



Koala Kolumn

by Jennifer Creed

Last month as promised, Friends of the Koala attended the Nimbin Sunday Market and it was wonderful to experience the hospitality of the local stallholders and the many visitors to our stall who took advantage of our "free tree" giveaway day.

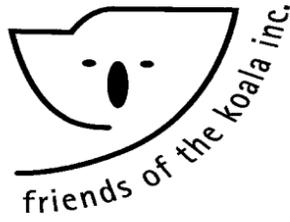
Some of you may have read in the media about a couple of recent tree clearing incidents which involved the destruction of koala habitat. Such occurrences are not isolated but they often go unreported. For very different reasons both incidents were arguably unlawful.

Legislation and regulations governing native vegetation, which is also the habitat of a threatened species, are quite complex. By the time all the facts are known and appropriate action is taken it is often too late and all the trees are cleared. Sadly many people still believe that the koalas can just "move down the road" to other trees but this is not the case.

Those regular readers of this column will know that koalas have a defined home range. The significant trees in their range not only supply their food but also represent their boundaries. Certain trees are also used by the mothers as training areas where young joeys are weaned and learn to climb before progressing to the more difficult and larger trees in their range.

For a koala, the destruction of their home range can be likened to a human losing their house and surrounding infrastructure in a hurricane but a house can be rebuilt within weeks whereas new habitat will take years to re-establish. Due to the koala's delicate and complex physiology they can suffer shock and stress because of losing their home and food source.

After tree clearing, koalas are often seen wandering



If you see a sick, injured or dead koala call the koala rescue hotline: 6622 1223

on the ground searching for their familiar trees until exhausted and may fall prey to predators, mainly dogs or foxes, or are hit by cars as their confusion leads them onto busy roads.

It was heartening to meet so many people at the market who are passionate about not only protecting the existing wildlife habitat around the region but also extending their existing treed areas by planting more koala food trees. Several visitors were happy to report hearing loud night time growling around their properties although sightings are rare due to a good density of trees.

Some of you expressed an interest in establishing linked corridors with your neighbours to allow the koalas to move freely between properties. For me as a volunteer this is a real positive when so much of our work is battling the negatives.

If you have any concerns that an area near you is being unlawfully cleared please call your local council to check whether a permit is required and has been issued. If you are worried a koala may be at risk or would like to place an order for free koala food trees please phone 6622-1233.

You may also like to visit our website <friendsofthekoala.org>. Here you will find a comprehensive list of native plants and trees available for sale with all profits going to help the care of our sick or injured koalas at our Care Centre in Lismore. Until next month...happy koala spotting!

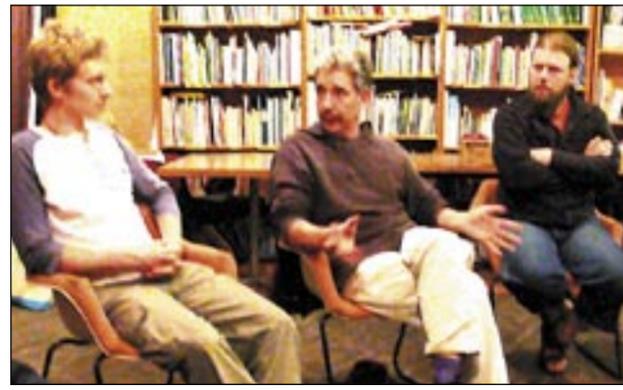
Nimbin Climate Action Group invites Ebono to dinner

by Loki Ysebaert

September 19th 2007: the last NCAG Passion Café was run as an opportunity to meet Greens candidate Giovanni Ebono. As the organiser of this NCAG event, I pursued the suggestion to invite Giovanni, aka Joe, in recognition of the political component to tackling climate change, and the imminent election.

To be upfront about it, I myself am a fan of the Greens, and although this springs from an admiration of politicians that seem to have ethics and adhere to their principles, I was still concerned about or clueless on several of their policies.

The meeting began after dinner with Joe telling us a bit about how he came to enter the political arena after his earlier disillusionment with the system while pursuing a career in journalism in the mainstream media. He shared



with the group his belief in the importance of policy change to facilitate greater grass roots movements, and his vision of increasing the self-reliance of the region.

