

Koala Kolumn

by Lorraine Vass

We're just back from holidaying in Tassie. Despite variable weather, or perhaps because of it, we had a beaut time.

One of the Hobart highlights was visiting the recently refurbished Tasmanian Museum and Art Gallery (TMAG). The new exhibitions occupying all three floors of the historic Bond Store are stunning. TMAG describes itself as the cultural heart of Tasmania so I was surprised to see a stuffed koala ensconced in a glass case at one end of the second floor (pictured at right).

Everyone knows that koalas never got to Tassie, or at least no fossil evidence has yet been found of their presence so, why a koala? Looking more closely, the display was about introduced animal species. That didn't cut much ice either because Tassie never gets a mention in the 1900s Victorian or South Australian translocation programs.

The text was even more intriguing. Headed, 'Lost in the bush? Eat a koala!' we read that four koalas from the mainland were released on Mt Wellington in 1862.

Sir Edward Wilson, a private collector and founder of the Victorian Acclimatization Society suggested that koalas would be a useful species in Tasmania, as it was "for a man on an exploring expedition or lost in the bush... sufficiently good to eat and might perhaps save a life."

The purpose of the Victorian Acclimatization Society was to give precedence to 'the introduction, acclimatization and domestication of all noxious animals, birds, fishes, insects and vegetables whether useful or ornamental' and to encourage 'the spread of indigenous animals'. The Society established the Melbourne Zoo to house imported animals prior to their release.

To some extent the introduced animals and plants served to make the alien environment feel more like home to the early settlers; to beautify their gardens, provide sport for hunters and 'aggrandise' the colony. Making the land economically productive was of overarching importance and we are still living with the consequences. But what was behind spreading native wildlife?

Clearly Wilson's suggestion was based on the service to be rendered by the koala rather than any thought for its conservation. As it happens his suggestion came to nothing. The text continued that a few years following their release, a man in Glenorchy, just north of Hobart, shot a koala that he found sitting on his back fence. Thus, it concludes there can be no surprise that koalas didn't thrive and spread across Tasmania.

Nevertheless I wondered whether other attempts had been made to introduce koalas. Apparently not! To this day koalas are not found in the wild in Tasmania. Indeed, the koala is a controlled animal under that State's Nature Conservation Act 2002.

Furthermore, in 2011 the Department of Primary Industries, Parks, Water and Environment carried out the nation's first risk assessment of the koala to determine the damage it could inflict on Tasmania (Pest Risk Assessment: Koala (*Phascolarctos*



cinereus).

The verdict was conclusive. The risk of koalas establishing in Tasmania is high with potential for extreme consequences. Tassie's climate is right. Five eucalyptus species known to be preferred feed tree species for southern koalas occur and provide one or more potential food sources across most of the State. A number of threatened native vegetation communities including preferred feed trees would likely to be impacted as would forestry activities. Koalas would potentially browse on trees being grown for harvest and their presence could increase forestry management costs by requiring koala management actions in timber production areas.

The 20-page report finds that koalas are an extreme threat to Tasmania and recommends prohibition of their importation. I've yet to confirm the recommendation's adoption, but assume it's in place. Tassie can't have everything but it seems such a waste: so many eucalypt forests and no koalas.

Back home, scanning emails and picking up the threads, there's the usual mix of encouragement and setbacks. Regular readers will be only too aware of the setbacks so I'll comment on some of the good news.

Boral Timber's exit from the woodchip export business is very welcome, particularly here on our north coast forests. Whether the NSW Government uses the opportunity to restructure the industry to reduce logging intensity remains to be seen.

In early July Lismore Council will officially launch implementation of the Comprehensive Koala Plan of Management for South East Lismore with a project to restore koala habitat by supporting landholders to plant new koala habitat or remove weeds from existing habitat.

Our koalas will also do well out of the successful projects under the NSW Environmental Trust's 2012 Environmental Restoration and Rehabilitation Community and Local Government Grants.

Happy koala spotting.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees, how you can assist koala conservation visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6621-4664. We can also be followed on Facebook.

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



by Philippe Dupuy

Nimbin Environment Centre

NEC shopfront is powering on, thanks to Lisa G. We have new sustainable products such as Hemp seed oil, hemp seeds, macadamia butter and oil, organic rice, chai and jam, not to forget naturally fragrant soap made by the clean hippies of Nimbin.

Thanks also to Phil, Lisa C., Rob, Roger, Corrie, Mark and Andrew for keeping the centre opened every day, hail, rain or shine.

Film Nights on Fridays starting 6pm at Birth & Beyond are catching on. Last Friday's pumpkin soup, made by Judy, made it even more special.

Tara 13th July

Dayne Pratsky, The Frack Man from Tara came to garner support for the Tara Surge. He appeared at the Nimbin Film Night at Birth & Beyond. We hope to have thousands turn up.

After hearing Dayne speak at the Blue Knob market, I am fired up and ready to go. There is also a plan to target the two million or so who live in Brisbane.

Casino Enviro Centre

Support for the Centre is growing. We are getting a small but regular flow of residents around the area making enquiries and wanting more information about CSG and other issues such as the wetlands, weed infestation and wildlife.

We took part in Primex and were generally well received by the locals. We got lots of signatures for the No Shooting in National Parks petition.

Our three months lease has run out, but everybody at CEC seemed to want to keep going. We are indebted to all those who helped at Primex and to our dedicated and enthusiastic volunteers. A big thankyou also to Tory who left us to be with her son on the Sunshine Coast. We also wish to express our gratitude to RVGAG, Kyogle GAG and CSG-free Lismore for their support and financial help.

Referendum Commentary

I dreamt that the Northern Rivers had declared itself a self-ruling region, no longer under the tutelage of the NSW government, but still part of the Commonwealth of Australia.

The new region flourishes. It is self sufficient as, blessed by the Richmond and

Clarence Rivers, it sustains a rich flora and fauna as well as a gentle people. Beside organic rice, corn, wheat and a huge range of fresh vegetables, it has free-range cattle, chicken, milk and eggs. There are hemp fields to provide fibre for food, textiles and buildings. Its rivers are protected by a thick riparian vegetation and have been restocked with bass and perch and other native fish. Wildlife abounds, and people flock from all over to enjoy it through healthy pastimes such as bushwalking, canoeing and fishing.

The government of the new region consist of delegates chosen by original elders, environmentalists, local farmers, fishermen, small business and social groups. There are many sources of free press and other news media that inform and impart knowledge about events and current affairs. There are engineers and mechanics to make small cars and bikes which run on hydrogen, biogas and electricity. There is solar, wind and wave electricity generation. There is reliable, free, safe public transport.

There is engagement rather than employment, and everyone has basic accommodation and food. Education is free and Permaculture and social skills are a must. Healthcare is free and is a mixture of traditional as well as holistic methods. Art and crafts flourish.

The law is just and equitable. Law-breakers are treated firmly but cared for and encouraged to rejoin the community. Instances of theft and assault are low, as people's needs are easily met and there's little room for frustration, envy and angst. There are plenty of counsellors and social workers to identify problems from an early stage and provide help.

The economy is based on the real value of commodities and not on speculation and certainly not controlled by a few. It is run by ethical organisations such as Credit Unions. Additional money is earned through ethical trade through export of goods and services, in commodities such as tourism, skill share and other specialities.

When I woke up, I found that everyone around me had the same dream.

There will be a referendum to enshrine Local Councils as legitimate governments in the upcoming federal elections. Vote yes! This may be the first step to dissolve the corrupt State governments and make our dream come true.

NIMBIN BUILDING MATERIALS AT THE MILL FARM

For a broad range of new and new seconds at very competitive prices

- Hardwoods, flooring, decking, pine framing, weatherboards, lining boards, architraves & skirting boards
- Steel posts, roofing & guttering, doors, windows; cement, sand & gravel
- Animal feeds, hay, garden supplies & plants

"If it's not in stock, we'll get it in for you"

Phone Andy 6689-1206, 0429-891-644

50 Gungas Road, Nimbin

Open Mon-Fri 8am-4pm, Sat 8am-noon

Mr BOBCAT

6689 0044
0427 946 823

• 4-in-1 bucket • trencher • auger • 4 tonne tipper

NOW WITH EXCAVATOR

Jerry Grace

Licenced Electrical Contractor

Licence No. 17976

Rural, Commercial and Domestic Installations

Phone 6688-8287
Mobile 0416-182-222



Getting rid of groundsel bush

by Triny Roe

"Uses: deer browse; nesting sites for grackles, redwing blackbirds, and green herons."

Well, not many of those around here, so do we need Groundsel Bush, aka *Baccharis halimifolia*? According to most sources this plant is actually unpalatable and toxic to livestock so deer may not be doing a lot of browsing.

