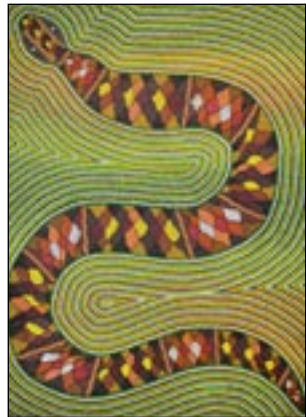


Nimbin Artists Gallery

by Peter. P

Well, yes, we've been slack, not getting monthly updates to you through the *Nimbin GoodTimes*. But locals and visitors will have seen that we're as active as ever.

In our most recent hanging, regular artists, in addition to new, have submitted inspiring work. Gilbert Laurie's 'Nurimbah' (The Protector) sits high in a prominent position. Jen Harkness, a newcomer to our gallery, has portraits in mixed media, as has Susanne Walden. Marie-France Rose is bolstering the gallery's 3D



'Nurimbah' by Gilbert Laurie



'Catnip' by Donna Sharam

showcase with her fantastic ceramic pieces and Rod Johnston continues to contribute very popular sandstone sculptures of mainly exotic and local wildlife.

We've also hung new paintings from Harumi Hayashi, Edith Streiner and Johanna May.

We currently have a large selection of No Mad Potter's whimsical but very useable teapots as well as a selection of his cups, saucers and bowls. Jean Cooke and Black Sheep Farm have also bolstered their range of ceramics so you can find utilitarian as well as beautiful items, as always, at the Nimbin Artists Gallery.

Blue Knob Hall Gallery

A Musical Interlude

The current exhibition at Blue Knob Hall Gallery came about through the need to move an old pianola that was generously donated to Blue Knob Hall Gallery & Cafe.

The Gallery had a lot of old pianola rolls and artists were given the opportunity to create work celebrating music in all its forms using the rolls.

From installations to sculptural pieces, paintings, fibre and a variety of mediums there is a celebration of the many delights to be found in the expression of music through visual media.



'Enjoy the Music' (detail) by Margaret Karam

The exhibition runs from 26th October to 2nd December.

Relaxation and Meditation

These sessions are being held in the Moore Workshop Space, facilitated by Rothy Benson. They are currently run on Thursdays until 20th December, from 10am - 12pm for you to choose your own times. People can come in and join in wherever the session is at, and there will be 'Guidelines' outside the room for advice. Participants are asked to move in and out quietly, but most of all R-E-L-A-X and chill out for a while....

Contact Rothy for more info on 0400-736-510 or: rothyb@bigpond Cost \$10 per session.

Artists and Friends Lunch

The last Artists and Friends lunch for 2012 will be held on Thursday 29th November at 12.30pm. Cost \$15 per person which includes mains and dessert. Please call the Gallery if you wish to come along on 66897449.



'How much is that Doggie in the Window?' by Heather Kimber

Last exhibition of Fine Art students?



On Friday 23rd November, the Lismore Campus of TAFE will host possibly the last exhibition of Fine Art students to graduate from the college. Students from the 2012 classes will be showing paintings, prints, sculpture, graphic design and ceramics. The levels of study include Certificates 3 and 4 Visual Art, the Diplomas of Fine Art and Ceramics and the Diploma of Goori Graphic Design.

Students this year come from all parts of the Northern Rivers, including Byron Bay, Nimbin, Lismore, Ballina and surrounding villages. The backgrounds of the students are varied; some have come from other vocations such as nursing, the police, farm management and science to study Art at the Lismore campus of TAFE. During the courses they acquired skills and developed the personal vision required for them to participate in the arts industry.

Some of the painters have explored subjects such as a sense of place, emotional attachments to animals and responses to television while others have focused on pure abstraction. The sculptors have examined the human condition, the fragile state of the environment and even the seven deadly sins. The printmakers have used a wide variety of technical approaches from etching and monoprint to experimental work with carborundum. There is wide variety of ceramics, both sculptural and functional within the show and there will be work by students from the first Diploma of Aboriginal Graphic Design to go through the college.

This eclectic group of students have produced a diverse and compelling exhibition called *The Last Draw*. It continues the tradition of inclusive excellence in arts training that has characterised the Art Department at

Lismore TAFE.

Past graduates have contributed immensely to the rich arts culture of the Northern Rivers, but due to the recent withdrawal of state funding to Visual Arts courses in TAFE, it is feared this valuable contribution will end.

The Last Draw will open at 6pm on the 23rd of November at the Lismore Campus of TAFE, Conway Street Lismore. All are welcome. The exhibition runs until Friday 30th November (closed weekends).

Assemblage by Mick Parr (above); abstract by Mandie Hale (below)



Eye of the Curlew

Local artist Rikki Fisher (pictured) won first prize for her drawing 'Eye of the Curlew', at the 2012 Caldera Art Awards held at The Centre, Beaudesert, Queensland.

The landscape and diversity of Australia's Green Cauldron is on display in the work of local artists as part of the 2012 Caldera Art Awards at The Centre, Beaudesert from 20 Oct until 24 Nov 2012.

The finalists' exhibition, features contemporary and traditional works addressing biodiversity values and conservation issues of the Greater Caldera area.

The Greater Caldera area is identified by the extent of the original lava flows from Wollumbin (Mt Warning) and the Scenic Rim eruptions which make up the stunning national landscape now known as Australia's Green Cauldron; an ancient volcanic hotspot that is now a living Gondwanan rainforest.

Nimbin Landscape Photo Competition

Entries Close 1st December

Enter at: www.nimbin.nsw.au

Nimbin Chamber of Commerce is sponsoring the competition with \$100 for the best photo of Nimbin and environs Landscape. Theme: "Capturing the Magic". Enter on-line.

