

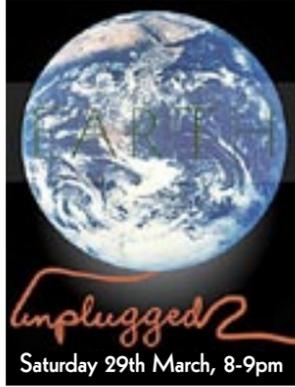
# Nimbin Environment Centre update

Nimbin Environment Centre is proud to host this year's Earth Hour, that hour once a year when as a nation we collectively turn the lights out from 8pm to 9pm. This year it will go down on Saturday 29th March, and we plan to get the place cranking.

The low carbon footprint which this annual collective action represents, is all the more poignant at this present time due to the recent announcement from the world's foremost climate scientists suggesting that we have passed the tipping point in climate change.

The good news is that collectively it is time once and for all, in every level of community, to instigate processes that affirm a low carbon footprint. The foremost focus of such processes involves localisation.

Therefore we are keen to invite local acts like Nimbin reggae and the secret societies of hill musicians to showcase their acoustic talents. We'll be using word of mouth, radio and posters to announce the Nimbin venue where this event will take place so keep your ear



to the ground. The aim is to get the place rocking like way back when. So shake your tail feathers and warm up those vocals. Love to see you there.

The **Mobile Muster** is a happening thing so trot those superfluous mobiles into our shop for recycling. We're open most weekdays between 10am and 4pm and are always up for a chat. If you really want you can become a member for the affordable price of \$10.

Some of you might be aware of the **Asbestos** issues present in a wide sector of the Baryugal community. This is compounded by the logging of scar trees sacred to the local Werlabul, Western Nation, Bundjalung, in order

to make way for another round of gold mining. We are shaping up to advocate on their behalf. Seasoned campaigners are coming out of the woodwork to support this cause. Bravo!

Nimbin will be hosting **Movie Nights** at Birth and Beyond every second Thursday evening starting in the month of March, so keep your eyes peeled for that one. Should be some juicy films showing and we owe it to ourselves as a community to expand our knowledge base at this time. All warmly welcome.

More than a few stories are filtering in about the detrimental effects of **Roundup** on the airwaves in town. We are compiling a record of dates and times of such events, so if you've noticed anything like this, please call into the shop with the details. Roundup is a nerve toxin and has been banned in the US. Some people suffer severely after coming into contact with this variation of Agent Orange. As a community we need to look after each other.

Keep your eyes on Heaven and your feet on the ground.



by Lola Whitney

During 2007 around 200 koalas requiring care were admitted by Friends of the Koala. While the majority of those animals were treated at the Koala Care Centre in Lismore, adults and orphans with intensive needs were put into home care.

Koalas are an extremely specialized animal and vulnerable to a disturbing range of disease. Home-caring them requires an experienced wildlife carer with a high degree of pertinent skills and knowledge. Even then it takes time, hard work, patience and a very good relationship with an experienced wildlife veterinarian to achieve the ultimate aim of a healthy koala able to cope in the wild on its release.

It is a long haul to become a koala home carer, but those who do it say the effort is well worthwhile. A Friends of the Koala member who is authorised to home-care lives in the Nimbin area. This is what she has to say about home-caring koalas.

"It is an absolute privilege to be able to home care for a koala. To watch an orphaned koala grow from a small, helpless creature to a mature juvenile, able to fend for itself in the wild is nothing less than amazing. To care for a sick or injured adult koala through the rehabilitation process and then watch its release back in to its home territory is nothing less than marvelous. However there is a downside as well as an upside.

"The pluses are self-evident – things like watching the koala/s tuck in to the leaf that has been so time consuming to collect; those cute moments when each individual koala shows its true personality; successfully rehabilitating a koala which has been



extremely ill; getting a good weight gain on a koala at each weekly weigh-in; saying goodbye at release time.

"The minuses may not be quite so obvious – locating and collecting a variety of leaf every day without fail in the rain and mud (koalas have leaf preferences and they change); having to arrange family life around the needs of the animal in care; losing a koala to an incurable disease such as leukemia; having to care for a koala whose chances of survival have been compromised because it was not given to an experienced carer as soon as possible."

