Mr Rudd, thanking him for acknowledging Sam and her plight, while the fires raged and six months later when she finally succumbed to urogenital chlamydia. I pointed out to the Prime Minister that thousands of koalas die each year from the horrible, painful condition, only a handful benefiting from veterinary intervention and a 'gentle death'. I also urged him to spearhead a national campaign to recover the koala populations in peril from disease.

I didn't receive a response to that letter – nothing particularly unusual in that. No doubt government is of the view that quite enough is being done with the new National Koala Conservation and Management Strategy 2009-2014 and Koala's nomination for listing under the Environment Protection and Biodiversity Conservation Act.

Koala conservation didn't get much attention during the election campaign apart from Senator Brown's call for a national enquiry into koala population numbers, health and long-term management should the nomination be knocked back. We still expect the ministerial decision to be announced at the end of this month.

September is Save the Koala Month. Being an entirely voluntary,

regional, rehabilitation and advocacy group, Friends of the Koala doesn't have much spare capacity for special activities. Our participation is business as usual plus a bit of public exposure at events such as the Big Scrub Rainforest Day on 5 September and the Lismore Car Boot Market where we will be Charity of the Day on 19 September (your donation will be received with appreciation).

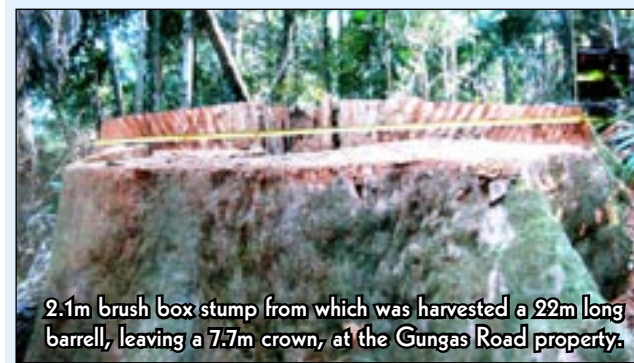
For information about koalas, their food trees, Friends of the Koala's Support-a-Koala program and other ways in which you can assist the koala conservation effort, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622 1233.

Until next time, happy koala spotting.

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2.1m brush box stump from which was harvested a 22m long barrell, leaving a 7.7m crown, at the Gungas Road property.

by Robert Carroll, President
Nimbin Environment Centre

Elections

Congratulations to The Greens, and I enjoyed working on their campaign.

Thank you to all the volunteers who contributed over the election weekend, without all the great volunteers it would make it a lot harder to achieve such effective results.

Gungas Road logging

Our Anti Logging party in August was attended by a dozen or so concerned people, who enjoyed a BBQ lunch, a presentation from environmentalist Alan Roberts, and a walk to a nearby property damaged by private logging.

This logging is occurring barely 70m from the Nightcap National Park at a place where the park itself narrows down to only 2.5km wide – it needs all the buffer it can get.

It is bad enough that DECCW's Private Native Forestry (PNF) guidelines allow almost open slather, but if they were actually applied they would provide some protection to sustaining the ecology.

However the loopholes for declassifying old growth – such as, if it was logged for Red Cedar in the 1880's, ringbarking, very old stumps – provide no protection for what is really old growth.

DECCW only inspects 15% of PNF's, they say. The barely adequate 20m wide riparian zones have been ignored up Gungas Road, and the normally accepted 18° slope limit for logging has somehow crept up to over 30°.

DECCW must be pressured into actually protecting what's left of our subtropical rainforest, rather than liquidating it.

Shoe drive

Your unwanted shoes are wanted in Africa and the Himalayas!

Nimbin Environment Centre is collecting shoes to be sent overseas. More than 300 million children around the world have never owned a pair of shoes.

Many poor people cannot afford a pair of shoes and if they can it takes on average two to three months for them to save up the money. In most instances, they purchase cheap plastic shoes which only last a short while and have to be thrown away thus creating lots of landfill!

So if you have any shoes in decent condition and would be happy for them to be sent overseas, please bring them into the NEC who will then deliver them to the TAFE Students Union for delivery. On 26th August, TAFE Students Union sent 12,000 pairs of shoes over to Africa.

If you can also throw in a pair of socks to help prevent blisters, that would be great.

Film Night

When the Dust Settles is an ETU-commissioned documentary produced by Frontline Films' David Bradbury, an AFI-winning documentary maker and twice Academy Award nominee.

David Bradbury will be here for a special screening on Friday 10th September at 7pm in the Nimbin Town Hall. Entry will be via donation so no tickets need to be purchased, and food and refreshments will be available.

The 35-minute film is presented on location at the Olympic Dam and Ranger uranium mines and Roxby Downs, by veteran Australian actor and former electrician, Tony Barry.

Hope to see you all attend on the night.

