

Tough tactics in Honduran media clampdown

by Warwick Fry

A day before sending this article off to Walkley magazine, I got word from Honduras that Radio Uno had been trashed and was indefinitely off the air.

The initial report was that the electricity supply to the station had been cut in the middle of an interview about government negotiation with teachers, then in the third week of a strike.

It was later discovered that cables had been cut and the transmitter disabled. It is not a unique event in Honduras.

The interviewer has been receiving death threats over the past six months. Two community radio stations have been burnt down since last December and another violently shut down.

Last year the main independent radio stations in opposition to the coup of June 28, Radio Globo and Radio Progreso, had been similarly raided, sabotaged, had their equipment smashed and looted, and their journalists were beaten up, intimidated, kidnapped, and in at least one case, murdered.

The two independent television stations, Canal 36 and CholoSur came in for similar treatment. Since the incumbent president, Porfirio "Pepe" Lobo Sosa, assumed the sash at the end of January, ten more journalists have been assassinated, most recently in late August last year.

What many Honduras media workers now call the "media blockade" around Honduras probably began in earnest around the 6th July last year, when more than 300,000 people turned up at the airport to see the deposed president Manuel Zelaya make his first attempt to return to the country.

The military put trucks on the runway to divert the plane, and police used live ammunition against the protestors. Several were shot, one fatally. Shortly after this the Venezuelan television team TeleSur, that had been filming the continuing non-violent street protests, was expelled from the country.

This left most mainstream international media coverage to CNN and domestic reporting, with a virtual monopoly of a few media owners (Rafael Ferrari is the owner of five TV channels and seventeen radio stations) who strongly supported the coup – or according to some reports were actually instrumental in promoting it.

But while interim president Roberto Micheletti was making public announcements that "everything is back to normal", the few independent media, like Radio Globo and Canal 36, experienced a surge in popularity, and became a kind of informal communication hub for the almost daily demonstrations.

One week there were demonstrations, country wide, of between two and three million people. Five months later there were still demonstrations and protests continuing almost weekly.

The "Fourth Ballot" was what triggered the coup. (Or rather, the attempt to poll on whether to include the ballot in the November voting options triggered the coup.)

The Fourth Ballot (or Cuarta Urna) was a proposal to include in the ballot paper of the general election in November 2009,

an option for a non-binding vote for a plebiscite for constitutional reform.

At the time of the coup it was falsely claimed that Zelaya was seeking to change the constitution to gain an extra term in the presidency. Zelaya claims he simply sought a means whereby his very moderate reforms (free education to the age of 15, a minimum wage, etc.) could be protected from "rollback" by the next incoming president.

The coup outraged a normally passive population. What began as a massive spontaneous surge of protest against the coup quickly developed a loose organisational structure that evolved into the Honduras Resistance, with its own agenda, strategy and tactics.

When Radio Globo was taken off the air after two frustrated attempts to shut it down, the staff kept the radio streaming on the Internet. Barrio (neighbourhood) organisations and networks acquired cheap FM micro-transmitters and rebroadcast the web stream to the radios of neighbouring houses.

If a micro-transmitter was not available Globo was simply replayed through a loudspeaker set up in the street. Smaller regional independent radio stations networked and rebroadcast Radio Globo.

In a country where there are more mobile phones than people, the talkback host is king, and the talkback radio became an organising principle of the resistance protests. As one Resistance figure said: "If we had been organised from the beginning, the coup regime would not have lasted more than a few weeks."

There was speculation that the Porfirio Lobo administration, in its US-supported efforts to be readmitted to the Organisation of American States, would be more sensitive to human rights issues.

The savagery of the repression of the teachers' strike in August this year and the growing toll of journalists and other media indicates otherwise.

Dick Emanuelsson and his partner, a Honduran woman, caught dramatic footage of the anti-riot squad the Cobras, firing 2-300 tear-gas canisters into thousands of striking teachers trapped in the University grounds, for the second time in two weeks. (<http://dickema24.blogspot.com>)

Emanuelsson is a Swede who has been working in Latin America since 1980 and is no stranger to regimes hostile to open reportage.

In 2005 he was persuaded by colleagues to leave Colombia after receiving death threats for six months. "I used to get calls two or three times a week, at three in the morning, telling me to get out or get killed," he said. Later he was leaked a dossier; "over four hundred pages of documentation by the Colombian Security Forces with detailed reports of my movements for several months – where I went, who I spoke to, when, what I ate, which way I travelled... it was all there".

When they started openly filming him, he was finally persuaded to leave. In Colombia open surveillance is the warning signal that one's disappearance is imminent.

He says he goes to great pains to ensure



Village street scene

that everything he does is open and above board, and consistent with his code of ethics as a journalist. "The Swedish journalist association has a rule, a principle, that you always work publicly, openly. You never hide what you are doing. Even when they followed me around for six months in Colombia they found nothing they could use against me."

Nevertheless, some Honduran media workers did feel compelled to leave Honduras. Katia Lara is the director of the definitive documentary about the coup, *Quien Dijo Miedo* (We are not Afraid).

She followed the co-producer and sometime protagonist Rene Amador into exile late last year to do post-production in Argentina. Rene left Honduras after finding a homemade bomb on his girlfriend's car.

The security forces, he believes, were hoping to pin the death of his girlfriend on him to discredit the Resistance Front, with which he had become identified. Rene was one of the actors who made a series of promotional TV spots advertising the poll for the Fourth Ballot that triggered the coup.

Another of the actors, in the series of ads, Xenia Flores, was offered a blank cheque to work with a pro-coup public relations firm. Rejection of the offer made her subject to a series of traumatising death threats.

Xenia got up on stage at a public event, and although shaken and tearful, denounced the death threats. "I want to declare that I am being threatened. You are witnesses, that whatever happens to me, it is their fault," she said.

Another Honduran colleague discovered an attempt to sabotage his car. "I am not too worried at the moment," he said. "They have changed their tactics this year. They are not targeting high profile members of the Resistance any more. They don't like the bad publicity. They are going after the less prominent community organisers intimidate others." (Last year there were over 130 "extra-legal" killings of Hondurans associated with the Resistance Front.)

A common thread in Hondurans' willingness to make time to talk to the media is a poignant belief that if the international community knew what was happening in Honduras there would come recognition and some relief.

And beyond that? Dick Emanuelsson explained his motivation to continue working in journalism under such hostile conditions thus: "There are historic changes sweeping through Latin America. It is a privilege to be here to report them."

An abbreviated version of this article is published in the current edition of *The Walkley magazine*.

In Pictures



Bridgework. Work is progressing well on all the bridge replacements being undertaken throughout the region, despite delays caused by rain and holidays. Above: Mount Burrell.



NRMA=HLEP. It would seem that proofreading is not a major priority of the organisation, which sent thousands of these signs across the state, this one at Nimbin Motors.



Whoops! Watch out for hidden culverts when you use the verges, especially if they haven't been mown for a while...



Noticeboard. The remains of Nimbin's community noticeboard next to the Post Office, following driveway work. It had been in constant use for some 15 years, and now locals are hoping that a replacement is not too far off.

