

## Flamenco flair for Lillifield

Join flamenco guitarist Gerard Mapstone and multi-instrumentalist Shenzo Gregorio as En Garde for a journey through Spain at the the Lillifield Community Centre concert on 8th April from 6pm.

Mapstone and Gregorio present original works fusing flamenco, tango and jazz. They have carved reputations on the world stage. Mapstone has supported the Buena Vista Social Club, legendary flamenco guitarist Tomatito and singer Estrella Morente, along with Romanian gypsy groups Fanfare Ciocarlia and the Gypsy Queens and Kings.

Gregorio brings a wealth of performing experience from Australia and overseas, from Aria award-winning group Monsieur Camembert to composing music for theatre, not to mention his world first high-flying act, The Stunt Orchestra.

Entry \$10 without food, next to Barkers Vale School.

## Jazz Club Notes

### Colin Jones Quintet

The Lismore Jazz Club will be hosting the Colin Jones Quintet at its next gig on Sunday 20th March from the slightly later time of 3pm to 6pm.

Admission is \$10 for members and students and \$15 for non members.

Colin was born in Byron Bay in the days when radios and pianos were standard household items. His father was an amateur musician earning some casual money playing country dances and he first learned the piano at the hands of the nuns who were the only source of musical tutelage in the "Bay".

After a move to Sydney and studying at Sydney Conservatorium he got his first professional gig touring with Tommy Steele. There were several stadium shows including Nat "King" Cole and Winnifred Atwell. He worked at the Tivoli, with the



Channel Seven and the ABCs Streamline bands and played at Chequers for a number of years.

Colin spent fifteen years in the UK where he

worked with various ensembles around the Home Counties as well as gigs at the gaming casinos before returning to Australia.

On the Gold Coast he bought the tenancy of the Swinging Vine, a jazz restaurant, in Surfers Paradise which lasted several years and since then has been freelancing around the Gold Coast and Brisbane mostly working in traditional and mainstream groups.

Joining Colin will be Dave Rankin on trombone, Rob Philp on bass, Ken Bennett on piano and Tim Burrell on drums. Join these local legends for an afternoon of traditional jazz.

See you there!

## Hop aboard The Good Ship me hearties for ye fine pirate adventure



The Good Ship: Too many to fit into one photo.

by Pampussycat

John Mayer and The Good Ship have cruised through the region again, in the tail end of their Avast! Wretched Sea tour.

They docked for a night at the Rails, Byron Bay, a bay worth plundering according to John Mayer.

Hailing from Brisbane, the Good Ship incorporates a vagabond gypsy pirate style, with a touch of burlesque cabaret. When they play, be prepared to dance!

The band ranges from 6 to 9 musicians, the next tour will have ten musicians, without counting Roger the Cabin Boy. Their debut CD *Avast! Wretched Sea* was released in July 2010.

John Mayer, guitarist and singer said, "We're just about to do a massive tour to release the last couple of singles, then we'll get back in the studio, then get an album out soon. I've been a singer songwriter for a few years. I released an EP in 2008, thanks Nim-FM that was very nice for giving it some airplay."

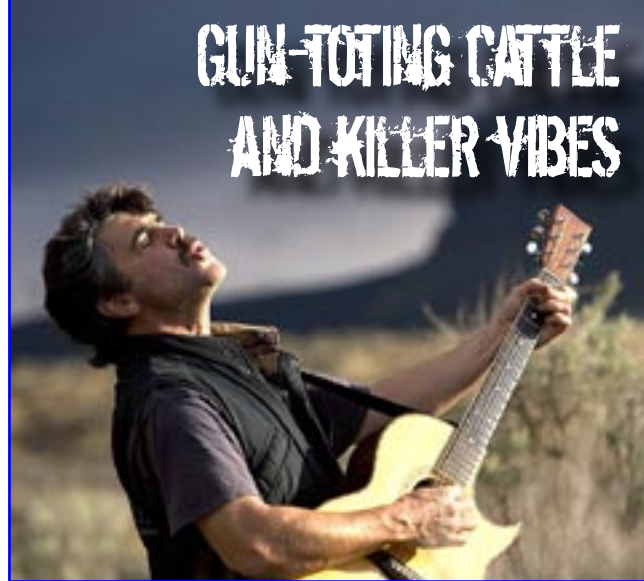
Nimbin music lovers may have caught the Good Ship at the Nimbin Hotel where they played twice in 2010.

"Nimbin was cool," John said. "We played the Nimbin Hotel on a Saturday night then a Sunday afternoon. We stayed in the pub. We had a really great time there, there are some really cool locals that we met. Some of them we've seen other times since at our other gigs. We made some good friends out of that one. Nimbin's a friendly town."

"We couldn't make it back to Nimbin this year for Mardi Grass unfortunately, we are planning to come back down later in the year for sure. We like that everybody seems to respond to us well down there. We played Billinudgel on Australia Day and that was awesome. We really like to hit the North Coast."

So will we get another chance to see the Good Ship before they go into the studio? John: "We are doing a small show in Byron on Sunday 20th March at The Treehouse. That's just a little acoustic show, a nice relaxed one. But we won't be back again for a little while with the full band."

To keep abreast of the follies of The Good Ship, go to [www.thegoodship.com.au](http://www.thegoodship.com.au) or support a local company Vitamin Records out at Mullumbimby who distribute the CD around the country.



Dana Lyons' policy of "I'll play anywhere once" has landed Dana gigs on a tropical island in the Great Barrier reef of Australia, an Irish Pub in Beijing and the Hanford Nuclear Waste Dump in his home state of Washington, and now he is coming to Nimbin Town Hall as a fund-raiser concert for the Nimbin Environment Centre.

Dana is the singer/songwriter best known for his dynamic performances and outrageous hit songs *Cows With Guns*, *RV* and *Ride The Lawn*. *Cows With Guns* was #1 for the year on Dr. Demento, #2 on the Australian Country charts, #1 in Seattle and spent six months on the Irish Top 40.

Dana has toured America, the East Coast of Australia, Ireland, England, New Zealand, Mexico, Kazakhstan and Siberia. Dana has performed at festivals from Farm Aid with Willie Nelson and Neil Young to the Harley Davidson Festival in Sturgis, South Dakota – where he shared the stage with Lynyrd Skynyrd, Steppenwolf, Nazareth and The Blue Oyster Cult. Dana has also shared the stage with Willie Nelson, Neil Young, Dave Matthews, John

Mellencamp, Steve Earle, Lucinda Williams, Pete Sears (of Jefferson Starship), Stephen Stills, River Phoenix, Nickel Creek, Country Joe McDonald, Utah Phillips and John Trudell.

Two of Dana's songs have been made into award-winning illustrated books: *Cows With Guns*, published by Penguin (winner of the Bullitser Prize), and *The Tree*, published by Illumination Arts. *The Tree* was endorsed by chimp expert and activist Jane Goodall, has forwards by Pete Seeger and Julia Butterfly Hill, and has won numerous awards.

The Nimbin fundraiser begins at 6pm on the 25th of March with dinner and refreshments (vegetarian food available), with the show set to start at 7pm. Tickets can be obtained from the Environment Centre or at the door for \$10 – a bargain.

Dana's Three Legged Coyote World Tour will cover New Zealand, Australia and East Timor and will support non-profit organisations along the way. As well as visiting Nimbin, Dana will also perform at The Channon on Thursday the 24th March and do a fund-raiser for the local school on 26th March, call Terri on 0400-394-373 for details.

## Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

### March Gigs

Thursday 3rd  
Friday 4th  
Saturday 5th  
Sunday 6th

Neil Anderson  
Pappa Funk  
CBD Dub Project  
Bluesvein

Thursday 10th  
Friday 11th  
Saturday 12th  
Sunday 13th

Guy Kachel  
Chris Cook Band  
Wandering Eyes  
Graeme Woller

Thursday 17th  
Friday 18th  
Saturday 19th  
Sunday 20th

Dan Hannaford  
TroubleKarmaFlow  
Mick and Sideshow Duo  
The Firetree

Thursday 24th  
Friday 25th  
Saturday 26th  
Sunday 27th

Micha  
Nitestar  
Khan and Friends  
Chris Aronsten

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

Accommodation • TAB facilities

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Lunch 12-3pm Dinner 6-8pm, Friday 6-8.30pm

## sphinx rock café

### Sunday Gig Guide

3220 Kyogle Rd, Mt Burrell  
[www.sphinxrockcafe.com](http://www.sphinxrockcafe.com)

#### March 2pm Start

6th

Mystic Beats

Electronic grooves merged with a smooth blend of sitar, guitar, violin, vocals and percussion

13th

Dan Hannaford

Roots, soul and rock 'n roll'

Friday 7pm

18th March

Suavemente Rich Bell's launch of new band

20th

Lou Bradley Duo

Alternative/Country

27th

Monkey & The Fish

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## NIMBIN BOWLO



25 Sibley Street  
Phone 6689-1250

### What's On in March?

- **Saturday 5th – Trivia Nights start – 7pm**  
Every Saturday in March
- **Sunday 20th – Live Music – social bowls**
- **Saturday 26th – 9am Women's Novice Triples**
- **Thursday 31st – 11am Solar Project Launch**

- **Social Bowls every Sunday**
- **Membership – Renew now**
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# AUTUMN ARTS EXTRAVAGANZA



by Margaret McLaren,  
Nimbin Artists Gallery

This year's Extravaganza will be wonderful, maybe the best ever! On show we will have many new artists: sculptor Michel Tokio; photographer Peter Ptschelinzew; a five-person glass group; a new cabinet-maker; drawer Anna Soligno together with Leigh Arnold's installation in the Backstage Room under ultraviolet light.

John Ridley will join him to delight us – maybe even with a follow up to Springtime!

A deep and broad line-up of great artists are finishing their works but you will have to come along to discover the full range of splendour on show.

Elsepeth Jones has painted a great billboard for our show and you will find performances of music, poetry, dance and more to enhance your visual arts experiences from Saturday 2nd April to Monday 25th April 2011, open daily from 10am to 5pm.

Each year this fantastic exhibition precedes Mardi Gras weekend, providing more than three weeks'



'Spiral' (left) photograph by Peter Ptschelinzew; 'Dalwood Road' by Julie De Lorenzo.

of wonderful visual arts, enhanced by a rich and varied performance arts programme delights us all and astounds our tourists and other visitors. We look forward to greeting you.

## Rebetika, hash dens and Greek blues

A Kultour touring production of *Café Rebetika!* is coming to Lismore after an acclaimed premiere in Melbourne, as the first stop on a national tour.

*Café Rebetika!* tells a dramatic story set in the slums of urban Greece during the 1930s and the rise of rebetika, the "Greek blues". Cabaret, music, theatre and dance unite in the production, which is set in the exotic and gutsy rebetika sub-culture.

In a hash den, musicians, anarchists, refugees, Communists, prostitutes and manges (tough guys who live by a strict moral code) gather to share their passion for life, their love of music and their need to dance.

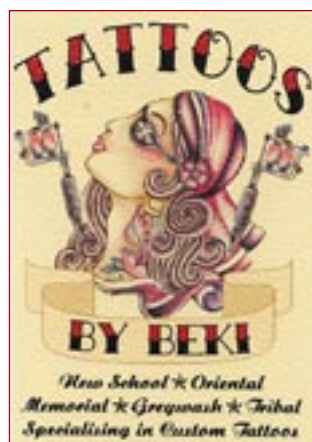
They have bonded as a family in this time of economic hardship and turmoil. Faced with the destruction of their home and their way of life, their bonds are severely tested but their spirit remains unbroken – for some, even in death.

At the centre of the story is the manga Stavrakas (played by award-winning actor Tony Nikolakopoulos) and Areti (played by music theatre star,

Jenny Vuletic). As their love story unravels, Starvrakas is confronted with a moral crisis and the limitations of his ethical code.

*Café Rebetika!* is directed by Stephen Lloyd Helper, written by Stephen Lloyd Helper and Thomas Papathanassiou, and developed with Rebetiki, a renowned rebetika band. Tony Award-winning lighting designer, Nigel Levings, leads the design team.

**Café Rebetika!** will be performed in English at the Lismore City Hall on Saturday 12<sup>th</sup> March, starting at 7.30pm. It contains authentic rebetika songs in Greek, with English subtitles.



# Get Cranky, young 'uns

The region's biggest celebration of youth arts and culture and will take place in Evans Head on Saturday the 26th March with the annual Crankfest Xtreme festival.

The event will showcase youth talent from dynamic hip-hop battles to live bands rocking out on stage. There will also be markets, skate and BMX competitions and demonstrations, fun for kids and free workshops.

Now in its sixth year, Crankfest enjoys a reputation that reaches outside the Northern Rivers. Event co-ordinator Nadine Smith of the Creative People's Collective says crowds of up to 3,000 are expected this year.

Crankfest was first hosted at the Casino swimming pool and co-ordinated by staff from the Casino Visitor Information Centre.

The event is presented by Richmond Valley Council but according to the General Manager, Brian Wilkinson, says community involvement is key.

This year The Fatherhood Project Inc



will complement the team and provide valuable input to reflect a whole-of-family perspective.

Organisers are keen to hear from groups and organisations that would like to contribute an activity, have an information stand, a market stall or get involved on the day. "It only takes a phone call," said Nadine.

Crankfest starts at 12 noon with activities until about 5pm. Enquiries can be made by calling Nadine on 0417-460-221 or Casino Visitor Information Centre on 6662-3566.

## Janine's side-splitting silence



In his film career, Darmin Cameron (*pictured*) has chased tornadoes through the cornfields of Texas, visited the remotest regions of Death Valley in the US, and was filming at the summit of Mount Ruapehu in New Zealand six weeks before it blew its top.

The setting for his latest award-winning documentary, *Interpreting Woodford*, shot at the Woodford Folk Festival, sounds a little cushy, maybe even fun. Not so, says Darmin.

"Woodford is hard work, you have to party hard every night for more than a week, exist on very little sleep, camped in a leaky tent in the middle of a field of ankle-deep mud and

sometimes film inside a tent up to your ankles in water. "But I love every minute of it."

The genesis of *Interpreting Woodford* began one night at the Woodford Comedy Club, where Darmin witnessed Jasmine Phillips, an AUSLAN signer, interpreting the comedians. “It was funny as hell,” said Darmin, and he knew this was an important story.

"Imagine trying to interpret stand-up comedy," Darmin said. "The timing, the nuances, the pause, the complexities of comedy are hard enough to create and deliver. Imagine trying to interpret something like, 'It is easier to find a haystack than stick a needle into a camel's eye.' Jasmine does it – much to the mirth of the hearing and non-hearing.

*"Interpreting Woodford is a great introduction to AUSLAN – you can learn a few words while wetting your pants."*

The film won the \$4500 Spirit of Woodford video award this year – a second win for Darmin.

*Interpreting Woodford* will be shown in Lismore at Birch Carroll and Coyle Cinemas as part of the Byron Bay International Film Festival on Saturday 12<sup>th</sup> March at 2.45pm.

See [www.bbff.com.au](http://www.bbff.com.au) for the full festival programme.

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Box Office hours 9am - 2pm Monday to Friday for phone and counter sales 1300 066 772 / Lismore City Hall, 1 Bounty Street, Lismore. \$2.20 Transaction fee on phone and in person sales. Book anytime at [www.norpa.org.au](http://www.norpa.org.au) - no transaction fees apply to online sales.

