

# Plant of the month



by Richard Burer

This month we continue our trip down the coast. Pictured is coastal cypress Pine (*Callitus columellaris*) which is the dominant species of coastal cypress pine forest, which is an endangered ecological community. This gentle tree grows in clusters



## Cypress Pine *Callitus columellaris*

to 30m and was a favoured campsite tree for indigenous people as it has insect repellent and healing qualities, does not drop branches, provides a

soft forest floor for recreation and the tree relishes the calcium from the middens where Aboriginal people feasted.

Look closely under these trees along the coastline for insight into the past, where generous deposits of shellfish remains can be found (see photo at left).

Australian cypress species are highly valued for flooring and building as the timber is known to be termite resistant.

Whilst inland species are still very common, locally around Nimbin it would have been logged out. There used to be one at Blue Knob hall and a couple along Stony Chute Road, but I suspect they were planted.

To see coastal cypress pine, take a look-see drive from Byron to Suffolk Park, then to East Ballina and onto Wardell, where these endangered ecological communities are still present, despite intense urbanisation and coastal development.



## Centre grabs bootstraps and pulls

A new learning centre is coming to the Nimbin valley – and the school is going to be built by the students!

There will be courses on natural building, land design/management, animal systems, food security and more.

The first course will run from 27th July to 10th August. It includes natural building with experienced facilitators, theory classes held by trained specialists, three locally sourced organic meals a day (catering for any dietary requirement) and on-site communal living.

You can find out more info by looking online at: [www.terraeden.org](http://www.terraeden.org) or email: [duuvy@terraeden.org](mailto:duuvy@terraeden.org) for more information.

# Koala Kolumn



by Lorraine Vass

The Save Ballina's Koalas (SBK) campaign is at a critical stage, and the Broadwater to Wardell upgrade route is finally receiving political consideration.

At the request of Member for Ballina Don Page, the NSW Minister for Roads Duncan Gay has, within recent weeks, directed the Roads and Maritime Services (RMS) to prepare an engineering assessment and costing on the campaign's route proposal (see map).

That proposal follows the existing Pacific Highway as much as possible. There are two variations: a modification of the existing route, which is 2.7 km less than the RMS preferred western route, and a Wardell bypass option which is 2.4km shorter than the RMS preferred route.

The bypass option would traverse three kms of soft soils with 1:20 flood levels less than one metre, thus requiring a longer bridge.

As well as protecting the nationally significant koala population, campaigners believe that this route proposal will save government and taxpayers money, reduce construction and travel time, cut fuel usage and carbon emissions, reduce community impact and improve environment outcomes.

Despite strong support from most of the community, this option was never considered by the RTA back in 2005.

South of Wardell the highway passes along the natural river levee built up and compacted over thousands of years by natural processes.

The substrate is stable and does not require the preloading/dewatering that the more eastern option requires due to soft acid sulfate soils. The proposed route simply requires widening with minimal fill, sourced from local quarries. This is a low-cost route that could be constructed quickly.

The RMS preferred route's proposed bridge at Laws Point traverses an area with soft sediments, requiring a four-lane bridge.

The Lumleys Lane area of the RMS preferred route has been observed to be subject to local flooding. A highway built across the Bingle Creek catchment, as proposed by RMS, will act as a dam wall, allowing water to build up behind it.

The town of Wardell has underpasses at both north and south ends of the existing bridge, safely linking east and west sides. The road corridor is wide enough for two additional lanes, although a two-lane bridge would be required. No houses front the highway, which has divided the town for 50 years.

Neither variation would necessitate the demolition of houses; however, more properties would be affected by the bypass option, and Wardell residents should make the ultimate decision.

The SBK proposed route would not require destruction of high conservation value forest and will not impact further on



koala habitat. Immediate action to restore habitat and linkages is urgently required, as koala numbers in the Meerschaum Vale, Bagotville, Wardell and Coolgardie areas appear to be in decline.

Concerned residents are asked to write, email or phone their local and federal politicians, urging them to approve a koala-friendly route.

On a side note, the Environmental Defenders Office for NSW Northern Rivers has moved to 16 Carrington Street, where it is sharing offices with the Northern Rivers Community Legal Centre.

The office will continue to provide free legal

advice by phone (numbers are unchanged) on environment and planning issues. Workshops, seminars and publications will also be delivered by the staff.

Friends of the Koala acknowledges the tireless assistance that EDO personnel have provided over the years and thank them sincerely for their guidance in so many koala-related issues.

To report a koala in trouble, or to register a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline: 6622-1233. To report environmental incidents, including removal of koala habitat, ring the Office of Environment and Heritage Enviro Line: 131-555.



by Philippe Dupuy, Retiring President

NEC and CEC, the two Environment Centres are working hand in hand (the way it should be) to make much needed changes in a mainstream society where the environment is rated second to the economy by half-witted morons in both major political parties.

On Thursday 12th June, CEC and NEC took to the streets of Lismore to challenge the Big Four – ANZ, Commonwealth, NAB, Westpac and their subsidiaries. These banks finance many environmentally devastating projects such as the Maules Creek Whitehaven coal mining and Curtis Island LNG schemes. Whitehaven is the company bulldozing hundreds of hectares of the Leard forest, a forest consisting of large tracts of the threatened White Box-Gum and which is also home to 34 other

threatened species at a time when these unsuspecting creatures are either hibernating or nesting. The Curtis Island LNG project is killing unspecified numbers of sea creatures, and has caused the fishing industry in Gladstone to close down. If ever there were criminal acts perpetrated against innocent animals, this is it!

