

# Hidden Valley Cabins go solar with RPC

Hidden Valley, one and a half hours northwest of Townsville, has become Australia's first carbon neutral accommodation and tour company, operating on renewable energy.

The resort is not on grid power, and any infrastructure in the area must have self-generated power. The McLennans over the years have tried to develop ideas to decrease their generator use, therefore saving on greenhouse gases, but still giving their guests an optimum experience.

They successfully applied through the federally funded Renewable Remote Power Generation Scheme for a 50% rebate, and have now installed a stand-alone solar system to run the entire resort 24 hours per day.

The \$190,000 project was designed and installed by the Rainbow Power



Company, its biggest installation to date. The system consists of a 12 KVA inverter, 90 x 130 watt solar panels delivering 120 volts DC into 60 x 2 volt 1660 amp batteries. It produces 11.7 kilowatts, and will save 26,000 litres of diesel, or 78 tonnes of CO2 emissions.

The CO2 emissions produced by the LPG gas the resort uses for hot water and cooking will be accounted for, and

carbon credits will be purchased to offset this, therefore the entire resort will be carbon free.

Ross McLennan told the Townsville Bulletin he hoped Hidden Valley Cabins would become a model for other businesses wanting to turn to renewable energy.

"We want to say to people, look it's no longer a myth," he said. "It's now a reality. The technology's there. There are people with the expertise to build it."

The resort is planning to launch the system officially in March, but already bills itself as 'a sustainable experience.'

Their in-house audits follow the guidelines to reduce all carbon emissions set down by Climate Friendly, see [www.climatefriendly.com](http://www.climatefriendly.com) More ideas for cutting emissions are at [www.1degree.net.au](http://www.1degree.net.au)

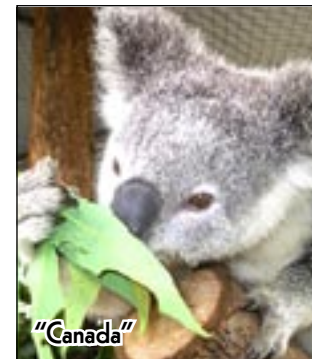


by Lola Whitney

In previous articles we have described how fussy koalas are in the selection of their food trees. We look around and see so many eucalypt trees but for some reason there are parts of the Northern Rivers which have very suitable habitat but no koalas in residence. Why is it so and why does a koala choose a particular tree in the forest to feed on?

Field studies seem to indicate that tree preference of koalas is influenced by their social organization, the structure of the tree and the chemistry of the leaves. Observed differences in tree species preference between sexes, and the preference for individual trees within species, may have their basis in the social organization of the koala. Although adult koalas are not often seen in the same tree and appear to avoid one another, they nevertheless form clusters in which the home range of the dominant male and several females overlap extensively. Frequent use of a small number of trees by these koalas may provide a means of communication thus maintaining the cohesion of the cluster. Another theory could be that the frequent cropping of the tree results in many new shoots being produced that in turn attract the koalas.

By studying the animals in their natural environment some clues as to the reasons they choose one tree over another may be gleaned. Koalas first sample leaves while riding on the backs of their mothers. They become familiar with the foliage of the trees used by mother. Whether this influences their later choice of species has not been determined. Koalas frequently draw a branch of leaves to the vicinity of the nose before rejecting or accepting foliage. This will occur in a tree of a preferred species as well as when koalas



are confronted by foliage from different species in captivity. This behaviour suggests that preferred browse food is identified by smell however what they are actually smelling still remains a mystery.

Eucalypt foliage is considered a poor source of nutrients. It has been estimated that the entire amount of food eaten by a koala in a day (between 500grams and one kilogram of eucalypt leaf) contains about the same energy as a bowl of Cornflakes! No wonder the animals sit in the tree seemingly sleeping all day - they don't have any energy to do anything else.

The Eucalypt species favoured by koalas are those often found on fertile soils suggesting that nutrient quality may be an ultimate factor in species preference. The preferred species also tend to be associated with drainage lines or shallow water tables - an important factor in times of drought and at other times encouraging the growth of new tips which have been shown to be richer in nutrients than older leaves.

