

# Natural Law

by Helene Collard

This month, I sense a great convergence occurring – meaning we will feel and see certain things gravitate toward each other. It can also be described as a meeting or gathering of entities that already knew each other, however this time, the union will occur on a new level. Be assured that whatever arises out of this convergence is ‘meant to be’ – even if you need to do or say things that feel significantly challenging.

The natural rhythm of life, death and rebirth is a ‘greater force’ that is forever pulsing, and for us to remain in-tune with that, we must pulse together with it. That means when greater forces indicate something wants to end (e.g. a relationship, addiction, project, agreement etc), we must create the space for it to end, and conversely, when greater forces indicate something wants to birth or begin, we must support it to grow and come to life. The longer we resist ‘greater forces’ the more disruption we experience in our lives and the more depressed and tired we feel. So tune-in to the greater forces and act accordingly.

September is also a month about passion – red, hot, fire, passion. What gets you excited on the inside? What causes you to ‘light up’? What really motivates you? Find your passion and unleash your energy to embrace and enjoy it fully. This is about focus and commitment to what you love – give it the respect it deserves. Make it safe for you to explore your passion, uninhibited. Surprisingly, this will be a huge step for some, because they have learnt somewhere along the way to value someone else’s passion, rather than their own. This denial of one’s passion can be soul destroying, so it can be life-changing and hugely liberating to finally embrace. Whatever your circumstance and whatever your stage of life, commit to your passion. Unleash, embrace and enjoy!

My parting words for September relate to your thoughts and decisions. Think things through carefully and then be firm in your decisions. Procrastinating, or waiting for others to decide for you, could cost you – financially or otherwise. Also, be mindful of your thoughts, as negative thinking can invite dark clouds, whereas positive thoughts invite brighter, lighter days.



*“I am self-sovereign, as are you. I acknowledge the ancestors, mine and yours, past and present. You are all my relations. All is One.”*

Helene Collard has a Bachelor of Trauma & Healing (SCU). Through workshops and presentations she supports human services organisations and employees, in the area of Secondary Trauma and Self-care. Helene is also a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore.

## Good grief!

“Good grief!” is something characters say mainly in cartoons and comic books... especially in the Peanuts series. Grief is about mourning a loss in your life. I’m not all that sure what’s so good about it!

When somebody leaves you, especially after many years of being together, when somebody you love dies, when you say goodbye to someone you know you may never see again, a pet dies, your house burns down, you lose something precious or it gets stolen ... you feel grief. Pain of loss. A special piece of your life goes missing.

You know what I’m saying. Let’s face it... this is what it’s all about!

All my life I have had a morbid fear of being alone, lonely, excluded, rejected. I love families, tribes, markets, festivals, marches, protests... gatherings of any sort. The Royal Show, carnivals, theatres, stadiums (stadia for the Latin scholars)... you name it... if there’s a mob present, I feel okay. When it’s over and I’m back on my Todd Malone... I’m ratshit yet again!

The Maoris refer to us white guys as “Pakeha”... Man with no Tribe. True enough in today’s world, but it wasn’t always so. Like many Australians (Americans too) my not-too-distant ancestors were dragged from their Tribal environment or extended families as prisoners in chains or forced to flee as refugees... from famine, war, persecution and oppression. We’re not Pakeha by choice. We were brutally detribalised and forced to start again “every-man-for-himself” in strange lands where the very tribes who

### Mookxamitosis

by Brendan (Mookx) Hanley

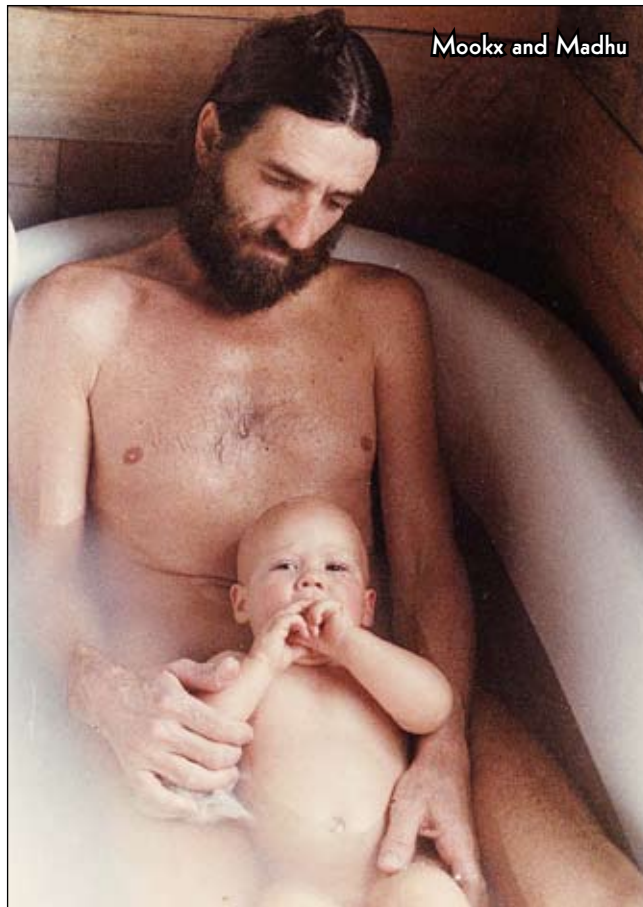
lived there were getting the same treatment from the same Colonial source.