Dressed in animal suits as a Koala, an Owl and a Quoll (an animal under threat of extinction most people know little about), we appealed to the customers of these banks to divest. Divesting is the process by which you withdraw your money from your bank. We recommended people put their money in banks such as Bendigo, which has completely stopped investing in fossil fuels, or the Credit Unions in their locality.

A good number of people responded positively to our appeal, a few wanted to

do it right away; however, most wanted to think about it more carefully. To some it can be inconvenient or unsettling; however, we suggested that people at least write to their banks to express their dissatisfaction with the banks' unethical approach. The point to take on board for activists like us is to remember that once people are made aware, they will eventually act and change banks. It is also important to bear in mind that banks, through the fractional lending practice, lend more than they have and withdrawing a little sum can have a marked impact.

However it is all well and good to stop big companies from ruining the environment through appalling polluting practices that affect water, soil and air, but we must also do our share, and that means changing the bad habits we have learnt from them.

Indiscriminate use of plastic bags, take-away coffees and drinks, plastic water bottles and even toothbrushes (there are bamboo toothbrushes that turn into compost when you have finished with them!) and the like are just as destructive and polluting in the long run. It's no big deal to take a cloth shopping bag or re-useable container for

takeaways. The biggest threat on the cards is the out-of-control use of plastic containers of all sorts. The land, as well as our great oceans, are being choked by plastics of all kinds. Every creature is affected, from the tiniest of plankton to the mighty whales that tragically come to expire on remote beaches, their stomachs full of plastics.

So get up and act! At NEC and CEC we have stocked up on stainless steel containers, bottles, cups and bamboo toothbrushes. By getting involved and creating awareness, because awareness will eventually drive us to do the right thing, we will one day make our homes, offices, parklands, rivers and shores plastic-free. It goes without saying that by adopting sustainable practices and reducing pollution we will be enhancing our own local economic position beyond the control of Big Brother.

In the meantime, let's start with Nimbin. I have a dream that I share with many others, to see the beautiful town of Nimbin made plastic and chemical free before the end of the year. To this end, we invite all the various community and social groups in the town to help us make this a reality.

# Kitchen weeds



Curry leaf tree seedlings

by Triny Roe

It's amazing what is considered a weed these days. Sydney Weeds Committees booklet *Garden Escapes & Other Weeds in Bushland and Reserves* describes some 66 species in detail and lists numerous others. *Asparagus officinalis*, culinary asparagus, makes the cut! Someone should tell the Queen. She has a whole asparagus farm.

A popular inclusion in backyard vegetable gardens, grown for its tasty new shoots, in time asparagus forms dense root mats with extensive underground rhizomes. If actively managed, asparagus is not a problem. The young stem is harvested

before it flowers and sets seed.

The problem occurs when the garden is abandoned. If plants are left to mature they develop juicy fruits enjoyed by birds who distribute the seed. Water and vehicles can also spread seeds of this plant. Bushland dumping of garden waste is another source. Sadly people think this, and the discarding of old armchairs by the road, is an acceptable practice.

Several other asparagus species are environmental weeds in many parts of Australia and feature on the Weeds of National Significance list. They crowd out native species, prevent re-growth and smother vegetation. These asparagus

species are natives of South Africa while culinary asparagus hails from Europe. *A. aethiopicus*, or basket asparagus, is common in sand dunes along the NSW and Qld coast. *A. Africanus*, climbing or ornamental asparagus, has stems which grow up to 12 metres. It is widespread on the East Coast.

Another species, *A. falcatus* has been identified as an emerging problem in NSW, especially round Sydney. Once again, roadside dumping accounts for many of the current infestations.

A native species of asparagus, *A. Racemosus*, endemic to regions of Northern Australia, is also found in India. It has medicinal properties and is used in traditional and Ayurvedic medicine.

Another culinary species from this region is Curry leaf tree, *Murraya koenigii*. Mmmm – delicious in curries, but can be difficult in the garden. Keen cooks like to grow this tree to give an authentic taste to their Indian and Sri Lankan dishes. Dried leaves have inferior flavour to the fresh ones.

Jerry Coleby-Williams from the ABC Gardening show warns, "If you want to own a Curry Leaf Tree, be prepared to do some work!"

Curry leaf tree is vigorous, fast growing and can become quite large. Typically they can

reach 4 to 6 metres. The roots spread widely and have a habit of suckering. Seeds germinate readily. Without constant maintenance you will soon have a grove. Birds spread the seed into nearby bush or neighbours' yards.

This plant is readily available in nurseries, despite it featuring in environmental weed lists in many areas. Some gardeners are tempted to pot up seedlings which appear on their patch and distribute to friends. Best to keep it in a pot, removing flowers and fruit to prevent it spreading willy-nilly. You only need a few leaves for the curry. Plant native species, such as lilly pillies and grevilleas, to feed the birds.

When culinary plants are tended and managed properly, their weed potential is small. When seeds, fruit and plant material are harvested, there is less chance that species will jump the fence. It's when the garden is let go, or the farm abandoned, that problems can occur. Or with a tree like curry leaf, where you're only harvesting a few leaves here and there and it is free to flower, fruit, set seed and spread.

Other kitchen species such as coffee and mulberry have potential to be environmental weeds. Ensure garden waste is responsibly disposed of and not dumped down a gully or in bushland.

Happy weeding.

# Rethinking the basics

by Geoff Dawe

In Western culture, the economic is given precedence over the social and environmental, an imbalance that is a cause of unsustainability.