All in all, mystery still surrounds the whole issue. If you would like to provide feed for your koalas, ring the Friends of the Koala hotline on 6622-1233 to get your hands on some of the FREE koala-food trees provided from our native plant nursery. Report sightings and animals in distress promptly. Visit [www.friendsofthekoala.org](http://www.friendsofthekoala.org) for more information about koalas and the group.

## 2008: a great year to plant trees

by David McMinn

Most people who moved into the Nimbin valley since the late 1990's have no idea how bad a big wet can get.

The most severe in recent decades was the 1988-89 event. I can remember it very well - rain, rain, rain rain, five major floods in one year, land slippages, cabin fever, tinea fungus, clinical depression, cars bogged in mud, etc, etc. Gumboots were aptly called Nimbin slippers and were mandatory if you were doing anything outdoors or going into the village.

One unfortunate friend was building her house at the time and living in a tent - she had her gumboots by her bedside. Another friend went into serious depression and, at times, would burst into tears - retail therapy was her only joy. The rain continued for months at a time and several people lost their houses due to land slips.

You have probably noticed the Wild Tobaccos dying in the saturated soils after

the recent heavy rains. The longer the soils remain wet, the more species will finally succumb. Over the years, we have lost many trees to this problem - Avocadoes, Chestnuts, various palm species, etc. Trees that are susceptible to root rots should only be planted in very well drained areas. However, you often only know where these sites are located after prolonged wet weather.

On the positive side, lots of rain make this a great year to plant trees. Prior to about 1990, big wets occurred every three or four years. Since then, the timing is every 8 to 10 years and they are now uncommon.

Newly planted young trees need 6 months of follow up rain so that they can become well established. With global warming, the weather has become drier and far more erratic, making it difficult to time tree plantings correctly. On a few occasions, I experienced a high death rate with my plantings, after a long dry period unexpectedly

set in. So appreciate the current big wet and plant your trees. It may be a long time before another big wet occurs, given the long term drying trend in our weather.

### Best Species to Plant Where

You may wish to view my web site Nimbin Plant Selection Guide ([www.davidmcminn.com/ngc](http://www.davidmcminn.com/ngc)). This was designed for people living in the Northern Rivers and south east Queensland and gives comprehensive listings on suitable tree species for peoples' gardens and rainforest plantings. Three sections have been provided (1) Rainforest & eucalyptus species. (2) Weed species that should never be planted. (3) Fruit and nut varieties suitable for our region.

Careful siting of your tree plantings is essential. Dry rainforest species should not be planted in wet spots or they may rot in the ground during the next big wet. Similarly, species that like plenty of water should not be planted on dry ridges or westerly facing slopes.

You must also take into consideration other factors such as frost (especially after the July 2007 Black Frost), power lines, fire hazards, land slippage, etc. If in doubt, ask a local friend with experience in planting trees. Bad siting of a particular species means that the tree will never thrive or may even die, thus representing a waste of time and money.

All long term residents can all tell you of their bad

planting decisions. I planted a Nepalese Cedar in our house garden. What the nurseryman did not tell me was that it was India's tallest tree and grew to 80 metres. A similar mistake was made with an Atherton Oak which 'only' grew to 30 metres. Both had to be chopped down, which was regrettable as they were lovely trees.

The long term climate prediction is for the Northern Rivers to become a lot hotter and drier, due to global warming. Thus, it may be wise to plant dry rainforest species and those species that can cope with a wide range of conditions. Many of the rainforest and eucalyptus trees native to our area live for hundreds of years and who knows what the local climate will be like when they mature.

On our farm, we will be planting lots of Hoop Pines, as they are tough and will survive most adverse conditions, except intense bush fires. Flooded gums will also be planted this year, as they are rapid growers and will help soak up our carbon dioxide emissions - we will leave no carbon footprint. A range of rainforest species will be included, which will be grown along the creeks and around the waterfalls.

Months of continual wet weather are not a pleasant experience, but appreciate the rain particularly as many other parts of Australia are in chronic drought. Be very grateful that you live in this beautiful part of Australia.

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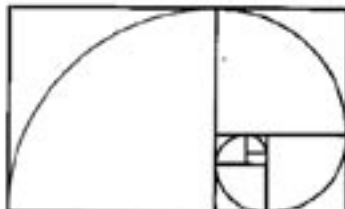
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# Join the Nimbin Environment Centre We owe it to the Mother

by souljuice

We come here because we feel some affinity with others and nature. This forms a strong happy community. We come because we love what the bush gives us. We come here for the relaxed life the bush blesses us with.

