

Jazz Club Notes

Cam De La Vega & Friends

The Lismore Jazz Club is excited to be able to bring a return gig of some very popular musicians.

Cam De La Vega and Friends will appear at the Lismore City Bowling Club on Sunday 17th April from 2pm to 5pm. Admission \$10 members and students and \$15 non-members.

Cam and friends will present *A Tribute to Django Reinhardt and Stephan Grappelli*. They will bring you burning Gypsy Swing in the style of gypsy jazz legend Django Reinhardt – sweet and soulful to hot and pumping, plus a bunch of original tunes all in the style of Hot Club Jazz. Reminiscent of the Paris Café scene in the 1930's and 40's, they will give you a concert of non-stop swingin' acoustic jazz fun. A dynamic trio with virtuoso guitars and violin, guaranteed to keep the joint jumping!

Each member comes from a long background of performance in Jazz, Flamenco and World Music. A truly international band, showcasing world-class talent.

Camaron is a Flamenco and Gypsy Jazz Guitarist, Concert Performer and Composer. He has played guitar for more than 20 years, gathering broad experience in all styles leading him to specialise in Flamenco and Gypsy Jazz.

In 2007 he lived in Spain and immersed himself in the Gypsy atmosphere there, performing concerts and jamming with friends in Sevilla, Cordoba and Jerez. He was also based in Barcelona where he performed concerts to much acclaim. During 2004



he studied guitar in renowned Flamenco academy Taller Flamenco in Sevilla, and spent time in Granada learning from famous guitarists Emilio Maya and Serranito.

He then moved to England where he performed private concerts at Henley on Thames, and in London, Edinburgh, Paris and at Montreaux Jazz Festival 2004. Additionally he was guest artist for the 'Total Guitar Sundays' series of lectures, workshops and concerts in Dublin, Ireland.

Camaron has certainly kept busy for the past 15 years. He has performed concerts all over the world, including Thailand, Christmas Island and Indonesia, and has recorded two albums of his own music.

In Australia, his group *The Gypsy Swingers* headlined the Ozmanouche Festival for three consecutive years and also performed in the 2009 Darling Harbour Jazz Festival in Sydney. This festival ended with a bang with Camaron's band hosting the festival party at the famous Basement Jazz Club in Sydney.

Last time Camaron was here, he had everyone on their feet. Don't miss this one!

Suavemente, baby



Vocalist Andrea Quinn with front-liners Rich Bell and David Sykes (by day the greengrocer at Nimbin Organics). Photo by Guy from Avalon.

The Sphinx Rock Cafe had a sparkle to it on Friday the 18th March, with a full moon, Autumn Equinox and a gathering of about 60 people to witness the debut show by Larnook Latin five-piece *Suavemente*.

The members of the band are Andrea Quinn (vocals), El Salvador Castro (congas), Shannon River (bass), David Sykes (organic acoustic guitar) and Rich Bell (guitar and vocals).

Suavemente plays songs Rich Bell has written over the past year. The music is chilled, a little latin-tinged, spacious. Rich said his main influences were *Kings of Convenience*, Nick Drake, *Everything but the Girl* and Neil Halstead, but said the band plays only two covers, 'Distant Sun' by *Crowded House*, and 'Secret's by Ian King. They're definitely worth catching.

Come wiz me to ze Casbah



A Night at the Casbah, an evening of Middle Eastern music, dance and food, will be held at Tuntable Community Hall on Friday 15th April.

The fun starts at 6pm (\$15 entry, \$10 concession), featuring The Nomads, Tribal Monsoon Dancers, and Sheik Yatoush with Cieavash Aryan, an Iranian master musician.

Those attending are encouraged to dress up for the evening, and a prize will be given to the best dressed guests. There will also be raffles and stalls featuring costumes and jewellery.

Beautiful dancing girls, sensuous music and the delicious offerings of the Middle Eastern kitchen – a night in the exotic Casbah.

The Irish Trio – both of them!



It is often said that our region

is blessed with a wealth of creative talent, and nowhere is that more true than in the case of Paddy and Glori O'Brien, of *Twin Bridges*.

Paddy O'Brien was described as a "laconic, bemusing and engaging folk poet" by J.S. Ryan in *Australian Folklore*, won the Oracles of the Bush competition (original section) in Tenterfield last year, and is a regular entrant in the Bush Poet Laureate awards, where he was a finalist in 2005.

The duo Paddy and Glori perform as *The Irish Trio* – *Just the Two of Us*, and last year released their fourth CD of songs and poetry, while picking up the Judges' Award and finishing in the final three in Valley FM's Gala Rave Awards in Toogoolawah, Qld, for their 2009 original composition, 'Roses by the Lake'.

'Roses by the Lake' was inspired by Paddy and Glori's six trips to Tasmania, and particularly the picturesque village of Waratah, inland from Burnie in the north-west, whose misty mountains, miners' cottages, flower-beds, friendly people and platypus-filled creeks are celebrated in the song.

The song features on their CD 'Waratah, Van Diemen's

Land' (pictured), which was the follow-up to their highly successful 2008 release, 'Springtime on the Tweed'.

The Irish Trio is fast becoming an international act. After their show at the Murwillumbah Australia Day celebrations last year, Paddy and Glori were approached with an invitation to tour Canada, and this year they are off to New Zealand and playing across Australia, including Tenterfield, Glen Innes, Uralla, Cunnamulla, Dunnedoo, Gulgong and Tassie.

That's quite a schedule for any performer, but even more remarkable considering Paddy turns 65 this year, and though he says he's "Not so much River Dance as Dry Gully," he clearly has the energy, abilities and sense of humour that mark him as a seasoned performer.

When asked if they had any retirement plans, Glori said: "We'll keep going as long as we can, as long as we enjoy it," – which looks like it will be a good while yet.

Enquiries for books, CDs and bookings can be made to Paddy and Glori on 6689-7274, mobile 0407-007-782.

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

April Gigs

Thursday 7th
Friday 8th
Saturday 9th
Sunday 10th

Sugar Cane Collins
The Floating Bridges
Holy Cow
Nathan Kaye

Thursday 14th
Friday 15th
Saturday 16th
Sunday 17th

Neil Anderson
Broadfoot
Sharon Friel
Shane Walters

Thursday 21st
Friday 22nd
Saturday 23rd
Sunday 24th

Shaun Kirk
Tightrope
Dylan Hammond
Brian Watt

Thursday 28th

Clay Blyth Duo

MardiGrass Weekend

Friday 29th
Saturday 30th
Sunday 1st May

Mr Speaker
Azadoota 2pm King Farook 7.30pm
Somersault 2pm Three Dogs 6pm

Gigs start: Thurs 6pm, Fri 7.30pm, Sat 7pm, Sun 2.30pm

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Sunday Gig Guide

1 pm Start

10th Paul Appelkamp
Acclaimed Indie, Roots w/ Tribal beat

17th Hayden Hack
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24th Mantlepeace
Sue, Jake, Fiona & Dan launch "Answers Tree"

1 May Method

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What's On in April?

• **Saturdays – Trivia Nights** – 7pm – Cash Prizes
The Jackpot has not gone off yet...

• **Tuesday 26th – 12pm ANZAC Day Service**

• **Saturday 30th – 2pm Tattoo Show**

• **Social Bowls every Sunday**

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Free-wheeling Franklin's loving legacy

IN MEMORIAM

In loving memory of
Franklin Johnson, 26th August
1942 ~ 29th March 2010.



by Irene Johnson

One year has passed since Franklin left us. He devoted his life to the study of the creative arts and the pursuit of the harmonious beauty of the natural world.

