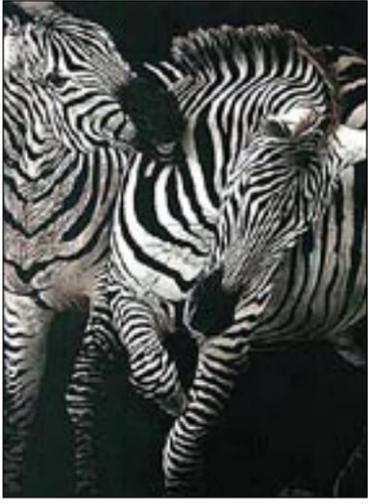


Rikki shares artistic passion



Nimbin artist Rikki Fisher has won a Wild Awards 2012 Silver Award for her artwork (above) called 'Nip' – and she's sharing her techniques with Nimbin artists at a workshop later this month.

The Wildlife Art Society of Australasia exhibition was held at the Steps Gallery in Melbourne.

Rikki said it meant a lot to her. "Six years ago I submitted my very best work at the time, a gouache

painting of a cassowary, but it was rejected. Being a sensitive artist, I retreated into my shell and didn't try again until this year."

'Nip' was created using a technique called scratchboard. Scratchboard originated in the 19th century in Britain and France and has resurfaced in recent years with a modern twist. Scratchboard is a clay coated hardboard panel that is then coated with Indian ink. Using various sharp tools to scratch into the ink layer, the clay underneath shows through. For added dimension, colored inks can be added to the white clay areas revealed and then scratched again for additional highlights and volume.

If you are interested in learning more about this interesting technique, Rikki is holding a workshop from 10am to 3pm on Saturday 13th October in Nimbin. The tuition fee is \$70 and includes most materials.

For more details, contact Rikki at: rikkifisher7@gmail.com or phone 0410-340-512.

Blue Knob Hall Gallery

DIG

DIG was a print and book workshop, held during September in the Moore Workshop Space at Blue Knob Hall Gallery. It was the third in the "Elements" series of workshops run by Jo Olive and Heather Mathew.

The workshop explored the capacity of ochres, rusted papers, tunnel books and potato prints with a difference, and was enjoyed by everyone who participated. Look out for more next year!

Ceramics Studio

The Clean Up Artists are a bunch of women who volunteered to 'clean up' the old studio cum storage shed at the back of Blue Knob Hall Gallery to prepare it for the upcoming, exciting and much anticipated new ceramics studio to be started. It's amazing what eight women, a ute and two trolleys can move!

This project has been planned for quite a while and now that the weather's fined up and the old studio is clear, we will be starting to demolish the old building to make way for the new purpose-built ceramics studio. It just goes to show that good things come to those who wait!

Feng Shui

A Feng Shui workshop run by Avis Kerns is planned for Sunday 7th October. This workshop for beginners can help identify areas that may benefit from activating change and



'Dig' Paper, Print, Book workshop

see what your environment tells you about your life. For more info contact Avis at: avis_fountains@hotmail.com or phone 0423-593-150.

Artists and Friends Lunch

The Artists and Friends Lunch is held on the last Thursday of each month, next being on 25th October. Cost is \$15 per person, which includes a set of vegetarian mains and a selection of desserts. Phone the Gallery on 6689-7449 if you're planning on coming.

Next exhibition

'Musical Interlude' is our next exhibition, which will open on Friday 26th October at 6.30pm. We have invited artists to use some of our old pianola rolls to develop a unique piece of work for the show. It should be a very interesting exhibition. Dinner will be available for \$15 on opening night, so please phone the gallery if you're intending to stay for dinner.



The Clean Up Artists

Poetry in motion, and emotion



With rhyme, rhythm and excitement, the 10th Nimbin Performance Poetry World Cup was a fabulous event.

This year the judges and audience had 46 poets lining up on Saturday for the heats. At the end of the day, just 18 moved into Sunday's semi-finals.

The hall was abuzz all weekend with anticipation, nervousness, delight, joy, and sharing. Writing poetry is a solitary occupation and this weekend gives poets a chance to connect with like-minded souls and perform their work in front of an audience and their peers.

Candy Royale (above), the finals winner, gave a mighty performance and was an inspiration to the many poets who stepped up for the first time. "This has taken me seven years to win and I loved every opportunity to return to Nimbin," she said.

As with every other gig, it takes a lot of people

and a lot of energy to make happen. Many thanks to: Doug for being there all weekend and doing the sound; Bob Tissot, not only a great semi-finals judge but the lighting dude; Janie Treasure for support and a fabulous job of setting up the hall; all the judges for doing such a tough job; Nora for running the café; Tumble Crew for Sunday dinner; Cat, Jude, Deb and Andrew for door-keeping; Vince for being there when anything needed doing, and to all who turned up and supported this event.

Thanks also to the major sponsors, Nimbin School of Arts, Nimbin Community School, the Hemp Embassy, Rainbow Power Co, Happy High Herbs, and to all those businesses who supplied the encouragement awards and raffle prizes.

Lastly, thanks for purchasing raffle tickets, giving donations on the weekend and buying a ticket for the finals night; without this continued support this weekend could not happen.

Watch the finalists at: www.nimbinpoetry.com



Masquerade!

