

Now banned, the 'bufiest' of Mexican waves Part 5

Have cane toads become the unintended saviour of the threatened pig-nosed turtle and other native fauna species?



by Ian Browne
Shamrock News Darwin

The temperature has nestled into the 'mid-thirties' daily on the coast now in Darwin as the humidity climbs, beckoning the monsoon storms to reign supreme once more over the northern rainforest, mangrove and savanna landscapes. It is now the Build Up Season in the tropical Top End and I again recently visited Kakadu where the usual 40c temperatures rekindled my love affair with H2O and as the last of the Dry- Season fires smoldered by, huge dust devils weaved erratically cloud bound on the blazing, heat quivering floodplains and sadly the sound of cane toads bugling through a wizen- night fluorescent with stars.

In the last article we discussed Griffiths and McHay's (2006) findings related to a sharp decline in all goanna species numbers in areas of Kakadu where only Varanus- panoptes was trying hard to hold its head high. I spoke to FrogWatch's Graeme Sawyer shortly after I wrote the last article and he believed that even poor old V. panoptes is in strife due to the cane toad invasion as indigenous folk in Arnhem Land have seen this large lizard drop out of the natural system there. Graeme has recently released this information to the media in a plea for further Government support in protecting biodiversity in the Top End.

However, I have also spoken to people who have seen the toad 'front line' move through on their own properties south from Darwin in the savanna woodlands where goanna and snake species were consequently removed. As the toads decreased in prosperity (a lag-time effect due to abiotic Dry Season impacts and a lack of food for individual toads after the initial indulgence of the vast toad hordes I believe) the following years have seen the snakes and goannas slowly returning luckily.

Along with a group of Year 9 secondary school students from Darwin's O'Loughlin College I organised a toad muster on a hot, sultry night at



Pig-nosed turtle

Lake Bennett; to the south of Darwin. The toads were large but not overly abundant in numbers and my merry, courageous band of 'wart hunters' were a very successful group and inquisitively ventured into differing toad habitats. The fencing off of wetland areas has also proven successful in containing toad distribution and the recent annual FrogWatch Dry Season 'Toad Muster' group in the nearby Kimberley region used this technique to prevent toads from entering aquatic ecosystems. However, I believe the Wet Season will uncover the current population truths as toads will again be on the march in the more favorable conditions, igniting their hideous warty passions.

So we know that observation and research has shown an obvious decline in all goanna species' numbers, and it is said that other toad predators such as northern- quolls; which also prey on partridge pigeons, are feeling the toad's poisonous impacts. As the toads marched nearer to the Top End partridge pigeon numbers were theoretically said to increase as an indirect impact from the toad invasion. I was grateful to witness a squadron of these shy birds clambering roadside recently in Kakadu and just 40 metres or so from a large dingo who's face spoke of great antiquity.

This secondary toad related impact is also occurring with pig-nosed turtles due to a decline in V. panoptes numbers. Doody et al. (2006) described how this large goanna preys upon the pig-nosed turtle (*Carettochelys insculpta*), and a

decline in V. panoptes numbers due to toad predation has had an encouraging ecological 'flow-on-effect' for pig-nosed turtle numbers where hatchling recruitment numbers have increased by as much as 20% in one riverside study site, where V. panoptes had, for now it seemed....vanished. This could prove favorable for increases in population size and improved population structure for this turtle species which is listed as 'vulnerable' internationally IUCN 2003; and 'near threatened' at state level: Northern Territory Parks and Wildlife Service. Doody et al. (2006) described how annually egg loss due to predation for the pig-nosed turtle from 1996-1998 was 17-23%, however in 2004 when V. panoptes was not recorded in this riparian ecosystem; enlarged nest-chamber and egg predation did not occur.

But how long will V. panoptes numbers remain redundant? Catling et al. (1999) described how cane toads had indirectly affected small lizard populations, even though they themselves did not gorge upon such warty misery, they did however compete with this Neotropical pest for other prey species. "This is probably the only forum in which one of Pauline Hanson's grotesque-xenophobic statements might actually be shown in some convoluted favor?"

