

Koala Kolumn

by Lorraine Vass

With the shortest day of the year approaching some may think me odd to be writing about managing the impact of fire on koalas, especially since it's only a few months since I wrote on the topic.

The reason is simple. Apart from fire and koalas being a hot topic (oops, pardon the pun), a colleague sent me an article about the work of Oscar, a specially trained black Labrador-cross who's the world's first koala sniffer-dog. How irresistible is that?

Fire is arguably the biggest threat to koala recovery on the Tweed Coast and it contributed to the demise of Iluka's koala population in the late 1990s.

The threat to koalas posed by high-intensity wildfires has long been acknowledged. While there's also evidence that koalas can survive such fires through a variety of circumstances, by and large wildfires of the magnitude seen in the Warrumbungle National Park in mid-January, simply wipe out entire koala populations.

On the other hand, controlled fires, i.e. low-intensity hazard reduction burns, have been regarded as a tool for protecting koala populations from wildfires. However some of these planned fires have been demonstrated to have serious consequences for koalas as well.

Ecologists acknowledge that managing fire for koala survival is complex. Far more needs to be known. Proactive approaches to fire management need to be explored. On-ground collaboration between private and public property owners, fire-fighting authorities and koala carers need nurturing. But there are real issues in the way, not least of which is the over-riding legal obligation to protect human life and property.

For consideration to be given to minimising fire damage to koalas, fire planners need to be aware of where koalas are to be found. Pre-burn surveys are a standard protocol but how are they carried out and with what degree of accuracy? We all know that even experienced koala spotters miss animals.

In the Snowy Mountain's Monaro region Oscar the Labrador has been used to sniff-out all koalas located on land scheduled for burning and any trees that the koalas have been feeding off.

The burn area is divided into manageable sections for Oscar to systematically search on the day of the burn. On instruction he hurtles through the forest, making any koala within the area known to his handlers by standing on his hind legs with his front paws on the tree trunk. Apparently when he's on the scent he changes direction sharply to show his trainer he's in hot pursuit. What a dog!

Oscar's work is underpinned by extensive



Oscar, koala-detector extraordinaire, on the job

field surveys of areas that have been prioritised for hazard reduction burns in the Snowy Monaro Bush Fire Management Plan. If Oscar finds a koala then burning is postponed until it or they leave.

Fire management measures are discussed in both the Draft Comprehensive Koala Plans of Management for the Tweed and Byron Coasts. It's also an issue being addressed in the Tweed-Byron Koala Connections Project.

In collaboration with the Northern Rivers Fire and Biodiversity Consortium's Koala Populations Working Group a case-study of a discrete, multi-tenure, coastal area in the Tweed Shire is planned to be undertaken to produce a technical guideline aimed at limiting the extent and impact of hazard reduction, wildfire and arson events on koala habitat.

As in the Monaro, understanding koala habitat usage patterns, determining koala presence prior to planned fire events and finding ways to ensure the development of appropriate protocols are big challenges. Heightened awareness in the broader community is also a major goal.

Meetings with local Rural Fire Service (RFS) brigades responsible for areas containing koala habitat, to improve understanding of the need to manage fire to protect koalas have been well received in the Tweed. Last September NPWS and RFS burning crews reduced any risk of incinerated koalas by mastering the challenging task of controlling flames and scorch heights.

The fascinating story of how Oscar became a koala-sniffer and other koala projects in which he's involved will have to wait for another occasion. Whether or not we'll see him in action on the Tweed Coast, the long-term plan for the Northern Rivers Fire and Biodiversity Consortium and Koala Connections Project is to minimise fire damage to koalas and to reverse the devastating impact that successive fire events have had on koala survival.

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..

NIMBIN ENVIRONMENT CENTRE NEWS



Crossing the Divide

by Philippe Dupuy

In the month of the 40th anniversary of the Aquarius Festival, Nimbin was teeming with life and action to celebrate and continue on the work of the people who came to this region to change things for the better.

Benny Zable, Paul Joseph and other legendary figures of the '70s screened films, held forums, festivals, gigs and activities in Nimbin and the newly named Lovemore. Dedicated NEC volunteers helped and publicised the events wherever they could.

This month NEC will be running ecofilms.

NEC Shopfront

Thanks to dedicated volunteers, the NEC is going full steam ahead. The volunteers inform visitors of the constant threat to our environment from an excessively consumerist society, egged on by big business and governments.

AGM

NEC's AGM was held on the 28th May. The committee retains Philippe as president, Alan as secretary, Barny as treasurer and Corrie, Lisa, Mark, Lee and Rob as committee members.

World Environment Day

World Environment Day is on 5th June. On Sunday 2nd June at Murwillumbah many came and joined the struggle for the rights of Mother Earth with stalls, music, food and friends.

Casino Environment Centre

CEC was launched on Friday 10th May with about 70 people attending and the guests spilling onto the footpath. Luke Vassella sang his new song about Casino and the local One Voice Choir burst into the Aquarius song foretelling the recycling of Casino.

CEC members dressed as a koala, a quoll, an owl and an emu, and gave hugs to kids and the message about renewables instead

of CSG – and the no shooting in National Parks issue was well received.

Protesters or protectors?

First I must pay tribute to the Bunjalung nation as the tireless protectors of this land. Many of us came in chains, enslaved by our own. We have been both the victims and perpetrators of massive destruction of this land.

It was only comparatively recently that the spirit of the land through Aquarius started to flow through us. People of all colours and creeds joined the original people to form a new tribe, imbued with the spirit of the land.

They resisted, protested and protected the land against growing greed, and made their mark at Protesters Falls in the battle for Terania. Today, as the greatest threats confront us, the word protester and protest have become inadequate to describe response and reaction.

Protesting also does not associate the movement with solutions or remedy. Protecting, however, has an implication of on-going quality, commitment and involvement. Protecting is a long-term objective that requires organising, planning, vigilance, time and resources.

CSG is spreading and we are under siege from open-cut mines, indiscriminate logging and inappropriate development. The urgency forces us to re-organise in a way to be inclusive of everyone.

As Rainbow Warriors we have many tasks from frontline action to providing support and activism. This army of peaceful protectors is the only one that can win. We don't all have to be marching in the streets, we can contribute in a thousand ways.

It was the protectors who saved Terania Creek. It was protectors who stopped the Vietnam War. Being a protector empowers and legitimises. This is a fresh start, a jump to freedom from media manipulation, a new strategy, and a blow for people power. Viva la revolution.

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Why are there so many invasive pests in the Northern Rivers?



by Triny Roe

The moderate sub-tropical climate hosts a great biodiversity. With rich soils and high rainfall many plants, animals, birds and insects have made themselves right at home in this fertile region, causing interference with our lifestyles, economic loss and environmental damage.

Far North Coast Weeds recently hosted a seminar on North Coast Invasive Species to highlight some of the issues. While the horse has bolted on many plant pests such as camphor, lantana and privet, other species can potentially be eradicated or at least contained to protect our homes, farms, national parks, nature reserves and waterways. Early detection and intervention are paramount.

A regional weed awareness program, Look Learn Act, includes a website www.looklearnact.com and a Facebook page. It promotes pre-emptive management of weeds, identifying and eradicating new occurrences before they become entrenched. Weed hotline: 6623 3866.