Crucial role for Seed Savers

by Jim Arachne

Try this kitchen experiment after your next supermarket trip:

- 1) From your shopping, choose a ripish-looking tomato
- 2) Find a largish, vacant wall space
- 3) Hurl the tomato at the wall

What happened? The usual result is the tomato hits the wall, thuds to the floor and sits there like a vegan cricket ball, unfazed by its experience. Unfortunately, its cricket ball nature extends to its taste. Bland, dry and mealy the modern tomato has been bred for the commercial market.

Selected to withstand mechanical harvesting, packing and being trucked over 1,000km to wait in warehouses and supermarket cool rooms, flavour and eating quality have to take a back seat.

A real tomato splatters on the wall and drips tangy juice behind the stove. But to get a real tomato you need to grow your own and save some seeds to plant next year.

The Nimbin Seed Exchange can be a big help here. Seed Exchange members save their own seeds and grow a lot of their own vegetables. So they get to know which varieties suit local conditions.

"Black Russian" tomatoes have a good reputation in the inland Northern Rivers and a tomato grower at the Blue Knob farmers market recommends "Rouge de Marmande" as a reliable tomato for the local climate. "Grosse Lisse" can stand high humidity better than many tomatoes while cherry tomatoes love the sub-tropics and self-seed every year.

A tomato taste test conducted by the



Melbourne Diggers Garden Club rated supermarket Roma tomatoes a dull 44 out of a possible 100. The winner, a large cherry, home garden variety "Tommy Toe" ranked 72! But tough, packing-crate tomatoes are fast crowding the tasty, old varieties off the shelves - and its not just tomatoes.

The American National Seed Storage Lab, home to 450,000 fruit and vegetable stored seeds from all over the world, had 578 varieties of green beans in its collections in 1903 but by 1983 only 32 remained. Similarly carrot varieties fell from 287 to 21 and lettuce from 487 to only 36.

Fruit diversity has also suffered at the hands of commercial demands for uniformity. More than 2,683 different pears were grown in the USA up to 1904 but only 322 of these survive. Likewise of more than 7,000 apples only 980 are left. In 1915 in Victoria 226 apple varieties were available, now supermarkets sell only 10 or so.

Self-sufficiency guru Jackie French speaks glowingly of being served "the

best apple crumble of my life" made from an old apple variety "Twenty Ouncers". Unfortunately, like English Bramleys or King Cole, an Australian cultivar from the early 1900's, these specialised cooking apples have almost disappeared. Granny Smiths just can't compare.

Seed savers have a crucial role here – in helping to preserve the genetic variety of staple food plants and in creating new varieties, especially adapted to local conditions. There are 75 seed savers groups listed by Byron Seed Savers in Australia and the Nimbin Seed Exchange is one of the most recent.

As well as swapping seeds, information and scrumptious home-cooked snacks, Seed Exchange gatherings also feature a professional speaker. Our next presenter is Helen Wise, well-know purveyor of piping hot pizzas from Nimbin Pizza & Trattoria. Helen will be speaking about vegetarian country cooking from her childhood countryside, the Puglia region of Italy. She promises an exciting foray into new and unusual ways to prepare veges!

Our next Exchange get together is Saturday 11th September at the Blue Knob farmers market (the corner of Lillian Rock Rd and Blue Knob Rd about 8km out of Nimbin). We'll start at 1pm in the workshop space – the market runs from 9am to ~12:30pm, so make sure you get there in time for your weekly market shop. Please bring seeds, planting material, local knowledge and lunch to share and swap.

To join the Seed Exchange go to www.wiserearth.org/group/nimbinseedexchange

Celebrate Bamboo

by Lynne Oldfield

Bamboo is the most renewable building resource on Earth.

Bamboo is also the fastest growing plant on Earth. It puts out more biomass per acre than any other plant. As bamboo is shooting and growing, it is taking in carbon dioxide and takes in 28% more carbon dioxide than any other plant known to man.

Mass bamboo plantings have the potential to clean much of the excess carbon currently in the atmosphere if turned into useful items such as housing or bio-char.

Scientists in China are currently having success with cleaning up toxic waterways with activated bamboo charcoal and amazingly in Italy sheep are incubating an experiment with bamboo being used for bone grafts.

There are massive bamboo plantings going ahead in Africa where forests have been devastated. Plans are to

use bamboo for food, housing and fuel in its pure form or charcoal as well as land and waterway restoration.

Bamboo houses have withstood hurricanes and earthquakes untouched in various parts of the Pacific, and are quick to erect in times of disaster. Apparently we don't have the building materials required to house the homeless in Australia, let alone the builders.

So we could be looking at bamboo plantings as insurance for the future and a massive carbon sink. Not to mention its myriad of other uses such as paper, clothing, bike frames, musical instruments, medicine and food.

September 18 is the declaration of World Bamboo Day. Bamboo's sustainable properties, environmentally conscious product applications and relevance are the intertwined themes of the VII World Bamboo Congress happening at that time.



Why not get in the swing of the bamboo solution by participating in Djanbung's annual bamboo workshop? It will be held on Thursday 9th and Friday 10th September from 9am, and you can learn hands-on bamboo construction and crafting; basic clump management, harvest and treatment; traditional construction and joinery technique; splitting and weaving bamboo screens; all for \$95 or \$65 concession.