All home carers working with koalas liken the experience to a rollercoaster ride. They are dedicated, knowledgeable and passionate about their work.

The sooner a koala is assessed by an experienced koala carer and wildlife veterinarian the higher the chance it has of having a successful rehabilitation back into the wild. Koalas are extremely good at hiding symptoms of disease and trauma.

If you see an animal whose behaviour or condition raises any doubt in your mind, please call Friends of the Koala on 6622 1233 for over the phone advice or to ask for an experienced carer to view the koala. For more information on how to recognize the symptoms of a sick or injured koala visit [www.friendsofthekoala.org](http://www.friendsofthekoala.org)

For those who would like to start the journey on becoming a koala carer, introductory courses will commence during March. Check out the website for more details.

For all koala information call 6622-1233 or visit [www.friendsofthekoala.org](http://www.friendsofthekoala.org) The Koala Care Centre and Plant Nursery is located in Rifle Range Road, East Lismore.

## Koalas at risk from quarry expansion

The proposed expansion of the Blakebrook Quarry by Lismore City Council is set to increase the risk of harm to the local koala population and other threatened species, according to Alex Zychal, spokesperson for the local community group, Goolmangar Environmental Action Group.

Lismore City Council intends to triple its annual production from the quarry, not only by digging deeper but also by stripping new areas of land to the South and East of the existing quarry, including areas

of eucalypt forest. The proposed new area would nominally retain a vegetation corridor, but access roads to the site will make the corridor all but useless.

"The area surrounding the Council's quarry is the only local property that has a koala population and now the Council wants to put it at further risk" says Mr Zychal. "The quarry expansion will clear koala habitat and endanger them when they try to move".

The koala is listed as a threatened species under NSW law, but the Council

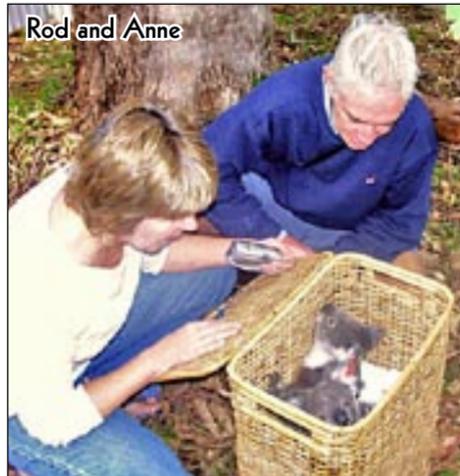
will not need a licence to harm koalas if approval is given for the expansion.

This is because the quarry expansion will be assessed under Part 3A of the Environmental Planning and Assessment Act 1979.

The expansion of Blakebrook quarry will also result in a lot more trucks using the Lismore-Nimbin Road and other local roads to haul quarry materials. The Goolmangar Environmental Action Group believes that these local roads are not designed to withstand increasing numbers of heavy, double loaded trucks.

Approval for the proposed expansion of Blakebrook Quarry will be determined by the Minister for Planning. Preliminary documents can be found on the Department of Planning's website at: <http://www.planning.nsw.gov.au/asp/register2006.asp#tweed>

For further information, or to contact Goolmangar Environmental Action Group, call Alex Zychal on 6629-3231.



Rod and Anne

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# Disappointing Dunoon developments

by Paula McDougall

The high density approach of the Hardie Holdings proposed subdivision for Dunoon village is not the only major concern of residents – another concern to residents of Dunoon is the EcoNova wastewater treatment plant proposed for the subdivision.

This system is to be under community title (ie not under Council/Rous Water control), in full view from the main road into Dunoon village and Sports Club and restaurant, and within the stormwater treatment reserve on the headwaters of



**Longterm solution? The much vaunted 'Sustainable Showcase' is not yet operational.**

Numulgi Creek, upstream from a diverse wetland area. Members of the Dunoon Community Group (DCG) committee requested a site inspection of this particular EcoNova system. In Hardie's Dunoon DA, EcoNova, a Queensland company,

promote a subdivision at Manly West in Brisbane as the 'QLD Sustainable Showcase'. This subdivision of 22 lots has the same wastewater system installed that is proposed for Hardie's 57 lot subdivision in Dunoon.