Nimbin was to be his last artistic inspiration and love. He was born in Sydney and first studied at the Julian Ashton School of Art. Then in 1960 enrolled at the National Art School, Darlinghurst. In 1971 Brett Whiteley, a family friend, introduced him to Martin Sharp, who invited him to join The Yellow House, Kings Cross. He then exhibited his surrealist drawings, paintings, collages and sculptures there. He also lived there, as the gallery itself became a living work of experimental art and human collage.

He set up a printing workshop, called Pop Eye Posters, where he produced psychedelic art posters. Then Whiteley and Sharp invited him to join them in a group exhibition at the Australian Galleries Melbourne.

In 1991 he was invited to rejoin all the original members of The Yellow House for a retrospective exhibition, at the New South Wales Art Gallery. In 1992, he was awarded a Fine Arts Degree, from the South Australian University Adelaide.

His artistic output was prolific and he had many diverse styles. Three of his artworks were purchased and represented in The



Australian National Gallery Collection Canberra.

Franklin held exhibitions throughout Australia, and his last was to be in Nimbin.

In 2003, we both chose Nimbin as our home, because we loved its magnificent landscape, its vibrant eclectic culture, its environmentally aware and proactive people, its political activism, its social consciousness for individual rights and empowerment, its spiritual ambience, and its all-encompassing and happening art scene. The natural world of Nimbin became his true companion and he found wholeness and peace within himself there.

Franklin's enduring courage in the face of great adversity, was truly inspirational to us all. He was never idle

and made full use of every remaining day. His parting from us brought the deepest pain and a tragic sense of loss. A shining light had gone out in our lives and our world had changed forever. Our love for him will always continue.

Thanks to all those in the Nimbin community who guided and assisted us both through this most challenging and difficult time in our lives. In addition, heartfelt appreciation to those truly gracious people who have continued to support me with care and kindness.

Franklin's final tribute to the splendour of the region is celebrated and encapsulated in the small selection of his Nimbin-inspired art works.

Autumn art from the heart

by Margaret McLaren,
Nimbin Artists Gallery

Friday night saw a joyful gathering of artists and art lovers to open this year's Autumn Arts Extravaganza. Happy and interesting conversation was still going strong at 8pm when we were due to close the doors.

There had been plenty of networking and encounters between artists, as well as with art lovers and buyers. Red dots were happily applied all around! The extravaganza's great doorman showed, by his hat, that even star-studded events are not to be taken too seriously in Nimbin.

Millie Simpson (pictured) gave a great program on the grand piano before Gilbert Laurie welcomed us to his country and opened the exhibition. Once again, a magnificent group effort has mounted a fantastic and diverse show throughout the hall, stage and backstage areas.

Five local glass artists have their work on the stage and it is stunning, sharing space with works by Rodney Sharpe, John Ridley and Karla Dickens. Karla's Black Madonna head was catching the sun today at around 4pm, glowing and alive.

A local art expert, visiting a previous



Extravaganza, called our art "Outsider Art". Although I have mentioned very few by name, be assured that your favourites are here with the best of their work, as well as some new and welcome interesting new residents.

Make this a frequent treat. The exhibition is open every day from 10am to 5pm until Monday 25th April.

Go Wild at Blue Knob

by Len Martin

Blue Knob Gallery is always a hive of activity – art, food, workshops, films, concerts, monthly Artists & Friends lunches, the Farmers Market.

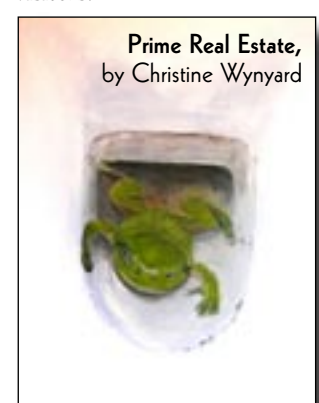
Then there are the on-going improvements to Blue Knob Hall, including the Nimbin Solar Farm. You'd have to be a pretty wild mob to keep that sort of momentum going all these years – and the latest exhibition is entitled It's Wild!!

A goodly crew of art enthusiasts turned up for the opening with Lorraine Vass, from Friends of the Koala, doing the honours. Many stayed on to enjoy a delicious meal on the verandah.

Some beautiful works are on display, including exquisite wood carvings by Bernard Rooney, delightful (and fast selling) jewellery by Peter Vryenhoek, impressive ceramics, and a top collection of paintings and photographs – wildlife and local landscapes.

The show has set the creative spirits of Blue Knob free to explore new environments and

directions. Take a rainforest journey, tumble down a cascade into a rocky pool, or soar like a gull above breaking surf. Among the portraits is one of the Green Tree Frog, whose preferred daytime hangout – in toilet bowls – causes much surprise to city visitors.



Prime Real Estate,
by Christine Wynyard

The exhibition runs until the 15th May, Thursday to Sunday from 10am to 4pm. There are always delightful light refreshments available at the verandah café. During the exhibition, On the Easel will feature well known local frog photographer John Pumpur's 1m-square Windows of the Microforest – a collage inspired by the patterns and

microcosms of nature.

A good time to visit the gallery is a Saturday morning when one can multi-task – enjoy the exhibition, music and cafe food, and buy local produce at the Farmers market, and learn how to produce one's own at a free talk by a BKH Farmers Market expert. Saturday lunch is available but bookings are essential (call 6689-7449).

On Friday 8th April at 6.30pm, there will be a slide and film evening on *Budget Travel & English Teaching in China – A Personal Experience* by John McNeill (gold coin donation). John has spent almost two years on mainland China working as an English teacher and travelling. There will be a break for a Chinese meal for \$10 (booking required).

A Mahjong club will meet at Blue Knob Hall Cafe every second Sunday starting on the 10th April at 11am, with a bottomless pot of green tea and a platter of Chinese delicacies for \$10. Bookings are essential.

Gallery volunteers required; call Robin on 6689 7293.

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Please donate to the Nimbin Murals Restoration Fund collection tins in local businesses or make a direct deposit to:

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Protesters from across the North Coast outside DECCW's Grafton office

Koala Kolumn

by Lorraine Vass

The Coalition has now formed government. Prior to being elected it pledged to better protect koalas, flying foxes and the Tasmanian Devil.

There being no detail about how this will be achieved, we don't yet know what it might mean for our Northern Rivers koalas. However, now that Robyn Parker from Maitland has been named as Minister for the Environment, let's hope her bush background will serve to focus attention on biodiversity conservation.

World Forestry Day, a couple of weeks ago, was marked in Grafton and in Sydney by protests in front of DECCW offices about the administration of private native forestry and threatened species licences for public forestry number (I mentioned logging of core koala habitat around Coffs Harbour in last month's Kolumn).

The Grafton demo was organised by the North Coast Environment Council (NCEC) and the North East Forest Alliance (NEFA). Friends of the Koala, Clarence Environment Centre, Valley Watch, Billys Creek Residents (Clouds Creek) and several other groups were represented.

A letter to Director General Lisa Corbyn said, "Your department is charged with the care of wildlife and the protection of threatened species, though instead of fulfilling your responsibilities you are overseeing the destruction of irreplaceable environments and the extinction of our most vulnerable species."

A number of demands were listed, including cessation of all logging in core koala habitat. To see footage visit: www.youtube.com/user/ncecaustralia?feature=mbum

All but a handful of the koalas that come into Friends of the Koala's care are from areas of rural-urban interface.

That's why the State Environment Planning Policy for Koala Habitat Protection (SEPP 44) and its provision for local government area-wide comprehensive koala plans of management are so important. SEPP 44 is now more than fifteen years old and is in urgent need of reform.