There will also be a DIY workshop day happening on Saturday 18th September, with a series of workshops

where for \$50 you can do three including morning and afternoon tea along with lunch, or do just one for \$20 including morning or afternoon tea.

Workshops include: Herbal Skin Care, Plant-based Inks and Detergents, Traditional Ferments and Beer Making, Gourd Crafting, Composting Toilets, Natural Dyes, Rope and Knot Tying, Sawment Walling, Rocket Stoves and Food Smoking.

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On Being Australian

by Coralie Summerton

Two years ago I was in Thailand, visiting my daughter who works there teaching yoga. I stayed for three months, my first time out of Australia.

Towards the end of my stay, I did some travelling around the country, and in Chang Mai to the north, I visited the zoo, which is a quite large, open one. I fed the giraffes bananas out of my hand, from a tall platform; I watched in a hypnotic trance two giant pandas slowly eating bamboo behind a glass wall only two metres away.

Previously during my travels, I had made friends and fallen in love with the elephants, gently allowing me to ride them bareback in the jungles and rivers, with naughty little monkeys trying to steal my camera, and had even snorkelled with sharks circling beneath me.

I had been away for nearly three months, and I had hardly thought about Australia at all, and rarely met an Australian except for my daughter and a couple of her friends who lived there, and it felt weird because I heard myself sounding so much like Pauline Hansen every time I met people who asked me where I was from: "Ustraylia".

Meanwhile back at the zoo, I noticed a sign to the Australian section, and



as I approached it, I saw something so unexpected that tears started to pour down my face – my first real taste of homesickness. It was the koalas in the gum trees, looking down at me behind the fence.

These koalas were part of me, my homeland, I realised, but having lived in Australia all my life I had taken them for granted, just part of the landscape.

Back in Australia, I have been helping deliver the *GoodTimes*, and one port of call that I love is the Koala Care Centre beside the uni, operated by Friends of the Koala, who contribute a monthly column to the paper.

While there, I have been privileged to quietly look behind the curtains into the hospital rooms to see the sometimes eating, sometimes sleeping koalas that have been brought in, some with diseases, some hurt by cars, others attacked by dogs with irresponsible owners, and some without habitat, due to the chainsaws and bulldozers that cater to man's increasing population demands.

These koalas are so helpless and vulnerable, and are reliant on the

dedicated people who work there. These volunteers drive many kilometres to find branches and leaves from properties around the region to feed these hospitalised koalas. Sometimes there are a lot of patients to feed. The people who go out collecting are called 'leafers' and they bring back branches about a metre long, which are put in water containers in the rooms.

More trees of a special variety are needed to be grown to compensate for the ones that are constantly being chainsawed down, as man's rampageous development continues.

As I drive away from the Care Centre, I feel the same sadness for these beautiful iconic Australians as I did for the ones I left behind in Thailand. The koalas in the gum trees are part of our Australian psyche, and in this International Year of Biodiversity they need to be remembered, before it is too late.

And when you see a Friends of the Koala donation box anywhere (there is one at the Nimbin Environment Centre), think about putting in a donation, because the medicine alone costs one dollar for one eyedrop for the koala, or \$100 for the whole bottle of drops.

The volunteers collecting the donations really appreciate it, especially when the box feels full and heavy!

This is what it means to be 'Australian' for me. It is the love of country, not the dollars made by clearing it.

Anxiety

by Dave Reynolds



Humans have a natural desire to avoid unpleasant situations, and when faced with discomfort, we have learned to adapt in ways which are not necessarily psychologically healthy.

Some examples of unhealthy adaptations include excessive worrying, excessive self medication and social withdrawal. These adaptations are understandable because they are designed to increase our sense of safety in the world, however in practice they can actually increase our anxiety levels.

Many people have learned to worry as a way to help prioritise tasks and to raise enough energy to take the necessary actions. People who are prone to anxiety often suspect that they lack the inner strength to handle their problems and worry allows them to prepare for the worst case scenario. To anyone who has experienced the crippling effect of an anxiety attack, worrying makes sense. If we are unwilling to make mistakes and desire to avoid stress and distress, we have a recipe for chronic anxiety which can lead people to attempt to avoid or control challenging situations.

Anxiety increases when we focus on the content of our worries. The actual underlying issue is our desire to avoid being distressed or in discomfort. This is a crucial distinction to make when dealing with anxiety, to separate the content of our thinking from our process of attempting to reduce or avoid anticipated discomfort and distress. If we remain focussed on the content of our worries we will be caught in an anxiety creating loop. This is the game that our anxiety plays with us, it wants us to remain caught in the content, intent on seeking safety and certainty and avoiding discomfort.

Similarly, if we struggle to remain relaxed when we are not, we are playing along with anxiety by avoiding our discomfort. If we habitually use substances to avoid experiencing social fears, we are handing over control of our choices to our anxiety. When we judge that the symptoms of anxiety are threatening, we are setting ourselves up to feel threatened whenever we feel anxious.