Graeme Wilson from Lismore City Council organised for members of the DCG, councillors and LCC staff to see this system in operation on Saturday 1st March only to be informed by the developers representative on Monday 25th Feb that "EcoNova advised us this morning that the development at Manly

West is not considered to be suitable to visit as it is not yet operational." The 'QLD Sustainable Showcase' is yet to be a proven viable longterm system.

David Milligan, Project Manager of the Manly West subdivision has not returned phone calls from the DCG.

A workshop is to be organised in the near future between councillors, DCG and council staff to discuss Hardie Holdings' proposal for Dunoon. Council staff are not expected to put forward their report to councillors until the April meeting in chambers at the earliest.

## Asbestos - still oppressing Aborigines

by Binnah Pownall

Beyond our Utopian experiment here in Nimbin, there are other lives being lived.

Us non-aboriginals freely roam around unattached, and settle where we please. All of us landed here relatively recently and have settled and are raising a family.

Situated about two and a half hours south-west of Nimbin in the upper Clarence Valley, the people of Baryulgal have been challenged to maintain their family structures through extreme forms of white-man's indoctrinating ways. Right from when Lord Ogilvie chose to establish his fiefdom in the middle of the Western Nation Bundjalung lands, the people have endured the suffering of the 'scorched earth – assimilate or perish' government policy toward all Aborigines.

After their land was stolen without so much as a bead or a mirror being exchanged, they witnessed their forest stripped and the animals shot – often just for sport. In fact, after Governor Macquarie's edict that approved of shooting Aborigines when gathered in groups of six or more was passed in the 1860's, even the people were shot like animals. I wouldn't doubt that on occasion it was also done...just for sport...so were the times.

Then in the forties, James Hardie Industries arrived in the area looking for Gold. They found Asbestos instead. It was a relatively new thing – found to be fireproof when the rock was separated, it was fibrous and could be moulded and used in many ways. The remaining people of Baryulgal were forced, or at least cajoled by the good old 'promise of jobs', to accept an Asbestos mine right on the edge of town.

This event happened in the nineteen forties. The mining stopped in 1979.

There was a lot of ignorance between the forties and the eighties about the deadly effects of the dust from Asbestos rocks.

Tailings from the mine were spread around the town, on the roads – even in the schoolgrounds. People in their forties now can remember playing in the dust and sprinkling it over each other, pretending it was snow. When the news got out that Asbestos dust is deadly, many of course chose to move away.

Some families who still felt deep connection with the land there, and who were perhaps born under trees or in gullies that are there today did not wish to move – even when another whole settlement a few kilometers down the road was offered and built.

As is sadly happening in communities across Australia, many people are now passing on. Many of the old are gone. Nowhere more so than Baryulgal. It has no older men living there now.

And still to this day the dirt roads in the vicinity have a real possibility of giving off Asbestos dust as cars and trucks grind the stones beneath the tires, but no-one really knows for sure...

The Nimbin Environment Centre took samples from the side of the road at various locations in 2007, but at \$600 a test, further tests on at least one sample couldn't be continued for lack of funds.

Courageous underdog, the late Bernie Banton, stirred up waves about Asbestos compensation from the foot dragging James Hardy company, but what hope have the people of Baryulgal for justice? From working in the Asbestos mine that ran for thirty years in their town, when they have never before had a voice in white Australia until now, for all the injustice served on them since white man arrived? Can they have – are they to allow themselves – a glimmer of hope because the Rudd Labour government said sorry? Sorry wasn't even an issue talked much about round 'the square', as Baryulgal is called. It didn't rate much of a mention.

Some people in the community have pursued compensation for themselves and won – some tens of thousands of

dollars which seems paltry – if money can ever repay one for having had ten or twenty plus years taken off one's life.

Many of the Asbestos victims at Baryulgal have received nothing but increased bad health from James Hardie. Some go to the doctors and are diagnosed with lung cancer, but because they are smokers that is where it stops.

