



The Lismore Jazz Club presents the *Iggulden Rankin New Orleans Band* on Sunday 29th April at the Lismore City Bowling Club, from 2pm to 5pm. Admission is \$10 for members and students and \$15 for non members.

Brett Iggulden originally hails from Melbourne where, with Alan Browne, he was co-founder of the legendary *Red Onion Jazz Band*. Moving to Bellingen in the 70's he was soon entrenched in the local jazz scene and is regularly in demand in Brisbane, Noosa, Sydney, Melbourne and beyond. His driving style and passion for the music is inspirational, and his talents extend from the cornet to the alto, soprano and tenor saxophones. He has an uncanny ability to use reeds, especially the soprano. Brett is also an accomplished jazz vocalist.

Brett's contribution to Australian Jazz was recognised with the award of the Order of Australia Medal in 2002.

Dave Rankin, on trombone and vocals, played jazz with Brett in Melbourne, as did Terry Villas who will be



Brett Iggulden

on guitar and banjo. Other musos who will be joining them on the day are Mike Hunt on bass, Nick Dick on drums, Pietro Fine on keyboard and clarinet, with a special guest appearance by Brendan "Mookx" Hanley, another former Melbournian.

Between them, these guys have a few centuries of knowledge, experience, practice and above all a great love of New Orleans style of Rhythm and Blues.

Their great rhythm should really get the Bowlo rockin'.



Davey Rankin



IN THE VANGUARD

Melbourne band *Sabrina and The Red Vans* are on tour to promote their new album 'Cheap Romance', and injecting some well-needed soul and groove into the hard worn genre of rock 'n' roll at the *Nimbin Hotel* on Thursday 5th April and *Sphinx Rock Café* on Easter Sunday afternoon, April 8. You can expect dirty guitar solos backed by driving drum and bass, led by the soulful voice of lead singer *Sabrina Sandapa*, who was nominated best female vocal at the Los Angeles Music Awards.

Four years of nice Folk



The Channon Folk Club's monthly Open Mic session is celebrating its Fourth Year. Join the celebrations, from 2pm Sunday 22nd April at The Channon Tavern.

Pictured: One of the many tuneful performers last month

Nick goes the Full Mandy



Comedians *Mandy Nolan* and *Nick Penn* have teamed up to create a 2-hour-plus comedy show that they are bringing to a country town hall, bowlo or pub near you.

Nolan, a perennial favourite on the local circuit who now runs eight thriving comedy rooms from Casino to Currumbin, believes that country folk love a laugh as much, if not more than the next person!

"I have had huge success with the rooms that I run because the audiences in our region are just so open to comedy. It's my dream to bring comedy to everyone's doorsteps, and as a regional girl, I think it's important to focus on wider areas which may not get the amount of entertainment they do in places like Byron Bay or Lismore," she said.

Nolan has been performing stand up comedy for 26 years. It's something she believes that she only became better at when she gave up her girlish dreams of being rich and famous in the big city.

"I only really started to develop as a comedian when I became a mother. Becoming a mother made me very conscious about where I chose to live. I didn't want my kids growing up in the city. I value country life and the freedoms we have here. When I decided

that I was going to live in a country area my comedian friends in the city were shocked. It was impossible to think that you could be a comedian outside of the city! But that has turned out to be completely untrue. Comedy is thriving in the Northern Rivers!"

Mandy is in demand locally as an MC, feature performer and comedy teacher. Her themes are around the everyday, and she believes the magic is 'breathing magic into the mundane narratives of everyday! The more hopeless you are the more material you have, and I am a walking disaster!'

Until locating to Nimbin a few years ago, comedian *Nick Penn* has spent most of his career headlining comedy clubs around the country. Penn's droll approach to the everyday Australian has won him fans on nearly every stage he's worked. As the father of a young son, Penn also made the decision to opt out for a country lifestyle.

Nolan and Penn are embarking on a year long comedic romp, with the first two shows scheduled for April:

- Saturday 21st April at the Nimbin Bush Theatre 8pm. Tix at the door \$10.
- Friday 27th April at Federal Hall. 7pm doors. 8pm show. Tix \$15.

Bush Theatre screen previews

MARGIN CALL

Fri 6th, Sat 7th and Sun 8th April, 7.30pm, MA

Thrilling and captivating, with an all-star cast (Kevin Spacey, Jeremy Irons, Stanley Tucci, Paul Bettany, Demi Moore), *Margin Call* delves into 24 hours of pre-panic which precipitates the Global Financial Crisis of 2008. Simple explanations abound: 'Speak to me like a small child or a golden retriever.' Phew!!! This is an explosive drama that speaks clearly and scarily about the times we live in.



THE FIRST GRADER

Fri 13th and Sat 14th April, 7.30pm

This is the true story of 84 year old Kenyan man *Maruge*, who insists on his right, as offered by the government, to a free education. When *Maruge* turns up at the village school he's initially turned away by the principal *Mrs. Obinchi*, but his persistence eventually wins her over. Moving, sometimes confronting, and heartfelt.



Reviewed by Belinda Marsh

THE SALT OF LIFE

Fri 20th April ONLY, 7.30pm, Italian with English subs

Rueful, funny and wise, *The Salt of Life* is a comedy not of errors but of the tiniest of missteps. *Gianni's* best friend believes every middle-aged Italian man needs a younger mistress, and implants the idea in *Gianni's* head. Oh so Italian!