It is possible to experience anxiety without judging it to be a 'bad' experience. This requires us to step back from our fear and choose to label anxious feelings as acceptable and understandable under the circumstances.

As we learn to reframe anxiety in this way, we interrupt our usual response mechanism. For example, when we notice anxious thoughts or feelings like 'This is terrible, I've got to get out of here' we can learn to step back and reframe by describing our process like this 'Right now, anxiety wants me to leave'.

It takes courage to stand still when our mind is telling us to flee and it takes practice to steady our breathing to see if that helps without insisting to ourselves that we must relax. If we try to force ourselves to relax, we will invoke further anxiety, if we do what we can to relax whilst accepting that we may not be able to right now, we can create a win-win situation.

With practice, anxious clients can learn to actively encourage their symptoms and in doing so they will disrupt their patterns of avoidance which drive the escalation of anxiety. For some people this is easier than cultivating acceptance of symptoms on its own. If you choose this path, be as proactive as possible rather than waiting for symptoms to develop. You can anticipate that some symptoms will emerge in stressful situations, ask anxiety for more and learn from your own experiences as you practice tolerating your fear and discomfort.

This article is based on the work of R. Reid Wilson, who has a free self-help website for those suffering from panic attacks. See www.anxieties.com

Dave works as a Gestalt Therapist and Counsellor at the Nimbin Apothecary on Mondays (6689-1529) and at Jera House in Lismore on Wednesdays. For appointments in Lismore or on other days in Nimbin, phone Dave on 6689-0426.

Introduction to Kinesiology

by Amanda Joy

Hi everyone,

After spending the winter months in a metaphorical state of hibernation, I am pleased to be offering an Introductory Kinesiology Workshop on Sunday, 19th September 2010: 9am – 3pm in Nimbin. Cost: \$60.

This is the perfect time of year to really focus on the needs of your body, awaken your senses and step back into action. Spring air always motivates me too and I love helping people to make positive choices in favour of

their health and wellbeing.

Kinesiology is an amazing healing modality, that aims to stimulate the body to activate its own self healing power and at the Introductory Workshop, you will learn how to:

- Muscle test and interpret the response
- Provide a number of simple healing and pain relief techniques
- Energise and switch yourself on, for improved focus
- Improve the relationship between your body, mind and spirit.

Kinesiology works with the

body, mind, emotions and spirit as one unified system as it seeks to uncover and then balance the causes behind our problems and symptoms.

If you have: •Body aches/pains •Dietary concerns •Emotional distress •Feelings of disconnection/uncertainty •Addictions •Energy imbalance... Find time to come and have a Kinesiology balance.

A Kinesiology balance acts very quickly and often requires relatively few consultations to receive lasting benefit. It stimulates the body to activate its own self-healing power, to balance a wide range of conditions and is also very suitable for children.

I have worked with children on numerous occasions, providing balances for various situations such as blood-noses, aches and pains, emotional upsets and I am always amazed at how quickly their bodies respond to the experience. Their whole body connection is still so strong that they re-integrate into a state of balance quite readily.



My own two bigger boy, Lucas and Liam, often come to me and ask for some Kinesiology when they feel that they need it. Sessions for children usually run less than an hour, and I charge \$45.

I also provide coaching within the field of Kinesiology, whereby your being is aligned to assist you in achieving life choices and goals. This can facilitate positive changes and empower new realities.

I would love to help you, to bring yourself back into balance and get you moving in the direction of your dreams.

Start or expand on your Natural Healing Journey at the Introductory Workshop or make an appointment today. I am available Fridays and weekends, for \$55/hr session. Phone 6689-0492

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Men's Shed for Nimbin

Work is underway towards creating a Men's Shed in Nimbin. So what is a Men's Shed?

The first impression might be that we are looking to create some sort of misogynist club where men can gather and whinge about what a bad deal they are getting. Nothing could be further from the truth!

For years now there has been a rising level of concern about men's health and the lack of concern that men tend to show about it. Men typically try to soldier on until they drop.

There are many reasons for this, some inherited from antiquity some more modern. Wherever these attitudes and behaviours come from, they are not doing men any good.

Men have a shorter life span than women, they have more accidents, commit suicide more often and more men contract cancer than women.

Whatever the reasons for these figures, it is incumbent on men to do something about it and it is also

incumbent on women to support them in their efforts so long as these efforts do not detract from women's wellbeing. After all, we're all in this together and improved men's mental and physical health can only benefit their partners, relatives and friends.

There are many initiatives looking to address men's neglect of their own health and one of them is the Men's Shed movement.

The idea is to set up an environment where men can gather and discuss their issues while doing stuff like woodworking, metal work, auto repair and the like. What they do is often secondary to the fact that they are doing things together.

It has been said that "Men don't discuss their problems face to face, they do it shoulder to shoulder." Typically Men's Sheds contribute by making things for the community, raising money and providing labour to help out.

So what is happening here in Nimbin? We are in the very first stages of getting the shed together.