But back to the science hey, Graeme Sawyer believes that due to cane toad predation the poor old King Brown (a species of black snake actually!) is also in peril. Do we rejoice or scorn such changes to the food web; the food chain; survival within the 'life capsule' that is biodiversity within the tropics? The toad is here to stay at least for now, we need to breed and return to nature 'all' endangered native species, and do our best to alleviate the toad's impacts. Territorians should be proud, they have tried to stifle the toads' far flung march and it has paid dividends in community relationship building and has fostered new wisdoms in science, endeavoring to retain prosperity within healthy natural ecosystems. Cheers, Shamrock.

Koala Kolumn

by Lorraine Vass

On 24th November we will elect a new federal government. The outcome is unlikely to significantly impact on the precarious future of koalas on the Northern Rivers because management of the nation's native fauna is not one of the powers of parliament under the Commonwealth Constitution Act.

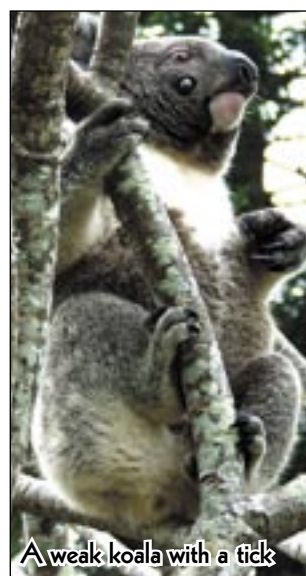
By and large, wildlife management is a state and territory responsibility. The federal government's direct involvement is generally limited to species listed under the Environment Protection and Biodiversity Conservation Act 1999 (EPBC Act) and to migratory species which are the subject of international agreements. It contributes to habitat protection and restoration through the Natural Heritage Trust and similar funding programmes.

The Australian Koala Foundation (AKF) has unsuccessfully nominated the koala for national listing on three occasions. The most recent scientific assessment was announced in mid-2006. The Threatened Species Scientific Committee found that although some local koala populations are subject to severe localized threats and have undergone large declines in numbers in recent years, koalas number in the hundreds of thousands and are not threatened on a national scale.

The then Minister for the Environment and Heritage, Senator Ian Campbell, accepted the Committee's advice. He did however ask the Committee to review the koala's conservation status in two years time in view of the scientific reporting regarding koala retrovirus (KoRV) and foreshadowed the review and updating of the 1998 National Koala Conservation Strategy. The work on the Strategy has recently commenced.

AKF is currently conducting a pre-election campaign to ascertain political will to strengthen the chances of the koala's survival over its present range. Letters have been sent to every candidate asking the following questions:

- Are you prepared to list the koala as vulnerable under the EPBC Act?
- Would you support koala friendly housing estates,



A weak koala with a tick

road building and forestry management in your electorate?

- Will you act to save the remaining native vegetation in your electorate?
- Do you support the shires in your electorate protecting koala habitat through management plans and protection policy?
- Do you value the significance of koalas as a native icon?

The results along with brief information on the status of the koala in each electorate are published on the AKF website at <www.savethekoala.com/actoraxe/actoraxe.html>

(Ed's note: In both Richmond and Page, Greens and Democrat candidates scored the maximum, while Labor and Nationals scored the minimum.)

Envirofund

It has been pleasing to see that of the successful Round 9 Envirofund projects on the Northern Rivers, a number focus on koala habitat protection. Landowners have already contacted Friends of the Koala to source appropriate seed stock and forward order koala food trees.

If you need information on koala food trees or on habitat issues, or if you are reporting sick, injured or dead koalas please phone the Rescue Hotline: 6622 1233 or email us at <info@friendsofthekoala.org>

Happy koala spotting and remember to keep a special eye out in the days following these fierce storms. If a koala remains low in a tree and does not appear to be moving around much it is just possible that it has sustained an injury.

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Medical workshop

Nimbin Medical Centre's Dr Jacqueline Boustany MBBS, Dip Peads, MPH, will run a workshop on Energy Medicine and Emotional Health.

The workshop will be held at Invercauld House, Lismore, from 9am to noon on Saturday 1st December, and will include sessions on Emotions in the Body, Feeling Realisation technique and Neuro-Linguistic Programming.

Costs, including Morning Tea and GST, are \$55 employed,



\$33 unemployed/ pension.

For more information contact Dr Boustany c/o the Nimbin Medical Centre, 6689-1410.