A spectacular ornamental and native of the coastal plains wetlands of southern and eastern USA, Mexico and the Caribbean, groundsel bush was introduced into Queensland pre 1900. By 1930 this hardy, woody shrub was a big problem in SE Qld, infesting open to closed canopy forest, watercourses, coastal regions and agricultural land. Salt tolerant, it particularly favours Melaleuca swamps and can impact on the natural ecosystem by altering the balance of species. It was also introduced to Europe, becoming an unwelcome immigrant there as well.

This robust, thickly branched shrub can grow to 3 metres tall and sometimes higher. It produces millions of fluffy seeds, forms dense stands impeding movement of people, stock and wildlife and invades native bushland. *B. halimifolia* is a declared noxious weed in the Northern Rivers which means land holders have an obligation to control it.

By the 1960s groundsel bush had spread north to Miriam Vale and south to Northern Rivers and has now reached Taree. There are also a couple of isolated incidences in the Chinchilla region. Further spread could be expected as the plant can cope with heat, extreme cold, water-logging as well as drought, and a wide range of soils.

Like other opportunistic weeds, groundsel readily colonises disturbed and degraded areas, growing faster and out-competing native pioneer species. Germinating mostly in late winter, early spring, groundsel can reach 1 metre high by next Autumn. The following year it is ready to flower.

Male and female flowers occur on separate plants and are fairly inconspicuous. The eye catching silvery white display in Autumn is not the flowers but mature seeds with hairy tufts ripe for wind dispersal. While the wind can carry the seeds a considerable distance, most of the seeds fall close to the parent plants, creating the typical dense thickets. Seed is also distributed by water, vehicles and machinery and can remain viable for several years. The dull green leaves are spade shaped with distinctive toothed margins.

Biocontrol measures were first introduced in 1967. Over 35 insects gave it a go but only six species have survived in the field. Though some of these are now widespread their overall impact has been minimal. Two rust diseases have also been introduced but once again, have little effect on the spread of groundsel. Groundsel is promoted in the USA as a hedge plant because of its disease resistance.

Control measures include fire, chemical and mechanical means and land management. The particular situation will dictate the most appropriate method or most likely a combination. In pastures, regular slashing and reduced grazing pressure to promote grass growth can provide competition for seedlings and reduce re-invasion. When digging out, roots go in deep as the branched tap root can re-shoot from nodes beneath the ground.

In existing populations, the simplest control measure is strategic slashing to prevent flowering to at least stop it spreading further. If groundsel is not already present, learn what it looks like – the leaf is very distinctive - and keep an eye out for emerging seedlings. The wind borne seeds can blow in any time.

Another common name for *B. halimifolia* is consumption weed. Folklore in Southern USA records brewing the leaves to treat fevers and chest congestion. Just don't let it flower!

Happy weeding.

BREED, LAY EGGS AND DIE

The first frosts glaze the rolling slopes below me. Sunshine slides silently over the ground, solid to liquid, leaving a wet frost print in its wake. My cold bare feet slip on the mud on the way back from the loo, sending me reeling and sliding to keep my balance.

My pigs have spotted me. They are carrying on like pork chops, demanding food and a belly scratch. They are my newest addition to my farm, a step into the world of animal husbandry I've been procrastinating about for ages. I think they are Tamworth pigs, a breed so called because Sir Robert Peel (the first policeman!) imported them from Ireland to his estate in Tamworth, England. They are cute, intelligent, quirky and protein!

We've discovered they love to eat... a lot. At \$15 a bag, pig feed can get quite expensive. So we've been wondering about lots of ways to feed them, sustainably, and with a decent amount of protein.

I've been thinking a lot about insects lately, and how well loved they are in other cultures. Deep fried crickets in

Mexico, sautéed scorpions and steamed maggots in Asia, there must be something that we can feed the pigs. Then it arrived on a plate... Soldier fly larvae, the answer to high protein animal feed.

Soldier Fly larvae or SFL (*Hermetia illucens*) are the little buggers you see escaping from your compost bin from Spring onwards. They look like a flattened slater, with a segmented exoskeleton that is reminiscent of an Armadillo.

They feed on all organic wastes (everything that once was alive, that is). Voracious feeders, 1 sq.m of larvae will devour up to 15kg a day. They are up to 45% protein, 30% fat, and can be used to feed pigs, chooks and other poultry.

Breeding them is relatively simple, with adult flies laying thousands of eggs that hatch in 4 days. Composting toilets can be retro-fitted to enable soldier fly larvae to breed within. As the adults have no mouth parts, they cannot spread human byproducts. They live simply to breed, lay eggs and die. I



View from the loo by Stuart McConville

have come up with a novel design for a SFL breeding / harvest bin that uses an existing compost toilet, and collects SFL in a bucket so that they can be fed to animals quickly and easily.

With plenty of food, the SFL can reproduce rapidly and produce up to a bucket per day of high protein feed. In a

composting toilet, SFL are a valuable species, because they prey on the eggs of other flies, cockroaches etc and aerate the chamber to assist with aerobic breakdown of human byproducts.

The down side is that in this climate, they don't remain active all year around unless there is some form of artificial heat source. However, they can be stored up for winter as they keep quite well in a cool dark place.

I'm looking forward to the end of winter so that I can see just what it will take to convert manure, scraps, even roadkill, into yummy maggots for my pigs.

Stuart McConville runs Pooh Solutions Composting Toilets and Waste Water consultancy. Check out www.poohsolutions.com for winter specials.

Naturalising the cane toad

by Geoff Dawe

Despite the warning from ecologists that humans need to fit in with nature, the war on nature carried out on species migrating throughout the world because of changing environmental conditions, is justified with phrases such as these species are "causing interference with our lifestyles". There appears to be little recognition from those who advocate war that it may be instead our lifestyles that are creating conditions ideal for migrating species.

As with migrating plants, so are migrating animal species vilified without an all-encompassing view that searches for their positive side rather than just focuses on their negatives. Recognition of the cultural need to vilify rather than admit that it may be European lifestyle that requires change, can be seen in little known positive facts about Cane toads.

It is broadly thought that anything that eats a Cane toad, dies. Yet *Wikipedia* offers that in its native habitat, the Cane toad is prey for many species. Outside its native range there are also many species, including the Australian native Tawny



Cane toad, *Bufo marinus*

Frogmouth. The scientific response team to the advance of the Cane toad in the Northern Territory also reports "... some native frog-eating species are perfectly capable of eating toads" and that "lots of ... native predators (birds, rats, snakes, crabs, freshwater crayfish and ants) can eat toads without ill effects." Keelback snakes, they say, can eat all the toads they like without suffering from it.

Some thirty years ago in Tweed Shire, a rural electricity meter reader said, he had seen crows turn toads over and feed from their bellies, it turns out, are less poisonous than other parts of them. Professor Rick Shine, lead scientist of the response to the migration of the Cane toad into Kakadu, said in the *SMH* of 22/1/06 "there was evidence Australia's native

wildlife was evolving, or at least learning to cope with the invader."

On Rowlands Creek Road near Uki, resident Kim Hollingsworth says her dogs leave alone the freshly killed Cane toads on the nearby tarred road, but know they are able to be eaten safely at a certain stage of decomposition. Animals have more senses operating with these things than we anthropomorphically give them credit.

Dr. Ben Phillips from the school of Marine and Tropical Biology at James Cook University, studied red-bellied blacksnakes in relation to Cane toads. He showed that snakes in captivity from toad-infested areas would not eat toads offered to them, whereas about half the snakes from non-toad infested areas took the toad and died as a result. He also found that snakes from toad affected areas "were more able to deal with

the toad's poison and that the snakes from toad areas, had [evolved through natural selection] smaller heads compared to their body size – so they were not able to eat really big (and thus more dangerous toads)."

Since Cane toad spawn appears often in ponds and they occasionally eat frogs it has been assumed they are a major threat to frogs. Yet according to Rick, of the studies to check this, "none of them show any decline in frogs due to toads." He also says, "The truth is, no Australian species is known or even suspected to have gone extinct as a result of Cane toads." In personal communication with myself in July, 2012, Rick wrote, "I agree that the net effect of introducing Cane toads to Australia was to increase the number of species here by one. (i.e. no extinctions, just an addition). But of course, lots of people just HATE that perspective."



Concrete composting toilets
Full consultancy and design service
Takes the waste out of wastewater

POOH SOLUTIONS

www.poohsolutions.com
0427 897 496



BORHAM
BRICK & BLOCK
Brick & Block Laying
Paving, Landscaping

P. (02) 66 834 992
M. 0447 124 667

Lic No. 225797c

D J A N B U N G
G A R D E N S
W I N T E R I N T E N S I V E

July 12-26 Permaculture Design Course – New Generation
July 29 – Aug 1 Advanced Design Skills – Robyn Francis

UPCOMING SHORT COURSES
Aug 13, 20 & 27 Water Wise Workshop
Aug 14 Biochar and Blacksmithing Day
Aug 24 Making Soap, Natural Cleaning

REGISTER NOW: PHONE 6689-1755
admin@permaculture.com.au
www.permaculture.com.au



Plant of the month

by Richard Burer

Kangaroo Grass is one most common native grasses of Australia, and common in the Nimbin area.