This is all a very shabby and extremely shameful tale of failure of responsibility, neglect and utter disrespect for human life.

As if the aforementioned events are not enough to get over, and just to show that white mans' business industry has no heart and drives on relentlessly down a road to no-where, the vast and last remaining forests around Baryulgal are also under threat of logging. What forest is left on private land is in danger of being cleared, including Old Growth. Then it's used for plantation timbers – monoculture that needs spraying for years after – in the Clarence water catchment no less...

But the real cherry on the cake for the Wesern nation Bundjalung is now that, what with the price of Gold getting the miners salivating, the spectre of more mines on their land is real.

Exploration licences to look around the Washpool, Timbarra (southern end) Ewingar and other areas have been granted by the Government. We are told a licence has been given to explore the land for gold that includes the town of Baryulgal itself.

Can fate really be this cruel to these people? Or is it simply just the blind greed based on fear, of some white men?

Contact the Nimbin Environment Centre for more information and to take action to help the Western Nation Bundjalung Aboriginal people and the Environment they have preserved up to now. Visit [www.nimbinenvironmentcen tre.com](http://www.nimbinenvironmentcen tre.com) or phone 6689-1441.

# GRIST

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## We've Got to do Something about That Stat!

NASA declares 2007 second-warmest year on record

NASA's Goddard Institute for Space Studies has declared 2007 the second-warmest year on record, tying with 1998 for the title. 2005 remains the hottest, according to the agency. Researchers said, to no one's surprise, that the greatest warming occurred in the Arctic. "As we predicted last year, 2007 was warmer than 2006, continuing the strong warming trend of the past 30 years that has been confidently attributed to the effect of increasing human-made greenhouse gases," said James Hansen, director of GISS. The U.S. National Oceanic and Atmospheric Administration came out with different numbers, concluding that 2007 was the fifth-warmest year on record. Still, they acknowledged, it was pretty darn warm.

## Mark(et)ed for Death

Three Wall Street banks announce funding restrictions for new coal power plants

Three major investment banks, Citigroup, J.P. Morgan Chase, and Morgan Stanley, have announced new environmental standards that are expected to make it more difficult for large coal-fired power plants in the United States to get funding. The standards anticipate some form of cap-and-trade program becoming law in the U.S. in coming years and seek to force utilities to plan for the inevitable; coal plants seeking funding would first have to prove they can be financially viable under a cap-and-trade system. The Wall Street bigwigs don't want to be stuck with debt when coal plants are forced to pay for at least a portion of their emission allowances under cap and trade.

## Search and Deploy

Google announces expansion of philanthropic goals beyond alternative energy

Google has announced it's expanding the goals of its philanthropic arm, Google.org, beyond alternative energy to include fighting disease, averting pandemics and other mass crises, and alleviating poverty in the developing world. Along with the expansion of its mission, Google.org announced some of the recipients of the first round of grants and investments yesterday, totalling about \$25 million. Over \$10 million is destined for eSolar, a solar-thermal-power company working on utility-scale projects, as part of Google's ongoing alternative-energy programs. Over the next three years, the organisation plans to spend \$150 million more over its five mission areas.

## Use the Force: Lukewarm

Hot liquid increases toxic leaching from plastic bottles, says study

Contact with hot liquid causes a huge spike in the amount of toxic chemical bisphenol A leaching out of plastic bottles, says new research that's bad news for baby-bottle-sterilizing parents and hot-liquid-drinking hikers. Filling bottles with boiling water boosted rates of BPA ooze by up to 55 times compared to room-temperature water, according to the study published in the journal Toxicology Letters. The age of the bottle was found to be irrelevant. Cold chocolate, anyone?

## NEED A HAND?



**Robin Archbold** aka Archie is looking for casual/part-time work. Experience includes retail sales, gardening, handyman, jack of all trades. Has excellent work ethic, is reliable, discreet, trustworthy and has a brain.

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# Homeopathics etc

by Tarang Bates

Growing up in Africa was pretty amazing. Where I lived there were a number of Sangoma or "witch doctors" – traditional medicine women and men, who were held in high esteem around the community. They dealt with healing, prophecy and other everyday matters. I loved walking into a Muti room (medicine room or shop), the roof hanging with dried herbs, spices and animal bits, jars, boxes and shelves overflowing, the smell overwhelming my senses, into a state of excitement.