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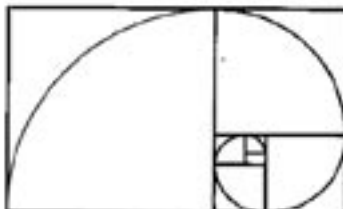
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Political parties ranked on climate change

Australia's major political parties have been rated on their climate change credentials in the lead up to the November 24 Federal election.

The Big Switch, the nation's largest community climate change movement, has ranked seven political parties on nine criteria, including greenhouse pollution reduction targets, renewable energy, smarter energy and land use, Kyoto ratification and nuclear policies.

Rating the parties out of 5, The Big Switch scores are:

1. The Greens: 4.8
2. The Democrats: 4.4
3. Australian Labor Party: 1.8
4. The Nationals: 0.8
5. The Liberal Party: 0.8
6. Family First: 0.5

The Big Switch National Co-ordinator Tricia Phelan said the main political



Invalid Earth in a performance of 'Planetary Emergency', written and performed by Kyogle locals.

parties received low ratings because they were yet to support key solutions such as a legislated target to reduce greenhouse pollution by at least 30 per cent by 2020 and a legislated 25 per cent by 2020 renewable energy

target.

"The ALP has supported ratifying Kyoto and raising the renewable energy target, and rejected building nuclear reactors. However, ALP policies still support the continued use of greenhouse-polluting coal and are unlikely to prevent Australia's greenhouse pollution from growing in the coming decade," she said.

She described the Government's response to the climate change threat so far as being "completely inadequate", but pointed out this is not the standard response from the 'right' side of politics.

California's Republican Governor Arnold Schwarzenegger has a visionary target to cut his state's greenhouse pollution 80 per cent by 2050. And the UK's Conservative Party

supports annual government reporting on greenhouse reductions – a stronger stance on this measure than the Blair/Brown Government.

"Australian voters don't see climate change as a "left" or "right" issue. They just want sensible climate change policies. So far we're yet to see leadership from either of the major political parties."

The Big Switch, which includes Greenpeace, GetUp! and state conservation councils, is Australia's biggest community climate change campaign, and has identified 10 climate change solutions.

"Encouragingly some individual candidates have a stronger position than their party, as detailed in responses to The Big Switch survey questions," Ms Phelan said.

ACF backs Kyoto Protocol

Australian Conservation Foundation has given three compelling reasons why Australia should ratify the Kyoto Protocol – the only global agreement to tackle the most global of problems, climate change:

- It will strengthen our ability to urge China and the US to commit to reducing greenhouse pollution.
- It will give Australian businesses access to the Kyoto Protocol's emissions trading mechanisms, worth an estimated \$3.8 billion per year for Australia.
- It will give Australia voting rights at the crucial meeting of the parties to the Kyoto Protocol at Bali in December.

The Kyoto Protocol is an agreement under the United Nations Framework on Climate Change (UNFCCC), which has binding targets for developed countries with an

overall objective of reducing greenhouse emissions from developed countries by –5 per cent over 1990 levels between 2008–2012 (currently 175 countries have ratified).

Developed countries that have ratified the Kyoto Protocol are out-performing those developed countries that haven't. Overall greenhouse emissions from developed countries have declined between 1990 and 2004 by 4.9 per cent – in line with the initial Kyoto Protocol 5 per cent target.

Greenhouse pollution in Australia and US has increased by 5 per cent and 21 per cent respectively (UNFCCC, 2007).

Immediate ratification of the Kyoto Protocol is an essential first step for any Australian Government that is serious about avoiding dangerous climate change.

Nimbin Climate Action Group plan for change

by Loki Ysebaert

The October NCAG had its focus on 'Skills and Trades', and sure enough there was an abundance of good ideas generated along these lines, but the workings of the group itself ended up taking the spotlight.

To respond to the strong desire for more solid action and to meet the fundamental aims of the group, the exciting idea of project days was explored. Other opportunities for NCAG to diversify were also discussed, albeit briefly, and included film nights and other means of developing the social aspect.

The proposed project days would be run by anyone keen to share their knowledge and would cover a wide range of activities: everything from building your own solar oven to growing mushrooms to preserving and storing foods – anything that would reduce energy or resource consumption. NCAG could then have a networking role where people can advertise their project day or sign up to one.

So far there's been talk of building a solar food dehydrator, of a marmalades and chutneys workshop, and maybe someone will be inspired to follow in the adventuring footsteps of two

of my classmates who are trying their hands at building a simple solar water heater from a book...

