

# A gym for Nimbin?

by Wayne Cuthbertson

These days we hear a lot about problems involving young people. Yet the thing is they have always tended to be non-conformist, resisting the shackles of youth and leaning towards rebellion, defiance, and disobedience... it's normal.

Actually, this restless spirit has been the catalyst for some of the defining moments of the modern world, making it a better place. It's pure biology. Hormones have a strong influence on how young people feel and act. Try to remember, it's not all their fault – you'd be on edge too, if you had all these natural chemicals raging through your veins.

Amid this very natural, yet tumultuous time, youth, boys especially, need a positive physical outlet for their pent-up energy. If teenagers, especially young men don't expend their energy constructively, it should be no surprise if it's harnessed in ways the rest of us find problematic.

Bear in mind they are trapped in a genetic context based on thousands of years of physical activity such as hunting, fighting and fleeing. We may live in the computer age, with sophisticated devices, but our bodies are still essentially Palaeolithic, reacting as they have long evolved to do. Inactivity, boredom, nothing to do, no facilities. All this goes against their very own nature. Young bodies are programmed to exert themselves to the point of healthy exhaustion.

This is where sport comes in. Not only is physical exercise a healthy outlet for pent-up energy, it can positively harness natural aggression and the drive to compete while also cultivate camaraderie, teamwork and importantly discipline. Going to a gym and weight training specifically can have a profound focus in



**Fitness freaks.** Dion Wales and Ryan Hawkin, who have benefitted from the program conducted by Wayne.

this area. Weight training not only eats up energy, it sharpens focus, goal-setting and willpower. Plus it can be done alone or in a team. The gains it brings in strength and muscle volume increase self-esteem and the struggle against the resistance posed by heavy weights is a great outlet for aggression.

The average ancient human had a physique that was on the muscular side. The activity level made occurrence of obesity extremely unlikely. The problem today is that all humans still harbour genes that interact with intense physical activity.

Studies examining hunter-gather societies that exist today show that cardiovascular disease, obesity and diabetes do not exist there.

Sensible weight training provides many of the benefits of a Palaeolithic lifestyle, which also means that your body has to interact with genetic factors that prevent diseases. Examples include the up regulation of glucose use in the body by exercised muscle which prevents type 2 diabetes. Another is the continued promotion of hormonal activity that would otherwise decline with age, which helps to prevent muscle wasting. Many studies have found that most people who live in nursing

homes are there because they have become so weak from loss of muscle that they can no longer care for themselves.

Some of you may be aware that I have been endeavouring to raise funds through grants to establish a gym/health/fitness centre for Nimbin. It would provide for the community such things as a sporting program for Nimbin Central School, strength and fitness programs, circuit classes, rehabilitation programs in conjunction with physiotherapists, working with youth at risk.

I have just finished a successful program in Nimbin working with youth aged 15 to 24 some of whom participated in all 22 classes. I would like to thank the boys who were involved in that program. I have been working towards the goal of having a gym and fitness centre for Nimbin since November 2004, and I am glad to see progress towards my goal achieving fruition.

If you are interested in sending letters of support/interest for the Gym and fitness centre in Nimbin, please send them to PO Box 376 Nimbin NSW 2480.

**Wayne is a Fitness leader, Level 3 Fitness instructor and ARL Senior Club Coach Level 2.**

# Skate Park's next test

Tursa workers were busy on the job at the end of May, filling the underneath of Nimbin's steel skate ramp with recycled tyres and closing in the sides with plywood sheeting, in readiness for the decibel test on Wednesday 7th June.

The NCDA and SK8 Park Working Group encourage all to participate in the sound audit from 10.30am. Community Centre co-ordinator Marcus Mantschiff said, "Street skaters need to prepare themselves for the best in ramp design. This facility needs you to participate if it is to have a future."

Logistical problems in the installation of the tyres were solved by the Rainbow Power Co, where a one-tonne weight was used to compress the tyres for banding in stacks prior to installation, when the banding was cut and the tyres expanded to make a tight fit in the curved space.

The use of the recycled materials to dampen the "drumming" of the half-pipes has already drawn criticism on health and safety grounds, with the Nimbin fire brigade resolving to write a letter to



Council to express its concerns regarding fire safety. Burning tyres require a specialised Hazchem response, and the nearest unit is in Ballina. Fortunately, tyres are hard to light, but they also present pest control problems, particularly as a mosquito breeding

ground. Nonetheless, both sceptics and optimists alike are eagerly anticipating this new phase in the skate part construction. The challenge is to reduce the noise levels by 25 db. Let's see how close this ingenious solution comes.

# Big Joint makes its point in Canberra

from p1

We made many friends amongst the Federal Police, they were perhaps the friendliest and most professional policemen I have ever met during all my years as a Cannabis Law Reform Activist. They did their job extremely well, we were never out of their sight and there was always one or more of them talking to at least one of us.

Their attitude towards Cannabis was no different to their attitude towards tobacco or tomatoes. They were not interested in 'fining' us for cannabis possession or use and whilst they would have arrested us in a heartbeat if we broke a guideline, the feeling amongst us was that they were on our side. We spoke at length with them about their attitudes to cannabis, life, the



universe and everything and as I said at the start, we made many friends and we look forward to extending the green carpet treatment when our new mates come up to visit us in Nimbin.

I would also like to thank all the HEMP Embassy staff who worked so hard to raise the money to buy the nuts, bolts, wood, poly pipe and the 420 other things we needed to make it all the way to the Big House.