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Dots make dashing artwork

ACE North Coast Community College has once again joined hands with the Nimbin Aboriginal Cultural Centre to run an accredited art course.

The *Join the Dots* course addressed four units from the Certificate III in Aboriginal and Torres Strait Islander Cultural Art, to help artists develop skills in drawing and painting. The students worked on the principal techniques of drawing in perspective and internal geometry.

The trainers were local artists Gilbert Laurie, Burrie Jerome and Luke Close, with guest storyteller Roy Gordon. The students came from the Nimbin community and Casino to work together

over three months, exploring new ways to develop and express their art.

ACE course co-ordinator Sandra Levy said, "The emphasis for the program is cultural immersion using drawing, painting and Aboriginal culture as the medium to meet, work and learn together in a community setting."

The *Join the Dots* course culminated with an Exhibition of the participants' work, which was officially opened at the Nimbin Aboriginal Cultural Centre in December. Aunty Vivienne Laurie welcomed the crowd and commended the artistic people who had worked together to make a

special show.

The works are being exhibited until 30th January.

Exhibition opening photos by Mac McMahon



Delight



Dana



Course teachers



Michiko



Aunty Viv

Woodworkers heaven

Local furniture maker Andrew Kavasilas (pictured) has realised his long-held ambition to open a wood shop to display and sell fine timber and hand-made timber products.

He celebrated the opening of his *Nimbin Furniture Gallery* with a party before Christmas at the new premises behind the Oasis café, Cullen Street, attended by dozens of well-wishers.

Andrew, a regular exhibitor of furniture at the Spring and Autumn Arts exhibitions said, "This has been a long time coming. It's something I've wanted to do for a while."

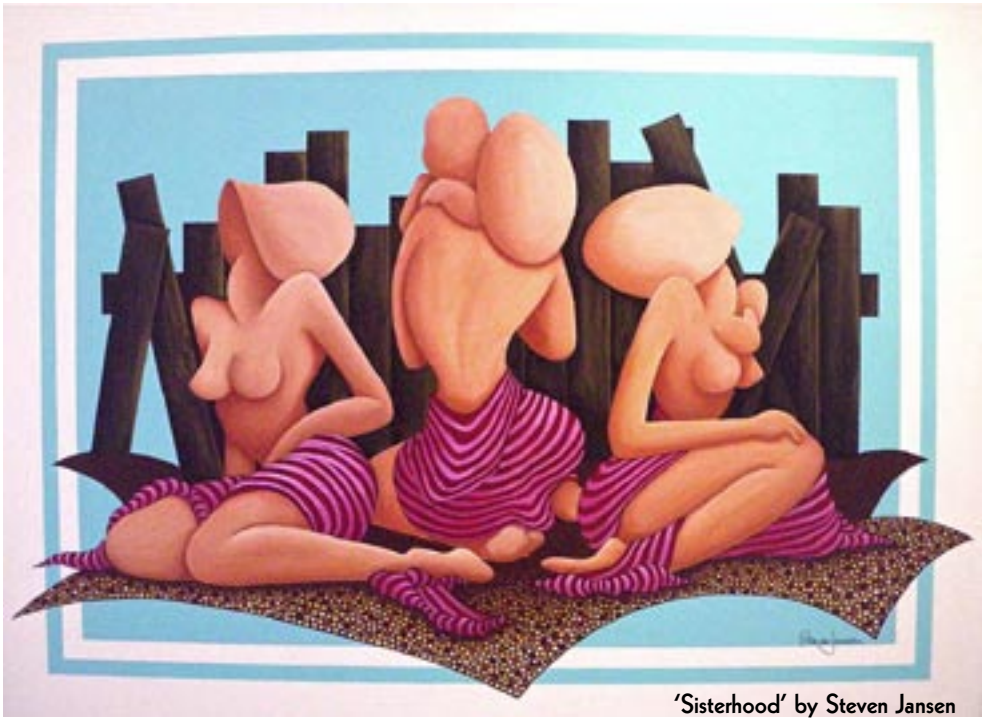
As well as displaying examples of his finished furniture pieces, the gallery also carries a range of unique, rare local and world timbers, in sizes from pen blanks and box timbers to full-size slabs.

Many of his timbers are rare and protected species, cut from salvaged logs or sourced on the internet. His favourites include birds-eye purple heart, snakewood from Syranam and ziricote from Mexico.

But you don't have to be a wood-buff to become infected with Andrew's enthusiasm for fine timber. He can also offer advice on woodworking projects. His gallery is open most days.



Treasures on show



'Sisterhood' by Steven Jansen

Selected artworks from the 'Tropical Fruits' New Year's Festival Art Exhibition, held annually at Lismore Showground, are being made accessible to a wider art audience.

'Treasure in the Queerest Places' will be exhibited at the Serpentine Community Gallery in North Lismore, presented in conjunction with Tropical Fruits, Australia's largest regional gay, lesbian, bisexual, transgender, intersex and queer (GLBTIQ) community association.

Lismore Mayor Jenny Dowell will open the exhibition at the Serpentine, 17A Bridge St, North Lismore, on Friday 7th January at 7pm.

The work displayed represents some of the best art created by the GLBTIQ community,

and reflects some of the concerns of that community: that 'treasure' is indeed found in the queerest of places.

Artworks, by local, interstate and international artists, use a diverse range of media in a wide range of formats, and include visual art such as paintings, photography, sculpture and prints, as well as textile and fabric art, installations, craft, video and sound productions, and theatre.

The wider community is warmly invited to share in this vision of the Fruits' community artists of what 'Treasure' might be, and where it might be found.

'Treasure in the Queerest Places' is on view at the Serpentine until 28th January.

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Vast experience with Multiple Occupancy Communities

Koala Kolumn



by Lorraine Vass

The soggy Christmas may not have suited everyone but it gave our volunteers a bit of a break. A koala was transferred to the Care Centre on Christmas morning. She and the other eight patients already ensconced were fed and medicated over the weekend. An older male, brought in on Christmas Eve, was euthanased on Boxing Day. There were no call-outs however and I closed down the computer for 60 hours. For koala carers on the Northern Rivers, this Christmas was a blissfully quiet one.

Last Summer the excessive heat was a factor in many koala mortalities. In recent months ticks have been a problem. We are used to seeing a few ticks on koalas and when the animal is healthy they appear not to be harmful. A heavy infestation is another matter. The female mentioned above had more than twenty-five ticks removed. She was already suffering from cystitis. The ticks were in clusters all over her body. Her face was swollen. She was understandably flat and lethargic. By morning her face was back to normal and she had perked up enough to be transported to the Care Centre, although she's not out of the woods yet.

All the rain we've been having reminds me of the Dreamtime story about Koala's instrumental role in peopling Australia. The story is too long to retell in its entirety. Dreamtime stories derive from observed behaviours. Characteristically this story holds many truths and conveys subtle messages which assisted in maintaining tribal harmony.