That brings me to another concept that arose during the meeting: show and tell. The number of people out there that have already performed climate acts for the better, and the number of people that want to do more – having the information on the possibilities and practicalities would be of significant value. It might even lead to more project days!

With regards to skills and trades though, from a central topic of skills, tools and resource sharing, the group came up with a good number of quality ideas (even if they're not all related – such is the nature of mind-maps). We had car shares and car pooling, health co-operatives, suggestions for vegetating Cullen St (so reducing the heat island effect) and a community kitchen where people could bring in those seasonal food gluts and preserve them as a group exercise.

The idea I was most proud of, which I can give special mention to because I have that awesome unstoppable ability of authorship, is that of tying together a childcare centre, babysitters co-operative and LETS scheme. Considering the number of parents out



there, and the need at least occasionally to source some reliable childcare, I thought it would be great if they could get together into a babysitters co-op.

There could be a currency of babysitting hours (BETS), and possibly even a central, well-supplied crèche they could use. I think it might be able to reduce the 'kid miles' that can be racked up trying to juggle the children's needs and commitments of the parents with work or study. Just an idea to throw out there...

The November meeting will be NCAG's last for this year, and while we did have a guest speaker in mind to talk on the impacts of lifestyle, in light of the enthusiasm for the project days, a fair portion of the night will be dedicated to discussing and organising these. So if you have a climate friendly project in mind that you'd like to either lead or learn about, come along and we'll see what we can make happen.

In the meantime there, there's room for any kind of climate discussion on the new e-NCAG: to be kept in the loop go to <<http://au.groups.yahoo.com/group/nimbinclimateaction/>>

Support the Climate Protection Bill

Waiting for the politicians to take action on climate change? Don't hold your breath. Change will only come from the ground up, as shown by pressure from the grass roots level in the UK and USA this year.

The Climate Protection Bill is an Australian initiative, drafted by community climate groups. The campaign is inspired by the success of a community driven Climate Change Bill in the UK, which has achieved laws to cut greenhouse pollution and promote a clean energy future.

In 2005, communities across the UK decided they wanted their politicians to take action on climate change. They seized on a draft Climate Change Bill put together by green groups, and 130,000 people across the country contacted their MP to support it. In response, 400 MPs voted for the Bill and when passed in Parliament, the UK will become the first country to legislate binding limits on greenhouse pollution.

Now, in the lead up to Australia's 2007 federal election, community climate groups across the country have written a Climate Protection Bill.

This Bill comprehensively addresses the causes of Australia's spiraling greenhouse gas emissions, and proposes workable solutions to stem these emissions, protecting the future for our



children, the world's most vulnerable communities and our fragile planet.

Spokesperson for Lismore Climate Action Group, Simon Clough said, "There is a provision in the Bill for a 'Just Transitions Committee', designed to ensure assistance for people most affected by the shift to a low emission society."

He said that reports by the Australian Bureau of Agriculture and Resource Economics (ABARE), The Stern Report and the "Bright Future" report prepared by Greenpeace, show how

Australia can make the transition to a climate-friendly nation with a strong economy.

"The longer we take to act, the worse it will be for the economy and cost of living," he said.

The Climate Protection Bill is a powerful tool for community members. It unifies the concerns of Australians across the country, and gives each of us a set of demands to take to our politicians and candidates before the 2007 federal election.

Australian communities demand legislation not procrastination. Contact your MP and electoral candidates to ask them to support it. For more details, go to <www.climateaction.org.au/climateprotectionbill> where you can read the overview of the 19 points of the Climate Protection Bill, or download the Bill.

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by Tarang Bates

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We have hail storms and lightening bolts and liquorice skies. Twisters destroying churches and homes, in places where they have never trod before. Expect the unexpected, I reckon. I mean how intelligent are bandicoots – certainly tricky enough to outwit us, night after night.

Runaway dusters, pooches with sunnies and the Saturday markets keep trucking along. Home made ice-cream and beautiful jewels. Music maketh the market enjoyable and groovy, thanks to Don and Sam and friends. Shade being the most sought-after commodity, I give thanks to the loquat tree.

To continue on, with remedies that help heal muscles, ligaments, tendons and nerves.

MAG PHOS is useful for sudden shooting pains, such as cramps, neuralgias, spasms and colic. Especially if these pains feel better, from warmth or from rubbing. The pains can be quite violent and severe, especially in the case of menstrual pain and sciatica. Relief is quicker if the remedy is given in a little hot water.