No wonder I’m such a wimp! No wonder I die in the arse at the very thought of having to spend a few days alone with no-one else to talk to... or not even seeing another soul for several days at a time. It triggers my deep disconnection from tribe and family.

When your kids grow up and start leaving home it impacts big time. I’m currently looking forward to a re-union with my youngest son Madhu (see photo) who has been living in the mostly sub-zero snow-lands of Saskatchewan Canada for the past six years and whom I have sorely missed. My other kids are wherever they are... Nimbin, Sydney, Perth... my surviving brother in Canada also... the only living relo from my natal family. So it goes with all of us. It’s a continuous game of attachment and loss. You bond, grow used to the relationship... then life comes along and separates you... often for good!

As we grow up, first a friend or two may die, or go away never to be seen again. Grandparents go early of course, an uncle or aunt, a cousin, brother or sister. Then your parents go one by one. Its a whittling down process... now you see ‘em... now you don’t!

My old man used to say, “The older you get, the more dead people you know!” I remember him musing into his beer one evening about how many friends’ funerals he had attended in the current year. I have found myself in the



same situation a lot lately. It seems the only time I get to see many of my dear friends and contemporaries is when one of us has just karked it!

Then recently I found myself lying in a hospital bed in near-terminal condition, surrounded by a flurry of concerned nurses and attendants frantically applying procedures to keep me alive... then on the operating table facing the dreaded general anaesthetic... and later in a post-op room with nurses doggedly trying to get me to breathe for an hour and a half to stay alive... while my best friend and daughter sat patiently upstairs next to my bed awaiting my return... totally oblivious to the life and death drama taking place a couple of floors below.

The thing I realised most of all out of these experiences was

that in the long run... you’re on your own anyway. So make the best of time with family and beloved friends, because you dunno how long they’ll be around... and also when it’s all said and done... when you’re knocking on Heaven’s door, or staring the Grim Reaper in the face... there’s just you anyway!

## Crossword Solution

From Page 26



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# Plant of the month

## Cunjevoi *Alocasia brisbanensis*

by Richard Burer

Cunjevoi is a large clumping herb, native to the area. Its leaves are spade-like, green and up to about 70mm long, on the end of thick fleshy stems where they form on clumps to about 1.5m.

The leaves and stems are toxic if eaten, however Cunjevoi is a powerful medicine plant, with one of its actions to be able to relieve the pain from the stings of the Stinging tree, which often grows together with this rainforest herb.

Cunjevoi is a great plant for the wetter areas within your conservation zone. Cunjevoi can easily be propagated by



collecting the fresh red seed (with gloves) from this plant.

Pictured is a close-up of this attractive flower.



### Heywire competition brings youth ideas to life

The ABC's Heywire competition is calling for stories by Year 10, 11 and 12 students from rural and regional Australia.

Entrants should submit a story about an aspect of their life in their neck of the woods, in any format: text, video,

audio or photos. Entries close on Tuesday, 16th September.

Selected Heywire stories are played throughout the ABC network – on regional and metropolitan ABC Local Radio stations, and nationally on Triple J, Radio National, ABC-TV and via ABC online. Winners score an all-expenses-paid trip to the

Heywire Regional Youth Summit in Canberra, where the 30+ participants work together in groups to develop ideas to make positive change in their communities, and the ideas you develop can make an impact.

Last year seven projects shared in the \$100,000 funding from the Foundation for Rural and Regional Renewal and are making life better for young people all over regional Australia.