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- > Free workshops with visiting and resident artists
- > Meet and greet opportunities with visiting artists

\*Discount may not apply to some touring productions or special packages

**NORPA Youth Ambassadors**

If you or someone you know would make a fantastic NORPA Youth Ambassador we'd love to hear from you! The program is open to anyone aged 16 - 25 who lives in the Northern Rivers region and is excited to be involved in theatre. [www.norpa.org.au](http://www.norpa.org.au) for more information.

**Opportunities for local artists**

> Experiments in the Dark > Workshops and Master classes > Generator projects

01/Café Rebetikal MAR 02/The Gruffalo MAR 03/A Commercial Farce APR 04/Mikelangelo and the Black Sea Gentlemen APR 05/Untrained MAY  
06/The Adventures of Alvin Sputnik: Deep Sea Explorer MAY 07/Africa JUN 08/6/7 Empty JUN 09/21st Century Blues AUG 10/Little Big Shots  
AUG 11/Tom Waits For No Man SEP 12/Namatjira SEP/OCT 13/The Wharf Revue OCT 14/Julius Caesar OCT 15/Open House NOV 16/David Helfgott IN  
Concert DEC

**www.norpa.org.au**



# Koala Kolumn



by Lorraine Vass

The State elections are approaching fast and koalas are in the news. Although Environment Minister Sartor is retiring, no doubt he is squirming about his Department approving private native forestry licences to log mapped core koala habitat around Coffs Harbour. The number of licences issued since 2007 is now up to 75, accounting for 2,277ha of the 19,000ha of core koala habitat mapped in the Coffs LGA. Further investigation may dig up a few more.

How could this happen and is it happening on the Northern Rivers? To the first question we read what has been reported in the press and we hear rumours which are quite disturbing. To the second question, well, we don't yet know but we have suspicions. A total of 1,180 approvals have been issued in the Upper Northeast, most in force for fifteen years.

Friends of the Koala has written to Minister Sartor expressing grave concern on both counts. We have told him that we are aware of widely-held perceptions that a few officers of his Department are not as mindful of their obligations to koala conservation as they should be in approving native forestry licences. Together with the breaches identified in NEFA's audits of a few of our state forests there is real cause for alarm at the impact that logging operations are having on koala populations in the Northern Rivers.

Government's failure to protect koalas in forests outside our national parks and reserves is one thing. Its performance in protecting koalas in areas subject to development pressures is something else again. The emasculating of the Environmental Planning and Assessment Act with the introduction of the Part 3A approval process and other 'planning reforms', plus the lack of action in implementing the 2008 Koala Recovery Plan, including the inexcusable lost opportunity of failing to develop and provide the Department of Planning with '...advice to local government about the incorporation of koala protection into their new LEPs.' (action 1.20), immediately spring to mind.

Best we all endeavour to find out the commitment to koala conservation from the other parties and any independents, eh?

The Tweed Coast Koala Habitat Study has been adopted unanimously by Tweed Council and preparation of the Comprehensive Koala Plan of Management (CKPoM) is to proceed. The Study found that coastal koalas have declined dramatically over the last decade, the greater proportion of the koala population now largely restricted to three isolated sub-populations between Bogangar and Pottsville.

Scientific evidence points to the Tweed Coast koalas succumbing to localised extinction, if existing land management and planning processes continue as they are. Indeed the consultant, Dr Steve Phillips believes the current status of the population would likely meet the criteria for listing as an Endangered population under the NSW Threatened Species Conservation Act.



**This is Mitch - an adult male recently treated for conjunctivitis and released at Wyrallah, the heartland of the study area for Lismore's partial Comprehensive Koala Plan of Management.**

A number of interim protection measures for the immediate future, i.e. prior to preparation and adoption of a CKPoM are recommended, including a tree preservation order over the Study Area which seeks to protect in particular Swamp Mahogany, Forest Red Gum Tallwood and Grey Gum.

In contrast to the dire situation of the Tweed Coast, Lismore may be experiencing a significant koala recovery across the LGA. I say may because the scientific work is still incomplete. In a short presentation Dr Steve Phillips (clearly a very busy man), provided his analysis of historical data (the bulk of which are Friends of the Koala's records) to the CKPoM information and consultation workshop held recently by Lismore Council.

Dr Phillips posited a steady increase in the extent of occurrence of koalas since 1975 with a 50% increase in the period 1993-2010. Of course this data is prone to all observation-biased data. It reflects what people are seeing and reporting. Dr Phillips also pointed out an increase in occupation rate from nearly 25 % to around 30%, still considerably under the benchmark for sustainable management of 50%. The field studies to 'ground-truth' his findings have yet to be undertaken.

While we're on CKPoMs, Byron Mayor, Cr Jan Barham in a notice of motion to the Council meeting of 24 February, moved that Council support the preparation of Byron Shire Koala Plan of Management. We hope the motion gets up.

The Senate Inquiry into Australia's koala population has received around seventy written submissions which can now be viewed at [www.aph.gov.au/senate/committee/ec\\_ctte/koalas/submissions.htm](http://www.aph.gov.au/senate/committee/ec_ctte/koalas/submissions.htm) Very interesting reading indeed.

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

Until next time, happy koala spotting.

## Playing mum to possum twins

by Jo Shepherd

Northern Rivers wildlife carer Pam Hide has double trouble – the job of raising a set of rare twin brushtail possums.

The possums are not just Pam's first brushtails, but the first brushtail twins for Northern Rivers Wildlife Carers – which was established in 1992.

The female twins' mother was found fatally injured and dragging herself along the ground. The babies had lacerations and were covered in red dust.

The furless twins, Running Bear and Little Big Foot – weighing only about 100 grams each – came out into the world prematurely to meet their foster mum.

They have proven to be very different to the ringtail possums Pam usually has in care.

"Ringtails are gentler and less aggressive than brushtails," she said. "When I saw how gangly and gawky the girls were I thought, How in the world am I ever going to care for them?"

"And then I looked into their eyes – and that's what gets you.

They are double the trouble, double the learning and double the experiences.

"Sometimes you need another set of hands."

Pam describes Little Big Foot as a greedy feeder and very keen to take in her surroundings, but more reserved than her little sister. Running Bear, the smaller of the twins, is outgoing and would prefer to play than eat.

"I think she likes to explore and she actually touches, feels, smells anything that's new or different."

Little Big Foot is mesmerized by the pearl



on Pam's necklace and likes to hold it while she is feeding.

Pam says the two of them sleep best when they are intertwined together in one pouch.

"It's so cool to watch them snuggle in together."

To become a carer and learn basic rescue methods for our diverse range of local wildlife, come along to Northern Rivers Wildlife Carers' introductory training day on Sunday, the 27th March, at Wollongbar.

The day will start at 9am and finish at 4pm and costs \$30, which includes one year's membership.

To book call Jo after 9am on 6624 7778 or email [jo\\_shep@yahoo.com](mailto:jo_shep@yahoo.com)

If you find an injured or orphaned animal please call the Northern Rivers Wildlife Carers' 24-hour hotline on 6628 1866

## PLANT OF THE MONTH

Selected by Richard Burer  
Project Officer, EnviTE

**Broad-leaved palm lily**  
(*Cordyline petiolaris*)

Although palm lilies are a common species in our local forests and remnants, *Cordyline petiolaris* with its bright red fruits hanging in long spikey clusters stands out like Mr Squiggle in a crowd.

Often found in the midst and edges of rainforest and wet sclerophyll forest, the broad-leaved palm lily with its flat green leaf foliage and summery purple/white flowers looks stunning as part of a filtered sun understory.

Broad-leaved palm lilies are an ideal plant when rehabilitating areas of bushland, whether planted or regenerated.

*Cordyline petiolaris* can grow to several metres in height. Despite having a tendency to look leggy when over ten years old, it can create a stunning landscape effect, particularly when mixed with the narrow leaves of the other red fruited palm lily (*Cordyline ru'ora*).