From this, the discussion moved on to cover the mechanics of the voting system and various Greens policy specifics that people had questions about – everything from their support for revitalising rural rail networks to their controversial harm minimisation stance on drugs.

For me at least, Joe's obvious passion and commitment, the answers to my questioning of economic policy, and the similarity to my own transition from scepticism of politics to begrudging regard, left me feeling reassured that there are people who can command a politician's career with their principles intact. So common is the opinion that politicians are hell-bent on building the proverbial bridge over a non-existent river, or that they're all innately corrupt, that I

sometimes forget that despite it all they're still people, with all the variety that entails, and that no rule is without its exceptions.

From the night I was left with one lesson, which was the value of finding out what a political candidate stands for and why, not just for those you agree with on the surface, but also, and probably more importantly, for those you disagree with.

The next Passion Café will return to its regular interactive group discussion model, this time focusing on skills and trades, so start brainstorming people – your ideas are needed!

These community meetings are held on the 3rd Wednesday of the month from 7pm at Djanbung Gardens (just outside of town – 10 minutes walk down Cecil St) which gives everyone lots of time to scheme and the convenience of closeness. Hope to see you there!

'Planetary Emergency'

What's happened to all the clean energy? When Doctor and Nurse go to operate on ailing Earth, they find the first aid kit is empty. Despite the fact that renewables could meet all of Australia's energy needs and stimulate regional economies... Could the villain, Mr. Greedy, be responsible?

Find out in this light-hearted pantomime about renewable energy, written by a local writer and performed by students of the Kyogle High School climate group.

The comedy delivers both important information to adults and serious fun to children. You can catch it during the Kyogle showcase event 'A Country Affair', on Saturday 5th and Sunday 6th October, with a performance at the Kyogle Memorial Hall at 11am on Sunday 7th as part of a program of one-act plays.

Contact Shakti Burke on 6633-3208 or email <anshakti@hotmail.com> or <growingkyogle@dodo.com.au> for more info. Photo by Tori Bail.



Actors Tara Thomas, Jessamin Horder, John Horder, Ebony Bail, Daniel Bedding (as the cow).

An evening with Brad Lancaster

by Lynne Oldfield

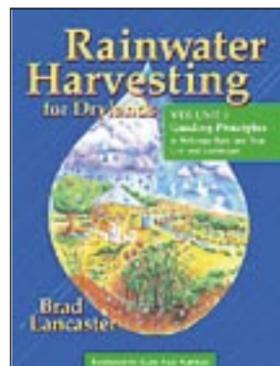
The evening with Brad Lancaster, author of "Rainwater Harvesting for Dry Lands", on the 6th September at Djanbung Gardens was truly inspiring.

Brad presented a photographic presentation of the progressive degradation of the river that once flowed through Tucson, Arizona.

The riverbanks and surrounding plains were once studded with low desert brush and trees. The river was flowing and there were vast quantities of artesian water and springs even in such an area of low rainfall.

Before the arrival of the town, the rain that fell was able to infiltrate the soil rather than running off as the erosive force was broken up by vegetation. Arteries have now been hardened with asphalt and cement and the cleared land acts like a giant adobe patio losing all water immediately.

There is no longer a river. It is long dead as are the artesian water and springs. The groundwater was pumped out to such a degree the roots of plants could no longer



reach the underground water. The lower the groundwater sank the saltier it got.

Now the whole city has sunk. Underneath, the aquifer has been compressed and collapsed. It can never be regained.

The administration has chosen to ignore the problem and have built a \$4billion canal needing \$80million a year to run the electricity to bring heavily polluted water from Colorado.

Meanwhile, Brad and his Permaculture friends have been transforming the streets, gardens and water consumption

habits of Tucson.

A myriad of innovative low-cost greywater diversion and water saving devices have been invented and are in use. All runoff, whether it is greywater or rain, is directed towards plantings. They have been planting everywhere, distributing free trees and transforming their town. Footpaths have been widened to enable more trees to be planted and asphalt roads have been narrowed to encourage walking and discourage speeding cars.

He went through his eight golden rules of harvesting water during the night which I think he learnt from a man in Africa while travelling.

He finished the night with a colourful story and photographic history of his African friend and the work he is doing in parched areas of Africa with the harvesting of rainwater.

