

The Fashion Guru!

by Jaz Who

Nimbin Fashion Rips Up Byron!

On Saturday 13th August, the 'Out of the Box' spectacular showcased innovative, magic, designs for the Byron Bay viewers. In a full house, the local Nimbin beauties pranced down the catwalk in risqué "come-hither" outfits.

The local tattoo artists Sophie and Beki came and did some body art, just to top it off!

A similar event will be held in a few months at the Bush Theatre. 'Wrappt In Nimbin', will be made up of all our local talent. There will be Circus, dance, music, and fashion. It's a new era in fashion; there are no rules.

Calling all Nimbin creatives who would like to be part of 'Wrappt In Nimbin' or Nimbin Fashion Australia Inc, our very own fashion creatives association. You don't need to be a designer, you can be a photographer or a writer or absolutely anything. The more community like-minded members, the better we can grow.

Contact me on 0431-111-792 or 6689-0136.

Retro Bell Bottoms and Crochet makes a comeback

The re-rise of 70's fashion popularity of nautical. With skinny jeans now so common that they no longer make a statement, it was inevitable that a different style would emerge as a trend.

It didn't necessarily have to be this one, but with the comeback of all things 1970s, it was destined that fashion forward people would turn to bell bottoms / flared pants as their style of choice. Love it!

Shop Talk

Some of the exclusive designs that were showcased in the Byron Bay fashion show, are now up for grabs in 'Who Cares What You Wear', next to Nimbin Lifestyle Real Estate agency.

There's a spot for lease in 'Who Cares What You Wear'! If you are interested in having some fashion or jewellery in the most fabulous shop in town, contact Judy on 6689-0136 or through facebook at: www.facebook.com/Judy_Whodesigns

All photos: Donatella Parisini



Byron Mcgilvray



Fashionistas



Jaz Who



Judy Who



Jaz Who



Jaz Who

The beauty of a woman is not in the clothes she wears, the figure that she carries, or the way she does her hair. The beauty of a woman is seen in her eyes, because that is the doorway to her heart, the place where love resides. True beauty in a woman is reflected in her soul. It's the caring that she lovingly gives, the passion that she shows & the beauty of a woman only grows with passing years. – Audrey Hepburn



Jesse Mackintosh



Judy Who
Arielist: Hartje

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Blue Knob Hall Gallery



'Oothons Celebration' by Elspeth Lake

Text and photos by
Christine Wynyard

Pieces of a Puzzle

The collaborative exhibition "Pieces of a Puzzle" has now travelled from the Roxy Gallery at Kyogle to Blue

Knob Hall Gallery – creating another opportunity to view a great variety of artworks from well known local artists.

It's an unusual theme ... but life is often a puzzle made from the many pieces we put together to make some sense of a pattern and



the meaning of it all.

This exhibition challenges the viewer to ask questions of the artist - How do these images fit together? What is the significance of that line? Are all the pieces there?

Opening night was Friday 2nd September at Blue Knob Hall Gallery, and the exhibition will run until 16th October.

Yum Cha

We will now be holding Yum Cha once a month – on the second Saturday of each month at 12pm. Bookings are absolutely essential and please let us know whether you require vegetarian or non-vegetarian.

Cost is \$15 per person for 6 courses of yummy Chinese treats with a pot of endless green tea.

Above: 'Enigma' by Anthea Moffat

Left: 'Pilabula the Origin' (detail) by Claire L'arrivee



BENTLEY ART PRIZE



'The Eye of the Curlew' by Rikki Fisher, Highly Commended

Fine weather made for an excellent weekend at the Bentley Art Prize on 5th, 6th and 7th August. There was a record attendance for the presentation of prizes in over 14 categories competing for a prize pool of \$8,500.

The Tursa Open Painting Prize was awarded to Helen Waterer from Mullumbimby and the RSM Acquisition Prize was awarded to Christine Porter from Goonellabah.

The 27th Annual Bentley Art Prize was officially opened by Chairman of Norco, Mr Greg McNamara. Mr McNamara remarked that he was thrilled to be part of this prestigious event.

Big crowds made it the best ever Bentley Art Prize and Co-ordinator Helen Trustum thanked all the sponsors for their generous support. She also thanked the members of the Bentley Hall Committee for their assistance in putting the event together.

The Primary School Art Prize for Champion boy went to Joshua McLeod of Casino and the prize for Champion Girl to Christy Kun from Grafton.

The winner of the People's Popular Choice award, was Joanna Burgler's 'Fishing Curtains'.

HSC ART & PHOTOGRAPHY MAJOR WORKS

The Higher School Certificate is looming large for Year 12 students, with Major Works for subjects in art, photography, drama, textiles, wood and metalwork now completed.

Here are some examples of the great work produced this year by Nimbin Central School's talented Art and Photography students, under the supervision of teacher Cath Marshall.



Sapote Hudd



Opal Wone



Ryley Jackson



Cody Robinson



Mahalia Jackson



Daphne Dux with her Champion painting 'Summer Magic' from the Aboriginal Section of the Bentley Art Prize.

Hive of activity for creatives

Arts Northern Rivers has launched a new online creative network and portal. The Hive is a virtual space where local practitioners can connect with one another, and other site visitors can explore some of the exceptional products and services on offer.

It's free for local creative industries professionals to list on The Hive and you can link directly from the Portal to your own online website or blog, as long as you meet a few simple criteria, including being actively creating new work and trading as a creative industries professional or enterprise.

Over the next few months Arts Northern Rivers will be inviting local creatives to join them online, before commencing a marketing campaign intended to drive traffic to the site.

Check it out at www.artsnorthernrivers.com.au/hive There are already a few Profiles in place to show how it's done.

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Koala Kolumn

by Lorraine Vass



September is celebrated as Save the Koala Month. Initiated by the Australian Koala Foundation (AKF) to raise awareness of Koala's plight and to raise money for its work, this year will see the launch of the 'Cuddles for Koalas' campaign, which encourages people to hold individual fundraising events.

Friends of the Koala doesn't have the resources for running such campaigns. Every month is save the koala month for us and besides, we are gearing up for our AGM in mid-October. The books are with the auditor, the Annual Report is in preparation; it is time for reflection.

On balance I think it has been a good year for the group and for koala conservation on the Northern Rivers.

Let's take koala conservation first. We have to be encouraged that three councils, Tweed, Lismore and Byron have all committed to preparing comprehensive koala plans of management in those parts of their local government areas where development or other incompatible land uses are putting koalas at most risk.