Long ago the earth was all land. Days and weeks and months and years of rain created the seas and oceans. The animals and people who had previously been free to wander wherever they wanted became separated from each other. Koala's involvement is that its removed intestines are blown into by a boy to create a long tube that arches the sky. Koala's extraordinary caecum serves as a sky-bridge for the tribe to find their way to Australia. But that's not all. As the bridge floats away, the sun lights up the caecum and it becomes the first rainbow before it disappears. The inventive boy whose idea it had been to remove the koala's intestines for the purpose of finding a new place, himself became a koala; Australia's first animal.

The full story is in A W Reed's *Aboriginal legends: animal tales*, Sydney, AH & AW Reed, 1978.

Myths featuring the koala abound, although there are regional variations. Many focus on aspects of the animal's unique anatomy like its vast caecum, strong upper arms, its lack of a tail, even its apparent lack of thirst. The connection between the koala and water is a recurring theme (some held the koala being responsible for droughts), as is its perceived role as a wise counsellor and helpmate.

Koala's totemic status in indigenous society goes back to the arrival of Aboriginal people on Australia's shores some 60,000 years



John Lewin, watercolour, 1803: Coola, an animal of the opossum tribe from New South Wales

ago (perhaps 40,000 years by the time they made it to the South East). Rules developed about proper treatment. While the koala was universally eaten, (apparently taken from or killed in the treetops by agile climbers) some tribes never skinned it. Others saved and buried the head, according it similar rites to a tribal member.

Surprisingly the koala went unnoticed by European settlers for ten years, or at least there is no recorded observation of it until 26 January 1798 when a servant of Governor Hunter's, John Price, noted an animal called a cullawine by the natives. He had been sent to explore the country around the Nepean River. The observant Price likened the cullawine to an American sloth. The first live koala was obtained for the Governor in 1803.

From its prominence in Aboriginal Dreaming and Creation stories, Koala quickly became a scientific curiosity despatched to museums on the other side of the world and displaced from its habitat by tree felling associated with human settlement. By the end of the nineteenth century it was relentlessly hunted for its valuable fur.

Happily, we don't shoot koalas these days, but we haven't quite stopped destroying their habitat. Despite protective legislation and a lot of lip service, we humans can always find and use the loopholes that work to our advantage.

For some though Koala's present iconic status is enabling it to resume a determining role in Australian society. If any animal can teach we highly urbanized Aussies more about the bush around us and its importance for the survival of our species in this International Year of Forests, it is Koala.

Thank you to all those readers who responded to our Support-a-Koala program or made a donation leading up to the holidays. We appreciate your generosity and we hope you will visit the Koala Care Centre in East Lismore to see how your contribution is helping.

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 Friends of the Koala's (24/7) Rescue Hotline: 6622-1233. Please also ring this number to book a tour of the Koala Care Centre.

A very Happy New Year and until next time, happy koala spotting.

Environment Department approves koala habitat destruction

Environment groups have slammed the NSW Department of Environment, Climate Change and Water (DECCW) for approving widespread logging in core koala habitat in the Coffs Harbour area.

The Koala population around Coffs Harbour is recognised as being nationally significant, and core koala habitat has been mapped in detail as part of a legal Koala Plan of Management that was developed jointly by Coffs Harbour City Council and DECCW.

"Last week we found heavy logging had occurred in areas which have been mapped as core koala habitat in the Coffs Harbour area", said NCEC Vice President Susie Russell.

"This set our alarm bells ringing and we then checked all logging approvals issued in the area by DECCW since 2007.

"The results show that DECCW have approved logging of at least 1,890 hectares of mapped core koala habitat around Coffs Harbour."

"We can't take the Environment Department



seriously. It produces reports about the threats of climate change and habitat destruction on endangered species like the koala, but then ignores their own regulations for koala protection and in this case is actually promoting activities leading to this iconic species' demise.

"This is yet another case of appalling mal-administration by a Department which has also tarnished its environmental credentials by approving vast areas of oldgrowth forests for logging in northern NSW."

The Private Native Forest Code of Practice for Northern NSW states that "Forest operations are not permitted within any area identified as 'core koala habitat' within the meaning

of State Environmental Planning Policy No. 44 – Koala Habitat Protection".

In the Coffs Harbour LGA, 'core koala habitat' has been mapped in detail in accordance with its meaning within SEPP 44, and gazetted in a Koala Plan of Management (KPoM).

Our analysis of the PNF PVP register shows that there have in fact been 60 PNF PVPs issued by DECCW over core koala habitat. Those PVPs cover approximately 1,890 hectares of mapped core koala habitat.

The Coffs Harbour City Council says it does not have a role in issuing PNF PVPs, and that DECCW does not use or refer to the core koala habitat mapping from the KPoM when it issues PNF PVPs.

PLANT OF THE MONTH



Brown Kurrajong, aka 'North Coast Christmas Bush' (*Commersonia bartramia*)

Selected by Richard Burer
Project Officer, EnviTE

Brown Kurrajong is also known as Scrub Christmas Tree because of the abundance of white flowers which cover every branch like a dusting of snowflakes.

This year's wet season means extra Christmas cheer on our local trees.

It is common in the area, particularly in re-growth forest, scrubby gullies and roadsides. It is fairly tolerant of most soil types and aspects, though frost intolerant.

This species often grows a fast impressive canopy and is excellent in your restoration projects or quick shade tree on the farm.

It will get leggy in a competitive planting and expect a 10+ metre tree in five years either forming a canopy or as a pioneer in a regenerating forest. (Recorded habit is 25m maximum.)

The fibrous bark was used by Aboriginal people for making fishing nets and lines.

To grow your own, collect hard / hairy seed pods containing small hard black seeds at the opening stage, mix with hot water in an electric blender and pour mixture over seed raising mix.

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Compiled by NEC Volunteers

The Year in Review

The last twelve months were a very busy period for NEC volunteers and members. We were active on a variety of issues and have prepared a list for you review.

Coal ship canoe blockade at Newcastle, Newcastle coal port shut down, Climate Camp at Bayswater Power Station, Coal Seam Gas, No Dam Byrrill Creek, No Rally, NSW TAFE Shoe Drive, Wires, Friends of the Koala, Anti Nuclear Rally at the Bush Theatre, Double Duke State Forest - checking old growth, Private Native Forestry - broken guidelines, Police Tower twice, Transgrid, Round-up - prepared info for local councils, Gungas Road logging campaign, Sea Shepherd, GM Free Zone, lobbying local, federal and state political parties on a regular basis and supporting Darcy Goodwin's Five Loaves.

Palm Oil

We have been on the Palm Oil-free trail by advertising the effects that palm oil has on the forests in Borneo and Malaysia where the last of the orang-utans are struggling to survive, literally hanging off the edges of the very last remnants of forest cleared for the palm oil plantations.

We have beautiful soap made locally by clean hippies in the shop for sale which contains olive oil, hempseed oil, seaweed along with essential oils such as lavender, lemon myrtle, cinnamon and tea tree. If we keep buying palm oil products (which we have a list of in the shop) there will be no more Orang-utans left on this planet.