In Africa, this man was an oddity amongst his neighbours but he persevered with his unusual methods. He said, "Go out and rhyme. If you start rhyming with nature, others will rhyme with you".

He was right. Eventually his neighbours fell in with his rhythm.

Wild about your garden?



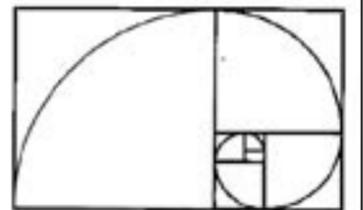
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Nightcap seed-saving network is born

by Tom Campbell

As I am sure you are all well aware, we face a number of crucial issues in the oncoming years. Climate change, peak oil and the ensuing changes are all things that we and future generations will have to deal with.

Regarding the future David Suzuki said, "Permaculturists are doing some of the most important work in the world these days," and as a permaculturist I see that two of the most important things people can do are grow their own food and set up a local seed saving network.

The first wonderful thing is that these two things are completely interrelated and the second wonderful thing is that a local seeding saving network is in the process of being set up.

Springing like a beautiful flower from the earth, the Nightcap Seed Network has taken root and is ready for your support and involvement. That is why with the support of Community Trading in the Channon, the Nightcap Seed Network is inviting you to attend the first community meeting, swap and funfest from 10am on Saturday 3rd November. This first meeting ties in with the "Community Trading Day" that is being held at 52 Terania Street, The Channon.

The aim of the day is to bring together the community to share produce, second hand goods, music, food (big organic bbq) and good times. It will be a fun-filled event and definitely not one to miss out on. For more information regarding the day contact Cameron by email



<camc@communitytrading.com.au> or call 6688-6355.

For those interested in being a part of the seed saving network, it's important to know that seed saving is not just about packaging up seeds to be stored away. In fact this is only a very small part of seed saving, albeit an important part.

But as Michelle from the Seed Savers in Byron (Australia's original seed saving network) said, "The greatest seed bank is in your garden and in the soil." So if you are just a keen gardener then you are already an important link in a local seed saving network.

For our initial get together we will focus on networking with local gardeners, swapping seeds / cuttings / other propagating material and planning for the future.

The Nightcap Seed Network is in its infant stage and needs your support. We are an enthusiastic group who loves nature, food and having fun. We look to a future where we can share an abundance of wonderful locally grown food and seed, while incorporating the social side through garden visits, dinners and outings.

If you are interested in getting more information contact either Ashlee on 6688-6355 or Elizabeth on 6688-0229.

Otherwise turn up for our wonderfully exciting first get-together. See you there!

Forum bullseyes renewable targets

A local Sustainable Regions Forum on 5th October is likely to generate lively discussion as it comes hot on the heels of the Howard government's announcements about renewable energy targets and a wind farm siting framework.

The Sustainable Regions Forum will bring together local landowners, farmers, Landcare groups and renewable energy experts to discuss practical solutions to improving farm income in increasingly difficult times. Information will be provided to shed light on new crops, new farming methods and the opportunities to generate energy on the land.

Facilitator for the evening, Claire Masters, coordinates 50 Landcare, Coastcare, Bushcare and Rivercare groups through the Tweed catchment. She said, "This forum serves as a great way for the ideas pioneered in this area to develop deeper roots."

It will provide all stakeholders three great opportunities: an expert overview, the opportunity to share knowledge with local innovators and to hear the views of local political candidates. Vivaly, attendees will be able to meet local

farmers and energy experts, view displays, get practical advice and arrange to visit farms in the region where these ideas are being tested.

"We have some inspiring local success stories in terms of organic farming, renewable energy and alternate crops" said Greens candidate Mr Ebono "We believe that our area has a diverse range of practical knowledge and expertise which can serve as a role model for other regions".

Department of Primary Industry spokesperson Richard Swinton and renewable energy expert Greens NSW MP John Kaye will join speakers from National Farmers, Tweed Rivers Organic Producers Organisation (TROPO) and Byron Farmers Markets to discuss alternate sources of income for people on the land.

Federal candidates for the seat of Richmond will be put

on the spot by all and sundry as to what they can do, what they will do and their long term view for the regional economy.