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A Season of Stupidities

Silent Spring
by Rachel Carson (1962)

Reviewed by T. P. Culpeper

This is the 50th anniversary of one of the 25 greatest science books of all time.

At the beginning of the International Geophysical Year -- 1st July 1957 -- 1st December 1958 -- those familiar with the force of argument pertaining to natural sciences expected the coming year to offer astounding outcomes. It did. On 4th October '57, the USSR launched Sputnik 1, to be followed on 3rd November by Sputnik 2, then USA's Explorer 1 on 1st February 1958.

The Castros, Fidel and Raul, together with Che, had booted out the agents of US reaction, the Batista mafia, and Cuba was headed for a socialist alliance with the non-aligned.

In the wings, Darwin's contributions were making the light of day, and were all-encompassing. After a century, 'The Origin of the Species' had the tongues and ears of the majority of science, and a few of the chattering classes. The secular left of science had finally levered the remnant of the Owenites, a moribund theocracy, out of the pulpit of Earth truth!

The facts of the fossil and geology records were being deciphered with new keys. 'Things' were not immutable: they adapted over time, or were modified due to environmental circumstances and happenstance. Continents had drifted, and indeed were a profoundly evolving dynamic -- not fixed, but forever moving.

Technology and its handmaidens,

the emerging biological sciences, seemed to show it all, and how to do it... or so it was thought. Galen had been found wanting. Crick and Watson were still making single helix marks with candle soot on the dark ceiling of the Eagle pub in Cambridge. Followers of Pasteur and the Edinburgh schools had lifted medicine from quackery. Chemistry, it seemed, was the path. It was, of course, but one path.

Into this world sailed, under the main of truth, a sharp ag scientist and a gifted writer: Rachel Carson, the penner of, among others the beautiful 'The Sea Around Us'. Through this navigator of hope, reality was forced to raise its ugly head and was exposed. The birds were dying, the rivers replete with dying fish, and the people of the land were being struck down by unexplained maladies, their children often born malformed and ill. The sponsors of this syndrome were spinning the virtues of 'The Green Revolution' and were stone deaf to the facts of the song-free Spring.

The Ag-Chem industry was busy recruiting the cream of young chemists into its folds. The philosophers of science were sidelined. Technology PhDs were supported by the profits and yields of chemistry. The pleadings of the concerned were shut out by corporate bellicosity. The media were bought lock, stock and corporate pork-barrel. Biology was safely cozened as the science of the gentle, interested bourgeoisie, the private-schooled and Saab-ed.

One angry, bright dame saw through this merde and came out mean, singularly focused and



determined to expose this social crime. The evidence was clear, proven and irrefutable: you spray their shit, we all die.

DDT killed mosquitos, but so did kerosene and diesel. No corporate, monopolistic profits and the consequent gross salaries in selling fuel: big oil had that covered. Chem-agents were the pathway to swags of profits. We formulate them, legalise them via the FDA and shove them down the rurals' necks. We help rurality, and you consumers can relax, well fed and with pantries full of affordable food. It's Bermuda next week with your shiny kids...

Carson threw down the gauntlet and delivered the research, collated the outcomes and demanded, "A lot of your crap is murdering biology and so the planet. Desist, damnit!" Did they go for her? They did, with a vengeance, but Rachel Carson prevailed, as did humanity. Google the facts! Should you care? I think so. Think global warming and watch New York. Meanwhile a plethora of PhDs, a virtual library, will be written on this matter.

In her time she did the work, she wrote it and took the flak. She told the truth! We still owe it to her, to push on. On our own we beg: together, with her example, we demand! RIP Rachel Carson, you Earth heroine. Every society should be issued with one such as you.

Ordinary heroes and the land

Rich Land, Wasteland,
by Sharyn Munro (2012)

Reviewed by Coralie Summerton

Sharyn is a grandma, living high in the Upper Hunter Valley amongst the trees, relying on solar energy, and writing a book full of heroes -- just ordinary people who love the land, enough to fight for its future survival.

Sharyn tells their stories of what happens when the international coal mining companies arrive in their towns, their communities and their backyards, spinning tales of great fortunes to be made, only to be followed by life-threatening pollution and environmental degradation and displaced people.

The people think they can stand up to this attack on their air, water, soil and livelihoods, but what can they do when they do not have a government to protect them or their environment? The mining companies are in charge, not the government: wealth speaks louder than health, but no amount of mining dollars will be able to make up for the health of the people and the annihilation of the environment in the long term.

Sharyn travels throughout Australia where mining is on the increase, and among Sharyn's heroes are Rob Carroll and his wife Lisa Green from the Nimbin Environment Centre.

Rob and Lisa are environmental refugees from country taken over by an international mining company near Mudgee. Rob was so incensed by the constant noise, including infrasound low frequency noise (IFLNF) buzzing in his head 24 hours a day that he phoned the mine in the middle of the night to tell them he couldn't sleep. The



mine took out an AVO out on him.

The mine had moved next door to their beautiful owner-built house and gardens. The company built a train line, carrying uncovered coal, right past their house, for the benefit of overseas markets. The drive in /drive out contractors wanting to keep

their lucrative jobs put coal in Rob's letterbox and revved up their machines while driving past his house. Rob put up a sign "Coal Kills" on his fence.

After many years of struggle, Rob and Lisa finally had to let go of their beloved land. Within hours of them leaving, the mine had completely flattened their treasured house and productive orchard and veggie garden. A sign was erected on the roadside by people left in the area: "Rob Was Right".