Armed with advice from the Environmental Defender's Office, Friends of the Koala has petitioned the Coalition (and the inattentive outgoing government) with three key recommendations for immediate action on SEPP 44 pending comprehensive review.

These are to revise Schedule 2 and the definition of 'koala habitat' to reflect the current knowledge regarding tree species and koala habitat; remove the one hectare trigger for requiring a site specific Koala Plan of Management (KPoM) to be developed; and

to insert detailed requirements relating to monitoring, review, reporting and compliance for individual KPoMs.

We are looking forward to the new government's uptake of these and other recommendations we have made for better protection of the state's koalas.

In the meantime Byron Council has supported preparation of a shire-wide KPoM and is writing to DECCW to seek either financial or in-kind assistance. Staff have been asked for a report/scoping study to include costing estimates for delivering the KPoM and to clarify current information held by Council regarding location of koala populations and habitat.

Lismore Council has established three separate panels to be responsible for conducting the work to complete the Draft KPoM for south-east Lismore. They are the Scientific Expert Panel, the Policy and Planning Panel and the Consultation Panel. Membership of a Stakeholders Reference Group, which will provide knowledge, information and comment into the Draft has been finalised. Its first meeting is scheduled for 7th April.

Back on the ground, the number of koalas coming into care has slowed down, thank goodness. Rescuers, carers, leaf collectors and transporters were run ragged over the summer. There are never quite enough of us. The area our licence covers is over 10,000 sq.kms and our active membership is nowhere near evenly distributed across the region.

We will be conducting an introductory information and training course on Saturday 9th April at Southern Cross University. The course will include rescue techniques, basic koala assessment and handling, transportation, koala food tree identification and leaf collection and the care of koalas in the Friends of the Koala Care Centre. The course will run from 9.30am to 1pm and bookings are essential. Cost is \$5 which includes morning tea.

The following weekend, the Animal Law and Education Project is offering a workshop entitled *Our Pets, Our Wildlife – Living Together* on Saturday 16th April at Lismore Workers' Club from 9.15am to 12.30pm.

Presenters from the National Parks and Wildlife Service, The Environmental Defender's Office, Friends of the Koala and Northern Rivers Wildlife Carers, and Animal Liberation will be discussing what we can do to reduce the number of native animals killed or harmed by our pets. Entry is by gold coin or note donation.

For more information and to RSVP to *Our Pets, Our Wildlife – Living Together*, contact Angela Pollard at animallawworkshop@gmail.com

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

Until next time, happy koala spotting.

Nature's bounty at Blue Knob

by Jim Arachne

Autumn at Blue Knob Farmer's Market! What a sublime feeling... the heat and floods of the wet season are gone (fingers crossed!) and the balmy, warm, halcyon days that follow are here.

Huge amounts of vegetable seedlings, from the Farmers Choice Organics seedling stall, are leaving the market to put down their feet in dozens of home garden beds. An early Autumn bounty is already coming onto growers market stalls, and the ideal weather will soon see tables piled with pumpkins, greens and beans and creamy corn. Cabbages, kale, broccoli and cauliflower are soon to follow.

Do you have any garden surplus that you'd like to sell? The Blue Knob market has a table waiting for you – the Backyarders stall. Just bring in any produce you have, tell us what price you'd like and we'll try and sell it for you. So far, people have bought in fragrant marjoram and thyme in pots, tangy finger limes, glowing orange turmeric and tamarillos, fresh, piquant rosemary, bunya nuts, ginger root, parsley, bay leaves and more. Last week a very large box of early avocados sold in record time.

While your produce is being sold, join the market customers and take a stroll around the country market space. Stroll around the gallery's brand new exhibition, relax on a hay bale for the live music, sip a coffee and indulge in a slice of Heather's scrumptious chocolate almond cake, or something more substantial from the café.

Sharing Local Knowledge Seminars

Sat 2nd April Learning about Biochar – Paul Taylor. Ex-physicist Paul Taylor PhD presents at international biochar conferences and around Australia. He'll focus on garden and agricultural uses for biochar.

Sat 9th April Bananas in Backyards – Shane Conroy. Shane is a third generation



professional banana grower. Learn about do's and don'ts for backyard bananas, cultivating them, treatment of common diseases, handy tools and different banana varieties.

Sat 16th April, 10am & 11am, Composting

– Sharon Gibson (10am Bin Compost, 11am Large Heaps). Sharon's home is a demonstration in urban sustainability. She teaches compost making and more throughout the Northern Rivers. Sharon shows how to turn kitchen scraps and waste into great quality compost.

Sat 23rd April "Organic Farm Share"

– Alf Orpen. Want to own a share in the organic farm where your food is grown? A group of people, with only \$4,000 a share, have bought their own farm (45km north-west of Kyogle) and engaged a farmer. Alf Orpen, co-founder of Organic Farm Share, will tell us how it all works.

Sat 30 April Self-Sufficiency for Real

– Ray Flanagan. A local 30-year-old community produces all its vegetables, eggs and dairy and nearly all its own fruit and more. Some income is from guided tours. Ray (a current tour-guide and 30-year resident) talks on their food production and self-sufficiency.

PLANT OF THE MONTH

Selected by Richard Burer
Project Officer, EnviTE



Pepperberry Tree (*Cryptocarya obovata*)

Very common in the area, pepperberry trees are most often found on alluvial flats along creeks and rivers.

The characteristically tall and bushy trees can grow to a height of 40 metres. An impressive specimen can be found across from the skate park in Heritage Park, Lismore.

Despite being a slow growing tree, it is an excellent choice for riparian plantings and will almost always be found when restoring vegetation along waterways.

Keep an eye out during April for the cream flowers which cover the entire tree. Fig birds, rose crowned fruit dove, topknot pigeon and wompoo fruit dove are drawn to the black drupe when it becomes available in winter months.

To grow your own pepperberry tree, gather the black fruits off the ground or on the tree. Compost for a short time and sow into a foam box. It should germinate in six to 12 months



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by President Robert Carroll

AGM

Our Annual AGM was well attended with President Rob Carroll (pictured), Treasurer Lisa Costello re-elected and Alan Roberts our new Secretary.

Alan has been tremendous with his media expertise, appearing on Radio, Television and constant articles in the paper. We welcome Alan, and also the Committee Members Hilary, Paul, Tracey, Andrea and Judy, Welcome!

We would also like to thank the Nimbin community for the kind support throughout the year, in particular the Hemp Embassy, Tribal Magic, Daizy, Bringabong, Happy High Herbs and Perceptio who have been constant in generously donating items for our raffles, the Nimbin School of Arts Hall committee for their kind support with the hiring of the Town Hall, and Capers on Cullen for their great coffee fix during the day. A thanks goes out to the whole town of Nimbin.

Just a reminder that membership is now due and costs only \$10 per financial year.

Coal Seam Gas

We have a bus leaving on the 28th April for five or more days to Tara for the "Lock the Gate" rally. Please express your interest now in the shop as we need to organise numbers for the bus.

We have six people from NEC in Tara at present helping the people stop QGC from coming onto their property to run a gas/water pipeline.

At 2.45pm on Tuesday 29th March, Greens co-founder and Lock the Gate Campaigner Drew Hutton was arrested at the Tara Blockade under Section 804 of the infamous

Petroleum and Gas Act. He was arrested for refusing to move and obstructing QGC activities. There have been two other arrests to date from the same property even after having the landowner's permission to be on the property.