Dr Sue Page, Nationals candidate is expected to outline a National Party initiative to support farmers who wish to take advantage of the demand for clean renewable energy. She said, "Farmers bear the brunt of climate change and need all the assistance they can get to lead the country to a sustainable future."

The Sustainable Regions Forum will be held on 5th October from 6 to 9.30pm at the Presbyterian Church Hall in Wollumbin St, Murwillumbah. For more information, please contact Giovanni Ebono <giovanni@ebono.com.au> 0402-779-375, or Sue Page <suepageforrichmond@bigpond.com> (07)5524-3361.

GRIST

Gene Cool

DNA testing helps to settle claims of chemical exposure

Think you've been exposed to toxic chemicals on the job? Hand over your hair. A new DNA testing technique can help verify or refute claims of workplace poisoning by exposing a healthy person's DNA to the chemical in question to see how the genes are affected, then comparing to the employee's DNA. It seems like nary a day goes by without someone suing their employer over chemical exposure, and until now, strong evidence was often hard to come by. The new technique, while expensive, has already been used in more than 20 cases in California, leading to victories for both employees and employers.

D.C. Comical

Bush admin talks up voluntary actions at climate summit

President Bush's climate summit of the world's top polluters kicked off yesterday in Washington, D.C., with rhetoric aplenty and the arrest of some 49 protesters from Greenpeace and other environmental groups outside the State Department offices. Meanwhile, inside the conference, Secretary of State Condoleezza Rice talked up the need for strong climate action even while advocating the administration's position that each nation should act in its own self-interest and at its own speed toward as-yet-undefined voluntary goals. President Bush said in a brief speech to the summit this morning, "We acknowledge there is a problem, and by setting this goal, we commit ourselves to doing something about it. We share a common responsibility: to reduce greenhouse-gas emissions while keeping our economies growing. ... Each nation must decide for itself the right mix of tools and technology to achieve results that are measurable and environmentally effective."

ENVIRONMENTAL NEWS FROM WWW.GRIST.ORG

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Home Sexy Home

Brad Pitt pledges \$5 million for green homes in New Orleans

At the third annual Clinton Global Initiative philanthropic soiree yesterday, actor Brad Pitt pledged \$5 million in matching funds to build about 150 green homes in New Orleans' Lower Ninth Ward neighborhood, one of the most troubled areas in the city. "We're going to help make it right with 150 sustainable, affordable houses -- houses that stand out for their design both aesthetically and structurally, so that these people can live in beautiful safe structures that respect their spirit and provide a good quality of life," said Pitt. Real-estate bigwig Steve Bing also pledged \$5 million in matching funds for the effort. Other green announcements at the CGI included power company Florida Power & Light unveiling its plans for a 300-megawatt solar thermal plant, as one part of a \$2.4 billion initiative. Still other funding pledged at the high-profile conference included money for education and health initiatives for especially needy areas around the world.

Unsettled science

Governments ruffled by climate kerfuffles in England, Australia

A couple of government climate kerfuffles have broken out: In Britain, a leaked briefing paper says the country won't meet a European Union target of 20 percent renewable energy by 2020, and suggests lobbying other nations for a more flexible interpretation of the goal or using "statistical interpretations" to shine things up. The memo says the best Britain can hope for is 9 percent by 2020, and even that would be a challenge. Meanwhile in Australia, four members of parliament caused a furore by writing a dissenting chapter to a cross-party report on climate change, saying the science is unsettled. Public outcry forced Prime Minister John Howard, a fellow Liberal and climate hesitator himself, to disavow their comments.

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Musical market



Cath Smith, who assists her partner Ginger with his organic salad veggies stall at Nimbin's Saturday markets, has a novel way of attracting customers.

Homeopathics etc

by Tarang Bates

October has come around again, ushered in by a powerful Aries full moon. I have a date with my Daughter and Granddaughter, for a full moon night, trampoline session.

Tramp jumping is a great way of keeping fit. Helps your heart stay strong and healthy, keeps your lymphatic system powering and is really exhilarating and fun. Your muscles and joints are kept mobile without being jarred, because the surface is so flexible. If you haven't done tramp jumping before, start off gently and keep your toes close to the mat. Once you feel confident, have a good bounce, counting up to three or four hundred bounces. Use your counting as a centering device, then lay down flat on your back, tune into your heart beat and do some good, deep breathing.