The plans are being drawn up in accordance with State Environmental Planning Policy 44: Koala Habitat Protection (SEPP). Now let's make no mistake about the SEPP; it is enabling regulation, however where a development is planned, it requires all land to be 'tested' to see whether it is 'potential' koala habitat. At present this is done on the basis of applications pertaining to individual parcels of land.

Through strong regulatory and strategic conservation provisions however, a comprehensive plan can potentially provide an effective framework for implementing beneficial landscape-scale management of koala populations.

With three adjoining councils working on draft plans, near enough simultaneously, there is opportunity for far greater improvements for connectivity, potentially strengthening the resilience of our koala populations to present threats and to the unknowns of climate change.

None of the draft plans is near to public exhibition yet so we do not know how they will be received. From Friends of the Koala's viewpoint, although their governance models and methodologies are somewhat different, they are progressing well and scientific information is being added to our knowledge of some populations.

Tweed is a good example. Friends of the Koala's rescue and rehabilitation activities in Tweed Shire are relatively recent, dating from mid-2007. Over that short period of four years the average number of reports we have received each year is 40; 32 for the past year. The vast majority of reports are from the

Tweed Coast, the area for which the koala plan of management is being developed. There have been instances where the gap between reports has been weeks; even months.

Comparison of historical record analysis and field survey data undertaken for the Tweed Coast Koala Habitat Study (2011) suggests that just 144 koalas remain in the study area; way below the minimum viable population size of 170 animals. Little wonder we receive so few reports; the current status justifies nomination as an endangered population. Nomination is in preparation.

At State level we have a new government which has singled out the koala for improved protection. Just how that will be achieved is not yet clear but we understand the challenge of reviewing and updating State Environment Planning Policy 44 – Koala Habitat Protection, which we have long advocated for, is being taken up.

The shenanigans surrounding the nomination for national protection for the koala has seen



Resilient Roxy – back where she belongs after nine long months of surgery and recuperation

the Threatened Species Scientific Committee again recommending not to list. There has been an extraordinary response to the Senate Inquiry into the Status, Health and Sustainability of Australia's Koala Population announced in November. Minister Burke immediately used the Inquiry to delay making his announcement on the matter. The responsible committee was to have reported months ago but with the amount of written evidence and the oral evidence given over three public hearings,

the report will not be received until late September; the Minister's decision sometime after.

It is against this mix of political will for protecting our koalas that Friends of the Koala soldiers on in its mission to conserve koalas, particularly in the Northern Rivers region. This year saw us return 60 koalas back to the wild and distributing over 4,000 koala food trees for planting. We continued our contributions to research and public education and found different ways to fundraise. Indeed, it has been gratifying in a period of financial uncertainty that others, including sponsors, have found us.

I wonder if you remember me writing about Roxy, the young female attacked by a Bull Arab Mastiff-cross at Swan Bay (East Coraki), last November? Well, she recovered from major surgery performed at the Australian Wildlife Hospital and after a bit of a set-back in March came good again. She was released on 19th August back from where she came. The offending dog has gone, so we trust that Roxy and her mates will see out their days along the banks of the Richmond, in peace.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees, and ways in which you can assist the koala conservation effort on the Northern Rivers, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org

Until next time, happy koala spotting.

PLANT OF THE MONTH

Native Tamarind *Diploglottis australis*

by Richard Burer, Project Officer, EnviTE



This tall beautiful tree which grows to 36m is an outstanding addition to your restoration project, farm or large garden. It grows tall and straight with handsome pinnate leaves and is particularly attractive young when the foliage is at eye attracting height and very present as large tree.

Watch out for creamy brown flowers this spring followed by a hairy brown capsule with a brown seed covered by a delicious orange pulp which is good to make refreshing drinks or hand out to the kids who relish the sour fruits. The fruits are also popular with birds such as crimson rosella, fig bird, green catbird, topknot pigeon and regent bowerbird. It is found in all types of rainforest and is very common in the Nimbin area.

To grow your own collect the fruits fresh which are knocked down by birds and sow the large brown disc like seeds in a seed raising mix which will germinate rapidly.

Plant out after 1-2 years in a nice position out of frost, wind or an overexposed location. On the farm, I found that trees tend to start fruiting after about 12-15 years and about 10 years of lovely visual foliage to admire before the tree finds its way into the canopy.

Locally, check out a nice specimen about 200m past the Bishops Creek turnoff on the right as you head to Lismore.

Get into the Big Scrub

Big Scrub Rainforest Day returns to Rocky Creek Dam on Sunday 25th September.

Have you ever thought about planting a mini rainforest in your back garden, or wanted to know the name of a particular tree, or whether a plant is a weed, or identify a bird? The 13th Big Scrub day has the answers – and more.

The president of the Big Scrub Landcare group, Tony Parkes, said it would be a great day of walks, talks, a chance to catch up with friends and learn more about the importance of rainforest restoration.

Big Scrub Rainforest Day has inspired and educated thousands of landholders and

volunteers since 1999. Through its innovative, entertaining program, the event engages the whole community, not just those converted to rainforest restoration and land-care.

It was started by Rainforest Rescue and the Big Scrub Rainforest Landcare Group and has grown into a significant event on the Australian Landcare calendar.

There will be an early morning bird walk, a stroll through the rainforest with botanists, talks about rainforest flora and restoration techniques, information stalls and workshops.

It's all about the Big Scrub Rainforest which once covered this country from Lismore to Ballina and Byron. BYO picnic.

Stu's view from the loo

by Stuart McConville

My head is sore and stuffy, there must be pollen in the air. The chooks are following a mysteriously ordered ritual that takes them past my throne of a morn. The rooster is... well... somewhere below me... Nonetheless, the chooks have reordered themselves and now a proud black lady wears her crest and leads the way. Nature abhors a vacuum.

As we look around in our overfull worlds, it appears too true. Minimalism is not one of nature's most popular virtues. But we live and die on the edge. The edge of air and earth, the edge of water and fresh, the edge of ocean and land. The edge is truly an abundant place, full of life and

diversity. Stray away from the edge however, and diversity retreats and life is armored and preciously guarded. Deep ocean, vast desert or further still, cold space, molten core; minimalism comes into its own.

The space that nature allows us to feel the complexity, the black that makes the white is our reminder to balance our lives and systems. So far, western society has become expert at complexity. Our tendency is to shut the gate after the horse has bolted, which has resulted in a re-actively planned society with layers and layers of dogma, regulation and material stuff to stifle and confuse us. This is a world less free than the one my father told me stories about.

