

Great movies in 39 Hours

by Warwick Fry

The range and quality of the entries in Nimbin's "39 Hours" video competition this year was extraordinary. The age range too, reflected a generational adoption and mastery of new and developing technologies with a good half of the entries coming from students of school age, a good number of University students, and the Byron Bay SAE as well. This event is unique to Nimbin and draws out all kinds of talent, with the final products often finding their way onto the Internet via YouTube.

Digital editing and smaller cameras means that inevitably each year, this competition will demonstrate more sophistication, and higher production values than the last. But what is gratifying about these entries is the way all entrants eagerly grasped the greater flexibility offered by the technology, whether it was an opportunity to be more experimental, or whether it was to adapt unusual and sophisticated audio-visual narratives to the short production time available.

The winning entry "Wait for me" did all of that. Vincenzo Consentino, the writer-director attributed full credit to his team. The video was beautifully edited, and the shots and zooms were well framed and timed – especially the close-ups. But Vincenzo should take well deserved credit for his selection and placing of the shots in a carefully layered, sensitive narrative that was deceptively banal in its subject matter, but mysterious in its presentation, with a quietly dramatic resolution; a close-up of a letter, and the realisation that the video narrative is a reading of that letter.

Runner up was "The Falls" with a simple plot that avoids melodrama with a beautifully understated shot of the waterfall that becomes a symbol of the cleansing of a racist attitude. The judges were unanimous in praising the technical skill of filming much of the video at night (very difficult), and the choice and mix of background sound.

Lucia Schultz and her team won the Youth section with "The Archetypal Quest" – a cute piece that brings in the competitive aspect of questing; first a 'hare and the tortoise' race between the boy and the girl section of a hip-hop band, to determine the lead singer (with all kinds of tricks, dirty and otherwise), and finally (after the band is finally reconstituted), in a hip-hop band competition. Lots of good jokes built into a film plot without slapstick.

The runner up in the youth section was Eliza Gentle, who took inspiration from the addition of random elements in the entry conditions. "We had to include at least three elements out of ten. I tried to include as many as I



could." One of the key elements he used was a carrot (some of the characters were chased by a giant rabbit), which was eaten in the Zen-like conclusion to his "Search for Wisdom." Luella Thenet was highly commended in the youth section, and Indira Hood gained the encouragement award. "Sounds Like Noise" won a technical achievement award.

The "highly commended" in the open section I'm pleased to say, included my personal favourites. "Sentient Mechanoid" (Tzaddie Degan) and "Turtle" (Daniel Dunn) with Ashleigh Matthieson's "Search for Enlightenment" also winning a prize.

"Turtle" I thought could have been a winner with the right music track and tighter editing. It is a delightfully whimsical story of a young Nimbin street person hitch hiking down to Byron Bay to teach his pet turtle to swim (or perhaps it was just a rock that looked like a turtle – we're never sure). The video had a surreal quality worthy of Salvador Dali – little touches like a Nimbinite carrying a carrot on a stick that turns out to be carved into a flute. There was much of the spirit of Nimbin in this piece – the street person waking up under a graffiti wall and washing up in the public toilets, and glimpses of the Nimbin street scene, the hitchhiking ...

"Sentient Mechanoid" demonstrated great ingenuity and resourcefulness. This was clearly a solo effort, the absence of any actors overcome by making the camera's point of view the main character – a robot exploring a post apocalyptic, depopulated planet earth for signs of human life. A nice touch was creating the robot voice from a simple text to speech computer voice generator, and mechanical camera movements. There was a perfect match of the audio with the visual.

I had only been in Nimbin for half a day and had no idea that the showing of "39 hours" was on. When the editor persuaded me to cover this event, I was glad that I agreed to do it. I am eagerly awaiting next year's presentations.

Truly a beautiful night



Another Beautiful Night, or "El Leila Helwah" in Arabic, was held at Tuntable Falls Community Hall last Saturday.

It was a memorable night of Middle Eastern dance, music and food, hosted by Nimbin bellydancing troupe, the Nomad Dancers, and featuring the ShivaRa orchestra.

Dancer Therese Biscoe said, "We've been dancing with ShivaRa for a couple of years now, and our motivation is to put together a show for performing at festivals and clubs."