Lismore's Winsome Hotel is throwing its doors open for a Masquerade Ball on 2nd November as a fundraiser for its neighbour, the Serpentine Community Gallery.

A fancy dress Masquerade event with a gothic/halloween theme is planned for the grand old bar-room, featuring a host of acts and performances, hot food, lucky door prizes and a handful of best dressed prizes.

The evening will start at 7pm with the opening of Textiles, Tattoos and Textures, a group show by local artists, at Serpentine Gallery until 9pm, when the party will move along the footpath to the Winsome for the Ball.

The Mistress of Ceremonies for the evening is the seductively witty Miss Murder, and the line up so far includes Thundergods of the Multiverse; No Frills Twins; StArFiReFly; DJ Sista Ray, and special guests.

And for those who like to stay out late, there will be an after party back at the Serpentine with beats, 'Deep Fryer and the Crates' and refreshments 'til late.

Tickets \$15 or \$10 concession, available at the door or presale tickets from the Serpentine Gallery. Book it in your calendar.

Musos dive into Dolphin Awards

The Dolphin Music Awards will be held at the Star Court Theatre on Tuesday 4th December to mark the 20th Anniversary of the Dolphin Awards, organised by the North Coast Entertainment Industry Association.

The Awards are open to all original recording artists, songwriters, composers and video producers – amateur and professional – living in the (02) 66 telephone code area.

Entries close on 15th October, and entry details are available from the NCEIA's website, www.nceia.org.au

Tickets will be available from Star Court.



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The 92nd Annual Nimbin Show



by Dave Fawcner

Nimbin A & I Society president Phil Williams has described last months 92nd Nimbin Show as a success with around 1500 patrons attending over the two days.

"The Blue Knob Farmers market drew a lot of attention on the Saturday while the Sustainability Alley section was popular over both days," Phil said.

"In fact it was so successful that the participants have been invited to take part in the North Coast National in Lismore on 18th-20th October."

Phil said that in more traditional areas cattle numbers were slightly down due to the

retirement of some breeders but entries in the horse events were up due to an increase in younger riders.

Phil, who's been around long enough to have seen the show evolve, said the management committee was looking at ways to better utilise the facility, both during the show and throughout the year.

"From the show's point of view we are gradually making changes that reflect changes within the community," he said.

"Once we had basic fruit and vegetable categories but these have expanded to include organic and more exotic varieties. In a similar way we are looking at innovations in such areas as craft and the school display where

things like computer may play a part in the production of work."

Outside of the show proper Phil stressed the need to make better use of the site during the rest of the year. The showgrounds are presently the site of a preschool and a gym, and provide camping at events such as Mardi Grass, but the committee is interested in suggestions for other uses, especially for the now disused AFL ground.

Phil said it was important for the Nimbin community to realise that unlike many other local shows, the Nimbin A & I Society owned the showgrounds (they were purchased in the early 20s for 50 pounds an acre), and that the proceeds were ploughed back into the grounds.

The committee is in the process of purchasing a tractor and plans to repair and re-paint the arena fence and re-roof the former bar near the toilet block over the next year.

"Of course this work needs volunteers and some of our present ones are getting a bit long in the tooth, so anyone who would like to join us will be made welcome," Phil said.



Sexy Kit a farmyard hit



Kit McNamara (pictured), a 30-year old single mother, has been voted Nimbin's Sexiest Farmer.

Nimbin Neighbourhood and Information Centre's Food Security Project ran the event to commemorate the 2012 Year of the Farmer.

Kit is the mother of a four-year old son, Seth, and took on the family farm on Boyle Road, Nimbin, in 2009.

She is the fourth generation to work the land on the McNamara farm, started milking as soon as she could reach the udders and now helps with the daily milking and management of about a hundred cows.

As a farmer, Kit specialises in raising dual-purpose chickens, her goal being to breed the perfect chicken: "a funky looking bird that lays well and tastes good". She began chook farming by taking in rescue chickens, but grew to love them so much that she now has over 60 egg- and meat-producing birds. Kit also breeds rare poultry, and keeps ducks, turkeys and guinea fowl. Kit also finds the time to breed pigs.

Kit loves the farming lifestyle, especially working with animals, and recommends farming as a career to any aspiring young farmers.

"Farming is an honest, down-to-earth career choice with none of the complicated people-politics involved in other types of jobs. Cows, pigs and chooks just don't tell lies or have hidden agendas," says Kit.

Even the early morning milking regime does not dampen her enthusiasm for farming life. Kit hopes that when Seth grows up he'll be interested in following the family farming tradition.

Many thanks to everyone who entered the competition.

Biodynamic field day

Would you like to be able to grow great cabbages like this one (pictured) without using any chemical sprays or fertilisers? Jed Cameron (right), who grew this prize-winning entry in the Nimbin Show, uses Biodynamic methods to produce superb vegetables and fruit from his market garden. Biodynamics also helped Jed win the Most Sustainable Farmer award at this year's show.

Last year's Sustainable Farmer winner, James Creagh, who sells his produce at Blue Knob Farmer's Market every Saturday, also uses Biodynamics. James won 11 awards at the show, including a Champion award for his collection of organic fruit and vegetables.