Regardless whether you are named a Heywire winner or not, the competition allows for young people to share their stories and express their concerns to a wide audience, including their members of parliament.

To enter, go to: [www.abc.net.au/heywire/competition](http://www.abc.net.au/heywire/competition)

# Koala Kolumn



by Lorraine Vass

Last year Chlamydia accounted for about half of the koala mortalities recorded by Friends of the Koala. The disease continues to be a major threat to long-term koala survival in our part of the world. In some areas the chances of population stability is primarily dependent on a significant reduction in disease mortality.

Chlamydia causes infection of the eyes which leads to kerato-conjunctivitis and blindness if left untreated; urinary infection which results in cystitis; and the development of cysts in the female reproductive organs. Chronic chlamydial disease causes sterility in female koalas. It can lower population fecundity and negatively impact population growth.

Koalas displaying mild symptoms are often successfully treated by administering antibiotics. Unfortunately antibiotics are not an effective treatment option for severe chlamydial disease. A safe and effective vaccine appears to be the only viable option.

Developing a vaccine for koalas has been underway for six or seven years now. Until the beginning of this year, the research team, led by Professor Peter Timms, worked out of Queensland University of Technology's Institute of Health and Biomedical Innovation. This year most of the team followed him to the University of the Sunshine Coast.

To date trials have mostly been conducted

on captive koalas in various koala sanctuaries and hospitals in Queensland. Happily the vaccine has proven to be safe to use. A couple of extensive field trials involving koalas in the wild on the Gold Coast and in the Moreton Bay area are well underway. Those results so far are also "promising".

Moving from reactive management of Chlamydia to a preventative approach will, we trust, provide a much brighter future for koalas in northern NSW and Queensland, acknowledged to have the highest levels of chlamydial infection and disease.

Friends of the Koala's involvement has recently become a concrete proposal. Our first koala, Cato, was admitted to the program towards the end of August. A four year old male, Cato was brought in from Fawcett's Plains Road north of Kyogle with mild bilateral conjunctivitis. Eventually 20 suitable koalas will be recruited from the animals that come under our care. 10 will receive the vaccine and 10 will receive the current antibiotic treatment regime as a control. Our vet, Ray Austin of Lismore's Keen Street Veterinary Clinic who has been briefed by members of the research team, will collect samples and monitor the disease progression. Assuming the outcomes are therapeutic the next step will be to assess the vaccine in koalas with reproductive disease.

That's this month's really good news. Ballina's koalas and the Pacific Highway Upgrade, while not quite so exciting, is still hanging in. The Federal Minister for the Environment, Greg Hunt announced his approval of the Upgrade on 15 August. His decision didn't give us the degree of certainty we were hoping for, i.e. it fell short of re-routing Section 10 away from the important



Dr Ray Austin, from Keen Street Veterinary Clinic in Lismore, giving Cato his vaccination shot. Monthly samples taken over the 12-week trial will plot the vaccine's effectiveness.

koala population. However, he has put the onus back on Roads and Maritime Services (RMS) to demonstrate that the impacts on the long-term viability of the koala population of the NSW-approved route will be acceptable.

Minister Hunt has ruled that Section 10 cannot be commenced until he has approved the Ballina Koala Plan which RMS must develop in addition to the Koala Management Plan(s) required under the NSW approval conditions. The Koala Management Plan for Section 10 must be consistent with the Ballina Koala Plan and can only be submitted to the Minister for approval after he has approved the

Ballina Koala Plan. Sounds just a little plan crazy? You bet! I suspect there are a few at RMS already scratching their heads.

The Minister's media release remarked on his careful consideration of the population viability modelling submitted by Dr Steve Phillips and the findings of the earlier Ballina Shire koala habitat study which he delivered to Ballina Council in late 2013. Clearly the population modelling made a deep impression. Peer-reviewed modelling over a time period of no less than 50 years will be a requirement for every proposed avoidance or mitigation measure RMS comes up with for the current proposed route.

Minister Hunt also acknowledged the high level of public interest in the plight of the koala population which could well be extinct by 2035 if the route proceeds in its current form. Over 50,000 people, most within Australia, responded to IFAW's various calls for action making Ballina's koalas a high-profile test-case for the Environment Protection and Biodiversity Conservation Act.

The work needed to Save Ballina's Koalas is far from over. The focus will now move back to NSW and next year's elections. For more information, visit and "Like" Save Ballina's Koalas on Facebook.