Nicola Garnsey, the Co-ordinator at the Nimbin Community Centre, recently called for expressions of interest and is guiding the project. A number of local organisations have offered support already, including a couple of women's organisations.

Martin Gill from Lillian Rock has put his hand up to help out and is the volunteer project manager/co-ordinator at the moment. Martin is currently preparing an application for funding from the peak body, the Australian Men's Shed Association (AMSA).

There isn't a lot of funding available (a maximum of \$10,000) and we will need to raise a lot more. The Nimbin Community Centre has offered the land so we will need to fund the building and fit-out initially.

The next step is to form a working committee to look at further fund raising and project planning. If you like the idea of being involved with creating this Men's Shed, please phone Martin Gill on 6689-7255 or email lillianrock@bigpond.com

Ch-Ch-Ch-Changes... A low-cost course for men

David Bowie sang about it, Alvin Tofler wrote about it, now the Men and Family Centre in Lismore is running a group for men on how to cope with and manage change in a positive way.

Changes is a twelve week program (one night per week) designed for men who are experiencing, or have experienced, the impact of significant change in their lives and relationships.

Change is often about a loss or death of a loved one; change in relationships, family structure, career, lifestyle or aspirations.

Unfortunately men's health and wellbeing statistics show that men, for whatever reason, are not as open as women to the opportunities and challenges that change often brings.

The Lismore Men & Family Centre is aware of this, and is now offering a new innovative approach to assist men to understand the impact of change and how it affects their lives and relationships.

The Changes group offers men an opportunity to talk about and explore the impact of change in an open and supportive environment as well as introducing practical and useable strategies.

Changes starts in Lismore on Thursday 16th September and runs from 6:30 to 9:30pm for 12 weeks. Cost is \$10 per session, with discounts available for the unwaged.

For more information or to book your place please contact Lismore Men & Family Centre on 6622-6116.

Medication and Counselling

by Dr Elizabeth McCardell

M. Counselling, PhD Phone 0429-199-021

I often hear about people who have been advised to go and get counselling and medication for depression; who go on antidepressants and then decide not to have counselling or psychotherapy as well because they feel better. What they don't realize is that their problems aren't going to go away; feeling "better" through medication won't change fundamental things much. The ideal situation involves looking after the whole self, and not just the chemicals in the brain.

Antidepressants certainly level a person's mood, but the highs go as well as the lows. When they are deeply distressed this levelling can be very welcome. Over time, though, not being able to feel much can be quite disturbing. Because we are expressive responsive beings, the sense of being disengaged can impact greatly on special relationships and even just in everyday encounters. A loved one can feel left out in some subtle way, and the depressed one is not even aware of this happening. By

expressive responsive beings, I am describing the beautiful lively interplay that occurs in every face to face encounter where each person responds to the other, back and forth. When one person isn't so engaged – as when their affect is flattened – the other person can feel excluded.

This partially blocked interplay is even more clearly evident when one person has had a stroke and their face is immobilized (as literature on face recognition describes it). Another aspect of this is the diminishment of a sense of being able to regulate one's moods, and not recognizing what moods are within the normal range and what is outside the normal range.

Several years ago, I knew a woman who had been on antidepressants so long that she no longer knew which of her thoughts and moods were reasonable and which were outside the experience of most of her friends. Any feelings of anger were attributed by her as requiring increased doses of her medication. This is so topsy-turvy and fundamentally wrong. Psychotherapy



would have given her a more accurate sense of what is real and what is imagined. It would have put her in touch with her inner world, giving her awareness of anger as a useful emotion with its own energy for changing the dysfunctional in her world. Instead she felt eruptions of anger as if these feelings came from somewhere else and increasing the medication had the unfortunate effect of deadening her creative encounters with her world even more.

Antidepressant medication can be useful in cases of prolonged grief, such as sometimes occurs after the death of a beloved, but here again, it should accompany counselling of some kind. Just the chance of talking about the death with someone who will listen deeply is nurturing. A counsellor generally will not shrink away from meeting a person at such a

profound place.

Loss of career, of hope in relationships, of despair, loneliness, and a sense of powerlessness can contribute to feeling depressed. Maybe such depression merits going on medication, but more is needed. The chance to develop other ways of seeing and instituting fundamental change is an important part of counselling and psychotherapy. Counselling and psychotherapy moves one's internal dialogue from societal and family ideas of loss equals failure and all the introjects of "get a grip on yourself," "put on a stiff upper lip and you'll get through this," and "think of the starving millions with greater problems than you", and so on, to actually finding new and creative ways of being really here in this place, now, with your integrity intact.

Some, but not all depression serves a purpose: it tells us when we are out of kilter with our uniqueness; when we are not fulfilling our individual lives in ways truer to ourselves. Some depression is actually more chemical than psychological (endogenous depression), but here again, just going on medication is insufficient. Dialogue in counselling is very useful, in bringing awareness to feelings and thoughts about feelings, as well as interactive communication with others.

Nimbin Hospital info



Nimbin Hospital Trivia Night – Saturday 18th September at the Nimbin Bowlo. To book, phone Leanne on 6688-1401.