For it is the collective feeling that comes from the plant, insect, bird and animal realm that subtly affects us in such a good way - when we take the time out to sit and listen to nature and to feel it.

Whether we know it or not, we are now the custodians of this land. Many have regenerated their bought land and have encouraged nature to return, and they are commended for it. Though this act alone is not enough in itself...it is part of it.

Look to the wider community. The North Coast has been known in the past for its strong environmental grassroots commitment - leading from the front and being very pro-active with ground breaking world first actions such as the Terania forest defense and the Chalundi win. This history has given many hope for the future - despite the odds.

The Nimbin Environment Centre is the sentinel guardian body - looking over nature - beyond private land ownership. The NEC attempts to ensure ALL land is maintained naturally for future generations and we endeavour to ensure the land is not abused and disrespected any longer.

Nimbin - being the town that seems to still be the focus for the alternative movement, it has a responsibility to maintain this now traditional commitment. With our previous famous initiative, we need to show the world the way out of the apparent hole that the Earth presently finds itself in.

The Nimbin Environment Centre (NEC) is not free from the pressure that the outside world seems to exert on community efforts. We need help to stay strong. This is a call and an opportunity extended to all those conscious sentient beings who love nature to show gratitude back to all that she, the Mother gives to us daily by giving some time to help maintain the shop in Cullen Street.

So this is an open invitation to not just the young who would like to feel the power surge of taking the future into their own hands but also to the old crew still around who continue to 'sit on their laurels and fond memories' of blockades gone by.

Drop your cynicism and please get involved again.

For the sake of the land that supports you everyday - the land we walk upon and that gives us life. Show your gratitude and appreciation by joining the NEC committee.

Get involved on any level you like - join the committee, become a financial supporter if time is not available to attend meetings or to help run the shop.

If you have time to do some research and letter writing in at our active centre, we invite you to come down and **Activate!**

We owe it to the mother...

## Issues

The NEC continues to agitate to bring attention to vital issues concerning all our survival. A current issue the NEC needs assistance with is the towns' quality of water that we tolerate. Despite (or perhaps because of) the bleach or chlorine that is added, people still report stomach upsets and sickness.

Other issues continue to run hot, such as the very current issue of our local Councils buying masses of low energy lights off companies such as nuclear energy giant, General Electric and providing us no information on the mercury content and disposal of that matter when the new lamps finally do blow.

The NEC is initiating that separate bins be put around town for easier recycling of refuse. This is the second time recycling bins have been tried. Perhaps we can be more conscious about our rubbish now - a few years down the road.

The NEC will also soon have a drop-off point for all your mobile phones so we ensure the parts are recycled wisely.

This month we also have in our shop: hemp paper at ridiculously low giveaway prices, also new to the shop are the Creation Story books from Rous water in conjunction with members of the Widjabul clan.

# Keeping mercury and cadmium out of landfill

The convenience of recycling high-tech junk has just improved.

Lismore City Council has now installed drop-off bins for fluorescent tubes and bulbs, as well as dry cell batteries, mobile phones, smoke detectors and printer cartridges, at the Nimbin Recycling Centre, Blade Road, open Wednesdays, Saturdays and



Sundays.

The service is free for small volumes but a small charge applies for bulk quantities.

Phil Klepzig, Manager of Northern Rivers Waste said, "Thousands of fluorescent tubes and bulbs have already been collected since a fluorescent tube collection and recycling program began at Wyrallah Road Waste Facility late last year.

"The collection and recycling of fluorescent tubes and high intensity discharge lamps keeps mercury and other products out of the environment, and places them back into the recycling chain," he said.

Mobile phones also contain small amounts of potentially harmful substances, such as cadmium in NiCad batteries which, if not managed properly, can damage the environment.

MobileMuster, the official recycling program of the mobile phone industry, will recycle all handsets, batteries, chargers and accessories dropped off,

and recover over 90% of the plastics and metals.