RHUS TOX is useful for pains that are better once you have moved around for awhile. Perhaps painful on first moving (getting out of bed) but easing with movement. Backache, leg pain, joints and arms pain, stiff neck and sciatica. Rheumatic types of pain, often with stiffness. Sprains and strains. Pains are usually relieved by warmth and wrapping up warmly.

RUTA GRAV Knees, wrists, ankles and elbows are the main joints affected. The pains have a feeling as if bruised and knees feel weak and give way. Useful for muscular twitching and spasms. Lower legs that feel really uneasy may be relieved. Pain up and down the spine. Tenderness in a muscle or tendon, as the result of repeated strain.

These and other homeopathic remedies available from Nimbin Homeopathics, phone 6689-1452, or see me at the Nimbin Saturday morning, Rainbow Lane Markets. Email tarangbates@yahoo.com.au

Nimbin Environment Centre Activity Report

by Dan Jones

After receiving reports from concerned witnesses about illegal logging taking place in Washpool National Park World Heritage Area, NEC did a scouting mission to find out what was happening. The following report outlines a week long expedition as D. Antares and the Northern Rivers Global Alliance investigates this terrible likelihood of forest vandalism initiated by Forest NSW.

Washpool

On 17/9/07 I drove West from Lismore, stopping first at Baryugal Community to get permission to investigate logging on Bundjalung land.

We were greeted and told about over twelve trucks a day roaring past their homes in the last few months at all hours of the night. I was shown a harvest plan which showed planned logging at Washpool state forest (compartment umbers 714-723) and Billilimbra state forest. I was also told about the previously logged and continual coupes on Puzzle Rd and Redbank Rd.

As I headed up Collum Collum Rd and Washpool Rd I saw the cattle stations and the burning of surrounding bushland to improve land conditions for cows. There were also many parts in the road excessively widened for trucks and machines to get through with destructive disregard and vandalism to trees saplings and other native species using fire and some kind of bank wrecking machine to clear the vegetation holding the bank together.

I drove past the Rainbow Gathering where I saw an old National Park Sign with cow faeces under it and everywhere greeted us followed by love hearts and rainbows. The logging coupe 714-723 was approximately 18km further up Washpool Rd which turns into the coupe at Macaluta Rd on the left, the track to the front is an old fire trail which gives access to the N.P.

Upon arrival I saw major erosion issues with Macaluta road and all the other tracks off the side down hills that are not on the harvest map. Habitat trees have been marked with a pink 'H' however any habitat in the trees vicinity has been destroyed.

Grass trees and Cabbage palms have in some cases been worked around with machinery. I found too many cases of careless work practice with hundreds of years old Grass trees mashed into piles along with other wasteful debris and eventually burnt. The extent of trees being taken means the canopy is gone; there are many areas being sun burnt and will soon die. Plants like native ginger, Stags and orchids on rocks and in low positions in what was previously canopy have been left exposed and crunched to die.

This is particularly bad along the creek line, where a 45m exclusion zone has been set, however this lush heritage rainforest has been cleared for several



hundreds metres all the way along. It is a tragedy to see this sort of diverse natural habitat being trashed like this and degraded for human resource that can not be replaced anytime soon.

A lot of the timber being cut is Tallow Wood and various eucalypts and there is evidence and reports from locals who have seen cedar being taken from within the National Park area illegally.

On Tue 3/10/07 I saw a white station wagon without a number plate on the front. I signalled it to stop and asked the man, an older Aboriginal Indian male, about the logging and he told me greenies aren't welcome here and said, "Don't go down there."

I continued into the coupe at Macaluta Rd and saw the National Park had been lit up by fire outside the coupe and was working its way up a ridge of Washpool N.P. On my way out I saw the man again who I can now identify as Sunny Monahan. I asked about the fire and was immediately confronted with aggression. "I lit the fire, I am the manager of this place, You got a problem with that?" He said.

Before I could respond he then said, "If you don't fuck off I'll have a gun up your arse." I called the fire brigade and told them the national park was on fire, National Parks were also notified.

Local Action Group - U.B.M.A.D

I received information from I.U.B.M.A.D. (Uncontrolled Bell Miner Associated Dieback) They reported that after the logging has taken place the Bell Miner birds move in and dominate the habitat chasing off any birds still around after logging.