GOODBYE FIRST LOVE

Fri 27th and Sat 28th April, 7.30pm, French/Danish with English subs

Fresh from the Alliance Francaise Film Festival, *Goodbye, First Love* is a touching movie. *Camille* (15) falls for *Sullivan* (19). She takes the relationship very seriously, but *Sullivan* has other plans and leaves for South America. Years later, *Camille* falls for her Danish professor...and then *Sullivan* returns...



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Sunday Gig Guide

April 2pm start

8th Sabrina & the Red Vans
This awesome band will inject some well-needed soul and groove

15th Kindling
They uplift, enchant and enlighten with African and jazz influences

22nd Southerly Change
Blending blues and reggae with a Jack Johnson earthy islander vibe

29th Imprints
From Melbourne, Willow Stahlut on violin and Linden Lester on drums, combining gypsy, reggae and electronic genres

May 6th Method
Bill Jacobi and Frank Corby play roots, folk and rock

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

April Gigs

<p>Thursday 5th Friday 6th Saturday 7th Sunday 8th</p> <p>Thursday 12th Friday 13th Saturday 14th Sunday 15th</p> <p>Friday 20th Saturday 21st from 12 noon Sunday 22nd</p> <p>Thursday 26th Friday 27th Saturday 28th Sunday 29th</p>	<p>Southerly Change The Incredible Kicks Jim Bob feat. Jimmy Willing Ian Rowe</p> <p>Lachlan Bryan Blues Corp Kindling Sugar Cane Collins</p> <p>The Hoochers Grand Mural Opening with Black Train AntiBodies+Dunhill Blue Bill Jacobi Luna Junction Simon York The Woodland Hunters</p>
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Gigs start: Thurs 6.30pm, Fri 7.30pm, Sat 7pm, Sun 4pm

Hummingbird Bistro

Bistro Specials: Mon \$10 pasta;
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Autumn Arts Extravaganza

by Peter Ptschelinzew

A little bleary-eyed, I write this the night before the opening of the 2012 Nimbin Autumn Arts Extravaganza. The work has all been hung with not too many noses having been put out of joint in the process, which is always a good thing, if sometimes difficult to achieve. Still a few chores to do in the morning and a clean up and we're ready for the opening.

I hope you'll make time to see the exhibition – it runs until Sunday 22nd April from 10am to 5pm each day.

There is inspiring work to be viewed, which I believe is up to the high standard that has come to be expected of our Extravaganza. We're fortunate to have some new exhibitors and some artists showing who haven't take part in recent years.

The Artists Gallery's regular space will remain open during the Extravaganza, still looking fresh from the recent hanging and with the usual impressive collection of art, jewellery and cards.



Jenny Dowell opening the exhibition



'Magestic view to Mt. Warning' by Barbara Suttie



'Trapped in the Matrix' by Rob Harle



Painting by Roslyn Parry



Lil enjoying Maxx Maxted's work.

Garden of Delights

Review by Stephen Wright

I'm guessing there's quite an art, so to speak, in curating an art exhibition.

I'm guessing too that this is especially the case with an exhibition of some diversity and where one needs to create an intimate space as well as give each artist the respect they deserve.

The current exhibition at Blue Knob Gallery, *Into the Garden*, was put together by Robyn Moore, Grahame Ferguson, Katherine Perrot and Heather Kimber, and they've done a sweet job.

The themes of each Blue Knob exhibition are usually broad enough to be inclusive yet narrow enough to give every artist a bit of a push, creatively speaking, and the *Into the Garden* theme has a great variety of media and style.

Fiona Shadwell shows off big time with her marbled watercolour works and a sculptural display of woven baskets put together with Cherie Shadwell. It's a neat segue from one to the other and they're grouped well.

Like stepping into a garden, the groupings on the floor draw you to let your eye take a wander first, before your feet do.

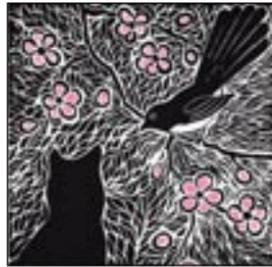
So the Shadwell pieces draw you onto Hetty Schaafsma's mixed media sculpture, small whimsical figures in a landscape that my daughter would have gone ape over when she was small. They're a nice humanising presence in the scheme of things.

That will take you onto a great set of felt pieces, tea cosies by Susanne Walden. Just because it's domestic doesn't mean that something can't be meaningfully constructed art.

From there you could start your eye's tour of the walls, which will take you from the spectacular (Robyn Moore's felt hanging, Carolyn Cleak's skyscape) to the humble but no less accomplished (Christine Cameron's etchings of watching animals).

It's that change of scale that keeps the exhibition space alive, I think. Works are hung and set with care and that counts. It's not a jumble sale, or a gathering of the elite, it's a community space for a community exhibition and as always at Blue Knob Gallery, it works.

The exhibition runs until 13th May.



'Unlikely Friends' by Christine Cameron



Kookaburra by Susanne Walden



Bower Bird Fertility Rites by Christine Wynyard (detail)

Salon des Refuses

Review by Julia Stewart

Why not seize the opportunity to view artworks that did not survive the final cut for the 2012 Northern Rivers Portrait Prize? The Serpentine Community Gallery's *Salon Des Refuses* exhibition is now open.