The protest is about a 16-kilometre pipeline which will take gas and water from existing wells on QGC and private land to the company's plant nearby. You can follow the progress on www.lockthegate.org

With the current gas plans for our area, hopefully people from our area will **lock their gates** from the very beginning and call the NEC for support, as we have crews on standby to be there anytime to blockade.

Newcastle Coal Blockade
An NEC bus travelled to support 600 people in the blockade of the world's biggest coal port.

The rally was a success by blocking all coal movements for the day in protest against the giant coal corporations' plan to double coal exports, beginning with the construction of a fourth export terminal in Newcastle. They want to dig up and ship out more coal, without regard for the devastating environmental, social and health impacts all along the coal chain

In Conclusion

Congratulations to Sue Stock for running a great campaign for the Greens and it was a pleasure to support a party with policies that come from the minds of people trying to better our planet for all.

Finally our Dana Lyons concert was a great night and we would like to thank all involved for making our event a very smooth and enjoyable evening, which raised \$474.

Love to all from NEC.

Stu's View from the Loo

by Stuart McConville

Since my last article generated so much interest I've decided to keep the ball rolling and contribute regularly. I'm sure with your valued feedback I can supply a warm, fresh approach to human by-product re-use and management.

Since I began promoting the use of composting toilets to my clients I have noticed a re-occurring theme. I usually deal with a fella, the man of the house so to speak, that is overseeing the building project.

As I explain the benefits of composting toilets, I can see his dawning awareness of the simplicity and brilliance of re-using the resource. At the end of the conversation, he is sold on the idea and we are off to design a grey water system and compost toilet combination.

A few days later, he rings me and says: "My wife won't let me have a composting toilet." So I backtrack and design an expensive septic plus secondary treatment system for them so they can flush away their rainwater with their turds.

The reasons for this reluctance by women to take up compost toilet

technology are varied and complex, but a few things are worth noting.

1. For 40,000 yrs, women have always been most at risk from predators (including men) whilst performing their daily obligations. This is still the case in some countries with crude or non-existent sanitation. So the deep dark hole below is just that little bit scarier. It's probably why girls always go in pairs.
2. Odour issues with composting toilets. This is a fair call, especially since the management and design of our public composting toilets leaves a lot to be desired. On a recent trip from Sydney I noticed all of the vent whirlyies on the RTA roadside composting loos had seized.
3. Hygiene issues. When the bowl cannot be scrubbed and cleaned with strong antiseptics (due to the impact they have on the living organisms in the compost) the fear is that somehow a germ might jump up and get in where it is not welcome. The first issue is something that will never change in my lifetime. This is ingrained into the female psyche and cannot be undone except by very rational thinking and a strong desire



to improve our relationship with the earth. Local earth mothers, squat and be proud.

The second and third issues however, are surmountable. Toilet designs and management options have improved to the point where ventilation makes the smell completely innocuous. Urine separation adds to the odour proofing by taking away the potential for volatile ammonia gas to interfere with nasal normalities.

Cleaning a compost toilet can be done most effectively without the use of antiseptics. There are a myriad of bio-degradable cleaning products (such as EM or effective micro-organisms) that will leave your toilet germ-free and safe for even the most afflicted germophobe.

So here I lay down the challenge to all you aspiring earth mothers out there. Make the difference where it counts and put aside all the old faecal phobic fears – and get a composting loo.

Short courses at Djanbung Gardens

Would you like to know how to grow taro, make cassava flour or process arrowroot? It's harvest time again at Djanbung Gardens, where there is a diverse range of subtropical vegetables, making self-reliance so much easier in our climate.

From 7th May to 21st June, Permaculture College Australia will once again be hosting the Growing Abundance series of short courses at Djanbung Gardens with Robyn Francis and Janelle Schafer. The seven-week course every Monday and Tuesday deals with all aspects of planning, growing, harvesting, storing and preserving your own food for year-round abundance from the garden.

The short course series begins with Plants in Permaculture and Introduction to Botany – know your plant families for crop rotation and seed-saving.

Then later discover the potential of Food Forests



Harvesting garlic

and Orchards, Small Crop Production for Personal and Local Food security, Post Harvest Food Storage and Preservation, Integrated Organic Pest and Weed Management.

Come along and do as many workshops as you like or do the whole lot at a discount rate.

Contact Djanbung Gardens for registration details, go to the website for more information <http://permaculture.com.au/> or phone the office on 6689-1755.

The Biochar Revolution by Dr Paul Taylor Reviewed by Wayne Wadsworth (Wadzy)

This book is dedicated to Geoff Moxham, our much-loved barefoot scientist who was taken from us prematurely in an accident while developing a public domain Biochar system.

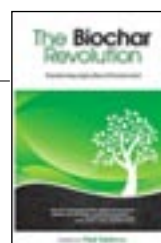
Biochar is crushed charcoal made in a pyrolysis system that turns unstable woody carbon into stable carbon that can last thousands of years in the soil. It has the potential to draw excess carbon from the atmosphere and store it in productive farm soils, thereby reversing the Greenhouse effect.

In his foreword to the book, Tim Flannery states that "Biochar may represent the single most important initiative for humanity's environmental and agricultural future".

Other noted scientists and commentators, such as James Lovelock, of Gaia fame, and Al Gore share Flannery's view.

This book is a very worthwhile read for anyone interested in Biochar, its properties and how it can be a major part of the solution for stabilising the global climate.

The book has very good explanations of pyrolysis, which is (currently) the best and most environmentally healthy way of making Biochar, with pictures and simple ideas for



making small backyard pyrolysis systems.

Various authors contribute to the book and add to its appeal, while the main author, Paul Taylor, puts in simple explanations for the backyard barefoot Biochar enthusiast, but the book will also appeal to those who want to know more about the science behind this emerging technology.

Biochar How-to:

A Biochar hands-on education camp will be held from 9am Saturday, 30th April, to noon on Wednesday, 4th May, at Eagle Farm Eco Park at Tyagarah Airstrip, near Byron Bay. Learn about profitable carbon capture and storage farming while improving farm productivity. The camp will provide experience in making Biochar kilns and gasification stoves for small and medium scale use with presenters, doctors Hugh McLaughlin, Paul Anderson and Paul Taylor.

Cost for the five days is \$440, including food, reduced to \$349 for early birds (by 17th April). Weekend and single day passes are also available, contact Paul Taylor on (02) 6679-5279, email potaylor@bigpond.com for bookings.

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The fun continues at Birth and Beyond

by Kirrah Holborn

Do you know what a rebozo is used for? Last month, Ela Forest came to Birth & Beyond and amazed us with the many uses of this valuable (and versatile) piece of cloth. A rebozo can be used for massaging pregnant women, turning breech babies, as a tool in labour to aid positioning and even to carry babies and toddlers.

I'd like to thank Dana and Miriam for sharing their home-birth stories with us.

Each story is so unique and plays a big role in helping other women to prepare for their own birthing journey.

It has been six months since Nimbin Birth & Beyond re-opened its doors to pregnant women. I'm so happy that the fun is continuing every Friday morning 9.30-11am.

Coming Up

1st April: Kerry will be sharing her beautiful birth stories (and if there's time guiding a meditation).
8th April: Dana will be

encouraging us to find our sound in this heart-opening workshop.

15th April: Chrissy will be leading a discussion about blessingways (honouring the mother-to-be).

22nd April: Break for Good Friday (nothing scheduled).

29th April: Lovely Laura will be delighting our ears with beautiful sound therapy (sit back and relax because you're in for a treat!).

For more information, phone Kirrah on 0429-308-851 or email kirrah@wholistic.com.au



Nathalie holding week-old Isabella.