These days, Kangaroo grass is found where there is frequency of fire, often on northern slopes and ridge tops and grassy forests that have fairly well drained soil. It can be found also on our local headlands at the beach: Snapper Rocks and Goanna headland at Evans Head have outstanding remnant patches. It is very popular in native gardens and landscaping.

Kangaroo grass is a tufted perennial to about 1-1.5 m tall, the leaf blade a few mm wide and is greenish to brown. The attractive spikelets flower in summer and a small brown seed is formed. When I first came to the land, it was abundant, but over the years weed competition, lack of fire and slashing has reduced its habitat.

I now think this is the time to assist this lovely native grass, probably by as little as a



Kangaroo Grass
Themeda triandra

hand weed around them, reducing crofton weed and knifing or mattocking out the exotic grasses like Setaria and Rhodes grass could help restore areas of this important native species.

Eat bitter, get better

by Leandrah

Now it's Winter and, like the plants and hibernating animals, our energy is being directed down into the earth, transmuting the old for new life coming forth in Spring.

However, we are not always in tune and gracefully dancing with the rhythm of the seasons conducted by Mother Nature. The foods and herbs she provides can realign us and counteract the disruptive influences of medications, processed foods and poor lifestyle choices.

With Winter we are hungrier, seeking energy laden comfort foods, and prone to overindulgence. If the digestion is not up for this burden, suboptimal digestive function is a result: bloating and excessive flatulence, constipation or diarrhoea, abdominal discomfort, painful bowel motions, heartburn, and thrush.

Long-term manifestations of this may lead to diseases and ailments from diabetes and gallbladder disease to fatigue, skin complaints, haemorrhoids, liver disorders and even cancer.

Bitter foods stimulate neural impulses and the secretion of digestive juices and enzymes throughout the digestive tract. This grand symphony drives the breakdown and the consequent absorption of nutrients. The stomach, pancreas, liver and gallbladder are all stimulated to secrete agents to breakdown carbohydrates, proteins and fats. The small intestine is then able to absorb the minerals, vitamins, amino acids, fatty acids and sugars.

Examples of bitter foods which would be good to nibble or take, especially before, with or after a big meal include celery, alfalfa, bitter melon, romaine lettuce, rocket, dandelion leaves, dandelion root coffee, chicory, rye, amaranth, asparagus, papaya, quinoa, Saint Mary's thistle seed, artichoke, gotu kola, vinegar, citrus peel, radish leaf, turnip, white pepper, turmeric, burdock, yarrow, chamomile, hops, valerian, chaparral, echinacea, paud'arco, neem leaf, aloe vera, saffron, cardamom, cinnamon, angelica, gentian, myrrh, senna, rhubarb, wormwood, yellowdock root, coffee, goldenseal, olives and olive oil, spinach and kale.

Bitters stimulate bile flow from the gallbladder. Bile is a natural laxative. It emulsifies and moves cholesterol and fats out through the bowel and body preventing reabsorption. The bitter flavour stimulates intestinal muscle contractions ensuring regular and efficient bowel motions to keep you clean on the inside. Bitters also have an indirect toning and vitalising effect on the kidneys and lungs.

Yes, bitters can be considered a cure-all and a good old tonic. In fact, most of the herbal prescriptions in my practice call for the bitter principle. Remember, Bitters are Best!

Leandrah is a naturopath with 10 years' clinical experience and runs SONMATA (School of Natural Medicine & The Arts) from Wiangaree during Autumn and Spring. Contact her on 6636-2356 for an appointment in Nimbin or Wiangaree.

Wallaby win for WIRES

Everyone knows the Northern Rivers Wildlife Information Rescue and Education Service (WIRES) keeps busy with the rescue, rehabilitation and release of native wildlife – but some stories to emerge from the organisation are just plain extraordinary.

Two years ago, WIRES macropod carer Tina cared for a red-necked wallaby. The tiny unfurred joey was the survivor of a car accident that took the life of her mother.

When she was rescued, she had severe gravel rash from being thrown out of the pouch in the accident and one of her eyes was injured. She suffered multiple seizures during the first 24 hours in care.

Although her chances of survival were slim, she was treated for all of her injuries. The wallaby's



determination to live was evident from the start. She battled through and thrived, to be released back into the wild about nine months later.

A few months after her release, she came back to the carer's property. She had difficulty hopping and was in obvious pain. A tumour was discovered on her foot.

As it is not possible to take an adult wallaby to the vet due to the risk of myopathy, photographs of the injury were sent to Lismore Vet Clinic. Although the prognosis was not positive, treatment was suggested by the vet and implemented by Tina.

The wallaby once again survived against the odds. She stayed on the property and allowed Tina to treat her injured foot. Eventually she was able to hop – at top speed – back to the wild.

Just a few days ago, the wallaby came back to Tina's property – but this time she had no injury, just a little face popping out of her pouch.

WIRES relies on volunteers and needs new members throughout the Northern Rivers. Go to: www.wiresnr.org to find out how to help.

Rage against the Age

by Anastasia Guise

Lying in a tent by a creekbed last school holidays, I put the kids to sleep by counting stars. The ancient pattern of the crisp Autumn sky was a magnificent reminder of the vast mystery of our journey here on Earth, during a time when mere handfuls of humans gamble with the lives of so many and the future of so much.

But as I lay there, it was the jumbo jets on their east coast flight path that proved a distraction. Every two minutes between 6.30pm and midnight a new flight tracked its way north. The stars were like the other things in the living room when the TV is on: outdone by the temporary dazzlement of human invention.

I lived in Melbourne during a drought period, and attempted to grow vegetables. I was permitted to use second-use water on



the garden, to be applied only on Tuesday mornings, and only between the times of seven and nine am. I stuck to the rules, not only because the neighbours were inclined to dob me in, but because I believed that such structural restrictions were signs of a society beginning to enlighten itself to natural limits.

And yet I jogged past the Carlton brewery every morning as it daily poured two million litres of potable water through its factory to brew its beer and wash its vats, and not one drop, not one litre, was withheld from Carlton.

This is why I am a permaculturalist. Because we are told to change our lightbulbs, while the jumbo jets continue to fly. Because beer profits take precedence over vegetables when it comes to water allocation. The injustice of it is insulting.

While I don't condone channelling a cool white rage when planting vegetable seedlings, it is the rage that drives me on, as well as that other inexplicable human emotion: love.

I'm a lover and a fighter. It's permaculture that lets me do both.

Early next year, Anastasia will co-facilitate a Permaculture Design Certificate course which offers a truly community experience, allowing students to experience twelve days of community life on Billen Cliffs Village, visit local farms, see a working biochar kiln, and participate in building an Earthship. For more info, phone 6633-7391.

Logging hits koala habitat

The North East Forest Alliance (NEFA) is calling on the new Federal Environment Minister, Mark Butler, to convince the NSW government to stop logging core Koala habitat in Koreelah State Forest, about 15 kilometres north-west of Woodenbong.

Spokesperson for NEFA, Dailan Pugh, said a weekend audit of Koreelah State Forest again found a Koala High Use Area that had been logged in contravention of the prescriptions mandated under the North East NSW Regional Forest Agreement, signed by both State

and Federal Governments in 2000.

"We randomly selected one hectare that had already been logged and thoroughly searched around the 36 tallowwood and grey gum trees and stumps within it for koala scats."

"In one area we located one tree with 30 koala scats from a mother and baby under it and three other sequential trees with scats under them," he said.

This means the area qualifies as a

Koala High Use Area that should have had a 20m buffer placed around it, and be excluded from logging.

"Based on our random sample it is evident that many other Koala High Use Areas are likely to have been logged, with others about to be logged," he said.

Fauna expert David Milledge, who surveyed the area, said: "My records of Albert's lyrebird and koala

indicate that the prescriptions that should have been implemented were not.

"I consider that adequate and seasonally appropriate surveys (including koala mark-up searches) should be undertaken before further logging occurs," he said.

Mr Pugh says the Forestry Corporation is targeting the mature feed trees koalas rely on.

Traditional Chinese Medicine

Acupuncture & Chinese Herbs

Michele Alberth Dip.A.AACMA

25 years in clinical practice

Kyogle 189 Runnymede Rd 6632 1214

Health Fund / Workcover Accredited

VIBRATIONAL MEDICINE

CHRISTO BELLE HOLISTIC HEALING

POLARITY ENERGY BALANCING

AUSTRALIAN BUSH FLOWER ESSENCES

ZUELA CHRISTIE

0429 501 387

AT THE GREEN BANK

"First, do no harm"

NATURAL SAFE MEDICINES

NATUROPATH

Leandrah

(Lee-Anne Young, BA, D.O., (N.M.D.))