Rose Read, Manager of Australian Mobile Telecommunications Association's (AMTA) recycling program, MobileMuster, said, "Mobile phones contain many useful metals like copper, silver and gold, as well as plastic that can be recovered."

One tonne of mobile phone circuits can yield the same amount of precious metals as 110 tonnes of gold ore, 123 tonnes of silver bearing ore and 11 tonnes of copper sulphide ore.

466 tonnes of handsets, batteries and accessories have been collected since the Australia-wide recycling program was initiated by AMTA in late 1999. This includes 2.77 million batteries and handsets.

Now there's simply no excuse. Collection Bins are also located at the Wyrallah Road Waste Facility, at Lismore Council's Corporate Centre in Goonellabah and the CBD Office in Magellan Street.

# The political context of population growth

by Giovanni Ebono

At the climate conference in Bali in December, the Australian government supported the US in proposing that future climate change agreements should include some real targets for China, India and Brazil, the fastest growing economies on the planet.

The logic is that these large and rapidly growing nations will contribute most to the growth in climate change over the next 12 years. While the United States points to their rapidly increasing emissions, representatives of the developed world vehemently expressed the view that the real concern was economic competition.

The truth is that it is very difficult, even for *Nimbin Good Times* readers, to actually accept that our lifestyle is incredibly bloated. Driving to Lismore and back in one day is not "normal" it is an incredible luxury that does irreparable harm to the planet.

Not only are developing countries growing economically, their populations continue to increase. Where as the developed world has population growth rates (excluding immigration) that are close to or below zero, the poorest countries in the world continue to grow at three percent per annum. That means their population

	Developed	Developing	Underdeveloped	Total
<b>NOW</b>				
Population (billions)	1	2	3.5	6.5
growth rate	1	1.03	1.1	
Consumption per capita	10	3	1	
<b>Total consumption</b>	<b>32</b>	<b>6</b>	<b>3.5</b>	<b>41.5</b>
<b>Pop 2020</b>	<b>1.0</b>	<b>2.9</b>	<b>11.0</b>	<b>14.8</b>
<b>Cons 2020</b>	<b>45</b>	<b>12</b>	<b>15</b>	<b>72.2</b>
<b>Calculated for 2020</b>				
growth rate	1	1.02	1.05	
Population (billions)	1.0	2.4	6.3	9.7
Consumption per capita	26	5	1	
Total relative consumpt*	25.0	12.0	6.3	43.2
<b>Total consumption</b>	<b>17.50</b>	<b>6.61</b>	<b>4.52</b>	<b>31.13</b>
Lifestyle change	0.56	1.2	0.72	

will double in 23 years. Luckily population growth falls with affluence.

The problem with population growth is that it negates everything we do, as individuals to reduce our consumption. The Howard government line was that, "We could stop burning coal tomorrow, but China's increase in emissions would wipe out the saving in one year."

Controlling population, then, is a key to creating a sustainable lifestyle. Nimbin would not be Nimbin if 2,000 new homes were built around the town. This is the problem being faced on the coastal strip from Byron up to Tweed Heads.

The truth, though, is that the growth in population has much less impact on the planet than the huge consumption of developed countries.

To look at different ways this might be curtailed, I used a spreadsheet, available from the Ebono Institute

website at <http://www.ebono.org/population> You can use the spreadsheet to examine different scenarios.

The table presented here shows two different outcomes for population and consumption. The pale background at the top is the current figures. The consumption per capita is comparative. You and I consume around 32 times what an African, Bangladeshi, or Peruvian does. The figures on the mid background show what the world will be like in 2020

based on current population and economic growth. World population will swell to around 15 billion and consumption will increase by 75 per cent.

Fundamentally, what this basic analysis shows, is that the rapidly developing nations of China, India and Brazil could double their population and consume four times as much as they do now, before they had the same impact on the planet that Japan, the United States and Europe currently do.

The argument that the population growth (or the economic growth) in the developing world has to be addressed for environmental reasons simply does not stand up to scrutiny. The truth, dear reader, is that more people in the suburbs of Australian cities are going to have to become hippies, or starve.

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## Homeopathics etc

by Tarang Bates

**M**ould, mould and more mould.

There's been plenty of that lately and much discussion about how to deal with it. Rumour has it that a mixture of Colloidal Silver with clove and tea tree oil stops the growth.