The authentic sounds of the saz, the oud and the diruba, with polyrhythms from the daf, the daholla and the darabuka, accompanied a smooth presentation of solo and group performances, all showing lavish attention to detail in costume, movement and gesture.

Tasty middle eastern food was prepared by Satya and Terry, with the traditional

huge range of sweets to follow.

The evening was recorded using three cameras, thanks to Adrienne, Graham Lynne and David. Biko said, "The opportunity to film it was a big part of why we held the night. We're developing a promotional package for the Nomads and ShivaRa. It's hard to get the sort of work we are looking for without one."

Booking enquiries can be made to Biko on 6689-1461 or email dougnbiko@gmail.com



Our sorry business

Truly! We had a happy day on the thirtieth day of February two thousand and eight.

From little things those big things did really grow. The sorry business did become our Sorry Day.

About time it came. Better late, than never. Too long over-due since Invasion Day. Now, reconciliation.

Never, never again take the kids away, take the land away. We don't own the land. We belong to the land.

And that's the way it should've been. Our nation's soul has been released, our future reshaped.

No more past shame. Now, true equality and pride in now and what we do as one people.

Now, truly we are sisters and brothers. Never, never again shall we ever fail the young ones.

This, we promise: one people, we need never again return to that past shame, the sorry business.

Arthur Pike

Hannah's back – for now...



Hannah Pearl is back from a two-year stint in Europe and is enjoying returning to some of her favourite venues, and reconnecting with local fans.

"I arrived here, making an abrupt shift from cold rainy London, to warm, rainy Nimbin," Hannah said. "I was so jet lagged and culture shocked that I was a stunned and teary little Hannah for the first few days.

"It was very disconcerting at first to be in such familiar

surroundings that had changed in many subtle ways. My friends' children didn't recognise me and were twice as big, renovations everywhere and so much green!

"The amount of plant growth is jawdropping, and slightly claustrophobic."

While she's been gone Hannah has been on a whirlwind ride, touring the festival circuit all around Europe and promoting her self-titled debut solo album. As the winter approached, Hannah stopped in Granada in southern Spain to record her latest offering 'Fragments of a Half Remembered Dream' with a variety of local musicians from there.

She has played festivals in Austria (Pflasterspektakel 2006, 2007), Italy (La

Ghironda 2007, Ferrara 2006, 2007, Santa Sofia 2007), Poland (Wroclaw 2006, 2007), Germany (Leipzig turbulence 2006), and Macedonia (Skopje 2007).

"I'm back to Granada on 16th April, and gearing up for a big fat summer touring around with my little band," Hannah said. "We are going to kick off in Germany, then Macedonia, Montenegro and then to Poland. Over a month will be spent in eastern Europe which should be fun. So many Gypsies!"

Hannah Pearl will be playing the Bangalow Hotel on Saturday 5th April at 8pm. Check her website www.hannahpearl.com, or get gig updates and hear some new songs on myspace.com/hannahpearlmusic

Budget Timbers Pty Ltd
 60 Tweed & Terania Streets, North Lismore NSW 2480
 Phone/Fax: 02 6622 2299 (24 hours)
 Phone: 02 6622 5942 • Mobile: 0438 222 299

GENERAL BUILDING MATERIALS • F14 Structural Hardwood • Framing Pine MGP 10 (T2) 70x35 • CCA Structural Pine • Chamferboard	ENGINEERED BUILDING MATERIALS • I Beams • Hylite LVL • Hylite Primed GLB HD Beams
LANDSCAPING MATERIALS • Hardwood/Treated Pine Sleepers 200x50 and 200x75 • CCA Pine Fencing • Koppers Legs	FLOORING/DECKING • Decking (All Grades) • T&G Flooring (All Grades) 80x19 and 130x19 • Particle Board Flooring

Also available in store a full range of Pryda Products
 Exotic timbers sourced, eg Coconut Posts (starting at 125x125) and Hickory Flooring. We will endeavour to source ANY AVAILABLE exotic timbers on request

Family owned and operated local business
 Crane Truck Delivery
 30 day accounts available to approved applicants • Credit Certificates facilities available

Best possible prices on all your timber requirements

Give Graeme, Bernadette or Dale a call for friendly service and a competitive quote

"Allow us the opportunity to earn your business"



Eliza Gentle

NEED A HAND?