This is just one of the many stories from all around the country, told so well by Sharyn, revealing an amazing stoicism that makes you not want to put the book down for long. It is a flowing and interesting read, including many shocking facts and figures exposing the damage done by mining companies and the impotence of the government Environmental Protection Agencies.

Read it and pass it on to a politician who can read. NEC has copies for sale, to forward the message about protecting this country from increasing coal and coal seam gas mining, all of which rely on short-term gain for long-term pain. Buy it for a Christmas present!

If we leave the land alone in all its beautiful bio-diversity, more wealth will come to Australia from tourism, not mining. Once mining takes the land, it is gone forever, along with the health and future prosperity of the nation.

Finding home in the Caldera

by Chris Aitchison

I am a refugee. I didn't flee war or violence, and I have no fear of being incarcerated or tortured if I return to my place of origin. Nor am I a queue-jumper or an economic migrant, by which the Department of Immigration generally means those who take extraordinary risks to get here in order to improve their economic position and settle their family in a place where finding food and fresh water is no longer a daily struggle.

In fact, the place from which I fled boasts high per-capita incomes, excellent health care, equitable access to quality education, and -- outside the colder months -- a rather pleasant climate.

I am a refugee of an entirely different variety, having fled not

from Sudan or Afghanistan or any place like them, but from the more subtly malign city and culture of Canberra, and their empty promises of security.

Until a short while ago, I was a career public servant, a tiny cog in an enormous bureaucratic machine, and had passed around one-third of my good working years in the pursuit of illusions that took various conceptual forms, including career, security, and social status. There was also the compelling prospect of a Comsuper superannuation pension upon retirement. Legendary in its generosity, the Comsuper pension is the carrot that has led generations of otherwise free spirits into voluntary bondage until they reach that most anticipated of life stages: Retirement Age.

This is the age (currently 55 and increasing) at which

wearied public servants may go to pasture, whereupon -- the story goes -- they may collect an excessive stipend, payable until their passing, and do with their faltering strength and dwindling years what they had dreamed of doing every night for the past three, four, or five decades. (I have known some to make six, although these poor souls appeared to have passed the point of being able to toilet unassisted, much less muster the energy for a weekly round of golf).

Most senior public servants I have come to know beyond the superficial level will, when quizzed about their passions and dreams, take a deep breath and -- avoiding eye contact -- speak in wistful tones about their longing for a quieter life, a

life lived with less stuff and clutter, and more time for the people and things that matter.

Sometimes their dream involves a small cottage in the countryside or by the sea, with days spent quietly observing the profound flux and flow of nature's cycles. Others rue the years they have spent in thrall to the tyranny instead of on such transcendent pursuits as woodwork, painting landscapes, raising children or volunteering at their local Op-shop or environment centre.

And then, with a wry smile and distant sigh, they will signal an end to the conversation. "If only dreams could pay the bills," they will say.

What one gains in terms of security one surrenders in terms of freedom. In my

own case, ignoring the call to freedom meant 20 years of self-abuse, mental health plans, medication, and an elaborate web of euphemistic narratives, all of which served to avert dangerous self reflection, suppress the creative impulse, and keep my yearnings at a safe distance.

Whatever may be said about the myth of security (and it is a myth), one should not underestimate its power to

enslave in the present with insidious promises.

All this may sound quite foreign to the beautiful people of the Caldera who granted me and my family asylum, for here the prevailing wisdom instructs us to joyfully embrace the knowledge that we can be certain of no moment in time, save the present.

I may have fled here from my place of birth, but my heart tells me I have come home.



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Koala Kolumn

by Lorraine Vass

Work on Byron Shire's Plan of Management for its coastal koalas has been underway for about 15 months. The study area of approximately 13,790 hectares encompasses the entire coastal strip from Billinudgel Nature Reserve to south of Broken Head and west to Mullumbimby. It is bisected by the Pacific Highway between Yelgun and Tyagarah. No guesses why this area was identified – not only does it contain the Shire's major residential centres; it's also the focus for present and future urban growth.

As in Tweed Shire, Biolink's Dr Steve Phillips conducted the Koala Habitat Study, (www.byron.nsw.gov.au/publications/koala-habitat-study2012) estimating approximately 240 koalas in the study area. This number is surprising given the highly fragmented habitat, the impact of other human activities and the graveyard and barrier to dispersal presented by the Pacific Highway and its traffic.

The main coastal populations are at Myocum/Tyagarah, Mullumbimby, Brunswick Heads, West Byron and more tentatively Broken Head. There has been significant range contraction north of the Brunswick River, similar to the southern area of the Tweed Coast. There are also high levels of inbreeding east of the Highway and south of the Brunswick River and more positively, a robust population outside the study area that appears to be penetrating the study area's western edges. Overall, Byron's koala population appears to be expanding. Three or four koala generations ago records in the coastal hinterland were rare. The study singled out reduced and fragmented habitat and mortality from road kill as the predominant threats.



Harmony, one of the fourteen hand-raised joeys released through 2011-12

A public seminar on the study's results and recommendations was held in early April and soon after the Council resolved to proceed with preparing a Comprehensive Koala Plan of Management. In recent months Biolink's framework for developing the Draft Plan has been accepted. Three workshops involving invited stakeholders have addressed the issues of habitat linkages, fire management and planning issues. An initial draft is expected



Precious Rose may not be a prettiest koala on the block, but she's a fighter and she's a local. Brought in from Tuntable Creek, Precious Rose's left eye was clearly giving her trouble. An old injury we suspect; the tear duct no longer functioning, she probably lived with a constant headache and no vision. It has now been removed and she is now back at Tuntable.

in the next few weeks and should be ready for public exhibition in early 2013.