We are all happy to have contributed to helping protect our environment at local, state and global levels, and strive to get the message out to all who are not aware that our Mother Earth is here for us all and that she requires some rest from all the devastation that humans are continually inflicting upon her.

Thank you for all the support we have received throughout the year and we look forward to continuing support in 2011.

Gungas Road Private Native Forestry Update

After Sue Higginson wrote a letter on 9th September on behalf of the Nimbin Environment Centre detailing seven breaches of the Private Native Forestry (PNF) code of practice on a Gungas road property to the state government PNF section, they carried out an audit.

Many times since the audit, Sue has asked for the report and just as many times she has been promised a reply – it's even been promised to arrive on the same day – but never did they come.

Sue reports that a separate audit has savaged the whole PNF department for issuing Property Vegetation Plans allowing logging of rainforest and old-growth, which is against the code. Apparently the PNF section is in deep shit.

Newcastle Coal Port Shutdown Washup

Two Nimbin Environment Centre members were fined \$350 each for their part in the shut down of the whole Newcastle coal port on 26th September last.

Now Port Waratah Coal Services are pursuing the seven remaining defendants for \$525,000 under the Victims Compensation Act. This Act was designed for victims of violent crime, not billion dollar multi-national corporations seeking money from political protesters.

NEC is getting a DVD about the action and court case to show in Nimbin as a fundraiser to help the EDO who are vigorously defending the seven, who include two primary school teachers, a social worker, an honours student, a horticulturist, an environmentalist, and a science student.

They say, "We will fight this case until the compensation order is dropped. We will stand up for the right to protest and like the Gunns 20 and the Triabanna 13 in Tasmania. We will not give in to corporate bullies."

The first court case is on 31st January so please watch out for the fundraiser before then.

Non-Violent Nimbin Stars in Climate Camp action

by Alan Roberts

On 30th November, Nimbin Environment Centre's climate camp crew of 22 bussed themselves down to Lake Liddell camping reserve, just south of Muswellbrook in the Hunter valley to join people from all over Oz for 5 days of skills training at Climate Camp 2010.

Across the lake from our camp was the sulphurous Bayswater power station, the biggest fossil carbon emitter in NSW, with ministerial approval to double in size (to keep up with all the new air conditioners necessary because of global warming) and close on our camp's other flank was the rail humming with 1km long trains taking 5000 tonne of coal every 15 minutes to the world's biggest coal port at Newcastle.



Between these two atrocities we Nimbinites gained notoriety for the most functional and colourfully flagged and bannered solar powered neighbourhood centre. Our bus was used to take the campers on devastating mine tours and our data projector was fully booked including doing a wonderful job on films every night.

After 4 days of skilling up, working hands on with the best practitioners in Oz on non-violent direct action, facilitation, legals, media, action photography, street theatre, indigenous issues and lots more it was Sunday 5 Dec, the day of action. The arrangement with

the police was for us to march 4 km to the New England highway then be bussed to the gates of Bayswater power station where after a short march we would protest at a designated site complete with riot squad and police horses.

This plan, however, failed to take into account acts of god along the way. After informative speeches including heartfelt support from a Bayswater power station worker and a BHP coal mine earth moving contractor, all of whom know they work in a filthy industry, we set off with flags and banners, hemmed in front and behind by paranoid police who kept us tightly bunched. After 1.2km there was a rail underpass that supplied both Bayswater and Liddell power stations with an average 1700 tonne coal/hr. Miraculously, just over this bridge, 40m of cyclone wire fencing with 3 strands of barbwire on top fell absolutely flat allowing 130 of us to occupy the rail line despite futile efforts by the motor bike cops to round us up like sheep.

13 of the 130 on the tracks were from the Nimbin crew. The rest of our crew along with the remainder of the camp supported us wonderfully from the road with cheering and banner dancing contests. The real legends though were the four 16 to 17 year old Nimbin girls, namely Sapote Hudd, Mahalia Jackson, Rebecca Johnson and Shanti Kenny, who locked on for 7 hours, together with 3 other AYCC students (3 others locked on separately). The most inspirational time for me was when the girls were singing Leonard Cohen's *Hallelujah* as the rescue police cut them apart. The song wafted so peacefully across the paddocks and clearly touched the police. I don't know, but it might be why the police couldn't bring themselves to do more than give the girls a warning. Congratulations to their parents and the Nimbin culture.

On the tracks it was all singing and



dancing with our own brass band. The Nimbin crew's big "Coal Out, Renewables In" banner, painted by Benny Zable, was chosen as the banner in front of the 130 of us in the *Sydney Morning Herald* photo.

10 Nimbinites were arrested and processed in the Muswellbrook cop shop to the sound of uplifting cheering from the outside. The court case has now been set down for 31 Jan 2011. The police have made up wonderful stories on our "full fact sheets" and want to charge us victim's compensation of \$5500 each. They won't get it of course. Victim's compensation is for people who have suffered as a result of crime not for billionaire coal magnates. No court has yet twisted victim's compensation to this end. Sue Higginson, our wonderfully talented and reassuring EDO solicitor, who was there, is now representing 79 anti global warming "criminals". She is already working magic behind the scenes. The Muswellbrook magistrate has good credentials, we hope he remains in good health.

Climate camp in core coal country really put the fear up the coal companies according to inside information. Now we plan to capitalise on the arrests without appearing to pressure the court. It will be a fun respite in the continuing battle for a liveable planet for our children.



Common-Wealth or Common-Sense?

by Robert Carroll

Mother Earth has a human virus. Hot, cold, wet, dry are the new four seasons.

Her arteries – creeks and rivers – are blocked and poisoned. Her forests are burning and being cut down. Poison chemicals are being sprayed by people who call themselves public servants. So-called biodegradable glyphosate kills Nature's and the human body's cells within 24 hours, even diluted over 100,000 times. (See Monsanto court case, France, October 2009. Round-Up is said to be harmless – harms less than what?)

Mother Earth also has the shakes caused by volcanoes and earthquakes associated with all mining, in particular the new "black asbestos", coal. Coal has 21 poisonous chemicals, nine of which are cancerous (another dirty economy

like coal). Coal is a cancer on every living species. It is poison when dug up, when burned, and also when the ash is buried to seep back into your water system.

The earth's atmosphere is also dying – it is choking on so many pollutants mostly from mining and other human activities including war.

The oil, gas and now the water is being sucked out of the earth at an insane rate. There are plenty of wrong jobs on a sick planet – and no jobs on a dead planet.

Human being means being human, treating the earth like an open sewer is not being human.

Every tree that is cut down dies a double death once when it releases its carbon into the atmosphere and when the oxygen-giving tissue dies. One leafy tree creates enough oxygen for ten people to breathe in a year.

The conveyers of these catastrophic



events are the salesmen of death, the coal, the oil, the logging and the gas industries and also the local councils spraying deadly chemicals around our communities.

Get into your gardens and grow your food store, keep clean water and create your own clean power. The future is not somewhere that you are going, it is what you (we) create.

