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# TGA restricts useful herbal medicines

by Trish Clough

As of 1st July, qualified natural health practitioners are no longer able to prescribe manufactured herbal medicines (tablets, tinctures) of uva ursi (also known as bearberry) and damiana.

Uva ursi is an essential and effective herb in any natural medicine for a urinary tract infection such as cystitis. It has been used traditionally for thousands of years without apparently causing harm.

Damiana, widely known as an aphrodisiac, is also a useful nervous system tonic and helps with fatigue. Again, traditional use suggests it to be safe. Also under investigation, but not as yet restricted, is yarrow.

The TGA (Therapeutic Goods Authority, the government body which regulates all medicines in Australia) has restricted medicines of uva ursi and damiana because they contain an ingredient called arbutin.

They are now included as Schedule 4 (S4) on the Poisons Schedule, meaning doctor's prescription only. A qualified natural health practitioner is not able to prescribe an S4 medicine.

Whilst evidence of harm from arbutin is lacking, it is theoretically converted in the body to a substance called hydroquinone which at certain doses may be a risk. Arbutin is actually hydroquinone attached to a sugar molecule.

Many herbs and foods contain arbutin. The TGA has arbitrarily decided that any herbal medicine containing more than 10 ppm (parts per million) of an individual ingredient is now restricted. The assessment is ongoing, with other herbs including yarrow being investigated.



Uva ursi



Damiana



I'm just wanting to clarify how this came about. It's not a new witchhunt (maybe an old one!) on herbal medicines. Hydroquinone by itself for therapeutic use was included in Schedule 4 in 1991. Arbutin first was noted as a cross-reference to hydroquinone in 2010.

But no follow up occurred to clarify the scheduling of herbal medicines containing arbutin.

It appears that a manufacturer of herbal products sought clarification from the TGA as they had restricted their products and other manufacturers had not. So no, it was not an attack from Big Pharma or an anti-natural therapies government.

My thoughts on why this restriction is absurd are:

- There is only a theoretical possibility that arbutin might convert to hydroquinone in the intestinal tract.
- There is some evidence that arbutin is not converted in

the gastrointestinal tract to hydroquinone, but that it is converted by liver enzymes into different forms that are not considered unsafe.

Based on thousands of years of traditional use, these herbs appear to be very safe. Unlike modern pharmaceutical drugs, there has been ample time for any risks from herbal medicines to make themselves apparent over centuries of use.

An assessment of uva ursi as recently as January this year by the European Medicines Agency found it to be safe at therapeutic doses used for a short time (as for example in an acute remedy herbal mix for cystitis).

Many foods and beverages contain arbutin, including

wheat products, pears, tea, coffee, wine and beer. Pears and wheatgerm appear to contain more than 10ppm. Does that mean I am unable to 'prescribe' these in diets for my patients?

- Most people would consume way more pears than they do uva ursi or damiana.
- If I make a herbal mix containing 20% uva ursi for cystitis, the mixture itself would contain less than 10ppm. If a teaspoon dose of that mix is diluted in a glass of water, the amount of arbutin is tiny. (Just don't put it in pear juice!)
- It appears that uva ursi dried herb as a tea can be sold as a 'food'. But I am not allowed to 'prescribe' it. Does your digestive tract know whether you are using uva ursi tea as a 'food' or a 'medicine'?

So what will happen? Complementary Medicines Australia and other peak bodies are lobbying the TGA in the hope of changing the restriction.

For example, CMA has requested that the acceptable level of arbutin be increased from 10ppm to 25ppm. This is because a 10ppm yield of hydroquinone would require at least 25ppm of arbutin, and that is assuming all of it is converted to hydroquinone, which is unlikely.

If this change is accepted, the herbal medicines listed would no longer be restricted.

An application to the TGA to de-schedule a medicine can take one to two years, so it may be a long time but we are hopeful of a positive result.

After all, we were successful in having the ban on kava lifted.

*Trish Clough is a Lismore herbalist who has been practising for more than 30 years.*

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# Dingoes and dogs of the Nimbin hills

by Kate Andrew

## No 1080

There's lots of contention about dingoes and dogs in the area at the moment and I don't have the answers. Despite claims to the contrary, the government employed, self-declared experts don't either, although they do have conflicting interests!

## Fox wars

I 'grew up bush'. We raised sheep. The fox was our nemesis of choice. We stalked them, shot at them and sometimes got them! But mostly we missed them, cursed at them, battled them and eventually they won and we don't run sheep anymore. That country, right now, deep into a hard drought, is over run with kangaroos and rabbits for want of any predator. Now, as we debate if we should cull the kangaroos, we watch them slowly starving to death as they eat every last bit of vegetation everything turns to dust and blows away. All for the want of dingoes and dogs.

## Ecology

I say dingoes or dogs because it makes little difference, ecologically, and I have seen both dingoes and dogs around. The land needs predators, but rather than view those predators as blood thirsty, evil killers, one could view them as a natural force of mercy and grace, ending the lives of the sick and injured and saving them the suffering of a slow, creeping death.

Judiciously, they help balance the landscape between herbivores and vegetation, regulating themselves in the process. They also keep other predators like foxes and cats on the hustle, thus decreasing these smaller predators' effectiveness of hunt on folk like bandicoots and gliders.

Death by dog dinner might actually be a nicer way to go for your sheep or



The controversial 1080 poison



Wild dog

goat, rather than suffering for months or years with all the Northern Rivers ailments waiting to knock them off if the dogs don't...

## A hierarchy falls

We don't dominate and control the landscape and call that farming anymore. We are returning to listening to the land, rather than shouting over the top of it: "Goats and mangoes good, dogs and lantana baa-aad". With our knowledge we care for the land, enhancing it for all, rather than degrading it for our own personal gain. The land does not owe you, even if you owe for the privilege of holding the 'title' to that land. How you conduct yourself toward the land echoes through every other aspect of your life. Are you controlling or co-operative? Down with the patriarchy!

## Fond memories

I have watched a dog die from 1080 poisoning on a cattle station in the gulf country. The dingoes there are fleet-footed, floating through the spinifex and turpentine. I held my breath whenever I encountered them – their sovereignty was mesmerising. The dogs and dingo crosses were beautiful too (and sovereign, as we all are!) They or their ancestors had known domesticity and chosen against it. Do we now pursue them so relentlessly because we were once spurned by them?

Whatever their stories, I know none of them deserve to die of 1080. My friend, a once-lovely and happy Kelpie, now screaming in pain. Foam, spit,

vomit all over snarled lips and bared teeth, as he writhed and died in agony by a 1080 bait my hand had part in laying, it is indelible in my memory now.