Bottom Line? We do not want cannabis legalised just

so we can sit around and smoke pot all day long, we have common sense reasons why 'outdoor' cannabis should be relegalized so that all Australians can benefit from this wonderful plant. Indeed, from a global perspective, no other country on earth stands to gain as much as Australia does by re-legalising the hemp plant. We have the acreage, the sunlight and the willing workers required to become the earth's leading supplier of hemp.

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# Margie to leave school

In a surprise announcement to all sections of the school community Margie Hayes, the popular principal of Nimbin Central School, has said she's leaving.

She has been appointed principal of Casino Public School, effective from the start of third term, in July. Margie wrote in the school newsletter, "After a great deal of agonising I have accepted the position to be more available to my parents." Margie's mother, 82 and father, 89 live in Casino. "At this time of their lives, it would enhance their quality of life if I made my time more available to be a support," she wrote.

The position of principal will be filled by the current deputy principal, Christine Grieves until the end of the year, when it will be made available for appointment through the state-wide staffing operation. Margie told staff and students, "I know I leave this school in great hands. In my six years here, I have never before had such a complete team, with all positions filled and everything running smoothly."

She added, "Ms Grieves can do everything I do, anyway. And you'll still see me around the village with mum, because she loves to come out here. Nimbin will still be here, but



Margie Hayes enjoying the moment at last year's Year 10 formal dinner. Picture: Cath Marshall

sadly, my parents won't."

Details of Margie's farewell are yet to be finalised, but it is likely to be a memorable event, with many people throughout the community wishing to express their gratitude for her effective and compassionate work at the school.

# Environment Centre to the rescue



by Wal Davies

At its May AGM the Nimbin Environment Centre resolved to attempt a rescue of the Community Gardens and the old church hall which was damaged by fire over a year ago.

The hall roof collects rainwater for the garden irrigation system and is an integral part of the garden project, providing storage and display space, a packing shed, meeting place and office. The landcare group raised over \$30,000 to establish the gardens but has not been able to raise the funds to move the hall onto the land leased for the gardens.

The Environment Centre would take over the lease from the landcare group and renovate the hall as a garden centre with office space for a new Environment Centre headquarters. The Environment Centre lost its former headquarters at the back of the organic shop beside the former Daydream Gardens a few years ago. The small space of

the shop has not been able to accommodate office equipment, archives etc which are now partly in storage.

The church is donating the building for removal, plus \$2000. Of this \$500 has been expended on the Development Application (approved) and the construction certificate (pending). Commercial cost of removal and re-stumping is \$3800, a shortfall of \$2,300. There are further costs for electrical and phone connection.

The church continues to affirm that the gardens are a long-term community amenity as it has consistently done in applications for funding from all three levels of government.

If you have not yet been to the gardens, come to the picnic in the gardens on Sunday 25th June, and help keep this beautiful part of Nimbin a place for all to enjoy.

Wal writes on behalf of the Nimbin Aquarius Landcare Group and Nimbin Environment Centre.

# Pre-school struggles to rebuild

By Dianne

It's almost 24 years now since Nimbin Pre-School first opened its doors, on June 21st 1982 (the Winter Solstice) to welcome the three- and four-year olds of Nimbin.

A group of determined parents, wanting the best opportunities for their kids, had worked hard to do the groundwork, and struggled to raise enough funds to buy the necessary toys & equipment. The old "Tea Pavilion" at the Showgrounds had been renovated early that year, originally intended as 'temporary premises' and we're still there!

Over those past 24 years, hundreds of Nimbin kids have spent many, many happy hours in the colourful, nurturing & stimulating learning environment that is Nimbin Pre-School.

As a 'community-based' pre-school, it has always been only partially funded by the now Department of Community Services (DoCS), and parents have been expected to make up the necessary extra funds, by paying fees for their children to attend, as well as by contributing through voluntary work – parent help with the daily chores, maintenance work, administrative support, and fundraising!

Many may know that three years ago we were awarded a capital building grant from DoCS, as the need to re-house the pre-school was becoming desperate. For years, parents had been levied a contribution to a 'Building Fund', but building costs were growing much faster than our building fund. The Grant in the meantime has been safely invested, gaining meagre interest, whilst we have been getting on with the laborious work entailed in establishing a new pre-school.

Of course our DoCS Grant was for 'building' only. First we had to try and procure land to build on. After 18 months of enquiries, submissions, endless phone-calls and



Big plans. Dianne with some of the pre-schoolers.



letter-writing, we were finally granted permission from DET to lease a portion of land from Nimbin Central School site. Then began more negotiations with Lismore Council, to gain access to the site from their carpark ... not to mention on-going negotiations with them over the Development Application, which has just been conditionally approved. In the meantime, we had engaged a building-designer ... after several meetings, many more phone-calls, initial sketches and drafts, we finally had plans drawn up which we were all happy with and which meet DoCS' stringent Childcare Regulations.

We've now met with builders, and we are hopeful that this long-term ambition is about to be realised! However ... are we going to have enough money???

Fundraising has always been a big issue with any community-based pre-school, especially since DoCS funding was frozen in 1989. Over the last 12 months there has been an active funding campaign, which culminated in a state-

wide 'Protest Playday' on April 8th this year. Nimbin was one of many pre-schools participating in the Lismore Protest. And we are still hoping for a favourable Budget announcement this week.

But fund-raising is urgent for us right now, if we are ever to get the Nimbin Pre-School it deserves.