One of the local healers, her arms, legs and neck dripping with colourful bangles, bare breasted, hair styled high with mud and beads, bones through her earlobes, always fascinated me. As I grew up my interest in photography grew and I decided to take her photo (without her permission). She chased me and was pretty scary – I learned a thing or two about the power of a strong woman and the belief that I was stealing a person's soul.

There was always plenty of music, drumming, singing and dance everywhere. On the road outside our house, groups of people working or walking together always harmonizing, with incredible sound.

A Hindu temple and a Mosque, were within walking distance, the Mullah calling loudly to prayer. Hindi festivals with chariots, loud music, incense and garlands of marigold. Visiting the temple, barefoot with ash on our brows. Men with hooks in their backs pulling deities on carts and beautiful women in shimmering saris.

Where else would I go, after growing up in a place like this – took me a few years of searching and angst. The apartheid regime was not for me. Then in my travels I came across Nimbin with its drumming and dance, colourful characters with bangles and bones. Healers, mystics (real and imagined), writers and readers, players and sayer's and community living. This was my place.

That was 23 years ago and I now have my very own Muti Room - without the dried snakes and toads hanging from the roof – plenty of cane toads, if anyone needs toad Muti though!



The homeopathics for this month are often used as constitutional remedies and have quite strong characteristics. A short look, at the three types.

**LYCOPodium:** People may have an air of quiet self-possession, but could feel a sense of inadequacy. They are prone to exaggerate the truth and be a bit resistant to change. Enjoy company but avoid commitment in close relationships and irritated by weakness. Lycopodium women are more straightforward than men, as they are more open about their anxiety. Often forgetful people, easy-going, charming, a little indulgent and opportunistic.

**SULPHUR:** People have a strong need for recognition, possibly egotistical and pedantic. Not all that practical but spend a lot of energy in imaginative and inventive thought. May be critical over minor details, they can also be very generous and loving. Lots of ideas and plans but often surrounded by clutter and laziness, without much will power to put plans into action. They love lively discussions on things that interest them and can be quick to anger.

**NAT MUR:** People are extremely sensitive to criticism or insult. May become introverted and self-reliant, even though they actually desire the company of other people. These types can be moody and despondent, especially first thing in the morning, when they are often impatient and abrupt. Honest and idealistic they can also become inflexible and sulky. Often rebellious teenagers are typical Nat Mur types showing up the rebel aspect. Some people really concentrate on positive thinking as a way to avoid the negative feelings within them, which involves smiling a lot and putting on a cheerful front, even when they are unhappy.

**WHOOPIING COUGH:** seems to be on the move at the moment. PERTUSSIN is the remedy to take as a precautionary measure. DROSER and other remedies to take for the cough.

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# Food Allergies in our Children

by Karen Welsh

As a 'recent' grandmother of 5 years I am becoming increasingly aware of the rampant acceleration of our declining environment and increasing human kind and some of the changing impacts on our children.

In my mother's time the great fear was asthma, measles, mumps and chicken pox etc. The last three are now supposedly 'under control'.

Today's mothers are now faced with a different set of 'illnesses' previously unknown, or of very rare circumstance - increased obesity in so called 'epidemic' proportions, arthritis now appearing more prevalent in the younger population, and a myriad of others.

In my own family we have had to deal with a number of issues familiar to many. However I write to bring awareness to food allergies.

In my day 'many' parents treated 'food allergies' as being 'fussy eaters' and that a little bit of everything was good for you. My attitude was thus, and could have proven fatal.

In our family's case 'a little bit of egg' caused our granddaughter of 14 months to react immediately - her eyes 'glazed over' (like a very frightened look in her eyes), started clutching at her mouth, became agitated, appeared tired and dazed (it was tea time after all), Mum and Dad calmed her as much as possible and she was put to bed about 10 minutes later, she then vomited 15 minutes after that. Her breathing then had a 'wheeze' and had a brief period of not breathing 'properly', appeared not well etc. Her parents then rang a hospital 'health help line' and was told to observe her, and that now that she had 'settled', take her to the doctor in the morning.