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Are you pregnant, parenting or passionate about birth?

by Kirrah Holborn

You may be aware that the Birth & Beyond space is open on Friday mornings for connecting, supporting and sharing stories with one another.

In 2011, it is starting at the new time 9.30am-11am. We will be having regular relaxation time and more birth stories this year.

We have also been lucky enough to be given more resources! Two birth pools are available for use if you were thinking about labouring or birthing in water.

Two DVDs have also been donated: 'The Art of Birth' and 'Birth as We Know it'. These are both beautiful movies and can be borrowed from the Birth & Beyond Library.

We have some wonderful people sharing their skills and stories each Friday over the next month:

7th January: Laura will be delighting everyone who comes with sound meditation. You can sit back, relax and breathe while she creates beautiful sounds to soothe your soul and tantalise your ears.

14th January: Kerry will be guiding a meditation and then afterwards sharing her birth stories.

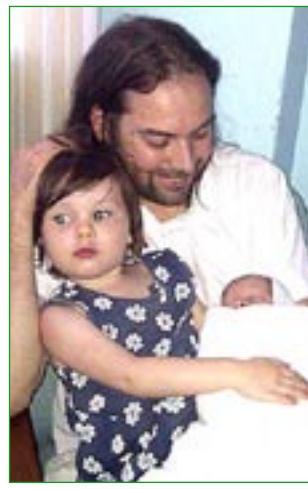
21st January: Kerry will again be leading everyone through a guided meditation and afterwards Nerida will be sharing her birth stories.

28th January: Dana will be guiding a sound and breathing meditation, and afterwards Tina will be sharing her birth stories. If you have something to

offer to the group, please get in contact with Kirrah so that it can be arranged (We need February birth stories, meditations or workshops!).

Phone 0429-308-851 or email kirrah@wholistic.com.au

Thanks to everyone who helped launch the revival of Birth & Beyond in 2010. I am looking forward to an amazing, inspirational and supportive year.



Ben Stephens arrived on 30th December at Lismore hospital.



A brainstorming session inside Birth & Beyond last year.

Nimbin Community Website

Nimbin Community Centre (NCC) has received grant funding from Small Chambers of Commerce Fund to produce a community website at the domain: www.nimbin.nsw.au

This is a great opportunity for organisations to get a free website that will reach out to the wider community to promote your services.

The main aims of the website are to:

- Enhance the profile of Nimbin.
- Provide an up to date web presence for local community organisations and services.
- Support local economic and community development initiatives.

Nimbin Community Centre will provide content management support to the organisations involved and pay for the initial design, training and web hosting.

How it will work is that you will have your own website which links from a central portal. You can have features such as: photo galleries, members only section, contact forms etc.

If you are interested in being involved in this Community Project please contact Nicola Garnsey at Nimbin Community Centre ncci@nimbincommunity.org.au or 6689-0000.

We would like to meet in mid-January to discuss the overall design, look and feel, so please contact us soon.

The art of embracing change through Yoga

by Sam

The one universal truth that exists in every fibre of my being is that every single thing, thought, feeling and experience in my life will change.

The "nature of impermanence" and "it too shall pass" are words that resonate throughout the teachings of Yoga. Recently I have been reminded that the direct experience of living in a constantly changing world is very different to the concept I have had in my mind.

It is amazing how often I still find myself grasping, clinging and attaching myself to different things, ideas, places, situations or people. It has also been amazing to observe the process of all of these things breaking down and how my body/mind reacts.

Through this process I have become intimately aware that my challenges, pains and suffering only arise because of these attachments. Navigating the impermanent



nature of life can be liberating and sometimes scary, thankfully the intrinsic nature of Yoga is here to support this very process.

Meditation – Observing the process of the mind in all situations, becoming aware when I am reacting from a place of fear and attachment or from a place of love and trust.

Pranayama (breath awareness) – The quality of my breath shows me if I am unbalanced and reacting or relaxed and at peace.

Asana (physical postures) – Using the body as a tool for releasing blocked, stuck and dull energy. Cultivating a deep awareness of the body in all situations – when the body tenses I know that I am having a reaction to a situation, thought or feeling and through this awareness I can begin to soften.

Relaxation – Taking the time to be still and consciously moving my awareness inside to understand and discover who I am, and knowing I can do this at any time throughout my day.

For me, this takes practice, and that practice is LIFE. Yoga for me is living

in a space where I am able to make empowered and conscious choices in how I respond to change in my daily life.

This empowerment has supported me in making the big decision to move my Yoga classes from Nimbin to the Living Arts Sanctuary at Blue Knob next year. I feel grateful to have had the awareness to meet any doubts, fears or concerns and have deeply trusted in my intuition and inspiration for growth and evolution.

Now I feel excited and ultimately at peace with the release of the old and with the transition to the new. I also hope that this helps all of my wonderful students to make the transition to that next stage of being and growth both on and off their yoga mats.

Yoga classes will recommence next year at the Living Arts Sanctuary on 1st February, 2011. The Living Arts Sanctuary is just a few minutes past the Blue Knob Gallery on Blue Knob Road.

Sam is a Certified Yoga Teacher running classes at the Living Arts Sanctuary, Blue Knob on Tuesdays (9am and 5:30pm) and Fridays (9am).

Contact Sam on 02 6689-7055.

Life Changing.

by Dave Reynolds

Many people come to therapy seeking to make lasting changes in their lives. Personal growth and change are processes rather than events and as a Gestalt Therapist I am interested in the way that my clients create change. In order to experience a sense of autonomy and self direction, we all need to be able to make conscious choices about our behaviour.

The desire for change starts when our awareness comes to a situation that arouses our interest and captures our attention. This may happen in response to an old way of being in the world which we are outgrowing or a newly emerging possibility. The more our awareness focuses on the existing situation as it is, the more our energy for change grows. As our minds focus on the issue, we may also notice an emotional response and increased physical excitement. Clarity is the key at this stage, becoming clear about exactly what it is that we want to change before moving into problem solving. Some things are easily changed and it is clear what we need to do, more complex issues require that we channel our increasing excitement into our decision making and choosing processes.

During this phase, we weigh up our options and make a choice about which one we will take. We need to be clear about the outcome we want to create. There are a number of ways in which people can struggle with this process. We may have discounted options which are feasible due to our belief system. Beliefs are made up of things which we have learned from experience and things which we have been told that we have swallowed whole without chewing over. If we have repeatedly heard negative messages about what we are capable of, we will probably have a limited view of our capabilities. Revisiting key life experiences and examining previously unquestioned beliefs can allow powerful changes to take place in our belief system. Such changes can transform the



way we perceive our world and evaluate our options, allowing us to make realistic choices which are more aligned with our core values than with what others believe about us.

Having made a decision about which is our preferred option, we need to translate thought into deed and take action. To act on a choice requires a combination of courage and conviction. If our fear of failure is stronger than our energy for change, we will struggle to act on our decisions. Humans are prone to fantasising about worst case scenarios and outcomes and then behaving in ways which avoid these imagined situations. The antidote for this is to learn to tolerate our own mistakes as we try out new behaviours. In a therapy session, the therapist will support their client as they experiment with taking action. As clients gain valuable experience in a safe environment, their self awareness and self belief grows. These experiences are then integrated into a newly emergent sense of self, one which supports the whole person.