Fortunately we have a very dedicated parent Committee this year, and some very keen fundraisers amongst the parents. They have some great plans afoot and two events coming up this month. The parents feel that our 24th Anniversary (gosh ... that's almost 'Silver') is well-worth celebrating, and wish the whole community to be involved – especially all those parents and children who have been a part of Nimbin Pre-School at any time over those past 24 years.

So, look out for us celebrating - and fundraising at Nimbin Market - Sunday, June 18th - we will be having a huge stall, including cakes, plants, bric-a-brac, pre-loved clothes & toys, and fresh-baked Pizza.

And then ... on Sunday, June 25th - we are holding an Auction at the Rainbow Café - hundreds of new and pre-loved goodies for sale to the highest bidder! Auctioneer will be ... a surprise!

So come along ... one & all ... especially all those Pre-School faces from the past!

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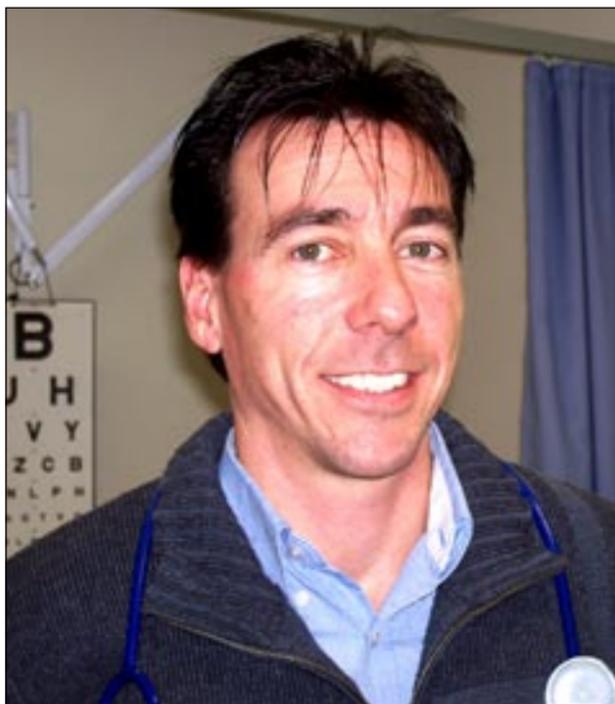
# New GP in Nimbin

The Nimbin Medical Centre has recruited a new GP to the town.

Dr Marc Droulers joined the practice last month and is available for consultations four days a week. This means that more appointments are now available to the community and that there is currently only a short wait to be seen.

Dr Droulers, who has a particular interest in emergency medicine and palliative care, has also applied for an appointment at the hospital.

A resident of the Northern Rivers for the last 10 years, Dr Droulers is a former nurse. Graduating in medicine from Sydney University in 1996, he moved to Lismore to do his residency in 1997. In 1999 he decided to move to the region permanently and he worked in St Vincent's Hospital until his move to



Welcome Doctor Droulers.

the Nimbin Medical Centre.

The mix of general practice and hospital work are ideally suited to his skills base and he is busy

settling in to the practice, where he is enjoying the variety of the work and the people, all in a beautiful location.

## 365 days of kebabs



Gracie is among Ismail's regular customers at Nimbinz Kebabs.

Nimbinz Kebabs has been going a year this month.

Proprietor Ismail has been a chef for 15 years cooking all kinds of food, and has represented Australia in competitive cooking. He said, "I knew it would be a success. I've never failed with food."

But it was not without its problems. "When I took over the shop, it was a mess, and I had to build it up from nothing," he said. "It's been an uphill battle, and still is –

health inspectors, insurance, tax inspectors, police driving customers away."

The business employs up to four people at its busiest times. During MardiGrass they covered costs but did not achieve the surplus needed to cover the quiet winter months.

"We're here for the long haul," Ismail said. "Tourists come and go, but the community is always here, and we respond to their needs. There's been

great support from the community, and a lot of positive comments. It's clean, healthy food."

Responding to customers' suggestions, the menu has been extended and coming soon for winter are a range of wet dishes, as well as hot vegies and gravy.

Ismail said, "Thanks to everyone who has supported us, and we will endeavour to keep supplying Nimbin with great food at a reasonable price."

## Breastfeeding support clinic helps local mums

A free weekly breastfeeding support clinic in Lismore has already helped one local mum and her newborn baby.

Lia Masman went to the Northern Rivers Family Care Centre's new breastfeeding support clinic when she was having difficulty establishing breastfeeding with her second child Dylan.

She had had no problems first time around, she said, but every baby was different. Lia found the clinic really helpful and said it only took a couple of visits to the clinic for baby Dylan to start feeding well.

"It would be more frustrating without the service and some people wouldn't persist with breastfeeding," she said.

The breastfeeding support clinics have been established in Lismore to help mothers who are experiencing difficulties establishing and sustaining breastfeeding. These include a by appointment clinic in the Northern Rivers Family Care Centre and a drop in clinic in the parents' room at the Lismore library.

"Sometimes it is difficult for new mothers to meet appointment times and the drop in clinic has been designed to facilitate this," lactation consultant and child and family health nurse, Caroline Ryan, said.

The YWCA Community for Children program provided the \$114,000 to set up and run the clinic through the Family Care Centre, which is operated by the Northern Rivers Division of General Practice



Lia Masman and her 16 day old baby, Dylan, pictured at the drop in breastfeeding support clinic at Lismore library.