Your tramp can become your gym and meditation space all in one, especially when it is under a beautiful grove of mango trees.

There are a few remedies that help muscles, ligaments and joints, stay healthy and supple.

SILICA can be used as a Celloid mineral for strengthening bone connective tissue and tooth enamel. It is useful in degenerative conditions such as osteoarthritis. As a homeopathic remedy for pains in the coccyx, lower back and hips. A stiff neck, where you can't turn your head, because of the pain.



Shoulder and arm pain, which is worse at night.

BELLIS PER is useful for sprains and muscular soreness. Whiplash and soft tissue damage. Injury to deeper tissues, after surgery. Rheumatism, sore joints and knees that feel as if they will give way.

CALC FLOUR is often combined with Silica. Useful for severe lower back pain and hip joint disease. Enlargement and pain in finger joints. Synovitis of knee joints and easy dislocations.

Of course there are other supplements, which are really beneficial to use in conjunction with these remedies, such as flax seed oil, fish oil and Glucosamine. We live in a beautiful part of the world and a walk outside is nourishing, on all sorts of levels, even if it's only for 10 minutes.

For information on the above remedies and more, contact me on 02 6689-1452 or email <tarangbates@yahoo.com.au> or visit me at the Saturday Rainbow Lane Markets.

Profits come before health and life

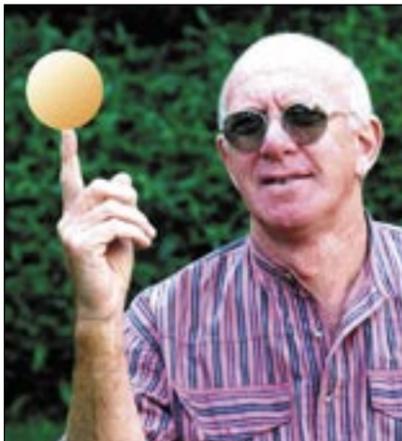
by Rob Harle

I recently reviewed a challenging book; Genes in Development: Re-reading the Molecular Paradigm. Very briefly this book is a scholarly investigation into the true nature of DNA and its role in life. Those who have attributed too much significance to DNA and too little to extra-DNA factors have been called genetic centrists. That is, they embrace genetic reductionism. It appears DNA is not at all solely responsible for programming life and this book deconstructs this dominant paradigm.

One chapter of this book that I could not come to terms with and really bothered me at the time of reading, was the condemnation of the Human Genome Project. Sakar drops this little bombshell in Chapter 3; "If the HGP [Human Genome Project] is judged by the explicit promises that its proponents made in the late 1980s and 1990s to secure public support (and funding), it has been an unmitigated failure, the most colossal misuse ever of scarce resources for biological research". There is no space here to quote at length this damning assessment of the HGP farce, just one more small quote should be enough to make Sarkar's point and make us wake up: "None of the promises of Gilbert's radical genetic reductionism have been borne out. Proponents of the HGP promised enormous immediate medical benefits. There have been none."

In the latest edition of Filter, the journal of the Australian Network for Art and Technology there is an article by Paul Vanouse which explains one of the main reasons for this failure. I'm sure, like me, most readers will find this explanation both abhorrent, disgusting and inhuman. I have Paul's permission to quote it in full:

"The Human Genome Project, an endeavour to sequence every single base-pair in human DNA, began in 1980 under the rationale that this vast dictionary would lead to the eradication of bunches of genetic diseases. Completed in 2000, the technologies developed in the process have led to the sequencing and subsequent vaccines for a few diseases (such as hepatitis and stomach ulcers), however, these vaccines have been discovered at a much slower rate than other decades of the nineteenth century; and with far less dispersal. I don't blame the Genome Project for the slowdown, rather the corporate bio-pharma complex which it sits alongside; freely accessible genomes for many organisms are probably why some things were cured. During the comparable period of 1955 to 1980, vaccines for at least six diseases were developed including polio, measles, mumps and rubella; and small pox was completely eradicated. The boom years of capital investment in biotechnology from 1980 to 2005 have not yielded a proportionate value for public health, but have instead served to impede creation and delivery of such vaccines. It is precisely the corporate patents, copyright, monopolies, restricted usage etc. that



have suppressed both the scientists seeking cures and adequate dispersal of medications."