To propagate your own plants, sift fruits through a metal colander to remove pulp and sow in a well drained seed raising mix. They will germinate easily in a month or two and should be planted into moist well-drained soil.



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Compiled by NEC Volunteers

Three Cheers for Sea Shepherd on their success with their “Operation No Compromise” It has been a huge start to the year for our World Wide Environment with devastation all over our Mother Earth.

Floods, fires, cyclones, earthquakes with ever increasing climate change taking place, if people have not woken up to the protection needed of our Environment not our wallets for it is the Earth that provides for us and without her we will no longer exist!

### Volunteers

We have had a few new volunteers join in and welcome any more who want to become part of The Nimbin Environment Centre.

Just call into the shop and express your interest and we will be willing to provide you with support and training as needed.

Thank you for all your support and thanks to the great Warriors who are currently volunteering in the shop.

### Movie Nights

These will now be held every first Tuesday in the month from 7pm onwards. Entry will still be via donation and yummy cakes and chai available, so please come along and join in the fun at the Town Hall with relaxation on the veranda afterwards and always guaranteed a good chat.

We would like to thank Hilary from Nimbin Ice Cream for her continued support for providing her beautiful Ice Creams at our Movie Nights.

If you have not seen *Gasland* we have copies available in the shop. Coal Seam Gas is still on the plans for our area, with up and coming rallies on the agenda.

### Rising Tide Coal Ship Canoe Blockade

NEC will again be supporting the Blockade of the *world's biggest coal port*, and have organised a bus to go down to Horseshoe Beach at Newcastle.

We have a 21 seater bus and will be leaving on the Saturday 12th March and returning on Monday 14th March, the blockade will be on the Sunday.

It is a peaceful protest with the aim to occupy the port making it impossible for the coal ships to enter and leave the harbour.

There'll be plenty happening on the shore too, so please come along and show your support even if you can't get out on the water. Good food will be available by donation.

### • Why should we blockade the coal port?

As we witness the increasing devastation of climate change in Australia and around the world we must turn up the heat on the coal

industry, Australia's single biggest, and fastest growing contribution to climate change.

Newcastle, already the world's biggest coal port, opened its third coal terminal last year, bringing the export capacity of the Hunter Valley coal chain to an incredible 178 million tonnes of coal per annum. That's the climate change equivalent of 30 Bayswater Power Stations (nearly equal to Australia's entire carbon pollution from all sources). A fourth coal terminal is on the cards, and within ten years, the coal corporations plan on exporting more than 300 million tonnes of coal per annum.

Tripling coal exports means tripling coal mining. As Newcastle coal exports boom, more precious bushland will be razed, more waterways polluted, more communities ripped apart as the transnational coal companies carve their way westwards into the Liverpool plains. The profits will be exported, but the devastation will stay here in the Hunter. The catastrophic effects of climate change will be felt all around the world.

### Greens Campaign

Susan Stock, the Greens Candidate for Lismore, opened her office in Lismore on Tuesday 22nd across from Lismore Pie Cart.

*Real Change for a Change* is Susan's main focus and we can all relate to this.

An excerpt from Susan's brochure: "I believe The Greens offer practical and compassionate vision for the future, believe in communities, local democracy and achievable solutions.

"I've lived in this beautiful area since 2001 and before moving here served as an elected councillor in Sydney for nine years, and was also a member of the Executive of NSW Local Government Association. I am a qualified town planner, a high school teacher and currently work at TAFE as a librarian.

"I'm passionately committed to urgent action on climate change. Extreme weather events are showing us why we must act now. In our region we value our natural assets and quality of life."

Keep strong Susan and we are sure you have the support of your own local community behind you and many more keen to be part of the Green Revolution.

### Fundraising for Coal Activists being charged

We currently have a fundraiser going for the 75 convicted by the legal system under the Rail Safety Offences Act whilst taking part in the protest at Bayswater Power Station in the Hunter Valley. Among the 75 fined, there were eight local people fined \$250 each.

Donations toward the coal protestors' fines can be made via the Nimbin Environment Centre's fundraiser account: Summerland Credit Union, BSB 802-222, Fundraiser Account 2222-5070 (lodgement reference: CC10 fines).

We hope to raise funds to support the people who went down to make a stand for us all. Love to all from NEC

# Biodiversity – or biodiversiveness?

by Geoff Dawe

The 2010 United Nations Year of Biodiversity has passed – and still there seems to be little interest in examining the causes of habitat loss.

The trend is to treat symptoms, primarily through bush regeneration with an accompanying and simplified view that some exotic plants called “weeds” and exotic animals called “pests” are the enemy.

Tree-loss in Australia has primarily occurred because we thought we could not eat adequately without removing them. David Lindemeyer, in his book *On Borrowed Time*, suggests that clearing the land for pasture is the major cause of habitat loss. Furthermore, the CSIRO and the University of Sydney report that 92 percent of all land degradation in Australia is caused by animal industries.

Weeds and so-called noxious animals are not the cause of habitat loss. The European desire to wrap itself in cotton wool is the cause, and it is suggested that rampant plants and animals are the means by which the natural world attempts to get more carbon into soil than is possible by over-exploited and degraded native systems.

Lantana is not the enemy of native forest, but a precursor of it. Anecdotal evidence since the 1970s is that the influence of lantana and sally wattle on soil is to make it more friable. This takes time, and while the beginning of lantana's journey in an area may reduce native seedling survival rates, over time – with improved soil friability and moisture holding ability – rainforest seedlings make their way through it.

It is possible also that bitou bush is misunderstood. It takes up residence in coastal heath and can be seen to be a successful biomass producer that over time improves soil enough for littoral rainforest seedlings to germinate in it. Bitou is arguably a more successful biomass producer than coastal heath. As to whether we should be concerned for the loss of heath to littoral rainforest is a philosophical point that needs to be tempered with knowing that littoral rainforest with a complete canopy tends to not harbour bitou, and that heath is an extremely diverse ecosystem.

Tim Flannery tells us that it is as diverse as rainforest, and adapted to poor soil. Deserts also have specialised species living in them. If deserts were reclaimed by forest, should we

concern ourselves with the loss of desert ecology? So-called weed plants and animal species may be misunderstood, because we quick to blame and not enough inclined to search for their usefulness. Everything is useful.

Take for example the much maligned common fly, or the European rat. Both are engaged in making the environment safer by diluting into the environment, through their faecal matter, the residues of dead animals. Their contact with putrid sites may bring them into contact with pathogenic material dangerous to humans and they may therefore carry it on their bodies. It's a hazard of the job. We could be grateful that they are engaged in making the world safer for us, but we kill them in ignorance.

Their presence in our vicinity is simply a warning that potentially pathogenic material is nearby.

We kill plants with virtually no understanding of what the simplest plant is, or does. If it is meat eating that is primarily responsible for habitat loss, then it is moving away from meat eating that is most of the cure, not the thrashing of lantana and the other plants called weeds which are simply more successful biomass producers than native plants.

## All wired-up with nowhere to go

by Paul O'Reilly,

Director, Rainbow Power Company

The NSW Solar Industry has been left in the dark about the conditions that grid-connected solar systems will operate under once the NSW Solar Bonus Scheme ends.

The current scheme for grid-connected solar systems is nearly fully subscribed. Once the 300MW cap is reached, new solar connection customers will be selling their electricity at only a quarter of the price they buy it for. This will be the worst conditions solar generators have had to face in the past 10 years.

Billions of dollars in Government funding and concessions continue to flow to the fossil fuel industry, subsidising last century's energy sources. This occurs while no meaningful action has been taken to factor the cost of pollution into the current price of electricity generation, effectively an on-going environmental subsidy. These two elements combine to keep electricity prices artificially low.