Private health fund rebates

SPECIALISING IN:

Detoxification
Allergy Desensitisation
Heavy Metal Chelation
Homeopathic Kits

Alternatives to Vaccination
Sound/Colour/Spirit Healing
Unexplained Illness
Parasite & Gut Issues

Appointments 02 6636 2356 02 6689 1529 Saturdays

The Turquoise House
Medicine Garden, Naturopathic Clinic & Colour Healing Studio
Wiangaree (10min drive north of Kyogle)

Birth & Beyond
Nimbin Apothecary
64 Cullen Street
NIMBIN

How to eat 'for two'

by Kirrah Holborn

Homebirth doula, Birthing from Within mentor, Traditional Wisdom



Nutrition is a very important aspect of pregnancy and affects both the mother and unborn child.

It is vital that the mother-to-be eats wholesome and nutrient-dense foods to provide the correct nourishment for herself and her growing baby.

Organic produce grown in healthy soils often has higher nutritional value. Where possible, eat organic fruit and vegetables and free-range organic animal products. The popular myth of "eating for two" is a misconception, and mums-to-be really need to eat nutrients for two.

Pregnant women require about 70g of protein per day (a non-pregnant woman requires about 46g/day). This increase is needed to support tissue growth, and good sources can be found in meat, fish, poultry, eggs and dairy foods. Legumes, grain, nuts and seeds are also important.

During the first trimester of pregnancy, energy requirements only increase slightly because there is little tissue growth. In the second and third trimesters a lot more

growing is done and consequently energy requirements are increased.

On average, pregnant women require an additional 1500kJ. This depends on how active the woman is, or if she herself is still growing (adolescence).

Vitamin A is increased by 70µg/day to allow the foetus to store it and because it helps with maintaining healthy eyes, skin, bones and blood tissue.

If a woman consumes pre-formed vitamin A (retinol) found in animal foods (fish liver oils, butter, cream, liver, cheese, egg yolks and whole milk), then she should be careful of intake.

Daily intakes above 3000mcgRE increase the risk of birth defects such as malformations of the face, head, heart and nervous system.

Folic acid is crucial during pregnancy. This nutrient is needed for the development of the nervous system, red blood cells and growth and reproduction of other cells.

It is wise to increase levels to at least 600mcg daily in order to help

prevent congenital neurological defects. Folic acid can be found in leafy green vegetable, whole grains, yeast, fish, dairy foods and organ meats.

If a woman's diet is not rich in folate, then it may be wise to consider a supplement to keep folic acid levels at an optimum level.

It is important to get at least 1000mg of calcium daily for building healthy bones and teeth. Good sources are; fish, milk, nuts, seeds, leafy greens, sea vegetables, whole grains and many vegetables.

Zinc is needed to help develop the immune system of the foetus. It is also essential for growth and enzymatic activity. It is found in the same foods that iron is in (see below).

Due to the increase in maternal tissue, the need for iron also increases. The mother's blood volume has to increase by about 50% during pregnancy and therefore iron is needed to help build blood cells.

It can be difficult to obtain the required 27mg of iron from diet alone, so a supplement is often prescribed. Foods that contain iron include beef liver, red meats, eggs, chicken and salmon. The



Melinda

vegetable sources containing iron are; seaweed, brewer's yeast, molasses, millet, prunes, raisins, mushrooms, chard, spinach and many nuts and seeds.

Iron obtained from plant sources may not be absorbed as well as that from meat. Vitamin C enhances iron absorption by converting iron from

ferric to ferrous.

Vitamins D, E, K, C and all the Bs are also very important during pregnancy. Also, the minerals iodine, magnesium, sodium and phosphorus are important and should be included in the daily diet.

July schedule – Thurs 5-6pm

Thursday 11th: Explore what labour can be like

Thursday 25th: What to expect in birth FAQ's

Nimbin Birth & Beyond now meets on the second and fourth Thursday of the month from 5-6pm. 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. The schedule can be found online at www.traditionalwisdom.com.au

Nimbin Hospital Information

Childhood Immunisation Clinic

For 0-5 year olds, 2nd Tuesday of the month, next clinic 9th July. Appointments: 6620-7687.



Women's Health Clinic

3rd Thursday of the month, next clinic 18th July. Phone 6688-1401 for appointment. Pap smears, pre- and post-natal checks, breast checks and general assessments.

Community Registered Nurses

Monday- Friday from 8am-4.30pm. Assessment, treatment, advocacy and referral. Palliative Care in the home and co-ordination of Community Aged Care packages. Phone 6689-1288 and leave a message. We respond ASAP. Only one RN on daily.

Nimbin Hospital Auxiliary

A big thankyou to all who supported our garage sale. It was a great success, bringing in just over \$1,000.



Our street raffle winner for May was Jenny Lisetto who kindly donated \$50 back to the auxiliary – thanks Jenny.

Auxiliary members meet on the second Friday of each month in the hospital conference room. Our next meeting will be on 12th July. (August meeting is on the 9th.) Thanks for supporting your local hospital.

Hypnotherapy

He flew helicopters during the Vietnam War, picking up very damaged bodies. He flew home from the war and got a job with an airline as an aircraft mechanic. Thirty years later the airline collapsed and he no longer had a job.

Fortunately, he was close to retirement anyway, so he took the opportunity to stop work. The very next day, he found himself standing on the rails of a local bridge about to jump in. Instead he rang me.

He had been perfectly alright during his years as a mechanic – apparently. Maybe he worked too hard, for he never had time to form intimate relationships with anyone, never had children, lived a quiet life in a small somewhat isolated house on the edge of town near the airport. He went to work, came home, cooked dinner, ate, watched a little television, didn't drink alcohol, didn't smoke, went to bed, got up, went to work.

Now memories deluged in: blood, entrails, faces half blown off, burnt flesh; the chaos of piles of bodies staining the forest floor; chopper noises and



by Dr Elizabeth McCardell
M Counselling, PhD

wind, endless wind and that tacktacktacktack. Nightmares all night, every time he closed his eyes; nightmares every time he blinked and nightmares with his eyes open.

He hadn't thought much about the war, he didn't dare to, all those years since he returned home from Vietnam, and now that's all there was.

The onslaught of memories, dramatic though they were, were not the only signs of what we now call Post-traumatic Stress Disorder (PTSD), the fact that this man felt numb and sort of distant from others was a sign things were not right. I found out, too, that he had suffered insomnia for many years, and he was jumpy, and easily irritated. He also didn't really think he had a future.

This man lived in a very orderly manner, mechanically almost. He avoided situations that reminded him of the extreme stressfulness of the war. He attended no Anzac Days, belonged to no veteran clubs. He effectively held anxiety at arms length which allowed him to get on with life, more or less.

When I saw him a dozen or so years ago, I worked entirely from a talking therapy model, with some relaxation techniques thrown in. I'm not sure I achieved much, but then I didn't practice clinical hypnotherapy. I've since learned that hypnotherapy increases the likelihood of recovery by about 93% for people with PTSD. Medication can be helpful, but only superficially.

Clinical hypnotherapy is a wonderful tool. It doesn't resemble stage hypnosis, and there is nothing woo woo about it. A state of oblivion nor mental unresponsiveness is not induced. Clinical hypnotherapy is a state where ordinary day-to-day awareness is reduced and a person's attention is directed toward a specific mental idea, problem, physical stimulus, fantasy or insight and through this medium, new insights and new

ways of being become possible, and part of the continuous reality of now. In this way the therapeutic trance state is not dissimilar to watching television, reading a novel, painting a picture, or playing golf. What is different about it is that positive changes to your life actually happen.

Clinical hypnotherapy can be very effective in the treatment of PTSD, depression, anxiety, pain management, habits you want to break like smoking, binge drinking and eating, sleep problems, and so on. Why clinical hypnotherapy works so well with these problems is that these conditions already have elements of a trance state within them. By working within this dynamic, the therapist can alter how things are perceived and thus remove the cycling effect of these problems.

Why some people develop PTSD and others don't is still poorly understood. Trauma is felt as such when a person is met with appalling circumstances that arise when we are unprepared for it. The feelings we have are of shock, powerlessness and horror. This sudden interruption to our normal functioning can persist for years, indeed a

lifetime, after the trauma is over.

At a physiological level, cortisol levels rise in response to physical and psychological stress. The body produces the hormone cortisol to regulate energy levels, by converting protein into energy by the release of glycogen (sugar) into the blood stream. We need energy to deal with stress. We need to be able to run away from terrible situations, if we can. If we can't run, our bodies can hold itself in a state of chronic stress, and in the case of my Vietnam veteran client, a chronic state of held-in terror. There's certain evidence to suggest that high cortisol levels can be transferred from mother to child. My client's parents may well have experienced their own trauma during the Second World War, thus giving him a predisposition to PTSD. War is horrific, and the people suffering PTSD are numbering among the thousands. It's believed that 40% of soldiers fighting in Iraq will suffer PTSD. The effect reverberates down the generations.