## On the ground

I was lucky to spend time with a skilled bushman in Aotearoa, whose family have been there for generations. He witnesses what happens when 1080 is unleashed in those forests (targeting possums and rats) – it kills everything! No birds are singing, the waterways are empty of eels, fish, cray and frogs. The bush is empty of all animals.

Once you put 1080 in the environment, you have no control over where it goes, it goes everywhere and it does not break down! It is highly toxic and there is no antidote. Animals go to water after they ingest 1080, and then often die there – so now it is in the waterways too.

So, rather than killing an endless stream of dingoes and dogs (and everything else in the vicinity) let's try to form a relationship with the resident packs who share the land with us and come to some arrangement.

*Kate Andrew has a science degree in Ecology and Genetic Evolution and a Masters Degree in Environmental Law. Her actual learning has been garnered by living in close contact with nature and growing food. Contact her at: kippathaskippa@hotmail.com*

# 1080 debate

by Sue Stock

A meeting was recently held with about 40 people attending, at Nimbin Bowlo organised by North Coast Land Services (LLS) to discuss increasing reports of wild dogs in the Nimbin-Channon area.

The LLS stated that the North Coast has one of the highest numbers of wild dogs per hectare in NSW. They are a variety of colours. The majority of wild dogs sampled had less than 70% dingo DNA. They are very mobile. One dog, they called 'Midnight' was tracked travelling over 600 kms over three months from Coff's Harbour to Jackadgerly and back.

Dietary analysis has showed that they eat a variety of native wildlife including koalas, wallabies, possums, bandicoots as well as domestic animals like chickens, cattle and sheep.

LLS state that it is important to control whole geographic areas like valleys to be effective and they encourage local communities to work together to control the wild dogs.

Methods of control include shooting, trapping (Cage and soft jaw) exclusion fencing, use of guard animals and poison baiting (1080). 1080 or sodium monofluoroacetate is a synthetic pesticide. It occurs naturally in over 30 plant species in Australia, mostly in Western Australia.

LLS says that 1080 is used for wild dog control because it is the most environmentally sensitive and target specific toxin available for wild dog management. It is a naturally occurring odorless compound which occurs in approximately 30 species of native Australian plants.

1080 is biodegradable and although manufactured, it retains all of its natural characteristics including diluting to nothing in water, being consumed and broken down by bacteria and fungi into harmless compounds.

LLS maintain that 1080 is a focussed poison affecting primarily canid species used on a buried meat bait. One dose is lethal for a dog while a lethal dose for a goanna would be 93 baits. (See chart pictured). All programs using 1080 must follow

1080 Toxicity			
Animal	Average live wt (kg)	Approx. LD <sub>50</sub> (mg/kg) *	Amount of bait (g) for lethal dose
Dog	20	0.1	1 fox bait
Cat	4	0.3	1 fox bait
Fox	6	0.1	1 fox bait
Quoll	2	1.9	2 fox baits
Goanna	3	93	93 fox baits
Eagle	3.2	9.5	10 fox baits
Rabbit	1.3	0.6	5g carrot
Pig	70	1.0	160g grain
Sheep	50	0.3	60g grain
Cattle	500	0.3	450g grain
Possum	2.5	0.8	10g carrot
Emu	25	278	15,500g grain
Humans	70	2.0	46 fox baits 750g carrot

Slide displayed at the meeting

the requirements outlined in the Pesticide Control order which requires users to possess an accredited chemical users training certificate or the Vertebrate Pest Induction Training (VPIT) offered by the LLS.

The VPIT course is offered at no cost, takes about three hours and provides a five year accreditation. When 1080 is to be used notifications must be made to all properties within one kilometre of the boundary. Wild dog control is undertaken as part of a group baiting program. Baits are placed every three to four weeks over a three to four month period, generally over known wild dog paths.

Responsibility for domestic dogs is the owner's responsibility once 1080 notification has been made. If your pet dog is affected, you must get it to a vet immediately.

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# Nimbin/Woodstock history

by Benny Zable

In 1989 I visited Woodstock to participate in a Dreaming Camp with aboriginal elder teacher Gaboo Ted Thomas at the Wittenberg Center for Alternative Resources (WCfAR). It was with Jim Davis, co-director of WCfAR, that I made reference to Nimbin and the region's activist history.

He guided me to connect with the hippy end of Woodstock to meet with Day Ashiko, known as Day A, and Will Callahan, Rainbow gathering elders and organisers of Woodstock Earth. They also designed and painted rainbow flags and banner installations and transporting my display and performances of the Toxic Tower display, comprising nine barrels bedecked with banners and flags, to Nuclear protests around Woodstock, New York City, Washington DC actions, and festivals.

As the then President of the Nimbin Aquarius Foundation, I networked and developed artwork, flags and banners which expressed the developing and emerging "alternative" culture of Nimbin then. All this led to attracting the attention of Nathan Koenig and Shelli Lipton at Woodstock Museum, during a Woodstock Rainbow gathering on the Magic Meadow.

In 1994 I travelled with family around the USA to attend the 25th anniversary of the Woodstock Festival.

I highlighted the Nimbin Woodstock Connection banner for publicity at an exhibition which Nathan and Shelli had organised to launch the sister city campaign at the Woodstock Museum. The photo exhibit 'Some Children of the Dream' by Harsha Prabhu and Graeme Batterbury was sent to the Woodstock Museum. A representative of the Woodstock Town Board came to open the exhibition which culminated in a proposal to be ratified. This resulted in this framed document sent to the Nimbin Post Office through me. (I added the banner to this statement).

This proposal and statement was brought



At the Nimbin Aquarius 45th anniversary (left to right): Tedi Davis, Katie Cawcutt, Shelli Lipton, Nathan Koenig, Mayor Isaac Smith and son, Terry McGee and Feather



before the Lismore Council by Diana Roberts, the then Council representative for Nimbin, which was then passed by the council.

Graeme Dunstan and

Paul Joseph drafted and sent a signed copy to Woodstock in reply. As well, Dave Hallett was sent over to be hosted at the Woodstock Museum as our official representative. Merv King, the Mayor at the time, attended a forthcoming Nimbin Aquarius gathering in the Nimbin Hall at which Nathan Koenig and Shelli Lipton screened a greeting from the Woodstock Town Board supervisor.

Nathan and Shelli have also been documenting Nimbin to show to Woodstockers at their Museum. As official ambassadors of Woodstock to Nimbin, they have been coming and going every five years to Nimbin, officially representing the town of Woodstock NY. They would play the greetings from the Woodstock Town Board supervisors for us and mayors of Lismore at Nimbin Aquarius celebrations. (Merv King, Jenny Dowell and just recently Isaac Smith on Nimbin Aquarius 45th anniversary.)