This century's clean energy sources, such as solar wind and geothermal, have to compete in a market designed around last century's baseload generators. This market with its nominalised tariffs, takes little account of the benefits decentralised renewable energy brings to the electricity network. Feed in tariff (FIT) programs provide a band aid solution to valuing factors such as time of production, distribution savings and environmental benefits associated with small scale renewable generation.

The Solar Industry in NSW is on the verge of collapse due to the removal of its FIT program. Solar jobs are about to be lost and yet politicians fail to provide detailed long-term plans for

the future of the industry. Federal and State governments continue to offer short-term policies but fail to address the true obstacles to wide-scale renewable uptake. This uncertainty holds back large-scale investment in the renewable energy projects required to transition our energy sector to the realities of a low carbon economy.

This is a clear failure of leadership considering the risks posed by climate change.

Over the past two years we have seen the cost of extreme weather events, such as fire, drought and flood, have on the economy. We are all aware prevention is better than cure. It is disheartening to see billions of dollars raised in flood relief whilst effective long-term prevention remains on the back burner. Inaction to address the cause of these events will cost the community greatly in the long run.

Solar installers in Northern NSW are asking for an Interim Solar Policy to be adopted by the incoming NSW government to stabilise the industry. This policy would see small scale generators guaranteed a minimum parity rate (currently 23c) for renewable energy exported to the grid. Such a policy would only act as a short-term fix until comprehensive reforms to the energy sector can be undertaken.

State and Federal politicians need to view the renewable energy industry in a broader policy context. We must not only identify the most cost effective methods for assisting renewable energy uptake in Australia, but simultaneously remove the historical subsidies for fossil fuels and other structural impediments in electricity pricing that disadvantage renewable energy generators.

This is the only way we will start the transition to the realities of a future carbon limited economy.

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# Birth and Beyond: Expectations for March

by Kirrah Holborn

"Mothers know something other people don't- but sometimes they don't know it."  
- Pam England

It has been very inspiring and informative to have mama's coming in to share their unique birth stories. I'd like to thank Kat and Jenny for coming into Birth & Beyond in February. They took us back in time to when their children were born and gave us new things to think about and much wisdom for the birthing journey. It gives women a great opportunity to be exposed to different choices and options and think about what is right for them.

Last September I enjoyed a three-day 'Birthing From Within' workshop (held for the first time in Australia). Among many things, I learnt about the important role that breath awareness has in our everyday life and at difficult times. I am continuing studies to be a certified "Birthing From Within" Childbirth Mentor.

During February at Birth & Beyond, I guided some different 'Birthing From Within' breath awareness practices. I also led some visualisations that allowed deep relaxation. Meditations, visualisations, breath awareness practice, workshops and birth story sharing are planned for March.

## Coming Up

**4th March:** Guided Relaxation followed by Dana sharing her birth story of her daughter.

**11th March:** Miriam Ella, a local



Nathalie, Wave, Jacqueline and Adriana showing their beautiful bellies

birth activist will be talking about home-births (including her own) and encouraging women to feel confident and anticipate giving birth with joy.

**18th March:** Ela Forest (local midwife) will be holding a Rebozo workshop. She will show you the many uses of a Rebozo for pregnancy, labour and for carrying your baby. If you have a cotton sarong- bring it along.

**25th March:** Kirrah will guide another 'Birthing From Within' workshop.

Both birthing pools are out on loan at the moment - we wish those women well on their journey to motherhood! It would be wonderful if we can continue to increase our resources available to

pregnant women and their families. If you have any spare birthing/parenting books, DVD's, baby clothes or any other appropriate items- please bring them into Birth & Beyond or leave them at the Apothecary.

Nimbin Birth & Beyond meets every Friday morning 9.30-11am and we ask for a contribution of around \$2 to help pay the rent for the space. After Birth & Beyond, Linda Johns is holding pre-natal yoga classes (11.30am-1.00pm).

If you need any information, want to volunteer to share your birth story, want to hold a workshop or have some items to drop in.

Please Phone Kirrah on 0429-308-851 or email [kirrah@wholistic.com.au](mailto:kirrah@wholistic.com.au)

## Freeforming Yoga in Nimbin

by Linda

It brings me great joy to be here as a part of this community to bring service.

It was a man who initiated my move to the area, we recently participated in our medieval wedding ceremony. It is really nice to observe the alternate lifestyle that many are acquainted with in the area and how there is so much education and sharing of knowledge that is designed to sustain mother earth. It is lovely to have

fresh locally grown produce available, organic foods, and many options for those who have food sensitivities such as myself. The surrounds are beautiful and it is nice to witness people who truly appreciate their natural surrounds.

Teaching individual and small group yoga sessions in the local vicinity is a pleasure. It is my intention to share with others, the many blessings yoga offers to one's wellbeing as experienced on my personal journey and certainly many

others have throughout history. Yoga is an ancient art that is becoming very beloved this day in time. For those who live away from the luxuries many around this area experience of being in a beautiful, quiet, serene sanctuary, yoga offers a healing, still place to withdraw to; an inner sanctuary. For those who experience an outer sanctuary as many of you do, it is possibly easier to find this place within.

Coming closer to your centre allows yourself to shine, remaining in your centre, you feel strong. There are many paths people may choose that draw you closer to your centre, where your true self shines forth.

Yoga is unique for it works on many different levels. Stretching out the body on a physical level, quietening the mind, and clearing the mind's eye so one can see clearly. My focus is on alignment, safety, and on a deeper level, to help

guide you to a meditative state where you may feel more centred and in tune with who you are and your purpose.

Yoga classes are held at the Nimbin Apothecary on a Tuesday at 9am and 3.30pm. The opportunity is there for anyone who feels compelled to bring the benefits of yoga into their life in a group situation or thru individual sessions.

Prenatal yoga is also held at the Apothecary at 11.30am following the Birth & Beyond meeting which starts at 9.30am. Feel welcome to come and share a calm environment and utilise props to encourage you to enjoy a comfortable and nurturing experience.

Assisting you to connect with your child within, a beginning of times consciously shared, and in preparing your physical body also, for a natural more relaxed birth of your child.

For further information please call Linda on 0433-722-231.

Namaste.



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## Letting go

by Dave Reynolds

A key skill in developing and sustaining healthy differentiated relationships is to learn how not to react to other people's dramas. A co-dependent person is one who has let another person's behaviour affect him or her and who then becomes focussed on controlling that person's behaviour.

When we attempt to rescue others from the consequences of their actions, we enable them to keep going as they are with their destructive behaviour. If we are preoccupied with controlling another person's behaviour, emotionally dependent on the mood of our partner rather than authentically living our own choices or if we are caretaking another adult, we are probably in a co-dependent relationship.

There is a difference between compassionately caring about another's wellbeing and attempting to make them do what we imagine is best for them.

When we worry or obsess about someone else, we are likely to abandon ourselves in some way, losing contact with our power and our ability to think or feel independently. Paradoxically, we lose self control when we attempt to control others.

We are likely to experience a deep sense of anxiety as we realise we cannot control others in our lives. It can seem safer to remain attached to the other person, to their feelings and actions rather than attend to our own needs.

Even though it becomes clear that worrying and obsessing does not work, many people simply cannot see any other option. The thought of detaching our wellbeing from the behaviour of the other can induce further anxiety.

The solution is to learn how to allow other people to be themselves, self destructive, abusive, anxious, addicted or however they are. Only when you allow others to take responsibility for



themselves can you take full responsibility for your own wellbeing.

So, to really make a difference you can practise surrendering those things which you cannot change. You do what you can to help solve any issues then put your hand on your heart and take a big step back.

Placing our hand on our heart reminds us that we do care, that other people do matter to us and it also allows us to feel the pain and anxiety which can result as we watch others playing out their destructive behaviours. When we can stop creating solutions for others in our own minds, we free up our ability to feel real compassion and to stop enabling the other's behaviour.