Feral animals - dogs, rabbits, foxes and pigs are declared pests. Many attendees on the day reported stock losses from wild dogs. The Livestock Health and Pest Authority conduct baiting, trapping and shooting programs to keep numbers down. Landholders are encouraged to report problems to Council.

Cane toads, common in Queensland, established in Byron Bay around 1965 as a separate population. The Qld toads have now migrated south across the border and are spreading through NSW. Radio tracking recorded one individual travelling 22 km over a 30 day period. Previously thought not to inhabit high altitude rainforest areas, they are present in the Border Ranges and Nightcap National Parks. Though they appear clumsy, cane toads can climb 65% slopes and don't just stick to the roads. They negatively impact on native fauna. The toxic glands on the back of the neck kills potential predators such as snakes and goannas. With voracious appetites the cane toads compete with native frogs for food. The females can lay 30,000 eggs each year so the population builds quickly.

Dubbed the flying cane toad, the Indian Myna Bird is also spreading rapidly. Originally introduced in 1860 to control insects in market gardens, it is very aggressive and displaces native birds as well as hollow dwelling mammals such as feather-tail gliders. Lismore Council runs a trapping program with help from the community to reduce numbers.

Fire ants aren't here yet but they are on the move towards northern NSW, now only 40km from the border. These aggressive invaders from South America hitchhiked in shipping containers to Australia. First detected in 2001 in the Port of Brisbane, they have spread to Logan, Ipswich, Redlands Shires and the Lockyer Valley. When disturbed these stinging ants swarm and attack causing painful blisters. Fire ants have the potential to cause billions of dollars of damage and seriously impact on outdoor activities.

Fire ants can easily stow away in soil, mulch, hay, pot plants, landscaping supplies, turf, gravel and manure. There are restrictions on moving these materials from areas where ants have been identified and the adjacent buffer regions. Fire ants can also migrate under their own steam. Mature colonies produce new queens and fertile males with wings. These take flight and mate on the wing. The males die after their conjugal effort but the queens come back to earth, shed their wings, lay eggs, up to two million in their 7 year life span, and establish a new colony in a different location. If you suspect fire ants, call the hotline: 1800-084-881

The contemporary approach to invasive species is proactive. Prevent new incursions, eradicate if possible and eliminate further spread to protect our environment and way of life.

WE HAVE COME FAR, THEN AGAIN NOT

There is a permanent chill in the air; a cold sun glares askance over the slippery earth. The warmth is in the colours of Autumn, now falling to pave the orchard in a mosaic of rust and rustle.

Small moments of sunshine are savoured in silence, as I wander through the garden, searching for blueberries the birds have missed. The wind whipped up in the Vale last week, cold and icy like it came straight from the Antarctic. At least there is never a shortage of windfall kindling just when we need it most.

When I first came here 16 years ago, I planted a woodlot, a selection of Eucalypts well respected for their burnability. Some of them are coming on line this year, and I'm thinning for my first harvest of home grown firewood. A bit of foresight is needed for sustainability to really happen. We use our common sense to help us provide for the future, and we have used wood to stay warm for thousands of years, so a woodlot comes naturally.

But what about power, water, air and

the many things we have changed to rely on more heavily in the last 150 years? Do we really have the foresight to manage those resources for sustainability? As individuals many of us do, but our bureaucracies do not.

Just recently, Lismore City Council approved the application for new sheds at the Mountain Top Road piggery, with effluent from 550 pigs to be treated in a couple of ponds and then sprayed out over the paddocks, carcasses to be buried in sawdust until rotted. That is what passes for 'industry standard' effluent treatment.

If those pigs were humans, there is no way in a million years a couple of ponds would pass council's requirements. How can this be sustainable? Surely sustainability requires the MOST desirable outcome for the planet, not just lip service to 'industry standards'.



View from the loo
by Stuart McConville

As a result of LCC's shortsighted decision, there will be 550 pigs that do NOT generate enough bio-gas power to run the entire business, there will be saturation of the local soil's ability to adsorb phosphorous over time, and excess nitrogen will leach through the soil profile into the groundwater and into the creeks and rivers, lost to the estuaries which do not need more nutrients.

I would urge the proponents of this development to re-visit the effluent management of this project, incorporate a bio-gas digester (which could take the pig carcasses), treat the resultant slurry to secondary level, then use less area for irrigating a much less smelly effluent over soybeans (higher N uptake), instead of sorghum, as the DA suggests.

I am willing to help. At the end of the day, the proponents will be way in front, earning rather than spending for power, respect and community value.

Stuart McConville runs Pooh Solutions Composting Toilets and Waste Water consultancy. For more info: check out www.poohsolutions.com for winter specials, or phone 0427-897-496.



Weeds debate moves on

Banaue rice terraces

by Geoff Dawe

Long lists of weeds, like mug shots of outlaws on post office walls, fail to answer the fact that weeds, especially in the sub-tropics, are at the forefront of looking after European settlement degraded soil and that the formers primary response to soil has been a pathological resistance in returning organic matter to it.

It is in Western culture, the hanging onto of an out of balance rationality that is so certain technologies will deliver the panacea for humankind, that it omits possibilities that move away from technology dependence.

The weeds debate moved on from the idea that weeds are inherently harmful, to how they are useful in gardening agricultures. The debate has moved away from the attempted prevention of the movement of weed seed - that can be seen as pissing against the wind - to how are rampant plants of benefit to increasing rural populations who are remembering a pagan response of honouring rather than exploiting nature.

The word 'pagan', British philosopher Alan Watts reminds us in his book *Nature, Man and Woman*, meant 'country dweller' at the time Christians were differentiating themselves from pagans. Country dwelling, the reversal of the world-wide trend of populations to city areas, is essential to paganism for humans become increasingly aware that they are just one species among many, and that perspective is essential if humankind is to remerge with the rest of nature. This is not going to happen in the human dysfunctional setting of cities.

The weed's debate is not now about front-line methods of containing weeds, though it is encouraging to see Jarlanbah Permaculture Hamlet and Djanbung Gardens attempting a poison-free footing with bush regeneration and joining other chemical-free attempts. The debate has shifted to examination of local and state planning laws that restrict sustainable gardening populations on rural land.

At Banaue in the Phillipines, there are examples of trickles of water entering at the top of steep land, so the

water is used by rock-terraced, rice paddies all the way to the bottom. It is an extremely efficient use of water that makes an asset of a steep slope for the relatively cheap cost, in terms of supplying future generations, of building rock terraces. Such a slope with attendant water might supply a group of people whose infrastructure is not primarily dependent on highly industrialised machinery, but nearby housing.

Planning laws in our own area are currently unable to consider this because they assume sustainable agriculture is maximally industrialised. Because sustainable agriculture is seen to only appear from a broad-acre perspective, the possibility of the use of relatively small 'spots' of what could be considered marginal land for gardening agricultures is neglected. All land moves beyond marginal when it increases in soil organic carbon, and

people in situ provisioning primarily fruit and nut trees with accompanying vegetable gardens is potentially the best means that this is carried out.

The laws currently cannot guarantee that this increased requirement of the housing of increasing rural labour will not turn out to be just the rental of excessive buildings on rural land with no accompanying sustainable land use activity.

