

A Permaculturist's Peace

by Tom Campbell

Djanbung Gardens

They travelled through hot dusty deserts and from far away lands. Or from over the hill where the bush turkey's rule. With open hearts and minds they came, wandering and wondering what the year had in store. One and all they were bound by desire and a quest. With Permaculture enlightenment they knew they'd be blessed. It was here that they landed in little old Nimbin and so it began for the year at Djanbung.

Since then lots has happened at Djanbung Gardens. The year kicked off on the 19th Feb with the beginning of the Permaculture Design Course and Certificates 3, 4 in Permaculture. With such an interesting and diverse bunch of people classes have been exciting and rewarding. A wealth of knowledge has already been learnt and yet we have barely scratched the surface.

The Gardens themselves are in great shape and providing fresh food for students on site and visitors. Planting for winter is now also in full swing and a bumper crop of tasty treats will be available for all to indulge in over those colder months of the year.

The animals are as always beautiful while still managing to keep students on their toes. A few students may have been sighted dashing from Bongo our resident watch Goose or just slowly backing away from Ludvic the turkey. In amongst all our domesticated animals Australia's precious native wildlife roams free and enjoys the gardens.

Currently project work on a composting outdoor loo has begun. With all students diving in and getting their hands dirty, not actually in the loo I might add. Work is going well and in the near future one lucky individual will christen the throne. Other ideas for projects floating around on site have been a methane digester, a solar oven and some home made wine / beer. All in all everyone is having a great time and enjoying the opportunity to learn from a old hand and experience a wonderful working Permaculture set up.



Some of the team working on the composting toilet

Nimbin Climate Change Action Group

Before rushing in and updating you on the Nimbin Climate Change Action Group I feel it's only fair to provide a brief history of the group. The group formed out of the "climate change despair and empowerment" workshop presented by John Seed in the Nimbin Town hall late February. After forming and brainstorming together at our first meeting a number of actions were decided upon.

The first big initiative to take place was the forming of the "Passion Café". This café will be run once a month at Djanbung Gardens and be a place for like minded people to plan practical approaches to tackling the climate change issue. All this hard work will be done over a delightful menu of food provided on site. Relevant documentaries and speakers will also be a feature of the nights and our aim is to provide a creative space for individuals to become informed and most importantly GET ACTIVE.

For the opening of the passion café local politicians running in the state election came and discussed their policies in dealing with the climate change crisis. A few sticky questions were thrown the pollies way, which was great to see. This was then

followed up by a screening of the documentary "the power of community" which showed how Cuba became virtually self-reliant after the collapse of the Soviet Union and the ensuing oil shortage. It truly was inspirational stuff and a must watch documentary for any community minded people who are looking for solutions beyond our over reliance on oil and fossil fuels.

The date for the next passion café hasn't been set yet but will be held in April and all are welcome and encouraged to come.

Tom's Rave

I'd like to offer you, the wider community, the opportunity to contact the team with any puzzling Permaculture questions.

Maybe you want to know how to get rid of a pest or you're just garden obsessed. A practical solution to deal with pollution? Just write to the team and we'll stop, think and dream.

If you have any question or are after info regarding Djanbung Gardens or Nimbin Climate Change Action Group don't hesitate to contact us via email at <tommyturtle_7@yahoo.com.au> or post to PO Box 379, Nimbin NSW 2480, or visit the Djanbung Gardens website at <www.permaculture.com.au>

Clay – Why it's so beneficial for your skin

by Cheryl Beasley

Clays used as masks have the ability to absorb toxins from the skin by drawing them to the surface and then adhering them to the clay itself, the clay is then removed from the skin by washing, taking the toxins right along with it. Toxins that can be absorbed by clay masks include chemicals, free radicals and also heavy metals.

There are many kinds of clays and they all work differently according to their individual mineral compositions. Some clays suit oilier skin types because they will draw moisture from the skin leaving it smooth and soft while other clays suit dryer skin types because they do not absorb so much moisture leaving the skin firmer and hydrated.

Clays are best bought in their dry form so they can be kept over a period of time without losing their potency. They are mixed using a 50/50 ratio either with filtered or bottled water or preferably a hydrosol. Tap water is not recommended as it contains chemicals.

Green Clay

This is the strongest of all clays and a great mask for detoxifying and cleansing the skin. Ideal for all skin types but particularly beneficial for acne-prone and oily skin.

It has a high percentage of trace elements and has an intense drawing effect on toxins in the skin. Also good for exfoliating and purifying the skin while stimulating sluggish circulation.

White Clay

White clay is one of the gentlest clays for the face as it has a very mild, nurturing ability making it ideal for sensitive, elderly and combination skin types. A nourishing clay that makes the skin soft, smooth and enriched with minerals.

Pink Clay

Pink clay is great for balancing the most stressed and sensitive of skins, it will hydrate the skin and help refine delicate lines, moisturise and improve the overall texture of the skin. It's perfect for balancing stressed skin and excellent for treating capillaries/thread veins. Provides a youthful appearance with ultimate hydration and skin firmness making it perfect for all skin types.

Yellow Clay

This wonderfully mild clay has similar properties to green clay, but is much gentler so is suitable for mature, dry and dehydrated skin. Yellow clay helps with tissue repair and will clean your skin, tone and strengthen connective tissues, stimulate blood circulation, draw out toxins and deeply



nourish your skin.

Clays used as masks deliver high amounts of nutrients quickly to the epidermis leaving the skin nourished, cleansed and revitalised. They do this because the mask is applied thickly, much more thickly than normal moisturiser, and then the skin's temperature rises, opening the pores slightly and allowing toxins to escape and the nutrients from the minerals to enter the skin

easily. When the mask has dried, usually about twenty minutes after application, it can then be removed with warm water and the skin toned and moisturised.

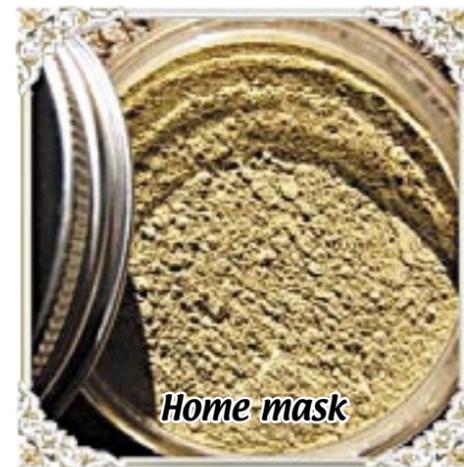
The addition of further botanical extracts greatly enhances a clay mask's benefits to the skin, delivering antioxidants and many more nutrients directly through the skin's layers.

Substances such as wheatgrass, spirulina, ginseng and cucumber extract all have unique skin nurturing abilities that when combined with clay deliver vitamin packed formulations that your skin will love.

Clays are a very economical way to nurture your skin when you consider all the benefits they give and should be a weekly part of your beauty routine.

Please visit us at www.lanab.com.au for a range of clay masks to suit all skin types and further advice as well as a healing range of natural skin care products.

Every order receives a free 100g Sugar Body Scrub that contains Apricot, Almond, Soybean and vitamin E oils to help you begin to care for your skin immediately.



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