Until next time, happy koala spotting.

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 24/7 Office of Environment and Heritage Enviro Line: 131-555. For information about koalas, their food trees and how you can assist koala conservation, visit: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email: [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone 6622-1233. Follow us on Facebook.

## NIMBIN ENVIRONMENT CENTRE NEWS

by Philippe Dupuy

Nimbin and Casino Environment Centres have a little sister, the Lismore Environment Centre, situated at the kiosk in the Lismore Transit Centre at 115 Molesworth Street, and what an ideal space!

The centre itself is quite small, but is surrounded by a large brick area, some of it under cover. Everyone from public transport users, visitors and the existing small businesses are excited at the prospect of seeing a prime spot of the CBD reinvigorated with new energy and vitality.

The benefit of having an environment centre in such a visible space is limitless. Besides giving basic help on public transport information, which has allowed the centre to already identify a number of issues that

could greatly assist the Council and other social service providers, the centre hopes to help the environmentally conscious to discuss their plan of action with others in the friendly atmosphere of its surroundings.

I think that it is important to understand that the environment is not only about trees and little critters, but also about us humans. There is no separation. We are one with nature. Like all creatures we are made of earth and we return back to earth. A healthy environment means a healthy human population.

So the centre has plans to use the wide brick zone for activities such as TaiChi in the mornings, art and craft, information days about endangered species, living sustainably, the history of Terania, gas and coal mining, rainforests, weeds, the impact of herbicide and pesticide, fluoride, music and film nights (if



Sue Grainger and Philippe Dupuy at Lismore Environment Centre

approved) and the list goes on.

Of course, the expertise for such a diverse range of topics will come from the many experts who have dedicated long hours of their lives honing their knowledge and skills. We are yet to approach some of them, and I hope that many of these elders will be knocking at our door ready to help.

We also hope to be actively involved with other environmental groups such as Lismore Sustainability Forum, the Community Garden and Chemical Free Landcare Groups.

Our continuous daily presence in the CBD is of paramount importance, as it will help



Visitors to the outdoor area

keep issues alive and energised. We need to unite to safeguard our rights for justice and equity for all. To maintain this we need the community to engage with us. There are many ways: you can volunteer, help us financially by buying your gifts and special need items from our shop, or make a regular contribution, as little as \$10 a month.

If you have the required knowledge and skills, you can assist on information days or with special needs such as computer requirements. In any case, come down for a chat and tell us about your concerns, you will most likely find like-minded people.

# A sunflower by any other name

by Triny Roe

Despite its common name of Japanese Sunflower, *Tithonia diversifolia* is not actually a native of that country. Instead it hails from Mexico and Central America where it is also known as Mexican Sunflower or Tree Marigold.



Another highly successful emigrant from this region it is now found in Asia, Africa, India, USA, Pacific Islands, the Philippines and Australia. In Australia it is naturalised in coastal regions of Queensland and Northern NSW, where it is considered an environmental weed.

An aggressive coloniser, *T. diversifolia* is another plant that has found its way onto the Global Invasive Species Database (GISD 2008). Growing rapidly to 3 metres or more, hardy and moderately drought tolerant, preferring rainfall between 1000 – 2000 mm/year, it is happy in a wide range of soil types. *T. diversifolia* is found across tropical, subtropical and warmer temperate zones. It can be a perennial or an annual depending on the climate.

This shrub forms dense thickets, readily taking over in disturbed areas, on creek banks, roadsides and embankments. It is

also recorded as a weed of agricultural land and native vegetation where it can adversely affect biodiversity.

Once prized for its ornamental qualities, *T. diversifolia* has large daisy like yellow-orange flowers 10cm across which display for most of the year. The grey-green leaves are covered in fine hairs and have serrated margins. Large quantities of small light (4-8mm) awned seed are produced. These can be distributed via wind, water, vehicles, animals and people. Dumping of garden waste can also contribute to the spread of this species.

Like many other readily naturalising and persistent species, *T. diversifolia* has a host of beneficial uses. In Mexico it is an important medicinal herb and is used to treat fractures, bruises and sprains. When introduced into Asia *T. diversifolia* was quickly

incorporated into Chinese medicine. It is used to treat liver and urinary conditions, high blood pressure, night sweats and other conditions.