The weeds debate currently is not at all focused on the 'naughtiness' of weeds and is now only secondarily about soil and use of weeds. It is primarily about how increasing rural populations are housed, even though their sustainable gardening system is uneconomic in terms of comparison with the industrialised system?

For further discussion on this topic, see Post-Industrial Organisation of Small Farms on the Caldera Environment Centre website: <http://calderaenvironmentcentre.org>



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The power of music and love

The Songs of the Haight Ashbury stage show was a big hit at Bluesfest 2013, playing to packed tents and huge acclaim.

The crowds are experiencing mind-blowing shows, and leave roaring for a revolution. This exciting Northern Rivers production transports you back to 1967's Summer of Love with a local line-up that showcases the world-class talent to be found in the Rainbow Region.

The show is hosted by comedian and columnist S. Sorrensen, with his irreverent and hilarious insider's view of hippy culture. and features James T, the front man for Canned Heat for 10 years and a formidable blues cat.

Lil'Fi fearlessly delivers the songs of Janis Joplin to a new era, and Bill Jacobi is a string-picking troubadour who performs the songs of Dylan,



Country Joe and Arlo Guthrie. Diana Anaid has been described as having "morphed into the possessed she-demon that was Grace Slick" when performing in this show, and Andrea Soler has been described as "perfect" when singing Joni Mitchell.

Connor Cleary is a juggernaut, an old-school guitar hero who plays the music of Hendrix with wild finesse and virtuostic aplomb.

The performers are backed by the All-Star-Full-Tilt-Band, who will have you rocking like it's 1967 all over again. This is the authentic Haight Ashbury experience, and not to be missed!

The Songs of the Haight Ashbury stage show will be on at the Starcourt Theatre, Lismore, at 8pm on Friday 28th June. Tickets \$30/\$35 are available from the venue. More info at: www.lovehaightashbury.com

Plant of the Month

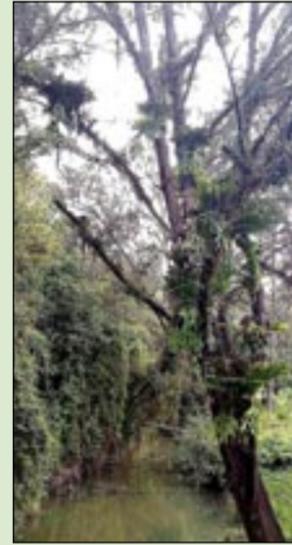
by Richard Burer

River She Oak *Casuarina cunninghamiana*

A tall tree to around 30m, the She Oak is found in stands along creeks in the Nimbin area, particularly Goolmangar, Websters and Hanging Rock creeks where its strong roots and fluted trunk can withstand the erosive effects of high volumes of water in the catchment.

Successive generations of this species favour the downstream side of the parental trunk, where they grow in a neat rank of pure stands.

Early colonists are quoted as describing this dominant riparian



tree as having a mourning appearance that could be well planted in cemeteries!

Personally, I consider the River She Oak graceful, and anyone working, walking or camping among them are kept company as the tree whispers to them in the slightest of breezes.

She Oaks help support the Black Cockatoo population, with the supply of pea-sized cones in abundance.

To grow your own, collect the small cones and place in a paper bag, where they will release a small papery winged seed that can be then propagated in a sandy medium.

Nimbin Hospital Information

Childhood Immunisation Clinic

For 0-5 year olds at Nimbin Hospital. Every 2nd Tuesday of the month. Next clinic 11th June. Ring 66207687 to make appointment.



Women's Health Clinic

Held in Nimbin Hospital every third Thursday of the month. Next clinic 20th June 2013. Please ring 66881401. Service includes pap smears, health checks, breast examinations and post natal checks.

Community Registered Nurses

Nimbin Hospital Mon-Fri 8am -4.30. Assessment, referral, advocacy and treatment. Palliative Care in the home and coordination of Aged Care packages. Please ring 66891288 and leave a message.

Nimbin Hospital Auxiliary

Nimbin Hospital Auxiliary would like to thank everyone who kindly donates to our hospital. We have made donating easier by placing two money boxes in town, one at the chemist/lotto counter, the other is on the counter at the hotel. March street raffle winner was Maggie Wilson. April street raffle winner was Mary and our lucky hospital basket raffle winner was Pat. Our basket raffles are kindly donated by Lyn Brenman. Don't forget the hospital garage sale on Saturday 8th June. Please come along and support your hospital. Nimbin Hospital Auxiliary meets on the second Friday of each month. Our next meeting will be on Saturday 15th June. Please support your local hospital.



Three helpful hints for birth

by Kirrah Holborn

Homebirth Doula, Birthing From Within Mentor, Traditional Wisdom

Last week I was in at the Lismore Birth & Beyond discussing natural birth tips with some expectant women. Some had birthed before and were sharing their ideas with the soon-to-be mamas. There are many things that can help when it comes to natural birth and some are simple, so I want to share.

Your Breath

Women all over the world use their breath to help them birth. They focus on their breath and tend to breathe deeply as a way of coping with the intensity of contractions/expansions. We always have our breath with us. We are constantly breathing. Women in labour instinctively know how to breathe. Pregnancy provides a wonderful time to take time out and practice some simple breath awareness. If you can incorporate it into your daily life, learning to let go will come easier in labour.

Start by taking a deep breath (do it now!). Notice how long your breath out is. Is it long or short? Is it deep or shallow? If your mind wonders... that's ok... just come back to your next outward breath. Follow it and focus in on your breath.

Are you feeling better already?

Your breath will oxygenate you and your baby (twice the reason to breath deeply!).

By quietening your mind, it helps you be present in the here and now. Time can pass more quickly when you are focussed on the present and when you can still your busy thoughts.

Movement

Keeping active in birth also comes



instinctively to a lot of women. Movement helps to reduce pain. It gives the mind a focus and disperses pain in the body. By moving around, this also helps the baby to find the best position (to press against the cervix and help it dilate and also to make it's way into the pelvis and birth canal).

Try bouncing on a birth ball (yoga ball) or circling your hips. Belly dance is another great way to help your body open. Try large circles with your hips, figure eight movements or pelvic circling.

Walking and keeping upright are also great for helping labour establish and it keeps gravity on your side! Upright positions or hands and knees can increase the pelvis opening by up to 30% (compared to laying on your back). Amazing hey?

Sound/vocalising

Many women find their voice in birth. Even previously quiet women find their inner tiger (and for good reason too)! There is a strong relationship between our mouth and our cervix/yni. Having a loose jaw



and mouth means we are more likely able to open in birth.

Try clenching your mouth and making a high-pitched sound... what just happened to your pelvic floor? Did you feel it tighten?

Now... feel what happens if you relax your jaw/mouth and make a deep sound or sigh. Did you feel your pelvic floor relax too? This is very important to remember in labour!

A loose mouth and deep sounds will help you open beautifully. Try it with movement and bring focus to your breath and you're well on your way to a more natural and enjoyable birthing experience!