(NRDGP).

"We recommend that all children receive six months of exclusive breastfeeding as it is recognised as the best method of feeding an infant, but initial problems can be a significant risk factor for mums to stop breastfeeding early," she said.

Caroline offers education, support and assistance to mothers to help them overcome any problems they may be experiencing and to establish and maintain successful breastfeeding. She provides assistance with all breastfeeding problems such as painful and damaged nipples, mastitis, and milk supply problems. She can also help mothers enhance the optimal positioning and attachment of their baby to their breast.

Caroline will refer any mothers who need assistance with other mothering issues to the Northern Rivers Family Care Centre.

The breastfeeding support clinic is open on Tuesdays and Fridays. The drop in clinic is on Tuesday

mornings from 9.30am to 12.30pm in the parents' room at the Lismore City Library. The appointment only clinic is on Tuesday afternoon from 1.00pm to 4.00pm and Fridays from 9.00am to 4.00pm at the Northern Rivers Family Care Centre in Dalley Street (in the grounds of St Vincent's Hospital).

Contact Caroline on 6622 8705 for enquiries and appointments, or pop along to the drop in clinic at the library.

### Breastfeeding support clinics

Tuesday 9:30am-12:30pm  
Drop in to parents' room in Lismore Library  
Tuesday 1:00pm-4:00pm By appointment at the Family Care Centre  
Friday 9:00am-4:00pm By appointment at the Family Care Centre

Address: 16 Carrington Street (PO Box 519), Lismore, NSW 2480  
Ph: (02) 6622 4453 Fax: (02) 6622 3185 Email: media@nrdgp.org.au

## North Coast Area Health Service

### Women's Health Clinics

Announcing a free and confidential clinic for women of all ages

**When:** Third Thursday of every month – 15th June

**What:** Pap tests, breast checks, continence assessment, STD screening, post natal checks.

Information is provided on menopause, contraception, sexual health, menstrual problems, osteoporosis.

**Appointment:** Nimbin Health Service 6689-1400



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If you're tough enough to brave the cold at the time of the winter solstice weekend this is one event you should not miss.

Spectacular, larger than life lanterns, illuminated sculptures and costumes along with fire-art, pyrotechnics, parade bands and performers come together every year to create and celebrate the region's hottest cultural event.

Watch as this illuminating parade winds through the heart of Lismore to the banks of Wilson's River where it climaxes with a spectacular outdoor theatre performance featuring fire-dancing and fireworks on water.

This year's fiery finale titled MythLines will in fact be a 'celebratory theatre' performance piece where the crowd will be encouraged to recite the following chant:

*The shortest day, the longest night*

*Out of the darkness into the light.*

*Dreams and visions taking flight,*

*On fiery wings into the night.*

*Purify each heart and mind*

*In tunes with nature's great design.*

*When true hearts work with love for all*

*Hope triumphs and the dark ones fall*

#### Where and when

Lismore CBD, Saturday 17th June  
Kids Fair: 10am  
Night Market: 4pm - midnight  
Parade: 5.30pm  
Theatrical Finale: 6.45pm  
Street Party: 8pm till late featuring Hudablastic Funk, Romaniacs, Gypsy Caravan and special guests.  
Price: Gold coin donation

#### Wanted

Artists, actors, performers of all variety, craftspeople, growers and purveyors of Regional Cuisine. This year the parade will be attended by over 20,000 people and national media. For the first time it will host a Night Market, and welcomes your wares Please call 6622-6333. June 17th. Night Market starts at 4pm. Parade starts at 5.30pm.

## Back to School Day a huge success



The Form 2 class of 65: Many well-known names who are still in the district. Picture supplied by John McDonald (extreme left in middle row).

#### by Manuela Geiss Community Liaison Officer

'Back To School' was the theme of Nimbin Central School's Education Week celebrations on Tuesday 16th May. For the parents of our primary school students this meant coming back to school for a period and pretending to be students again together with their children. More than half of the parents came and engaged in educational activities with their children.

Yes, education can be fun. This is particularly so with our highly qualified and motivated teachers who all use the Quality Teaching strategies, which work so well. (If you want to know more about these strategies and how you can use them at home to support your child's learning, please contact Manuela at school or on 6689-7457.)

We also invited ex-students to come on the day and to present talks to our high school students and to discuss with them their times at school, their careers and life paths and other gems of wisdom. These

wonderful people were: Dawn McDonald, Maire Barron, Bill Hensen, Kevin Soward, Chris Hayward, and Neil Harris. (John McDonald was unable to come on the day due to illness but he will make up for it soon.)

We also had an unexpected guest of honour, Mr. Doug Hayes, a previous teacher of our high school. He thoroughly enjoyed looking around our 'new' school and watch all the happy activities the students were engaged in.

For lunch I organised a free BBQ and veggie-patty sizzle for all before the primary students got ready to run their best at their annual Cross Country races. A number of parents participated but most (including me) seemed to drop out before the end of the race.

There was a very happy buzz in the air all day, and surely no-one will forget this special occasion. The feedback from parents, ex-students, teachers and students was so overwhelmingly positive that a repeat next year seems to be a must.



Primary students at Nimbin Central School are doing lantern-making workshops.

## THAT PIERCING URGE

If you're going to have it done, or are thinking about it, talk to a professional. Sharon has opened a discrete studio in Nimbin (phone 6689-0376 for appointments), and her work is fully compliant with the skin penetration health code.