Of the works on display, one immediately caught my attention. Shane Macgregor's oil work is of a smiling local ukulele player Michael Connor. The portrait radiates with the fun and pleasure of making music, particularly with an instrument which has been personally hand-crafted. There is a certain intimacy revealed as Connor looks across and down, out of the canvas.

Wilson Park School Principal Helen Rae is the subject of Anne Slade's portrait. Anne was moved by Helen's dedication to the education of children with disability. So to situate her portrait the artist has added, appropriately, a mass of small very colourful images of the children of Helen's world. The picture is busy, but then so is the life of the sitter, who gazes out watchfully.

Josephine Window has used soft pastels to skilfully depict four realistic portraits of her drawing teacher Ron Curran. But Ron has another love, the rainforest. So Josephine

interprets these contrasting worlds using the strong jarring colours of orchids, fungi, liana and palms which surround her images to convey great playfulness.

Duncan James (sitter Ian Murray) and Rosie Jones (sitter Peter Jones) present viewers with grand full face frontal portraits. So we have unflinching courage shown by both sitters and painters. Best viewed from a distance, both portraits come alive. Jones' focus is intense which makes her image probably the more compelling, though James has created an amazing see-through effect on his work to show underskin detail, using layers of translucent washes.

The seven singers of Isabella a Cappella are the subject of Ian Robert's work. The canvas is full of line and imagery conveying great joyousness. The eye moves around the group along with the lines and musical notation.

In contrast, Rodney Sharpe's self portrait is presented in his signatory minimalist style. With limited line and colour smudges on a large white surface, the work hinges on his panache with the brush.

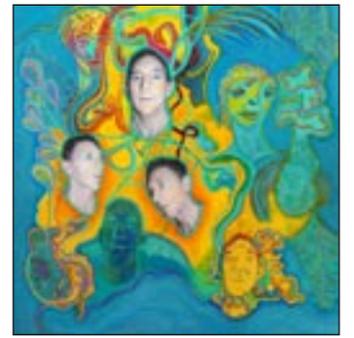
The work of close to twenty artists is on show until 23rd April at the Serpentine Gallery, 17a Bridge Street, North Lismore.



'The sweet sound of the Pineapple' (Michael Connor) by Shane MacGregor



'My Most Familiar Face' (Peter Jones) by Rosie Jones



'Facets of Ron Curran' by Josephine Window

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Koala Kolumn



by Lorraine Vass

Habitat destruction continues to be the primary threat to koala survival so it's good to see that the koalas have fought back in the courts recently.

Locally, an Upper Main Arm property owner was fined \$11,000 by Mullumbimby Local Court for illegally removing 220 trees which included species used as koala habitat. The case was brought by Byron Shire Council.

In Sydney, the Land and Environment Court fined a property owner near Appin, to the south-west, \$127,000 for illegally clearing 12 hectares of endangered bushland, amounting to thousands of trees. The endangered ecological community (EEC) in question was the Shale/Sandstone Transition Forest in the Sydney Basin Region which characteristically includes koala food tree species.

The case was brought by the Office of Environment and Heritage from information received anonymously on the Enviro Line email account in August 2009 stating that: "Over the last couple of days there has been a lot of trees clearing on the land near where AGL is building a power station on off Appin Road at Gilead (Leafs Gully), this is supposed to be for Koala habitat". The purpose



Frankie, dog-attack survivor, recently released at Cawongla (above and below)

for clearing was to provide more space to graze cattle. The wildlife corridor of which the bushland was part is expected to take 20 years to recover.

Both fines are severe for the offences perpetrated. Let's hope that they serve to encourage property owners to seek approval before they clear trees, whether or not they provide koala habitat.

We didn't hear much about koalas in the Queensland elections. Premier Campbell Newman has pledged \$22.5 million to acquire and preserve koala habitat, \$3.2 million for research and \$800,000 to assist organisations to carry out rescue and rehabilitation services (that last bit sounds particularly encouraging). He managed to blot his copybook though by referring

to koala bears in his funding announcement.

In January, Queensland's Department of Environment and Resource Management (DERM) published the Koala Coast Koala Population Report 2010. The Koala Coast is located 20km south-east of Brisbane, covering an area of 375 square km. It encompasses the mainland portion of Redland City, the eastern portion of Logan City and the south-eastern portion of Brisbane City.

To its credit the Queensland Government has monitored the Koala Coast koala population since 1996. The long-term trend from that time to 2010 is a significant 68% fall in koala numbers.

The decline between 2005-6 and 2008 was incredibly steep, more than 50%. The size of the decline between 2008 and 2010 is somewhat contentious. Analysis of the raw data suggests a population estimate of around 2,000 animals which could be interpreted as a 13% decline in population. DERM is saying, that taking the error margin (+ or - 500 koalas) into account, the change may not be statistically significant; on the other hand it admits the impossibility of concluding that the koala population decline has stabilised. The debate on koala numbers is never-ending. Working at the coalface as we do, our view may well be biased. At a recent Friends of the Koala Management Committee meeting, 19 mortalities from 21 February to 21 March were reported. We released four animals in the same period.

While there are many positive moves afoot, it feels like we're losing the battle, at least in parts of the Northern Rivers. Friends of the Koala is the first to admit that we have no idea of the proportion of the koala population that is being brought into care.