Being able to make lasting changes in our lives is a key component of personal well being and mental health. Gestalt Therapy offers practical support and challenge to those who are ready to make changes and who want create a life which better reflects the essence of who they are.

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.

YOGA with Sam
TUESDAYS - 9 - 10:30am
 5:30 - 7pm
FRIDAYS - 9 - 10:30am
 Classes Resume 26 Feb 2011

I have moved to the beautiful Temple space at the Living Arts Sanctuary. The Living Arts is only 10 minutes out of Nimbin & a few minutes from Blue Knob Gallery.
Blue Knob Road, Blue Knob

Phone: 66897055 ****Look out for more classes soon**** Certified Yoga Teacher
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On knowing the essence of the other

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

Call it empathy, called it emotional compassion, call it 'putting yourself in the other person's shoes', call it what you will; at the heart of the matter it is knowing the essence of the other. It is recognising the realness of the humanity, in its complexity, of the other person in their flesh and blood.

We are not born having empathy, for it is something we usually grow into. As little children we start to recognize what another person is feeling from cues such as facial expressions, laughter, or crying, and how they might be responding from various contexts or situations, like cutting a finger. At first we may experience the distress of the other person as our own distress (their tears are our own) – which can be overwhelming, but then we develop something called reflective empathy where we gradually learn how to helpfully deal with the suffering of others.

This reflective empathy may eventually develop into altruistic behaviour. Altruistic behaviour is where you act for the benefit of another person, without necessarily seeing their discomfort first.

So what does this word *empathy* actually mean, and is it adequate in its present form? Does it actually connote a much deeper interrelational process?

The word empathy is a relatively recent concoction combining two Greek roots, *pathos* referring to "suffering" and the prefix *em* referring to "in". As such, the whole word means "in-suffering". The dictionary defines it as 'mental entering into the feeling or spirit of a person or thing' as well as an 'appreciative perception or understanding'. But is it merely mental? It is useful to dig deeper into the origins of the word.

The term empathy was coined by Titchener in 1909 to serve as a translation to the German word *emfühlung*,

which had been appropriated by a man named Lipps in 1903, to be applied in a psychological context. *Einfühlung* was originally used in the study of aesthetics to describe the way in which observers are able to project themselves into a work of art or a thing of beauty. To know the grain of the artwork within the body of the perceiver. The Greek word *aisthetikos* meaning "sensitive, perceptive," from *aisthanesthai* "to perceive (by the senses or by the mind) is origin of aesthetics. So the origins of both words, empathy and aesthetics, are far from being understood as arising from wholly mental processes.

Unfortunately, as with the drift of the study of aesthetics to an elitist value-driven critical study of the beautiful, so the word empathy has moved from the realm of sense-perception, of knowing in your bones, to a moral cognitive one. No longer concerned with our participation in another's suffering as part of a matter of knowing the essence of the other, the term has come to mean anything from an imagined feeling with the other person to a communicated by parallel-felt distress.

Thus a group I've come across known as "Laws of Attraction" adherents can say that as empathy is a mental activity, taking on the negative emotions of others is a harmful practice because you are attracting those same negative circumstances into your own life. Better, they say, to empathize with people who have what you want!!!

There goes any consideration of the needs of others and any reason whatsoever for working towards a more equitable world, and here comes a totally selfish way of being, where all work is for the satisfaction of ourselves. The spiritual dimension of empathy, which is what I know as "knowing the essence of another", has been abandoned by these "Law of Attraction" crowd, for the pursuit of self-gratification.

Choosing not to be empathic and not knowing how to be are two different things. It is possible to learn

how another person feels. In my clinical practice when something of this nature comes up, I might get them (M.) to "put on the shoes" of the other person they are not "getting" and speak the words the other person might say, using "I" words (swapping roles around). For example, "I can't seem to make sense of M.," "I feel M. is missing me; she's not feeling my pain." "M. just wants things all her way..." Something often happens, a sparkle of recognition occurs. A small bit of awareness of the other person twinkles into being and broadens and shifts the whole feeling situation and changes the way they interact with this other person.

Knowing the essence of the other is a deep process. It is much more lovely than a mere cognitive



acknowledgement of another's being. It is a whole body, mind, spirit, sharing that allows us to not only acknowledge the rights of others to their unique experiences, but puts us firmly into being here on earth ourselves in inter-relationship with them.

Knowing the essence of another is being with them in a vital, sensitive way; it is being here-now with zing and being in community with the capacity for interactive sharing.



Community interest is building for the establishment of a Men's Shed in Nimbin.

A digital artists impression (above) has been produced by Guy Stewart, showing the shed's proposed location alongside the Youth building at the Community Centre.

Getting a shed up and running will be a daunting task. The group will need to raise between \$50,000 and \$100,000 just to get the thing built and equipped. They are also looking for men willing to donate their time and energy to literally raise this shed, if funding is forthcoming.

Contact person is Martin Gill on 6689-7255.

Nimbin Hospital info

Health Notices

- **Nimbin Immunisation Clinic** at Nimbin Hospital, 2nd Tuesday of the month. Birth to 5 years, by appointment only, through Lismore Community Health, phone 6620-7687. Next Clinic Tuesday 11th January.
- **Nimbin Womens Health Nursing Service** every 3rd Thursday of the month Free and confidential. Next Clinic 20th January. For appointments ring 6689-1400 or 6689-1288 Helen/Gail.
- **Podiatrist**- Michele Bevis at Nimbin Hospital on Wednesdays. Appointments are made directly to Michele on 6679-4020.
- **Physio at Nimbin Hospital** Tuesdays and Fridays. Phone Community health 6689-1288 with any enquiries.

Forgiveness

by Lil Cotterill

The lack of forgiveness affects us on myriad levels: mental (attitudes) emotional (feelings) and physical (smell, taste, sight).

Failing to forgive is part of an insane process of past thoughts and memories. There are always opportunities to forgive, to stop and ask: "How can I see this differently?"

The resulting blame guilt and pain means we feel threatened, manipulated, hurt, angry, frightened annoyed, irritated (the list goes on and on). But it is our addiction to our past thoughts that make these moments exist.

The past memories carry the hurt and anger into the present moment and we react according to our ego's dictates.

When we become aware of how constantly these aberrant thoughts appear in our minds we see smaller and smaller fractals of insane ideas about ourselves and others, and we see how stupid some of them are. We may feel guilt or blame about simple mundane things like how we

cross the road or sweep the floor. These are the perfect moments to stop and say: *I forgive, I forgive, I forgive.*

Three times seems to be the magic number but don't stop there – do as many sets of three as you feel necessary.

You will notice that some attitudes or actions don't bother you so much, and they lose their power over you.

The really big ones lessen in intensity or appear less often.