Friends of the Koala is gearing up for a busy summer. Our admittances over the past four years have been just over the 300-mark annually and with the hot summer predicted, we fear that number will increase. The present dry spell is taking its toll as well. Lack of rain and drying winds have desiccated leaf and thinned canopies. Thirsty koalas are looking for water. Normally almost all a koala's water intake comes from the leaves it eats. Eucalyptus leaves are efficient living storage systems for water and lingering morning dew adds to leaf freshness.

Those fortunate people who live with koalas, can take a few simple precautions which will help thirsty animals get through long dry-spells. Bowls of water left at the base of trees, known to be used by koalas are a good start. Dusk to dawn is acknowledged as their prime active time but koalas move around during the day as well. If they are thirsty their keen sense of smell will lead them to garden ponds and even swimming pools. Standard pool fencing isn't always an effective deterrent for koalas. While they can swim, getting out of a smooth-sided pool unaided is usually beyond them because their claws have no purchase. Providing a rope or some other means of escape could prevent unforeseen calamity.

Friends of the Koala's 2011-2012 Annual Report is now available. The absolute highlight for most of our active members has been releasing seventeen joeys back into the wild, fourteen of them hand-raised. The amount of time and emotion invested by our home-carers in raising orphans is incalculable and we applaud their (and their families') commitment.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline on 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 or should you wish to receive a copy of the Annual Report.

Also visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or follow us on Facebook.

To report environmental incidents, including removal of koala habitat, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-15-55.

Until next time, happy koala spotting.



by Philippe Dupuy, President

Brisbane APPEA charade

A detachment of protestors from the Northern Rivers challenged APPEA attendees at the Brisbane Convention Centre. The agenda included farcical discussions on how to obtain a social licence for CSG extraction. They were like a bunch of swindlers debating on how to deceive the public.

Our contingent occupied the extensive stairs of the Convention Centre and held our ground in spite of the police trying to herd us into a corner. Banners, songs and chants of defiance kept our spirit high.

After speeches by Drew, Brian, Ian, Potts and Sledge among others, we wrote the reasons for refusing a social licence on butcher paper and presented them to Ali Moore and the disingenuous debaters inside the conference. A copy of Sharyn Munro's book *Rich land, Waste land* was also included.



NEC Jam at APPEA
Photo: Omega Breakspear

Santos sponsored bike ride

The Nimbin Environment Centre was busy carrying the Earth First Flag across the country and over the border with its friends in arms, the GAG groups of the Northern Rivers.

Alan Roberts and a commando unit were busy exposing Santos' pretense of caring about the community. Santos' publicity stunt backfired. The Brisbane to Gold Coast bike ride made news only for defying Santos.

Murwillumbah's anti-CSG march

The Murwillumbah protest action was attended by 3-4,000 protectors. The troops were orderly, enthusiastic and well behaved. The police were not needed. Once again we demonstrated goodwill and self-control.

The 30th anniversary of Nightcap National Park

The celebration was a success even though attendance was low. Judy, Phil, James and Barny worked hard in the kitchen while the bands and Paul Joseph relived the old songs of the past and added new ones.

It was truly mesmerising watching Paul Joseph on vintage film as a young guy and to see him now mature but still fiery.

For further information about these events please join us on Facebook.

The resurgence of the Terania Creek and Nightcap struggle

History is a record of the past, but it is often hijacked by the grand narrative.

The grand narrative is a term employed by academics to describe the construction of history as seen by the dominant group. The stories that tend to give credit to other than they, for innovation, strength and courage are down played or erased entirely. The idea of the practice is to discourage and disempower other groups and negate their influence.

So the history of the defenders of Terania Creek and Nightcap forest has thus been buried. Terania Creek now has only a vague resonance of its proud history.

But for those who care to look, the tall majestic and magnificent trees stand as an incomparable monument to the courage, dedication and humanity of the brave women and men who fought this battle. They fought guided by the spirit of the sovereign Bundjalung Nation. They fought against all odds for it had never been done before.

The 30th anniversary of this momentous and far-sighted action is a timely reawakening for the enemy is on the horizon. The enemy is our own government. Incredibly they have not only granted an extremist minority the right to hunt in our national parks but now also to contemplate logging. They want to confuse us by attacking us on several fronts.

However, this time around it is the whole region that has awakened and the barricades are going up. Those who are being sent to fight against us by these soulless beings will join us, for they belong too. The enormity of the recklessness of this government will strengthen our resolve.

The healing will begin as people learn to understand that the real power brokers behind the scene are big business. As

fears are allayed, trust and acceptance in one another will grow, hearts will open and division will become just 'la difference.' We will be united with one purpose – justice and equity.

It is almost as if the spirit of the Terania battle has penetrated everyone's essence like in a homeopathic remedy, creating a grand awakening of the consciousness of the masses. The contradictions of the establishment that has kept us divided will be unmasked, its Orwellian truths exposed.

Dates for your war diary

- **Thursday 8th November** – the EDO's Emma Cocks will answer questions on the law about shooting in our national parks. Other stakeholders will attend to discuss their views and draw a plan of action.
- **Tuesday 13th November** – Metgasco's AGM in Sydney. A small contingent will warn investors to keep away.
- **Sunday 25th November** – NEC screening of 'Edible City: grow the revolution', 7pm at the Bush Theatre. A grass roots production showing the progress made by community gardens around the world. Captivating and motivating – a new way to empowerment.

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Know your Weeds



by Triny Roe

Crofton Weed, *Ageratina adenophora* (pictured), is such a common plant in this area they named a road after it.