Robin Archbold aka Archie is looking for casual/part-time work. Experience includes retail sales, gardening, handyman, jack of all trades.

Will clean up that mess in your house or garden that suddenly makes your life seem better.

Poetry and song no extra charge. \$20/hr.

Phone **6689-0332**

Mr BOBCAT

6689 0044
0427 946 823

• 4-in-1 bucket • trencher • auger • 4 tonne tipper

DRIVEWAY REPAIRS

Standing with the ancestors, bearing witness for the Earth

A Report of the Cyanide Watch action at Lake Cowal, Easter Sunday, 24 March 2008



by Graeme Dunstan

We were some 20 eco-activists from Adelaide, Melbourne, Albury, Sydney and Newcastle plus a couple of nomads outside the Barrick Gold mine at Lake Cowal in central NSW, guests of Uncle Chappie Williams, honorable elder of the Wiradjuri.

On the other side of the closed mine gate, a platoon of some 30 armed cops, a paramilitia in blue coveralls, was lined up to prevent our entry, their paddy wagons at hand to cart us away if we tried.

Another Easter at Lake Cowal and once more into the breach, dear friends, bearing witness to the cyanide crimes of the gold mining industry generally and the multinational giant, Barrick Gold, in particular.

On Easter Sunday in previous years, our direct action tactics had included "walk ons" that had shut the mine operations down for the day and won us national and international media attention.

What a triumph it had been to hear the background roar of the earth movers and the mill go quiet and the sound of breeze on the plains re-assert itself!

For me the winds on this vast dry lake bed come like whispers of the ancestors blowing through us to future generations, reminding of the impermanence of things including gigantic toxic enterprises like the Lake Cowal gold mine.

No walk on this year; no need. The Mine's operations had been shut down in anticipation of our presence.

Cyanide gold mines are highly toxic operations and the walk ons, lock ons and

wild wallaby runs of eco-activists are an Occupational Health and Safety liability for the mine management. So too it seems is the presence of a small army of cops.

Our banners and flags were arrayed on the Mine fence, glorious colour in contrast to the drab of the temporary buildings and wasted land of the Mine site.

The Happy Wheels folding table and chairs were put out on the road, the kettle boiled, food and tea served, and at ease we picnicked there under the gaze of the cops and their cameras and a couple of Mine employees.

I cranked up the Peacebus.com PA and played the Earth Reggae "Stop the Cyanide" track, the speaker horns blasting across the police line and to the mine site generally, a voice for the Earth in a toxic wilderness.

My eco-activists hearing the track for the first time were impressed. The reporter from ABC Radio Triple J, who had come with audio recorder to make a radio program on the action, lit up with a smile.

These are the stats on the Barrick Gold mine at Lake Cowal: about 62 tonnes of gold per year is extracted at the cost of 3,600 megalitres of Murray-Darling water, 6090 tonnes of Orica sodium cyanide which is transported 2000 km from Gladstone to the Lake, 20 million tonnes of waste rock and 1.5 million tonnes of CO2 emissions.



On the mike I said: "We are here to bear witness to these truths. Clean air and water is more precious than gold. And future generations have inalienable rights to both."

"Barrick Gold, its management, its suppliers, its promoters and protectors within government are cyanide criminals."

"May your children not despise you!"

A fly-over of the Mine two days before our Easter action revealed a huge slip in the pit, a slip that had begun slipping in December but news about it withheld till our witness brought it forth.

Bad engineering now in operation, how much worse will the pit become in 50 years time, 500 years or 5000 years?

On Tuesday after the Easter Sunday action, ABC Radio Riverina rang to get the story and the reporter asked why we were persisting with the protests.

"To prevent the Mine from extending its toxic operations," I responded.

The next day that same reporter pursued the Mine PR flak and learned that, yes!, the Mine currently has an extension proposal before the NSW Minister of Mines.

The proposed extension will almost double area of the pit from 70 ha to 130 ha, extend the life of the mine from 13 years to 20 years and offer another local 40 jobs. The local Mayor sings in praise suggesting West Wyalong is the envy of rural NSW.