The economic is basically food, clothing and shelter, a human's needs for physical survival. The restricting of humans just to their physical and economic needs is to say that their social life is of little consequence. Their unique ability to consider the long-term is of no use in considering that which surrounds and encapsulates them: the environment.

In the words of sociologist John Carroll in his book, *The Wreck of Human Culture: Humanism Revisited*, "Science and technology ... produced an opulence of ... comfort that allowed humans to think, as long as they narrowed their consciousness down to the animal needs and repressed their conscience, they had become what they wanted. Moreover, Darwin told them

they were animals."

The economic system of civilization has mostly been based on exploitation. In his book *The Emotional Brain*, professor at the Centre for Neural Science at New York University, Joseph LeDoux makes the point that although people have the ability to be rational they do not follow formal laws of logic, because their thinking is based in past experience and future scenarios.

The exploitative economic system turned its back on the logic that nature functions with reciprocity rather than exploitation; that is, nature insists that all species give as well as take. The constant take of the civilized economic system led to the only conceivable rational outcome, where humans stand on the edge of a dead planet of their own making.

The current economic system is dysfunctional not just in that it is based in exploitation – competition rather than cooperation – but also because it cannot conceive that resources are finite.

The questions are: What replaces the current economic system, and how is reciprocity incorporated?

Of the major survival needs, food is one of the most important. Since the industrialised food supply system is unsustainable, there is a shift towards an agriculture of polycultural food forests, with accompanying vegetable gardens as a foundation for food supply.

Polycultural food growing is not an economic proposition in terms of the industrialised system, for in this system food is mostly eaten where it is grown. Wealth cannot be generally accumulated, for a full belly is its cut-off point.

Poverty, in terms of food scarcity, cannot occur, for as long as all humans have access to land to grow food. World hunger is potentially aborted, something the industrialised system cannot achieve.

The growth of polycultural food forests in urban and rural areas would be economically challenging, but would increase sociability. In urban areas, combining with neighbours, pulling down the separating fences, sharing of the Hill's Hoist and child-minding activities, would lighten each person's daily load.

# Rockin' restoration effort

Nimbin Rocks Co-operative members are restoring high conservation value vegetation, including subtropical rainforest and threatened species habitat.

The members have recently negotiated a Voluntary Conservation Agreement under the New South Wales National Parks and Wildlife Conservation Partnership program, and farm action and vegetation restoration plans have been developed to guide on-ground works.

Funding from the NSW Environmental Trust has enabled professional bush regenerators to be engaged in conservation areas to control lantana and other environmental weeds.

Additional funding from the Northern Rivers Catchment Management Authority (now Local Land Services) small grants program has enabled protection for riparian vegetation that provides habitat for threatened flora

and fauna, including thorny pea, the rose-crowned fruit dove and the wompoo fruit dove.

Grazing pressure from cattle, causing erosion of creek banks, contributes to poor water quality and limits native vegetation recruitment.

Invasive environmental weeds including exotic grasses, woody weeds and giant devils fig have been controlled as part of this funding. Fencing has been erected and 500 native trees planted.

These projects are contributing to improved connectivity for wildlife, reduced grazing pressure in sensitive ecosystems and increasing the landcare group's capacity to deliver long-term sustainable outcomes for the environment.

On Saturday 26th July, the co-operative will be hosting a guided walk through restoration areas from 10am to 1pm. All welcome. Please bring water, hat, bush walking shoes and something to eat and drink for morning tea.

For details contact Tony Trott on 6689-1167.

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## Get ready for the Nimbin Show

by Jim Arachne

Now in its 94th year, the Nimbin Show will be up and running again on the weekend of 20th and 21st September, so now is the time to start preparing your (prize-winning) Show entries.

Always busy, the show pavilion showcases the best local garden and kitchen produce. You can enter any commonly grown vegetable, fruit or flower. There are also awards for hen and duck eggs and honey, plus a range of baked delights from the kitchen.

Look for the Brewer's Corner as well, with prizes for beers, table wines, liqueurs and spirits.

Handicrafts are a big hit, and there's big interest in what local artisans create as well. Alongside these crafts, photographic and art entries complement each other.

There's space for student entries too with categories for preschool, primary and high

school entries in handicrafts, art and cooking.

Outside the pavilion, young kids get excited with the 20 possible categories in the guinea pig pet show; the children's pet show also has some great possibilities.

Look for some categories possibly unique to Nimbin: the Sustainable Farm Award – you can enter your whole farm or just a section – and the Local Food Bytes short film competition (maximum length five minutes, on anything to do with local food production). They're screened in Sustainability Alley, another exceptional feature of the show.

Other fun events to enter are the talent quest, the novice whip cracking and the dog high jump.

And of course there's a full program of competitions in the cattle, horse and poultry areas. For enquiries call Phil on 0458-872-228, or "like" the Facebook page: Nimbin Show and Sustainability Alley.



by Dave

Winter Solstice was celebrated recently at Tuntable Falls Community School with our Winter Festival, and what a wonderful evening it was. Beautiful singing by all the children, gorgeous decorated lanterns and delicious warming food cooked by the parents.

Tuntable Falls Community School has so many amazing things going for it, but one of its greatest assets is the vegetable garden. Even in the middle of winter there's plenty going on. The huge garlic is growing strong and healthy, peas and snow peas are climbing high up

their bamboo poles and the potatoes are looking good, ready for Zeem's Tuesday curries in a few months time.

The outdoor classroom is beautifully decorated with gorgeous dream-catchers made by the children and the luxury three-bay brick compost bin is almost finished.