The Story of our Lives

by Dave Reynolds

In the world around us there are millions of different objects and processes that can stimulate our senses. Our minds work with this raw sensory data by assigning meanings to these processes and objects. In order to make decisions and act upon them, we need to make sense of our world and reduce its complexity to something more manageable.

One of the ways that we do this is by running stories in our minds that 'explain' the things that we see, hear, smell, taste and feel and most of us have our favourite stories. Some of our stories are wonderful and life affirming and they allow us to see the highest good in the actions of others, whilst some of our stories are likely to be about how we or other people are less worthy. Since we are both the storyteller and the audience, there is no one to challenge our narrative unless we share it with others.

This self talk is a near invisible process that colours every experience that we have because when things happen that do not fit the story, they are either not noticed or discounted. In this way, many people live lives that are stuck in repeating patterns, where new experiences are avoided and risks are identified in advance and managed as best as possible. This is an understandable approach when faced with the unpredictable nature of life, however I want to offer an alternative choice to my clients and readers.

If we become aware of our stories, simply by noticing them, they begin to lose their power over our lives. The stories are our stories, we are responsible for their creation and they will become the story of our lives.

The next time you find yourself treading a well worn mental path that you know will bring you pain and suffering, take a deep breath and bring your awareness away from your mind and into your body. Notice your feelings, notice



your tension and stay for a while simply breathing with your basic bodily experience. Know that all the feelings in your body are valid and allow yourself to feel into your experience as deeply as you can.

As you bring your awareness to your embodied experience, you may then be able to identify what it is that you need and what you can do to move towards meeting your needs.

For example I might be thinking 'That person is a bad person, they should not have done that thing'. If I bring my awareness into my body as I think this thought I might notice that my stomach is tight and I might realise that I am fearful. Once I acknowledge my fear I am in a position to take actions that will increase my sense of safety around that person. I may need more support or I may need to consider my boundaries and these steps toward action arise from an awareness of my feelings, rather than my story about the other person.

Some of our stories have their roots in the past, some of them are about our hopes and fears for the future. Our bodies, however, live in the present moment. Every heartbeat brings new life and the chance to take responsibility for the way we organise things. As our stories change, the things we notice in the world change as well and as our embodied awareness grows, so does our self understanding and our ability to empathise with others' experience.

I wish you every success as you write the next chapter of your life.

Dave works as a Gestalt Therapist and Counsellor in Nimbin. For appointments, phone Dave on 6689-0426.

Acid & Alkaline Balance in the body

by Leannrah

Our blood is maintained at a slightly alkaline pH of 7.35 to 7.45, in order to perform essential oxygen transport to tissues and for enzymes to turbo-boost all reactions in our body, for essential physiological functions such as; absorbing nutrients, tissue repair, immune functions and waste elimination.

The body is compromised if it is acidic. It will struggle to eliminate excess acids via the lungs, kidneys and skin. The lungs breath out carbon dioxide to eliminate acids. The kidneys need amino acids and alkaline minerals to neutralise the excessive acid before urea excretion. The urine pH varies from 4 to 8. First morning urine within pH 6.5-7.5 is an ideal range, and less than pH 6.5 indicates a need to alkalise. The skin secretes sweat to excrete acid to a much smaller extent than the lungs and kidneys. Therefore, skin conditions and infections may be a sign of acid overload and/or under-functioning lungs and/or kidneys.

The blood does not have a huge store of alkaline minerals, so if these minerals are not adequately supplied by the diet, the body mines them from our bones, muscles and organs. Over a long period of time, if diet doesn't provide these minerals, diseases will become apparent. Health conditions such as: osteoporosis, muscle wasting, heart disease, osteoarthritis, inflammatory diseases, toxicity, illness, fatigue, weight issues, pain, infection, feeling out of sorts, not feeling quite right, joint diseases, protein deficiency, hiatus hernia, stomach ulcers, skin conditions, headaches, anxiety, PMT, cancers, insomnia, water retention, migraines, constipation, diarrhoea, tumors, burning sensations, asthma, cold sores, colitis, hay fever, impotence, sinusitis, white coated tongue, muscular pain, lack of sex drive, hot urine, bloating, dizziness, metabolic syndrome, kidney stones, cysts, anxiety, nervousness, irritability, nasal congestion, excessive mucous production, colds and flus.

Foods with acid or alkaline forming tendencies in the body are not measured



by the pH of the food itself. Lemons are very acidic, however, the end products they produce after digestion and assimilation are very alkaline, so, lemons are alkaline forming to the body.

It is impossible to avoid acid production in the body, as acids are produced as a part of regular everyday metabolism. However, it is possible to minimise unnecessary causes of acidity:

Avoid excess intake of acid forming foods: meats, dairy, grains, cereals, sugar, refined food, fats, artificial sweeteners, wheat, white flour, beef, pork, cheese, soft drinks, eggs, proteins, coffee, sodium chloride (table salt). Limit these acid forming foods to 20-40% of your diet.

Eat primarily an alkaline forming diet: green vegetables, chlorophyll containing foods, barley grass, wheat grass, spirulina, chlorella, spinach, kale, broccoli, asparagus, cucumber, globe artichoke, alfalfa, parsley, nettle, green tea, kelp, limes, apple pectin, kiwifruit, aloe vera, peppermint, flaxseed, watermelon, papaya, mango, almonds, dates, figs, onions, carrots, celery, cabbage, lemons, oranges, pineapple, strawberries, apples, apricots, whey, yoghurt, herbal teas, peas, beans, lentils, spices, seeds, nuts, cherries. Consume alkaline foods as 60-80% of diet.

Supplement with alkalisng minerals: calcium, magnesium, potassium, sodium, zinc, iron, manganese. Please see your naturopath to tailor make your program.

Ensure optimal digestion and absorption: if you suffer from indigestion, bowel problems, take ant-acids or don't chew your food properly, nutrients may not be adequately absorbed from your foods.

Get good at Stress Management: a stress response depletes magnesium

and potassium, therefore, you may just have to stop being a stress-head for your own wellbeing. Learn to relax if you don't know how to. Ensure: adequate rest and sleep, non confronting exercise, fresh air, pleasure, laughter, good conversations, enjoyment and unconditional love. Eliminate: fear, worry, anger, gossip, hatred and envy.

Water intake 2+L per day: If you are dehydrated, there is not enough water to allow complete elimination of waste products. These wastes can build up in organs and tissues, eventually decreasing their function.

Review medications: Some medications can contribute to decreased acid removal. Please ask your Dr to review medications and only act on Dr's advice.

Limit/eliminate habits that cause acidity: Smoking and especially cigarettes and tobacco are extremely acid forming. Any drugs made in a lab will also be extremely acid forming in most cases.

Alcohol is extremely acid forming.

Detoxify safely: Heavy metal toxicity is extremely acid forming. Please see your Naturopath or other practitioner about safely dealing with this awful state. Leannrah specialises in oral chelation therapy to address heavy metal toxicity.

Address allergies and food intolerance: The inflammation of an allergic reaction produces acid conditions and vice versa.

Deep breathing: releases at least 50% of body toxins.

Leannrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Tuesdays. She is a Naturopath and has been practising from the Birth & Beyond rooms in Nimbin for 8 years. Leannrah also has a country practice in Wiangaree, 10 minutes drive north of Kyogle, at The Turquoise House. There is a medicine garden, colour healing studio, and well stocked dispensary of homoeopathics, herbs, flower essences and supplements.

Phone for appointments 6636-2356 or book in with Nimbin Apothecary for Tuesdays on 66891-1529.