You do not need to do this in one smooth movement and you do not need to write off your losses without grief. If you do choose to pull back and take care of yourself, you may initially feel both anxious and resentful. I am certain you will survive these feelings with support.

Then, as you choose to live your life in a way which does not make a victim or a martyr of yourself, your actions and outcomes will begin to form a clearer expression of your own values and direction. I wish you well on your journey.

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.

**Dave Reynolds**  
Grad Dip Gestalt

Counselling and Psychotherapy

Nimbin & Lismore  
02 6689 0426



# Bread and cheese, anyone?

The simple act of making your own bread can change your life in many ways. Your health will benefit from the extra nutrients and improved digestion, while some sourdoughs can even be enjoyed by those with grain intolerance.

Plus you'll be more connected to the food you're eating, and there'll be a positive impact on your hip pocket. Not to mention the wonderful aroma that will invade your kitchen...

This is just some of the information you'll delve into if you attend a traditional sourdough bread-making workshop being held in Lismore on Saturday 2nd May. It's one of a series of workshops around the region aiming to bring back traditional kitchen skills.

There are workshops on how to make cheeses, from feta to gouda and haloumi, how to make probiotic foods that will help repopulate your gut flora and do wonders for your digestion of the veges from your own garden.

"My grandma made bread, my great-grandma made sauerkraut, and they both made their own cheese," says workshop presenter Emily Stokes, of Lismore.

"These skills didn't get passed on to me, so I decided to learn them, so I can pass them on to my children. I want my kids to know how real food is

## Traditional food skills workshops to start

made, and how nutritious it can be.

"Bread these days has twenty to thirty ingredients in it, including things like fungicide. It's made in an industrial process designed to be fast, cheap, and profitable. It's the so-called 'staff of life' and we all eat it, yet bread has become this fake, vacuous, fluffy, nothing food. I want to eat bread that is made with the simple ingredients it's been made with for thousands of years – flour, water, and salt."

Cheese inspires the same passion in Jenny Creasy, from Lillian Rock, the other presenter in these workshops.

"I learned the art of traditional cheesemaking on small farms in Europe in 2001. I've been making cheese regularly for my family and it's entirely fulfilling to eat something that is made with your own hands.

"There seems to be a real shift in awareness about where our food comes from, and how it is grown or produced. Along with that, people seem to be really interested in re-learning the traditional food skills that mean they can put the love back into eating."

There is more information on their website [www.traditionalfoodskills.com.au](http://www.traditionalfoodskills.com.au) You can book workshops online, by phoning Jenny 6689-7533, or by making contact at the Blue Knob Farmers' Markets.

# Expectations

by Dr Elizabeth McCardell

M. Counselling, PhD Phone  
0429-199-021

We all have expectations. Expectations that things will change, that they will stay the same, and that things might go down hill from now on are the stuff of human experience.

I was reflecting on this as I was enjoying my morning swim. I am aware, for instance, that I have a regular readership of this column in *The Nimbin GoodTimes* and, for the first time, I noticed a sort of self consciousness as I thought of what to write about here today (the best writing comes without thinking about other people thinking about what is written). I realized that I was reacting to my perception of other people's expectations, not necessarily to actual expectations. Coupled with these thoughts, I mulled, as I swam up and down the pool, on the recent disasters of flood (Australian) and earthquake (New Zealand) and how many expectations that things would stay the same or hopes for a better life, would have been shattered. The end of the world theorists are probably saying, "See, see."

We live our lives sensing an admixture of self determination and submission to things happening to us and these shape the expectations we have. Too much of a sense of the need to determine our own individual

destiny leads to unnecessary stress (our self determining expectations are too high, while a sense of support from other people is low), while hardly any sense of self agency plus feeling subject to the vagaries and whims of whatever can lead to feelings of powerlessness and despair. The image I have as I write about the former is of a clown trying to lift himself by his shoe laces; of the latter, I see a being sitting out in the open whipped around by high winds, while nearby is a substantial shelter. Neither describe people aware of the supports of other people nor objects in the environment that can be used for protection and safety.

A combination of being an agent in our own lives, while being open to environmental influence is good, and each in varying degrees according to context and requirement. Getting locked into either side seriously undermines not only our mental health, but our capacity to flexibly and response-ably (the ability to respond) deal with the unexpected. Getting stuck in the belief that living solely by one's own agency or that there is nothing a person can do in the face of an external power are both cases of expecting very little and indicate more than anything that counselling or psychotherapy may be just the thing to release more excitement, safety and belonging into life.



Expecting things to stay more or less the same allows us to relax into sleep at night; gives us the ability to predict things, to make plans, and to enjoy down-time. Expecting things to change keeps us alive, interested, challenged, and sparkling with anticipation. Expecting the worst sometimes gets fulfilled, sometimes not. Expecting the worst, though, is not always a negative hope. It tells us much about what is wrong in our relationships with one another and our world and can lead to a turn around and an impetus to change.

To have expectations can be to enjoy the exciting tingling frisson of life, or a dogged determination to see some kind of change in the profile of existence, or indicate a desire to hold things as they are, or reinforce the idea that bad things happen anyway. How we experience the expectations we have (which are nothing more than beliefs we have of the way the world works) can shape how we more fulfillingly express ourselves in life and thus it is useful to be curious about the expectations we hold dear to ourselves.

# Living with the Earth

by Allan Lunare

Being conscious, or aware, is something that is spoken of a lot in this part of the world.

It is a wonderful thing that so many people here are bringing more consciousness into their daily lives.

This environment seems to support such exploration of the self through presence. There is so much natural beauty all around us and the land here is very potent. All of those wishing to be more conscious are strongly supported by the energies of this land to find and express their truth.

At this time I am drawn to explore the following with other people.

I am organising a fortnightly Men's Group at the Living Arts Sanctuary in Blue Knob. A part of this group's meeting will involve getting out on to the land to actively feel and utilise the

support that is there for us. There will also be a focus on conscious connection with other men in a safe and supportive environment as we share our journeys of what it is to be a man on this Earth.

I am also interested in sharing some of my experiences from gardening intuitively. This could also be called conscious gardening, I suppose, and involves feeling into decisions and actions one makes while gardening.

At the next Sphinx Rock Community Garden working bee (on Friday the 4th March) I will hold an information session on this subject. I'll talk about what it involves, and have a few interesting activities for people to try.

Later in March (on Saturday the 19th) I will be holding an Intuitive Gardening Workshop at the Living Arts Sanctuary.

This type of gardening involves becoming in tune with the energies of place and of plants.



It is much more than feng shui for outside, as it really promotes responsibility for our actions, as well as a deep acknowledgement of the spiritual life all around us. It is an expression of humans surrendering to nature while remaining active and alive, and it is therefore very rewarding.

Intuitive Gardening also promotes a deep harmony with the land and with all beings.

It is my feeling that this type of interaction with the Earth recalls many ancient traditions while also answering many of the questions surrounding how we, as humans, are to move forward.

Contact Allan Lunare on 6689-7128 or email [fishriddle@hotmail.com](mailto:fishriddle@hotmail.com)

# Live together, thrive together

by Dudley Leggett

The community of Byron and the greater Northern Rivers region – along with the rest of the world – are facing unprecedented economic, political, social and environmental crises.

As it is the sum of our lifestyles that will ultimately make or break the future, many positive-change advocates look to local communities for real and lasting solutions. If ever there was a time to get serious about organising at the grass-roots level, it is now.

Thank goodness the seventh Living Together Gathering is just around the corner!

These gatherings provide a platform where the whole community can learn about the projects and proposals which positively respond to the changes that must soon take place.

Food and energy security are likely to become crucial concerns, and greater self-reliance in these areas means local jobs, lower costs, a healthier environment and more of our money circulating here instead of going to the big corporate sector.

This is your invitation to be part of the Community Expo and Forum at the Living Together Gathering, 11th

to 14th March, at Ewingsdale Hall.