To be clear, Post-traumatic Stress Disorder can arise from a range of traumatic events, including: interpersonal

violence (eg being mugged, or unexpectedly attacked, or robbed at gun point), combat violence, sexual assault, irregular sexual abuse, torture (random torture is the worst), sudden and unexpected death of a close family member or dear friend, earthquakes, and volcanic eruptions, tsunamis, mining accidents, and so on. The most binding characteristic of these events is that of their unexpectedness. It is no wonder that when we have experienced such fundamental disruptions and we have no immediate means of discharging that energy, our physiological and psychological responses of hyper vigilance, sleeplessness, irritability, panic attacks, depression, and worst of all, our sense of powerlessness take over our lives. Trauma, however, can be healed.

Meditation, relaxation techniques, physical exercise, and emotional and psychological support, are all very useful approaches in the effective treatment of this most disturbing problem, but talking with someone and getting assistance through clinical hypnotherapy and psychotherapy provides actual means for recovery.

www.eemccardell.com.au

SIMPLE HERBS, CUSTOM BLENDS & TEAWARE



39 CULLEN ST NIMBIN

DISPENSARY OPEN SIX DAYS:

9.30am – 5pm

OTHER TIMES BY APPOINTMENT:

PHONE 0423-596-368

www.teamedica.com.au

Colon Hydrotherapy

More Energy, Clearer Thinking

Do you need help with:
Parasite elimination
Digestive problems
General wellbeing

We have been helping people detox since 1998

Naturopath Ela Gold

Vitalis Health - Wellbeing Center

www.vitalishealth.com.au - Murwillumbah

also available in Kyogle @ Shanti Village 9439 854 474



Ph: 02 6672 2517

Dr Elizabeth McCardell

M. of Counselling, PhD, Dip of Clinical Hypnotherapy

Psychotherapy & Clinical Hypnotherapy

- personal growth
- depression
- anxiety
- grief/bereavement
- cross-roads of life
- sleep problems
- pain management
- smoking, etc



Clinic in Lismore Heights

For appointments phone 6624-3704

phone/text: 0429-199-021 email: dr_mccardell@yahoo.com

Families call for inter-tribal summit

by Binnah Pownall

The Githabal/Ng'Araakwal tribe of families wish to call a gathering of the peoples to talk with all stakeholders in the area about "where to from here?"

The territory of the families' dreaming tracks extends roughly over the border into Queensland as far west as Warwick, east to Byron Bay, then south of Wollumbini, around past Cawongla, through to south and west of Kyogle and up to out the back of Woodenbong and out to Tenterfield.

This excludes the area of the Whian Whian forests and the Nimbin valley and all lands south, which is under the custodianship of the Wiabul (also pronounced Wijabul) tribal families of the wider Bundjalung language dialect region.

The Githabal, Ng'Araakwal and Bundjalung tribes are "same but different" peoples. The same in that most – if not all – families are inter-married somewhere down the line, if one looks back far enough. They are different in the bloodlines that they originally came from, when things started. But that's another story for another time.

The Githabal are different because they were granted Native Title Rights in 2007 and got nothing for



it, other than intrusion by corporations wanting to do deals.

The Native Title process is a ploy to establish a corporation within the tribe, so business deals can proceed and the land can be abused. This has driven the leaders in the tribe to look to the issue of sovereignty as a way of regaining some control of their own land.

The Githabal have sent letters to the Queen and the United Nations, plus the Australian and New South Wales Parliaments, stating their sovereign position.

A Declaration of Sovereignty was served by the Githabal and other members of the Githabal-based National organisation, the Original Sovereign Tribal Federation (OSTF) on the House of Representatives on

Sorry Day, 13th February this year.

They have convened meetings with local politicians of all colours and persuasions. They have had meetings with Police Area Commanders and councillors. The response has been one of deafening silence. No real or positive response has been received from any level of Australian governance.

The outcome appears to be heading to International Courts, but how can one expect a just outcome against the Crown when all the judiciary are under "financial joiander" to the crown. The judges are paid by the mob they are going after.

Githabal Elders and activists joined the Coal Seam Gas protesters at Doubtful Creek. Or should it be said that the protesters joined with them to defend Githabal territory from destruction and pollution and were politically active around the whole issue of the NSW Aboriginal Land Council's plans to develop CSG.

At the end of 2012, local environment and cultural activists joined together with the Githabal to oppose a planned quarry (which would have helped pave the proposed Coal Seam Gasfield roads) on a Sacred Men's site at Cedar Point, just south of Kyogle.

This is an on-going battle and over 100 dedicated people from all walks of life attended vigils held throughout last Summer into early 2013. Many are still ready to act on behalf of the Githabal, should the quarry proceed, now that the Development Application has been unjustly approved.

Throughout the Doubtful

Creek Blockade and Save Cedar Point meetings, simple ceremonies establishing good intention were held. Strong bonds have been made between the Githabal/Ng'Araakwal people and other lovers of the land.

We have proposed having a talk about what treaty could mean to us here, and how it would be good to work out ways of strengthening our bond. We have chatted of "knowledge-exchange techniques". We could perhaps exchange mechanical, building and IT skills, hold local Githabal language classes and learn how to apply natural law to everyday life again, and apply it with bush knowledge.

We are called now to step out of the shadow of our past. Our future is wholly in our hands. It is mainstream news. We cannot trust our government any more.

It is clear we need huge social change and we need different processes to be set into place that maintain humanity and sustain the natural systems in perpetuity, based on mutual respect and "Do no harm". The future cannot be created from the imbalanced model of the past. We have the opportunity (post-2012) to re-create a system of society that, if based on the natural ways of the original inhabitants of this land, is relatively incorruptible.

That means all of us, with all our different and sordid broken family stories. We need to focus all our attention on this beautiful blue watery planet of ours and nothing else.

Will you come and talk with the Githabal / Ng'Araakwal people about our collective future? Hopefully other tribal families will also come from your area if you live outside the Githabal area. We will talk regarding a 1000-year plan about shelter, food and education and how to establish lasting language classes.

Perhaps it will become a talking "caravan" around the area and beyond.

The meeting is planned for Saturday 20th of July at the Hanging Rock Hall, Wadeville, from 9am onwards – bring food for sharing

This is a cultural exchange day for the future.



Vale Bryan Law, Peace Preacher

by Graeme Dunstan

On 19th July 2011, during the biennial Talisman Sabre US-led military exercises at Shoalwater Bay, Cairns-based peace activist Bryan Law, armed with a garden mattock, smote and disabled a brand-new \$35 million Australian Army Tiger armed reconnaissance helicopter.

An iconic Catholic Worker Ploughshare action, it was a symbolic strike, a reference to the words of the biblical prophet Isaiah, that we will study war no more and instead "turn swords into a ploughshares, spears into pruning hooks".

What was extraordinary about Bryan Law's action and what made it a world-first was that it was filmed and broadcast on that evening's WIN TV News throughout Central and Far North Queensland.

Wearing a Bob Katter hat and a dark suit of his Peace Preacher persona, Bryan was there for all to see cutting a chain at the Rockhampton airport, the supply base for the Talisman Sabre, opening a gate, and racing across the tarmac on his "PeaceTrike", the garden mattock in its tray.

Bryan had announced his intention to do this six weeks earlier and it had been a front-page news story. He deliberately cultivated the Peace Preacher persona and regularly spruiked about it in the Rockhampton shopping mall. On one occasion he went to the gates of the airport army barracks and, holding up a pair of wire cutters, repeated his intention to cut his way in and strike a helicopter to sentries there and to the media cameras.

Though he was widely reviled and ridiculed at the time, his unlikely and bizarre underdog success made him an instant popular hero.

Of all the efforts to resist the biennial US war rehearsal since Talisman Sabre was

instituted by John Howard in 2003, this non-violent direct action has brought about a palpable shift in Rockhampton to peace and away from the endless wars of the US alliance.

I drove the hire truck with Bryan and his trike inside so that he could get past army security. I held open the gate for him, took pics and called the media.

We were both charged with wilful damage of Commonwealth property, which carries a maximum penalty of 12 years in jail, plus other related charges.

Bryan intended to plead not guilty, defend himself in a trial in the District Court which would bring the Australian government and its lies, its profligate military spending and its endless wars before a jury.

Bryan suffered from acute diabetes. After he disabled the Tiger, police immediately put him in hospital. A magistrate set his bail conditions at his bedside. A few days later one of his ulcerated big toes was amputated.

He told his friends that he expected to die in jail. But four months before the trial, his big heart failed him. He died on 26th March.

Bryan's death evoked a great outpouring of grief and, from the announcement of his death to his requiem mass in Cairns' St Monica's Cathedral 10 days later, the passing of peace activist Bryan Law was big, sad news in Queensland.

The case goes to trial in Rockhampton District Court on 19th August and now I will be in the dock alone. This is not something I relish. Unlike Bryan, I have neither court room experience nor court room confidence.

I ask for your prayers and your support. Come help resist the US war rehearsals in Rockhampton 15th July – 5th August, and make this Ploughshare trial a turning point for peace.