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



by Rob Carroll, President

National Pollutant Inventory is a government based website which is designed to track pollution across Australia. It comes under the Dept of Sustainability, Water, Population and Communities which fall under the one portfolio.

Industry manages and reports its pollution to the NPI only if it exceeds the limit set by the NPI. With so many industries across Australia, allowing them to report their own pollution seems rather inappropriate.

Quote from their website: "The desired environmental outcomes of the NPI program are to: Maintain and improve air and water quality, minimise environmental impacts associated with hazardous waste and improve the sustainable use of resources."

Well it would seem with the expansion of the Coal Industry, Nuclear and the current rush on CSG they should start to act upon their desired outcomes for

Australia.

For anyone wanting to know more about the individual substances that we are being polluted with, they have fact sheets. You can do your own research on top of that.

For example, one single coal mine, during extraction releases these substances: arsenic, beryllium, boron, cadmium, carbon monoxide, chromium 111, cobalt, copper, fluoride, lead, manganese, mercury, nickel, nitrogen oxide, sulphur dioxide, zinc, xylenes and volatile organic compounds.

Nine of these substances can give you cancer as well as other serious health implications. The cure for cancer is the cause and money will never cure it, the cause will. There is so much information out there that the current power industries are the conveyers of cancers.

This is not acceptable to the health of all living species. So, as I see, it humans need to wise up.

NPI advise us to help reduce pollution - walk more, use a fuel efficient

car, turn off your television when not in use, turn light switches off when leaving the room and use enviro friendly cleaning products.

The EPA is another body set up by the government to protect our environment but they hand out licences to pollute. Humans, in their quest to get ahead or create their future wealth, are destroying the only thing they/we need to sustain life: a liveable environment.

But in the meantime industry keeps mining; poisoning our water and 'just report if you exceed your limit'. We might then fine you and then you can continue your operations as if the money has cleaned up the poisons.

"Only when the last tree has died and the last river been poisoned and the last fish been caught will we realise we cannot eat money."

- Cree Indian Proverb

I can go on a lot more, but I suggest you send a quick email to the NPI and the EPA to voice your concerns in relation to the power they have given the polluting industries to operate under.

Also ask how their current monitoring process is set up to include the CSG industry.

PLANT OF THE MONTH



Blue Quandong *Elaeocarpus grandis*

by Richard Burer
Project Officer, EnviTE

Blue Quandong is a large tree growing to a height of 35 metres, the sparse habit of the crown is often brightened up with red old leaves offering the enthusiast a sometimes year-round autumn feel.

This fast growing tree and its strongly buttressed base is a well-known rainforest tree of the area and it is very common. Flowering throughout March, the white flowers form into a blue droop over winter and are ready for a variety of birds in spring

including rainforest pigeons.

It was also a much sought-after timber tree. I remember wood carvers describing it as, I think, Butterwood or something like that, as it was easy to carve by hand with the smallest of chisels.

Elaeocarpus grandis is found throughout Nimbin and the Northern Rivers area in remnant and regrowth subtropical rainforest and is often planted as a landscape specimen. Those introducing it to the farm and the large garden will have to remember its large size and fast growth rates.

Those interested in Hindu culture will notice the beautiful seeds of the Quandong made into necklaces throughout India and Nepal. It has great significance in the Himalayas, where it also grows, and with the sects that worship the Hindu god Shiva.

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by James Creagh

Bee News

As days are now shorter than the nights, the bees are busy preparing for the winter with many plants and trees still flowering. With February and March being very wet, harvesting slowed down but, if the break in the weather holds up, we may have some harvesting to do before winter starts. There have been a few reports of swarming in the area, not so unusual for this time of the year.

The bees usually collect together in a tree or bush for a few days while bee scouts are sent out looking for a dry inside space. If you have a swarm at your place let us know as there are virgin beekeepers ready to collect them. Contact 6689-7575.

Beekeeping workshop

On 11th March we held an 'Introduction to Beekeeping' workshop at Lillian Rock that was well attended. Some of the activities included how the hive works, safety around keeping bees, how to set up a few hives and assembling boxes and frames. We had reasonable weather, so were able to open up a hive and also a recently built top bar hive.

Another Introduction to Beekeeping is planned for this coming winter. If you're interested in attending contact me at jamescreagh@hotmail.com or 6689-7575.

The Top Bar hive

The Top Bar hive was designed for third world countries to be able to keep bees without the purchase of the standard boxes or frames, whether because of their cost or availability. A simple strip of wood is placed on the top, inside the box and the bees build their own foundation and honey comb to a more natural u shape.

Earlier this year I built a top bar hive following direction off the Internet. It has been interesting to experiment with another way of keeping bees. See <http://topbarbees.wordpress.com/about/design> or: <http://www.biobees.com/build-a-beehive-free-plans.php>

Beekeepers meeting

With the concern for the decline in bees throughout the world including our area and with an interest in local food security, a local

bee-keeping group has been formed.

On Sunday 25th March, around 26 gathered to form our local group. On the agenda was the bulk purchase of boxes and frames and other equipment, dealing with the small hive beetle (our biggest challenge locally), the raising of our own queens, insurance, incorporating as an association, sourcing a wax mould to make our own foundations, and the purpose of the group to include teaching and sharing information about bee keeping with an emphasis on "natural bee keeping"

Equipment library

The Nimbin Food Security group is still finalizing the arrangements for the sharing of the equipment library. For the beekeepers, the library includes honey extractors, a smoker and protection equipment. The library also includes food driers and food processors. The NFS group are also organizing the purchase of bulk glass jars ideal for the storage of honey.