Nimbin Immunisation Clinic
Birth to 5 years, 14th September 1.30 - 3pm, by appointment only. For appointments call Lismore Community Health 6620-7687

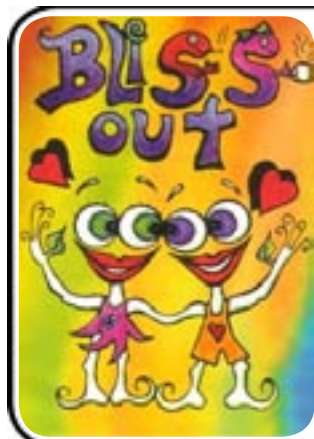
Nimbin Womens Health Nursing Service
Every 3rd Thursday of the month, though September is 2nd and 16th. Phone 6688-1401 or Helen on 6689-1288 for appointment.

Podiatrist
Michele Bevis is at Nimbin

Hospital on Wednesdays. Phone 0266-794-020 to make appointment.

Physiotherapist
Peter Davis is at Nimbin Hospital Tuesdays and Fridays. Phone 6688-1401 for appointment.

Nimbin Health & Welfare Association
Next meeting is on 14th September, 3pm at Old Hospital meeting room behind medical Centre. Any inquiries ring Helen 6689-1288.



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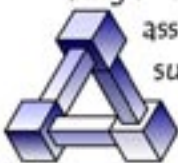
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New Energy Activity

by Daniel Keszler

Loving Greetings, dear reader!
Another month has gone by swiftly and spring is showing its face a little. Our inner wisdom is nudging us gently to trust in our self, while our world around us goes on its unstoppable course. We constantly give direction to our reality and yet are always surprised by the bigger picture revealing new facets to our consciousness.

Remember that we live within a universe with infinitely variable possibilities and our mind can only grasp a very small amount of it to create a linear reality for us. So if you feel you're not in full control of a situation, you are doing very well in being true to yourself.

I would like to make you aware of the interconnectedness of all things, and in particular, the connection of body and spirit. Your body is indeed a holographic image of all there is. You can understand the different parts of the body as representations of facets of your spirit as well as of life at large.

The bones give you structure, stability, how are you standing in the world, how is your spiritual backbone, how is your balance of left and right side, the yin and yang of your life, feet, legs and pelvis are your foundations, the seat of your vital forces, think in every sense of the words I use here, as I would like you to get used to quantum thinking.

Your abdomen, digesting what you receive, your connection with the seeming outside world, seat of refinement, integration, and intimate connection to nature, earth. The chest cavity, seat of our heart and lungs, where



the breath of life continuously exchanges energy through the action of the pulse of life. Seat of the fire of our spirit, passion, discernment in the light of love.

Then the neck, connection between the head and the heart, the thinking and the feeling, understanding and knowing. The head, seat of interpretation, rationality, reception, important but not to be left to run our life. The shoulders, arms and hands, our instruments of action and what we carry with us, what we hold on to or let go, what burdens us.

Of course this is a coarse overview and you have all the knowledge within you to deepen your understanding.

No one knows better than yourself what is happening in your life, and the world around you will always give you direction. The world around you is a direct mirror of your spirit just like your body. I think it is time to truly recognise this intimate relationship between us and the world around us. The more we are aware of this, the more conscious we become.

If you want to be effective and economic in your evolution and that of the world, simply let your awareness soar, become the best you can be. Work your way in to the core of your being and the world around you will show you its miracles.

In Love and Light,
Until next time, Daniel.

Ayurvedic Info

Spring, the king of seasons ayurvedically speaking, is upon us.

According to the Bhagavad Gita, lord Krishna announces, "I am the soul in the body, the mind in the senses... and among all the trees I am the sacred Bodhi and of the seasons I am Spring."

Flowering and blooming, increased daylight, more energy and a love to go outdoors – it is a season of celebration.

The qualities of spring are warm, moist, gentle and unctious. Due to the warmth, the accumulated snow and ice of winter begin to melt. Similarly, accumulated Kapha in the body starts to liquify and run. This is why so many people get spring colds and hayfever. As flowers shed their pollen, fragrance and perfume, making Vata and Pitta people happy, many Kapha individuals suffer from hayfever and allergies.

Panchakarma (major cleanse) is highly recommended to clear the system of the accumulated kapha ie. mucous. These should be done with proper preparation and supervision as per panchakarma protocol.

Good herbs for spring include ginger, black pepper, pippali (long pepper), a tea made of equal parts of cummin, coriander and fennel. Preparations such as talispaladi, purnanava and triphala are also beneficial. Avoid heavy, oily food, which provoke Kapha as well as sour, sweet and salty foods, which can aggravate it. Reduce dairy products, especially in the morning (Kapha hours are 6 to 10).

Favour bitter, pungent and astringent foods. All legumes such as yellow split peas, red lentils, kidney and pinto beans are recommended. Radish, spinach, okra, onions and garlic can be used along with hot spices such as ginger, black pepper, cayenne pepper and chilli. Use these spices in moderation if your Pitta is high.