Now we are coming up to next year's 50th anniversary of the Woodstock Festival. This presents Nimbin and Lismore the opportunity to review and promote the essence of this document.

# Tram removal parallels rail line closure

by Beth Shelley  
Northern Rivers Railway Action Group

I voted for Gough Whitlam when I was 18 and felt a sense of positivity and trust in politics for quite a long time. Now I think many of us are struggling to find any trust in the major parties and with good reason. The more I research the subject of rail in NSW, the more I believe the corrupt behaviour involved would rival the banks.

Sydney had one of the largest tram networks in the world. It had 2,500 trams which covered 181 miles. According to an article from the ABC News: [www.abc.net.au/news/2018-04-12/sydneys-original-tram-network-what-happened-curious-sydney/9610328](http://www.abc.net.au/news/2018-04-12/sydneys-original-tram-network-what-happened-curious-sydney/9610328) the Labor government was convinced by the car lobby to remove the trams.

"A Mr Clarke remembers going down to the yards as a young boy and watching in horror as one by one the carriages were turned to ashes (pictured top right). "To take a virtually brand-new tram and to burn it, seemed like an act of governmental vandalism," he said."

Nearly 60 years later traffic congestion is so bad in Sydney the LNP government is building tramways again and it's costing billions.

A similar story has been happening with regional rail in NSW ever since the Greiner government. Trucking companies, oil and road construction companies have donated to the electoral campaigns of the two major parties for decades and thousands of kilometres of regional rail have had services suspended.

The population of the Northern Rivers is nearly 300,000 and increasing. We are the biggest region for tourism in NSW outside of Sydney and have millions of tourists every year.

For the Northern Rivers Railway Action Group, our big picture is to have a 16 train-a-day, light rail-car service on the Casino to Murwillumbah line with an extension to the Gold Coast. This plan was in a comprehensive report by PriceWaterhouseCoopers in 2004 who said the condition of the line was mostly very good and repairs would cost only \$28.8 million over seven years.

This analysis was accepted by the *Final Report into the Closure by the NSW Parliamentary Inquiry* in November 2004. The Inquiry investigated the reasons for stopping services in May 2004 and found them to have little validity.

For example, Railcorp stated that 'the Government's reasons for closing the Casino to Murwillumbah rail service, was based largely on the financial costs of the line and



the Government's budget constraints.'

The overall saving to RailCorp of the closure of our rail service was estimated at \$14.2 million/year over the next five years and yet "the 2004-2005 NSW Budget included a net increase to Railcorp of \$352.4 million for passenger rail services in NSW".

The Inquiry recommended: That the NSW Government immediately introduce a new regular rail commuter service from Casino to Murwillumbah' and 'That the NSW Government accept the Federal Government's offer to provide \$30 million over two years to help fund a new regular rail commuter service'

The Inquiry notes that "under section 99A of the *Transport Administration Act 1988*, RailCorp cannot physically remove the Casino to Murwillumbah railway line. To do so requires a specific act of Parliament."

However, the Carr government ignored the recommendations of its own parliamentary inquiry. Our local Nationals MPs argued for many years that the return of rail to the Northern Rivers was essential but on gaining government they also gave in to the road lobby and produced a report by ARUP in 2013 that repairs would cost \$953 million.

The ARUP group has recently been successfully sued "for misleading and deceptive conduct, as well as gross negligence". [www.afr.com/business/a-stretch-too-far-how-arup-was-brought-to-the-brink-by-airport-link-20171218-h06zry](http://www.afr.com/business/a-stretch-too-far-how-arup-was-brought-to-the-brink-by-airport-link-20171218-h06zry)

Our rail service was suspended in 2004 to save \$14.2 million over five years, the PWC report said all the

repairs would cost only \$28.8 million over seven years and after nine years we had a report by a deceptive and misleading company that says to get trains back on our tracks it would cost \$953 million. Does that make any sense? I don't think so.

The increase in traffic on our roads is causing damage to roads, traffic congestion, road accidents, air pollution and carbon emissions and trains would help to lower all of these.

Climate change is the greatest risk to the future for our children and grandchildren. An interview on ABC Radio National (30.7.2017) with engineer Frank Szabo concluded that, "In 2015, the transport sector overtook electricity generation as the biggest energy user in Australia. By far the biggest slice of these emissions is from road transport at 87 per cent." We need to get cars and buses off the road to cut carbon emissions and railways are the quickest and most affordable option.

There has still been no consultation with our community as to whether they want to keep our railway. At least then people would have a say, unlike Sydney people who lost their trams.

State and Federal elections are coming up over the next year and we need to vote for people who understand and represent the real needs of this community and who don't accept donations from corporations who make money out of roads. We need a government who cares about our community's need for safe, reliable transport and the consequences of climate change. I want a government I can feel some trust in, just like when I was 18 years old.

# Nightcap Monuments Project moves forward

by Trevor Reece

National Parks NSW has now assessed and approved the monuments project and given acknowledgement to the significance of the project to regional history and local communities.

A monument's site has been determined within the Terania Creek area of the Nightcap National Park. The project timing also hopes to help to historically recognise the 2019 - 40th anniversary of the Terania Creek environmental actions of 1979.

The rainforest logging protests at Terania and later at Mt Nardi brought about the creation of the now world heritage-listed Nightcap National Park.

The monuments project has established collaboration with the Brunswick Valley Historical Society Inc. (BVHS) which is also sponsoring a new film on activism across the region.

The historical society is collecting and archiving



historical materials coming through the project.

Recently both a television reporter from the time and a police officer have unearthed some great historical material for the project. The historical society is also soon to launch a special Facebook with the project. Look out for the Rainforest Warriors Historical Project facebook page coming online.

A project master website is now under construction with associated social media platforms. The monuments development program and artists brief with other project activities

will be released soon on the Nightcap Monuments Project website.

The project is about to commence a dedicated fundraising program and will be seeking support from regional business, community groups and members, and philanthropic donations.

Financial donations will be tax deductible and will be managed by the BVHS and Mullumbimby Museum.

Project help is also sought with many tasks ahead. You can contact the BVHS on: 02 6684-4367 or project co-ordinator Trevor Reece at: [treece545@gmail.com](mailto:treece545@gmail.com)



# Violent? Who, me?

by Gail Wallace

"But I'm really not an aggressive or violent person", "I am peaceful and passive", "I avoid conflict", "I don't need that stuff".