The simple incantation of "I Forgive" creates a moment of peace in your mind. The trick is to extend these moments or join the little moments up. After a while you can even have a laugh at how insane some of your thoughts really are, and feel happy regardless of the thoughts coming into your mind.

The secret is how you choose to look at them and how seriously you choose to take them. And don't forget to forgive yourself for bombarding yourself with these thoughts.

If you feel you can't forgive something or someone, accept that some things are very painful and entrenched. Just forgive yourself for believing that, too.

Forgive yourself, and the rest follows.

Oki-Do Yoga

by Sandra Nilzen

Hi, let me introduce Japanese yoga, union of the mind with the body and the soul. Oki-Do Yoga.

Oki-do was designed to improve core strength with added flexibility. Masahiro Oki was Japanese and had a background in special services, martial arts and a samurai heritage,



thus you get a class that involves both strength and flexation to the body.

Masahiro Oki had a fortunate life with being a family friend of Mahatma Gandhi and was sent to live and train with him at the age of six. He also trained with B.K.S. Iyengar in traditional yoga, which gave him the foundation to teach both traditions together.

We do shiatzu, meridan energizing, pranayama, (breath work), asana (posture) meditation and we laugh. There's touching another, assisted enhanced asanas and partner work.

I will be conducting classes on Thursdays at 9am throughout January at Nimbin Town Hall. Entry by donation.



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Counsellor / Psychotherapist



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danamynard@yahoo.com.au

Grounding

by Daniel Keszler

Happy New Year greetings. We have made it through the silly season and emerged in a brand new year.

To me it feels like this year is going to speed up things a little. A lot of people had an intense 2010 on a personal level. We had to deal with some old and deep seated issues and learn to become more authentic, more forgiving. Emotions are intensely felt and we seem to be almost hypersensitive. This has impacted deeply on our relationships, it has renewed them or brought them further apart. It is never too early to remind yourself that all things are in perfect order even if we can not make much sense of what is happening in and around us. A little way down the track, it will all make perfect sense.

Our calendar may be not the perfect instrument and yet it gives us a sense of rhythm, reminds us of the cyclic nature of all things. 2011 feels like it is going to be a bit more stable on that personal level. We might meet our challenges this year more on a community, national, or even international level. The planet itself is going through some balancing processes and this may be seen in some intense weather patterns and some other natural events.

We human beings have tremendous power within us to assist each other and our planet to travel smoothly. And preceding this urge to be of service has to be a very firm grounding and centering, an anchoring in our original true nature. If we want to access this power, we have to understand and experience the nature of mind. The best service therefore, is to further develop yourself and seek enlightenment. Only then can we truly understand our being here and think, speak and act in harmony with the whole universe.

The mind will always try to keep the upper hand and entangle us in contradictions, simply because that is its nature, and it is a useful tool, essential for our well being, yet not to be made the ruler of our life.



Simplify the content of your mind, let go of the unnecessary luggage.

Truthfulness, to return to one's origin, compassion, kindness, tolerance, forbearance will guide you all the way, oh and never forget patience.

I recommend spending at least 15 minutes per day in the practice of detaching from the mind. Just sit with a straight backbone on a chair or a pillow or on the floor and observe, be attentive, listen. The stream of thought will come rushing past you.

All you need to do: cut it off by tagging it "thinking". Immediately after, there is a tiny gap before the stream of thought grows again, and without paying attention to any particular thought, you cut it off again "thinking". Gradually, the gap will become bigger and in that gap, you are in your original state. Try five minutes a day, if 15 seems too long, everyone has five minutes to spare once a day.

Now the latest news on my activities. From January onwards, I will charge \$55 per 1 hour session, still \$30 for ½ hour. I will still be available on Wednesday, Thursday and Friday in the Apothecary in Nimbin (6689-1529), mostly between 10am and 4pm. My practice room in Coffee Camp (6689-9249) is open on Mondays, Tuesdays and Saturdays.

My Integral Martial Arts class is held on Wednesdays 8pm-10pm at the Living Arts Sanctuary, and the first class will be held on 12th January.

Best wishes, Daniel.

Ayurvedic Info

Continuing our series about food and its relation to health, we thought that this month we'd talk about the gunas. The Ayurvedic tradition teaches that food is not only for nutrition, to nourish the body, but also affects the mind and consciousness.



As we have a physical constitution (Vata, pitta and kapha), we also have a mental constitution characterised by the three gunas: sattva, rajas and tamas. These are universal qualities necessary for the process of creation. They are equally necessary for maintaining our psychobiological functions. Because of sattva, we remain conscious and reawaken every morning.

Sattva means light and is our connection to the infinite, and is responsible for the positive aspects of personality, such as compassion, purity, clarity of perception, truth and altruism. Ideally, 70% of our makeup should be sattvic. Sattvic foods are one of the main ways to attain this ideal. They include fresh, organic fruit and vegetables; dried fruit such as dates and figs; organic dairy products; basmati rice; coconut; pomegranate; mung beans and lentils.

Rajas is the principle of activity and movement. Because of rajas, our thoughts, feelings and emotions move in a creative way. Ideally, men should have about 20% rajas and women should have about 10%. Rajasic foods include tomatoes, sour fruit, corn, buckwheat, spinach, broccoli, pickles, white meats and adzuki beans. Rajasic imbalance presents as overemotional, hyperactive, anger, a basic speeding up of thought and metabolism and can be assisted by adjusting the diet.

Tamas is the principle of darkness and inertia. It allows us to sleep, be tired and therefore rest. Ideally, men should have 10% tamas and women should have 20%. Excessive tamas is fear, servility, ignorance and loss of connection to the light. Tamasic foods include avocado, watermelon, plums, mushrooms, garlic, onion, pumpkin, hard aged cheese, beef, lamb, pork and brown rice.

The operative word here is balance – hence the percentages to give guidelines in designing your individual diet.

Pakorras

These are a yummy and easy festive food, which can be eaten hot or cold with favourite dipping sauce.

The following quantities are likely to make more batter than required for one meal, so store the excess powder in an air-tight container.

Batter: 1kg besan/chickpea flour; 75g or less of salt; 25g cummin; 25g garam masala; 1 teaspoon turmeric; 1 teaspoon asafoetida; 25g fennel seeds; 1 teaspoon ajwain; ½ teaspoon chilli (optional)

Finely slice onion, sweet potato, potato, cauliflower, broccoli or your choice of vegetable. Cook spinach separately as it fries faster than root vegies. Add water to make a thick batter that covers the vegies without running off. Deep fry in oil of your choice, such as sesame, olive, mustard, coconut, ghee, sunflower etc until golden brown. Different oils add different flavours.

If there are any leftovers, they are a delicious addition to a picnic lunch.

Bon Appetit and Happy New Year!

Appointments can be made for Thursday clinic at Birth & Beyond by ringing the Nimbin Apothecary on 6689-1529 or calling Helen on 6689-1717 or John on 6689-1794.



Homeopaths and a Plethora of Paedophiles...Why?

by Tarang Bates

I have been thinking of writing a piece on paedophilia for some time now. I am aware that this is a minefield – a touchy subject. It is also an area of trepidation for writers who dare to tread this path, so for now I will keep things fairly general.