For more information about the above or to delve deeper into holistic birth preparation (antenatal classes), please make contact with me! I run regular Birthing From Within prenatal workshops. Phone 0429-308-851 or check out: www.traditionalwisdom.com.au

Birth & Beyond June Schedule

NEW time: Now 9.30am-11am
7th June: Benefits of bellydance
14th June: NOT ON
21st June: Birth as we know it DVD
28th June: NOT ON
5th July: Breath awareness for birth

Nimbin Birth & Beyond meets on the first and third Friday of the month from 9.30am-11am. 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

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Migraine Headaches and Bowen Therapy

by Tonia Haynes
Dip Bowen Therapy, Cert Remedial
Massage, Advanced Pranic Healer

"Not tonight dear, I have a headache," does not really cut it when one is suffering from a migraine headache.

This is due to the fact that any loving partner with half a brain would take one look at your face and realise immediately, you are far too crook for play of any kind.

Migraines are still a medical mystery in that their causes are almost as varied as the individual personalities they attempt to screw down into a silently screaming bundle of head pain and associated bodily discomfort.

The first area to attend to is the alignment of the neck. If the cervical vertebrae, the bones of the neck, are out of place and therefore pressing against nerves which feed the brain, they can cause not only ordinary headaches, but also migraine headaches.

Hormone imbalance is another area worth targeting as a cause of migraine headaches, particularly in women, but once again it is important to first check the alignment of the musculo-skeletal structure. Everything in

the workings of the human body has the possibility of affecting other parts of the body, because for all our bits and bobs, we truly are one unit.

In 2010, two hundred migraine sufferers were asked what triggered their migraines, and 18% said it was their diet.

Due to the research of a friend who is inclined to migraines I was recently alerted to the effects of certain foods on certain individuals, or to be more precise the potential migraine trigger of a certain natural chemical found in certain foods.

Briefly stated the chemical tyramine can cause migraines, if it is not absorbed efficiently due to a lack in its associated digestive enzyme, monamine oxidase or MAO.

Scientists are not sure why a body should lack its full quota of the enzyme MAO, apart from those who take anti depressants that may contain MAO Inhibitors.

Nevertheless, for migraine sufferers it is worth taking the time to check what you are eating and also to realize that what you imbibe may not trigger a migraine until 24 hours later.

There is information on the net about tyramine, its relation

to migraine headaches and a list of tyramine high foods, but in the meantime allow me to be the nuisance who delivers the bad news, as to some of the foods migraine sufferers should avoid or at least treat with caution.

Tyramine associated foods

All aged cheeses including fetta and parmesan
Smoked or cured fish and meats
Stored chicken liver (pate)
Soy sauce, fish sauce, miso
Tofu
High protein products, which are old, or not kept cold enough.
Cheese crackers
Some nuts
Yeast products
Certain beers, including tap beer (OMG. Did I just write that!?)
Red wine – keep to 4oz per day
Avocado – small amounts OK

If you seriously want to kick the migraine habit it is worth keeping a diary for some months about what you have eaten and when the migraines appear. Weather changes, stress, menstrual cycles can all trigger a migraine if you are an unfortunate sufferer and remember it may not appear until 24 hours after the event.

As already mentioned, no person is exactly the same as

the next, so what triggers your migraine pain may not trigger the next person. Perhaps the only variable may be that your neck needs realigning back to a state of grace and ease.

As a Bowen Therapist, remedial masseuse and pranic healer, I use a combination of these modalities plus spinal realignment to assist in removing musculo-skeletal related aches and pains.

My mission statement is 'individual treatments for individuals' and to the absolute best of my abilities this is what you will be given when you come to visit my cosy clinic in Nimbin.

Mind you, I must add that everyone receives the same nurturing regard of being draped in warm towels in a warm room on a cold winter's day before we begin treatment, no matter what musculo skeletal issue you bring to me that may be hindering you from moving forward into a better way of life.

I am in clinic in Nimbin on Tuesdays and Saturdays. Make an appointment: 02 6689-0240, or 0439-794-420

Love,
light and
laughter.



Nimbin on the rock

The Nimbin Health and Welfare Committee has reports that ice, crystal methamphetamine, is causing distress and anxiety in the community.

Problems are affecting users, their partners, parents, children, friends and service providers.

One of the effects of methamphetamine-based drugs is to make the user feel invincible. Psychosis (hallucinations and paranoia) may occur and can lead to poor decision-making, crime and domestic violence.

If you experience symptoms of psychosis from ice use:

- Attempt to stop using.
- Rest. Sleep will help to restore your sense of normality.
- Eat a healthy diet and drink plenty of water.
- Seek help.

In the presence of someone in the throes of ice psychosis, try to be calm and supportive and give them peace and quiet. Try to encourage them to seek help from a doctor. If they are aggressive, do not disagree with them or confront them, and keep a safe distance. Do not put yourself into a dangerous situation. If you are concerned, call an ambulance.

The Fast Facts On Ice leaflet is available at the Nimbin Neighbourhood Centre, and welfare workers are available. Help and referrals are available from local GPs and the Nimbin Health Service.

ADIS (Australian Drug Information Service) provides advice on 1800-422-599.

Using what is already there

I was doing the initial assessment before a hypnotherapy session with a client recently, for work on his difficulty sleeping. Among other things, I wanted to know if he had had any prior experience with hypnotherapy. He said he had, but what he described was creative visualization, which is only one technique of hypnotherapy. He said it was kind of useful, but it didn't have an enduring effect. He also said he had a relaxation cd that sort of worked, but he found it difficult to stay focussed.

Creative visualization can be very effective, but only if the imagery is sufficiently pertinent to the person using or receiving it. This point is one I wish to develop here. It follows the principles I use, and have described previously, of using what is already within the ordinary experience of a client in therapy, for it is this unique and personal resource that aids in the process of recovery.

There is an elegance in doing this that is very Taoist. The word "Tao" is difficult to translate and is usually described as the "way", which doesn't really tell you much. I like the description of the Tao as the watercourse way, the way of simplicity, the way things happen when water finds its path naturally, from where it is at now to where it becomes and how it changes its way in a simple process of becoming. The Taoist way is not forced and doesn't impose things that are not already present in some form.

So I inquired of my client with the sleeping problems what imagery was used by the previous practitioner. He said he had to visualize a waterfall in a forest and imagine the sound of water tumbling down. I asked if he had any particular liking for waterfalls and he responded that he didn't particularly. He said it was an image he had to work at conjuring up. I then asked him what his favourite pastime is, and he replied fishing offshore in



by Dr Elizabeth McCardell
M Counselling, PhD

his boat. It is an activity he doesn't get to do much, but when he does it, it relaxes him profoundly.

This was the way of Tao for him, and thus became the image I used in my session with him: sitting in a gently rocking boat, throwing a line overboard and waiting for a fish to nibble. Fishing from a boat is something he knows and it is something that he does already for relaxation. What a better resource than imagining with difficulty a waterfall prior to drifting off to sleep!

The fundamental of good therapeutic practice in

general is to start with their lived experience, their phenomenology, not an alien idea taken from a text book. This is why taking a case history really matters, and why intelligent questioning and conversation is needed throughout the sessions of working together. What happens in a psychotherapeutic and a clinical hypnotherapy session is thus shaped around the client's experience, and the resources they already have, albeit ones they may not be aware of. Change happens from this starting point, in a very concrete way and not in any abstract sense.