Whether your focus is food and energy security, self determination, healing and well-being, creativity or building vibrant communities, you have a valued part to play. Anyone can present, display or workshop their passion and contribution to building a stronger, more sustainable, harmonious local and regional community.

Coming together in unity we can not only survive, but thrive through whatever crises the future brings.



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# Awareness

by Daniel Keszler

This month I want to explore the concept that awareness is the very foundation of consciousness, of the mind, and possibly of all things. Our very nature is awareness and then we create an "I". We create a reference point so we can separate things from each other. And so we give names to the whole world of infinite phenomena and forget nearly completely, that all these things around us and inside us are made up of the same awareness.

We identify with the "I" and so we feel separate from the rest of the world. So we get attached to things out of the natural tendency of wanting to become whole again. We create our own judgement of "good" and "bad" and then try to live a life of accumulating the "good" and avoiding the "bad". Thus we can make it a bit hard for ourselves to find happiness because it depends on our judgement and attachment.

If we stay aware of the fact that we created that separation from the whole ourselves, we don't have to hold on to the identification with the limited dimension of the I. We can let our awareness expand throughout the body and into the whole world. If we refrain from naming things, we may perceive the world as it really is.

Our reactions, mental, emotional and physical, are part of that awareness, and have only arisen as part of the play of that awareness. If we are this awareness by very nature, we can always choose, how we want to be aware of any part of the play. We can choose how we want to feel on a mental, emotional and physical level.



If we stay in this awareness, attachment and aversion make no sense since every part is by very nature equal and one with us.

At this point it becomes obvious, why meditation in its pure form of just being fully aware of awareness, is a valuable undertaking. We don't have to sit down, we are part of the whole world-play, all we are aiming at, is awareness fully expanded. It's a bit like watching a movie and being in it as well as being the director and doing it in real time. The deeper we are anchored in that very ground of all things, in that awareness, the more permanent becomes our contentment, our compassion and our peace with the world.

## Now my Practice and Training News:

As mentioned last month, I have shifted my availability a little more to home. I am now available in my Home Practice in Coffee Camp on Mondays, Tuesdays, Fridays and Saturdays (6689-9249). Still available in Nimbin on Wednesdays and Thursdays(6689-1529).

The Integral Martial Arts Training has shifted to start on Wednesdays 7pm-9pm at the Living Arts Sanctuary.

Special Offers! If you bring this column with you and you book or have booked a treatment in Coffee Camp for March 2011, you get a \$5 discount on the treatment fee. From March 2011 onward, receive \$10 discount for a treatment on your birthday! (proof required)

Blessings, Daniel.

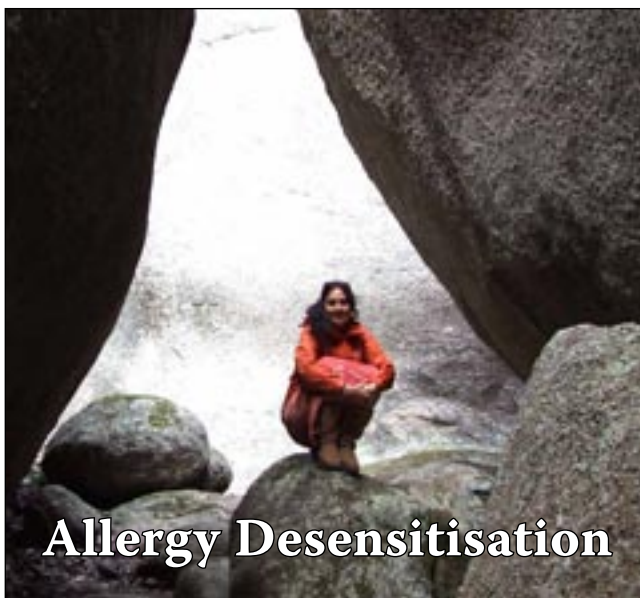
# Nimbin Hospital Info

• **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 8th March.

• **Nimbin Womens Health Nursing Service** every 3rd Tuesday of the month. Free and confidential. Next clinic 17th March. For appointments phone 6688-1401.

• **Physio** at Nimbin Hospital, Tuesdays and Fridays. For appointments phone 6688-1401.

• **Nimbin Aged Care and Respite Services** meetings are 2nd Tuesday of the month at 2pm at the Bottlebrush Studio in the Community Centre. Next is 8th March.



by Leannndrah

Allergies can really impact on the quality of your life. Some allergies are life-threatening and debilitating. Often we are resigned to having to manage rather than banish allergies.

There is hope with homoeopathic allergy desensitisation. Reduction and even elimination of allergic symptoms is possible. A unique complex or simple allergen remedy can be designed using Brauer remedies to match an individual's allergies. Alternatively, Leannndrah can make the remedies from any physical sample (only a dot is needed) of the allergen. This process takes a few hours of dilution and succussion.

Allergens may include: rabbit fur, human hair, dog hair, sheep wool, mixed feathers, cat fur, horse hair, cow hair, dusts, dairy products, cereals, fish, shellfish, meats, vegetables, fruits, shrub and tree pollens, chocolate, yeast, weed pollens, fabrics, flower and shrub pollens, grass pollens, house dust mite, hardwood sawdust, softwood sawdust, fungi, moulds, insects and parasites, bacteria, etc...

In some cases, other remedies are used. The case may need enhancement of T helper 3 cells to balance T helper 1 and T helper 2 cell responses, in order to render more tolerance to allergens. A case may need the calming of an overactive histamine response to allergens. The desensitisation process can take up to 6 months involving a dose of energetically imprinted water every day or second day.

It can be a long process, but may be necessary to retrain an in ground dysfunctional immune response. Practitioners have reported 70-80% success rate in reduction of symptoms employing this technique. The technique is also supported strongly by several trials involving Riley.

Leannndrah (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. Leannndrah also has a country practice in Wiangaree at The Turquoise House. There is a medicine garden, colour healing studio, and well stocked dispensary of homoeopathics, herbs, flower essences and supplements. Wiangaree is 10 minutes drive north of Kyogle.

Phone for appointments 02 6636-2356 or book in with Nimbin Apothecary for Tuesdays on 02 6689-1529.

# Homeopathics... Butterflies... Earth Power... People Power

by Tarang Bates

This summer has been such a beautiful butterfly season, exquisite colours and patterns dancing around the garden – sometimes two or three in a group intermingling with the dragonflies.

The wet has resulted in lush, green growth – the mango and cinnamon trees are tipped with scarlet and crimson while the last of my Bunya nut hoard hisses away in the pressure cooker. I have found golden cocoons, spun of delicate eucalyptus-gum thread, and a tiny spider with a golden back as shiny as a jewel, living on the lemon balm bush.

All-in-all it's been relatively peaceful up our neck of the woods, save for Nimbin being road-blocked by huge hoards of police, RTA, immigration and Centrelink officers over the last few days. This hasn't disturbed the butterflies, although it's ruffled a few feathers on the street. It does seem rather discriminatory.... I have never heard of such extreme law enforcement being inflicted on any other town in Australia. It is something we have come to expect every year before Mardi Grass – the ramping up of force; however it has become more extreme as the years go by... but really, boarding the school buses is being a bit over the top, don't you think!!

Looking at the bigger picture and the way people are being treated in other parts of the world by those who have the power, we are relatively well off. Our lives are inconvenienced to a degree by all sorts of events; it's how we deal with them that can make a difference. Extreme events such as the earthquakes, fires, floods and cyclones being experienced by people close-by, would certainly represent more of a challenge than a few road-blocks around town.... I know what I would rather deal with!!

Recently, one of the main power lines (11,000 volts)



snapped off a pole down our road during the night. The wire ended up across the road, vertically looped in the middle. Two people attempted to move the wire before realizing it was a power line... lucky for them, the line had snapped at the end carrying the power, the potential does not bear thinking about.