Operating as Rainbow Body Piercing, Sharon can supply a range of designer jewellery in high implant specification stainless steel, titanium and gold (check out her album), and she does gift vouchers!



**All holes barred.**  
Sharon is a body piercing professional now with a studio in Nimbin.

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## Shift in Consciousness

Post-occupation Nimbin is slowly coming to life. Shrouds of anger, despair and hopelessness are starting to dissipate as sufferers of police violence and persecution heal through contact with each other and resurrection in daily life.

I think the town will never be the same again. A certain freedom has been lost, but a freedom hard won through the years that was taken advantage of by both youth and those that went against the Aquarius foundation and dreaming through either lack of knowledge or intent.

Massive weaving of thought form, intention and outer dimensions goes on to keep the travelling town on course and safely on its way to its destination. In an area where the powerful "spirits of rock and place" are ready to pounce and weave their magic on those who wreak a travesty on sacred ground, we find our path powerfully directed.

Lynne Oldfield

## Embassy work unreal

In the week leading up to, and during the MardiGrass I worked a few hours as a volunteer casual at the Hemp Embassy. I enjoyed working with the co-workers on the same shift, and after the MardiGrass was not surprised when I was laid off, after the Embassy found itself over-staffed. I've worked in the Real world, and I understand that with casual workers it is usually "last in first out". What did surprise me however, was an inappropriate remark made by one of the senior staff members after I had stopped working there. But I was forgetting; Nimbin doesn't always operate in the Real World.

In the Real World, when one is looking for work, one applies for a job, and one is invited to turn up for a job interview, where one is assessed. In the Real World, one does not expect to be insulted and vilified for daring to apply for the

job and then having the nerve, the sheer gall, to actually turn up for the interview!

This is effectively what happened to me. I turned up in all innocence, bright-eyed and bushy-tailed in response to an invitation to come to the committee meeting. One member of the committee was overtly hostile, repeating remarks and accusations of "outsiders barging in and unfairly depriving other casuals of their work", and "causing a problem by insisting on working on a particular day ...". (I had indicated that I would prefer to work earlier in the week rather than later). The experience was not pleasant, but I put that and other misrepresentations behind me. Majority opinion prevailed and I had a short but enjoyable work experience with people I liked and respected.

You can imagine how gobsmacked I was, when a few days after I had been laid off, I heard another committee member (who was not at the original meeting), using exactly the same words and phrases. Obviously the objections to my volunteer work had been propagated. Frankly, it made me feel like a political football carelessly dropped onto the Playing Fields of some prattened exclusive private school. "Not Fair" indeed! I am crying Foul. I want this wicked calumny put to rest for once and for all, my impeccable, irresistibly charming image restored unblemished, my good character promoted, and perhaps a small medal and a tastefully rendered monument. I will, of course, also accept money.

Warwick Fry

## Bentley Art Prize

The Bentley Art Prize is on again this year on 4th, 5th and 6th August 2006.

This will be the 22nd Art Prize held in the Bentley Public Hall. This year Helen Trustum has taken over as Co-Ordinator from Reg

Hartley. There are 10 sections including a Bentley Landscape and Scrapbooking for the first time.

Over \$5000 will be offered as prizemoney, with Tursa the major sponsor of the Open Prize for \$1000. Entry forms are out and can be obtained at Art Galleries, Library and Council Chambers in Casino, Lismore and Kyogle. Enquiries to Helen Trustum Bentley, on 6663-5283, Fax 6663-5296 or e-mail [helen-trustum@hotmail.com](mailto:helen-trustum@hotmail.com)

Helen Trustum

## Small Hive Beetle threat



Australian agriculture faces the dire threat of losing much of its fruit and vegetable production if the Small Hive Beetle (SHB) that is attacking bee-hives is not quickly brought under control. The SHB entered Australia through ineffective quarantine inspection procedures, and now has the potential to become a major threat to our food production.

World bee expert, Dr Peter Neumann of Germany's Martin Luther University has warned this insect could devastate beehives across Australia and cause untold damage to the rural industries that rely on cross-pollination for fruit, nut, vegetable and grain production. The end result would be food shortages and the loss of major export industries worth billions.

Dr Neumann said this insect can survive its full life cycle within banana plants, this then becomes a major problem to the banana industry. If they do not control the SHB they may risk not only losing their industry but the honey industry as well. If we lose the bee industry then we will also lose most others that rely on cross-pollination, including canola. The flow-on magnitude of this potential problem is not fully appreciated by any in the rural industries. If this insect can live in bananas, then what other fruit can it also survive in? If it found the SHB can survive in native fruits as well, then we have a major war on

our hands.

The SHB has already spread to wild hives in northern NSW and could easily get totally out of control across Australia. There needs to be immediate urgent funding from the federal government into researching this problem before it spreads further.

If delays in funding research continue, then it will become too late for effective control, as happened in the US. Dr Neumann said, "In the US this problem is devastating its rural industries to the extent where we export millions of dollars of bees in an effort to save their crops." The honey industry is worth \$90M a year and employs thousands of people. It must be given full pest research assistance.

V. J. Metcalf  
Stokers Siding

## A Bong is not Wunbong

To set the record straight, I did not write 'Anita's voice in my head' (NGT p18, May 06) and Wunbong Tumani is not the alter ego of Anita Bong.

Several people assumed that I was sending myself up in that article, which resulted in yours truly copping a lot of flak around the village for bad writing. I would never indulge in such negative pointless vitriol.