If your Vata has been aggravated by the winds, be sensible and keep up the late winter regime to pacify it. For those who eat meat, chicken, turkey and rabbit are recommended; seafood such as crab and lobster are not recommended during the spring. It is a good season to observe a juice fast of apple, pomegranate and/or berry juice. Daytime sleeps will aggravate kapha, leaving you feeling groggy and heavy.

Other spices that can be used in teas or added to cooking include tumeric, cinnamon, cardamon, ajwain, basil or tulsi, dandelion, mustard seed, asafotida etc. Grains such as barley, buckwheat and corn including polenta are drying in nature. Also oats, museli, basmati rice and cous cous are preferable.

Asparagus, bitter melon, beets, carrots, broccoli, cabbage, cauliflower, celery, eggplant, leafy greens, mustard greens, peppers, tomatoes, turnips etc all make good eating. As we said before, if your Pitta or Vata is aggravated, pacify them accordingly.

Now is a great time for exercise throughout most of the day before it gets too hot, as sweating is a great way to cleanse kapha tissues, but always take time to smell the flowers.

John and Helen have clinic at Birth And Beyond on Thursdays. Appointments can be made via the Apothecary on 6689-1529 or by calling 6689-1794 or 6689-1717. Home visits always a pleasure.



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Homeopathics, Human Rights and Burning Pits...

by Tarang Bates

The King Parrot eyed me off with one eye, the other on a great bunch of bananas.

I dragged myself away from the chair in the sun, making an effort to growl – I'm sure he smiled at me as he flew off to the mango tree nearby, I know I didn't sound too convincing! LG if that's all I have to worry about today.

I have cast my vote at the ballot box – didn't get shot or threatened in the process. As a woman, I walk freely on my own if I choose to do so, and dress as I wish. Being in a heterosexual relationship means I can get married and if I decide to leave the relationship, there is a pretty high chance I won't get my nose and ears chopped off.

Yes, we do have the potential to live an idyllic life in this country, however there are still remnants of archaic discrimination floating around, one of these being the laws governing same sex marriage – let's forget church weddings, how about civil unions? Many countries recognise same sex unions and marriages – this is called respect for people's choices and individual lifestyles.

When I first came to live in Nimbin, the rubbish tip, plastics, tyres and all, was burnt on a regular basis. An awful toxic plume of smoke would hang in the valley for days. This practice was stopped years ago, once the community managed to convince the council how environmentally damaging it was – this was the early '90's.

In 2010 the US military has only now declared their open burning pits an environmental hazard. Hundreds of military personnel are being treated for severe breathing illnesses, leukaemia and other cancers.

Many of these pits, which disposed of plastic,



styrofoam, paint and solvents, were operational in Iraq and Afghanistan. These people are suing for damages and are having a hard time trying to prove the toxic nature of these burning pits – what hope is there for the people affected who live in these countries? Their plight probably doesn't even register in the scheme of things!

Back to my favourite subject – discrimination against homebirth: Whilst giving birth at a hospital in June, a Mother was wrongly injected with an external strength antiseptic chemical, instead of an anaesthetic during an epidural, suffering devastating long term consequences. My question is... what are the consequences for this negligent, criminal behaviour and what would the consequences be if this had occurred during a homebirth?

HOMEOPATHICS:
CALCAREA: used for chilblains which get worse in cold weather. The person feels chilly, sweats and puts on weight easily. Chilblains are most common on the hands and feet, may be itchy and painful.

PULSATILLA: for chilblains when warmth makes the itching worse, swollen veins and haemorrhoids.

SILICEA: use on fingers which are cracked, slow to heal with sweaty hands made worse in cold weather.

These remedies and a wide range of other Homeopathics are available from Nimbin Homeopathics contact Tarang 02 6689-1452 tarangbates@yahoo.com.au



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fashion focus

by Christina Chester

Hello Fashion Friends! It's great to be back from a beautiful European summer, diving into the jasmine air of a blue and perfect Nimbin Spring.

And Springtime for me means really getting into creating my new, and this time very colourful collection. I think I will make some menswear this year, looks like fun.

I have been enjoying the flair of Munich's tradition, Salzburg's modern art exhibitions, grand architecture, the Mediterranean Sea and also the tranquility of my friends, in Nimbin-like country settings where it is possible to process ideas and impressions, design and relax.

Perhaps I am also influenced by solar flare activity and unusual planetary constellations.



I didn't find much fashion in Germany like it is done here in Nimbin. No flower, colour or unique detail on the stereotyped, uniform clothing worn in Europe's streets.

What our designers come up with every year is unique and alive. It can soon be viewed and experienced in the 8th annual Nimbin Fashion Show on 12th - 13th November. If you are interested in participating as a Designer in the next Show, please contact Christina on 0427-326-790 or email christina@ccdsgn.biz

Congratulations, Nimbin Fashion Group! Finally we got the first \$5000 Network Funding Grant approved and soon we can start work on the website design and strategic plan.