There's a whole day's introductory training in Biodynamics coming up on Sunday 28th October at Lillian Rock, near Nimbin. The field day is run by the national Biodynamic Gardeners Association (BGA), and the teacher for the Day is a BGA certified trainer, Lise Racine. Lise runs a Demeter-certified Biodynamic herb farm that produces commercial herbal



skin-care products.

Biodynamics is an advanced form of organic gardening and agriculture. Since its development in the 1920s by renowned natural philosopher, Rudolf Steiner, it has spread widely and is practiced by many thousands of farmers and gardeners. Australia has the largest acreage under biodynamics of any country in the world.

This introductory field day, especially for gardeners and smallholders, contains enough information to get people started in Biodynamics. Essential theory is part of the day, but the focus is on hands-on practice! Attendance qualifies people for membership in the BGA. Cost is \$60 / \$50 concession.

If you're interested in attending the day, or have any queries, please email Jim at: uloborid8@gmail.com

Size really does matter

Kyogle Pumpkin Festival organisers are looking for dedicated growers to take part in the 2013 Giant Pumpkin Contest.

They are making it easy to take part by offering seeds and high quality seedlings from 300-400kg "mother" pumpkins of the Atlantic Giant variety. Seeds are available from Kyogle Country Store.

The seedlings will be available for sale later this month, with the grand weigh-in at the festival in the first week of March 2013. There are cash prizes for the biggest and best, and there will be a pumpkin carving competition.

Tidge Knight (pictured) is a local benefactor and

pumpkin-growing legend, and provided the seed with the genetic potential to grow pumpkins weighing from 300-600kg. Tidge's growing tips will be passed on with the seedlings.

His top tip for a good start: Stockpile manure and compost and get the growing area ready early...

Dig a hole now and reserve your seedling at kyoglepumpkin@skymesh.com.au or 6633-1383.



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Koala Kolumn



by Lorraine Vass

Spring is a dangerous time for koalas. The warmer weather brings with it the urge to move around. In our region that often means a koala spending more time than it should on the ground where it is at risk from cars, dogs and other predators.

Since the beginning of July, 19 koalas have died from being hit by cars across the Northern Rivers. Two animals are still in care at the Australian Wildlife Hospital. The seasonal spike in road injuries and mortalities at this time of the year is particularly worrying because mothers are slowed down by back-young; thus a road-hit can involve two animals. The premature death of a breeding female in our dwindling koala populations is a calamity; the loss of a back-young as well, with its breeding life ahead of it could spell disaster. Remember, a 2% drop in koala numbers can be sufficient to tip the balance towards local extinction.

Koalas are largely nocturnal so night-time, between dusk and dawn, is especially dangerous for them. They not only cross roads, they walk down the middle of them. Koalas also walk along the verges where their size and colour make them particularly difficult to see.

We ask motorists to drive slowly and carefully, observing koala signage and keeping to the speed limits. Many roads transect koala habitat; roadside visibility can be poor, animals appear to come out of nowhere and are often difficult to avoid; indeed it is not uncommon for a koala to be hit by more than one vehicle. Nor is it uncommon for an incident to be reported by a motorist coming up behind.

Should the worst happen and you hit a koala or you observe an animal that has been hit, please stop and check its state. We encourage motorists to carry a blanket or box in their car, for such an eventuality in order to contain the animal and remove it from the road. List our rescue number in your mobile phone and report any koala in trouble immediately. But remember, stopping on any road is dangerous, as is handling a wild koala (a swipe of those sharp claws can be very damaging) so take due care.

Friends of the Koala congratulates all the candidates who were elected to office at last month's local government elections and particularly those who responded to our pre-election Koala Friendly Candidate survey. We are encouraged that there are now nine councils on the NSW North Coast that are, either preparing, or committed to preparing, Comprehensive Koala Plans of Management (CKPoMs) under SEPP 44. Lismore, Tweed, Byron and Ballina councils here on the Northern Rivers are counted in this number.

It is over four months since Lismore's Plan was lodged for approval with the Department of Planning and Infrastructure. We are at a loss to know why it's taking so long. The Plan has been adopted by the Council, approved by the Office of Environment and Heritage and has undergone extensive community



Thomas, a juvenile male in pre-release, having been treated to clear up his cystitis

consultation, including a public exhibition period where the majority of submissions favoured its adoption. Our understanding was that the Regional Office of the Department of Planning and Infrastructure had recommended the Plan be approved, although a few points have been identified during the review and solutions negotiated.

The Plan meets all the statutory requirements of the Government's own policies for koalas and their management and recovery. It provides a strategic planning framework for sustainable development within the South East Lismore area and once approved will remove the requirement for landholders and developers to undertake their own costly individual koala plans – a very positive step and sensible planning which we'd expect the Government would be keen to support.

There is a tremendous investment of time and resources being made in preparing CKPoMs under the Government's SEPP 44 policy. Not unreasonably we hold that the CKPoMs drafted and approved on behalf of the North Coast community should be endorsed by the Department of Planning and Infrastructure and that the management strategies they deliver will ensure the recovery of koala populations across the Region.

Friends of the Koala is starting to wonder whether the delay in signing-off on Lismore's CKPoM is a signal from Government that it intends walking away from its election promise to improve protection for the state's koalas.