Poland beekeepers protest

This is an interesting article from Poland about GM and bees. On March 15, over 1,500 beekeepers and their allies marched through the streets of Warsaw, depositing thousands of dead bees on the steps of the Ministry of Agriculture, in protest at genetically modified foods and their requisite pesticides which are killing bees, moths and

other agriculturally-beneficial insects around the globe. Later that day the Minister of Agriculture, Marek Sawicki, announced plans to ban MON810, which has become ineffective at deterring pests in the US.

GM crops and the pesticides used with them have led to a host of problems (itemised here), including the development of new pathogens. One is associated with spontaneous abortion in cattle and another is responsible for massive methane foaming on manure lagoons, which explode, killing thousands of animals in the US since 2001.

The Polish Beekeepers Association organized the protest, joining forces with International Coalition to Protect the Polish Countryside (ICPPC) and the Coalition for a GMO Free Poland. Targeting Monsanto's MON810 GM corn in particular, they also called for a complete ban on all GM crops and harmful pesticides.

Next meeting

If you are planning on having bees in the future, just starting out or had bees for some time please feel welcome to come along to the next meeting. The purpose of the meetings is to support each other and learn from each other through sharing knowledge and experience.

The next meeting is scheduled for 3rd May. If you can't make it to the meetings you may be interested in being on the mailing list. Contact me at: jamescreagh@hotmail.com



Stu's View from the Loo
by Stuart McConville

There are a few ripe lemons and grapefruit in the orchard, with orb weavers and St Johns Cross spider webs laden with dew connecting the trees like mist nets. My poor old Avocado tree, the victim of phytophthora fungi, stands skeletal amongst the dense green of the citrus. It has become a monkey bar for the little red melon vine that's new in my neighbourhood. Here and there a few new shoots show me that there is yet hope for a recovery. I've recently learned (thanks to Blue Knob Farmers Market workshop) that I can indeed cure it with doses of 1:1 Phosphoric Acid/water + penetrant on the trunk and lower branches. It produces perfectly round, large stoned avo's with the

richest, oiliest flesh. Lets hope it recovers.

A layer of compost mulch will help too. I'm going to mix 3:1 chip mulch and compost toilet compost and spread it thickly around the base of the tree. The mulch will then break down with a dominance of fungal spores and rhizomes producing a mycorrhizal association with the roots of the Avo. Then the war will begin. My "good" fungi will take on the Phytophthora and prevent it from dissolving the small root hairs around the larger roots.

Compost toilet product is particularly good for this as it consists mainly of lignin, the "woody" part of wood that is deposited when you add the bulking agent to your toilet. The only thing that will break down lignin effectively is fungi, that's why you see it growing on logs in the forest. With all the extra nutrients that you provide when you use the loo, the fungi will have plenty of food and white hairy threads will appear in the mulch layer very quickly.

I also use compost toilet compost in my

vege patch, but not in areas where I am going to grow root crops. I mix it with manure and more sawdust, let it sit and cook for a month or so, then bag it up for future use.

The high temperatures required to kill off any (and there probably aren't that many if you are healthy) pathogens is reached in the first few days, rendering the mix sterile, then the cool temp bacteria re-inhabit and finish off the job. If you have a compost toilet and don't use the compost, please let me know and I'll offer you my services to collect it.

Thank you to every one who gave me feedback on my last article about eating cane toads. I appreciate it, especially the grossed out people. Most was very positive and I am considering a youtube video about cooking and eating them. Any film makers/IT people out there who'd like to help, please get in touch.

Stu runs Pooh Solutions compost toilets and consultancy. For more info check out: www.poohsolutions.com or call Stu on 0427-897-496.

If it's Green, let it grow.. or not!

by Triny Roe

Just because it's green, doesn't necessarily mean you want it in your paddock, vegetable plot, orchard, garden or forest zone. Some plant species are less desirable. They can overgrow existing vegetation, excluding light, competing for space and nutrients and become the dominant species.

The Northern Rivers region is blessed with a mild climate and abundant rainfall. Plants from all parts of the world, as well as local species, thrive in these fertile conditions with few climatic constraints. Much of the original vegetation here was rainforest – the richest ecological ecosystem on the planet. This highly productive biological system supports a huge biomass and is host to the largest variety of different species.

However the current landscape has been changed significantly by generations of farmers and loggers who cleared, cropped and grazed much of the countryside radically altering the balance of vegetation and the balance of the ecosystem. These settlers also introduced a vast range of exotic species of plants to feed themselves and their stock, shelter, clothe and amuse themselves.

While farming and logging are still carried out in the Northern Rivers, many of the more recent settlers fleeing the cities and making their 'tree change' have come for lifestyle qualities such as wildlife, bush and the peace and

quiet. People from many different backgrounds and from all over the world are drawn here to make their homes in the country and pursue an arcadian dream.

While many are well prepared for a rural lifestyle, not everyone has a background in biological systems or fully realise the level of land management required to develop and/or maintain a sustainable existence. There's a lot more to it than sitting on the deck and watching everything grow. In this highly productive environment just about everything will grow and grow amazingly quickly. Before you know it, one or more exotic plant species are causing problems. These are the ones we call weeds, or naturalised species.