A native of Mexico, collected by botanists in the 19th Century, it travelled the world and made itself unpopular nearly everywhere it went. Crofton weed has happily naturalised in parts of Asia, India, Oceania, Africa, North America, and southern Europe earning the nickname Mexican Devil. It is officially listed as noxious in more than 30 countries due to its ability to invade both grasslands and forests, displacing desirable species.

An aggressive coloniser of disturbed and cleared areas Crofton weed is found on roadsides, waste areas, creek banks, fence lines, old banana farms, state forests and national parks. In Nepal they call this plant banara, killer of trees. Allelopathic compounds produced prevent other species from germinating and alter the soil microbes enabling it to form a monoculture. Tolerating shade, small infestations can quickly become much larger.

Crofton was introduced to Australia for its ornamental qualities possibly as early as 1875. By the 1940s it was firmly entrenched in NSW and South-East Qld. Without natural predators it spread rapidly through agricultural land along the QLD/NSW border and forced a number of farmers to abandon their blocks. Cattle don't like it. It's toxic to horses who will choose to eat it even when other feed is available. The flowers and pollen are believed to be particularly hazardous. Exposure can lead to death from lung oedema and haemorrhage. This can take as little as eight weeks to develop or several years. Once affected the damage is not reversible.

Crofton weed is a long-lived herbaceous perennial with woody, multiple stems. It can grow from 1 to 2 metres high. The bright green trowel-

shaped leaves are arranged oppositely and have toothed margins. The stems are purple to brown and can take root if they touch the ground. Sticky hairs give them an unpleasant feel. These aspects give rise to another common name, Sticky Snakeroot. Compound white flowers are borne on the end of branches in Spring and Summer. A single plant produces tens of thousands of seeds, each with a white feathery parachute to disperse readily by wind. Seed is also carried to new locations by water, machinery and on clothing and shoes. Crofton can spread vegetatively if the stems fall over, forming dense thickets.

Control can be carried out by mechanical means, though this plant is often found on steep hillsides where access is difficult. Slashing before flowering will reduce seed production. Roots can be dug or pulled out. This combined with replacement dense planting of competitive pasture species will help manage Crofton weed in the paddock.

A gall-fly, a native of Mexico, was introduced into Queensland for biological control in 1952 after it had considerable success in Maui. The fly lays its eggs in the shoots. The galls that develop reduce the vigour of the plant and can lead to its death as the larvae chew their way through the stems. While the gall-fly has helped control the weed to a certain level in some areas, it is less effective in wetter regions where the plant grows more robustly. A native parasitic wasp also attacks the gall-fly. A fungus that came probably with the gall-fly from Mexico and a native boring insect also impact on Crofton weed but not enough to be relied upon as a control measure.

As with any weed management program, follow up is essential as seed can remain viable in the soil for more than one season. New seed can also be easily introduced.

Stu's view from the loo

by Stuart McConville

The Currawongs are having a council in the nearby Silky Oak. It must be a serious issue because the politics are raucous. They dive and chase each other, perhaps delivering their own form of justice, or are they just finding out who has the biggest beak...?

The dry Spring weather is wilting the weeds and keeping the lawn nicely stunted, drying up my leaky dams and reminding me of the last drought. My vegetable patch, however, is flourishing.

Treated grey water irrigates about 200m² of beautiful red soil, simply by having a shower or doing a load of washing. The grey water is treated using a grease trap, (emptied to provide material for the compost heap), a sullage tank, which allows any sediment to settle and any



remaining greases / fats to float, and then a reed bed. The reed bed filters the grey water through 10mm blue metal and produces an effluent that is clear enough to see through. It still has some particulate matter in it but this is just food for the garden, as it provides a substrate for Phosphorus and Nitrogen to attach to.

The next part of the system is a little more intricate. A dosing siphon (or bell siphon) is built into a large outlet tank (a 450L pump well is ideal). A dosing siphon is a passive device that works on water displacement

to open a pathway for a large volume of effluent to leave the chamber at one time. This eliminates the trickle flow that is typically released from treatment systems. The dose, (up to 150L) flows down the hill to the garden where it is distributed by a low pressure effluent dosing system (LPED) over the required area.

The LPED system is constructed from PVC pressure pipe (UV treated). It must be designed to distribute the effluent evenly throughout the garden; this can be the tricky bit as when working with gravity, there is no constant head over fall. It can be done carefully and patiently with a various small drill bits and a tube of silicon. Using spacings of 600mm, drill small holes (2mm) in the PVC pipe facing up, and begin to test the flow rates through different parts of the system. The differences in

flow rates can be adjusted by drilling larger holes where required. Once this is established, cap the holes with pieces of 100mm PVC cut length ways. The PVC irrigation lines should be able to be isolated and removable, so you can turn off the water to that bed and remove the line to re-work the bed, so don't glue them in and use plenty of valves. The lines should be covered in mulch to comply with council guidelines, and this will help prevent excessive evaporation too.

Pooh Solutions specialises in the design and implementation of LPED systems so please speak to us if you need further advice on how to drought proof your vegie garden this summer.

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

Another unwanted first for the Far North Coast region

Far North Coast Weeds (FNCW) has called on local residents to keep a lookout for the invasive weed Aleman grass.

Aleman grass (*Echinochloa polystachya*) is a new and emerging Class 2 noxious weed species, with the only known NSW infestation being recorded on the Far North Coast.

Aleman grass invades creek banks, swamps, dams and low-lying areas of water-logged soil and is highly invasive, having the ability to close out vast areas of open water, particularly in wetland areas, threatening the habitat of many native species.