MT. BURRELL Fruit & Veg
OPEN 6 DAYS A WEEK

THIS BUSINESS IS FOR SALE

<http://murwillumbah.harcourts.com.au/Property/496454/NWM3655/3220-Kyogle-Rd>

\$20,000 W.I.W.O

Ever wanted to be your own boss?
Here is a great opportunity to get into a business at a price you could not set it up for.
The current owners have streamlined this business to the point where a couple could easily manage it on their own and reap the rewards.
NOTE: Prospective purchasers must be able to satisfy the landlords requirements for the transfer of the lease...ie: must have relevant retail experience and good financial records.
Mount Burrell fruit is a stand-alone business which is part of the Mt.Burrell shopping precinct (which includes a General Store and the iconic Sphinx Back Cafe) with regular local and tourist trade between Murwillumbah and Nimbin just under an hours drive from Gold Coast airport.
Long lease available.
What do you get?
All the infrastructure and stock you need to just walk in and start trading.
Display shelving set-ups (some just 18 months old)
2 x cash registers, 2 x weight scales, 1 x back-up battery operated weight scales, 1 x heat seal machine, 2 x counters,
New Lighting / overhead fan.
1 x 7m x 3m Storage Coolroom
1 x 2m x 2m Tropical fruits coolroom
1 x 2.5m x 2.5m Store stock coolroom (All regularly serviced and freshly painted)
1 x 2 door glass drinks fridge.
Stainless Steel preparation benchtops
1/2 share in a Chiquita Forklift
Mazda B2600 Flat tray Utility truck. (6 months rego)
Good figures.
Easy to run. Priced below set-up cost. Enquire now.
(Agent declares interest) PH: PAUL 0448 191 351 / 66 727 828

Nimbin Market
Sunday 28th July
More information or stall bookings phone 0456 506 000
Great Food, Great Music,
Great Community!
See you there!

Debbie Guest
Civil Marriage Celebrant
Phone: 02 6689-0089
Mobile: 0427-975-650
email: debgceleb@yahoo.com.au
www.debbieguest.com
debbieguest.blogspot.com.au
Contact me to discuss your requirements

Greens question funding, logic of Belongil plan

Greens MP Cate Faehrmann said a NSW government plan to provide \$300,000 for a rock wall at Belongil Beach will deplete the sand on Byron's beaches to benefit a small number of property owners.

She says the decision, recently announced by Environment Minister Robyn Parker and Local Government Minister Don Page, also raises questions about where the funds were sourced, given the government's constant calls for cuts across the board.

Following significant sand loss to local beaches and property losses as a result of cyclones during 1960s and '70s, in 1988 Byron Shire Council adopted a policy of planned retreat on its coastline.

Planned retreat accommodates natural coastal processes and avoids large-scale and on-going spending of public money attempting to implement and maintain hard engineering solutions to erosion.

"For over 30 years the

policy of planned retreat has survived numerous court challenges and has been supported by engineers and scientists. Specifically, proposals to build a sea wall along the eroded areas of Belongil Beach have previously been rejected," said Ms Faehrmann.

The decision allocates \$300,000 to the wall construction but does not address the on-going need for sand nourishment. In 2006 a Byron Shire Council study identified that the initial cost of sand nourishment was over \$50 million.

"That the government has committed \$300,000 to build rock walls without adequate consideration of the environmental impacts shows a lack of proper process. The area is adjacent to the Cape Byron Marine Park and habitat for endangered migratory birds subject to international protection treaties."

Ms Faehrmann says the construction of a rock wall would result in the loss of the beach as the on-going



Belongil beach erosion - photo courtesy ABC

sea level rise and the impact of coastal storms and surges strip away sand.

"The decision of the NSW Government to overturn 30 years of consistent policy on the issue of hard engineering measures at Belongil requires publication of the decision-making process as well as a clear explanation of how the adverse impacts of rock wall construction on the surrounding coastline will be managed and paid for," she said.

"Given significant donations to the Liberal party from property

developers, the community is going to want to know why it was made and see all the evidence."

All landowners have been aware of the policy of planned retreat since 1988. However some owners of Belongil beachfront properties have continued to agitate against the policy. In 2007, law firm Mallesons Stephen Jaques fired off threats to the council on the behalf of some landowners.

One of the landowners, Paul Ramsay Holdings, donated more than \$500,000 to the Liberal Party in 2012.

Blue Knob Farmer's Market turns three

by Jim Arachne

Three years old already? Yes, the Blue Knob Market's been providing fresh local produce and a unique social venue for hundreds of people every week for three years.

During that time the market has enabled people to move off the dole and become full-time stallholders, new ventures have been tried and tested here and backyard hobbies have turned into profitable businesses.

Who knows what the next three years will bring?

Market talks for July

• **Saturday 6th July**
Blue Knob Market's 3rd Birthday!
Join us for a birthday cake at 11am.

• **Saturday 13th July, 10am**
A Plan For Repowering Australia! – Paul Taylor

The resources, technology and finances to transfer Australia to 100% renewable energy within 10 years are already here! All that's lacking is the political will... Perhaps we have to take matters into our own hands?

Beyond Zero Emissions (BZE), an independent, not-for-profit research group – including engineers, scientists, economists and many other diverse workers presents their roadmap for taking Australia to 100% renewable energy within 10 years. Their fully-costed plan, published in partnership with the University of Melbourne



Gemasolar, Seville Spain

Energy Research Institute, is based on ONLY proven, commercially-available, baseload renewable technologies that are already supplying power to cities throughout the world.

Paul Taylor is a physicist who has worked at MIT, NASA and the Harvard Smithsonian Astrophysical Observatory but who now focuses on renewable, sustainable energy and agriculture. Paul is one of the large team of volunteers at BZE and author and editor of *The Biochar Revolution: Transforming Agriculture and the Environment*.

• **Saturday 20th July, 10am**
Tips and Tricks for Poultry Keepers – Timothy Tweets

This talk aims to skill you up on starting, housing, feeding and maintaining your own backyard flock of happy hens. Tim will also be covering breeding your own versus buying new stock. There'll be some different breeds to inspect and Tim will cover their different pros and cons as backyard chooks for the Northern Rivers.

Tim describes himself as a certified chook-nut; having gained this

qualification by attending National Poultry Shows and spending years foraging for knowledge with tropical breeders, behavioural biologists, community gardeners and visiting chicken historians plus putting this all into practise with some years running his own flocks. He is a member of the Rare Breed Importation Syndicate and is currently working on a utility breed of hen best suited to our local bioregion.

• **Saturday 27th July, 10am**
Backyard Aquaponics Integrated with a Natural Swimming Pool – Bruce Cumming

Aquaponics aims to produce sustainable food by integrating conventional aquaculture (ie the raising of fish, prawns, shellfish etc) with hydroponics (the cultivation of plants in water). Effluent and waste from the fish tanks is pumped past nitrogen-fixing bacteria and used to fertilize vegetables. The resulting cleaned water is circulated back to the fish creating a closed system.

Bruce has been developing an aquaponic system incorporating silver perch but has been limited by lack of sufficient local water. Bruce will share his work-in-progress with us, highlighting insights and learnings from the previous 4 years. One particular project has been integrating a chemical-free, naturally cleaned swimming pool into the Aquaponic system. All of Bruce's work is off-grid being totally solar powered.

Blue Knob Farmers Market runs Saturdays, rain, hail or shine, 8:30am to 12 noon, corner of Blue Knob & Lillian Rock Rds., 8km from Nimbin in the grounds of the Blue Knob Gallery.

School gardens past...



...and present

Comparing historic photos of state school gardens with the Tunttable Falls school garden, certainly tells us that some things have changed.

The photo of the Forest Lodge Public School garden (top) from 1903 makes you wonder whether to laugh or cry!

The other photo shows the state school garden in Drouin town in Victoria during World War 2, where the "agricultural instructions" meant that boys aged 10-14 years received an hour's teaching a week, which meant digging and growing cabbages, onions, potatoes, carrots, salads and tomatoes; and girls were to tend the flowers.

At Tunttable Falls School the kitchen and garden lessons are taking a core part of our curriculum! All children from Kindergarten to Year 6 are involved in the whole cycle of food production and preparation: from nurturing the seeds, harvesting and on to preparation of a wholesome meal.

All areas of the curriculum can be easily implemented in the actual hands-on lessons to deliver an authentic and empowering learning experience that leads naturally to tangible and tasty outcomes. The children not only grow to be experts as young gardeners and cooks but also learn essential life skills, become permeated with environmental awareness and they experience the importance of caring and sharing.

Many of our children have started their "very own garden" at home, and are keen to try a recipe from school at home to surprise their families.

Focusing on the kitchen and garden as an essential part of our curriculum means fun for teaching and learning. It involves the whole school community, and demonstrates in times of food scarcity what you can achieve, if your heart and soul are involved in the learning of young children.