No mention is made in the Mine's media release of the environmental costs in terms of water used, cyanide transported, waste rock piled up, CO2 released into the atmosphere and the long term consequences of the toxic tailings that will accumulate.

But that's why we do what we do. For the Earth!

Blood Heat

When I first go swimming here, in Katherine, Top End town, Northern Territory, In the chlorinated pool that's as blue as a shallow tropic sea The girl working there says "ooh it's cold! It gave me goosebumps."

So here I am sliding in just the same.

When did I get to be an old woman?

My knees won't let me leap in any more

I slide in nice and cautious

Find my way down the silky smooth subterranean tile stairs

It's blood heat. Divine.

The clear, soft water that cushions me so gently is blood heat.

When I finish my luxurious, slowly breaststroking along, 20 laps,

The tamarind trees have become dark blobs against a technicolour sky.

The sound effects provided are the deafening, mad and joyful shrieks

Of the jewel green parakeets; thousands of screaming jewels

Making their way home to their tree dormitories for the night

The tropic sky is slashed with orange and red, and bands of lemon green.

I swim through hot, moist air

While the end of wet season cumulus clouds

Roil like a time lapse film across the horizon bumped with stunted trees

Everything is going somewhere.

I go home to my boring, stuffy, redbrick flat.

And as I drive along, I see that along the edge of every byway

Move dark, shadowy people

Their legs and arms as thin and wiry as pipecleaners

They weave and sway like grass in the wind, the old men and women

Maybe going to their long grass beds on the river bank

Unlike me, they are at home in this blood heat air

Their red blood has soaked this ochre red ground

This town is built on the top of their ancient culture and being.

Now, dressed in bright coloured, flowery ragged skirts and shirts

They sit in circles talking, shouting and singing, waving their arms

Like tossing flower beds on all the road verges and parks. A strange place, this.

"Jesus loves Nachos" painted on the rusty old rail bridge

Amazing, beautiful waterfalls and gorges of creamy yellow stone

Wild floods and rebellious, cheerful school kids. Preying mantises.

I take pictures of it all, to email home

To possibly interested daughters and friends.

Now the Dry has really started.

It's almost, but not quite cold at night.

I go camping out along Florina road, enfolded in the generosity of new friends.

Music. Food. Friendly talk.

The people gossip about the jolly pack of dogs

As if they're family members.

I watch the passionate, intent faces of women playing Irish jigs

In light and shadow, they evoke a tragic, joyful and turbulent past

Of people right here who made this place their own, for good or ill,

With passion and guns. "The only mistake we made" says one young visitor

From a not so far away desert cattle station

"Was to stop shooting them." I am dumbfounded.

The positive, striking banjo notes thread their tapestry of sound

Across the evocative, sweet sadness, the breathing voice of the harmonium.



I camp that night in a mosquito dome, An insubstantial, gauzy barrier Against anything that might creep or crawl in the night. But it is no barricade against the moon.

The moon inches across the glowing indigo sky. Above me, the spiderweb tracery of delicate branches Clutches a spangle of stars.

The dewy leaves scattered across the dark green, velvet lawn

Glitter in the moonlight like shards of glass.

Punctuated by wakefulness,

My dreams are like a string of pearls along a skein of silver light.

As the moon slowly drags its silver cloak across my face, I wake again and again, to see its brightness edging across the sky.

Who needs sleep, when all night the eye of the moon Brilliantly illuminates my dreams?

You can sleep anytime.

A faint, warm wind shakes the seedy grassheads, A lemony perfume curls from the acacia blooms.

The dogs start up and bellow

At a kangaroo crashing through crackly undergrowth And in between the dreams,

Somewhere across the dewy paddock, in the whispering dark Comes the silver, melancholy, looping thread of sound

The stone curlew's cry

As it stalks the boundaries of its territory

With its mad saucer eye and knobby knees

Collecting lost souls in its dilly bag woven of starlight.

The moon, and the curlew's mysterious voice

Drift towards the western edge of sleep.