Washing clothes with vinegar and eucalyptus oil helps keep them free of growth and greeblies.

Walking around the gardens and orchards, our bumper crop of mangoes is turning to mush under the trees, and the Pinks fungus is creeping around on some of the citrus trees. This fungus will kill the tree if not dealt with and spread around the orchard, usually the infected branches need to be burned.

On the positive side it's looking incredibly green and lush and tropical. I sit here on the veranda surrounded by beautiful palms and one mango that has not dropped its fruit – that's the banana mango. The fruit is long, with a lovely curled tip and a strong fragrant taste, for some reason the fruit bats rarely go for them.

Don't get too carried away with the tree lopping.....the sun will be back!

**P**eople can become a bit droopy and down with weeks and weeks of mud, slush and moisture, this is not necessarily "all in the mind". Mould can cause all manner of respiratory aggravation and the homeopathic mould preparation, for allergic reactions, may be worth trying if none of the individual remedies make a difference.



### GELSEMIUM:

is a remedy that works well for aches and pains, joint aches and weakness. Allergy-like symptoms, droopy eyelids, sneezing and dizziness.

### ARS ALB:

is a remedy for people who feel worn out, restless and worried. There may be wheezing and tightness in the lungs. Eyes hurt by the light and a burning throat.

### DULCAMARA:

may help with constant sneezing, with either a stuffy or runny nose. Eyes swollen and watering, coughing, weakness and rashes. These symptoms are worse in a damp environment.

**T**hese remedies are for first aid use and the symptoms described, may need to match with other factors. With help finding the right remedy, these and other homeopathics available from TARANG at NIMBIN HOMEOPATHICS on 02 6689-1452 or email tarangbates@yahoo.com.au or check out the Rainbow Lane Saturday morning market.



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## A big one for reggae fans

A street party in Nimbin to celebrate Bob Marley's birthday is planned for Saturday 9th February from midday on the Blister.

Locally-based Rasta-man Roopenny Selassie (pictured), one of the founding fathers of Reggae Down Under, is bringing members of his rasta family together from Sydney, Melbourne and Adelaide, including Rasta Roni Wahiba and Papa George, who are coming up from Sydney for the occasion.

Barney Wailer is also in the country, prior to his show on 17th February in Byron, and is rumoured to be interested in coming.

Roopenny said, "I just wanted to do a party for the people of Nimbin, because we all love music, and here is a good reason."

"Of course there's a strong Jai Rasterfi connection. Bob Marley is seen as King of Kings," he said.

If it's wet, the party will be on in the Nimbin School of Arts Hall.



## FREE TO GOOD HOME



Beautiful 6 mo. old male kitten - orange & caramel tabby. playful, friendly, very affectionate. Ideal for family w/kids.



Handsome 32 yr. old husband - personable, funny, good job, but doesn't like cats. Says he goes or cat goes.

Call Jennifer - [redacted] - come see both & decide which you'd like.

**Funny emails.** While you're scrolling down those endless lists of daily emails, do you ever see any witty, wry or warped visual jokes?

If they're not too offensive, not old as the hills, and in the public domain, then flick them to us, at nimbin.goodtimes@gmail.com.

The one above (of course it's real) was contributed by Ingrid Saywell, one of our loyal on-line readers in Sydney.

## Buttherum Dreamtime Connections

by Richard Bell

The persistent rain and flooding certainly presented a challenge for anyone putting on an outdoor event in January. Many markets and gatherings were simply cancelled. At Sphinx Rock Cafe we carried on .. just about.

The grassy area around the cafe was waterlogged but locals and travellers alike still gathered to share Wet experiences and get a hot meal. So could the big Dreamtime Dreaming night with Burri Jerome and Murray Kyle go ahead? Chief Jon announced on Nim-FM that he was confident .. and the next day a huge great tarp appeared out of thin air to cover the performance space. Locals brought flowers, cushions and hay bales. Dusk - the start of the dreaming - on the 19th, and around 100 adults and half as many kids turned up and an air of reverent expectation descended on the cafe.

Murray played a couple of sets from the stage, Burri told stories of Bundjalung spirituality, miked up from the fireplace. Mark Jago presented two short films, one about Wollumbin

mountain and the other about the significance of water in the dreamtime - how apt - and the place now known as Minyon Falls.