An environment that is capable of supporting a rainforest can also support a lot of different plants at the same time. The weed species are vigorous and will out-compete and overgrow other plants, which is why they have been given 'weed' status. Whenever weed seed is present in the soil, there is an opportunity for the weeds themselves to grow, even if there is already existing vegetation. It's not just in disturbed sites they can germinate. Seed can come from mature individuals, enabling spread of the plants in the vicinity of the parent. Birds, animals, vehicles, people, wind and water can all carry seeds and plant material



Giant Devils Fig will form a dense stand if left alone

from one property to another. So new plants can appear in locations they never were before.

Effective land management includes identifying new problematic plants which appear and dealing with them promptly, before they get out of hand. Recognising and naming plants is a skill that takes time and practice to learn. There are a lot of different plants out there and some look very similar. If you need help, consult the experts. Far North Coast Weeds are dedicated to managing and controlling weeds and will happily provide advice to landholders. Local Landcare groups are also a valuable source of knowledge.

We are all busy people with plenty to do so if we can minimise the efforts required for weed management, (a stitch in time saves nine) there is more time to hang out on the deck and enjoy the beauty of the bush and the fruits of our gardens.

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Evidence based medicine... invalid?



by Leandrah

In the aftermath of the recent media attacks on natural medicine by 'The Friends of Science in Medicine (FOSIM)', I began to question the validity of the 'Golden Standard', namely Evidence Based Medicine/Science/Practice (EBM). Even though natural therapy colleges/universities/schools have been applying EBM for the past three decades, they are still under fire with false accusation of non-application of EBM.

EBM aims to apply the best available evidence gained from scientific, empirical and rational gathering of information. The source of this evidence is most valued from meta-analyses and systematic reviews of biomedical double-blind placebo-controlled clinical trials, and conventional wisdom is least valued. Subjectivity is completely removed at the expense of pure objectivity. EBM is hegemonic in nature, having dominance over all paradigms of medicine. Biomedicine is supported by numerous governments throughout the world and thus education and resources including new technologies are funded by governments in its name. Reductionism is a philosophical approach that believes that complex systems can best be understood by isolating and identifying their constituent elements

or components. EBM is also technocratic, exerting social and political control through technology and technical expertise. Although Biomedicine has only been in existence for a little over a century, it is often looked upon as if it has always been around. The term 'evidence-based medicine' first appeared in medical literature in 1992 in a paper by Guyatt et al.

Natural medicine is more subjective having its philosophical roots in Ancient Egypt ~4000 years ago. The practice of natural medicine is based on 'holism'. The term 'holism' was coined by Jan Christian Smuts in 1925. He used it to describe a philosophical position that was directed towards an understanding of whole systems rather than particular events or phenomena. Holism is arational, that is it includes rationality and goes beyond it. For Smuts the study of matter alone did not provide an adequate understanding of the world. The physics/new science/post modernism had opened up a world where matter and energy were interchangeable and where space and time were no longer separate entities. Through his explanation of 'wholes', Smuts offered a broader and more comprehensive perspective on the nature of reality than that provided by reductionist science. Holism carries the synergistic understanding that wholes are greater than the sum of their parts. There is an essential unity of human nature and the natural world itself.

There are limits to EBM:

1. Lack of application of the 'new science' thus 'behind the times'.
2. Lack of the consideration of the whole. Unable to 'see the forest (the whole patient) for the trees (evidence based information)'.
3. Non respect of the healing

power of nature, and treating science as God.

4. Disregard to practices considered too subjective. Eg, physical examination is considered subjective as it is the physician's subjective observation. Symptoms reported by the patient are also considered subjective therefore not a valid information source.
5. Lack of patient contact and connection. The consults are too short to make a personal connection with patient. Computer consultations also do not allow for a physician and patient connection. Lack of physical examination.
6. Trials and scientific studies are incomplete as they will never be able to cover and 'prove' all phenomena found in nature. People are not benefiting from natural medicines that have not been clinically trialled and 'proven' and consequently there have been unnecessary deaths and suffering in the name of science over nature.
7. Expensive gold standard trials means that an investigation in one area may be funded, but other areas are completely neglected.
8. Publication bias: Not all evidence is made accessible. Failure to publish negative trials is the most obvious gap. The studies that are published in medical journals may not be representative of all the studies that are completed on a given topic or may be unreliable due to conflicts of interest.
9. Lack of subjectivity and value in clinical experience. The knowledge gained from clinical research does not directly answer the primary clinical question of what is best for the patient at hand.
10. Technologically based at the expense of patient. Biomedical tests are the only valid information used in diagnosis and treatment.
11. EBM in its essence is a philosophy and ideal standard that can never possibly exist within a human context. The reality is that there will always be some subjectivity included in information gathering in a clinical situation as the expertise of the individual physician is integrated with EBM. All humanism is impossible to remove. In contrast, natural medicine offers a different

service to the patient/client. There is a differing style of clinical encounter, characterised by longer consultation and a less formal relationship between healer and patient. Perspectives on the nature of health and disease may be more in accord with the patient's own views and understandings. There is an inclination towards health-based rather than disease-based approaches to treatment, and a preference for non-pharmacological and non-technological approaches to health care. Natural therapists encourage and support patient autonomy. Holistic practice complements the more evidence based approach to some degree. Natural therapists are more likely to take into account subjective information gathered from the client themselves through symptoms and signs observed in consult and upon physical examination.