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Yoga at Lillifield Hall

by Guy Stewart

I have settled into my spiritual rituals for the year. I started these in earnest last year as a general way to build energetic momentum and to help stay balanced.

Yoga practice brings both immediate and lasting satisfaction. It is something that I want to do, not because I think I should but because I love it. My regular Yoga class has quickly grown to feel like an integral and essential part of my week.

It is a beautiful thing to do for my body and the world. It feels so

right doing yoga. I reconnect with my body and this deep well of good thoughts and feelings.

In my experience the expansion of the body goes hand in hand with the spirit and the mind. An hour and a half of yoga clears out a week of stuff and allows me to be fully present for the rest of the day. Regardless of my internal weather or external demands, I find this moment that is created for honouring and nurturing my simple being.

April Dawes holds the space at the Lillifield Hall on Tuesday, Wednesday and Thursday mornings.

The class hosts a diverse range of ages and abilities and her true gift is that she is able to meet you wherever you are in your practice. Every session I feel both challenged and supported. She is one of the radiant lights in my universe.

Each class includes Pranayama (breathing awareness), Yoga Nidra (conscious relaxation) and Asanas (the physical postures & movements). April guides and demonstrates to help us find the perfect balanced practice.

It is a fantastic class in a beautiful space and that encourages a regular attendance. The friendly and supportive atmosphere allows for growth and connection to extend beyond the mat.

The Red Front Door

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

I knew exactly what I wanted when I called the painters in to increase the beauty of my house. I wanted downstairs completed and I wanted my front door painted a particular shade of red, an example of which I showed the boss painter.

Now it happened that I was away when the front door was painted and when I returned I found I had a bordello pink door, a repulsive colour. I told the painters it would have to be changed. They said I would have to speak with the boss about that. I did, or so I thought. The next day, one of the painters arrived again carrying a pot of red paint. I said, this was not good enough, I had told the boss painter I would have to approve the colour (from charts) and that any old red paint wasn't likely to be the "one". This guy said he would paint one coat and see if I liked it. I thought, what an incredible waste of time and energy, but, "what the hell". He painted the door, and it was still a very nasty colour. So, with some reluctance the painter produced the colour chart I'd originally requested and I found my colour, wonderfully called "luscious red". My door was duly painted and it is lovely.

It happens that colour is very important to me. My architect father used to ask me what colours I would like the outside doors of the family home to be painted.

I wanted yellow, blue and green, and the front door painted red. And it came to be (as religious writers put it). I felt very lucky to be consulted on the matter. I felt my father and I had a special bond where aesthetics were concerned. Visual – auditory, and other sensory - aesthetics remain fundamental to my enjoyment of life. This is why I particularly love working as a therapist with artists, musicians and writers, anyone who lives a creative life. I actually get a kick from being with such people.

The red door principle, if I may call it that, is about finding the colour of one's pleasure, one's shiver of delight, and determining that it become a reality. The red door principle is what I see as my purpose in being a therapist. People may suppose the pleasure object of another person and be completely wrong (like an "any old colour red").

Assumptions can, and are made, about what a person should settle with, but unless the chooser really chooses and finds what really matters to her or him, then those assumptions are pointless. Society is good at telling us what we should aim at, how we should live our lives, who we should be, but I say, let's really know our own front door.

Sometimes, of course, a person does not yet know what colour red their door is (and I'm being metaphorical here, your doors need not be red at all) and so the process of discovery is exploring



where the tingles are, where the dew glistens, where the new leaf quivers, where the heart leaps and the breath comes in short surprised gulps, where magic is felt, and developing the ground from which these come. The work can be very painful and not at all pretty, but shifts from pain to awareness of tiny pleasure growing into huge smiles of excitement and fundamental change in the way a person is, happens in therapy. It is wonderful to be part of that!

My red door is open: I am offering 25 minute Gestalt therapy sessions for free until the end of September to anyone interested. These are available both in Lismore and Mullumbimby. I continue to see paying clients (individuals and couples) for one hour therapy and counselling sessions in my office in Lismore Heights.

Why the free sessions? The reason is two-fold: they are designed for clients who are unable to afford full sessions and the sessions help me hone my skills as a therapist. I am already fully qualified and have many years experience, but this year I am keen to become a much more attuned therapist; a therapist more alert to the yearnings of my clients.

What is cupping?

by Krishna Bear

Firstly, I'd like to say it's great to be back in service at the Nimbin Apothecary after such a long study break. Many thanks to all the beautifuls who have given me such a warm welcome back. Many of you used to know me as Patrick, but I've now taken on my spiritual name of Krishna as my regular name. Feels Great.

How cupping works is simple. A cotton ball soaked in alcohol is ignited and inserted into a specially designed glass cup, which will then evacuate some air. A negative pressure is created inside the cup and after a few seconds, the vacuum-filled cup is now ready to make contact with the skin. The strength of the vacuum inside the cup can be easily varied at any time.

In my practice, I find sliding cups to be the most popular and the most yummiest. Sliding cupping uses a much weaker vacuum and doesn't leave any marks on the skin. The sliding effect over tight muscles, combined with the powerful chi opening and energetic effects of the cups, puts clients to sleep within minutes. For those who love Deep tissue and non-fluffy massage, higher strength vacuumed cups are also very popular for a "let's get this problem sorted" kind of massage, and is recommended for people who can handle strong deep tissue.

Cupping may look like medieval alchemy, but its effect is similar to that of an intense, vigorous massage, which will leave your body feeling completely melted. My clients describe the feeling as a dragging away of the tension, and can really feel the muscle stretching and relaxing.

Why are there marks on the skin from high strength cups?

Don't panic. The marks will disappear in a few days. People who are unaccustomed to Chinese medicine are at first disturbed by what appears to be bruises on the skin.

The marks are purely cosmetic as there is no tissue damage present which can normally be associated with bruising. The marks are created by the vacuum within the cup, which draws up toxins through the pores of the skin from thick, dark and stagnated blood.

To understand how these marks are formed on the skin, it is important to explain how toxins can gather in the body. There are many possibilities such as poor circulation caused by lack of exercise, dehydration and a highly processed and toxic diet – these are among the



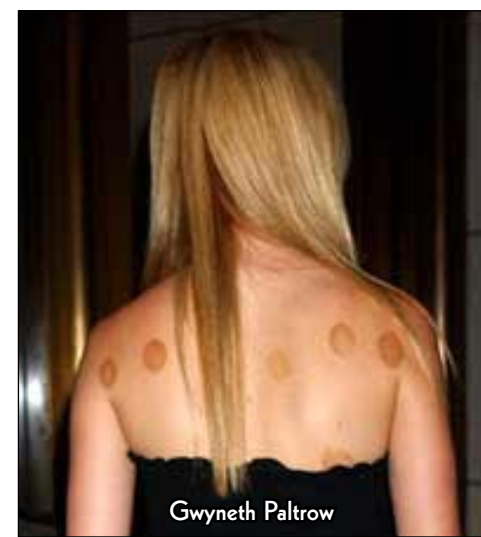
most common.

Regardless of the cause, the blood encapsulated in these toxic areas is thick, stagnated and much darker in colour than healthy fresh blood. This can be verified in an acupuncture technique called bloodletting where a small prick in the skin is made to exude a drop of blood. The blood from a congested and toxic area is black and doesn't look quite normal. Some acupuncturists refer to this blood as "sludge blood".

Cupping thankfully doesn't require bloodletting to flush out this "sludge blood". Instead it uses vacuum, pressure and heat to remove the toxins from the blood and disperse them back into the tissue fluid and up through the pores of the skin, which manifest as temporary red marks.