If we continue to forget the lessons of the desert and



deep ocean, our society will become over complex and fall as a rainforest giant with lianas and tree ferns falling, with a big crash. And already, the limbs are creaking and groaning under the weight of our complex world.

On a lighter note, my son's school, Barkers Vale P.S. is holding Green Day on the 18th September. My eldest son Ahri will be running a workshop on climate change at 12.45pm and I'll be running a workshop on sawdust toilet construction and use at 1.30pm. Hope to see you there.

Stuart runs Pooh Solutions Compost Toilets and Consultancy Services, for more info: www.poohsolutions.com

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Backyard biochar kiln at Djanbung

Djanbung Biochar workshop

On Wednesday 21st September, Djanbung Gardens will hold its annual Biochar workshop based on the pioneering work of Geoff Moxham.

This workshop has become something of an institution since Geoff's initial presentations, followed sadly by his untimely death.

Peter Gibson, a long-term associate of Geoff Moxham and fellow project 540 founder, will attend to facilitate the course.

Biochar still has the best prospects for a sustainable bottom line.

The Biochar workshop will teach participants the basics of home pyrolysis, with practical demonstrations and explanations of the science behind it.

Following this workshop, Janelle Schafer will be conducting a natural dyeing workshop in the afternoon. Some of the pre-mordanting processes used in dyeing may be efficiently conducted using the Biochar process heat.

Learn how to use native plants, vegetables and weeds to produce a wide range of dyes for cotton, alpaca wool

and sheep wool. Bring your own materials for dyeing and create a range of beautiful materials for arts and crafts. Pre-bookings will be essential.

Also this month, the seedsaving and managing a seedbank course, with Caroline Todd, Janelle Schafer and Julia Desbrosses, starts on Monday 12th September and runs for two weeks.

Djanbung's Water and Waste Wise composting toilets and wastewater treatments course starts on 6th September.

Nasty spiky things, and not so pretty!

by Triny Roe

Of all our introduced weeds some of the most problematic ones have stems and leaves covered in sharp spines and thorns. As well as competing with native species for nutrients, water and space and causing physical impediment to movement, these plants fight back when you want to get rid of them. It is important to wear thick gloves and protective clothing when weeding to avoid injury from the prickles.

Some of the nastier, spikier weeds in Northern NSW are Giant Devil's Fig, Apple of Sodom, Devil's Apple and Tropical Soda Apple. These plants are all members of the Family *Solanaceae*. Interestingly this family of plants includes a number of well known edible species such as potatoes, tomatoes and eggplant. However, the aforementioned are mostly poisonous to humans, stock and wildlife so do not attempt to eat.

Giant Devil's Fig, *Solanum chrysotrichum*, a native of Central America, is a relative newcomer to the Nimbin region. Until fairly recently it was restricted to the Tunttable Creek area but in the last few years it has made its way over the hills and taken up residence in the Nimbin valley. I was told by a local that Giant Devil's Fig was introduced in the Channon in the 1980's. It may have been brought in as an ornamental or perhaps for its anti-fungal properties! In Mexico it is traditionally used to treat tinea and five anti-fungal agents have been extracted from this plant.

This perennial weed tree can grow up to four metres high and will appear in freshly disturbed areas, effectively displacing any native species trying to regenerate. Similar in size and shape to wild tobacco, *Solanum mauritianum*, Giant Devil's Fig takes a while before it matures and flowers so there is plenty of opportunity to get rid of it. If you see a single plant, take action as soon as possible. Don't let it fruit and set seed or you will soon have a grove of them,



Giant Devil's Fig

impacting on access and use of the land.

When the soil is moist small seedlings can be easily hand pulled, while wearing thick gloves. Larger seedlings might need teasing with a mattock as the tap root can go deep. The big mothers may require sawing off at the base and herbicide painted on the cut surface if the roots are firmly entrenched. Where GDF has been established for while, expect to revisit the site regularly to remove seedlings which will continue to germinate in the vicinity of the parent tree. (And if you have foot fungi - consult your local pharmacist!)

Apple of Sodom, *Solanum linnaeanum*, (aka *Solanum sodomacum*) is a native of South Africa, introduced into Australia in 1801. It is a smaller, shrubby, multi-branched plant growing from .5 metre to 1.5 metres high. The leaves are deeply lobed and covered with sharp spines. The stems are also covered in prickles. Hardy and able to tolerate a range of conditions, including poor soils, Apple of Sodom can produce up to 50 seeds per poisonous berry. Mature plants have the ability to produce thousand of seeds. Apple of Sodom also has a medical application. An extract of glycoalkaloids from this plant has been used to treat skin cancer. A similar species, Devil's Apple, *Solanum capsicoides*, is a native of Brazil. It appears to be popular as root stock for grafting eggplants and tomatoes as it is resistant to many of the diseases which

affect these crop plants.

Tropical Soda Apple, *Solanum viarum*, which also originates from South America, looks a bit like Apple of Sodom and Devil's Apple though its leaves are not as deeply lobed. This plant is also host to a number of diseases that can infect horticultural crops so is double trouble. Tropical Soda Apple has infested an area of over 50 hectares in the Kempsey region and authorities are working hard to contain its further spread. Seed can be carried to new locations by cattle, contaminated hay, soil and manure and on agricultural machinery and equipment. Landholders are asked to be on the alert for new outbreaks.

Devil's Apple, Apple of Sodom and Tropical Soda Apple, with their ability to spread aggressively, all have great invasive potential. Devil's Apple and Tropical Soda Apple can grow from small pieces of stem so mowing or slashing will just encourage them to grow more thickly. Livestock find the leaves unpalatable so won't graze the plants. Control measures for small areas include hand weeding individual plants, making sure roots are completely removed. Wear thick gloves and long sleeves to avoid the vicious prickles. Plant material should be burnt or disposed of by deep burial. And don't forget the follow-up, especially if the plants have been present for a while as there will be plenty of seed present in the soil. Seed can remain viable for many years. One year of seed, seven years of weed!

Native *Solanaceae* species include Kangaroo Apple, *Solanum aviculare* which is found on the margins of subtropical rainforest. Kangaroo Apple is fast growing and has no prickles so would be useful in regeneration projects and to provide food for wildlife. The fruit of this plant is also edible for humans, but apparently only when very ripe. Consult an expert before consuming or leave them for the critters!



by Rob Carroll, President

Did you know?