We now know this is completely wrong, and the child's specialist has said that in hindsight she had been very lucky indeed to have been given an antihistamine for a rash she had, just before tea-time. The wheeze was caused by her throat being so swollen only small amounts of air were getting through!!

The increased prevalence of 'peanut' allergy has brought the issue to the public attention and has introduced the need for education

programs and the following is from the Anaphylaxis Australia website: <http://www.allergyfacts.org.au/PDF/2008%20School%20Fax.doc>

I have found this extremely useful and as I learn more, I realize how diligent parents, (and grandparents!) need to be in an increasingly complex world.

## What is Anaphylaxis?

Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

## What causes Anaphylaxis?

Common triggers of anaphylaxis include:

**Food:** Milk, eggs, peanuts, tree nuts, sesame, fish, crustaceans and soy are the most common food triggers, which cause 90% of allergic reactions. However, any food containing protein can trigger anaphylaxis, even trace amounts of food.

**Insect Stings:** Bee, wasp and Jack Jumper Ant stings are the most common causes of anaphylaxis to insect stings. Ticks and fire ants also cause anaphylaxis in susceptible individuals.

**Medications,** both over the counter and prescribed, can cause life threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or 'alternative' medicines.

**Other:** Other triggers such as latex or exercise induced anaphylaxis are less common and occasionally the trigger cannot be identified despite extensive investigation.

## Signs and Symptoms

The signs and symptoms of anaphylaxis often occur almost immediately after exposure or within the first 20 minutes after exposure. Rapid onset and development of potentially life threatening symptoms are characteristic

markers of anaphylaxis.

Allergic symptoms may initially appear mild or moderate but can progress rapidly. The most dangerous allergic reactions involve the respiratory system (breathing) and/or cardiovascular system (heart and blood pressure).

## Common Symptoms

Mild to moderate allergic reaction: Tingling of the mouth, Hives, welts or body redness, Swelling of the face, lips, eyes, Vomiting, abdominal pain

Severe allergic reaction- ANAPHYLAXIS: Difficulty and/or noisy breathing, Swelling of the tongue, Swelling or tightness in the throat, Difficulty talking or hoarse voice, Wheeze or persistent cough, Loss of consciousness and/or collapse, Pale and floppy (young children)

## Diagnosis

A person who is suspected of having a food or insect sting allergy should obtain a referral to see an allergy specialist for correct diagnosis, advice on preventative management and emergency treatment.

Those diagnosed with severe allergy must carry emergency medication as prescribed as well as an Anaphylaxis Action Plan signed by their doctor. Food allergic children who have a history of eczema and/or asthma are at higher risk of anaphylaxis.

## Management & Treatment

Anaphylaxis is a preventable and treatable event. Knowing the triggers is the first step in prevention.

Children and caregivers need to be able to recognise the symptoms and be prepared to administer adrenaline according to the individual's Anaphylaxis Action Plan.

Research shows that fatalities more often occur away from home and are associated with either not using or a delay in the use of adrenaline.

**Sphinx Rock Cafe**

March:

- 9th - Tropicoso
- 16th - Gina LaCosta & Gaia Force Foundation 2-6pm
- 23rd - Hannah Pearl
- 30th - Agency Dub Collective

Saturday March 8th - Sphinx Under the Stars with DJ Pulse, Deya Dova and DJ Seed. 7pm

Friday March 21st - Full Moon Community Music Gathering 7pm

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## Great music for IWD



International Women's Day, the United Nations-nominated day to recognise the achievements and worth of women, who are still struggling for equality around the globe, is being celebrated with gusto in Nimbin this year.

On Saturday 8th March, Nimbin women are holding a parade down the main street at 11am, followed by a luncheon hosted by the Nimbin Women's Bowling Club from noon at the Nimbin Bowling Club.

The luncheon, comprising an extensive \$10 Chinese smorgasbord, will showcase the talents of singer-composer Harper Mead (above), from 1-4pm.