How many times do we hear these expressions in discussions around the traditional 'types of violence' which far too often dominate our social landscape? It's never about me.... Often times, the word 'violent' connotes images of bleeding or black eyes, broken bones, extreme physical, verbal, emotional and /or psychological abuse and the more heinous: rape, torture, homicide, genocide and the like.

The term, "non-violent communication" (NVC), therefore may lead to how, we first and foremost perceive 'violent' communication. "If 'violent means acting in ways that result in hurt or harm, then much of how we communicate could indeed be called 'violent communication'".

So says Marshall Rosenberg, the founder and creator of NVC which has now become a worldwide movement resulting in massive positive social and

political change. Marshall described a gamut of behaviours under the umbrella of 'violent' including... judging others, bullying, having racial bias, blaming, finger pointing, discriminating, speaking without listening, criticising others or ourselves, name-calling, reacting when angry, using political rhetoric, being defensive or judging who's good/bad or what's right/wrong with people.

What we seek from this knowledge then is to learn and understand better ways to communicate with our fellow humans that are more compassionate, collaborative and constructive. He would argue that this approach 'actually works' once we tap into the awareness that all our needs are universally shared. That is... essentially, we all long for the same things.

Good, authentic, wholesome, satisfying connection being core and foremost.

During his life, Marshall was preoccupied with two important questions-what happens to disconnect us from our compassionate nature, leading us to behave violently and exploitatively?



Easter women's non-violent communication workshop facilitated by Kristen Masters, a qualified NVC trainer from California.

And conversely, what allows some people to stay connected to their compassionate nature under even the most trying circumstances? Exploring answers to these questions motivated his lifelong work.

Although Marshall passed away in 2015, the passion and fervour of his work lives on amidst his many disciples, followers, trainers and practitioners worldwide who continue his successful work in both subtle and dramatic ways.

One significant example of this will be in the form of an NVC workshop to be conducted at Blue Knob Hall on the weekend of 7th - 8th July titled "Dropping in for a nourishing weekend of NVC". Co-ordinated by local Gail Wallace, this workshop will comprise sessions

presented by four qualified trainers who aim to offer the very best of NVC.

Topics will include.... 9 styles of conflicting "from competition to co-operation", receiving anger practices, core belief triggers, mistakes and judgements we make of ourselves and others, deep empathy skills and facilitating effective group dialogue.

A \$100 donation for 2 full days is requested to support the Sri Ram Project in Nepal. Sri Ram, one of Marshall's followers, is a 30 year old man who single handedly spreads NVC to thousands of schools in Nepal.

For further information or bookings, Gail can be contacted on 6689-1757. Any donations are also welcome. Spaces are very limited.

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## NIMBIN ENVIRONMENT CENTRE NEWS

by Scott Sledge, President

The Northern Rivers is famous for campaigns to save native forests in the 70s and 80s, which created large reserves mostly protected as National Parks. Now we are called upon to STAND UP FOR FORESTS again.

The NSW government is trying to get community approval for increased logging of public land and a change to forestry practices which they want us to believe is sustainable, despite the opposite being true.

We need to start preserving our native forests for a variety of reasons, but mostly to stop habitat destruction and the resultant species extinction. Our future depends upon it.

We need to change in a positive way, not get coerced to accept and indeed subsidise bad behaviour. If we can't change the government's attitude we must vote the bastards out!

Please make an IFOA submission now! Closing date is 13th July 2018.

The New logging rules - Integrated Forestry Operations Approvals (IFOA's) - have been released by the NSW Government and they are calling for submissions now, so we have a brief window of opportunity to have our concerns added to the public record. Please make a submission today.

This can be a very simple message - it serves as a vote, so politicians know there is a problem.

Easy way to do it: Select and copy the Draft Coastal IFOA submission text included below.

Address an email to: [foa.remake@epa.nsw.gov.au](mailto:foa.remake@epa.nsw.gov.au) Paste the text you have copied in to the blank email and

**NSW KOALAS SAY "NO THANKS"**  
Only 2% of the public land involved in the NSW Government's \$45 million dollar Koala Strategy is mapped as the highest quality habitat for us to live in.  
**GLADYS BEREJKLIAN: WASTING YOUR \$\$ TO BUY YOUR VOTES**  
#StandUp4Forests #Forests4Ever  
[www.nefa.org.au](http://www.nefa.org.au)

edit it to express your own ideas and feelings on the issue as much as you like. Click send.

### Draft Coastal IFOA submission text

Please accept this email as my submission to the Review of the Draft Coastal IFOA.

The NSW government has recently announced its intention to drastically weaken the logging rules (Integrated Forestry Operations Approval = IFOA) to remove numerous protections for NSW's threatened species, koalas, old growth rainforest and waterways.

I call upon you to stop proceeding with these draconian changes and:

1. Recognise that the Regional Forest Agreements (RFAs) have failed to deliver environmental protection or industry security.
2. Recognise that the benefits of non-

timber forest values are vital for the future of regional economies and ecosystems.

3. Establish the Great Koala National Park as an immediate priority.
4. Commit to a just transition out of native forest logging on public land and transfer our public forests to protected areas when the RFAs expire.
5. Ensure that public forests are managed for the public good (ie: tourism, environmental repair, carbon sequestration and storage, wildlife habitat and provision of clean water)
6. Stop planning to log areas protected as habitat for threatened species, Koalas, oldgrowth forest, rainforest and stream buffers.
7. Stop increased logging intensity and do not legalise clearfell logging along the North Coast of NSW.
8. Stop propping up the rapacious native forest logging industry at the cost of species extinction, logging dieback, reduced stream flows and water quality and sustainable forest based jobs.
9. End the logging of public native forest and complete the transition of the timber industry to 100% plantations sources for wood harvesting.
10. Transfer all existing subsidies from native forest logging into native forest restoration.  
I will be closely monitoring your performance in these areas and will take further action if I do not see an immediate marked improvement in outcomes for our forests.  
Yours sincerely,  
(Include name, address, phone.)

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All our links are clickable in the web edition. Visit [www.nimbingoodtimes.com](http://www.nimbingoodtimes.com) and click away!






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## Permaculture prodigy

Since 1984, Robyn Francis has conducted permaculture courses in 14 different countries representing diverse cultures and climates including Iceland, Cuba, India, China, Taiwan, Indonesia, USA, France and New Zealand and with indigenous communities in Australia, NZ and Taiwan. Notable course graduates include Costa Georgiadis and Rosemary Morrow, plus countless others doing incredible work around the world.

This month Robyn (pictured, right with Polly) teaches her 150th certified Permaculture Design Course, making her the most experienced permaculture teacher on the planet.