- Australia is the World's largest exporter of Bauxite and Iron Ore, second largest Alumina, Lead and Manganese, third Brown Coal, Nickel, Zinc, Uranium and Gold, fourth Aluminium, Black Coal and Silver, fifth Tin.
- 60% of the Worlds mines use Australian made and designed Software
- It takes the clearing and turning over of earth the size of 4 Olympic size swimming pools just to obtain half a standard bucket of diamonds in which half a teaspoon of pink diamonds can be then found. Which in turn one carrot pink diamond is reported to be worth in excess of \$1,000,000.
- 270,000 organic farmers have filed a lawsuit against Monsanto. The lawsuit is led by the Organic Seed Growers and Trades Association. They are fighting for the right to keep a portion of the worlds food supply organic.
- 3 sheets of A4 paper require 1 litre of water to make.

Coal Seam Gas

Queensland has reported another contamination into the water with cancer causing chemicals. Five bores around a drill site have tested positive. It is reported that Queensland currently has 4,000 CSG wells with plans for another 30,000 over a 20-30 year period. This proposal will produce

30 million tonnes of salt which is believed to be 10% of the world's annual salt production.

Qld Mines Minister recently advised that the Government will provide free legal aid to Qld farmers when they are approached by the CSG Industry who in turn will destroy their prime agricultural land. Our region remains active and strong on this issue and volunteering in the NEC, you see more and more people getting involved against CSG/Coal industry destruction. If everybody locks the gate these Earth and future destroyers, will have no business in your community. There are nine cancer-causing chemicals just from the extraction of coal from the earth released into the atmosphere that we all breathe. So it is not a case of whether these people frack or not, coal and CSG are poisonous and are safest left in the ground.

Coal is also brought to you by the same people who told the world that asbestos was a 'safe product'.

A recent government inquiry into CSG has a reporting date of 6th April 2012.

Chaelundi Forest Reunion

The 20th reunion will take place during the month of September. The first weekend is camping on Broadmeadows Road and the following weekend will be at Guy Fawkes National Park. For more information, contact NEC.

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CSG opposition mounts



A recent Galaxy Research poll shows widespread opposition to coal seam gas mining in Australia, and puts pressure on both major parties to act in defence of the NSW environment and communities.

The poll found that 70% of respondents want coal seam gas mining prohibited in cities and towns, and that 68% want a moratorium on the industry.

In NSW support for a moratorium was even stronger, with 74% in support and only

17% opposed.

Jeremy Buckingham, Greens NSW Upper House MP, said: "An overwhelming majority of Australians are concerned about coal seam gas. They want a moratorium on the industry, and they want it

banned also in their cities and towns."

Jeremy Buckingham is the deputy chair of the inquiry into coal seam gas in NSW. It is chaired by Robert Brown, MLC. This inquiry was established on 5 August 2011, to report on the environmental, health, economic and social impacts of coal seam gas activities.

The role coal seam gas could play in meeting the future energy needs of NSW will also be examined. There has been widespread concern expressed by landholders, farmers and environmentalists. Submissions are closed and the final report is due on 6th April 2012.

"Substantial reserves of coal seam gas are located in NSW

and the potential energy of these reserves is massive," says Robert Brown. "Known reserves of coal seam gas in NSW could power all current NSW residential energy use for the next 181 years.

"However, coal seam mining has the potential to affect the environment, particularly water supplies, and whilst it can bring economic and social benefits to communities, it can also raise issues of property rights and property values.

"This inquiry is an opportunity for all stakeholders and communities to provide input into how NSW can balance social, economic and environmental objectives of coal seam gas mining.

"I encourage all people interested in the inquiry to get involved and have their say in front of the committee."

The committee will hold public hearings in Alstonville, Taree, Narrabri, Bowral and Sydney. The public hearing in Alstonville is from 1pm to 5pm on 21st September at the House With No Steps.

There may also be a site visit to Casino and the Lions Way pipeline route.

NGT has been told that the committee will decide who can speak at the inquiry, largely based on the weight and quality of submissions.

Generally, the major community action groups in the area will get a slot, as will recognised experts and the gas companies.

Activists storm mining conference

In a fluid action, 16 undercover activists – including four from the Nimbin Environment Centre – interrupted the \$900-a-head, swish NSW government sponsored mining and investment conference to present their opposition to the mining industry.

"We discussed tactics in a Pitt Street meeting room," said NEC secretary Alan Roberts. "We just flowed out along Pitt Street to Hunter Street then Philip Street where a fire door at the bottom of the Sofitel just peeped open as we arrived, then up two flights of stairs, past kitchens to a door that led us straight in front of the conference stage where we lined up."

Protester Naomi Hogan apologised for interrupting their conference and asked for five minutes of their time to present our case against coal seam gas and coal mining.

The activists spoke for about 30 seconds each to the flummoxed guests on issues of water, food, agricultural land, pollution, children's future, and sustainability.

Though some of the audience argued back, they ultimately relied on the police, who arrived about five minutes into the presentation.



A second group of activists, who had been delayed by an unexpectedly locked door, arrived, and two were arrested for allegedly attempting to commandeer a microphone to address the conference – the only arrest.

"After some time we were hustled outside just as a phalanx of rather good natured riot cops jogged up in formation," said Mr Roberts. "The riot police herded us across the street to the Lock the Gate protest, where we got a good view of two more of our friends abseiling down the Sofitel unfurling the 'STOP Coal Seam Gas Mining, Enough is Enough' banner."

The acrobatic activists abseiled back up the building with banner and were not charged.

None of the crew of 16 had seen the Sofitel before, yet the action went without

a glitch.

Nimbin Environment Centre welcomes the Mines and Energy Minister, Chris Hartcher's offer at this conference to debate mining "based on reason and science, rather than on simple emotion".

This offer, if actualised would instantly debunk the industry's claim that coal seam gas is the necessary green transition fuel to a renewable energy economy – it is not. Lifecycle CSG emissions, including fugitive methane, are more globally warming than burning coal.

However, he eliminated reason and science from the debate when he stipulated that the debate required "accepting the fundamental premise that mining is at the very heart of the economy of this state". There is no economy in a dead state.

Sue-Ern Tan from the NSW Minerals Council

said at the conference: "Part of the solution (for a lack of trust in the mining industry) is better communication by both the industry and the government, so we can answer some of these questions and correct some misperceptions." "Misperceptions?" From the mob whose standard communication is the bulldozer through the fence, if it's private property, or no communication at all if it's the commons being mined, is chillingly equivalent to an offer from the mafia to better communicate.