The earth around here is constantly moving, causing power poles to lean heavily or crash down at times. If ever you come across a wire lying on the ground and you can't find the source (visually), it is recommended that you stay at least 8 meters away from it – high voltage electricity is usually instantaneously fatal and can arc several metres through the air.

## HOMEOPATHICS

PHOSPHORUS: is used for electric shocks from low voltage current, dosing the person every 10 minutes while seeking assistance. This remedy has other uses and often suits people who are prone to nervous tension, especially from overwork. Oversensitivity to external impressions and clairvoyance are common traits along with an aversion to exams, homework and a reluctance to talk about problems. Excessive bleeding, sore throat with tickling and hoarseness, dry cough with lung congestion and pneumonia, are some of the conditions phosphorus is used for.

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



Kookaburra sits in an old gum tree, merry merry king of the bush is he.

Laugh Kookaburra laugh, Kookaburra high your life must be.

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# fashion focus



by Christina Chester

Creativity is in the air, not just the humming of choppers.

Nimbin always surprises, with amazing talent coming out of the beautiful hills.

Recently I had a chance to get together with Thorsten Jones, our local photographer and an astonishingly beautiful and

talented young woman, Rebecca. Despite a very hot summer's day, we ended up having a four hour photo shoot of my latest collection of neon bright, vibrant party wear and the main thing, we had a lot of fun working together.

Thorsten, who describes himself as "a bloody Hippy with a Nikon and a



compulsive disorder" also says, "It's not worth doing a shoot unless it's fun." I totally agree, and working with Thorsten and Rebecca was a real pleasure.

Thanks to Thorsten's endless enthusiasm for his work, we have an exceptional record of six years of Nimbin fashion show and the work of all our talented designers and models. For Thorsten to deliver these fantastic

pics, using only natural light, he takes the advice of one of his inspirational photographer masters Henri Cartier-Bresson: "Don't worry about flash light, just go and find the defining moment".

Years of experience and using classic techniques of masters such as Robert Capa and Man Ray, combined with the newest technology, Thorsten is able to provide portfolios, event coverage, portraits, nude, property documentation and more.

If you want any photographic work done, contact Thorsten Jones via e-mail at [pangalacticgargelbla2001@yahoo.com.au](mailto:pangalacticgargelbla2001@yahoo.com.au)

For any other info, contact me at [christina@ccdesign.biz](mailto:christina@ccdesign.biz)



## Cook's corner

### Recipe of the Month

by Carolyne

#### Caramel & Pecan Swirls

Preparation Time : 25 min  
Cooking Time : 25 min  
Makes : 12

3 cups of self-raising flour  
80g butter  
1¼ cups of buttermilk  
½ cup of brown sugar  
1 cup of pecans, roughly chopped

Extra 40g of butter, cut into small pieces

#### Caramel Glaze

20g butter  
½ cup of brown sugar  
1 tbsp water



Preheat Oven to 200c. Line a 26x 16x 3cm lamington tin with baking paper. Sift the flour into a large bowl. Using your fingertips, rub the butter into the flour until the mixture resembles breadcrumbs. Make a well in the centre and add the buttermilk. Stir with a flat edged knife until well combined and soft dough is formed.

Turn out dough on a lightly floured surface and knead quickly but gently until smooth. Roll out dough on a lightly floured surface to a 1 cm thick rectangle, measuring 36 x 21cm.

Sprinkle sugar over top of dough. Top with pecans and dot with extra butter. Carefully roll up dough from the longest side. Using a large sharp knife, cut through the roll to form 12 rounds. Put the rounds close together in the prepared tin. Bake for 15 to 20 minutes or until crisp and well browned. Transfer to a wire rack to cool. Brush each swirl with caramel glaze. To make caramel glaze: Put the butter sugar and water into a medium heavy based pan and stir to combine. Simmer, stirring for 3 to 4 minutes or until the mixture is smooth and the sugar dissolves. May be served hot, or when cold split and butter. **Enjoy!**

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

## Getting Fat on Profit

by Ella Buckland

Overweight and obesity occurs when an individual's calorie consumption is greater than their calorie expenditure. Australia is a country that has an obesity problem. The number of overweight and obese adults increased from 4.6 million in 1989-90 to 5.4 million in 1995, 6.6 million in 2001 and 7.4 million in 2004-05. Approximately 25% of children are overweight or obese, up from an estimated 5% in the 1960s. Obesity costs us money, causes diabetes, heart disease, not to mention the impact on the environment. So why is it happening?

There are many issues that contribute to the prevalence of this condition. Firstly, our political system is influenced heavily by individualism, which promotes the idea that the health of individuals is linked to their success. Meaning the created perception that a thin person is 'successful' and a fat person is a 'failure'. Obesity then becomes a private problem confined to the 'choices' made by individuals.

Secondly one must consider the significance of rising obesity levels in a "body conscious" society. The kind of society that celebrates health, fitness and thinness and adjusts their behaviour in accordance with these ideals. How could there be an obesity "epidemic" in a society so pre occupied with thinness? Why this contradiction, and who benefits from the majority of Australians being overweight?

This brings me to my third point about why obesity is so prevalent: economics. Good economics relating to food means cheap products used to replace, prolong the life of, and add flavour to, our food. High Fructose Corn Syrup (HFCS) and palm oil are two

"cheap" additive increasingly found in our food.

HFCS is cheaper than sugar due to corn subsidies and sugar tariffs in the United States. HFCS consumption and obesity are linked because fructose consumption does not cause an insulin response. This is important because, without an insulin response after eating there is no suppression of appetite which normally occurs after a meal. If people don't feel full they may keep consuming calories, resulting in obesity.

Palm oil contains about 50% saturated fat, more than pig fat, and although palm oil contains no cholesterol, it is used in many foods as cheap oil. As the use of palm oil in our food is so widespread and often labelled as vegetable oil, we may not be aware that we are actually consuming high amounts of saturated fat and calories. A simple way to tell if a product contains palm oil is to check the saturated fat content. If the saturated fat is more than 50% of the total fat then you may be eating palm oil.

The true cost of these "cheap" ingredients are places like the "dead zone" in the Gulf of Mexico, an area the size of Tasmania where nothing lives because it has been starved of oxygen by the fertilizer runoff coming down the Mississippi from the Corn Belt. Palm plantations have replaced forests in countries like Brazil and Malaysia with high cost to the environment and animals. Humans will also pay the price, fat or thin.

For more information on palm oil go to [www.palmoilaction.org.au](http://www.palmoilaction.org.au)

Also see the World Health Collaborating Centre for Obesity Prevention which runs out of Deakin University at: <http://www.deakin.edu.au/hmnbs/who-obesity/>

## Good soil, good vibe and Clear Sky Dreaming

The Sphinx Rock Cafe Community Garden has been officially opened and named.

About thirty people attended the ceremony in February, where Binna Powell introduced Aunty "Rosi" Roslyn as a local elder representing the Ngaraakwal-Githabul tribe.

In a short but moving ceremony, Aunty Rosi named the garden Bulbe Morair (which translates in English to "Clear Sky Dreaming"). Aunty Rosi then planted some sunflower seeds and asked that Mother Earth protect the garden and produce healthy fruit and vegetables. Binna also planted some pawpaws.

Binna thanked Jon and Sharon Squire, proprietors of the Sphinx Rock Cafe, for making the land available for the community garden.

A Live @ Sphinx Rock Cafe CD, featuring the likes of Murray Kyle, Mystic Beats, Imandan and Osmosis has been produced and all

the money from CD sales goes to supporting the community gardens.

Phase one of the garden infrastructure is now complete and Bulbe Morair is ready for planting. The next working bee is 9am-12pm on Friday the 4th March. All community members are welcome.

To find out more about the garden and upcoming work days email the garden IT team via Wayne Sellman at [wanyebo1@hotmail.com](mailto:wanyebo1@hotmail.com)



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