As a parent it is great to see the enthusiasm amongst the kids for growing, harvesting and cooking with fresh organic produce.

### What to plant in July

Brassicas, lettuce, onion, silverbeet, dianthus, alyssum, gypsophila and lupin.

Happy holiday planting.

## Beards aplenty at Blue Knob farmers market

by Jim Arachne

Gardening Australia host Costa Georgiadis delighted many with his flash visit to the Blue Knob Farmers Market.

For a long time, Greg James from Farmers Choice Organics had wanted his friend Costa to experience the market. The Blue Knob area is renowned for its love of veggie gardens and Costa had a steady line of people who wanted a photograph with their favourite gardening guru.

Loaded with veggies and good wishes, Costa headed for a Tuntable property owned by Suz and Chris De Wall's. The vivid blue vista of the Border Ranges immediately captured him and as he stood in the veggie patch, Costa said he could feel the hum of the Northern Rivers beneath his feet.

### Events at Blue Knob Market for July

Sat 5th July – Nimbin Seed Exchange at the Market.

Sat 12th July, 10am – Pig Powered Ploughing – Peter Calkin

Using mobile electric fencing, it is now extraordinarily simple to harness the

Costa Georgiadis' beard finds good company at the farmers market.



incredible rooting power of pigs to turn large areas of land into productive garden plots or pasture.

Peter, Jodi and Jenny from Goatie Hill Farm, have recently done just this, and are happy to share some of their experiences in this low tech and enjoyable way of bringing land into production.

Sat 19th July 11.30am – film "Juliette of the Herbs" 76 mins

A film about the life of Juliette de Bairacly Levy, a famous animal herbalist, healer and author. Probably her best know book is

Herbal Handbook for Farm and Stable first published in 1953. She is lauded in many countries as the key pioneer of holistic veterinary medicine.

There's a \$2 entry fee to help cover the cost of buying the screening rights.

Sat 26th July – Pumpkin Festival and Bush Dance (and the Market's 4th Birthday)!

Events start at 9am. These include carving pumpkin lanterns, the Pumpkin Carriage Race and a Market Birthday cake.

From 5pm, doors open for the Bush Dance. A called

Bush Dance starts up at 6.30pm with a live band, The Bandicoots. It's preceded by light dinner at 5.30pm and followed with a delicious supper.

Bush dance tickets are on sale at the Market every Saturday: \$20 individual, \$30 couple, \$40 family (negotiable). Proceeds go to upgrade Blue Knob Hall.

Blue Knob Farmers Market runs every Saturday, rain, hail or shine, 8.30am to noon, on Blue Knob Road near the corner of Lillian Rock Road, 8km from Nimbin in the grounds of the Blue Knob Gallery.

## Frugality 101

### Permaculture Principles

with Anastasia Guise

I am not a bowerbird, not a good collector at all. I am not even a good recycler. That is, I prefer to not consume rather than to consume copiously, and sing very cheerful songs while I scrub out my yoghurt containers and send them to China to be melted down in a place where an inadequacy of industrial and environmental laws – and a powerhouse economy which is literally driving the planet at the moment – give no guarantees on the "clean green" credentials of this "clean green" exercise.

I was such an anti-consumerist for a while that for a good decade I did not buy shoes, underwear, sanitary items, soap, shampoo, beer, meat, or tissues. These were "unnecessary" at that time in my life, and indeed for the most part still are. In regards to shoes, I went barefoot. I didn't wear underwear. I made my sanitary items out of pretty towels and washed them. I scrubbed myself with sand or river silt and used no shampoo, which strips the hair of natural oils and creates shampoo-dependency anyway.

I was a vegetarian, did not drink alcohol and when I needed to blow my nose I simply found a nice piece of ground where no other barefoot anti-consumerist was about to step and cleared the sinuses with a good short sharp expulsion of air. You wouldn't believe it now, but it was difficult to find a boyfriend because most men, I discovered, really liked meat and beer, and I don't think they could live with the fact that we would never share this particular joy.

In conjunction with growing a garden, I was very good at the permaculture principle 'limit consumption'; so good in fact that by the time my first child was three years old (yes, boyfriend, long



story) I realised he (the kid) kept wiping his nose on his shirt (and everywhere else) because he couldn't find a box of tissues anywhere. In fact he didn't even know tissues existed, and while I was a very proud mum to have raised a child who would eventually look in horror at those tiny squares of super-bleached and scented chopped-down trees manufactured solely for the purpose of humans to wipe their snotty noses on, it was super inconvenient, especially in regards to the boyfriend thing. (Don't ask.)

We have been exposed to such an overwhelming scale of consumption that we are now unaccustomed to limits. We are not good at waiting, or going without, or sharing. On the flipside, many of us have reacted to such an overabundance of material goods



by seeking to live with a purposeful frugality that would make our grandparents proud. (Or appalled – depending on how bad they had it.)

From 2007 Mark Boyle lived for three years without money, foraging and cultivating food, making toothpaste out of ground cuttlefish bones and fennel seeds. And then there was that American guy, who for over a year of travelling washed only in streams, lakes, waterfalls and puddles in order to appreciate the gift of water. (Much like the Italian WWOOFER who stayed with me, who hadn't washed in fifty-two days because... well, I'm not sure why.)

Some inspiring books have been written, like *The 100 Mile Diet* by Alisa Smith, or nature writer Barbara Kingsolver's *Animal, Vegetable, Miracle*, about the philosophical and practical journeys of limiting consumption to the local and ethical. The point is, we do not limit our consumption unless we have an ethical compulsion to do so, or a practical necessity for it. Without information, we will not take the ethical approach, and in the meantime, the race is on to avoid the cold rude shock of a planet pushed beyond limits.