The entertainment continues at Sphinx Rock Cafe from 7pm, featuring the amazing Deya Dova (below) with DJ Seed and DJ Pulse. Celebrate!



## Slashing your phone bill

by David McMinn

Sick and tired of paying expensive long distance telephone bills? You could consider phone cards.

For national calls, I have been using Phone Home, which gives two hour national calls for only 25 cents any time of the day, while the comparable rate with my current telephone provider is \$1.80. Obviously, Phone Home is a clear winner and may be purchased at some of the newsagents in Lismore and Nimbin. You have to tap more numbers - the 1800 number, 1 for English, the access number and then the telephone number. Even so, it is well worth the \$1.55 saving if you are on a low income and want to make lots of national calls.

Other good options are mobile phone schemes, which give you a specified hour of the day free when you can ring anywhere in Australia for nix. However, living in the beautiful hills of Nimbin, I do not get mobile phone reception around our house. In fact, a mobile phone can only be used by walking 300 metres up a nearby hill, not a good option so I have not bothered getting a mobile.

There are numerous suitable phone cards for international calls. Different rates apply to different countries, so you will have to shop around. Make sure you read the fine print. I purchased a Daybreak phonecard after reading the promo - 0.5 cents a minute to the USA and UK - what a bargain.

However, after reading the detail, I discovered that the low rate only applied to calls between 2am and 6am AEST - fine if you are a very early riser. The standard rate is 3.5 cents a minute (still only \$2.10 an



hour) but there are cheaper options. Also be aware that an expiry date applies to the cards eg: usage on Phone Home is a year and Daybreak is 3 months.

The phone card companies no longer actually give out 'cards' as such. You receive a docket giving details on how to use the service. Be careful with this bit of paper, as it is easy to throw out with the trash. I write all the info on a piece of paper, which is placed near the telephone. The original docket is kept in a draw for safe keeping.

There are also cheap computer phone calls with accompanying images. A friend uses Skype for overseas calls - he gets the voice but no image because his line does not have the bandwidth.

This just goes to show how much the phone companies are screwing their customers. If the small phone card companies can provide the service so cheaply, why not the big boys?

NB. A friend living in Stoney Chute could not access the Home Phone service using the 1800 number provided. This may have something to do with her geographic location. Other friends living in Nimbin and the Gold Coast did not have any problem.

## Eco-Friendly Skin Care ...with a Homemade Twist

by Cheryl Beasley

Natural skin care can easily be overlooked in an eco-friendly lifestyle, but when you consider how many chemicals and preservatives are used in commercial skin care products then perhaps you should take a closer look at the alternatives.

With no regulations on how the words 'natural' and 'pure' are used in the cosmetic industry within Australia it's also worth learning a little about what's really in those 'Natural Skin Care Products'. Reading the ingredient lists on the product containers is the only way you can be sure of what's in them.

Cosmetic labels are required by law to list ingredients in descending order from the ingredient making up the largest percentage to that which contributes the least. Below is a general guide to deciphering product labels.

The first third of ingredients make up 90 to 95% of the product.

The second third make up 5 to 8% of the products

The last third of ingredients make up 1 to 3% of the product

To help you work through the maze of what's good and what's not for you I've divided your body into sections for easy reference. There are some eco-friendly alternatives that will make you feel fresh, alive and they're fun to make too. Start creating them immediately from your kitchen cupboard and you'll be helping not only the environment but also your body. The first two sections I'll deal with this month are the Hair and Body.

### Hair:

The majority of commercial shampoos contain harsh cleaning agents such as Sodium Lauryl Sulphate, Sodium Laureth Sulphate, Ammonium Lauryl Sulphate and Ammonium Laureth Sulphate. These sulphates can cause skin irritations in those with sensitive skins and should be avoided.

Shampoos and conditioners made from nourishing plant oils, herbal extracts, botanicals and essential oils will cleanse and protect your hair without stripping it of its natural oils and will strengthen and nourish the hair shafts encouraging strong, healthy growth. If you suffer from dandruff look for natural shampoos containing lavender essential oil and tea tree oil.