Hypnotherapy has come an incredibly long way from the traditional method of the hypnotist requiring the patient to gaze at a candle or swinging pendulum and then to go into a deep trance and receive suggestions without an opportunity to respond to them during a session. By contrast, in modern hypnotherapy developed from the wonderful work of Milton Erickson (1901-1980), the client might be invited to speak about what's happening for them as the

therapist works. They may be invited to comment on the direction the session is going, or to speak about their experience at that particular time, or amplify or clarify some aspect that the therapist doesn't fully understand, or they themselves need further explanation.

This invitation is a hallmark of an approach that isn't top-heavy, like traditional hypnosis tended to be; it is, instead, collaborative. The client can choose, and express it aloud, whether to take up suggestions made during the session. In other words the client is active in the process. Things are not being done to him against his will. His own experience, matters and this is what is employed in the sessions with the therapist. Change happens through choiceful engagement in a process, not because somebody else dictates it.

In other words, modern clinical hypnosis, is less dependent upon the development of a trance state (though this remains part of it) and more on bringing focus through awareness of

other ways of seeing things and of shifting an emphasis that is getting in the way of ordinary life. Problems like smoking, insomnia, pain, hoarding, low self confidence, compulsive behaviours, panic attacks, and depression are all helped by hypnotherapy sessions.

I emphasize, though, the collaborative aspect of this kind of therapy. Hypnosis isn't a magic pill that cures without the person wanting change. Change happens because the person wants it. The sessions are deeply nurturing and the person generally expresses feeling wonderfully relaxed.

Therapeutic change has a similar feel to the way water courses through a landscape, organically transforming everything it meets, for it uses the already present yet tangibly shifting blockages and stagnations and problems that used to go round and round and round one's head, to a new fluidity, a lightness of being, and an delight in something young and new and very exciting. This therapy is deeply transformative.

www.eemcardell.com.au

Dr Elizabeth McCardell
M. of Counselling, PhD, Dip of Clinical Hypnotherapy

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Djanbung harvest

Gardening: how-to

Djanbung Gardens Open Day promises to be a highly educational day, on the theme: Sowing Seeds for the Future.

There will be food, tours, presentations and workshops about sustainable living issues, as well as music and other fun activities.

You can learn about gardening in small spaces, animal forage trees, worm farming, Soldier Flies, bamboo instruments, palm containers and weaving, seed saving, edible weeds, herbal medicine, the benefits of design and more.

The Garden Café will be open all day, selling delicious lunches and refreshments

from local organic and garden produce. Plants, seedlings, tubers, produce and books will be on sale to raise funds for student resources.

Past open days have helped the college purchase a microscope and compost thermometer.

Since their inception in 2005, the annual open days have been a great opportunity for the students at the Permaculture College to share their knowledge and skills with the community.

Djanbung Gardens Open Day will be held on Saturday 8th June, from 10am to 3pm at 74 Cecil St Nimbin, just 300m past the showground.

Herbs in hiding

by Rebecca Ryall

In the wash-up from MardiGrass 2013, a word or two about prohibition. I'm not a big user of marijuana, and don't really use it as a medicinal, but I am a big user of many other medicinal plants.

At this time of the year especially, I have lots of enquiries about what to use for asthma, bronchitis and other respiratory conditions. Most medicinal herbs with a history of use in respiratory conditions are also prohibited or restricted, and cannot be traded on the open market.

Many of these plants are vasodilators; herbs which promote the production of chemicals which act to relax the muscular coating

of blood vessels, opening them up and permitting an increase in the circulation of blood.

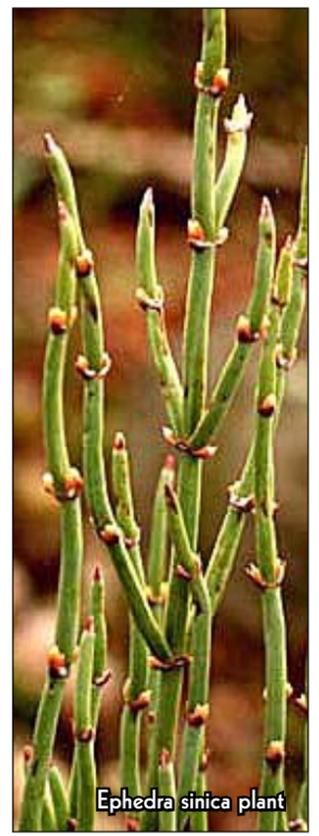
Most of these herbs are used for their action as bronchodilators, to soothe inflammation of the smooth muscles of the airways, opening the bronchi and making breathing easier.

Ephedra sinica is a traditional Chinese herb with a long history of use as a circulatory stimulant and a vasodilator which acts on the blood vessels in the heart (as opposed to those elsewhere in the circulatory system). This is a rare case of a vasodilator that increases blood pressure, rather than lowering it. Chinese practitioners have been using ephedra for respiratory complaints such as

bronchitis, whooping cough, asthma and breathlessness, for millennia.

Coltsfoot (*Tussilago farfara*) is another valuable lung herb, due to its action as an anti-inflammatory. In some cultures it is smoked as a remedy for bronchial conditions. This is an unusual herb due to its dual efficacy as both an expectorant (helps to bring up mucous) and as an anti-tussive agent (one which suppresses the cough reflex). It reduces the desire to cough, whilst ensuring that any coughing is productive.

Just like marijuana, these herbs are available for purchase, should you know where to look, but if I were to prescribe these herbs to you I would effectively be breaking the law. The fight to end the prohibition of marijuana should be extended to include all the other valuable plants.



Ephedra sinica plant

Farm Haiku

Zen Lesson

Winter wind howls cold
Anguish wounds his
battered heart
The tractor won't start

Dairy Dreaming

The radio blares
He shuns the milking
machines
And dances badly

Confucius the Farmer

Pay attention son
Don't turn your back on
the bull
Lesson number one

– Robin Archbold



BUSINESS FEATURE

Practitioner Roster

Monday pm Anna Lusty:

Deep tissue, remedial & relaxation massage

Tuesday am Tina Featherfoot:

Ka-huna, lomi lomi and pregnancy massage

Tuesday pm Jacqui Smith:

Remedial and sports massage

Wednesday pm Karen:

Relaxation massage, injury management

and Reiki

Thursday - all day Kylie Cain:

Relaxation, deep tissue & remedial massage.

Reiki

Friday - all day Titanya:

Rejuvenation massage

Saturday am Jacqueline Boustany:

Deep emotional release therapy

Saturday pm Kristy Wright:

Beauty therapy – waxing, tinting, facials etc

1st Saturday each month Anne Walker:

Aromatherapy, massage & facials

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appointments. Gift vouchers available for most practitioners.

Winter Warmers and more...

The GreenBank invites you to come and check out our range of winter warmers – Australian made socks, tights, winter hats and scarves, arm and leg warmers, and hot water bottles. You're sure to find something to warm you on these chilly winter days.

Our range continues to expand and evolve. Latest arrivals are the Jack and Jill range of eco toothbrushes and toothpastes for kids, and a locally made range of soaps and lip balms.

Free tea tastings are available all day every day, utilising Nimbin's own TEA MEDICA range of organic, Australian grown herbal teas and herb tea blends.