I've changed now. I bought a pair of shoes. And although you'll never find hypoallergenic double-ply in my house, if you do the noble thing and give up plastics, I promise to shout you a local organic cider and home-killed steak.

# Pyjamarama all day

by Elissa Henderson

On 12th June we held a Pyjama Party Day at the Nimbin Early Learning Centre.

All the children and educators wore their pyjamas to school for the day.

We had a great day raising funds and awareness for the Asthma Foundation.

We would like to thank the Nimbin community for all their support in helping us raise money for the organisation. Together we raised over \$70!



Allira and Malika are friends at Nimbin Preschool. Their friendship has been the criterion upon which we have made a decision to bring them together in their own painting team. Both children have different competencies and ways of working that really assist in creating a strong link between them. This is what we value so much about Allira and Malika – the fact that their differences prompt and motivate each other to try new things, and that they share a common curiosity that fosters a rich exchange when they come together. From



## Friendship

this basis we have encouraged their explorations in painting and drawing

and marvelled at their open exchange of ideas which forms a social co-construction. Allira and Malika have been drawing their family and painting these figures within a larger landscape. The choice of subject matter and visual art media has been a choice of both children. In the photographic example, Allira and Malika share a canvas. They begin the process of collaboration within the framework of the image they are creating. Their collaboration involves reciprocal motivating forces that result in a shared competency and security with each other.

# Artful actions at Tuntable Falls preschool

by Richard Finch

Our preschool has been invited to participate in an exhibition at the Lismore Regional Gallery called 'Protest Songs: Artful Actions'.

The children were asked, "What would you do to make the world a better place for us all to live in?" They then illustrated their thoughts, using oil pastels and watercolour. For some of our younger children, we had to slightly modify the question to make it more approachable.

Here are some of their thoughts:

"I would like to come to preschool everyday": Kaia, aged 4.

"I would like there to be more superheros in the world": Archer, aged 3.

"I would plant more trees and flowers": Honeymoon, aged 4.

"I would find more bees – especially the Queen bees": Arcana, aged 4.

"It would be good if there were more boats": Billy, aged 3.

"I would eat cake at birthday parties every day": Savannah, aged 4.

Our artwork will be displayed in



the front window space of the Lismore Regional Gallery from 19th July to 7th September, and will be well worth a look.

# Rainbow Ridge Steiner school

Our Class 6 students have entered their poems in the MacKeller Poetry Competition. Here are two examples of their work.

## THE MYSTERY QUEST

I was riding a stallion  
His mane shining.  
Whilst flying through the air.  
You could almost see things  
If it wasn't for the lack of care.  
We were travelling the distance  
To a faraway land  
Where a mystery was hidden  
In the palm of one's hand.  
So where do I go, why do I roam?  
My heart and head always calls  
Me back home.  
by Kundi

## LAST NIGHT...

The howl of the wind was in the treetops high  
And the rain was bucketing down  
The thunder shook the ground beneath me  
But still I did not flee.  
The world was chaos, I could not see  
My face was streaked with tears  
But still I did not flee.  
My dress was unweaving My hair was matted too  
My feet were scratched and Bleeding but still I did not flee  
The world spun before my eyes  
As my knees sunk to the ground  
And as I fell onto my back I closed my eyes and sighed  
I woke on my bed Pillow under my head  
My hair felt like silk Feet soft as milk  
That's when I got it When I understood  
What really happened  
Out in the wood  
by Arky

# In conversation at Cawongla

by Leanne Logan

Jada's grandfather died recently. He had been sick for a long time. Even though most of us at Cawongla Preschool had never met Jada's "Oompa", his passing touched our lives.

Suddenly death was something the children needed to explore... often ... through roleplay... in their own way. After several days of watching children lying still on the softfall mat, while others stated, "They're dead," I asked, "What does it mean to be dead?" "I don't know," one boy said, though a few minutes earlier he had explained how "weapons shoot out bullets and people die."

"To be dead means to be in heaven and be a ghost," another boy stated. "What's a ghost?" I inquired.

"Oh, just something that floats around," he replied.

One girl lay on the softfall mat and said, "To be dead means you lie down – like this – but that's just pretend dead."

"To be dead means you never wake up," Jada explained in her soft voice.

"Do you know anyone who has died?" I asked the group.

Lots of children shook their heads. Then one child said: "Yes, Russel our dog died - he was bitten by some dogs."

"Oompa died," Jada said.

"How did you feel when he died?" "Sad," she said, "and Quinney cried a lot."

"Does he still cry?" "No, not any more."

"Are you still sad?" Jada thought for a little while then stated: "No."



And so another week passed at Cawongla Preschool. There was no more role playing of death. But then one day one of the children called me over, concerned because Jada was crying. "Are you okay," I asked. "I'm sad," Jada said. "What's made you sad?" "Oompa," she replied in her little voice. And so our community of inquiry cycled on... "What does it mean to be sad?" I asked, as Jada held my hand and dried her tears.

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# NIMBIN BOWLO

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- **Sunday 6th** – Rhythm Shift band, 1pm
- **Saturday 19th** – Annual General Meeting, 10am
- **Sunday 27th** – Club Visit: Woodburn/Coraki
- **Fridays** – Raffles, \$15 Buffet, Music with Jazz Duo
- **Open Mike Nights** – Wednesdays: 9th and 23rd
- **Trivia Night** – Saturday 12th
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## Anti-Social Media

The world according to Magenta Appel-Pye

Nowadays we Google to access information, but is it the best information? And have we the time to question it?