Come and have a look at our school and get involved as a parent, grandparent or friend to contribute and participate. Volunteers are always welcome. Please phone us for an appointment on 6689-1423. Happy gardening to all!

What to plant in July

Vegies: Spinach, Cabbage, Chinese cabbage, Lettuce, Onion, Potato, Radish, Silverbeet.
Flowers: Alyssum, Aurora daisy, Calendula, Candytuft, Dianthus, Gysophila, Lupin, Mignonette
Other jobs: Prune, plant herbs, deciduous fruit trees, vines.

CAREFREE CEREMONIES

Unique & Personal Celebrations

by Gwen Trimble

- Weddings
- Commitments
- Vow Renewals

0427-486-346

A/H: 6689-1490

www.carefreeceremonies.com
gwentrimble@dodo.com.au



The Contented Tummy
45 Cullen Street, Nimbin
Zentveld's Byron Coffee
Open 7 days from 7.30am
Night Dining Fri & Sat
Home-style Australian
and International cuisine
Phone 6689-0590

Your hosts
Carolyn and
Garry

Matilda Blue
Nimbin Servo

- Fuel, oils, automotive needs, ice, gas refills & Swapa-gas
- Drinks, icecreams, bread & milk, newspapers, cigarettes
- Stock food, horse & cattle food, lucerne
- Pet food, frozen pet meat and bones

Open 7 days: Mon - Fri 7am - 6pm, Sat 8am - 6pm, Sun 8am - 5pm

Shop & GO

NIMBIN ORGANICS

Open 7 Days • 50a Cullen Street

6689-1445 • nimbinorganics.net.au

ASTRO FORECASTS BY TINA MEWS

WHAT'S HAPPENING IN THE HEAVENS ?



July

Since the winter solstice (21 June) the Sun travels through the water sign of Cancer. It symbolizes the flow of emotions and our capacity to feel and care for others. For individuals with a strong Cancerian signature a resilient base consisting of domestic

stability and material security is highly essential. They love the preservation of family bonds. Cancer stands for the receptive and sustaining powers of the feminine, the "Great Mother" who brings forth, supports and protects life. People born under this sign are said to have deep attachments to their ancestry and are loyal to the values of the past. They can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancers love cooking and good food.

The New Moon on July 8 is conjunct Jupiter, the planet of expansion and good fortune. In Cancer Jupiter's rays are very generous and supportive of our connections to family and friends. The Grand Water Trine between the three gas giants Jupiter, Saturn and Neptune symbolises an easy flow of emotional self-sufficiency and creative energy. 'Going with the flow' seems to be the mantra for the month. Saturn, the planet of limitations, reminds us of remaining within given boundaries, while Jupiter and Neptune represent our urge to go beyond set limits and merge with something greater than ourselves. We can move mountains if we stay committed to our true ideals. Mars, the planet of action will enter Cancer on July 14 (until August 29). Mars in this emotional sign can function as the sacred warrior and fuels people's ambition to protect and fight for their principles. During July 20 and 21, Mars conjoins Jupiter adding courage and decisiveness to Jupiter's vision. Mars is making stressful aspects to the current Uranus/Pluto square from July 27 until the beginning of August. Mars can trigger suppressed emotions into forceful action. This could be a cosmic wake-up call for personal and global change.

The mid 60's was the starting or seeding point of the current change provoking Uranus/Pluto square (2010 - 2016). Besides the political upheavals and cultural rebellions of this historical period the world experienced another more hidden scientific

revolution, the so-called 'Green revolution', referring to 'the development of high-yielding varieties of cereal grains, expansion of irrigation infrastructure, modernization of management techniques, distribution of hybridized seeds, synthetic fertilizers, and pesticides to farmers' (Wikipedia). On the positive it was meant to save the so-called 'third world' from starvation, on the negative it was the beginning of 'mind control through food'. Now having arrived at the waxing square of this Uranus/Pluto cycle that lasts for 127 years we have reached crisis point, the moment in time when the original 'seed ideas' have manifested and have become visible. Corporate patenting and monopolisation of genetically modified seeds over the last 5 decades has changed the ways we grow food, resulting in many new diseases and a growing number of people who suffer from allergic reactions. The food we eat is not nourishing us anymore, it could even harm us. When we eat toxic food our brains cannot function well. The half-way point of the Uranus/Pluto cycle will be reached during 2045 - 2050, the moment in time when we collectively will reap the 'fruit of the harvest' according to the seeds that were planted and nourished in the first place.

Saturn, the taskmaster of reality, is moving directly again on July 8 after nearly 5 months in retrograde motion and signals that we can take a step forward now. Saturn is in Scorpio (until December 2014), the sign that likes to dig under the surface. Things which have been hidden from sight might become more visible now, especially in regards to financial concerns and economic matters. Saturn is part of the current water Grand Trine (see above). We are reminded to build structures that align our personal goals with humanitarian ideals, for example replacing systems that favour greed and abuse of power, with sustainable structures that promote caring and sharing. The Full Moon on July 23 in Aquarius encourages us to mould our collective fate by combining creativity and joy with solidarity. Consciously focusing on our shared hopes and dreams will help with remaining grounded in our inner centre. The Sun in Leo, the sign ruling confidence and self-assurance, is opposite the Moon in airy Aquarius, the sign signifying collective concerns. Keeping head and heart aligned is the message of this Full Moon.

Personal Astrology Consultation, contact Tina on 6689-7413 or 0457-903-957, e-mail: starloom@hotmail.com Or visit my webpage: <http://nimbin-starloom.com.au>

Astrology classes at the Lillifield Community Centre: **Wednesdays:** Advanced Astrology: "Techniques of Prediction", 10am - 1pm, starts July 24; **Thursdays:** "The Astrological Houses and Aspects", 10am - 1pm, starts July 25

Aries

Jupiter's stay in Cancer for the next 12 months might initiate new growth at the home front. You might want to extend your home, or start a veggie garden, move to a larger place, or your family is growing in some ways. In any case, there will be lots of movement in regards to family, tribe and emotional bonding.

Taurus

Make use of the energies of the moment and communicate your ideas freely and openly. Many new ideas are born right now, but not every emerging scheme might be practical to follow. Write down your inspirations, file them away and get back to them at a later stage. Try to release attachments to old belief system that could interfere with the birth of new possibilities.

Gemini

Jupiter has just moved from Gemini to Cancer. It is now the time to actualise some of the ideas and opportunities you have gained over the last 12 months. Be prepared to work hard on getting important details right. Improve your skill level if necessary.

Cancer

Jupiter, the planet ruling expansion, wisdom and good fortune has just entered your sun sign and will remain until July 2014. Jupiter travelled through Cancer last between July 2001 and August 2002. Another 12-year Jupiter cycle starts now. In which area of your life do you search for new opportunities and growth?

Leo

Venus, the planet of art, beauty and romance travels through your sun sign until July 22. This is a great time for artistic self-expression and spending quality time with those close to your heart. Take time out for nurturing your dreams and imagination. Be open for new ideas that seem to be unfamiliar and challenging.

Virgo

This is the time in your personal yearly cycle to reflect upon your true achievements. Make use of the Mercury retrograde period (until July 19) to revise old plans

and modes of thinking. Are you getting the results that you have been working towards? If not, why? Adjust your plans or goals accordingly.

Libra

The next 12 months could offer new opportunities for personal growth and you might get recognition for your skills and expertise. Think big, keep an objective view and trust that you are supported. You can learn lots now from different ideas, philosophies and cultures.

Scorpio

Saturn, the planet of necessity, has been in retrograde motion in your sun sign since the beginning of this year. Saturn goes direct again on July 7 indicating that it is time to move forward now. Feel into the flow of things; the time is ripe for making some long-range plans without getting carried away.

Sagittarius

Jupiter's entry into Cancer might find you questioning what is reasonable to expect from other people or the world at large. Work out if your expectations are realistic or not and move on. You archers are the pathfinders of the zodiac and are reminded never to lose sight of your individual purpose.

Capricorn

Jupiter's journey through Cancer over the next 12 months might encourage you to form important new relationships or find your special path of social contribution. Opportunities for growth come from your ability to work constructively with others.

Aquarius

At the moment it is crucial for you to pay extra attention to detail. Life will become a lot easier, if you take the time now and observe what is going on around you. You are in the process of carving out a niche for yourself in the world. Therefore, take your time and be patient.

Pisces

Jupiter's one year stay in Cancer could bring you a very enjoyable period of spontaneous creativity. It is an excellent time for writers, musicians and artists. Clarify for yourself which goals you now see as more meaningful because you might experience a change in beliefs.



Living Earth – get involved!

Organisers of the third annual Living Earth Festival are calling for inspired, engaging, committed, knowledgeable, experimental, experiential people of all ages to get on board and get involved.

They want people to contribute their talents and present their passions in this 12-hour extravaganza on 1st September at Mullumbimby Community Gardens that will feature experts

from the worlds of sustainability, innovative technologies, organic farming, indigenous wisdom, holistic healing, original music, art and crafts, new paradigm science and education.