In regards to tea, Rebecca is taking a break from the GreenBank in order to focus on her family for a while. The entire TEA MEDICA range is still available from the GreenBank, and the dispensary still calls the GreenBank home.

You are reminded that Rebecca is available by email at: info@teamedica.com.au or phone on 0423-596-368 to answer all your tea related enquiries and to discuss custom and prescription blends. Kylie and Lishia can fill your herbal prescriptions for you, and make up repeats of custom blends you've enjoyed before. Rebecca thanks you for your support and understanding, and looks forward to rejoining the GreenBank team at some time in the future.

Pushing the needle

by Leandrah Young

A major campaign vilifying parents who refuse to vaccinate their children is under way, with bullying by GPs, nurses, midwives, childcare centres and others.

Verbal insults such as "You will kill your child if you don't vaccinate" were made so aggressively that children and parents were distressed. Such behaviour is hardly conducive to open communication.

Bullying by health workers or childcare centres is an abuse of position, and unlawful – especially when accompanied by absurd falsehoods.

The wisest decisions are made with the most rational minds, not those plagued

by guilt, fear, pressure or intimidation. The right to bodily security, including vaccination refusal, is fundamental and inalienable.

No one is obliged to accept on trust any assertion by any other on any subject, or any hearsay, no matter how many times it is heard, since repetition is no evidence of truth.

Parents have a legal duty to perform their own due diligence, with special care obviously needed for a procedure that is invasive, irreversible, has an acknowledged potential to cause serious adverse effects including paralysis and even death. The vaccination drive is promoted by the powerful pharmaceutical industry yet

has been shown to be the cause of deaths.

Parents can access online the Commonwealth Government's "Vaccine Preventable Diseases and Vaccination Coverage in Australia", and parents can further investigate the risk of there not being not full recovery in cases of adverse reaction.

They should not be bullied into making assumptions, but should request information on the vaccination status.

Primary schools and childcare centres are legally obliged to request vaccination status, but parents are not obliged to provide it. If they do not, the child is simply deemed unvaccinated.

Non-vaccinating parents who do not want to lose

their Childcare or Family Tax Benefits must lodge an Immunisation Exemption Conscientious Objection Form (available online).

Evidence is required that the decision is an informed one, theoretically by a doctor or other "registered immunisation provider".

Parents can contact the Vaccination Information Service on (02) 9144-6625 (website: www.vaccination.inoz.com).

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Find all details on Facebook: Nimbin Fun Run

Tunable's rich harvest

by Thomas Rose

Last week we celebrated the success and the achievements of our school garden with an entire day of play and fun, Harvest Day, at Tuntable Falls Primary School.

And what a day we had: we planted and potted, we harvested the rosella bushes and turned them into yummy jam; we weeded and watered our newly



Making rosella jam

planted seeds and seedlings. We cooked our lunch on the barbecue, made lemon squash and other refreshments out of lemon grass and peppermint from our garden.

Children aged five to 12 worked together in groups, exploring the garden and school grounds with purpose and determination during our Harvest Hunt. The students were sent out into the garden to explore, discover, think and create over a number of challenging tasks.

During our lunch of fresh garden greens with tofu sausages, everyone agreed that this was "the best day ever."

The children from the lower primary class have brought in packets of seeds received in the post. A few weeks ago, they sent in a drawing of their favourite vegetable to Eden Seeds, participating in a competition run by the company.

It was looking for illustrations for its next seed catalogue. Some of the children were rewarded with a picture book for their outstanding work.

A few of the children preferred to keep their seeds at home, because they were



Eden seed comp booty

keen to plant them in their own garden beds. What a wonderful recognition of our young gardeners! Now we have got heaps of seeds – and work in front of us...

If you have spare time and a keen interest in gardening please come along and help our young gardeners to grow their success and enthusiasm. Ring the school on: 6689-1423. Happy gardening to all!

What to plant in June

Broad beans, cabbage, onions, peas, potatoes, radish, silverbeet.

Flowers: Alyssum, balsam, calendula, Californian poppies, marigold, nasturtium, petunia

Farmers market grows bigger by the week

by Jason Grignon

We are a month old and growing bigger every week. Every Wednesday afternoon, come down to the Nimbin Farmers Market to support your local grower and producer. We now have a local butcher bringing their own pork, beef and other meats. There are also several offerings of amazing cheeses, and milk.

The market also has local honey, tofu, sauerkraut, pesto,

sourdough bread, veggies, greens, pecans, citrus and herbs, as well as soil remedies for your garden, to name a few.

Held in the parking area between the Green Bank and the Nimbin Post Office, the market is open from 3pm to 6pm, so come by after school or after work or just come by.

Rainbow Power Company is helping keep us in the light as this twilight market stays open late, many thanks.

Stall enquiries, contact Jason 6689-1512.





Cook's Corner

with Carolyne

Pumpkin, Leek and Spinach Quiche

Ingredients

700g butter pumpkin, peeled cut into 2cm pieces.
Olive oil spray
1 leek, pale section only, halved lengthways, washed dried thinly crossed crossways
2 garlic cloves crushed
100g baby spinach leaves
4 Eggs / 2 Egg whites
60ml (1/4 cup) skim milk
80g (1/3 cup) fresh low fat ricotta
1/3 cup fresh basil leaves
Mixed salad leaves optional to serve

Method

Preheat oven to 200c. Line a large baking tray with non-stick baking paper. Place the pumpkin on the lined tray and spray with olive oil spray. Season with pepper. Bake in oven for 25 minutes or until golden.

Meanwhile, heat a large non-stick fry pan over medium heat. Spray lightly with olive oil spray to grease. Add the leek and cook, stirring occasionally for 5 minutes or until soft. Add the garlic and cook, stirring

for 1 minute or until soft. Add the spinach and cook, stirring for 3 minutes or until spinach just wilts.

Line a 26cm x 16cm slab pan with non stick baking paper. Spread the pumpkin and leek mixture over the base pan.

Whisk together the eggs, egg whites and milk in a jug. Pour egg mixture evenly over pumpkin and leek mixture. Sprinkle evenly with ricotta. Bake for 20 minutes or until puffed and golden. Sprinkle with basil. Serve with nixed



salad leaves if desired. A great non-pastry vegetarian dish.

**"Til next month enjoy.
- Carolyne.**

For information, phone Carolyne at the Contented Tummy Cafe Nimbin, phone 6689 0590.

Blue Knob Farmer's Market



Presentation to Marie Cameron

2nd annual Pumpkin Festival and bush dance

The Blue Knob farmers market celebrated its third birthday with pumpkin lantern carving and pumpkin carriage races, which turned into choko carriage races, followed by a sumptuous dinner and a bush dance featuring the north coast's preeminent bush band, The Bandicoots.

The event raised around \$1500 for the Blue Knob Hall, and on behalf of the hall committee, Jeni Kendall thanked the Farmers Market for their fundraising efforts for the hall: last year's Pumpkin Festival raised \$1500, and the recent Trash & Treasure market, \$1900.

During a break in the set dances, Marie Cameron was farewelled by the market organisers, and acknowledged for her work establishing the back-yarders' table before being presented with a painting 'Diana the Huntress' by local artist Gareth Deakin.