It produces abundant vegetative growth in wet



conditions, which in drier times could lead to an increased fire risk. Its root system is very dense and can grow in water up to two metres deep. Dense infestations can lead to a buildup of rotting organic

material, creating stagnant water and reduced dissolved oxygen levels.

It can restrict stock access to drinking water, impedes commercial fishing nets and traps. Dense infestations have been known to redirect floodwater to other low-lying areas. Large infestations can dislodge during flood events, damaging infrastructure such as bridges, sheds and fencing.

Far North Coast Weeds (FNCW) in partnership with the Northern Rivers Catchment Management Authority (NRCMA) is undertaking a project to eradicate Aleman grass from our region and help protect and enhance the bio diversity

of the region.

FNCW and the NRCMA are calling for the public's help in locating all infestations on the Far North Coast so they can be properly managed and eradicated from our region. Aleman grass is approximately 1-2.5m tall, has flat green leaves that are 20-60cm long and 1-1.5cm wide and are pointed at the apex. The flowers are light green panicles 15-25cm long.

If you believe you have seen an Aleman grass infestation, contact FNCW on 6623-3833 for positive identification and control assistance or visit the Far North Coast Weeds website www.fncw.nsw.gov.au

PLANT OF THE MONTH

Brush Coral Tree *Erythrina numerosa*

by Richard Burer

One of my most favourite trees in the area is the Bat Wing Coral, or Brush Coral tree. This hardy, resilient, deciduous tree to 10 metres is found in drier rainforest

and well-drained slopes in area.

With brownish bark and prickles, this species reminds us of the different variety of barks of our rainforest trees in the valleys of Nimbin. Orange-red flowers cover this tree in early summer, followed by a brown bean-like pod containing around five red seeds.

The seeds are very attractive, make excellent

additions to jewelry, and no doubt have an important cultural value.

This tree is in my top 10 of fast growing and hardy trees to plant in the area. To grow your own, collect seeds in the new year, scarify and sow in seed-raising mixture.



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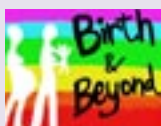
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The truth about using Red Raspberry leaf

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



I personally love a cup of herbal tea. In fact, while I write, I am drinking a cup right now (it's a special blend which I'll share soon). I love how good it tastes and knowing it has medicinal benefits means I'm helping my body in more ways than one!

Pregnancy is a wonderful time to take extra care to nurture yourself. It's double the reason to be kind and healthy. Not only do you benefit, but your baby enjoys the rewards too.

With all the conflicting information out there about using natural remedies in pregnancy, it can be confusing to know what you can and can't do. I'd like to share some of the many benefits of using Red Raspberry Leaf (*Rubus idaeus*) tea.

How is red raspberry leaf tea useful?

Red raspberry leaf has a long history with some sources dating its use back thousands of years. Today, it is one of the most commonly sought after herbs for use in pregnancy and it is becoming more popular and mainstream.

Its main action is to strengthen, nourish and tone the uterine muscles. It is also rich in vitamins and minerals (including iron, calcium and magnesium). It is reputed to make labour shorter, more efficient and easier and reduce the chances of postpartum hemorrhage (excess blood loss).

It is also useful for women wishing to conceive. According to Susun Weed, it increases fertility in both men and women when combined with red clover.

Of course, the simple ritual of making and sitting down to drink tea has relaxation benefits in itself.

Are there precautions?

Aviva Romm, an experienced midwife and herbalist, says that red raspberry leaf can be safely used throughout pregnancy¹. Herbalist Susun Weed states that red raspberry leaf is the best known, most widely used and safest of all pregnancy tonic herbs².

Like with anything in pregnancy, if you have any questions regarding your health, ask experienced practitioners like midwives, herbalists or naturopaths. I believe trusting your own intuition to know what is best for you is also a key.

How is it used?

You should be able to find red raspberry leaf

in most health food stores, organic shops or herbal dispensaries. I recommend seeking the dried herb to make an infusion with (or tea bags are an even easier option). This is the gentlest and safest way to ingest the herb.

Aviva Romm recommends two tablespoons of the dried herb per cup of boiling water and steeping for 20 mins. This is quite a strong brew. If you are in early pregnancy or don't like the strong taste, use less and steep for less time (e.g. one teaspoon and steep for five mins).

If you would like to add more flavour (and other health benefits), try a special blend by mixing two parts raspberry leaf, two parts nettle, a half part rosehips and quarter part spearmint to your teapot. Add sweetener (like honey) if this makes it more appetizing for you. You can drink it hot or cold, depending on the weather and what you feel like!

As your pregnancy progresses, you can enjoy raspberry leaf tea more frequently (up to three cups a day is good!).

References:

1. Romm, Aviva (2003) *The natural pregnancy book*, Celestial Arts, New York.
2. Weed, Susun (1986), *Wise woman herbal for the childbearing year*, Ash tree publishing, New York.

November Schedule

9th November: Not on this week

16th November: Yoga exercises that mums 'n' bubs can enjoy together

23rd November: Useful tips for natural birth

30th November: Not on this week

7th December: Discover complementary remedies for babies and kids

Nimbin Birth & Beyond meets every Friday from 11am-12.30pm. Sessions are run by donation. For more info (or to hold a session), phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list, just send an email or text.

Bamboo Green School in Bali

by Wayne Wadsworth

Many good folk in Australia see bamboo as an import from Asia and a useless weed. For those of us who love bamboo and see its importance to a sustainable Australia, a visit to Bali, the Green School, Green Village, bamboo chocolate factory, bamboo construction factory and other marvellous bamboo structures is a must!

The Australian and Western influence in Bali has seen the introduction of many ugly concrete buildings with many Balinese people thinking cement is a better building material than their beautiful traditional bamboo structures.