An example of how corporations and patent laws suppress the creation of vaccines is the long struggle of 2005 Nobel Laureates V Warren and Marshall, to have their ulcer cure recognised and approved. Opposition came from manufacturers of drugs such as Tagamet with a vested interest in treating the symptoms of the disease temporarily rather than curing it; interestingly Tagamet became the first drug to break \$1 billion in annual sales!!! Warren and Marshall had been attempting to publish on their actual cause and method to cure the disease for nearly twenty years but were out-funded and out-manoeuvred legally. This example highlights the pharmaceutical industry's parasitic relationship to disease - a successful parasite doesn't kill its host (the ulcer)".

The case of the 39 large pharmaceutical companies taking the South African Government to court over patent infringement in 2000 is a good example of how corporations and patent laws suppress distribution. South Africa had begun importing lower priced generic AIDS medication in an effort to widen access to treatment. Eventually the drug companies had to relent due to pressure from activist groups; similar struggles are now underway in Thailand.

The very companies that rely on the general public (which includes health

care professionals in this sense) to make their obscene profits, hold their hosts in contempt. I simply cannot understand how a human being can make decisions to allow people to die, thousands and thousands of people in the African AIDS situation, purely so they can make more money.

You're probably hoping that I'll now be able to suggest a way to correct this diabolical situation. Sorry, I simply can't see a way forward. A few ideas might help others come up with a strategy. Firstly, I think the problem has to be fixed at a governmental level. Self-regulation doesn't work in unregulated capitalist enterprises, human greed is too strong a trait for most to control or overcome. No one suggests that all products of pharmaceutical companies are parasitic, research costs are enormous and so medicine can be expensive until R&D costs are recovered. Strict regulation of patents with short terms could ensure recovery of these initial costs. It is the power over, and manipulation of, society, that governments need to control the most. Until we get governments willing to do this, pharmaceutical companies will remain untouchable.

Tobacco multinationals have, or at least had, a similar control, the difference of course is that we don't have to smoke to try and stay alive. I realised one Friday afternoon I was out of cigarettes and would not be going out for the whole weekend so thought I'd better stock up. I suddenly realised I was addicted (some of us are slow learners) and that I was simply a puppet of these corporations - I've never had a cigarette since. However, if you have serious blood poisoning and you refuse penicillin because it is marketed by a multinational drug company, it may well be the last thing you refuse.

The thing that leaves me bewildered is this: do the individual executives of multi-national pharmaceutical corporations believe their own lies when someone in their family becomes seriously ill?

Latest offering from local tunesmith

Robert Bruce draws on a range of age-old styles and themes to produce the compelling melodic offerings in his fourth album, "Paint the Pony."

Part madrigal, part sea-shanty, part Donovan, the songs sparkle with the acoustic tones of mostly stringed instruments, tinkly but not insipid, in a quality three-dimensional mix sweetly done by Pix Studios, Conondale, Queensland.

The album's title is taken from one of several of Bruce's poems reproduced in the jacket, and refers to making ready "...be always ready to make the crossing..." and so the album

is infused with this pensive, reflective mood, with much sensitivity in both words and music.

'Not the Singer but the Song' ponders impermanence, 'Southern Lights'

evokes the joy of homecoming, and 'Lorelei' uses the siren image to illustrate the risks of love. Meditations on death and dying also appear, with timeless imagery such as 'The Moon and the Water.'

So, it's not a party album, but for a quiet swing in a hammock, I can highly recommend this impressive collection of Robert Bruce's timelessly melodic and delicate meditations. **Bob Dooley**



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The Zen of post-modern knitting



The Term 3 knitting course at Nimbin's Open Learning Centre was such a success that the class is still meeting - as a knitting circle.

Tutor Lisa Yeates (at left, standing) was delighted at the response to her classes, and was astounded at the range of garments being produced - socks, scarves, vests and some unusual millinery, as participant Tania Hall demonstrated (below).

"It's the sort of thing anyone can do, once you learn the basics," Lisa said. "Having someone to help you figure out how to read patterns can be a great help, though."

With the wintry weather waning, knitting is not on offer in the programme for Term 4, but there's plenty to choose from, including Sculpture, Drawing, Creative Writing, Qi Gong, Meditation, Astrology and Cosmic Theory, and three different computer classes.