Particularly tasteless were the comments in the last paragraph about the people running The Apothecary and The Retro. Both Wunbong and NGT owe them a sincere apology.

I was going to write a reply to Wunbong's diatribe, but I really have better things to do with my time.

Anita Bong

PS: I agree with you Wunbong you have had Tumani.

## A Big Thank You

The families of Joshua Parker-Le Bars would like to thank the wonderful Nimbin community for their sincere compassion and support through this hard time.

We are very fortunate to live in such a caring community.

A heart-felt thankyou from the Le Bars, Parker, Bynon and Ward families.

Marc Le Bars



Hospital Auxilliary Stall at MardiGrass.

## MardiGrass a riot for cops

My heartfelt sympathy goes out to the police Task Force and Drug Squad that were obviously misinformed in their pre-Nimbin assignment briefings about the violent nature of our little village and its media-hype status of being 'out of control'.

What a pity to be sent here en masse with every expectation of gaining 'in the field' experience and training in riot control and 'protest busting' only to be confronted with a community of peace-loving Hippies.

Such a letdown it must have been for them to be set down among caring folk who practise a culture of tolerance toward a small group of rebellious youth and a few heroin addicts on previously confiscated drugs. I acknowledge and appreciate the disappointment they and their superiors would have felt.

With the best of intentions of course and using every trick in the 'manual' the poor dears were unable to incite even one actual attack on their respective persons. Who could blame them for at least trying to save face in front of the media by concocting an alleged assault?

For Nimbin's abysmal lack of foresight in this matter and I hope, speaking for our village as a whole, I humbly apologise to the 'Force'.

Actually we are not much at arranging a riot here, as we've never had one and certainly not at Mardi Grass. Here, I respectfully suggest to any of the Force that may be reading this letter, that for Nimbin's next Fiesta, at very little expense, a truckload of experienced rioters (maybe recruited from a beach-side suburb in the south of Sydney or Dili or Honiara) could be transported in with your Riot Squad and Task Force.

Respectfully yours,

Graham Ferguson

## About us

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# CDAT @ MardiGrass 06

by Marcus Mantscheff

Nimbin CDAT, in co-operation with the RTA and NSW Health, were able to offer free breathalyser services at the MardiGrass. One unit was stationed at the Nimbin Hotel and Backpackers and another outside the School of Arts.

The unit at the pub saw relatively little use compared to the 1500 spent straws outside the School of Arts. Additionally two mobile BAC units were in use over the weekend helping 300+ motorists make valuable decisions ahead of any car journeys into police roadblocks.

NSW Police noted only two Prescribed Level of Alcohol (PLA) charges being recorded over the weekend. It can only be said that most motorists were making safe decisions, breathalyser or

not. The feedback from those who made use of the service was spirited, and ranged from positive thankfulness to outright contempt.

Next year will see the return of the breathalyser units and some saliva testers (if the Ganga Faeries grant our wishes) for us to play with. Thanks to Paris Naday for the savvy T-shirt design and to Dave Hyett (Jungle Patrol/Bringabong) for helping get them printed.

An application to NSW Health, to support a Nimbin Aboriginal Broadcasters film project around the Rainbow Lane, was successful in delivering an additional \$6500 towards the project.

The Nimbin Rainbow Lane Multimedia Project will include:

- Filmmaking from script, through to acting, camera, and editing through to final DVD

production.

- Music recording/ mixing and production.

At the recent Regional CDAT Conference in Port Macquarie, Nimbin CDAT was represented by Michael Balderstone, Lizette Twisleton, Paris Naday, Helen Rodriguez, Leane Draper & Marcus Mantscheff. The conference brought together CDAT members from across three regional areas, from New England to the Tweed & south to Newcastle.

Nimbin showcased the special projects it has run in the last eight months and what it is busy with right now. Over the two days, Nimbin delegates participated in diverse, innovative and stimulating training packages that will assist their project work within Nimbin.

The theme of the conference was "Engaging Youth". Paul Dillon (Information/

Media Liaison Manager for the National Drug & Alcohol Research Centre, University of NSW) spoke comprehensively about the risks for young people associated with alcohol and other drug use. Statistically, alcohol presented the greatest risk to youth and older age groups. Methamphetamine use is increasing, in contrast to cannabis & ecstasy seeming to level out, according to UNSW data.

New trends in data collection have seemingly played into the hands of policy makers, whilst data interpretation by the media fails to give an accurate picture of trends in alcohol & other drug use. Of significant note are the unsung heroes of Australia's Youth: the 91% who are not allowing themselves to be drawn in to a strong culture of alcohol abuse & illicit drug use.

A Rock and Water Program workshop was presented at the conference by Paul Edwards. This highly effective program originated in the Netherlands



**Controversial. T-shirt modeled by Marcus Mantscheff.**

and presents innovative skills and strategies for working with boys and adolescent males. It uses a range of fun, competitive and action-oriented exercises to teach boys such skills as conflict resolution, body awareness, boundary awareness, breath strength, body language and how to stand strong physically and mentally.

It was high time to burst the bubble of Nimbin as a bad news story for the region. Our projects have been well received by State & Federal government representatives. A special mention was made by the office of the Hon. John Hatzistergos M.P. for the Nimbin Events/ Peer Safety & Support Project designed by Caroline Cowley & Lizette Twisleton.