Research has shown leaf extracts to have anti-inflammatory and diuretic effects as well as reducing pain. Like many other plants in the Asteraceae family, *T. diversifolia* contains sesquiterpene lactones. These compounds have well recognised therapeutic actions such as anti-inflammatory, anti-microbial, anti-viral and anti-cancer. In Nigeria plant extracts have demonstrated insecticidal activity and shown to be effective in reducing weevil infestation in stored cowpeas.

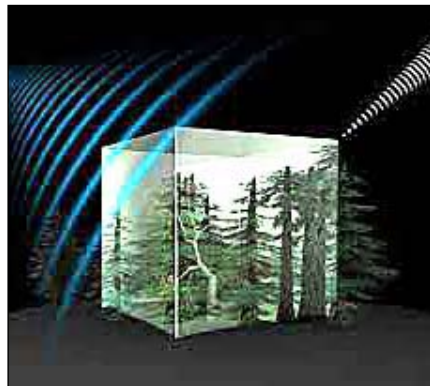
This plant is also nutritious and can be used as fodder for cattle, chickens and other stock. The leaves, flowers and green branches contain excellent levels of nitrogen,

potassium and phosphorus. The woody stems can be used as fuel.

Marginal crop land in Africa has shown improvement using *T. diversifolia* as a green mulch fertiliser. The levels of P, N, K are higher than that of cow manure. Crop yields can be significantly increased through the addition of plant material from one to five tons/hectare. It breaks down quickly releasing its nutrients into the soil.

It is, however, a labour-intensive process and only worth it for higher value crops such as vegetables. The mulch crop can be grown on the field margins, creating hedges, while ensuring maximum productive land. Harvesting offsite from readily available populations along roadsides and on wastelands is more economic. In lower rainfall regions *T. diversifolia* does not achieve the same results, as it does not create enough biomass to be sustainable.

If removal of this plant is required, roots can be dug out in small infestations. Simply slashing will see it re-shoot from the stems. As with all weeds, early detection, identification, prevention of seeding and prompt removal will minimise your workload.  
**Happy Weeding**



by Geoff Dawe

A reason for retaining pruned existing biomass and fitting fruit plants within it, is that nature "learnt" through natural selection, the means of overcoming the rapid leaching of nutrient with sub-tropical rain, was to retain 60% to 70% of fertility in the biomass rather than the soil.

Sub-tropical regions are areas of rapid rot and rust. Sub-tropical rainforest, unlike vegetation in temperate areas exists on relatively thin topsoil because rainforest's existence is more dependent on recycling the fertility found in biomass than on becoming dependent on it only from the soil. High sun and moisture conditions degrade ground litter rapidly for its up-take by plants and the retention of its nutrient in wood and leaves.

The retention of biomass in sub-tropical areas is a first step in duplicating the process of rainforest. The issue of competitiveness for nutrients and water from non-producing vegetation other than productive fruiting plants requires a closer view.

The idea of competitiveness in nature is based in restricted perception. The carnivore that eats a herbivore appears to be engaged in competition with herbivores for life, but the long term view reveals that carnivores are necessary to

## Retaining biomass

balance populations of herbivores so the latter won't eat and breed themselves out of house and home. In terms of the long view, herbivore and carnivore are engaged in a co-operation that aids the whole.

A similar case can be made for plants. The short-term view reveals they are in competition for nutrients and water. However, the long view is that plants return more organic matter to soil than they use in their life cycles. Each plant is a net producer of organic matter engaged in provisioning all life, not just itself. So no plant in the long-term, in respect of soil, is a competitor with any other.

The removal of weeds as a response to short-term competition therefore does not in itself aid agricultural sustainability. The practicalities of farming is that potential short-term competition at the level of soil, is provided for by increasing nutrients, minerals and soil life so that short-term competition has little effect.

It is near-miraculous that all plants can change CO<sub>2</sub>, water and light into biomass. That is, plants can all be seen as "factories", for the conversion of mostly sun energy to matter. Nevertheless, for a materialistic science, this miracle of the conversion process is not enough. In *New Scientist* of February 2013, Richard Cogdell writes: "A plant's efficiency at turning CO<sub>2</sub>, water and light into biomass is extremely low – typically around 4-5% at best." He then asks, "But where do these limits come from? Can they be overcome to produce crops with higher yields?"

Because science in a materialistic age emphasises the reconstruction of nature, rather than emphasising improved information of what nature is, available knowledge can be unwisely considered. It is symptomatic of academic

disciplines being separated; in this case the separation of science and philosophy, even though as long ago as the 1980's, the physicist Fritjof Capra warned of the blind spot in reductionism.