And a big thanks to Dionne for filling in while I was gone. Happy Spring,

German model Basti (top) and model Valerie from Bavaria, wearing CC Design creations.



Bowen Therapy and our children

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

Well it appears that winter is once again scuttling back to its penthouse at Santa's joint. Albeit slowly.

This past weekend I stalwartly ignored the longjohns' pleas of 'pick me' and refused to be seduced by the soft feel of their fleecy underlining as I firmly banished them to the store box in the shed. Sadly for them, but thankfully for me, they will not regain the joy of draping these legs again, until next year.

Longjohns are wonderful in their place and I disdainfully ignore the sneers of the privileged few who view them on my person, as they exclaim, "Good lord! You look like someone out of *The Best Little Whore House in Texas*."

That may be so, but this madam is just grateful that on cold winter nights the longjohns keep my knees from moaning with complaint.

Had the delightful (and stressful) task of watching a seven-year young friend scaling a ten metre high, artificial climbing post, at the River Festival in Murwillumbah recently.

Harness in place, (checked a dozen times by me and her mother before she set foot off the ground) she scaled that wall like a spider, while we watched entranced, squinting through finger covered eyeballs, filled with trepidation.

When she returned to ground, we hid our huge sighs of relief behind loud noises of congratulations and she beamed with confidence and pride.

Two weeks before, she had fallen over in the school bus and as a result had a sore arm and shoulder that would not go away. Being a kid she did not pay it a lot of attention but it was obvious that the arm was not as flexible as normal.

When I did a treatment on her last week I found that the muscles in her upper back were constricted on one side

and stretched and weak on the other. This was caused by the shock of the fall and also two vertebrae in her upper back had gone out of alignment.

The beautiful thing about Bowen Therapy is not only its ability to relax and realign muscles but also its ability to bring vertebrae back into alignment without manipulation.

One of the effects of Bowen Therapy is to pump nerve and blood flow up the spine, which relaxes the tiny muscles and tendons that hold the spinal vertebrae in place. Often, this letting go of tendons and muscles allows the vertebrae to return to their rightful position.



Being a fit and healthy child, she responded beautifully to the treatment and only days afterward received a boost in confidence by being able to climb a terrain that would faze many an adult.

It is very important to kids that their physical bodies perform well. So much of their schooling and friendships depends on being able to run, jump and climb and also to solve mental problems easily.

I remember when I was a young kid, all my relatives were long distant runners, or 'harriers', as we called them in N.Z. I was hopeless at the sport, even though I trained three nights a week.

It was many years before I learnt the reason I could not run fast or long and



suffered supposed growing pains, (which were agony) was because I had a lower spine problem that interfered with the stamina of my legs.

Reflecting back, at age 10 I fell off a very tall horse and knocked myself out. I would hazard a guess that is where my back issue began.

It was a problem that could have been sorted by a Bowen Therapist or similar, but no one knew about that stuff then.

I grew into adulthood with the problem, and to this day I suffer for the innocent ignorance of my parents, because by the time I started learning the beginnings of what I now share with you all, it was too late to fully fix my spine back to good health. As I grew, I evolved around the injury and it became part of my normal body.

So, if your child suffers headaches, tummy problems, doesn't like sport, is always tired, cranky, or just not one hundred percent in health, make an appointment now.

They will definitely benefit from a Bowen Treatment at my clinic. My treatments don't hurt and they always feel better afterward. Children under five, no charge.

And you never know, you may well be saving them from continuing physical discomfort when they become adults.

Until next time,
Love light and laughter.

Cook's corner

Recipe of the Month



by Carolyne

Lemon Tart

This is a wonderful way to use up those end-of-season lemons. You can also use limes - add meringue on top and it's a Keylime Pie.

Ingredients

Pastry:
1 1/4 cups plain flour
1/3 cup icing sugar
1/4 cup ground almonds
125 gms cold butter chopped
1 egg yolk
1 tblsp ice water

Lemon Filling:
3 tsp finely grated lemon rind



1/3 cup lemon juice
3 eggs
1/2 cup castor sugar
1/3 cup pouring cream

Method

Blend and process flour, icing sugar, ground almonds and butter until it is crumbly. Add egg yolk and water and process until combined.

Knead dough on lightly floured surface until smooth, wrap in plastic and refrigerate for 30 minutes.

Roll pastry on floured surface until big enough to fill tart tray - preferably a

loose-bottomed flan tray. Press pastry around edge, cover with baking paper and refrigerate for 30 minutes.

Preheat oven to 200°, or 180° fan-forced, place flan tray in oven and blind bake with rice for 15 minutes. Remove paper and rice.

Lemon Filling:

Meanwhile, whisk filling ingredients in medium bowl and let stand for 5 minutes to settle.

Reduce oven temperature to 180° or 160° fan-forced. Pour in lemon filling and bake for 30 minutes until filling is set, then refrigerate until cool.

Serve with cream or ice cream.

Till next month,
Love, Carolyne.

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




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