The controversial CDAT T-shirt designs, worn over MardiGrass, became the target of much debate in the zero-tolerance-world of our Hastings CDAT hosts. The successful Rainbow Lane Multimedia Project application ("the best that NSW Health had seen") bore fruit with an additional \$3,500 above the allocated \$3,000 per CDAT.

Nimbin CDAT needs a steering committee. Currently, the Nimbin Community Development

Association, auspice the funding for CDAT. NSW Health is the funding body and any applications or use of this funding must reflect a harm reduction strategy. Nimbin CDAT is not a platform for Drug Law Reform & thus does not feature with the design & spending of funding dollars. Nimbin CDAT deals with problems relating to drug use and designs strategies to address local needs.

If you feel that there is some way you would like to share in the successes of the Nimbin CDAT, we would like to hear from you. At present Nimbin CDAT is chaired by Marcus from the Community Centre. The NCDA & Hemp Embassy contribute time and energy with specific projects, while the Nimbin Aboriginal Broadcasters articulated their own project with Paris and Helen in key facilitation roles.

The Nimbin business community has been very supportive, with contributions to catering, and the Youth Club, Central School and other agencies are all valuable partners. If you want to get involved, have a little time for skill sharing or have some project ideas to contribute, look out for the Nimbin CDAT showcase at the Nimbin Community Centre on 22nd June from 3:30pm.

The Peer to Peer Training from Red Cross has been earmarked for August and we are currently seeking a new facilitator for Youth Events Management training.

Contact Marcus at the Nimbin Community Centre (6689-0000) or Lizette Twisleton (0429-363-850) to register your interest. These two modules will effectively wrap up the 2005-06 Project. Any funds in reserve will be allocated towards youth participants to design & manage their own event.

## Council jottings

Cr Jenny Dowell

May and June are busy months for Council and its finance officers as we grapple with the increasing demands for funding. This year 241 submissions were received including a record 53 from our residents. A total of 165 (\$22million) of the submissions gained support from management and Council with a net impact on the budget of about \$800,000 because most of the funds come from reserves, grants, loans and sales.

Nimbin residents can check out Council's Draft Plan of Management at the Nimbin Community Centre and the Goolmangar store until June 19.

Among the projects proposed to be funded in Nimbin is the Sibley St footpath and pedestrian bridge (\$20,000), monitoring of the CCTV for 3 months (\$8,500), tourism market research (\$8,000) and replacement of the caravan park manager's residence (\$56,000) In the Management Plan the proposals include 2 new 'hoop' signs for Nimbin's entrances and support for a long term Nimbin tourism and marketing plan and Visitor Information Centre.

Unfortunately there were some Nimbin-based submissions that have not gained support. These include the beautification of Cullen St (insufficient Section 94 funds), additional CCTV coverage (wait for trial results), lights and laneway for the carpark (not high priority), an extension to Blue Knob gallery (capital works), a studio for Nimbin community radio (outside Council's charter) or repairs to the Community Garden Hall (capital works).



In addition to the deliberations on the Management Plan and Budget, Council has also held workshops on affordable housing, carparking in the CBD, Spinks Park plans, levying Section 94 developer contributions for roads and Nimbin's skatepark. Councillors were informed of the historical background of the skatepark and LCC's involvement and I understand that further acoustic testing will take place on June 7 when it is hoped that a reduction of 25dB will be realised following noise reduction works thereby allowing construction to continue (albeit with a budget shortfall). If the necessary noise reduction has not resulted, the working group will explore redesign or relocation options and recommendations top be put to Council for determination.

Among the broader issues that have come before Council in the last month is an application for building works associated with the controversial Lismore Source. LS is a \$35 million plan by Rous Water to pump from the Wilson's River in Lismore via a pumping station at Howard's Grass to the Nightcap Range Water Treatment Plant near Rocky Creek dam to augment our water supply. Most of this proposal does not require the approval of Lismore Council because Rous is a 'Crown' authority so your LCC Councillors can only have an input into the above-ground works at Howard's Grass and at Nightcap and have no way of expressing concerns at the pipeline or the questionable environmental logic of pumping water from our river, piping it so far and chemically treating it so heavily. How much better and less costly, both in dollar and environmental terms, if we reduced our excessive use of water, installed tanks and collected our grey water for outdoor use.

While on environmental matters, may I congratulate the team from Rainbow Power Company for winning the Most Environmentally Friendly Business prize at last Saturday's Lismore Business Glynn Awards. Well done everyone!

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# Don't judge a book by its cover

Imagine a library where the books speak, answer questions and interact with you.

This is the idea behind Lismore's Living Library. The "books" are people who represent groups frequently confronted with prejudices and stereotyping, discrimination and social exclusion. Books and readers enter into a private conversation in a safe place for a limited period of time.

Launched in late April, the Library has been organised by local people who have a commitment to the creation of an harmonious society. It aims to counteract racism and challenge prejudices in our community, and has the support of Lismore City Council and Lismore City Library.

Spokesperson Sabina Baltruweit said, "This is a really great way to build bridges between the different groups in our diverse society.



At the launch (standing, left to right): Sabina Baltruweit, Katie Britton, Lucy Kinsley, Geoff Walker, Bronwyn Watson, Ian Gray, Shauna McIntyre, Christine Russell, Robert Dingle with guide dog, (seated): Sho Wakejima and Thomas George (project patron).

And it's meant to be fun, too!"

The Living Library is based on a Danish idea to help prevent violence among young people, which first ran at the Roskilde Festival, Copenhagen in 2000. It proved immediately successful, and has since spread to many European countries, though this is the first time the concept has been

introduced in Australia.