Farmers Market workshop

Sat 15 June, 10am – Try Your Hand at Spinning, Jen Harkness

Spinning using spinning wheels was developed at least 1,000 years ago and gradually displaced hand spinning as it was around 10 times more productive. Spinning wheels are just as prolific and dynamic now as they were then.

You can try your hand at this age-old technique at this informal, hands-on workshop and demonstration. Several wheels and a variety of fibres will be available.

This workshop complements the current Blue Knob Gallery exhibition "The Fibre Show".

The Blue Knob Farmers Market runs Saturdays, rain, hail or shine, 8.30am-12noon, corner of Blue Knob and Lillian Rock Roads, 8km from Nimbin in the grounds of the Blue Knob Gallery.



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ASTRO FORECASTS BY TINA MEWS

WHAT'S HAPPENING IN THE HEAVENS ?

June

At the moment the Sun journeys through mentally agile and multifaceted Gemini. We now can reassess rules and roles, which over time have grown too rigid and unyielding. Gemini reminds us that reality is not fixed but fluid and subject to our perception. Individuals with a strong Gemini signature in their chart like to gather information and attempt to bring together contradictory forces. The quest is to learn to reconcile differences by merging intellect with emotion, spiritual ideas with material needs. There seem to be always two roads that cannot be travelled simultaneously. That is why the twins are very changeable, restless and often scattered. They like to be light hearted but can be moody if they are disconnected from their true needs. Most importantly, they have to share their message with others and be able to explore and exchange ideas. Jupiter, the planetary forcefield signifying opportunity and productivity entered Gemini last June (2012). Many Geminis started new study courses over the last 12 month, which could become the foundation for new enterprises now. Jupiter will enter the next sign Cancer on June 26.

The energies of the New Moon on June 9 might promote creative exploration of ideas but it will not be easy to act upon them effectively. Instead we might be questioning ourselves if we are walking the right path or doing the right thing. The planetary messenger Mercury, and Venus, the planet symbolising our likes and dislikes, are both in a stressful configuration with the emotionally demanding Uranus/Pluto square while in a harmonious alignment with Saturn, the planet of karma. If we maintain a cool head and centred in our heart we could sort out unfinished business and discuss difficult issues. However, it has to be deeply honest for the gain of any lasting benefits. Whenever Pluto is involved, which embodies the energy of destruction and renewal, we can either win big or lose big.

June is an important month as we have reached the halfway point in our yearly cycle. The winter Solstice on the southern hemisphere takes place on June 21, promising the birth of a new cycle of growth. The Full Moon in Capricorn takes place 2 days later on June 23, triggering issues around self-sufficiency and home security.



Jupiter, the energy field of expansion and growth, enters Cancer, the sign of the Mother principle just a few days later (June 26) and will remain in this sign until July 2014. In Cancer Jupiter promises luck and happiness for endeavors that protect and nurture our homes and families, our communities and environment as the greater source of our shared well-being. Issues regarding food and food security could become more important. Over the next 12

months excessive inflation of food prices might stress the well-being of many families and cause a collective rethink regarding self-sufficiency and the need to protect our land for growing crops and making gardens. Jupiter forms a Grand Water Trine with two other powerful bodies, Neptune and Saturn, between the end of June until the beginning of August. Neptune occupies its own sign of Pisces (2012 – 2025) where it is most sensitive, while Saturn is in Scorpio (October 2012 – January 2015) insisting that we confront our inner shadow. Saturn is strongly placed here as Scorpio deals with power and control issues while Saturn challenges us to re-structure our beliefs about power. At this stage of our evolutionary journey we need to learn to use power effectively. Many established structures such as corporations, financial institutions and government bodies (Saturn) as well as the media and big business (Jupiter), are being held accountable for misuse of their power and misuse of resources. Neptune's influence is guiding us towards attunement with our emotional intelligence. Jupiter is the planet of truth and wisdom, which we gain when we remain emotionally connected (Cancer) and are enabled to discern between truth and lies.

Last not least, it is important to note that Mercury will be retrograde from June 27 – July 20. During this period we have time to work on our deepest needs, identifying what is worth nurturing and how to go about it. As with every Mercury retrograde period, we can expect difficulties and delays in the area of communication, transport and travel.

For Personal Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com or visit my webpage <http://nimbin-starloom.com.au> Astrology classes at the Lillifield Community Centre: Wednesdays: "Dynamic Astrology", 10am – 1 pm; Thursdays: "Mapping the Psyche" Introduction to Psychological Astrology, 10am – 1pm.

Aries

You might feel less robust than usual and might have to rethink how to apply your energies effectively. Try to work out what is really important for you and plan your activities well before rushing into new projects. Go with the seasonal changes and enjoy your time spend at home.

Taurus

Venus, the planet of love and beauty is conjoined with the communication planet Mercury for most of the month. Your mind might be filled with creative ideas and you could experience a very light hearted, artistic few weeks. Write poetry, play music or engage yourself in any form of artistic expression.

Gemini

Jupiter ends its journey through your sun sign by the end of the month not to return for another 12 years. (A Jupiter cycle around the zodiac last 12 years; Jupiter spends about 1 year in each sign.) Try to integrate and recap the growth that you have made since June 2012. Prune back where you went too far and deepen those ideas that promise success.

Cancer

Peace-loving Venus and the messenger of the gods, Mercury, are conjoined in your sun sign for most of the month strengthening your love of beauty and artistic nature. However, you also might find that you are hypersensitive or even psychic right now. Take extra care of yourself and keep your boundaries in place especially during June 11-14.

Leo

Right now it is essential for you to strike a balance between self-interest and working cooperatively with others. Be aware that you like to play a leading role and need to get some personal gratification from what you do. Pressure from others will bring out your resistance.

Virgo

The following weeks might be best used for re-assessing your goals, hopes and wishes. You might find that you are burdened with too many duties and have missed out on play time. Make extra space for socialising with friends, old or new ones, and communicate whatever is close to your heart.

Libra

Filled with creative inspiration it is your time to embark on a vision quest. Relationships might turn out more real and truthful once you have clarified your priorities and needs. Dare to reach out for your highest potential at the Winter Solstice (June 21) and Jupiter's entry into Cancer (June 26).

Scorpio

It is a good moment in time for facing your own mistakes and errors instead of judging others. Remain open for new insights and experiences. Work on your vision through study and travel. In regards to the latter consider the Mercury retrograde period between June 27 and July 20 (read above).

Sagittarius

We never lose the problem unless we find the reason for doing so. Therefore turn inside and reflect. Your sign ruler Jupiter enters the water sign of Cancer at the end of the month (June 27). Over the next year you are likely to benefit from your relationships. Those archers who have been through stressful times can soften now. Step back and allow the inner healing to do its work.

Capricorn

Any kind of relationship could flourish this month, be it at home, work or people you meet. However, between June 11- 14 it is essential that you keep a low profile and not try to overpower the other side. Use the energies of the Full Moon in your Sun sign on June 23 for finding a balance between what to give and what to take.

Aquarius

This could be a very creative month for you especially if you are doing the work that you enjoy. The forming trine between Jupiter, Neptune and Saturn will be offering momentum for a futuristic vision that needs pragmatic solutions. You might find that material possessions have become less important to you. However, align your ideas with your current reality.