Vacancies exist for workshop presenters, community and business groups to create floats for the street parade, stallholders selling local foods and food products, crafts and

new technologies, and street performers, musicians and artists.

Organisers are also looking for sponsors to assist in funding this entry-by-donation festival.

ABC Television's Costa Georgiadis and Jerry Colby Williams will hold public forums that address pressing issues facing gardeners and consumers today.

Mullumbimby Community Gardens president Sarah-Jane Potts said: "The Living Earth Festival happens once a year, in

nature's full glory, on the first day of Spring.

"There's a lot of talk about sustainable solutions, but who's got the time? This festival is about infusing our lives with tangible possibility and practicality. It's a fertile opportunity to Spring out of Winter and celebrate being creative, alive and skillful on our beautiful planet, with our children's bright future in our hands."

Visit the website: www.mullumbimbycommunitygardens.org

Terry Bressington
PLASTERIN' NIMBIN'
 0427 891626
Gyprock walls and ceilings
New work or renovations
 Lic. No. 100169C

TREEFELLAS
 Timber Felling
 Tree Climbing
BLUE KNOB
 Mob. 0429 897 234

Star-loom
 Navigation by the Stars
 Astrological Counselling
 Chart Readings
 Workshops
 Tina Mews
 02 6689 7413
star-loom@hotmail.com

Desex that cat!

Cats & Kittens Cattery, based in Ballina, would like to encourage everyone to get their cats desexed.

All cats male or female, should be desexed to reduce the number of kittens being born and to stop cats roaming, spraying, and developing various cancers.

Females can fall pregnant at four months of age, so don't wait too long.

Cats & Kittens Cattery offers discounted desexing, and transport can be



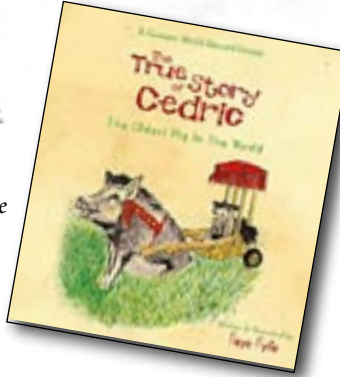
arranged for those unable to get their cats to Ballina.

Anyone looking to adopt a cat or kitten should call the cattery as there are many gorgeous animals looking for homes.

Cats & Kittens Cattery is also a boarding establishment for cats (photo at left). Phone 0468-422-822 for details.



True blue 'Strine swine



The True Story of Cedric, The Oldest Pig In The World, written and illustrated by Faye Fyfe, is designed to suit children between the ages of six and 11.

Cedric was rescued from a pig-shooting expedition on the border of New South Wales and Victoria in 1988, and with a menagerie of other colourful animal characters and his human owners, he became the star of Animal Magic, a small performing troupe that entertained and educated school children in Western Australia and Victoria.

Cedric was always the

comedian in the outfit, making people laugh. He retired to Nimbin for the last 10 years of his life and lived until he was almost 19.

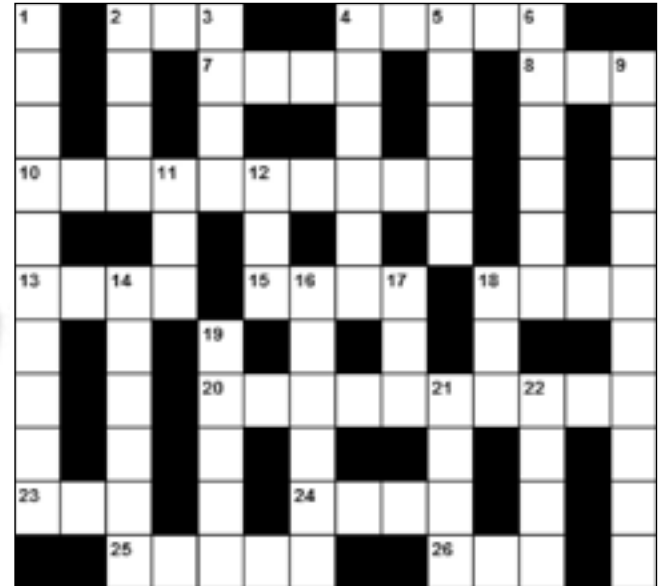
He received a Guinness World Record for being the world's oldest pig.

This booklet includes a parent/teacher questionnaire with answers, and can be purchased on-line with Xlibris.

Nimbin Crossword

2013-7

by Synic



Across

2. (and 4 across) Semi solid petroleum deposits – reserves are at least double conventional reserves (3,5)
4. See 2 across.
7. Brisbane exhibition (the)
8. "Ask Me Anything" interview on Reddit (interviewees include Barack Obama, Bill Gates, Stephen King, Trent Reznor, Elijah Wood) (init.)
10. Power production (your parents)
13. Small dog, no longer in Kansas
15. Female sheep
18. Norse legend
20. In a manner well known for all the wrong reasons
23. Antiperspirant?
24. Trick
- 25 Stinks
- 26 See 9 down.

Down

1. "Sir"-ification
2. Ripped
3. Bum
4. Salty like the Murray Darling
5. Freshwater characins (popular with tropical fish hobbyists)? Fluoros
6. Genus includes _ divinatorum
9. (and 26 across) 1979 war epic (10,3)
11. Angst-ridden, introverted subculture
12. Mature
14. Fear
16. Body of Christ?
17. Phone network card
18. Uni HQ'd at Lismore (init.)
19. Watershed? Continuous crest
21. Cooking chamber
22. Worry? Hearty soup.

Pheromones



I have an acute sense of smell and there's lots

The world according to...

Magenta Appel-Pye

of aromatic delights in this world, particularly red roses, onions frying and essential oils. But I am highly allergic to chemical reek. I get instant headaches and feel nauseous. There are too many smells from too many products. They even scent dunny paper!

It's difficult because when I tell people their perfume/ aftershave/deodorant etc. makes me sick, instead of sympathy, they take offence. Some people leave such a miasma wafting after them as they walk down the street that they should be charged with environmental offences.

Maybe some people are single because their chemtrails are obliterating their natural pheromones which is what actually attracts us to our spouse.

The idea of smelling a person's body odour is abhorrent to many but to me it's far better than some nauseating chemical concoction.

One time my son got in the car, stinking it out. I said 'what the f**k is that stench?' My son said "I think you're referring to my hair product." My husband said "quick, somebody fart!" Thankfully the dog obliged.

Men, forget about lots of aftershave, it's not how nature intended us to behave.

For natural, clean bodies have a beautiful smell and subconsciously this is the way that we tell which man is for us - the nose knows. The olfactory sense tells her which way she goes.

She's aroused by those masculine pheromones,

and he's the one that she takes home. She's naturally attracted, she doesn't know why,

he's bald, pot bellied and only 5 feet high but he's turning her on because he smells so exotic,

she must drag him home and do something erotic. So don't overdo the synthetic smells please, just simply leave it to the birds and the bees.

trivia@thebowlo

Devised by the Nimbin Bowlo's Quizmaster, Marty

Questions

1. Who is the Federal Treasurer?
2. What is the capital of Laos?
3. What is the more common name for a courgette?
4. What was the name of Sherlock Holmes' housekeeper?
5. Who am I? I was Captain Cook's sailing master on Cook's third voyage. I fought under Nelson at the Battle of Copenhagen. I sailed an open boat 6000 kms to from the mid Pacific to Timor.
6. What is the common name for the plant whose botanic name is Strelitzia reginae?
7. Bela Fleck is most closely associated with which musical instrument?
8. What is the meaning of the name "Sophia"?
9. What is the name of the quartz rich volcanic rock that Nimbin Rocks are mainly composed of?
10. Who is the host of QI?



- Answers**
1. Chris Bowen
 2. Vietnamese
 3. Zucchini
 4. Mrs Hudson
 5. William Bligh
 6. Bird of Paradise
 7. The Banjo
 8. Wisdom – from Greek.
 9. Rhyolite
 10. Stephen Fry

Solution Page 27



BUNYIP ENTERPRISES

Science & corporate communications

research
report writing
newsletters
annual reports
proofreading
editing
photography
video production

TEL: 02 6689 0084

Triny Roe BAgricSc GradDipCom



NIMBIN HOMEOPATHICS

– For all your homeopathic supplies –

02 6689-1452

tarangbates@yahoo.com.au

SEPTIC TANK PUMPING
GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
OILY WATER PROCESSING
NIMBIN & ALL SURROUNDING AREAS
Local Since 1932
RICHMOND PUMPING
6621-7431 After Hours 0407-433-405

DRAFTING
Michael Spiteri
Architectural Drafting Service
Design of New Homes & Renovations
Ph. 0417 713 033
michaelspiteri66@bigpond.com
www.michaelspiteridrafting.squarespace.com

Sean Ardern
ELECTRICIAN
0429 890 181
Lic. No. 238231C ABN 85716021096