To sum up, from a Chinese medicine point of view, the darker the colour of the marks, the more toxic the area of body is.

I'm currently running "Shanti Bhavan Ka Huna and Retreat Centre" with Karim at Barkers Vale, phone 6689-7055. I've now also re-opened my Nimbin Massage Practice at the Nimbin Apothecary on Friday and Saturday, phone 6689-1529.



Dr Elizabeth McCardell, M. Counselling, PhD
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Selflessness

by Daniel Keszler

Blessings, dear reader,

We have come to the end of Daylight Saving Time and it strikes me as amusing how we can just set our clocks an hour back, when the true nature of time is empty.

Let us contemplate that things have actually no inherent existence. They do not exist of, or by, themselves but are dependent on many factors and components.

If you take the parts separately, the previous entity is nowhere to be found.

It came into existence because parts and factors came together in a certain combination.

We can look at any physical object and confirm the above. And what about feelings, emotion, consciousness, the mind itself?

Everything needs a background, and thought, and consciousness. And the background is only such if there is thought and consciousness. Meditate on the empty nature of everything through the lack of inherent independent existence.

This is the meaning of Selflessness. We have the opportunity to gain great tolerance and compassion by recognising the interconnectedness of things –

and we don't have to



get too caught up in any experience. Things are not that powerful if they

are void of any inherent existence.

They depend on all their parts – on cause and effect, and on thought.

It is important to understand that the empty nature of objects doesn't deny their actual existence. We must not draw the wrong conclusion that things don't exist at all, or we have a nihilistic view which would lead to denial of cause and effect, which in turn may lead to irresponsible action.

I hope this gives you some food for contemplation. The Dalai Lama has some excellent books on similar concepts, which are a great source of inspiration for me.

Have a wonderful month ahead, with much happiness and joy and peace, and maybe treat yourself to a massage. I am available for you in Coffee Camp (phone 6689-9249) on Mondays, Tuesdays, Fridays and Saturdays, and in Nimbin (phone 6689-1529) on Wednesdays and Thursdays.

What do YOU need to know to give birth?

by Kirrah Holborn

In our modern culture, do we run the risk of knowing too little or too much?

In one sense, we have been 'attending childbirth classes' since we were children. The stories we hear, movies we watch and articles we read all shape the way we view childbirth.

I remember one of the first times I heard about childbirth. It was in primary school around the age of ten. I remember the feeling of unfairness that I was a female and expected to do that. Does childbirth have to include suffering? Is it always painful? Does it have to be in a hospital?

Being self-determined and curious meant I wasn't going to take this information lying down. I knew there had to be another way. My questioning nature and desire to seek alternatives to mainstream protocols propelled me on a journey where I often felt 'different' to my friends.

Fortunately, I discovered the Northern Rivers region in 2003. I began studying complementary medicine and became friends with self-empowered women who were choosing to birth at home. What a breath of fresh air, a feeling of expansion and opportunity!

In 2007, armed with a bag of herbs, homeopathics, massage oils and an open heart, I was honoured to be able to support my friend birth her daughter in her kitchen. Nothing compares to seeing new life enter this world for the first time.

I had officially caught the 'birthing bug' and I knew I wanted to continue to provide support to pregnant and birthing women. In 2008, I certified as a Doula (birth assistant) with Optimum Birth.

I continue helping pregnant women with massage, nutritional advice, mind-body medicine (specifically with the Living Flower Essences of Australia), providing information and gently walking the path beside them as they prepare for their birthing journey.

Last year, Pam England (author and founder of *Birthing From Within*) came to Australia to teach a revolutionary approach to



childbirth preparation. Being a birth enthusiast, I jumped at the opportunity to attend this three-day workshop.

It changed my life! I was humbled to be reminded of the great mystery that birth is. As much as we think we 'know' about birth, real knowing comes from within, from the heart.

About 'Birthing From Within'

I am very excited to offer you an opportunity to explore your beliefs about birth. By discovering and examining your expectations, you can begin to know yourself on a deeper level. This helps you to make choices based on what feels right rather than what you believe you should be doing.

The classes are dynamic and will be presented in a way that is practical and fun. There will be 'hands-on' activities that make each session interesting and help the information really sink-in. Learning with the right-side of the brain allows this to be accessed even in the midst of labour-land (when not in your 'thinking mind').

You will learn more about yourself and you may be surprised how much you already know. Self-discovery helps you to gain confidence and journey into awareness. Individuality is emphasised and course content is tailored to your specific needs.

A lot of attention will be given to natural pain-coping. Breath awareness is an amazing tool to help with intense, unknown or unfamiliar situations. Luckily, our breath stays with us for life, so it's worth knowing a bit about it!

Enrich the way you think and feel about birth and learn to holistically prepare for this profound rite of passage.

Birthing From Within 6-week series of childbirth classes, Mondays 2nd May to 6th June, 10am-12pm at Nimbin Birth & Beyond. Cost: Sliding scale \$30-\$20 per class. For more information, or to reserve your spot, phone 0429-308-851 or email kirrah@wholistic.com.au

Mind, Emotions and Homeopathics

by Tarang Bates

I thought of her as soon as I awoke. Splashing cold spring water on my face, I heard a familiar grunting sound. Arming myself with a broom to fight off the horny male wallaby, I rounded the house following the grunt – on the hunt, I happened upon a couple of brush turkeys who took off wildly from the branches of the lemon scented gum above me... grunting and flapping their wings in a crazed sex frenzy... they all sound the same when it comes to sex!!

I found her under the house where she had lain panting into the night; the blow flies, fat with anticipation, had reluctantly left their quarry to the mosquitoes at dusk. As I crouched near her talking wallaby and watching, I wanted to ring a friend with a gun – we have a No Gun policy on our community, so this would have entailed a lengthy consultation process. How about morphine or tranquilizers – how would I get hold of these and how would I feed them to her?

She is dying slowly before our eyes, quietly visiting us every morning, watching us pleadingly while we dine on sourdough and avocado. I know bread is not "good" for her – but her ribs are sticking out, she has a huge tumour or abscess on her jaw and she can hardly open her mouth. I soak small pieces in homeopathically potentized water and feed her; she holds them in her little paws and gratefully nibbles away.

I imagine the "grateful" bit of course, based on my projection of how I would feel in her position. Seems to be a solitary transition when an animal dies, they are often shunned or kicked out of the nest or even picked on, although not so with elephants I believe. Perhaps animals have the ability to detach from pain – or their thoughts about the pain – or maybe their minds work completely differently to ours.

We humans have the potential ability to separate ourselves from our thoughts



and consequently have control over which thoughts are valuable and productive in any given moment and which are destructive or unhelpful. The common mindset is a never-ending stream of thoughts constantly demanding our attention, it's no wonder that most of us are so completely caught up in this process that we believe – we are our thoughts.

Learning to recognise the instant a new thought manifests, observing it from a distance and making a choice takes practice. Day by day it will become easier and gradually you can rest more and more in the stillness – which is you. It seems easier and more productive learning to disconnect from unhelpful thoughts, rather than struggling to get rid of them in order to still the mind. At the centre of the cyclone, we are stillness.

HOMEOPATHICS

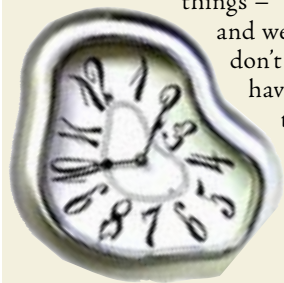
These are brief psychological profiles of people who may benefit from the following remedies;

CUPRUM MET Copper – emotional instability, changeable moods, talks a lot and often has fixed ideas. Tricky, acts like a spoilt child, screaming and fits of rage.