Pisces

You might find that it is easy for you right now to be social and can channel your energies into creative projects that bring joy and happiness to yourself and others. However, after the Winter Solstice (21st) you could feel more impressionable than usual and might have a strong need to withdraw and spend time alone.



Onya Arron

Arron Richardson from Palm Island has been camped behind the Museum in "his" Mingle Park for a couple of months, concreting more and more of the yard and turning it into an even better venue.

Arron said, "I came to Nimbin to clean up Mingle Park for MardiGrass as I ran out of time last year. I feel that it's my park, and if you want something done properly, then you have to do it yourself."

He has to return to Palm Island in June and deserves recognition for his transformation of the common land behind the Museum.

Michael Balderstone acknowledged his exemplary volunteerism, adding, "He is a great poet and has written a dozen or so more poems while in Nimbin."

While in Nimbin, Arron celebrated his 21st birthday as a non-drinker.

A Bushy's Lament

The twilight is fading fast
and the tide is racing in
And there's a creek between here
and home –
I hope I don't have to swim
Because I've got stuff-all money,
no clean clothes
and bugger all else to eat,
And I have to go fishing tonight
before I go to sleep,
And clean the fish and start the
fire

and cook the bloody rice.
Onion would be good if I had it
and a lemon would be nice,
But I'll do with what I got –
a spear and fishing line
And flour and rice and frying
pan
in a humpy that is mine
On a tropical island paradise
on a beach with a view.
And that's why I live where I live
and do the things I do.

– Arron Richardson

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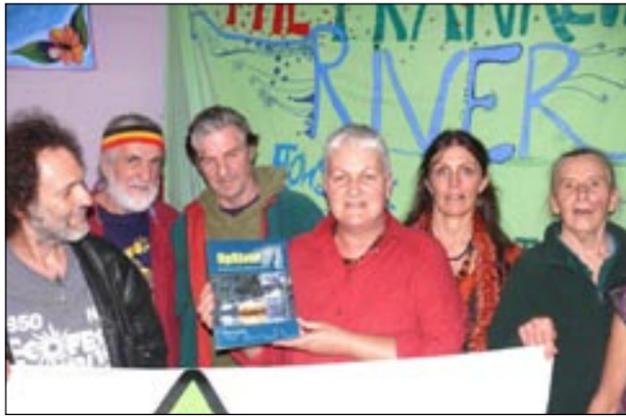
Locals praised at Franklin River book launch

by Dave Fawkner

There was a local flavour to the Nimbin launch of *UpRiver: Untold stories of the Franklin River activists* at Birth & Beyond on Saturday night.

The evening turned out to be just as much a reunion of local veterans, with the book's compiler, Alice Hungerford, praising the contribution that Nightcap Action Group members had made to the Franklin campaign.

"Around 50 Nightcap Action Group members, all veterans of Mt Nardi, came to Tasmania during the Franklin campaign 30 years ago," Alice said.



UpRiver compiler Alice Hungerford launches the book with local Franklin veterans.

"From the Deloraine Action Group's point of view they provided a crucial resource; they were skilled blockaders,

were confident in the bush and knew how to maintain essentials such as kitchens and other facilities in primitive conditions."

"They also had experience in establishing relations with traditional owners at a time when Tasmanian Aborigines and the Wilderness Society were alienated from each other."

With an introduction by

Bob Brown, *UpRiver* brings together stories, photographs and songs from the Franklin campaign. Around a third of the contributors have Nimbin connections, as do many of the performers on the bonus CD of 25 songs that comes with the book.

Alice said compiling the book had taken nearly four years and involved tracking down more than 70 veterans and getting them to tell their stories. During that time she also gained access to photos, slides and films, many of which had been in private hands since the campaign.

The book comes with a timeline of the two-year campaign and is divided into themes, allowing the reader to gain an image of various stages of the campaign as seen from various viewpoints.

UpRiver can be ordered from: <http://upriverfranklinblockade.wordpress.com> for \$40 plus \$12 delivery.



From the book cover

Serenity Interruptus



You can tell my husband was the spoilt baby of the family.

The world according to...

Magenta Appel-Pye

He still feels compelled to announce when he's going to the chodbin. I tell him no one gives a shit, and just to say, "I'm unavailable." He likes to settle in with a smoke and his *Wheels* magazine. He stays there for ages enjoying his miasmatic idyll, a few stolen moments of joyous solitude, away from the cares of the world. I think this is why all his undies lose their elasticity so quickly, all that stretching. He comes skipping out of there all happy, like when the dog's snapped one off. I'm surprised he doesn't rut afterwards. Maybe he does.

He was pretty annoyed the other day when I needed to use the bathroom and had to throw him out with his fag, mag and dag. Out he came, mumbling "serenity interruptus!" even though he had finished the job minutes before.

Women have neither the time nor the inclination to sit in mephitic meditation on the throne. Even though she may well enjoy a few moments of peace on the dunny if she's lucky enough not to have kids and animals following her in there, she's more likely to be organizing the day than reading *Women's Day* and when she's finished she's off and away like Black Caviar on the home straight.

At the Aquarius festival they built dunnies in a big circle. The fresh Sydney architect said, "Oh, that's so everyone will be looking at the view?"

"No," said the other guy, "They're facing inwards and they're looking at each other." Now that would have made toilet time truly interesting and even Norm wouldn't need a magazine.

trivia@thebowlo

Devised by the Nimbin Bowlo's Quizmaster, Marty

Questions

1. How many men have walked on the moon?
2. The German word Schadenfreude is a loan word having no direct single word translation into English. What does it mean?
3. What two terms are used to describe the climate patterns characterised by the warming and cooling of the tropical eastern Pacific Ocean?
4. According to the Guinness World Records the world's largest freshwater fish is a catfish native to which river?
5. What is the name the New Zealand PM?
6. Who formulated the Three Laws of Robotics?
7. The nectarine is a mutant form of what fruit?
8. In which Australian state is the Moto GP held each year?
9. Which radio personality was known as Golden Tonsils?
10. Angkor Wat was founded as a temple of what religion?



Answers

1. 12
2. Delight in the misfortune of others
3. El Niño and La Niña
4. The Mekong, 300 Kg
5. John Key
6. Isaac Asimov
7. The peach
8. Victoria Phillip Island
9. John Laws
10. Hindu - later Buddhist

Nimbin Crossword

2013-6

by 5ynic



Across

2. Small horse? Large Pony?
4. Rope anchor point
8. Machu Picchu's builders
9. Big bird
10. (and 13 across) Unable to find your destination or retrace your steps (10,4)
13. See 10 across.
15. Release gas
18. (big?) demands
20. Native
23. Day before
24. _____ Total
25. Scandinavian
26. See 17 down.

3. Ornithorhynchus' nose

4. Coddled egg, parmesan and crouton salad (heathens may add chicken and bacon)
5. Alcohol
6. Balls
7. Mercury
11. Devour
12. Fairy
14. Anger?
16. Turn on
17. Martial(?) art (3,3)
18. Popular pirate movie file format for download (init.)
19. Not a spender
21. Measure of blood sugar impact (init.)
22. Seaweed roll

Down

1. Cultures' legends
2. Chook-house

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