Local friends and permaculture course graduates are invited to join us celebrating the end of this milestone PDC on Saturday 21st July from 6pm at Djanbung Gardens. Bring finger food to share. Hot soup and warming fires, music and open mic spots.



## In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

Celebrating 40 years of service to the community in 2018

### Memberships due 1st July

A reminder that all memberships are due for renewal on 1st July 2018. At only \$5.50, NNIC memberships are the cheapest in town and a great way to support NNIC's work with the Nimbin community. Drop in to renew... or if you are not already a member, to join!

### Special General Meeting

All members are invited to attend the SGM on Wednesday 1st August, 5.30pm at NNIC to vote on proposed amendments to our Constitution.

### Brrr it's chilly! – Donations still accepted

NNIC is still collecting clean blankets, sleeping bags, small tents, towels and socks to give out to people in need. Donations much appreciated. Please drop off any of these items (and ONLY these items) to Kath or Vicki during office hours Monday to Friday. (Please do not leave items around the Centre or outside our doors).

### Food pantry/food recovery

We need bags for food. We encourage people coming to collect food to BYO bags or boxes. If you can donate

bags drop them in during our opening hours. We do not buy single-use plastic bags but we can re-use donated ones.

### Volunteer Positions Vacant

Front of House volunteers, with minimum Cert 2 in welfare/community development (or currently enrolled in) for our front desk reception role. Must be reliable and able to commit one regular day per week between 10am and 4pm (with breaks of course).

This is a fantastic way to contribute to the Nimbin community as well as pick up skills and experience. Does this sound like you? Then drop into NNIC and see our fabulous Community Access Worker, Kath.

### Nimbin Holiday Club Winter round

Commences Monday 9th July. See our website for the full program. Fun activities for 5-12 year olds during school holidays.

### Multiple Occupancy Think Tank – save the date

The first official MO Think Tank will be convened on 30th August. More info next edition of NGT and our

website and facebook page.

All MOs in the Nimbin vicinity should consider sending at least one rep to the Think Tank. The aim of the Think Tank will be to promote the sustainability of the MOs into the future plus explore possible collaborations and shared problem solving opportunities.

### Sustainability Alley

We are still shouting out to possible speakers, workshop presenters, and stall-holders.

2018 will be the 99th Nimbin Show and this year Sustainability Alley aims to feature the 'Conversation Café' – a café space where the workshops and talks will be held.

We are looking for people to run workshops or do talks or set up displays about anything to do with Sustainability.

Please contact Guy at: [guy@nnic.org.au](mailto:guy@nnic.org.au) or Nat at: [admin@nnic.org.au](mailto:admin@nnic.org.au) to register your interest in participating in the 2018 Sustainability Alley.

### Struggling with household bills? Got unpaid fines?

We may be able to assist with electricity and telephone bills, and you may be eligible for a Work Development Order enabling you to pay off

your fines via volunteer work.

Phone us on 6689-1692 or just drop in to make an appointment with Vicki, our fabulous Community Case Co-ordinator.

### Did You Know?

NNIC is a registered charity and donations to our general services and activities (excluding Sibley Street) are tax deductible. You can also make tax deductible bequests to NNIC.

To donate and receive a Tax Deductible receipt, or for information about how to include your local charitable organisation in your Will, please contact Nat at NNIC.

*Nimbin Neighbourhood and Information Centre (NNIC) is run by locals for locals and our job is to support people in need and the community in general to achieve their aspirations. Everyone is welcome at NNIC.*

*If we can't help we probably know who can. You can also find lots of useful local and other info on our website. For appointments, phone 6689-1692 or just drop in between 10am and 4pm weekdays.*

*[www.nmic.org.au](http://www.nmic.org.au)  
[www.facebook.com/pages/Nimbin-Neighbourhood-and-Information-Centre](https://www.facebook.com/pages/Nimbin-Neighbourhood-and-Information-Centre)*

## Nimbin Hospital information

### Child immunisation clinic

For 0-5 year olds, held on second Tuesday of the month. Next Clinic: 9th July. Phone 6620-7687 (Lismore Community Health Centre)

### Early childhood nurse

Every Tuesday. Baby checks, weighs, post-natal support. For appointments phone 6620-7687.

### Women's health nurse services

One Thursday a month. Confidential service, pap smears, breast checks, contraceptive advice, post-natal checks, general health information. Phone 6689-1400 for appointment.

### Wound clinic

Monday, Wednesday and Friday from 8am. For self-referral, phone 6689-1288. Referrals also from Nimbin Hospital and GP clinic.

### Cannabis clinic

Every Monday. Confidential counselling, Phone 1300-664-098 or 0427-465-708.

### Drug and alcohol counsellor/psychologist

Every Thursday. For appointment, phone 6620-7634 or mobile 0428-109-474.

### Nurse practitioner clinics

- Diabetes Clinics: third Thursday of the month, next is 19th July.
- Respiratory Clinic: second Tuesday of the month, next is 9th July. Phone 6630-0488 for appointments.

### Community Registered Nurses

Monday to Friday, 8am-4.30pm. Assessments, wound care, referrals, advocacy, provision of palliative care in the home, medication support. Phone 6689-1288 – leave message, will return call swiftly.

### Nimbin NSP

Needle and Syringe program open Monday to Thursday. Arrangements can be made to see Community Registered Nurse.

### Health advice line

Phone 1800-022-222 if you have a health issue. 24-hour, seven days a week free service. A Registered Nurse will assess whether you need to go to an Emergency Department.

### Nimbin Hospital Auxiliary

Meetings are held on the first Wednesday of each month at the hospital, at 10am. Next meeting: 1st August. New members welcome.





# A shared history



**Nimbin Community Centre**  
by Teresa Biscoe and Inez Price, Co-ordinators

As part of our 20th Anniversary Celebrations (8th & 9th September) we are having a sculpture exhibit in the Community Centre Grounds. This fantastic event is being organised by our Market Co-ordinator Steph Seckold.

Using natural materials and entitled 'Sticks & Stones', we invite our community artists to participate. Please look at the wonderful flyer in the *GoodTimes* for details.

Tenants are planning for the open day. Nimbin Aged Care will have a tea party, Family Day Care is getting a bouncy castle for all our younger community members and visitors, the Aboriginal Culture Centre will be open with art works and talks, the Pizza Oven is being fired up, we are planning egg and spoon races and sack races.

We will have some photographic displays of some important community projects and some Nimbin history in the Centre buildings. Some of our local choirs are performing as well as some local musicians. We are having a special Nimbin-Centric Flix Film show and more.

We would welcome participation by everyone and if your group or organisation, or you as an individual, would like to input please let us know.