When Richard asks where do the limits of 4-5% come from, he could consider they are existing parts of nature, and nature is in an amazing state of balance probably partially because plants at most produce 4-5% additional organic matter. The thought that perhaps plants could be made to produce more organic matter, may be more realistically connected to the population generally sitting on toilets that flush their turds to anywhere but farming land.

Nature feels shit and piss so essential for our survival that it gives us bladders and bowels so that we can run around with it in our bodies for most of the day. Our culture is so disorganised we generally have no idea where to sanely put it as it exits the body, as can be clearly seen in its labelling as "body waste".

The "problem" has never been that nature is imperfect or inadequate, rather it is that we wish to hang onto the superstitious belief that it is. The ability of all plants to act as "factories" to change sun energy to organic matter through photosynthesis is an inefficiently utilised fact. It is this fact that is underutilised rather than plants are inefficient in just producing 4-5% organic matter.

The culture inefficiently poisons arguably the most successful biomass producing plants for increasing soil organic carbon, at the very time scientists are calling for greater soil carbon sequestration. The culture does this, rather than consider ways that population can be re-settled to use them for soil revitalisation and food production.

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# The Rainbow Café was 'broken to pieces'



Phoenix and Amelie discuss the fire with Kylie

At Nimbin Pre-School, Arabella said that the Rainbow Café was broken to pieces and luckily no-one was in there. Ben said that he always had a strawberry milkshake at the Rainbow Café and he was sad that he couldn't do this anymore. This is how we all felt at our morning meeting when we had heard what had happened in our town, and so we decided to talk about it together.

Amelie saw that the Museum and Rainbow Café had burned down. She said it was a bit of an accident. Her mum and dad said to her that it was an accident. Jace said that the fire was illegal and it made him angry. "You shouldn't do those things," he said.

Mia reported that she saw the smoke in town and Kiyon saw that the roof was gone. He saw that the fire had come out of the Café and all the roof was twisted and broken. Kiyon said that Batman helped him to get away from the fire. Allira said that Wonder Woman was scared of the flames, but Wonder Woman helped her and

saved her from the fire and carried her to school.

Maximus said he had a bad dream about the fire. The fire made him dream about snakes coming in the window. Kylie said she had a bad dream too about burning gas bottles.

Jeremy said that if the door burns you may have to go out the back. He added and jars in the burned and that in the Museum too.

This really had an impact on all of us. Jace said, "It is so sad that everything is gone."



## Bugs and books and Rock'n'roll

A rainbow infestation of butterflies, fairies, ladybugs, gardeners and a random bagel celebrated Book Week in style with a garden-themed Book Parade at Nimbin Central school this week.

Books are on sale in the school Library. Many local businesses have kindly sponsored or donated books to support

reading programs.

International musicians Gillian Eastoe and Ted Murray had local schools rocking to an interactive exploration of music styles that had kids dancing and singing along. Their outstanding talent and humorous use of props created lots of laughter and fun.

## Horsing around

by Marley

For the past three years at Cawongla Playhouse we have studied 'The Great Race – the story of the Chinese zodiac'.

Hand in hand with this, the children and educators have constructed a piece of art to celebrate and explore the animal relevant to each particular year.

In 2012, we made a 'water dragon' using recycled materials. This dragon sways in the breeze above our covered outdoor art space, inspiring conversation and imagination.

Last year we constructed a large-scale fully-functional Rainbow Serpent puppet for the Year of the Snake. This was made using odd bits and pieces collected by our families and children.

We explored the Dreamtime story of the Rainbow Serpent, and to our children the snake



Azi and Francis add to the horse sculpture

we made became known as 'Goorialla'. Our Goorialla was paraded proudly by children at our annual twilight end-of-year celebration and now hangs near our dragon.

This year – the Year of the Wood Horse – has seen us explore the horse through stories, art, conversations and play. We have looked at the beauty of these creatures, along with the functionality of our relationship with them.

Our resident music and creative arts assistant, Jamie, has recently constructed a 'skeleton' structure of a horse using gnarled sticks. Families

are collecting sticks to contribute to this sculpture, and the children are using authentic tools to craft and complete the wooden horse.

In the next months, children will also have the opportunity to each create a hobbyhorse which will feature in a parade at our twilight picnic.

In all, it is our homage to the Year of the Horse – as it gallops on – and the wood element of 2014.

Cawongla Playhouse is open Monday to Thursday from 9am-3pm, phone 6633-7167 for more info.