Acolytes have become experts on everything. Anyone with good computing skills can get their point across, but is their point the most informed? Have you ever checked out something and found the information is completely incorrect? My husband googled himself and found out he was dead!

Then there's social media. I understand the voyeuristic component, and the appeal to our desire to be 'liked' and by implication, loved, but there should be an option of 'boring, don't give a shit'.

My niece boasts over 2,000 Facebook friends. I prefer quality over quantity any day.

Maybe the word 'friend' needs to be re-defined or at least remembered. True friendships are forged by spending quality time together and being there for each other in good and bad times. Real friends also tell you, privately, what they dislike about you.

I fear all that time spent in the 2D world means she



has been dimensionally dumbed down. How often are young people today fully immersed in the here and now, without the distraction of their mobile phone calling them every time someone farts? LOL.

I tried social media. I was disappointed when so-called 'friends', people who I read what they had for breakfast, passed me on the street without even a 'hello'.

Maybe they didn't recognise me. My Facebook photo doesn't really look like me. Without make-up, some Facebook friends see me and say, "Fuck, what happened to you?"

After too many lost hours, I stopped social media and reclaimed my precious leisure time doing what really gives me joy and makes my heart sing – playing the piano.

How old-fashioned and anti-social of me.



## Five grand? It could be verse

This is the 12th year of the annual Nimbin Performance Poetry World Cup.

Poets have eight minutes to impress the judges and audience with one or more original poems in a contest of poetry and performance.

A \$2000 first prize is offered this year, with The People's Choice (this year sponsored by the Nimbin Community School), a \$300 prize for the finalists as well as several encouragement awards during the heats – a total of \$5000 in prize money.

The Cup is held in the Nimbin School of Arts, with heats running from 10am, Saturday 2nd August (where The People's Choice Award is judged), and the Semi-Finals from 12pm on Sunday 3rd August.

The Grand Final is held on the Sunday evening, featuring eight finalists vying for the big shiny Poetry World Cup – and that \$2000 prize.

This event has become a major fixture on the regional calendar, drawing contestants



and audiences from all over Australia.

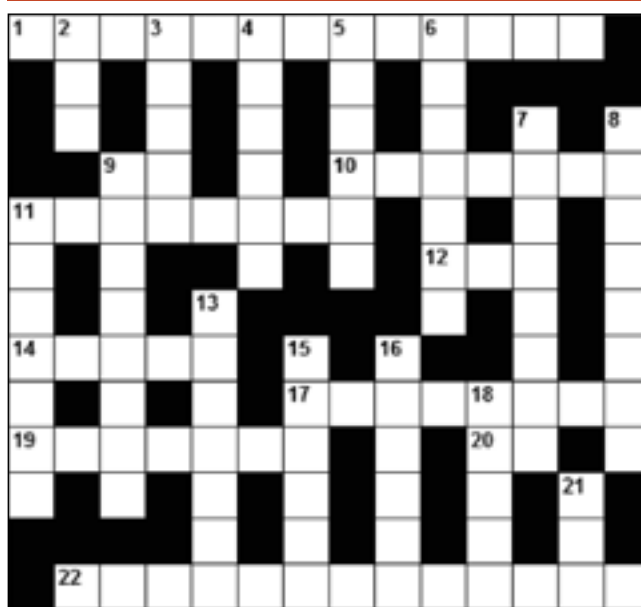
Nimbin is a small village with a huge heart, and without community support this event would not happen. Each year the number of performers arriving in the village for this event grows.

The Nimbin Poetry Crew are looking forward to playing host to the many Performance Poets returning, and new poets are always welcome.

This weekend event has food and light refreshments available on the Veranda Café. Grand final tickets \$15/10, other events free.

## Nimbin Crossword

2014-7  
by Synic



### Across

1. Ready to return to society
9. We
10. \_\_\_\_\_, we have a problem
11. Send down? String of words
12. With the maiden name
14. Open country (Africa)
17. Taken into custody
19. European stinging plant
20. Switzerland (init.)
22. Prophylactic

### Down

2. Deciduous tree. Almost wiped out by disease in Europe
3. Sell grazing rights

4. Turning over? Bludging
5. Irritations
6. Falls
7. Power
8. Machines in the shape of men
9. Hooved animals
11. Citizen of Northern Yugoslavian successor state
13. Hairdresser?
15. Dashboard? Supports gutters
16. Fold
18. Perfume
21. Persea americana

Solution: Page 31

## trivia

Devised by Nimbin Bowlo's Quizmaster, Marty

Trivia has returned to the Nimbin Bowlo monthly.  
Next Trivia Night is Saturday 12th July, 6.30pm

### Questions

1. What is the capital of Zimbabwe?
2. Where would you find a derailleur gear system?
3. What flower has the species Somniferum and Californica?
4. Who said, "I can resist anything except temptation"?
5. What does the acronym BAFTA stand for?
6. In which state or territory is Corio Bay.
7. What is measured in Hertz?
8. What star sign are you if you were born on 16th January?
9. What is the hardest natural substance?
10. What nationality was Sigmund Freud?