The Bell Miners colonise and begin farming Psyllids; an insect which lives in the canopy and is usually eaten by predatory birds. Psyllids secrete sap to make a protective casing for themselves. The Bell Miners don't eat the insects themselves; they only eat the casing, causing the psyllids to need to consume more canopy to replace the raided sap.

This creates an imbalance; the psyllids kill the tree from the canopy down with their insatiable appetite. This coupe 714-723 is already being taken over by

Bell Miners, you can hear the areas of imbalance and see it in the trees.

It is known that logging has been going on for years in the state forests around the area and blockades have been set up in the past at Ewingar without any real success and has left activists with large fines and a lack of support as the burning practices continue and the cow cockies have their way with the resource boom of governmental corruption.

Timbarra

While out west I also visited Timbarra sacred mountain to check on the regeneration activity and look for mining exploration rigs. Timbarra has been changed a lot from the aerial view photo in 2002. There have been trees planted and dams changed into more natural shapes.

Some of the dams had Tadpoles and Dragon flies but generally the place was lifeless with a sense of chemical mineral secretion. I could hear water draining under the ground. Outside the mine fence to the north west there is a swampy area that is formed by seepage from the mine. Loud underground water sounds were heard all around this area. (Sample water not taken this time).

There were staff at the mine in the office, I did not approach them but saw someone leave out the gate at about 2pm driving a modern bronze landcruiser. Overall the regeneration of the land was quite poor and a whole lot more love and care needs to be taken in order to have it regenerated properly, like watering and mulching and massive erosion and silt problems from poor practice like small trees being washed away or buried when it rains.

All I found related to Dingo Resources was a property called Dingo Hill out of Drake before the turn off to Nutshell Rd, I don't know if there is any relation. I have a copy of the AurionGold Timbarra Gold Mine Closure Plan which is full of information on what should have taken place over the last five years. Anyone willing to study this would be appreciated.

For more information or to get involved, contact Nimbin Environment Centre (02) 6689-1441, or Dan 0422 557 523.

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Nightcap model features in Auckland elections

Michael Kidd from Nimbin Law recently went to New Zealand to assist his father (a 79 year old retired Police Inspector) with some historical legal issues. While there, he took part in the Waitakere Council (Auckland) elections to stop a commercial airport being built next to the pristine Waitakere Ranges, and to point out generally the inadequacy of protection.

The advantages of protection by National Park Legislation -which he proposed on the Nightcap model - are that cash strapped councils won't be able to use economic pressure to develop; rangers can police the park and wildlife; and property owners will still have their rights maintained.

He also proposed that a council of Maori elders be set up to administer the cultural aspect of the Ranges, but alas met with stiff opposition and threats on all counts.

His election pamphlets consisted of a photo of him and his Fijian wife, and he was told that he wouldn't get



John Tamihere

any votes because of this. He didn't get his deposit back.

Michael was also unsuccessfully supporting John Tamihere, a former NZ Cabinet minister (& Maori), for Mayor and was surprised at the amount of racial vitriol directed his way.

"We hear a lot of things about NZ's 'good race relations', and how the



Cascades in the Waitakere Ranges



Vocal opposition. Kids protest the raids at a street march in Whakatane, NZ. Photo: Alan Gibson NZ HERALD

Treaty guarantees Maori rights etc, but the underside is fierce Pakeha (white) backlash, and a prevalent red neck attitude of 'development at all costs,' he said.

In Mid October throughout NZ, about 17 Maori and Green activists were rounded up under 'war against terror' legislation and detained without charge. School buses were boarded several times by police in black balaclavas and children terrorized.

The latter was on Ngāi Tūhoe land, some of which

was confiscated around 1900. The Ngāi Tūhoe is the only Maori tribe not to assimilate into the predominant amalgam of NZ culture, and about 40% of them speak Maori as their first language.

NZ also has a very bad record on the environment: Auckland is one of the most polluted cities in the World from car exhaust because the government in the 90s refused to insist on emission controls, at the behest of second-hand car importers.

The North Island lakes, Taupo and Rotorua, which

everybody goes to see, are badly polluted with septic tank and agricultural run off - to the extent that algae builds up in summer, and the water is not fit to drink.