## School social gatherings

Rainbow Ridge School has regular social gatherings to provide an opportunity for parents, other family members, children and teachers to interact and mingle outside the normal school hours and activities.

These usually happen once a term, to get together and share some of the achievements of the children, and to just to have fun. Sometimes it involves music and/or dance performances, and parents are usually encouraged to join it at some point.

One parent said, "I just wanted to say how fun and enjoyable the skipping social day was today. I was so impressed by the skills of the children and the teachers... such rhythm, concentration and energy! And having the parents involved afterwards was great too."

### Spring Fair & Open Day

On a different note of socialising, our

annual Spring Fair & Open Day is coming up on Saturday 20th September, starting at 10.30am and going 'til 4pm. This is a great opportunity to check out Rainbow Ridge School and get a bit of an impression of what is happening at our school.

The classrooms will be open and the teachers will be there to answer questions. There will be performances by the children, and lots of other activities for children and adults too. We will have book and craft stalls and yummy sweet and savoury food, and real local coffee all day. There is a parent information stall and opportunities to talk to current parents.

The maypole dance is always an exciting event and the craft workshops are popular with children and adults alike.

As you can see: lots to do, see, hear, make, eat, drink, learn, discover and enjoy. We hope to see you there.

## Celebrating culture and heritage

Nimbin Central School's annual Bundjalung Celebration Day on 6th August was a highly enjoyable and successful day for all involved.

The day began with a performance and address by Tom (Blakboi) Avery, which apart from being fun and having the students up and dancing, centred around the theme of appreciating friends and loved ones, every day.

This was followed by an address by Noel Bilyana Blomely, which revisited the achievements of Cathy Freeman to highlight the importance of pride and achievement for all Australians.

The students then rotated through a series of workshops. The Primary students participated in face painting, the making of friendship bracelets, "kangaroo spearing", boomerang and tic-tac-toe painting, and a session on weaving with natural fibres led by students and staff from



Casino High School.

The Secondary students participated in a bush tucker session led by Dorrroughby Field Studies staff, boomerang throwing with Gilbert Laurie and a hip-hop song-writing workshop with Blakboi based on 'Why I love Bundjalung Day'.

In a panel discussion, local indigenous parents shared their experiences and answering students' questions.

The whole school was then treated to a surprise dance



and music performance by local performers Lewis

Walker, Steve Didge, Anthony and Ray before a shared BBQ lunch including kangaroo patties and johnny cakes.

In the afternoon, students chatted with our visitors and playing indigenous games.

The day provided a great opportunity for the community to come together and share knowledge and experiences and to celebrate culture and heritage.

A huge thank you to all who made this day such a success.

# From Tragedy to Triumph...

Over 200 people packed into a 'pop-up' Cinema in the Nimbin School of Arts Hall on the Saturday after the disastrous fire, to watch the screening and awards of the Nimbin Youth Film Competition.

Lismore Mayor Jenny Dowell told the crowd, "This week's been a really tough week for Nimbin, but life goes on, and whenever times are tough, being around young people gives us faith in the future. This year's show was superb – every year gets bigger and better."

13 films made by young people aged between 8 and 16 enthralled the audience. The judges, Paul Tait and Jeni Kendall of Gaia Films said,

"The overall standard of entries this year is the best ever."

The finalists all vied for the major trophy and prize of \$300 for best film, which went to the mystery/drama *Wake Up* by Jemima Zahari and Frewoini Baume. Second was *Penpals*, a timeless story of the meaningful relationship between a young girl and a grandmother.

Third prize went to the short but heart-warming *Chairway to Heaven*, a clever animation about two fold-up chairs falling in love.

This year saw a new award for Skate Films and a new category for Animation.

The Skate Film award had a prize pool of \$600 and some



Frewoini Baume, Jemima Zahari



Jayden Morrison, Jenny Dowell, Jai Anderson

fine wooden trophies. The top prize went to Jayden Morrison for his beautifully shot and highly atmospheric film, *Descent*. Second prize went to Jai Anderson for his moody and arty film *Momentum* and third prize to Jack McCarty for *Rush*.

Eight-year old Oscar from Nimbin won the Animation Encouragement Award for

his very funny animation, *Skateboarding is Awesome*. The \$100 prize for Best Animation went to Alako for his ambitious production, *What's Lurking in the Void*, an apocalyptic sci-fi drama told with style and flair.