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.

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.

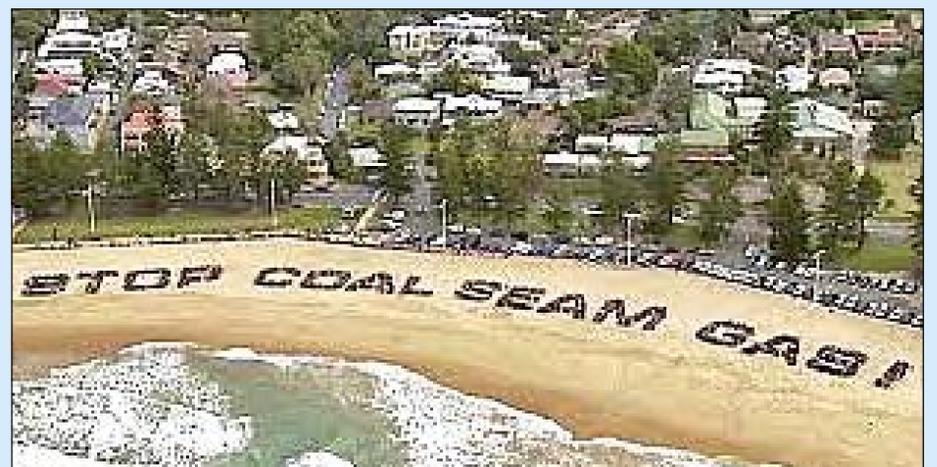
Until next time, happy koala spotting.



by Philippe Dupuy, President

This past month, Nimbin Environment Centre has been busy raising money for Benny Zable who successfully defended himself against police charges of 'disobeying a police order'. He incurred court costs but no fines or criminal conviction.

Lisa Costello, Omega and Benny represented NEC at the Tabulam corroboree and Alan Roberts with LTG represented NEC at the festival of lights, embarrassing Santos by projecting counter propaganda on the city's buildings. See NEC Facebook. Ellen White, Lisa Green and Rob Carroll ran a good campaign against Monsanto's poisonous lies about the harmlessness of Roundup with a series of films and talks. Rob and Lisa also supported the book launch of *Rich Land Wasteland* by Sharyn Munro and they had a successful stall at the Nimbin Show.



The fight against corporate takeover of our lives is accelerating. Friday 7th October will see Tatham lock the village gates to CSG with both the mayors of Lismore and Richmond Valley attending. Demonstration in Brisbane on Tues 9th October for the APPEA conference, massive Rock the Gate rally on the 13th in Murwillumbah. On 20th October NEC is celebrating in the Nimbin Hall, the 30th anniversary of the 1982 Nightcap National Park victory and is discussing plans to stop shooting there.

The result of the referendum on CSG in the Lismore local government area is a resounding NO! Had there been a similar referendum in other LGAs the result most likely would have been just the same.

Yet within days of this absolute rejection of CSG extraction, the NSW government, our very own government, completely rejected our wishes and instead renewed all existing mining leases. As if in spite, they granted Metgasco, a private company, a production licence to do as it wishes with our life-sustaining water, soil and air (the conditions they placed have no teeth).

Governments are elected and given a

mandate to make decisions on our behalf that protects us from harm. They were not and have never been granted a mandate to make decisions that cause harm to us. Given the line that this government is taking it can be deduced that it is unrepresentative of the majority and no longer worthy of our trust.

Time to up the ante; time for action; time to set up vigilante groups to camp on private land in the area where Metgasco is operating to thwart its every move; time to write to the police union for it to call on its members not to obey government orders to protect the interests of private companies to the detriment of the people they are meant to protect.

Time to write to her Excellency Professor Marie Bashir the NSW State Governor to complain about the abuse of office that this government is clearly doing and asking her to intervene (There is a precedent for this - in 1932 the Labor government of Jack Lang was dismissed by the then Governor).

The time for steadfast action and strong words is now. The state government has made a mockery of democracy and its duty of care. They have put the profits of the few ahead of the welfare of the rest of us and the environment in which we live.

To win this fight we must draw from the heroic achievements of the past. We must revive and relive the battles that

as serfs we fought against landlords, as workers against enslavement conditions, as conscious environmentalists for Terania Creek, Nightcap and the Franklin. As farmers against isolation, floods and droughts, as soldiers to uphold democracy, as mothers and fathers for the wellbeing of our homes and children and as Aborigines for our rights to sovereignty.

These battles and victories must serve as an example of what the few supported by the many can do. We must shake ourselves from our complacency and fight for our democracy; the timeless battle between good and evil must begin again. It is the fight between greed and contentment, conservation against destruction, use against abuse, freedom against enslavement and truth against lies.

We must honour the sacrifices that others made to save from harm the unique environment of the Rainbow region. Unlike the government, we will uphold our duty of care to our children and grandchildren and all the other living creatures that share this planet. We will fight for our rights to democracy, for democracy is not given from above but earned from below.

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"To weed or not to weed"

by **Triny Roe**

Whian Whian Landcare hosted a spirited debate on the relative benefits of weeding on the Equinox weekend.

Stuart McDonald, Biodiversity Officer with Byron Shire Council, opened for the affirmative. He outlined reasons to weed, including social, environmental, ethical, economic and spiritual.