Sabina explained, "It's easy to have prejudices about other groups of people from a distance, but far more difficult to maintain the stereotypes in direct contact with someone."

To borrow a "book", or find out more, contact Sabina Baltruweit on 6688-6214 or Shauna McIntyre (LCC) on 6625-0458.

# Pot snippets

## Pot does not give you lung cancer

A recent study from the University of California Los Angeles found that pot smoking, even by heavy users, could not be linked to developing lung cancer. This was completely contrary to what the researchers had

expected to find, as the same study established a 20 fold increased risk of getting lung cancer if you smoked two or more packets of cigarettes a day. The failure to find a pot - cancer link arose despite pot smoke having 50 per cent more carcinogenic chemicals. Additionally, pot deposits four

times more tar in the lungs than smoking the equivalent amount of tobacco.

According to Dr Donald Tashkin of the UCLA School of Medicine, the sample was limited to people under 60, because baby boomers were the ones most likely to have had long term exposure to pot smoking. According to Tashkin, "Marijuana is packed more loosely than tobacco, so there's less filtration through the rod of the cigarette, so more particles will be inhaled," "and marijuana smokers typically smoke differently than tobacco smokers - they hold their breath about four times longer, allowing more time for extra fine particles to deposit in the lung." He theorized that tetrahydrocannabinol, or THC, a chemical in marijuana smoke that produces its psychotropic effect, may encourage aging, damaged cells to die off before they become cancerous.

Researchers did caution that the lack of a connection between pot and cancer was not an excuse to smoke this drug, as it has been firmly associated with cognitive

# New kombi comes to Nimbin

The Volkswagen people are very aware of the almost mythical associations of the VW Kombi van. They are also well aware that the Nimbin village is where its cultural significance is almost revered, bearing pride of place in the Nimbin museum, and celebrated during the annual Kombi Konvoys during MardiGrass.

So when it came to launch the new range of kombis, where else would they go?

Basing the release at the Salt Outrigger, Kingscliff, was a useful test drive down to Nimbin for 50 dealers on Thursday 25th May and 10 of the national motoring media the following day.

Nimbin supplied a perfect location for photo opportunities, great coffee from the Rainbow Café, and even a blessing from the Goddess.

Incidentally, the new range is called the Beach and the Caddy. Both are 1,9 litre engines in either petrol or turbo deisel. The Beach sells for around \$54,000.



impairment, chronic bronchitis and poor immune function.

## Pot Pill Anyone?

On May 16, Valeant Pharmaceuticals International announced that a synthetic version of THC (tetrahydrocannabinol - the active ingredient in pot) is to be made available in pill form for the prescription treatment of vomiting and nausea, which often accompanies chemotherapy. The company is hoping to make the drug available in the USA by June and will be selling it under the name Cesamet. The US Food & Drug Administration (FDA) granted approval to resume selling the drug on May 15, after it was withdrawn from the US market 17 years ago for commercial reasons. According to Valeant, synthetic THC acts on the brain like natural THC in smoked illegal marijuana, but eliminates the need to inhale the otherwise harmful

smoke. The side effects include euphoria, drowsiness, vertigo and a dry mouth. Cesamet will compete in the US market with Marinol, another synthetic version of THC made by Belgium-based Solvay SA. Marinol.

In April this year, the FDA stated that it did not support the use of marijuana for medical purposes.

## Possessing Small Amounts Of Pot Now Legal in Mexico

Mexico has legalised the possession of pot, one of the first countries in the world to do so. "Addicts and consumers" will be allowed to carry a small amount (5g) for personal use. This law also applied to a range of other drugs such as cocaine, LSD, ecstasy, MDA, speed and heroin.

The legal quantities were small, apart from hallucinogenic peyote, where users may carry up to 1.0kg

(not a typo) without being charged. The sale of these drugs would still remain illegal and penalties were increased for possessing amounts over the new limits and dealing close to schools.

Supporters of the bill in Mexico believed that the law will allow the authorities to focus on major dealers rather than small time users.

However, Judith Bryan of the US Embassy in Mexico City commented "I would say any law that decriminalises dangerous drugs is not very helpful. Drugs are dangerous. We don't think it is the appropriate way to go."

In 1994, Columbia passed similar legislation for possessing small amounts of drugs for personal use. Bolivia recently legalised the cultivation of coca leaf, following the election of the left wing President Evo Morales in December, 2005.

Source: Guardian Weekly, May 5-11, 2006, p.5

## The Koala and the Little Lizard

A koala is sitting up a gumtree smoking a joint when a little lizard walks past and looks up and says, "HeyKoala !? What are you doing?"

The koala says: "Smoking a joint, come up and have some." So the little lizard climbs up and sits next to the koala and they have a few joints.

After a while the little lizard says his mouth is 'dry' and is going to get a drink from the river. But the little lizard is so stoned that he leans too far over and falls into the river.

A crocodile sees this and swims over to the little lizard and helps him to the side, then asks the little lizard, "What's the matter with you?"

The little lizard explains to the crocodile that he was sitting smoking a joint with the koala in the tree, got too stoned and then fell into the river while taking a drink.

The crocodile says he has to check this out and walks into the rain forest, finds the tree where the koala is sitting finishing a joint, and he looks up and says "Hey you!"

So the koala looks down at him and says, "Faaaaaarrrrk dude.....how much water did you drink?!!"

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