Interestingly Sue-Ern anticipates that the government will do the industry's public relations job.

"We're passionate about the bit of environment that still remains and we're getting stronger, smarter, more numerous and more pervasive," Mr Roberts said.

Greens champion landholders

Australian Greens spokesperson on mining, Senator Larissa Waters, has introduced a bill to give farmers the right to say no to coal seam gas mining on their land.

"When Australia has so little good quality agricultural land, only about 1-2%, we must protect it from all other inconsistent land uses," she said.

"Farmers should have the legal right to decide that they want to keep farming their land, rather than take the risk of possible long-term groundwater depletion or contamination from coal seam gas mining.

"Our Bill will be a test for the government and the coalition on whether they really stand on food security and the longevity of our rural communities."

The Greens acknowledge that redressing the lack of landholder rights will not solve the environmental problems of coal seam gas mining.

"The Greens are in discussion with Mr Windsor on his forthcoming bill to add a water trigger. We will be introducing complementary legislation in the Senate which build on the Greens 2006 amendments to see water covered by our environmental laws.

Background to the Bill

The Landholders' Right to Refuse (Coal Seam Gas) Bill 2011 requires coal seam gas corporations to gain farmers' written authorisation to enter their land to conduct coal seam gas activities. That authorisation must contain independent advice about all risks to food security and groundwater, and make it clear that the farmer can refuse to sign.

Any corporation entering land without the farmers' permission could get a daily \$55,000 fine, risk prosecution, and be subject to the farmer's right to seek an injunction from the Federal Court which the corporation must pay the cost of.

The Bill applies to all land that has produced food at any time in the 10 years prior to the first proposed coal seam gas activity on the land, from commercial primary production through to urban vegetable gardens.

The Bill does not alter the ownership of the minerals and gas, which remain vested in the States. The Bill does not affect the ability of the federal and state governments to compulsorily acquire the land with appropriate compensation.

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O'Farrell needs to lead on energy policy

by Paul O'Reilly, Director
Rainbow Power Company

The NSW solar industry has been burnt from the repercussions of the 60c Solar Bonus Scheme. We are currently begging the NSW government to reinstate similar rules that existed prior to the SBS being announced.

The SBS was not perfect but it is now in the past. Rainbow Power Company is interested in the current and future policies of the O'Farrell government and how they affect our businesses and the environment.

The Coalition has left the NSW Solar industry in a regulatory black hole until an IPART review in April. In contrast, as other Australian states have wound back their premium FIT's they have announced transitional arrangements to support their industries while they conduct long term structural reviews.

Rainbow Power will be actively involved in the IPART process but we are concerned about the damage that will be done to small solar businesses in the meantime.

The Government needs to recognize that its decision to immediately axe the program is having repercussions, solar jobs continuing to be lost week after week until new legislation in NSW is enacted.

Solar installers across NSW have unanimously asked, not for a subsidy, but for retail price parity. This would allow homeowners to sell their solar electricity for the same price they buy coal power from the grid. The effect of this proposal on electricity prices would be minimal, especially when network benefits are taken into account.

Solar's cost just continues to decrease with the retail price of a system nearly halving since the SBS was developed. There is no need for a \$0.60 per kWh subsidy anymore; the industry is viable as long as solar owners can sell their electricity at the retail rate, currently \$0.28 per kWh.

After comments made by Barry O'Farrell last month regarding wind farms and the proposed retrospective changes to the SBS, renewable businesses are now concerned elements in the O'Farrell

Government is ideologically opposed to the development of renewables in NSW.

There has also been talk that state and federal governments are considering abandoning the 20% Renewable Energy Target. The RET has been commended as an effective market mechanism for the delivery of cost effective renewable technologies. It seems as 2020 approaches governments are looking to sidestep the structural changes required to reach this target.

It is now time for the new NSW government to lay its cards on the table and announce what its plan is for energy development in the state. Does it plan to meet the looming power shortages with new coal generators, or is it proposing expanding coal seam gas mining to fuel new gas generators, or is nuclear on the table for consideration?

NSW needs a clear plan for its energy future. Barry O'Farrell's government is not in opposition anymore, It is now time for them to stand up and be counted.

Millennium Project Australasian Node Award

Three local groups have been recognised for their work for planet earth with the presentation of a United Nations Millennium award.

Organisations to receive the Millennium Project Australasian Node Award 2011-2012 were: the Biochar Project, a local initiative promoting and creating Biochar and publicising its benefits; the Castle on the Hill Learning Centre, as an associate of the Science Art Centre at Uki; and Gaia Films, which regularly produces documentaries and DVD talks that seek to educate and promote awareness at all levels of positive activity for the community as a whole.

The award was presented on 3rd September at the Biochar Project's property in Kunghur by Dr. Paul Wildman, a past chairman of the South Pacific node, and a continuing board member of the U.N. Millennium Project.

Founded in 1996, The Millennium Project is described as "an independent non-profit global participatory futures research think tank of futurists, scholars, business planners, and policy makers". In 2002 it was commissioned by the United Nations Secretary-General in 2002 to develop a concrete action plan for the world to achieve the Millennium Development Goals and to reverse the grinding poverty, hunger and disease affecting billions of people.

The Project is on-going, and supports work throughout the world on the UN's 15



Award recipients (l-r): Professor Robert Pope and partner Irene Brown who run the Castle on the Hill Learning Centre; Gillian Tubbs and Dolph Cooke of the Biochar Project; Paul Tait of Gaia Films; and Dr. Paul Wildman of the U.N Millennium Project with his partner Annette.

Photo: Jeni Kendell

identified Global Challenges that need to be addressed by 2045.

Challenges being addressed collaboratively by the local groups were identified as being: GC1 sustainable development; GC2 sufficient fresh water; GC4 emergence of democracy; GC6 ethical market economies; GC13 sustainable energy; and GC14 scientific and technological breakthroughs.

Find out more at www.millennium-project.org

Wikileaks latest cable release examined

by Warwick Fry

Once again, Wikileaks has failed to surprise thinking people with its content, and simply confirmed what was already known or suspected.

The release of the latest tranche of 70,000 cables was triggered by mainstream media jumping the gun and releasing unredacted material in contravention of an agreement with Wikileaks to 'drip feed' material, carefully edited to exclude individuals who might be compromised.

A thousand or so of these include Australia. The one that will probably cause the most ripples is a report by the US Consul in Melbourne of a meeting with ALP power broker Bill Shorten. He surprised even the Consul for the degree of pro-US sycophancy, and willingness to dump on colleagues in his desire to please. Given Julia Gillard's address to the US Congress last year, it should come as no surprise.