The Aborigines, he said, weeded with fire for tens of thousands of years. Different people have different reasons for weeding: enhancing the landscape, increasing productivity and promoting diversity of wildlife.

The position against weeding was kicked off by Paul Recher. He argued fervently in defence of "gregariously entrenched exotics". There are many benefits to weeds. Some are edible. Dr Recher says in Africa people eat the farmers' friend plant. Without the camphor laurels there would be a lot less pigeons. Weeds are simply symptoms of disturbed ecosystems. When in doubt, don't pull it out.

The next pro-weeder, Robyn Francis from Permaculture College Australia, pointed out that the definition of a weed is subjective and contextual.

Humans by nature are weeders and weeding moves us closer to nature. Weeds are opportunistic, and there will always be nuisance plants. She says weeding is productive, and makes good neighbours. "A man of words and not of deeds is like a garden full of weeds."

Mark Dunphy from Firewheel Nursery, second speaker for the negative, said he had an epiphany after 30 years of weeding. He realised we are all one and there "are no weeds". Mark wants people to embrace the new mix of species and celebrate new ways of living and relating, and to increase biodiversity.

Maderia Vine can feed animals with its juicy leaves, he argues. There are no goodies or baddies and not weeding is spiritual.

The closing speaker for the affirmative, Ralf Woodford, bush regenerator, believes it is spiritual to weed as it connects us with the natural world. He recognised the opposition presented some valid points but disagreed that weeds only grow in disturbed areas. Camphor has invaded intact dry sclerophyll forests as the canopy is not dense enough to exclude them.

Cath Ford, an organic Macadamia farmer, concluded the argument for the naysayers by criticising the widespread use



Triny is reluctant to cut down the tobacco tree in her garden as there are brown pigeons that come and play/feed in it, as well as the beautiful king parrots.

and availability of herbicides. She advocates increasing our knowledge about plants and using Integrated Pest Management to selectively manage weeds. A replacement strategy should always be considered in weed removal projects.

The discussion following the debate raised concerns about the recent roadside spraying by Lismore City Council contractors. Everything, not just weeds, was blanket sprayed with herbicides. Community health, weed resistance to glyphosate and its residues in soil and waterways were the main concerns raised.

The debate, judged by the audience, was won by the No Weeding faction.

Stu's view from the loo

by **Stuart McConville**

My chooks did a weird thing this morning. As I sat and went through my morning routine on the loo, two chooks came over and prostrated themselves at the foot of the stairs to the loo. They looked up at me as if to say, here I am, come and get it! They were sort of one wing out, head down and bum up, a very enticing pose for a rooster perhaps.

I laughed and the dog came over and scared them off, but I think I'd better get them a rooster before they mate with a rampant bush turkey or something even weirder.

As spring also works its magic on the vegetative part of my world, I'm starting to think about helping things along and adding the various concoctions I make to the web of life. Nutrients, bacteria and fungi in healthy amounts for all my lovely fruit trees. Nitrogen and Potassium are easy enough get hold of, but what about the Phosphorus?

Phosphorus, or P, is a finite resource that has traditionally been used to grow the world's food supply, since without some form of nutrient re-balancing in the way of fertilizer, the world would starve quite quickly. We have been digging up P rock reserves for over a hundred years and it won't last forever. Peak P production is expected to occur in around 20 years, and after then, it will be harder and more expensive to extract, putting pressure on prices and supply.

Already, there has been a 700% price

hike in P over a 14-month period (Lewis, 2008). Since there are no easy alternatives to large scale P production, we must prepare ourselves now to adapt to changes that will and must come in our lives and (especially) our children's lives.

Luckily our Pee has P in it. We excrete about 0.75kg of P every year, enough to grow 250kg of grain with, and most of us just flush it down the toilet. In the not too distant future, this will become unthinkable, so let's get the mindset early and beat the rush. There are plenty of ways to separate and re-use your own urine as a fertilizer. From a fancy flush bidet to a bucket in your bedroom, there's a solution to meet all needs. Peeing on a tree is probably the simplest way, and its true the citrus loves it. A more elegant way is to use a purpose-built pedestal with a bucket full of sawdust under it that gets exclusively used for pee. Pooh Solutions currently offer such pedestals for sale at an entirely reasonable price, complete with sawdust. Our philosophy is waste not, want not and when things get tight, there's nothing wrong with taking the piss... for you'll want not for healthy gardens and fruit trees.

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



Soil: Meeting place of Biodiversity, Conservation and Farming

by **Geoff Dawe**

Euro-Australian culture sees some plants as 'invasive', and impacting 'on native vegetation as well as crops and pasture'. (Triny Roe, NGT, Sept., 2012) The culture sees that, as good enough reason to go to war with them. However, the culture appears not to acknowledge that if it was not say, the exotic Ageratum (Billygoat weed) that was the weed in crops and pasture, it would be another, and that other could be native. What then? If native plants appear in a wheat paddock are they weeds? Definitely, says the farmer. Not necessarily, says the biodiversity advocate.