## Visions of Nimbin 97-98

As part of the weekend celebrations we would like to have a special display of the "Visions of Nimbin" festivals the community held to raise the funds to purchase the Nimbin Community Centre.



If you have any photographic memorabilia, art or history relating to Visions of Nimbin 1997 or 1998 we would like to include it on our website and in other marketing. Please either send digital copies via our email: [ncci@nimbincommunity.org.au](mailto:ncci@nimbincommunity.org.au) or drop it in to our office, which is open Monday-Thursday from 8.30am to 4pm.

## Lost Nimbin

We have been talking about having a display of images called "Lost Nimbin" which documents the Artworks that covered the buildings at the Nimbin Museum and Rainbow Café sites.

Both buildings had some truly fantastic and iconic works from our local artists and these works will never be repeated. They include sculptures and installations, murals and other art works.

We have some really great documentation of the wonderful totem poles that graced the front of the Museum but are sadly lacking for all the other work lost in the fire. If you have any of images of these works that you would be willing to share with us, please get them to us for our celebration.

Please either send digital copies via our email: [ncci@nimbincommunity.org.au](mailto:ncci@nimbincommunity.org.au) or drop it in to our office,

which is open Monday-Thursday, 8.30am to 4pm.

## Lighting up Nimbin Public Consultation

The Nimbin Community Centre has been working with the Nimbin Chamber of Commerce and the Rainbow Power Company to manage the grant received from the NSW Department of Justice to install a solar-powered lighting system to light up under the awnings and the beautiful murals in Cullen St.

The Rainbow Power Company has installed Stage 1 of the project (panels, controllers and battery) and we are now working on the lighting design.

We are holding a public presentation of the project at the next General Members Meeting of the Nimbin Chamber of Commerce at Birth and Beyond Monday 16th July at 6pm.

The 15-minute presentation will focus on the scope and lighting design of the project. We invite you to attend this event and welcome the community's interest and feedback in this project.

*Nimbin Community Centre is open 8.30am to 4pm Monday to Friday, (02) 6689 0000, 81 Cullen Street, Nimbin. [ncci@nimbincommunity.org.au](mailto:ncci@nimbincommunity.org.au) [www.nimbincommunity.org.au](http://www.nimbincommunity.org.au)*

# Permaculture pig passes on



by Robyn Francis

Polly the pig, (featured in last month's *NGT*), passed over the rainbow bridge on Friday 29th June. Her last month was a struggle, essentially being in piggy palliative care. She was 13-years-old, a ripe old age for a piggy being.

Polly had a wonderful life contributing to the gardens, digging her pig-tractor beds, going for walks foraging fallen fruit, making hundreds of friends with our students, volunteers and visitors. She loved people, attention and doing tricks for treats. She was also valued for her practical contribution to food waste recycling and manure for our compost.

Her life and wellbeing was marred only by the ghastly attack and trauma inflicted on her 18 months ago, which hastened her end. A special thank you to everyone who loved Polly and who supported her healing and the Djanbung team through that difficult time.

Thank you Polly for being a part of life at Djanbung for so many years and the joy you brought to us and all who got to know you.

# Health records on-line

by Noelle Lynden-Way

You may have noticed that there is a trend for government services to be accessed these days by website on your computer rather than in person or by telephone.

In 2013 the Australian Government launched the myGov website: <https://my.gov.au> to enable people to access services on-line with your own User Name and Password.

The following services can be linked to your myGov account:

- Medicare;
- Australian Taxation Office;
- Centrelink;
- Australian JobSearch;
- My Health Record;
- My Aged Care;
- Child Support;
- Department of Veterans' Affairs;
- National Disability Insurance Scheme;
- HousingVic Online Services.

My Health Record can provide an electronic summary of your health information. You can control what information goes into it and who has access to your record.

The first time you log into your My Health Record there may be little or no information there. This can be added when you have had a visit to your GP, pharmacist or hospital.

You can begin to include your personal health notes



Kim Grey (left) and Nicole Ellevsen (right) of Urbenville MPS receiving the award for their project 'Living Well in an MPS' at the NNSW LHD Quality Awards.

straight away like allergies, adverse reactions or an Advance Care Plan.

Talk to your doctor about preparing and uploading a Shared Health Summary to your My Health Record. This summary can capture important historical health information, such as previous results from tests or scans, which can then be shared with other treating healthcare providers.

The positives are that whether you're visiting a GP for a check-up, or are in an emergency room following an accident and unable to talk, healthcare providers involved in your care can access important information, such as medicines you are taking, medical conditions you have been diagnosed with, blood test results.

Health information will be available in one place, which means it can be easily accessed

by doctors, specialists or hospitals even if you move or travel interstate.

By the end of 2018, a My Health Record will be created for every person with a Medicare or Dept of Veterans' Affairs card unless you choose NOT to have one. There is a three-month opt-out period which starts this month and runs from 16th July to 15th October. You can cancel your My Health Record on-line, by calling the Helpline or by visiting a Medicare service centre.

You can find out more at: [www.myhealthrecord.gov.au](http://www.myhealthrecord.gov.au)

The My Health Record help desk phone number is 1800-723-471 (Select 1 for Consumers)

To read more about the pros and cons of My Health Record have a look at the website for the Consumers Health Forum of Australia: <https://chf.org.au>

## THE ADVENTURES OF Reckless Rita & Freddy Foolhardy

Featuring: Clued-Up Claudelia & Captain Competent

Hey Freddy! They're playing my favourite track...let's go dance!

Sure...let's go! I'll leave our drinks on the table..

BUT WAIT FREDDY & RITA!  
PROTECT YOURSELF FROM DRINK SPIKING

**ALWAYS** keep your drink with you. **NEVER** leave your drink alone. Someone could add more alcohol or even drugs to your drink. **NEVER** accept drinks from strangers. If you are unsure about your drink leave it. You may not be able to taste anything different & only realise something is wrong when you feel the effects. If you think your drink has been spiked get help immediately.

Brought to you by Nimbin Community Drug Action Team (Nimbin CDAT)  
c/- NNIC P.O. Box 20168, Nimbin NSW 2480. [www.nnic.org.au](http://www.nnic.org.au)



**Dismay about dunnies**

When is a toilet a health hazard? When it doesn't exist!

I'm now called a senior citizen these days, and that means that for most people of my age, we need to go more often, and quickly!

In summer, I'd like to spend more time more often at the pool and the nearby play-area with my grand-kids, but that's difficult, very difficult when there is only one toilet (cum change-room) for up to 70 patrons.

I counted this estimate of patron-numbers recently on one very hot day at the pool, and I could then only guess at what was causing so many parents and others to escape to the "out-of-sight" bushes. There was of course a queue waiting for the one and only change-room toilet at the pool.