The other item of interest was a report on a meeting between US intelligence and diplomatic staff, with Australia's Office of National Assessment staffers. Reading between the lines, we see Australian intelligence analysts trying to talk Big Brother down over concerns

about Iran. Don't Panic, brother! The sky is not falling...

What Wikileaks does reveal are the gross shortcomings of the mainstream media; the degree to which it 'frames' the news agenda. Wikileaks has turned on its head the old adage "don't let the facts get in the way of a good story". A review of Wikileaks shows that the 'facts' do in fact, get in the way of stories that are not just good, but critical.

Julian Assange was bitterly disappointed in those early days, that the first big 'Wikileaks' stories were studiously ignored by those he passed them on to. They showed the crisis in Somalia coming. They showed corruption in Kenya, environmental vandalism off the Ivory Coast of Africa. He wrote: "What does it mean when only those facts about the world with economic powers behind them can be heard, when the truth lies naked before the world and no one will be the first to speak without a bribe? Wikileaks' unreported material is only the most visible wave on an ocean of truth rotting in drawers of the fourth estate, waiting for a lobby to subsidize its revelation into a profitable endeavour."

This disappointment led him to publish his own material.

In Iceland he edited and published the now famous "Collateral Damage" YouTube flick, of the Apache helicopter crew callously gunning down journalists, civilians, and a van containing two children, on the streets of Baghdad. The rest, as they say, is history.

Assange himself has keen journalistic instincts, highly developed ethical sensibilities, a biting wit, and a sense of rhetorical style. In the archives of the cyberpunk mailing list and chat forum we can see his literary capacity even as he develops the philosophies and principles that eventually gave birth to Wikileaks.

The cyberphunks were a bizarre assortment of hackers, coders, cryptographers, computer security specialists and others of the IT elite. Some of them had extreme right wing opinions. Assange could put them down with a few curt well-chosen phrases.

But he saw as his main enemy the corporate, political, and bureaucratic personnel who fear transparency. Far from being the 'dangerous man' some have called him, Julian Assange is currently our best defence against other, far more dangerous, men.

Germany sets renewables record

by Arne Jungjohann www.grist.org

Germany set another record with renewable energy. A new report by the German Association of Energy and Water Industries (BDEW) highlights, in the first half of 2011, renewables accounted for fully 20.8 percent of power production, as *Der Spiegel* reports.

Throughout the past decade, Germany has fundamentally transformed the way it produces electricity. The country increased its share of renewable electricity from 5 percent in 2000 to 18 percent in 2010. Over time, Germany has consistently met its legislated targets ahead of schedule, and appears poised to outdo itself again in the next years. The goal by the current centre-right government of Chancellor Angela Merkel is to draw at least 35 percent of production from renewables by 2020. The opposition parties claim that 40 percent or even more is realistic.

Today, wind and biomass are the pillars of Germany's renewable sector. The main driver of the 2011 development, however, has been photovoltaic – in a country that is as sunny as the state of Alaska.

The real change came in the photovoltaic sector, where output almost doubled -

- up more than 76 percent since 2010.

"Because of the volume of new photovoltaic installations and the amount of sun during the spring, solar energy knocked hydroelectric from third place for the first time," the BDEW said in a statement. The BDEW saw two reasons for the boost in new installations: Equipment prices have plummeted by 50 percent since 2006, reflecting more competition, and the federal government decided against a planned cut in subsidies for private solar-power generation.

The reason for all of this? Germany's Renewable Energy Act provides certainty that manufacturers and investors are looking for. As feed-in tariff guru Paul Gipe explains here, the centre-right government just increased incentives for the deployment of wind, biomass, and geothermal yet again. Just recently, Deutsche Bank, a largely German bank, gave German renewable energy and climate policy high marks and rates Germany's feed-in tariffs as "best in class."

As discussed before, Germany accelerated the transition towards a renewable energy economy in the aftermath of the nuclear catastrophe of Fukushima. The rapid growth of the renewable sector demonstrates that Germany will likely succeed in phasing out nuclear power completely by 2022.

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Camille & Greg look forward to meeting their spring babe

by Kirrah Holborn

Spring has sprung! The warmer days and scent of jasmine waft through the air beckoning not only baby wildlife but baby humans too. A new wave of glowing mamas are due to give birth this spring!

I have just returned from the 27th Australian Homebirth Conference in Newcastle. It was a joy to hear many inspiring talks and immerse myself in birth-related conversations for three full days.

I was reminded how lucky we are to live in this part of the world. We have glorious weather, delicious local organic foods, a supportive community and homebirth midwives willing to 'challenge the boundaries' to assist

women to birth where they want to. The local midwives and doula's normalise uniqueness and work with the women and their families to provide holistic care. We are blessed that homebirth remains a viable option for women in the Northern Rivers.

Nimbin Birth & Beyond continues to provide a space for connecting with others, swapping stories, gaining wisdom and feeling supported along your journey. It's a great place to have your questions answered and your mind opened to the wide world of birth.

Nimbin Birth & Beyond meets every Friday 10am-11.30am. Contact: 0429-308-851 or kirrah@traditionalwisdom.com.au

by Leandrah

We all have our stories. Maybe while we were in utero our mother took a drug. Often these drugs were very damaging to the unborn in the 60's. Eg: Thalidomide – for morning sickness – causing deformities in limbs, synthetic hormones such as Proluton – to prevent miscarriage – possibly causing infertility and pancreatic problems, antibiotics such as Tetracycline – possibly causing discolouration in not only baby teeth but also in the matrix of adult teeth.

Our mothers were only doing what they believed to be best for their babies, trusting the doctor knows best, when in fact they were pawns in a cruel poisoning driven by money hungry drug companies. Today, young mothers are much more cautious and less believing of advice that has not been proven to be safe in real peoples' lives.

Generation X's mistrust is founded in their first hand experience of any multitude of unexplained chronic and acute illnesses that they suffer. Often there's a feeling that their disease developed from the use of and exposure to drugs/chemicals/orthodox/medicines/pollutants/toxic environments/ vaccinations. This feeling is very rarely deemed the truth in a court of law.

Then there are the horror stories associated with orthodox medicines for babies and infants. My father was given a cough syrup in the 30's that contained Mercury and later developed into a very sick boy with Pink Disease. I'm sure Nan did not poison him intentionally. This left scars on the poor man – he didn't trust the doctor's advice and women to look after him when he was ill. He warmed to herbs in alcohol as medicine though. This was comfortable for an alcoholic.