Umbrella tree is native to Australia, but is not politically correct in migrating from the Northern Territory, south to this area. It volunteers in local sub-tropical rainforest and in many other areas including among Camphor laurels. Tim Flannery, in his book, *The Weather Makers*, mentions that vegetation is migrating southward in the southern hemisphere, or up mountains, in order to find cooler zones in response to global warming. Nevertheless, Umbrella tree has disobeyed white fella rules and has moved out of its designated area so has to be poisoned!

Easier than getting out the poison and all the work that goes with that, never mind trespass on the precautionary principle, could be the thought that Umbrella tree is adding to the diversity of sub-tropical rainforest in response to biodiversity advocates saying they want biodiversity. Biodiversity, by definition means to add diversity, it has nothing to do with restricting it. Holling and Meffe said in 1996, that the pathology of natural resource management exists in the reduction in '...the range of natural variation in a system'. Umbrella tree is attempting to add variation and therefore resilience, to sub-tropical rainforest. More than that, one can break all the rules and presume that Camphor



laurel and Umbrella tree are together, precursors of sub-tropical rainforest; that, just as readily as Umbrella tree is willing to commune with rainforest by introducing itself into it, Umbrella tree is willing to invite rainforest to its other home among the Camphors. As though to underline the thought that Umbrella trees belong, parrots love feeding from them. A parrot is pretty bloody native. Have koalas got to feed from Umbrella tree before the latter is left alone? No, that wouldn't be enough either. Koalas have been seen feeding from Camphors, but that hasn't saved the Camphors from the unremitting judgement of Euro-Australian consciousness that knows better than wild nature what should grow where! If Ageratum takes up position in native bush that is the best improvement of that situation when soil is taken into account.

We know Western consciousness has more interest in whether there is life in outer space than under its feet. I would venture to suggest that is at least part of the reason why Shelley Gare wrote a whole book whose partial title was *Airheads*. We know also we have not eyes on the soil because we are prone to restrict the movement of particular seeds; to restrict the uninhibited movement of life. If one is gardening or bush regenerating with methods that restrict the movement of particular seeds, then one is engaged in a

war with particular plants and therefore with nature, and all the work that entails.

Euro-Australian consciousness needs to go into rebellion and take action to ensure gardens, or the bush one is tending, become more immune to 'weeds'. At the point of immunity, work with 'weeds' ceases. Not so with wars. The work with that goes on for as long as people think some rationality can be gleaned from them.

For the biodiversity advocate, there is one more step to take that is currently ignored or not recognized. It is toward the recognition that soil is the foundation of every terrestrial ecosystem, not the plants and animals who dwell upon it.

Soil is the biodiversity advocate's meeting place with the farmer who resents weeds in his cropland or other means of agricultural production. A farmer will always say that the soil is also, the foundation of his venture.

Soil is the meeting place where the contradiction between biodiversity conservation and farming meet. Until both disciplines have their eyes firmly on soil, in order to improve it, farming will continue its unsustainable run, and biodiversity conservation will find more and more, habitat being lost.

Ageratum does not degrade bushland when soil is considered. Neither does it potentially impact on crops or pastures anymore than other weeds or native plants. The only reason why Ageratum is named on a hit list of plants that one is encouraged to war with, is it is exotic and so is said not to belong. The white fellas carry a dis-ease that they do not belong.

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PLANT OF THE MONTH

White cedar *Melia azedarach*

by Richard Burer

White Cedar is a hardy common tree on the Northern Rivers and is very common in the Nimbin area. Growing to around 45m, this attractive tree is often planted for ornamental value where its beautiful lilac flowers and fresh new spring growth give the passer-by shade and comfort in these hot spring days. It is also a cabinet timber with the larger trees pretty much logged out of the local area.

This drought resistant tree is an excellent rainforest regeneration species, and is often planted in tree plantings in the area, where it reaches fast growth rates of 2-3m a year in the early years of being planted. It also regenerates readily on the drier and Riverine types of rainforest.

This is an excellent large garden/farm tree where one can take advantage of its



deciduous habit. White cedar is also related to the Indian Neem tree, which is well documented for its medicinal properties.

The fruit is a yellow drupe, and is eaten by a variety of birds including rainforest pigeons, bowerbirds, green cat bird, fig bird, but to humans the fruit is poisonous.

To grow your own, collect the drupes off the ground throughout the cooler months and sow in a large seed tray or foam box, where they will come up after a few months.

World Café brews imagination and community

Students of Permaculture College of Australia (PCA) at Djanbung Gardens recently held a World Café workshop with the theme "Greening Nimbin Through Growing Community".

Members from the community joined in a pot-luck dinner prior to the consultation process of the World Café and were presented with some initiatives from around the planet focused on community building and the resultant advantages.

A question was then posed on two groups, each consisting of three round tables with students facilitating the process. Participants moved from table to table, brainstorming new and existing initiatives, potential resources and how to promote community involvement and support.



A lot of support was found for the SEVEN Sibley Street project with the potential for recycling and artistic streetscapes at the forefront of many minds. The old bridge, community gardens and the car park all received a lot of attention with some great, simple initiatives tying them all together to the theme.

The night proved a great success with all excited by the potential Nimbin has and

strong enthusiasm for the next step.

Students have organised a Conversation Café on Wednesday 10th October, again at Djanbung Gardens, to present the results of the World Café and prioritize and coordinate the various projects dedicated to Greening Nimbin Through Growing Community.