Ironically, the revival of bamboo construction in Bali has been strongly influenced by the development of the Green School, which was started by John Hardy, a Canadian living in Bali. John has been able to tap into the traditional knowledge of bamboo construction and creative local bamboo architects to create very artistic and beautiful bamboo structures, which include the Green School, the Green Village and the Chocolate factory and many others.

Most Australians visit Bali to enjoy the beaches, surf life, the natural beauty and the spiritual connection that most Balinese have to the land and their culture. Unfortunately the Western influence has seen the over abundance of motor vehicles, particularly motorbikes and of course rubbish that mars most of the area and pollutes the waterways and land.

Tourism, international trade and Western influence is here to stay. Hopefully the current model of tourism and trade will give way to a more green type of tourism where people come to enjoy Bali and its people and help them to repair the damage done and develop fair trade practices that are mutually beneficial to both parties.

This is the importance of the Green School, which actively engages its students, parents and the Balinese community to develop a more green economy.

A diverse group of six Australians from Bellingen, Albury and Brisbane have come to Bali to stay at a bamboo village next to the Bamboo Green School to learn more about how the Green School was built, established and runs and to learn more about the many uses of bamboo, so we can help promote a better understanding of this marvellous natural resource in Australia.



Some of the Aussies at Green School

Kirsten and Rob have started the Bello Bamboo Company to promote the use of bamboo in the Bellingen region and to develop education courses to teach people its many uses. Peter, Marion and Beryl are on the trip to learn more about the educational benefits of the Green School from an environmental perspective. I myself am here to promote the concept of Eco Centros, which would incorporate Green Schools, bamboo factories, eco-educational tourism and green jobs. I am very much hoping Bellingen and other shires in Australia will embrace the Green School concept and many of our good folk who live in Australia will visit here.

Staying at the bamboo village next to the Green School has been an absolute buzz. We have a large semi-open air bamboo structure to stay in, which is very comfortable with no air conditioning – unnecessary as the building is light and airy and very pleasant for relaxing and entertaining. An excellent local cook, Ayu came with the deal and she cooks us up beautiful fresh Balinese food every day.

We are all looking forward to returning to Australia to share the knowledge and beauty of bamboo and its growing importance to the economy and culture of Australia and Bali.

If you are interested in more information on bamboo trade and education please contact Kirsten Daly at: bellobamboo@gmail.com If you are Interested in Eco Centro please contact Wadzy at: wadzywell@gmail.com

Dome on the range

Workshops have begun at SEVEN Sibley Street, Nimbin's community-owned sustainable hub project, with Steph and Shane from Zone One recently hosting 'Making a Bamboo Dome'.

About 15 people came to listen and build for about three hours, and constructed two domes with just four pieces of bamboo. The effect was immediate with locals, tourists and kids from the skatepark stopping to ask questions and learn what the SEVEN Sibley project is all about. Everyone loves domes! After all the costs were

covered, about \$130 in proceeds were donated to the "pay off the land" fund.

A video was produced during the day and a written manual is also in the works; these will be available via the NNIC and the SEVEN Sibley Street Hub when completed.

The dome will now become a garden, with edible climbing plants growing over it.

There are more events coming up, so sign-up to hear about them. Word is sent via flyers, the NNIC mailing list, Nimbin Hookups and the SEVEN on Sibley Facebook page.

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Love

by Zuela Christie

PART 4: LOVE ALL

"LOVE is the only sane and satisfactory answer to the problems of human existence."
– Erich Fromm, *The Art Of Loving*

Love is often confused with approval: consciously or unconsciously we expect a good return for our love investment.

This assumes that some people deserve love and others don't. When love is a prize to be given – or withdrawn if someone doesn't "deserve" it – it follows that we may withdraw it from ourselves if we have learnt an attitude of

critical judgement.

If we deem some personal action unworthy or not good enough or a failure we have that attitude unconsciously entrenched.

We all had parents who fell short of unconditional love because they were human and fallible; so the responsibility lies with all of us as adults to identify and replace faulty programming with higher Love.

When you become marooned on a tiny island of self-concern, any act of selfishness – which is a separation from others or

self, a disintegration of unity – blocks the flow of Love. This is caused by lower fear-based states such as blame, resentment, guilt, rejection, arrogance, jealousy, envy, greed, frustration, violence, self-pity, contempt, bitterness, loss of trust, controlling, perfectionism, criticism, intolerance, shame, desperation, despair.

Selfishness and self-absorption reflect too little self-love rather than too much.

Cultivating an attitude towards yourself that is affectionate, respectful, hopeful and encouraging leads you away from self-absorption.

It gives you the courage and confidence to believe that your presence is positive. If we can embrace and accept our human complexity and contradictions, instead of alternating between seeing

ourselves as all-good or all-bad depending on our mood swings or our interpretations of others reactions to us, it becomes possible to see how that complexity is also reflected in other people.

Try using the word LOVE as a mantra, think it or say it whenever you can. Singing old Beatles songs works well. Masaro Emoto, who froze and photographed water crystals after being exposed to different words discovered that two words – Love and Gratitude – made perfect mandalas, gratitude being the attitude for the reception of the energy of love.

"When love moves through you, the expansive energy that you get brings you into closer contact with other people and returns you to yourself." – Stephanie Dowrick, *The Universal Heart*



Winning photo: Southern Cross University student, Richard Wylie's image, 'Weedy Seadragon in the Light' (above), was recently named the winner of the 2012 National Geographic-La Mer Oceans Photo Contest, scooping the \$A27,000 prize pool and edging out professional wildlife photographers.