The more cases that present to me with childhood Autism, the more I see a direct link to vaccination, very clearly, as their parents do. But again, we have to be very careful not to make any claims until proven guilty. Besides, what parent with a recently diagnosed child with an Autistic-spectrum Disorder has the personal resources needed to fight the system, when it takes all their emotional energy to do the best by their autistic child?

Cigarette smoke second hand is something like 100 times more toxic/carcinogenic than firsthand smoke, which the actual smoker gets. Many of us have grown up with our parent's exhaled cigarettes and side stream smoke in our air, especially in the 60s, 70s, and 80s. This can develop many problems with allergies and food intolerances and predispose to serious autoimmune disease later in life. Parents are much more aware these days.

Many medications today are potential toxic time bombs in our bodies, building up and building up in our tissues until one day we have some

bizarre reaction that the doctor can only medicate further, which makes the condition worse.

Nimbin has many rich cases of recreational drug use other than the legal ones (often just as or more damaging than the illegal ones). There is a variety of drugs which I call 'chemically produced in lab' drugs. These are particularly harmful as bodies are not designed to process these synthetic toxins, therefore they sit in the tissues causing kidney disease, neurological disorders, mental illness and other syndromes. If another volatile toxin bumps into it, often the reaction between them is like a bomb going off, 100s of times more toxic than the toxins by themselves.

It all sounds so hopeless doesn't it? Don't despair, Leandrah is here to help with her methods utilising and harnessing the powers of nature.

The most commonsense beginning is to remove the exciting cause, that is stop exposure to the poison to begin with and go through a detox program to suit you. Please if you are on medications prescribed by your doctor, consult with them about the safety of stopping or weaning off the meds. If you are addicted to a drug/s the Naturopath can help ease you off using flower essences, homoeopathics, herbs, diet, massage, supplements and lifestyle elements to help keep you balanced and functioning in the world during withdrawals.

Open up the channels of elimination in order to off load the toxins: Water and herbal teas for urinary system; bitter foods, low fat diet and herbs for the liver and gall bladder; saunas, epsom salt hot baths, to sweat it out. Exercise and emotional release to cleanse the lungs; fibrous fresh vegies and fruit for the bowel.

If the damage seems to be in the fabric of your make up, this may be rectified as well. For example; homoeopathics can and may reverse Autism caused by vaccination, as well as improve allergies and food intolerances. The earlier these conditions are addressed the easier it is to reverse the damage.

One Newcastle family testify on Leandrah's treatment of their 3.5 year old son. His well-regarded Paediatrician had judged him as on the milder end of the Autism Spectrum. His speech pathologist was about to teach him formal sign language as he showed little inclination to speak. The family initially presented to Leandrah for allergy desensitisation of their son. They proceeded with a 10 week program of homoeopathic allergy desensitisation after several weeks of building his gut integrity. "His



new Speech Pathologist is amazed at his verbal progress, and he is rapidly catching up to his peers with verbal involvement and use. After the allergy desensitisation began to take effect, the Child Psychologist we consulted considered there was no need for ongoing work." His parents would have been content if it took until school age to be peer equivalent in speech, but allergy desensitisation produced several behavioural improvements, including speech almost immediately. Of course they are over the moon, "we are getting to know our son for the first time. We always knew he was in there. Every intervention we tried helped in some way, but the food allergy issue had been our biggest concern. Now we are much happier about the situation thanks to Leandrah".

This year's Nimbin Show has a new face: Sustainable Living Expo. You will be able to catch Leandrah's talk on Sunday the 25th September at 10.30am on Tissue Toxicity and Mineral Balance. She will be presenting the usefulness of Hair Tissue Mineral Analysis and consequent Oral Chelation Therapy that removes heavy metals in a safe way from the tissues, giving the body a chance to restore and return to its normal healthy function.

Leandrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Saturdays. She is a Naturopath and has been practising from the Birth & Beyond rooms in Nimbin for 8 years. Leandrah also has a country practice in Wiangaree at The Turquoise House. Wiangaree is only 10 minutes drive north of Kyogle. There is a medicine garden, colour healing studio, and well-stocked dispensary of homoeopathics, herbs, flower essences and supplements. Phone for appointments on 02 6636-2356 or book in with Nimbin Apothecary for Saturdays on 02 6689-1529.

Nimbin Hospital Info

• Childhood Immunisation Clinic

Birth – 5 years, every 2nd Tuesday of the month at Nimbin Hospital. Next clinic 13th September. Phone 6620-7687 to make appointments.

• Womens Health Nurse

Every 3rd Thursday of the month at Nimbin Hospital. Next clinic 15th September. Phone 6688-1401 to make appointments.

• Physiotherapy

Mondays and Thursdays at Nimbin Hospital. Phone 6688-1401 to make an appointment.

• Community Registered Nurses

Nimbin Community Nurses - phone 6689-1288. For assessment, treatment and referral 8.30am - 4.30pm Monday-Friday. Health Clinic at NSP rooms under surgery every Wednesday morning 9.30am - 12.30pm with registered Nurse. Phone: 6689-1500

• Hospital Auxiliary

Garage Sale Saturday 24th September 8am - 2pm, outside the Medical Centre, Cullen Street. Bargains galore!

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An Introduction DVD and the first Ceremony will be held at Birth & Beyond on 15th September, with a first viewing at 3.30pm with children invited to participate, and a second viewing at 7pm. All welcome.



View parts of the DVD at www.thetemplateorg.com

It isn't always the way you think it is

by Dr Elizabeth McCardell
M. Counselling, PhD

Many years ago I read of a 1970s (I think) experiment whereby human subjects were artificially physiologically aroused and presented with pictures of happy or sad faces and their resulting emotions reported. Those shown happy faces said they were feeling happy, those shown sad faces said they felt sad. This experiment, performed by numerous others since, shows the plasticity of our capacity to make meaning from our felt bodily state in relation to the contexts we find ourselves in. This is a three-way process, though it looks like just a two-way one: bodily arousal plus context, but the content of the meanings we make are more than just what are presented by external context. The meanings we make arise out of our historical individual take on the social and cultural stories of the environment we most identify with. This take is built up over time and with reinforcement from family, peers, schooling, and other pervasive institutions. Meanings are not fixed, but fluid and adaptive; indeed they are shaped – endlessly – by alternate views of things. This means that we are able to change how we see, respond to, and inhabit our world as well as experience our own lives. This fact lies at the heart and raison d'être of effective therapy, along with care of the body.