I have received quite an education over the past 25 years... prior to that, I had not heard of the word 'paedophilia'! The types of paedophilia that have affected my local community and friends, range from 'dodgy strangers' stalking children, 'family friends' taking advantage, to 'fiddling fathers' using their children – the ultimate betrayal for a child, I would imagine.

In the last year, I have attended a workshop run by Heartfelt House, who provide support for adult survivors of childhood sexual abuse and their families. One of the areas covered was the various methods paedophiles use to smokescreen their activities – these concur with my, and a number of other people's, experiences. They are commonly charismatic, up-standing citizens, well-liked in the community and good at making friends. They keep their behaviour secretive at all costs, using manipulation and emotional blackmail if needs be.

Most of the families I know, who have been affected by one of their children being sexually abused, have not only had to deal with this knowledge and the subsequent traumatic fallout to both them and their child, but also being ostracized to some degree by the community around them. The perpetrator often has a wide circle of "friends" to whom they spin their fantastic smoke screen of deception. Included in this web of deceit, could be anyone who may perchance hear about their devious behaviour. This devious behaviour doesn't necessarily involve penetration – there is a whole range of sleazy stuff that is considered to be sexual abuse, all with far reaching



consequences for the child.

People, who are not educated on the subject, don't realise how common it is for a child to blank out these experiences until later in life, which brings with it an element of disbelief. Being looked at sideways by people who have been persuaded that you are lying, and that you are the type of person who would make something as vile as this up, purely to sully the "good reputation" of the paedophile, is bordering on the bizarre!!

My personal experience is that it is only now, about a year after the exposure, that I am finding out about the lies he spun to so many people... they have begun to question...

The realisation that they got sucked in comes as a shock to many people... we live and learn! More often than not, the sexual predator marches on, with a big smile and a sense of satisfaction that he got away with it once again.

You can be sure it is never a "one-off" no matter what they claim!

Heartfelt House:

heartfelthouse@westnet.com.au
www.heartfelthouse.org.au

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Fashion Focus

by Christina Chester

Happy New Year and best wishes for 2011 to all you fashion crazy fashion friends....

I hope the year of the cuddly rabbit will bring us a great year of inspiration and creativity.

We want to see more of that amazing, original, local talent coming out of the hills, transforming cloth into stunning designs and creations.

The "crazy season" is always a good opportunity to dress up and get out there.

Nimbin is becoming a great place to shop for quite unusual fashion. So next time you want a really exciting outfit for your party, check out 'Nimbin's fashion world' located in a dozen shops along the main street.

In that heat, I personally enjoy swimming in the creek, naked.

Have a bit of courage and be yourself...



Happy Feet and Bowen Therapy



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

Happy gumboot to you all during this unusually wet festive season. Personally I have always felt that drowning might be a more pleasant experience than the brain frying to a crisp from the extreme heat that we have faced in past festive seasons, but I am sure that right now there are many in the north and also in our caldera who would disagree with me.

The plus of this wet weather is that hopefully, it keeps people's feet safe from the negative effects of thongs and embraced by something more sensible, such as well designed shoes, crocks or gumboots.

Unfortunately well designed does not mean designer 12 cm heels, as much as I adore their look. I observe the young and gorgeous tottering along on their towers of seduction and can't help but think that in twenty years, those who work with back, neck, knee and feet problems will be inundated with many sad, sore women.

Probably, if truth be known, underneath my smug knowledge that it is a scientifically proven fact high heels are extremely bad for the back, legs and feet, I am suffering from a bad case of suppressed jealousy.

An enforced suppression held in check by the titanium wireless aerial, which holds my right knee together and encourages an unconditional friendship with the terrorist seekers, who fall upon me in droves every time I walk through the security screens at an airport.

Fortunately I have never been attracted to thongs. They are not glamorous enough to satisfy my secret lust for Spanish, snakeskin straps, which sexily wrap around the foot and suspend one toward the stars, while being a secret weapon of destruction when one is attacked by thugs, after the ball is over.

Thongs, as far as I am aware, do not stimulate the

libido and would definitely be inclined to flop badly as a secret weapon of destruction, in a life saving battle.

Nevertheless these innocuous pieces of vinyl or rubber, potentially cause damage to the well being of all patriotic Australians who insist on placing them on their own and the feet of their children.

Thongs lack proper support for the foot because they have thin flat soles. Plus, when walking in thongs, the need for the toes to desperately cling on like a dog on a truck tray with no side flaps, causes thong wearers to walk differently.



According to the American college of Sports Medicine, when walking in thongs the foot rolls outward, which puts strain on muscles not normally used when walking in regular shoes, including the Achilles tendon. This can cause tendonitis and general knee, hip and back pain.

In Britain in the early 2000s, research showed that close to 60,000 people sought medical treatment for problems arising from the wearing thongs.

In Australia in 2006 AFL club St. Kilda banned their players from wearing thongs

due to injury concerns.

The feet are the roots of the body. If the feet aren't straight and planted firmly on the ground, our trunk becomes crooked. And unlike our clever tree friends who can handle discrepancy of shape without stress, a crooked body on a human is a weakened body.

So this summer, when the sun finally decides to visit, get a good pair of sandals to support that part of you that is essential in your quest for comfort and good health.

In the meantime, there are some very glamorous looking gumboots out there..

As for those, who after reading this article still insist on wearing those towers of seduction on your delicate feet?

I sigh with envy and pray the tarsal angels will forgive and support you, in spite of your sinful desires for narrow ankles and long, slender calves.

If you have a back, neck, shoulder or limb problem which needs attention, my treatments involving Bowen therapy, spinal realignment, Pranic Healing and muscular kinesiology, will assist in alleviating pain and stiffness; leaving you feeling more flexible and relaxed in body and mind.

Love Light and Laughter!

I am in clinic Tuesdays and Saturdays. Call now for an appointment: 02 6689-0240, Mobile: 0439-794-420.

Cook's corner

Recipe of the Month



by Carolyne

Coconut King Prawns

1kg Green king prawns (about 16)
Shell & de-vein, leave tail on
1 cup shredded coconut
Vegetable oil for deep frying

Batter
½ cup rice flour



1 egg lightly beaten
½ cup water
½ cup coconut cream
Zest 1 lime
1 tsp chilli flakes

Method
Sift rice flakes into a bowl. Place remaining ingredients into a bowl and whisk with a

fork to combine. Make a well in the centre of rice flour, add the egg mixture, and stir until smooth.

Press prawns with the palm of your hand gently to flatten. Dip prawns in to batter, shake off excess, roll in coconut. Heat oil, test with a cube of bread, and add prawns 3-4 at a time cook till crisp and golden. Serve with a light salad

This is a lovely light meal after all the heavy food of the holiday season. Enjoy.

Till next time, love, Carolyne.

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



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Kookaburra sits in an old gum tree, merry merry king of the bush is he.
Laugh Kookaburra laugh, Kookaburra high your life must be.
NimbinMuseum.com