1. Harare. Not a bad place until Magabwé went mad.
2. On a push bike. Personally I want nothing to do with any form of transport with the word "push" in its name.
3. Poppies. Another example of nature's bounty.
4. Oscar Wilde. Lady Windemere's Fan.
5. British Academy of Film and Television Arts.
6. Victoria. It gave its name to brand of whisky probably now defunct and deservedly so.
7. Frequency.
8. Capricorn. People born under this sign should beware of unicorn stampedes during July.
9. Diamond. A variation of coal, if you'll pardon me mentioning the unmentionable.
10. He was Austrian.

### Answers

# YOUR CHAKRAS AND YOUR HEALTH. PART 3.

by Zuela Christie

## Heart Chakra

Element: Air. Astrological Triad: Gemini (shoulders) – Libra (kidneys) – Aquarius (ankles). Ruling planet: Venus.

Affirmation: I am loving and compassionate. Brings the right to love and be loved.

Self Development: Intimacy in personal relationships. Transcending duality (right-wrong; good-bad); going beyond separation to unity with all mankind. Unconditional love.

Emotions: In balance, it gives rise to love, compassion and understanding. Out of balance and in excess, it gives rise to blame, rejection, judgement, criticism and hate. Depleted, it gives rise to shame, low self-esteem, rejection and self-hatred, loneliness and alienation.

Physically governs: Chest cavity (sternum, ribs, diaphragm, clavicle and scapula). Body systems – Cardio-vascular (heart, arteries, veins, capillaries, blood). Lymphatic (lymph vessels and nodes, spleen, tonsils, adenoids). Respiratory (lungs, bronchi and trachea). Nervous (central, sympathetic and parasympathetic). Thymus gland. Brachial and

cardiac nerve plexus.

Stressors: Mental / Emotional abuse and neglect. Judgement and conditional love. Expressions of love rejected or inhibited.

Malfunctions: Physically - Heart and lung problems, high blood pressure, anaemia, breast cancer, pneumonia, bronchitis, asthma, heart spasms/failure, allergies, immune disorders. Emotionally – Depression, co-dependency, loneliness, shut down feelings. Body, mind and spirit split. Mentally – Opinionated, judgmental, heartless. Behaviourally – Dysfunctional relationships. Cult-like involvement.

The heart chakra governs the air element and as such it gives rise to all movement in the body. This is seen in the breath of the lungs; the beat of the heart, the peristalsis of the gut, the cerebro-spinal pulse of the nervous system, the flexibility of the joints, the thoughts of the mind, and the way we walk, talk and move our arms, etc.

Movement is necessary for any form of manifestation. It is the power of love which makes things happen. Love brings order into chaos as lawful intelligence and the breath of

Life. When the mind operates from the heart, it functions in tune with the life force and is truthful and joyful. Without the influence of the heart, the mind operates in ignorance.

Without movement, emotional debris can easily gather and crystallise, blocking the free flow of love – and ego, mind and body can easily stagnate and distort. When the innocence of the heart is lost through neglect, abuse or disappointment; mental rigidity and emotional armouring replace spontaneity and freedom. Instead of the mind receiving inspiration from the heart, it generates messages of fear. The heart closes down to protect itself, and loneliness and isolation follow. The energy is caught up in the head, the mind becomes overactive and sleeping difficulties will arise.

The heart is pivotal to physical, mental, emotional and spiritual health. It governs the supply of life force throughout the entire body. For spiritual fulfilment, Love must flow back to its Source and reunite with itself.

If the mind is unable to come to terms with a hurt, it may well make certain life statements in an attempt to make sense out of its confusion. This often occurs in the undeveloped, immature

mind of the child (the wounded child). Basic life statements like 'I always mess everything up' or 'Women always let me down' or 'You can't trust anyone' etc, etc.

These life statements set an attitude of perception and are reinforced by successive hurts; becoming part of the subconscious mind and attracting similar experiences repeatedly. They start off as defence mechanisms and become our own prisons, no longer serving us, but trapping us instead and the hurts within. They need to be re-examined and released as adults, as they are self-sabotaging and keep negative emotions locked in the body, constricting the normal flow of energy and most essentially, the flow of love through our Heart Centre. Its task is to release old hurts – forgive and let go.

A healthy Heart Chakra gives rise to unconditional loving, fulfilled relationships and service to mankind.

*Zuela Christie is a Polarity Energy Balancer, who can facilitate this process of releasing blockages to the free flow of energy – restoring health on every level and the whole system to its natural self-healing potential.*

*Zuela can be contacted on 0429-501-387.*

## ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

### July

Since the winter solstice (June 21) the Sun has travelled through the water sign Cancer. The archetype of Cancer symbolises our earliest roots, our patterns of belonging and ancestral lineage as well as the flow of emotions and the capacity to feel and care for others. Domestic stability and material security is highly essential. Cancer signifies the receptive and sustaining powers of the feminine, the 'Great Mother' who brings forth, supports and protects life. Most people born under this sign have deep attachments to their family/mother and are loyal to the values of the past. They love the preservation of family bonds but 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 Cancerians love cooking and good food.