I find it very interesting that the body first feels, and then we make meaning – sense - of this first feeling. There is a perceptual gap, a window of opportunity to shift our reactions from habitual responses to perceiving the experience in new ways, or even just observing the physiological

sense without attaching meaning to it. By being able to choose the meanings we make allow us to wend our pathway through life less reactively, more choicefully, and wisely.

We have a lot to contend with, however. Threats to our existence, whether direct or indirect (for example, being in the presence of a bomb going off, or a bystander to a bank robbery), or just injury (like falling off a rock and breaking a wrist) shakes the foundation of our being; we feel the reverberations for a long time and fear resounds around us. Trauma and abuse (sexual, physical, and emotional) can sometimes cause us to freeze like terrified animals so we cease to be able to respond with more than a rigid repertoire of feelings in relation to those around us. We might turn to drugs and alcohol to "loosen" us up, but such a solution ravages our bodies and minds, rather than offering actual healing.

Bereavement, likewise, has long lasting effects on our bodies, as well as our minds, and may be experienced as on-going depletion of our energy. We feel too weak to do what usually interests us. Depression, as it is now being described, is likewise a "frozen" response to trauma, and one solution is more exercise and right diet. The prescription of "exercise" is too generic and fails to appreciate the diversity of exercise styles possible. It isn't just a case of moving your body more, but moving it in ways that delight you. Right diet can be generically prescribed as well, forgetting that it isn't necessarily what you eat, but how and with what level of enjoyment. Chocolate may perk you up, if that's your thing and if you believe it will.

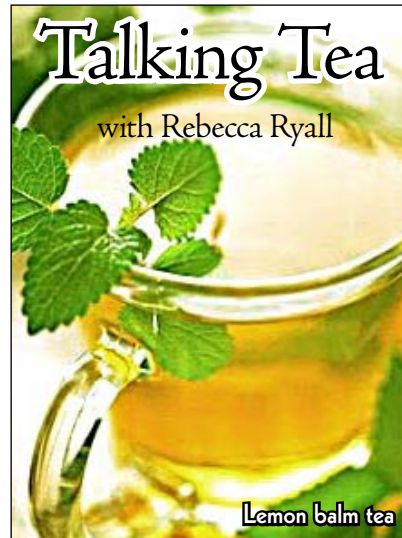
(I recognize here that the chemical



components of substances and activities do have an affect upon the brain), but there is more going here than just this one-to-one correspondence. And, in the case of the experiment mentioned above, there is more to just giving a context to physiological arousal.

The meanings we make have to have something to do with us personally. The subjects shown pictures of happy or sad people and then reporting feeling happy or sad after being artificially physiologically aroused had to have been conditioned to respond that way, and conditioning is what being a social animal is all about. Social conditioning doesn't end in a person's childhood life; it is a life-long flexible process. It is also responsive, but not bound by one expression of it, to what arises physiologically. As noted above, there is a perceptible gap between what is felt in the body and what meaning is made of it. There really is a window of opportunity in every moment to change how we view our lives and thus alter how we feel about ourselves, and how we act upon others.

Therapy can bring insight into ways we prevent ourselves seizing the day and how we can enliven ourselves to new ways of being, as well as finding ways to not resolving old traumas but moving on from them.



"An herbal infusion is not simply a cup of tea. The infusion process is a quick, efficient method for preparing and administering an easily assimilated herbal medicine" – James Green, herbalist.

There are a number of ways of using herbs for medicine, most are fairly easy, and use equipment which is available in most homes. A herbal infusion, or tisane, is made by pouring near boiling water over fresh or dried herbs in the following average ratios – 2tsp:1 cup for fresh herbs and 1tsp:1 cup for most dried herbs. Obviously ratios will vary according to the particular plant, and the individuals' preference for taste. The infusion is left to steep for 5-15 minutes – longer when using woody herbs, or the root or rhizome of a herb. Taken three times daily, herbal teas may provide relief from many common ailments, of body and mind, and also improve the efficacy of any other therapies you may be utilising.

Each month, I would like to share with you some information about herbs in general, whilst introducing you to a new herb each month, to use and experiment with in your daily life.

Lemon Balm (*Melissa Officinalis*)

Lemon balm was used in ancient Greece and Rome as a topical treatment for wounds. In the Middle

Ages it was used internally as a sedative and by the 17th century, English herbalist Culpeper claimed it could improve mood and stimulate clear thinking. Nowadays it is recognised as having the following properties:

- Sedative
 - Diaphoretic
 - Antiviral
 - Antibacterial and antifungal
 - Cholinergic
 - Anti-inflammatory and antispasmodic
 - Antioxidant
 - Peripheral vasodilator.
- Clinically, lemon balm is indicated in the following conditions:
- Anxiety and depression
 - Insomnia
 - Alzheimer's disease (increased cognition and reduced agitation)
 - Gastrointestinal conditions associated with spasm and nervousness
 - Herpes simplex type 1 – topically
 - Feverish conditions
 - Hypertension

Lemon balm is often prescribed in combination with other herbal medicines. I often prescribe lemon balm in mixes for people requiring some calm in their lives, those needing a restful sleep, or troubled by stress related conditions of the digestive system, those tending to high blood pressure, or anxiety or depressive states. It is such a nurturing herb, that most people could benefit from some lemon balm in their lives!

It makes a pleasant and aromatic tea, which is very easy for children and adults alike to take. Sipped with the evening meal, a cup of lemon balm tea will guarantee a good night's sleep.

The **Tea Medica** dispensary, located in the Nimbin Community Centre, at 81 Cullen St Nimbin, is open each Tuesday and Thursday, from 10.30am – 4.30pm, with Tea Tastings each Tuesday afternoon, from 3.30-4.30. Browse the display of herbs, and tea ware, or discuss your own custom blend. You can phone Rebecca on 0423-596-368, or 6689-7227, or visit the website at www.teamedica.com.au Enjoy your cuppa!

Bushflower power

The 16-hour Australian Bush Flower Essences Course Part One teaches people natural healing for themselves, their family, or professionally.

Flower essences are a subtle form of vibrational medicine that has become increasingly popular.

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The course will be held on Friday mornings, 10am – 12pm for eight weeks, starting 14th October, at Lillifield Community Centre. Full price \$245, concession: \$215.

For bookings, phone Tina (certified ABFE Teacher) on 6689-7413, mobile 0457-903-957, or email starloom@hotmail.com

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