ZINCUM MET Zinc – brainy, hard working, oversensitive, unable to relax mentally or physically then becomes exhausted. Irritable, too tired to talk or listen.

IODUM Iodine – restless, apprehensive, preoccupied and anxious. Expects the worst and is often hurried, impulsive and impatient.

For more information on any of these remedies, contact: Tarang at Nimbin Homeopathics 6689-1452 or email tarangbates@yahoo.com.au



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Sistering Project – Nimbin goes global

After almost 20 years of involvement in Nimbin Craft Gallery, Lindy Brown thought it was time to move on.

"I felt I needed a change," she said. "Then when it became imminent, well, I couldn't imagine myself anywhere else."

One of three partners in the venture, Marnee Wong was ready to retire, but after a meeting it was decided that, instead of selling, they would shake things up.

The Nimbin Sistering Project, operating under the Nimbin Craft Gallery's own World Craft label, aims to support artisans from developing countries using sustainable and ethical creative practices.

Known for its on-going support of local artists, Nimbin Craft Gallery has been an enduring outlet for craft, clothing, jewellery, pottery and more for almost 35 years.

Proud of this tradition and looking to face the GFC head on, the gals decided to think outside the box.

"We wanted to expand our stock and our focus," said Marnee. "After a trip overseas to visit family in 2009, meeting artists from all walks of life struggling to find markets for their creative endeavours, I was itching to help. So the basis for the project was already brewing. It turned out to be even more mutually beneficial than I'd hoped."

First up for the project was the Northern Thai



Marnee and Lindy

Collective, a group of Thai and Korean artisans, designing organic cotton and silk clothing and using natural dyeing techniques (where possible) for adults and children.

"When I met the members of this amazing collective," Marnee said, "I was blown away by their contemporary Asian styling, commitment to maintaining the highest possible quality and the funky, colourful fabrics of their superb clothing range. It screamed 'Nimbin' to me!"

The World Craft range extends from casual pants and tops to skirts and dresses ready for a formal or dance party, and prices go from \$12 to \$100 for one-off creations. The children's collection starts at \$6 and pants from \$9.

While still stocking the finest in locally made goods, Nimbin Craft Gallery hopes to expand and assist more artists offering interesting and innovative creative products from throughout



Roisin Francis

the global village.

"We have a couple of exciting prospects for future Sistering Project candidates," Marnee said

'Come in, have a look and be inspired,' Lindy laughs, 'And watch this space!'

Nimbin Craft Gallery is located beside the pub on Sibley Street, and is open 7 days a week from 10am to 5pm.

Bowen Therapy with extras

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

Hi all. Did not write anything last month. Actually I was feeling intermittently depressed, and it is very difficult to write cheery and intelligent information on a laptop when one feels like curling up under the bed.

Yep, the Achilles Heel had once more been bitten by the black dog, making movement forward in life an unattractive and seemingly unobtainable chore.

Still, I smiled in the right places and worked as usual, but underneath it all I was felt like a ten ton truck carrying twenty tonne of pooh.

Of course there is nothing better than feeling sorry for one self to bring on a case of severe egocentricity.

What about me?! We wait to the stars, while those around us think we are being a pain in the bum and don't want to know about us, at all. It is true, misery can turn the most beautiful tune into a screaming cacophony of discordant sound.

Plus it is now scientifically proven that miserable or angry attitudes shut down parts of our D.N.A., limiting the function of the proteins that make us heal and think clearly. Refer *The Genie in your Genes*, Dawson Church 2008.

Depression itself is a huge subject, and thank Ganesh, I have never suffered from deep, long lasting, depression where it was suggested I medicate.

Depression can be caused by many things, but it seems to me, from what I have observed in myself and others and the literature I have read, the attitudes which may be a precursor to pooh carrying frequently stem from anger and resentment.

Often the anger and resentment arise from the belief that they, whoever they are, are still doing it to us, even after they are long gone.

Somehow, back then, we were a victim of circumstances where something made us feel helpless and alone.

Unfortunately, probably

because we have been genetically manipulated by fear eating aliens, we carry those feelings into adulthood, to rear their heads of many eyes and no brain, when similar situations arise.

I call this the Achilles heel.

At the time it was happening, my poop was steaming from something that might happen, rather than a certainty. Nevertheless the problem of that potential tomorrow created a brick wall in my head a hundred metres high, because it reminded me of some very old stuff from childhood.

My neck kindly disimbobulated itself in sympathy and I had a headache for three weeks.

I thoroughly dislike being depressed. I learnt long ago that those secret pay-offs for being miserable are an illusion best left alone. They just make you feel lousy and increase the wrinkles.

Eventually I called on some help. Unfortunately, the type of help I was looking for, the type of help I offer in my clinic, involved three separate therapists, who specialize in each technique.

A trip to the Sunshine coast brought to me some excellent Emotional Freedom Technique. I love EFT for two reasons. It works and it is a therapy I can give to my clients as homework, if they are ready to take responsibility for their own pain and accept that not being right does not mean that they are wrong.

EFT basically taps away the emotional charge that is making the problem feel like a brick wall and allows us to move forward.

I then moved back to the Tweed valley and had some Pranic Healing from



a colleague. I adore pranic healing, not only for the diminishing effect it has on misery, but my previously beleaguered gall bladder thinks it's wonderful.

Pranic Healing has the ability to put many ills into remission when conducted by a therapist who knows their stuff.

Finally, I had a Bowen Treatment, not only to reimbobulate my neck, but because Bowen Therapy stimulates the electrical field. This has a similar effect to Tai Chi, Yoga and other energy-based exercises which are designed to make us feel more relaxed and less stressed.

How do I feel today? Great! Back on track and writing this sitting upright at my desk like a real person.

Next month, for those of you who wish to do some self-help stuff to keep you balanced in what appears to be rapidly becoming, an insane world, I will share an EFT recipe you can use at home and also some other little tricks that assisted me to finally tip that truck of pooh into the milky way to be turned back to into joy & light.

Love, light and laughter.

I am in clinic in Nimbin, Tuesdays and Saturdays and would be delighted to assist in removing any muscular or skeletal problems that may be stopping you from being your best. Also I can help you de-stress in the kindest possible way, or recommend you to some excellent counsellors if needed. Call now for an appointment: 02 6689-0240, Mob: 0439-794-420.

Cook's corner

Recipe of the Month



by Carolyne

Steak and Kidney Pie

With the colder days here, this is a simple and extremely tasty dish. Very yummy.

Ingredients
300g Beef or sheep kidneys
1.5kg Beef chuck steak, chopped coarsely
2 medium (300g) brown



onions, sliced thinly
1 cup (250ml) beef stock
1 tablespoon soy sauce
½ cup (125ml) water
¼ cup (35g) flour
2 sheets ready-rolled puff pastry
1 egg, beaten lightly

Method

1. Remove fat from kidneys; chop kidneys finely. Place kidneys, steak, onion, stock and soy sauce in a large saucepan; simmer,

covered for about 1 hour or until steak is tender.

- Preheat oven to 200c (180c fan forced).
- Stir blended flour and water into beef mixture; stir until mixture boils and thickens. Transfer to a 6 cup (1.5 liter) ovenproof dish.
- Cut pastry into 6cm rounds. Overlap rounds on beef mixture; brush with egg. Bake pie about 15 minutes or until browned.

'Til next month, enjoy!

– Carolyne

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

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