Audience member Binnah Pownall said, "The Sphinx Rock Cafe seemed to suspend time and go momentarily inter-dimensional, as the crowd dreamt their own stories and Burri Jerome weaved key words through the dream tapestry collectively created on the night."

Burri's charismatic presence meant for a rapt audience as we soaked up myths and legends. Applause followed each yarn and there was room for questions. Shannon punctuated the stories with some didge playing that was awesome.

John and Sharon excelled again at providing the delicious food and fine ambience. A dreamy night in every way.

\$265 was raised to help with the funeral expenses of one of the passing generation of elders. If you have money to help pay for outstanding funeral expenses of the remaining families who are often already under much stress, please ring 02 66 897 385 and arrangements can be made.



**Sphinx Rock Cafe**

February:

10th - Two Colour Mountain plus Essie Thomas

17th - The Lonely Brothers plus Loren

24th - Anahata Collective

March 2nd - Osmosis

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# Ole Masquerade Carnivale Women's Ball

Saturday 9th February 2008  
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Bangalow Bowling Club  
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Host: Gina Baker  
DJ Leila  
Drag Kings  
Salsa Dancers  
Paige Ridgeway  
Jane Treasure  
Kathryn Jones  
Shows @ 9.30 & 10.30pm

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## Ladies, Girls, Women....

*Come out and kick up your heels for a night not to be missed.*

A fantastic evening hosted by the hilarious Gina Baker who will have you in stitches with her witty one liners. Witness the provocative performance by local girl Paige Ridgeway and be moved by spoken word extraordinaire Jane Treasure.

Andi Davey and Jessie Blackadder will raise the temp in the room with their performance of the tango and listen to the vocals of Kathryn Jones, Sally Mansfield and Kath Murray.

Dance to the Latino based sounds of DJ Leila (Syd). Prizes for the Best Dressed so don a mask and a bolero and come along for great night out.

Saturday 9th February at Bangalow Bowling Club, Byron Street, Bangalow, 8pm – 2.30am. Formal Attire. Tickets - \$30 at the door. Tickets also available at Caddies Coffee Lismore, Happy High Herbs Byron Bay, B-Framed Ballina A Strictly Women Only Event.

The Ball is a fundraiser for the Solomon Islands Women's Refuge. They desperately need second hand women's and children's clothing and learning books. Please bring along any donations and they will be shipped over to the refuge.

## BBQ Rules

We are about to enter the BBQ season. Therefore it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity.

When a man volunteers to do the BBQ the following chain of events are put into motion:

*Routine...*

1. The woman buys the food.
2. The woman makes the salad, prepares the vegetables, and makes dessert.
3. The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill –beer in hand.
4. The woman remains outside the compulsory three meter exclusion zone where the exuberance of testosterone and other manly bonding activities can take place without the interference of the woman.

*Here comes the important part:*

5. The man places the meat on the grill.

*More routine...*

6. The woman goes inside to organize the plates and cutlery.

7. The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat .

*Important again:*

8. The man takes the meat off the grill and hands it to the woman.

*More routine...*

9. The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.

10. After eating, the woman clears the table and does the dishes.

*And most important of all:*

11. Everyone praises the man and thanks him for his cooking efforts.
12. The man asks the woman how she enjoyed "her night off." And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women...

*Contributed by Carolyne*



## Shea Butter – all it's Cracked up to be?

by Cheryl Beasley

It seems so. Shea butter has been used in Africa for centuries with outstanding results for skin benefits. In fact, it is believed that Cleopatra and the Queen of Sheba used Shea butter as part of their beauty routines.

Shea butter comes from the nut of the fruit from the karite tree found growing in West Africa. They grow only in the wild, and can take up to 50 years to mature and they can live up to 300 years. It is proven to moisturise, soothe, heal and even protect the skin from damage.

It contains a large quantity of unsaponifiable fats, which are excellent for the skin's layers; in fact Shea butter has about 11% unsaponifiable fat in comparison to avocado oil which has about 5%. Also, Shea Butter easily penetrates the skin allowing the skin to breathe and not clogging the pores, and its content of vitamins such as A, E, and F to name a few, along with other active elements, makes it a very interesting and beneficial substance.