Everyone is welcome to attend with the pot-luck dinner starting from 6pm. The Conversation Café will start at 7pm with coffee and desserts finishing the event around 8:30pm.

To ensure ample seating for another fun night, please contact the College to confirm your attendance on 02 6689-1755.

The students of Djanbung would like to thank all who have contributed to the initiative thus far, and look forward to seeing more community involvement on the 10th October.

Spirit weaving on a waxing moon

Part theatre, part concert, Weaving the Divine came into being at Red Tent Yoga in Byron during the winter, and is now coming to Nimbin on a waxing moon in Aries.

Bring a comfy blanket, pillow and an open heart to Birth & Beyond, Cullen Street, Nimbin, on Saturday 27th October.

Dana-Lee, Rich Bell, Ioa Gaia, and Peter Walkingourworld collaborate

to weave a vocal and musical journey through space and time.

Peter's mellifluous spoken word narratives, Ioa's channeled light-language, Rich's atmospheric guitar, and Dana-Lee's songs of love interweave in an original performance in two parts.

Join them in weaving together and witnessing self and others as divine.

Tasty treats and chai will be served in the interval.



Doors open at 7pm and the show starts promptly at 7.30. Tickets cost \$15, under-16s by donation. For more information call 0428-539-232.

To Doula or Not to Doula?



Doing the tree pose

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

Imagine having a servant to help you with all your needs. Now imagine that this servant is a caring friend who will journey beside you through the rite of passage of becoming a mother. She may give massages, help provide resources, be a listening ear and become a friend.

Just like people can hire tour guides for their trekking adventures, coaches for their sporting events and teachers for their studies, Doulas are the mentors and advocates of the birthing journey.

What are Doulas?

Coming from a Greek word, Doula (pronounced doo-la) translates as 'woman servant' or 'woman caregiver'. In ancient times, women always attended other women through their labour. This phenomenon is not new at all. Today, it is gaining popularity to seek assistance of Doulas to help pregnant women (and their partner or families) during pregnancy, birth and beyond.

Doulas are non-medical people (often women), who understand the physical and emotional aspects of pregnancy and birth but do not have any clinical responsibilities. They are childbirth assistants that provide the woman and her partner with both emotional and physical support during the entire labour and birth and immediate post-partum period.

What do Doulas do?

Given that there are many hopes and fears surrounding birth, all mothers and fathers can benefit from extra emotional support and help during pregnancy and labour.

Having a nurturing and experienced doula can be a calming presence in the intensity of labour.

Doulas complement the support given by husbands, partners or midwives. They are experienced in providing birth support and can focus on your emotional and physical needs (without being distracted by clinical duties). Doulas provide a precious and unique presence for women and families in whatever setting they choose to birth.

Doulas believe it is the woman's right to birth where, how and with whom she wishes.

What are the benefits of having a Doula?

Research done by Klaus et al (1993) and Hodnett et al (2011) concluded that support by a Doula enhances wellbeing of mothers and babies and leads to better outcomes.

Want to find out more?

If you would like to explore Birthing From Within prenatal classes, join in Birth & Beyond workshops or read more about how I can help as a Doula; check out www.traditionalwisdom.com.au

Birth & Beyond October Schedule

12th October: Discussion on sleep
19th October: Yoga exercises that mums nubs can enjoy together
26th October: The 'Nappy-free' DVD and discussion
2nd November: Belly dance for birth

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.

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Paint the town green!



Some of the art on show last year

Mental Health Month Working Party is celebrating Mental Health Month with an activities expo and art exhibition at See Space, behind Lismore Library, opening on Thursday 11th October from 2.30pm.

The exhibition will be opened by Lismore mayor Jenny Dowell at 5.30pm.

Celebrate, Connect and Grow is the theme this year. Wear something green (the colour of mental health) to show support for people affected by and living with mental health issues.

Four venues are hosting the exhibition: See Space, Lismore Library, Centro Shopping Centre and Goanna Bakery, and the displays will run until Thursday 25th October.

The opening event will feature 30 information stalls, laughter yoga, a drumming workshop, card-making and free afternoon tea.

Think clearly for a Change



Photo: Dave Fawkner

Next month, on the 25th November, the Voices For Change project surges ahead with an International Day of Global Consciousness.

A worldwide petition addressed to the United Nations began six months prior to that date, which was chosen at random. Many events will coincide with Global Consciousness Day, the day for people to let go of the stress routines.

The challenge is to live, think and behave correctly, just for one day. No television or radio; eat organic, vegetarian food; speak serenely; recognise your role and obligations in society; talk about things that are unjust, and do what you can to

correct those things; embrace diversity.

It started as everything else, with an idea: to find ways and means to raise awareness of the need for change within the whole of society. The internet has allowed the November 25 Project to come together via 850 Facebook friends and four

groups. The Voices for Change is a group of Global Citizens campaigning for change, and a world free of violence and violation.

All people need as a prerequisite to live are food, water, shelter and safety. Everything else is for the individual to determine.

A recent concert of Spanish guitar by musician Bob Oort at the Nimbin Bush Theatre (pictured) raised awareness of the non-profit project.