Extra support for families

The Volunteer Home Visiting Service offers practical support and encouragement to families with newborns and children under the age of five. Volunteers support healthy parenting practices to assist parents to identify and enhance their parenting strengths and the wellbeing and development of their children.

Volunteers visit families in their home once a week for two hours and can offer assistance with appointments

and shopping, provide information about caring for babies and children, also link families up with community organisations, helping to develop support networks.

Not all families have extended family members close by to help with the little things, like holding baby so the washing can be hung on the line, or playing with siblings enabling the parent to attend to baby or vice versa allowing for quality interactions with toddler and the

completion of tasks around the home.

The feeling of isolation is reduced through the weekly visits; parents are able to have conversations with an adult who is genuinely interested in the wellbeing of their family. The Volunteer Home Visiting Service is a free universal program and families can refer themselves or be referred by other service providers.

If you think you may benefit from extra support and friendly encouragement, or would like to become a volunteer, call Family Support Network in Lismore on 6621-2489 for further information.

Passionate Sadness and Liquid Love

by Dr Elizabeth McCardell
M Counselling, PhD



"Becoming upset is actually a sign you are going uphill – and it's a very difficult haul. But you can make it. Tears are a healthy display of passion. They are liquid love," so says the well respected grief counsellor, Mal McKissock. I am moved by these words and my own recent loss to write about grief.

A few weeks ago my beloved and very beautiful cat, Paschie, passed away after a week of terrible convulsions. It was not toxicity, nor epilepsy, nor an illness that brought it on, but

an insidious space-occupying lesion in her brain. Paschie was something of a therapy cat for my patients preparing to climb down the stairs to my consulting room. She sat on the bins near the top of the stairs and offered her sweet softness to them. Now she is no more.

I miss her, mostly at night when we used to sit together breast on breast, sometimes sharing our breath, as animals do. Now she shares the mango tree where my father's ashes lie.

I have given sacred space to her where she used to eat. A small ceramic tri-coloured cat (Paschie was a grey-white-ginger calico cat) bought on a journey to Heidelberg, Germany, sits there with a little Buddha, and soft grey china dove (for I called her "little bird" sometimes) and some flowers. I change the items placed there as I'm moved to do so. This is not a shrine with things and

memories stuck in space, but a celebration of her life. One day I shall sweep the space clear.

My friends welcomed the posting of her pictures and her stories, and I have felt wonderfully supported by them. With this generous love, I know my own feelings of passionate sadness, that admixture of tears and laughter, and feel in my tears my intense liquid love; a liquid love that melds my love for cat and father and all those others I have known who have passed on.

Elisabeth Kübler-Ross's five stage model of grieving (denial, anger, bargaining, depression, and acceptance) is not something I relate to, and I am not alone. The journal *Scientific American* (22/10/2008) reports that there is no scientific basis of this grief model. The linear quality of the five stage model is rejected by other grief counsellors, most notably Mal and Dianne

McKissock who run a centre called the Bereavement Care Centre in Sydney, who instead see the rising, the falling, the interrelatedness, the fluidity, the intensity and lightness of grief in the same way as meteorologists consider the weather: using the model of chaos theory. Here there are no first things, no endings, either; what arises is created from a range of unpredictable dependent variables (time, relationships, context, lie of the land, day of the week, etc). The key point is the unpredictable dependent variables that do not follow any stage theory.

Of course, the idea of a stage theory seems to offer a linearity and predictableness that affords a sort of short circuiting appreciated by the medical model of health, but which doesn't take account of the rich complex of stories, of tears and laughter, of sensing the presence of a person or animal in memory,

footprints, fur on chairs, photo and ceramic artifacts, of the sharing of love between friends and family, nor even the playfulness of dreams. Death is final, but only in a single sense. As life is interconnected, so a passing is more than a physical absence. We are "more than" and it is in this "more than" that we grieve and celebrate and tell our stories. It is in this "more than" that healing takes place.

Our society has an anxiety regarding grief such that some won't even look into the eyes of the grieving person and some will even cross the road to avoid encounter. Some will say, in the case of death of loved one (whether cat, child, friend, or even partner), and very cruelly, "Oh well you'll have another one," thus diminishing terribly the nature of love, for love is not merely having, but sharing. It is a shocking thing that the discomfort around grief means that many have to conceal their passionate sadness and in concealing it seek medical help and

medication for the pain that then gets called "depression".

We, nevertheless, celebrate Anzac Day, and allow grieving. We do not say of this day that all those who do grieve haven't worked through their grief. We allow the grieving to tell their stories, and in their stories, relive their experiences. This is an important process, which should be welcomed into the rest of the year and the rest of us our lives.

I encourage sharing through stories, art, sacred space, and conversation the ongoing presence of departed loved ones for whenever a person desires it.

I encourage the expression of liquid love, for being upset is not a sign you're going downhill; in fact is a sign you're healing. Know that you'll not get stuck nor paralysed in your grief, but instead move through – back and forth – maybe throughout all life, feeling sad, feeling happy, and knowing this is the quality of love, and your unique capacity for relationships.

www.eemccardell.com.au

Nimbin Hospital Information

Immunisation Clinic

For 0-5 year olds 2nd Tuesday of every month. Next clinic 13th November at Nimbin Hospital. Phone 6620-7687.

Womens Health Clinic

Every 3rd Thursday of the month. Next clinic 15th November. Phone 6688-1401 to make an appointment. Service includes PAP tests, breast checks, contraceptive advice, postnatal checks and general health info.

Physiotherapist

Available Mondays and Thursdays at Nimbin Hospital. Phone 6689-1400 to make an appointment.

Nimbin Community Nurses

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