Upon these observations, let us not become inhumane. Josiah Dubois wrote in *The Devil's Chemists* referring to Hitler's regime: "... a widespread adherence to Cartesian dualism, where matter and mind are seen as separate realms; a masculism that is reflected in a widespread obsession with control, predictability, and the use of forceful measures to bring about change; the valuation of rationality and intellection over more intuitive and empathic modes of being; and an excessive valuation of materiality over mind and spirit."

In conclusion, I do not believe EBM is invalid, but an important standard to take into consideration when assessing and treating an individual. However, by itself, as a paradigm of medical practice, is incomplete and an holistic approach is necessary at the heart of the healing project. As health practitioners, while making use of everything scientific medicine can offer, we must remain acutely sensitive to the more subtle determinants of the client's health and sickness and strive to become agents of change in their lives.

Phone for appointments 6636-2356 or book in with Nimbin Apothecary for Saturdays on 6689-1529. Leandrah also has a country practice in Wiangaree at The Turquoise House.

Connect at Birth & Beyond



Jess, Arnica, Molly & Jacqui with their beautiful bumps!

by Kirrah Holborn
B. ClinSc (complementary medicine) Traditional Wisdom

The last month at Nimbin's Birth & Beyond has been inspiring. We were privileged to meet Zehra's baby and hear how dancing, singing and smiling helped her to birth. It is such a joy to hear positive birth stories being shared in our community. Of course, every birth is unique and there is something to be learned from everyone's experience.

Birth & Beyond is not just for pregnant women, mum and bubs. Last month Kerry facilitated a group for dads and dads-to-be to share concerns and discuss solutions to questions.

We also delved into art making last month. This provides a gateway to the subconscious and allows a different kind of expression to the spoken form. As a result of the art process, we discussed how there are 'unknown' aspects to birth and how to be open to the mysterious side of labour.

It also served as a reminder that each woman's experience is unique and can't really be compared to another. Someone discovered that connecting with her baby during labour may be what helps her to keep going.

Another woman reiterated how important her family is and discussed ways to create a ceremony to honour these connections and bonds.

Art can be such a powerful tool to help you access your intuition and express yourself in different ways. Who knows what you will discover next!

We were also lucky enough to screen *The Face of Birth* last month. This is an incredible Australian documentary focussing on birth in our culture. It has a myriad of experts and Australian men and women discussing how birth is a profound event that needs to be given more respect. It is actually becoming harder to have a natural birth in our current medical system and this has flow-on effects that can change how we parent. This is a must-see film for anyone interested in the future of humanity!

In April, we will be showing chapters from 'meet the experts' from *The Face of Birth* DVD and opening up discussion on various topics. This is sure to instigate some lively talks!

There is also going to be a Birthing From Within weekend intensive birth preparation class held on 28th/29th April. Learn mindfulness practices for birth and parenting, deepen your understanding and awareness. Prevent or minimise emotionally difficult births by honest and compassionate preparation.

For more information visit: www.traditionalwisdom.com.au

Thank you to everyone who continues to support Nimbin Birth & Beyond. It remains a hub for pregnant women, mums and bubs and other birth enthusiasts.

Nimbin Birth & Beyond meets every Friday from 10am to 12pm. For more information phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list, just send an email or text.

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The vibrational power of Bush Flower Essences

by Tina Mews

Vibrational medicine recognises human beings as multi-dimensional energy fields that consist of a physical body and subtle energy components. The latter find expression as our emotions and our mental-spiritual attitude to life.

From an energetic perspective, we are all unique energy systems vibrating at different frequencies. The 'electrical charge' is delivered via our emotions. Different emotions have different frequencies: for example fear, resentment and grief are vibrating slower than love, joy and happiness.

Emotions are inextricably linked with the physical body and physical functioning. Inappropriately expressed or suppressed emotions will result, over a period of time, as dis-ease and illness, because they impact negatively on the energy flow of the entire body-mind system.



Flowers symbolise friendship and love, they are the crowning glory of the plant kingdom. Since ancient times humans instinctively knew that flowers lift our moods and harmonise body, soul and spirit. In all parts of the world they were used for the purpose of healing and general well-being based on the premise that nature itself is a living organism and that we and the universe

are the same, just different expressions of the one unity of life.

Flower essences are purely vibrational; they do not contain any chemical components and therefore are totally safe to use for ourselves, our children and even our pets. They subtly influence our vital forces and have a harmonising effect on our emotions and mental attitudes. They make great anti-stress remedies and can positively influence our immune system by bringing about renewed clarity and strength to follow our goals and dreams.

You can find out more about the healing qualities of the 69 Australian Bush Flower Essences by joining either an 8-week study group or just committing to a 2-day workshop.

For more information please contact Tina on 6689-7413, mobile 0457903957, e-mail: starloom@hotmail.com

INTEGRATED DIVERSITY

Review by Hellena Post

I listened to this CD for the first time with a very clear and clean musical palate. Having recently re-immigrated to NSW from SA, we made the dubious decision to leave all our media behind and really start afresh.

If I wanted to conjure a musical representation of what I've discovered so far in this little town with a big heart, this CD would be it.

I could kiss the diversity of it, having been so disappointed with elsewhere in the world, the representation of diversity actually being different shades of grey. I listened eagerly to each new track, wondering which completely new landscape I'd be drawn into this time.