Mr Kidd said that in both countries, we can't trust Labor and/or traditional conservative politicians - who are locked into economic rationalism at all costs - to protect the environment and our communities.

He argued that, after the fiasco of Garrett's support for the pulp mill, ordinary people must be prepared to step up to the mark: to put forward our communities' real attitude to a development-at-all-costs model.

"Nimbin, being in the middle of the Nightcap, will always be attacked by those who would gobble up our trees and economically enslave our communities. But it is a rock of resistance that can give international encouragement and inspiration," he said.

Your Eyes Have It

by Cheryl Beasley

Your eyes demand attention whenever you are talking to someone or even glancing in their direction. They are an important feature of your face and the skin around the eyes can bring the eyes to healthy life or contribute to a dull, lifeless look.

Naturally as you age the skin surrounding the eyes develops fine lines and deeper wrinkles. This is because the delicate skin around the eyes is very different to the rest of the skin on your face. It is much thinner and in fact has very few oil glands which can keep it naturally moisturised. This means it dries out faster and being thin, if not treated gently can stretch and tear, causing bags and sagging.



The cream will 'creep' about 1 centimetre by itself so just apply creams on the bone below the eye area. The cream will make its way further on the skin but not into the eyes themselves. When applying eye cream place a little of the cream onto your ring finger and gently pat the cream around the eye and dab gently to absorb, do not rub. You only need to apply a tiny amount of cream around the eye to bring satisfactory results in fact too much cream can irritate and cause the puffiness you are trying to avoid.

At LanaB we have developed a 100% natural eye cream that can be used safely around the eye area without causing irritation. Included in the ingredients are Jojoba and Avocado oils as well as Vitamins A and E, these combine to treat fine lines and wrinkles effectively and moisturise and balance the skin around the eyes.

Please visit us at www.lanab.com.au for a range of skin care products containing wonderfully beneficial oils. Every order receives a free 100g Sugar Body Scrub to smooth and soothe your skin. Spend over \$50.00 and receive a full size Nightly Hand Balm.



For this reason is it important to treat the eye area gently and don't wipe or rub the eyes harshly, instead just patting the area without pulling is recommended.

Puffiness around the eyes is common on waking but can remain throughout the day for a variety of reasons including tiredness, smoking, drinking alcohol, diet and even hormonal changes. If you do have a problem with puffy eyes try elevating your head slightly at night on a higher pillow and drinking plenty of water throughout the day to cleanse out your blood system. One cause of puffiness can be as simple as the cream you are using. Eyes are naturally sensitive and will water continuously to cleanse them of impurities. When using creams around the eye area make sure you don't apply them too closely to the eye and seek out natural skin care creams without harsh chemicals and additives.



Cook's corner

by Carolyne

Recipe of the Month Chocolate Almond Cake (Chateau D'Oex)

This cake is pure heaven!!!!

Preheat oven to 170°C.
Recipe makes 1x20cm springform.

200g unsalted butter
200g sugar
200g almond meal
225g Lindt Piccoli Bitter Sweet Chocolate (see footnote)
55g plain flour
15ml rum, dark Jamaican

In an electric mixer, cream butter and sugar until light and fluffy, add one egg yolk at a time, beating well after

each addition.

Melt the chocolate (approx 1min in microwave, or in a basin over a saucepan hot water)

Mix chocolate into butter mixture, scrape down the sides.

Sift together flour and almond meal, fold into the chocolate mixture, mix in the rum. Whip egg whites till soft peaks form and fold into the cake mixture.

Pour batter into a greased springform cake tin and bake for about 50 minutes.

Check with skewer. Cake is ready when skewer comes out clean.

Allow cake to cool and mask with Ganache.

Ganache

250g Lindt Piccoli Bitter Sweet
250ml cream
1/2 vanilla pod split
40g sugar
40g glucose syrup
40g unsalted butter

Place the cream, vanilla pod, sugar and glucose in a saucepan and bring to the boil.

Once boiling remove the vanilla pod and pour over the chopped chocolate.

Mix with a whisk until the mixture turns glossy, add the butter and mix until molten.

Pour onto cake, stretch cling wrap over top to prevent crust forming allow cake to sit over night.



Footnote. Lindt Piccoli Bitter Sweet melting chocolate can be bought from Carolyne at The Coffee House Nimbin 76 Cullen Street.

For any help please ring Carolyne on 6689-0590.




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