W.F.T.D. @ Nimbin CTC

Summer is on the way and visitor numbers are once again on the rise, making the CTC's Internet Café at 81 Cullen Street an ideal place to interact with other cultures.

Of course not everyone has the spare time to volunteer, hence we also offer placement via work for the dole schemes. What better way to discharge onerous obligations and have fun while helping your community? Treat yourself and discover the creative possibilities of information technology at the CTC.

The Nimbin CTC also offers equipment hire to Community groups, desktop publishing and even help with those everyday headaches such as online job applications and basic computer upgrades and repairs. Contact them on 6689-1183.

National Simultaneous Storytime



At 11am, Thursday 6th September, Kyogle Library took part in the National Simultaneous Storytime - a storytime session held in public libraries throughout Australia at the same time.

This year's story was Mem Fox's 'The Magic Hat' and a group of 30 children from Kyogle Pre-School helped Kyogle library celebrate National Simultaneous Storytime.

Each child received a 'Magic Hat' bookmark and finger-puppet colour-in to help them remember

their visit to Kyogle library for this special shared storytime.

Pictured are the children, teachers and carers from Kyogle Pre-School.

School Hols Activities

Wednesday 10th October 2007, 10.30 - 11.30am, for children 5 -12 years in Kyogle Library childrens' area

It's free, but bookings are essential (limited numbers). Contact Kyogle library staff, phone 6632-1134 or call into Stratheden Street.

Cook's corner

by Carolyne

Recipe of the Month Wholemeal Fruit Loaf

Ingredients

2 cups SR Flour Wholemeal
1 cup unprocessed bran
2 cups mixed fruit
1/2 cup honey
1 cup milk
3 tblsp mixed spice
1/2 tsp salt

Method

Heat oven to 180 degrees / 160 fan-forced, line large loaf tin with baking paper or well greased brown paper. Mix all ingredients together, fill tin about 3/4 full, bake approx 1 hour till cooked in middle. If cake is browning too quickly, cover with foil towards end of cooking time.

For gluten free, substitute gluten-free SR flour, and soy milk if desired.

This cake can be served hot with custard, or cold, sliced and buttered.

For information or help contact Carolyne at The Coffee House Nimbin, formally the Retro Café, or phone her on 6689-0590.



Luscious Lips

by Cheryl Beasley

To have truly luscious lips throughout the entire day it is essential to use a lip balm or some other kind of lip moisturiser. This is because the lips do not contain any oil or sweat glands and dry out continuously, licking the lips is usually how we keep them moisturised but this can also cause them to dry out even further if the air is quickly drying the moisture off.

For healthy, plump lips use a lip balm continuously throughout the day. This will not only keep them moisturised but also protect them from the sun and winds and dry air.

Choose a balm that contains the natural ingredients that will nourish and heal dry lips and not just make them shiny! For instance Jojoba Oil, this is light, non-greasy and absorbs fast into skin leaving no greasy feeling. Jojoba oil has good moisturising and nourishing properties as it is rich in vitamin E, which heals and nurtures.

Also Rose Hip Oil, this oil is used to regenerate the skin and reduce the signs of premature aging, thus fine lines and dryness are reduced. Rose hip oil is rich in omega-3 and omega-6 fatty acids, is high in gamma linoleic acid (GLA) and vitamin C. Rose hip oil is often used in products made for stretch marks, burns, scars and for mature dry skin which makes it ideal for the lips!



The king of all lip moisturising ingredients is Shea Butter. This wonderful natural moisturising cream is an occlusive which prevents further lip dryness by locking in the natural moisture it contains and by also nourishing the lips with essential fatty acids.

Shea Butter not only moisturises the lips it has the ability to restore skin cells' elasticity. When used on the lips, they are not only hydrated, but they can also slowly regain their natural elasticity, making them healthier and luscious looking. Shea Butter moisturises and heals together making it a wonderful ingredient in lip balms for revitalizing the skin on your lips.

LanaB Lip Balms contain all of the above ingredients and more, to nurture and nourish the lips throughout the entire day. They now come in a range of flavours including coconut and raspberry, watermelon, vanilla and 100% organic natural scent free.



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