During July 3-10 the Cancer Sun interacts with the current Uranus-Pluto square, activating its stressful influences once more. This alignment is the most significant planetary constellation of the decade (2010-2016) and presents a turning point in terms of how societies are organised and run. Institutional control (Pluto in Capricorn) goes against individual freedom (Uranus in Aries). All over the world people have been standing up, battling the injustices of wrongful use of power, causing the crumbling of established structures of authority. On a personal level the liberating frequency of Uranus in Aries has challenged us into letting go of old attachments and insecurities for the sake of transformational and radical change. The Full Moon in Capricorn opposing the Cancer Sun (July 12) highlights the tension between our need for safety and protection (Cancer) against the transformational pull of accountability and self-empowerment (Capricorn). Collectively and personally we have been experiencing revolutionising times, often without the comfort of real solutions. We know that our problems will not go away unless we courageously search for new ways and radically innovate our lives. The good news is that Jupiter, the planet signifying growth, wisdom and truth, exits Cancer and enters the fiery sign Leo on July 17. The focus shifts from an emphasis on emotional attachments to creative self-expression. Individual fulfilment will be a central theme until August 2015,



when Jupiter moves on to practical and diligent Virgo. Jupiter in Leo stimulates generosity, self-reliance and leadership. On the positive it can activate our heart energy with warmth and courage; on the negative it can boost pride and egotistical behaviour. We might feel inspired to search for a fresh set of values and give birth to new dreams.

Saturn, known as the hard taskmaster of reality, moves direct on July 21 after 4 months in retrograde motion. We can now start reaping the harvest of projects and developments that originated last November/December and then were put on hold for revision early March. Success or failure will entirely depend on the original seed that was planted back then and nurtured over the last 7-8 months. Taking on responsibility for whatever did not work will be as important as receiving the credits for accomplishments. Saturn pushes us towards taking account before we can move to the next level. Mars, the warrior planet, enters its own sign Scorpio on July 27 after a very long journey through Libra, the sign most concerned with trying to work out a balance based on the principles of fairness and justice. Those of us who have been dealing with difficult partnership issues during this Mars in Libra phase might now experience a 'tipping point'. When Mars enters strong-willed Scorpio, a new way of working through problem areas will be necessary. Mars in Libra is diplomatic; Mars in Scorpio is intense, cuts through indecisiveness and does not fear pain or punishment. Conflicting relationships, or for that matter any warring alliances are urged to transform into a new, more truthful form or they could end with a bang!

Another difficult constellation of the month is a stressful pattern (inconjunct) between Saturn and Uranus creating tension between established authorities and groups of people who want to break free from imposed restrictions (active until mid August). Uranus moves retrograde July 22 (until December 20) indicating that innovative ideas will be under review for the next 5 months. The New Moon in Leo (July 27) is conjoined the 'big picture' planet Jupiter, and promises excitement, expansion and also lots of good times.

*For Personal Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com  
Webpage: <http://nimbin-starloom.com.au>  
Weekly astrology classes at the Lillifield Community Centre: Wednesday mornings 10am-1pm, starting on 23rd July.  
Please contact Tina for further information.*

### Aries

The entry of Jupiter into Leo can be very beneficial especially in regards to your self-expression and creative abilities. Art projects are especially favoured now. What could hold you back might be a lack of financial/emotional support from others and your resentment about it. Your best option is to free yourself of doubts and move forward.

### Taurus

Jupiter's entry into Leo might inspire you to expand your home and home life, spending more time with family and loved ones. Be aware, however, that it might at times be difficult for you to relate because others seem to frustrate your intentions. A new balance has to be found in your relationships before you can enjoy the full potential of the Jupiter transit.

### Gemini

Jupiter's entry into Leo will bring lots of new ideas and kindle your inventiveness. There might be opportunities for travel as well. To take full advantage of this transit you might have to perfect your skills. Changes to your daily routine might open the space for the realisation of new objectives.

### Cancer

Jupiter's entry into Leo promises growth in regards to finances and possessions. You also could be ready for a new set of values. However, to make full use of this transit you first have to work on any blockages to your creativity. If you have been searching for a major shift over the last years, now is the time to act!

### Leo

This must be a great time to be a Leo! A 12 months Jupiter in Leo transit will fuel your desire for self-projection and creative expression, besides bringing new opportunities for growth and expansion. You will find that you can consciously work through old blockages caused by too much investment in a particular form or self-image.

### Virgo

Emotional and spiritual goals gain prominence now while Jupiter journeys through Leo. This 12 month transit is best used for recharging your batteries. Old projects need to be completed before the preparation and application of new ones. It is a time of reflection to seek meaning from within

### Libra

Jupiter's entry into Leo promises you lots of good connections and a flourishing social circle of mutually beneficial friends; especially humanitarian groups could feature strongly in your life over the next 12 months. Nevertheless, it will be helpful to approach self-limiting attitudes regarding soul nourishment and support.

### Scorpio

During Jupiter's journey through Leo your life becomes more purposeful as you approach your goals with increased confidence and optimism. This will bring some relief from periods of insecurity and high demands put onto you by the outside world. However, remain realistic in regards to your true strengths and capabilities.

### Sagittarius

Jupiter's entry into Leo will expand your quest for knowledge and search for the meaning of your life. It is a great time to embrace new concepts may it be through either studies, teaching or travel. It is important to spend time on self-contemplation because familiar boundaries have been dissolved and a new way of seeing the world has unfolded.

### Capricorn

During Jupiter's journey through Leo (until August 2015) your interest in spiritual, non-linear knowledge might be increased. It is a great moment in time to conduct your own research and heal or transform afflicted aspects of yourself as you gain new insights about your deepest values.

### Aquarius

Jupiter's transit through Leo could bring great opportunities through cooperation with others during the next 12 months. New partnerships (business and personal) might offer support for your projects and help with manifesting your purpose. The challenge is to remain open for other people's input while being clear about own goals and motivations.

### Pisces

Jupiter's transit through Leo signifies an important time for self-healing and self-development. This can be a great transit for strengthening your health through diet, change of 'bad' habits and physical activities. The challenge is to get your life aligned with a higher ideal and thus maintain a 'whole picture' view.