The Bowlo is not required to be a public toilet, yet even there it can be a queue sometimes: when I need to go, I need to go! Just the sight of water can trip my plug, and now it's become that just the thought of going to the pool will set me planning my escape routes.

Something needs to be done very soon to provide adequate public toilets for the Park and the Pool. The view expressed in the NGT of June 2018 by a tourist, Joan Bishop, will be just the tip-of-the-iceberg for the ever increasing need, frustration, and disappointment of visitors and residents alike.

Ian Corr  
Nimbin

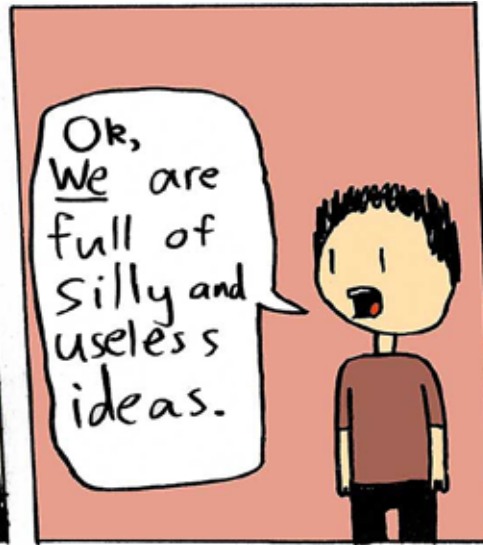
NGT welcomes letters and other contributions received by email or post prior to deadline. Letters longer than 300 words may be edited for length, and articles for accuracy. Please include your full name, address and phone number for verification purposes. Opinions expressed remain those of the author, and are not necessarily those of NGT.

**More on dunnies**

Last months edition of the GoodTimes had an important letter from Joan Bishop, a tourist to our lovely town from Cygnet, Tasmania, citing the lack of toilets in Peace Park as an major issue for locals and tourists. She will be pleased to learn that this problem was identified as a top priority at the LCC Sport and Recreation planning meeting held on 27/6/2018. She is not alone with her concerns. It has been raised for years but still there's not been any action from the Council. The area discussed includes the skate park, the children's playground, the BBQ area with its shelter sheds and the pool. In the near future there will be an increased number of people using this park when the outdoor exercise equipment is finally installed.

Let's hope the Local member of the State Government, Thomas George, will be alerted to this serious problem and act on our behalf. It's not too much to expect that Nimbin has reasonable facilities for all users of public spaces.

Sue Edmonds  
Nimbin



By Oscar Myles

**Lillian Rock mobile tower**

As a resident of Lillian Rock I am bemused by the recent protests against the proposed mobile phone tower.

The protest seems to be about health effects resulting from electromagnetic energy (EME). Telstra's evidence-backed research, however, notes that the tower will emit EME at 0.19% of the public exposure limit (PEL).

It is worth noting that landline cordless phones emit 0.44% of the PEL, more than double that of the proposed tower. No-one is calling for cordless phones to be taken off the market.

Further, this tower is part of a mobile phone black spot program that aims to increase coverage where there is currently none.

In prolonging the lack of mobile phone service along the ever-dangerous Kyogle Road, protesters are ensuring that a quick response by emergency services remains inaccessible for drivers and residents. Their actions are directly keeping people at risk of serious injury or death.

There are plenty of other causes that desperately need the energy that these protesters seem to have in abundance. One is that of logging in our public native forests.

The NSW government has just legislated for logging within exclusion zones, reducing buffers around waterways and increasing in the scale and intensity of logging within our native forests. This will decimate the habitat of many threatened flora and fauna within the Northern Rivers region and increase sedimentation of creeks, lowering water quality.

Our native forests in this region are a direct lineage to ancient Antarctic forests and are too precious to lose to a rapacious State Government. The impending climate change catastrophe means we cannot afford to lose any more of our forests in a country with the highest land clearing rates in the world.

Dr Kirsten Cowley  
Lillian Rock

**Primex**

I attended Primex, and the displays by all those who had

*About us*

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**NEXT DEADLINE: Wednesday 25th July**

Email [nimbin.goodtimes@gmail.com](mailto:nimbin.goodtimes@gmail.com) or put stuff in our pigeonhole at the Nimbin Community Centre.

a business to show off were incredible. These are people who know how to present their products and the way they treated people making enquiries can only mean they are serious about sales, income and expansion of their business.

Free samples, good advice and consideration were forthcoming. What a shame the political parties, Greens, Nationals and Country Labor let the show down.

The way these candidates/potentials and members were dressed showed disrespect for the office they yearn to hold. Their lack of personality,

manners and consideration was another turn-off.

The only person who was impressive in their shed was the old guy, obviously an aged pensioner, getting amongst them as regards bashing the aged financially and benefit wise. I would vote for him before any of them.

Perhaps these party people need to go for a look at how the business people were displaying their wares and treating potential and existing custom before occupying their booths next Primex.

Claire De Ellae  
Urbenville

**Revenge of the Loon**

by Laurie Axtens

Everything is politics – every choice we make is an expression of our power. Politics is also the art of the possible; it is the art of the pragmatic. This applies to domestic and gender imbalanced violence as much as everything else.

We have a profound problem; on virtually a weekly basis one Australian woman is killed by a man, usually their partner. What are we to do? Well everything we can is the answer.

Make sure our people are safe in the streets by having as many people on the streets as we can – and by making sure people aren't walking around at dangerous times.

By training the vulnerable in self-defense and teaching people how to be careful and safe - when and how to escape – who to call in



times of peril.

By teaching respect for other people's opinions and freedom in our schools; by teaching nonviolent conflict resolution from the earliest age and by identifying and addressing cruelty in our children at the very earliest age.

There are hundreds of people who proposed to have the silver bullet answer to this problem but when we search the globe for societies that don't have gender imbalanced violence and suppression – we find there

are none.

In fact, the best we appear to be capable of is a society that is open and honest and equal enough for victims to report their persecutors.

It's not fair, it's horrible and as a man it is my gender that is by far the greater culprit.

Change needs to start in early education and in the meantime vulnerable people need to be careful and their loved ones need to be vigilant.

And we need to properly fund our women's refuges.

**Poets mourn Candy**

by Gail M. Clarke



Photo: Peter Ptschelinzew

The Nimbin poetry family is saddened by the news of the passing of Candy Royale.

The awe-inspiring poet first came to Nimbin in 2004 to try out for the Poetry Cup. She returned the next few years, still without winning, each year making the semi's and a couple of the finals, until 2012 when she finally became the winner.