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Vitamins A and E help to soothe and hydrate the skin and Vitamin F contains the essential fatty acids, linoleic, linolenic and arachidonic acids, these three essential fatty acids help protect and revitalize damaged skin.

The Vitamin F in Shea butter has a protecting role against UV rays, with a natural SPF-6 and can be incorporated into creams to add this specific benefit. It has mild anti-bacterial and anti-inflammatory properties as well as good moisture retaining properties and protects the skin from drying out in the sun.

But it doesn't end there. Shea butter can also promote the skin to rejuvenate itself by increasing the circulation and therefore accelerating healing and cell renewal. And again the high level of unsaponifiable fat is one of the reasons it is so good in treating

*Dry skin, Spots, Blemishes, Eczema, Dermatitis, Shaving rash, Stretch marks, Itchy skin, Sunburn, Small cuts, Damaged skin, Rough skin, Insect bites, Wrinkles, fine lines, Chapped skin, Dry or damaged hair, Nappy rash, Skin allergies, Scars, Skin discoloration.*



Shea butter can even be used on very sensitive skin areas such as around the eyes and it is well tolerated by the skin not normally triggering allergic reactions, this makes it ideal for just about everyone.

Here are some more benefits of Shea butter:

- Can even the skin tone
- Absorbs without leaving a greasy residue
- Doesn't clog pores
- Revitalizes, softens and maintains the skins natural moisture balance
- Naturally rich in vitamins A, E & F
- Penetrates deeply into the deeper layers of the skin helping restore elasticity
- Helps soothe and repair skin irritations
- Great for strengthening nails and cuticles
- Good for cracked/split elbows, heels and feet

Shea butter is fast becoming one of the best selling moisturisers and highly recommended skin care products throughout the skin care world. Not only because of its softening, moisturising and protective benefits but also because Shea butter is a sought-after ingredient for soaps, shampoos, conditioners, lip balms, sun and skin care products, body and hand creams and anti-wrinkle creams.

It is also benefitting Africans who are producing the Shea butter for commercial export and hopefully will help them find the way out of poverty they so desire.

As the evidence above suggests Shea butter is one of nature's best moisturisers and has a large number of proven healing properties and it is definitely all it's cracked up to be!

Please visit us at [www.lanab.com.au](http://www.lanab.com.au) for a range of products containing Shea butter.

## Cook's corner

by Carolyne

### Recipe of the Month "Porchetta"

Roast pork flavored with garlic, fennel and rosemary

*Mobile vans in central Italy's Umbria region sell chunks of roasted pork for hungry souls to lap up, There are several delicious versions of this recipe, this one is my favorite, for you to enjoy.*

- 1.5kg boneless pork loin, rind removed and set aside
- 2-3 cloves garlic, crushed
- 3 sprigs fresh rosemary
- ¼ fennel bulb or two teaspoons of fennel seeds
- ¼ cup chopped flat leaf parsley
- freshly ground salt and black pepper
- olive oil plus extra olive oil and fine salt for pork crackling.

#### Method

Preheat oven to 200°C (or light up the



barbecue). Open the meat to the flesh side. In a mortar or in a food processor mangle the garlic, the leaves of one stem of rosemary, fennel, parsley, and about 1good teaspoon salt and ½tsp pepper. Smear this mixture all over the inside of the loin and then roll up and tie it tightly, slipping the remaining two sprigs of rosemary under the string, oil the outside lightly and sprinkle with a

little more salt and pepper.

Roast in the oven, on the spit or in an enclosed barbecue for one hour or until just cooked.

Remove from the oven (increase the oven heat to 350c), cover meat with foil, let rest for about 15 to 20 minutes before slicing and serving.

While the meat is resting and the oven heat is increasing, scrape excess fat off pork rind, score with sharp knife and rub liberally with extra olive oil then rub with salt, place on a flat tray and bake until rind bubbles all over and becomes crackling, remove from oven and serve with chunks of pork, a good quality sharp cheese and your favorite wine.

This meat is wonderful done on the barbecue. Thought you might like the rules of the barby for the boys, let me know what you think girls.

*For information or questions ring Carolyne at the Coffee House Nimbin on 6689-0590.*

*Until nest month, happy cooking.*

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