From Hip Hop, to Medieval Folk, to solid Pub Rock, to Country & Western, to Hippy Trippy, to Punk, to Blues, to Reggae, to acoustic powerful woman singers, to some that I'd be hard-pressed to put into any category at all... all executed beautifully and skillfully and with a general disposition towards trying to convey a message or their



unique viewpoint to the world.

Beautiful production. Beautifully mastered and balanced, this ain't no lounge room recording. All the different artists performed their genre masterfully, and were as unique, full of heart, and integrated as the wonderful town of Nimbin.

And the combination of such different material is done so sensitively, that it's just as smooth and groovy as a walk through town.

If you've ever been to Nimbin, live here, or maybe can never get here, you could buy this CD and close your eyes and take a virtual trip down the main street of Nimbin, imagining the type of people singing the songs and the stories they convey, with this beautifully eclectic soundtrack.

Two - Sleeps



by Dr Elizabeth McCardell

I have always woken up at 3am, pottered around, read, wrote, even watered the garden, and then returned to bed for my second sleep. For many years I thought this was abnormal and worried about it, and even consulted doctors about it, until I realized that this was, what I thought, my sleeping pattern and all I needed to do was simply enjoy it. Research has come to light and now I discover that segmented sleep was the usual practice for everyone until the mid-19th century.

During the 19th century, when medical and psychiatric concerns started to dominate ordinary thinking, a so-called condition was signposted: sleep maintenance insomnia! Suddenly the age old practice of two sleeps was viewed as a disorder and the idea that humans ought to stay asleep for eight solid hours was established. If we couldn't achieve eight hours of sleeping in bed we were made

to feel anxious and depressed or just plain neurotic. How good it is to realize that segmented sleep is how we humans have enjoyed sleep since time immemorial.

Some very interesting sleep research was done in the early 1990s by a psychiatrist by the name of Thomas Wehr, research that was not actively accepted by doctors and the general population, until now. Wehr conducted an experiment whereby human subjects were plunged into darkness for 14 hours every day for a month. Though the subjects took a while to settle into some kind of sleeping routine, a distinct pattern was noted to emerge whereby they slept for four hours, woke up for one or two hours, and then slept again for four hours. Interesting, eh.

In 2001, Roger Ekirch, an historian, published a paper drawn from 16 years of research that noted an abundance of evidence that humans used to have two sleeps in the course of a night. Drawing on diary entries, court records, medical books and literature, Ekirch traced the evidence through over 500 references from Homer's Odyssey to an anthropological account of modern Nigerian tribes.

What did people do between the first sleep and the second? Letters were written, sex was had (it being

advised that this period was more healthful for the purpose of love making than going to bed tired after a hard day's work and trying to perform then), tea was prepared and drunk, prayers were said; people even went visiting and attended concerts. There is an elegance in this idea. I like it. My nightly wakings are solitary affairs. This re-emergence of an interest in the two sleeps (and it was mentioned recently in a comedy show on television) comes at a time when the fifth edition of the manual of psychiatric disorder known as the DSM (Diagnostic and Statistical Manual of Mental Disorders) is about to come out. This manual is used in the diagnosis of people with psychological and psychosocial disorders.

A considerable amount of disquiet is being expressed by psychologists particularly, and some psychiatrists, at the number of so-called conditions that have been invented/identified, compared to the earlier fourth edition. I find this rather interesting, particularly as such things as realising what a normal sleep pattern looks like, as opposed to identifying an abnormality, is also being elaborated in the mental health community. What other normal patterns have now "achieved" the status of abnormality, just by the process of someone's determination that it be so? And what so called abnormality may, further

down the track, be once more recognized as merely part of the continuum of normal human existence?

Certainly the DSM is a valuable book and certainly severe and debilitating psychological and psychosocial disorders exist (they are not all figments of a collection of experts' minds), but caution needs to be brought to bear in the diagnosis of disorder. It would be also really useful if normal variation of human experience was highlighted by the general community as normal and not issues for further anxiety and angst. Much human experience has been commodified, as is seen in the rise in use of medications and medical diagnoses.

What is not recognized enough, is the value of conversation and sharing of human experience with a trained listener (this is part of my job), someone who does not turn what is said into yet another label, another diagnosis. Such a therapeutic conversation offers respite and challenge for reclaiming what is usual for each of us, but what we have come to feel is not normal and cause for denial, depression or anxiety.

Sleep is a respite, and between the two sleeps of a night we have more healing time, a time to delight in silence, shared or alone. I quite like the idea of going to see a friend and drinking tea at 3am in the morning, but perhaps society isn't ready for that, yet.

Nimbin Hospital Info

Immunisation Clinic

At Nimbin Hospital, second Tuesday of the month. Birth to five years. By appointment through Lismore Community Health. Phone 6620-7687. Next clinic: 10th April.

Womens Health Clinic

Nursing service, free and confidential. Every third Tuesday of the month. For appointment phone 6688-1401. Next clinic: 17th April.

Physiotherapy at Nimbin Hospital

Every Monday and Thursday. Phone 6688-1401 to make an appointment.

Nimbin Community Nurses

At Nimbin Hospital Monday - Friday, 8.30am - 4.30pm. Assessment, treatment, referrals, school health, aged care packages. We also offer Palliative Care in the home. Phone 6689-1288. If we are not in the office, please leave a message, as we check our phone regularly during the day.



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