Rinses can be extremely beneficial for the hair. Making them yourself is easy and you can tailor a rinse for your specific hair type or problem. For adding strength and shine to dark hair mix 2 cups lavender water with ½ cup of rosemary tea. Pour ½ cup of this through the hair after shampooing, do not rinse out just dry the hair as normal.



For blonde hair mix 2 cups rose water with ½ cup of lemon juice and use this as a rinse weekly to add shine and keep the hair and scalp clean and free of build up. For those with dandruff use a rinse of 2 cups lavender water with ½ cup apple cider vinegar and five drops of tea tree oil. Use this twice weekly to cleanse and heal the scalp.

### Body:

Soaking in the tub is a pleasure many of us don't give ourselves enough and when you consider how beneficial a bath can be for your skin you really should make the effort to relax and soak it up.

The skin can absorb many nutrients while soaking in a bath, the addition of bath salts can help cleanse, detoxify and soothe irritations while adding plant oils will help moisturise, smooth and nurture the skin. Commercial bath products can contain the sulphates mentioned above so choose natural, sulphate free products.

The soap you use on your body is very important for your skins health as it endures it day in and day out. Soaps made from chemical compounds can actually strip the skin of natural oils and cause dryness and irritation while soaps made from plant oils will add oil to the skin while cleansing off grime and sweat and also nurture the skin with added ingredients like clays, botanicals and essential oils.

Your skin has its own cycle of shedding dead skin cells. To help accelerate this process it is recommended to exfoliate the skin with a body scrub at least once a week. Using gentle body scrubs will rid the skin of dead skin cells gently, yet effectively, leaving the skin fresh, moisturised and clean.

Try making a simple body scrub by mixing a cup of sugar or salt with ½ cup of plant oil and gently massaging this over your body when you next have a shower. The new cells that are revealed can absorb nutrients from natural skin care products more easily thus maintaining the moisture balance needed for great looking, healthy skin.

Next month we'll look at your feet and hands!

## Cook's corner

by Carolyne

### Recipe of the Month Orange Cardamom Yoghurt Filo Stack

#### Ingredients (serves 4)

- ½ cup (110g) caster sugar
- 2 strips orange rind
- ¼ tsp cardamom seeds
- 3 navel oranges, peeled, thinly sliced
- 6 sheets filo pastry
- 1 ¼ cup honey
- 60g butter, melted
- ½ cup (55g) roughly chopped pistachio kernels
- 1 carton plain yoghurt

#### Method

Place 2 cups water and caster sugar in a small saucepan over a low heat. Stir until sugar dissolves. Add the orange rind and cardamom seeds. Bring to boil. Reduce heat to medium. Simmer for 15 minutes.

Set aside to cool slightly.

Place the oranges in a shallow dish. Strain syrup and pour over the oranges. Discard rind and seeds. Cover. Refrigerate for 2 hours to macerate.

Preheat oven to 200°C. Line 2 baking trays with non-stick baking paper. Brush with melted butter. Stir 2 tsp of the honey into the remaining butter. Layer the filo on a clean flat surface, brushing the butter between the layers. Cut evenly into 12 rectangles. Place on the trays. Brush with remaining butter. Bake for 3-4 minutes or until golden, swapping the trays around half way through. Cool.

Remove oranges from the syrup. Heat the remaining honey until runny. Brush 4 rectangles with the honey. Sprinkle with pistachios. Set aside.

Place 4 rectangles on serving plates. Top with half the oranges

and half the yoghurt. Repeat to make another layer of filo, oranges and yoghurt. Top with the pistachio coated filo. Drizzle some syrup over the stack. Serve immediately.

### Some Health Information on Yoghurt

You can get a very good calcium boost from yoghurt, but it's the probiotics that make it a super food. Probiotics, sometimes referred to as aBc bacteria, are live cultures found in certain yoghurts and there are different types or strains available. Emerging scientific evidence suggests that probiotics offer a host of benefits including promoting gut health, immune protection, cancer risk minimisation, cholesterol lowering as well as helping treat conditions like traveller and toddler diarrhoea and atopic eczema.

For help or information contact Carolyne at the Coffee House Nimbin on 6689-0590. Happy cooking!




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