The 25th November is the day for every global citizen to let suppressed positive consciousness surface so that the mind can make clear decisions. More information about the project at: www.thenovember25project.com

Gym raffle is a Win-Win

Nimbin's long-running raffle for a South Sydney Centenary 1908-2008 framed and autographed jersey, was drawn by the publican at Nimbin Hotel on NRL Grand Final Day, and the winning ticket was no. 319, bought by Nimbin local, James Martin.



The raffle raised substantial funds for the Nimbin Community Gym, which co-ordinator Wayne Cuthbertson said will be used to pay for new equipment – Olympic bench press, Smith machine and Spinbikes – due to arrive in the coming weeks.

Nimbin Hospital Information

Immunisation Clinic

For 0-5 year olds 2nd Tuesday of every month. Next clinic 9th October at Nimbin Hospital. Phone 6620-7687.

Womens Health Clinic

Every 3rd Thursday of the month. Next clinic 18th October. 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. Ring 6689-1400 to make an appointment.

Nimbin Community Nurses

Monday-Friday 8am to 5pm. Assessment, treatment (wounds) referral and advocacy, palliative care in the home, coordination of Aged Care packages. Phone 6689-1288, will respond to message ASAP.

Family Healing

by Dr Elizabeth McCardell
M Counselling, PhD



I recently returned from a short trip to Canberra and a visit with my cousins, the offspring of my mother's brother. I had not seen one cousin for over 40 years, the same length of time I had not seen Canberra. We've all grown inevitably a bit grey in spots.

I met the children of this particular cousin, and once more began reflecting on how our particular ancestral orientation (of genes and family values and preferences) continues to be played out. Both offspring, now adults in their late twenties, have the same interesting mix as the

offspring of my other cousin, and the rest of the family (matrilateral and patrilineal), for that matter. Most of us in my family have two dominant interests: health and aesthetics. Healing and the arts. I like to think of therapy as incorporating the two. Because, for me, doing therapy is a healing art and a creative endeavour that enriches, and thus heals, individual lives, and by the dynamics of systems theory, families as well. I like it that the orientation of my own family allows me to participate in the healing of others as well. I'm not alone in this, as there are hundreds, indeed thousands, of other healers in families of healers interested in the healing of others.

How can the healing process of one person affect the health of their family? I often use the metaphor of a stone thrown into a pond to illustrate this phenomenon. The splash ripples out to all reaches of the pool, to even the edges of earth,

reeds, and rock. The splash mists up the air and water droplets form in new places. Water bubbles oxygenate the water and small pond critters gulp them in. The single act changes everything environmentally.

The deep work done by me and the client who comes for therapy is like the first movement of stone hitting the water, which is not to say only one session is required (human change takes longer). Everything around that person changes: the way they react to old patterns of interpersonal behaviour within their family and beyond; the very different way they initiate conversation and respond to responses of others; the way they feel about themselves; the way they look (I see wonderful changes); the way they hold themselves, and so on. I love my work, I love to see the profound shifts that take place when a person seriously takes charge of their lives.

Other family members are affected by the work of one person in that system. I am reminded of a woman I saw several years ago. Our

work together was not easy: it brought up a lot of pain for her, but she stayed the course. Gradually I could see recovery happening, and interestingly, as she grew stronger, so did members of her immediate family. When she first came, her husband spent every day in front of his computer, not going out, nor working much around the farm. Their daughter had dropped out of university, didn't have a job, and didn't leave the house much. My client couldn't paint (she was an artist). Each day she'd gaze at the blank canvas, unable to make a mark. My therapeutic method was primarily to have her draw something every time she came for a session. Then I set the task of keeping a visual diary, to be brought to each session. The pictures became more and more elaborate. My client was creating art, making beautiful marks on blank canvases. My work with her shifted something deeply within the family. Her husband got a job and her daughter returned to university. The change in one family member reverberated into the rest of

the family, and I imagine the reverberation continues to be felt.

What is a family system? The family is a unit, where each person plays a unique and critical role within an ancient interrelated structure. This idea contrasts with the old definition of 'family' that described a group of independent agents linked to one another by blood or adoption, but whose individual behaviours were separate from the group. That old definition dovetailed into the old way of seeing clients in therapy as separate individuals with separate problems, unrelated to anyone else. Therapy used to concentrate solely on the problems manifested only in individuals, not in relation to problems shared by their family and impacting more devastatingly on themselves. We are not merely members of families, but elements integral to our particular families.

Family systems theory incorporates the unique perspective of individuals with the systemic problems and insights embodied in the family to which a

client belongs. Patterns of behaviour and interest orientations are discernible, as I observed in my own family. A close investigation of dominant themes in family throws up an incredible amount of very useful information: about dynamics of relationships, of whom we are attracted to and why (this includes who we avoid), how we deal with difficulty (do we use alcohol or drugs or over work, etc?), what work/life choices we make, and all manner of insights that may be usefully drawn upon when we set about changing our lives. This is a material I use most of the time in my participation with clients in their healing work.

Families are part of us, part of the fabric of our minds and bodies. We are each members of ancient communities that continue to be the blood and fibre of our being and those of our offspring. What awareness we bring to ourselves, reverberates into the family, and beyond. Our task is to bring change, to bring health, strength, and happiness.

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