The films are available for viewing on the Nimbin Youth Film Competition YouTube channel.



## Blooming business

by Michelle McDonald

The Upper Primary children from Tuntable Falls Community School are combining green thumbs with budding business acumen to run a garden stall for the school fete on Saturday September 6th. As well as deciding that the stall needs variety and beauty, the children had many a discussion about how to run our business successfully. We have decided to be organised, creative, flexible and honourable.

For the last four weeks, the children

have been busily designing mini-terrariums, tea-cup gardens and garden signs; planting veggie seeds and potting-up seedlings; finding ways to reuse household items; and planning the stall set-up. On the business side, we have been keeping track of expenses, discussing how to price our wares, and eagerly calculating how much we will make if everything sells – we have some very positive people in our class.

With a last-minute rush on making a fete-day work roster, attending to forgotten tasks and monitoring plant health and watering, the gardening

business is keeping us very busy and we haven't even opened yet! Come along to our school fete, drop by our garden stall, and allow the Upper Primary children to seduce you into the world of plants and all things gardening.

With our tanks now full, the sun shining and the soil warming, it's time to weed, feed and mulch your gardens. In September you could be planting:

**Veggies:** eggplant, beans, beetroot, capsicum, carrots, cucumber, lettuce, pumpkin, radish, silverbeet, spring onion, squash, sweet corn, sweet potato, tomato, zucchini  
**Flowers:** alyssum, snapdragon, dahlia, marigold, nasturtium, pansy, statics, zinnia.

May your gardens bloom!



Permaculture Principles with Anastasia Guise



Every child requires unstructured time in nature, Bill Plotkin writes. For the benefit of their souls, their physical development, and for the salvation of us all. How right he is.

The first rhythm a child understands is the mother's heartbeat. Curled in the womb, the child's world begins to be defined by the beat of a worldly drum. At night, a slow and soothing heartbeat, by day, something more rapid and erratic. It is their first rhythmic distinction between day and night.

That child, birthed out into the world, is increasingly alienated from the earth's rhythms, alienated from nature's untamed powers, qualities, species, and habitats. The flood roaring, the gutters flowing, frogs calling. The curlews in their stony nests, turning eggs. The kookaburras calling in dawn and dusk, singing us to supper. The world rolling on its starry sea of sky; that great wheel of time.

The summer cicadas with their throaty symphony, the grass foot high with bees and clover, the towering forests cool, pulsing and magnificent. The creak of snow-melt and impassioned spring flowers. The turbulent push-pull of ocean and moon, sometimes furious and sometimes caressing. These are the sounds of the world's authority: rhythmic, reassuring, right. They are the living expression of Universal law, and everybody must know it.

For this reason, our children have a right to wild places. They have a right to an intact global ecosystem – even leaving aside the fact that the planet has a right to its own environmental integrity.

As adults, individually, and in our social roles, we have an obligation to protect, preserve, and, in the current state of affairs, restore wild places. They not only drive the planet biologically – stabilising climate and temperature, replenishing atmospheric oxygen, regulating and creating

rainfall, they are places of our greatest learning.

A child who understands the forests and aquifers will not willingly run them dry or burn them down. A child who understands the web of life will not willy-nilly cut every thread. Children engaged in nature and exposed to its law and consequence are more likely to become adults who know their planetary limits.

In wildness is also where we find our true selves. After all, what makes us human is not merely other humans, Bill Plotkin continues: "We evolved over millennia in response to the challenges and opportunities encountered within a wildly complex web of ecological relationships in a thoroughly animate world. The ways we think, feel, perceive, imagine, and act have arisen in attunement to the rhythms of the day and the turning of the seasons."

This is why permaculture design designates a Zone 5 – an undisturbed wild place for every habited place, from the smallest domestic household to every concentrated

metropolis. These are not zones for human "consumption" although they do provide spiritual sanctuary, and repositories for seed collection. Without designated wildspace, our children are more detached from nature than ever, with children as young as nine being diagnosed with depression.

When I felt morose as a child, my mother would advocate going outside, digging a small hole and simply putting my hands in the soil. It is now known that exposure to dirt stimulates a positive body response that is both psychological as well as physiological.

This does not mean that we shunt our children in 4WDs into remote places to ride motorbikes or take selfies on their iPhones. It means we make our neighbourhoods our wild places too. It means we reduce our global population, substantially, as well as our global consumption.

It means we re-wild our minds.

Celebrant – Trevor J. Moore

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