From little things big things grow, that certainly was Candy. I knew from the first that she was a determined and strong performer who would be heard, loud and clear no matter what.

Not surprising she went on to great things. Always encouraging all she worked with, travelling the world, sharing, always sharing love and great laughs. Candy was that sort of person not afraid to say what so many others silently think.

Bravo, great applause, farewell wonderful woman.





**RIP Leslie Joan McAuslan**  
30/11/20 – 10/06/18

Leslie Joan McAuslan, who has died in Sydney aged 97, moved to Nimbin in the early '80s with her husband Gordon.

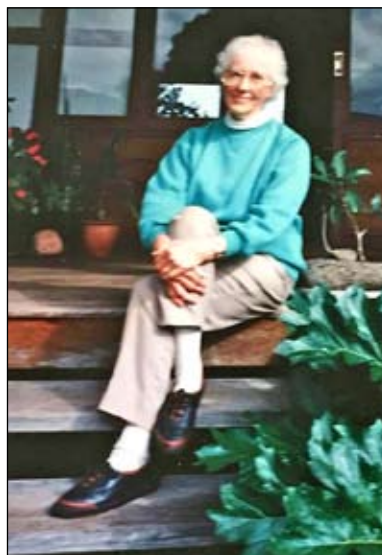
The couple were following in the footsteps of their children Dain and Janet who had moved to the area in the early '70s.

Leslie and Gordon bought a four-acre block at the corner of Newton Drive and Upper Tuntable Falls Road.

The block was unusual in that the surrounding farmland consisted of blocks of 50 acres or more. This one had been the site of the former Tuntable Falls Primary school, which had burnt down in 1954.

In 1982 they built a studio in which they lived, and fired ceramics created by Gordon.

They then began work on a larger adjacent dwelling which was completed in 1984. This became both their home and a gallery for the exhibition of Gordon's ceramics.



In 1993 they decided to downsize and moved to Lennox Head.

Following the death of Gordon in 1998, Leslie moved to Sydney to be with her younger sister Nancy.

She died on 10th June in the presence of Nancy, Janet, and her granddaughters Melody Atkinson and Violette McGaw.

**RIP Robin Moore**  
1/5/1925 – 29/6/2018

It is with great sadness we acknowledge the passing of this remarkable woman. A full article about Robin will follow in the August edition.



**Vale Alan Roland Morris**  
2/11/1948 – 15/6/2018

Family and friends gathered at Lismore Memorial Gardens on 21st June to celebrate the life of Alan Morris, erudite proprietor of Lismore's Rvbyesque second-hand bookshop.

"Those we have loved never really leave us, they live on in our hearts forever."

## Jago underground

by Dionne May

Mid-winter... not so bad really here in Northern NSW. Sure the ground is cold, but it's not frozen and those seeds laying deep in the ground for next spring's burst of growth, are dormant but not idle. As with those seeds in the ground, we humans turn inwards and perhaps reflective, as we warm our bodies by open fires.

I think of friends past that lay buried in cold soils... it's not morbid, just life now as years and winters gather in numbers. I conjure up their faces in the flames and in the embers, in no particular order, just flickering flames of memories, and smiles, and laughs.

A new face suddenly entered the parade of lost friends just last week... Mark bloody Jago, you bastard!

Eternally gone with just an instagram photo of a mound of ground festooned with rose petals, his last resting place in the world. The loudest jovial soul, buried in warmer soil so far from Nimbin, so far from home.

The photo haunts me a little... to die away from home, the traveller's fear.

When I was staying in Timor Leste in 2012, the Italian priest who had been living and working with the Dominican

sisters for two years choked on a piece of meat and died two days before returning home to Italy. The visit to the local morgue, which had a large photo board of unidentified dead bodies graphically displayed in the entrance hall, was a sobering day. As was my time in Varanasi, death city of India, burning bodies everywhere.

Death, like winter, or change, is a cycle and we humans are bound by these ancient rhythms.

If we cared we could estimate the number of winters left to experience if we live until the average age of mid-eighty. Not as a fearful prediction, but rather as a reminder to give thanks, to feel gratitude and to embrace each and every brisk cold winter morning.

But in our comfortably warm (for most Australians) homes, have winter's reflections lost their potency? Seasons change, friends pass yet in personal worlds governed by electrical convenience and insane levels of personal gratification... do fallen trees land on deaf ears?

Mark Jago was a giant tree of a man. Those that loved him heard the rumble over an ocean and stood poised with shock as the reverberations rocked our worlds.



Who could image a Nimbin without his loud Hawaiian shirt presence bursting out choruses of Elvis Presley, Roy Orbison or Johnny Cash on Cullen Street? The man was an irrepressible showman with a wicked sense of humour who was not afraid to push the limits with his humour, his intelligence and his big happy heart... one of Nimbin's colourful family just left Nimbin forever.

If there's a Nimbin heaven, then Mark Jago just took up centre stage... and the crowd went wild.

Farewell good mate... your memories are priceless.

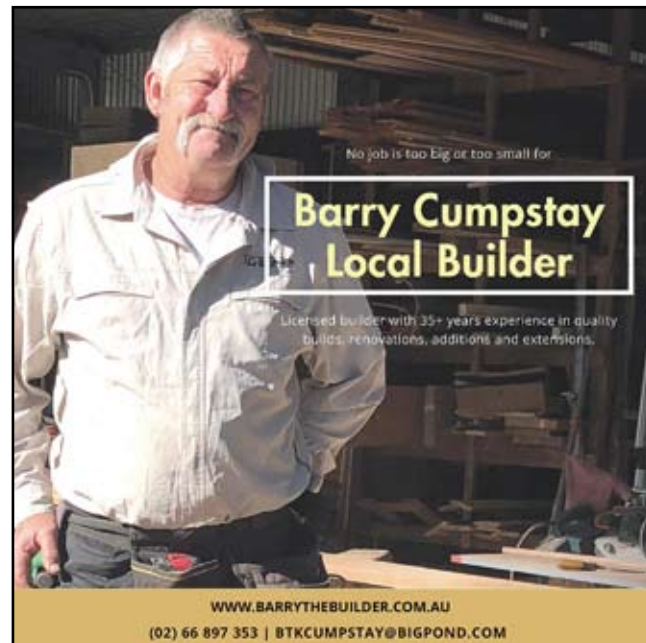
## CLEANER POSITION

### Jungle Patrol, Nimbin

Casual / Part Time 1 day a week  
Approx 4hrs – Early morning 3.30am start

Duties to fulfil L.C.C. Street Cleaning Contract  
Drivers lic & reliable vehicle with towbar req

**Contact by phone or email:**  
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