On the eastern horizon, a faint line of lemon yellow

Marks the imminent leaping up of the ferocious sun

The moon still floats in the paling sky

And the birds take their turns to shout out the coming of the day

Black-paper crow, meditative dove, its call so evocative of the North;

Butcher bird reminding me of home with its liquid call, A willy wagtail chattering about everyone's business,

And the poignant call of the black cockatoo

Trails across a sky of powder blue.

I get up to read the messages in the dust of the track.

A lizard story, its tail marking a definitive line.

Wallaby messages, the vigorous, scuffling marks of paws and tail.

Bird scrabbles. Ant highways.

And again the air creeps towards blood heat

As the savage bars of yellow light

Strike like swords across the red earth of the track

And over in the western sky,

The pale moon floats within a faint penumbra of bushfire smoke.

Blood heat. Mad colour. Wild, passionate, untamed beauty.

And always, rumming beneath it, the substratum of tragedy,

Of one people who killed another off, lusting for the possession of this land

When it can't belong to anyone, existing independent, frosted with moonlight,

A reality savagely painted with hot bars of golden light, Free, escaping out of our grasp no matter how we clutch at it

As we pass, our lives as insubstantial as the music and the moonlight

That last night, threaded their way through my dreams.

Kathy Stavrou, Katherine NT, May 2007

BLITZ
ELECTRICAL
Jürgen Israel

Country Energy Contractor
Lic. No. 88593C (NSW) 9406 (Qld)

- All installations
- Underground Power
- Overhead Power Supply
- Meterbox - Metering
- Data & Phone Points
- TV - Antenna
- Hot-water & Pumps
- Solar Energy installation

Phone: 02 6689 7022 Mob: 0419 772 897

Wild about your garden?

Call Gai
Qualified
Gardener
Free advice
Reasonable
Rates

6689-7441
0429-702-148

**Adam's Auto
Repairs**

Mobile Mechanic Lic. 43839

Servicing Nimbin & Surrounding Areas

0429 672 723

Best rates in town!

Koala Kolumn



by Sonya Nourse

Koalas are a familiar and much loved native animal to most Australians. People from our local region are fortunate to live in many places rich with koala habitats.

Those living in Nimbin and surrounds will certainly be accustomed to the odd sighting of the koala. Most of us know our cute, furry friend quite well to look at. Volunteers from Friends of the Koala are often inundated with questions from people wanting to know more about these wonderful critters.

So what exactly is a koala? The koala is an arboreal (tree dwelling), herbivorous (plant eating), marsupial in the class of mammals. They are well suited to being arboreal with strong arms and sharp claws for climbing and jumping between trees. Their backward facing pouch is not so suited to an arboreal life being a relic from the long past when koalas diverged from their closest relatives the wombats.

The koala is one of the few mammals that can survive on a diet of eucalyptus leaves which are very fibrous, low in nutrition and to most animals quite poisonous. The koala's digestive system has adapted to the poisonous chemicals in the leaves and is able to cope with this diet nutritionally by having a slow metabolic rate.

Food stays in the digestive system for a long period of time maximising the amount of energy extracted. This slow metabolic rate minimises energy requirements and koalas sleep and rest for 18 - 20 hours a day to conserve

energy.

Up to 90% of a koala's water requirements are gained from their diet of leaves. During the recent heavy rains in this region, the leaf was so full of moisture that green juice literally dribbled down the sides of the koalas' mouth, much like me during the mango season! They eat around 500 grams of leaf a day and are very fussy about which 500g they eat. This makes leaf collection for koalas in care a daily task.

Given the large amount of snoozing that takes place in a day, the koala has come well equipped with dense, speckled fur on its bottom providing a cushion for those hard branches they are often seen sitting on. The speckled appearance of fur on the bottom can make koalas difficult to spot from the ground so if you are 'koala spotting' in our beautiful Nimbin forests then it is better to view your trees from a bit of a distance or look at the base of the tree for koala poo.

To find out more about koalas come to the 'FOK Basic Training' from 9:30 - 1:30pm, 12th April. Visit www.friendsofthekoala.org for more information. Bookings are essential - phone 6622-1233.

Tip for recognising a sick, injured or diseased koala: Koalas are usually bright and alert spending most of their time high in trees, moving and climbing well. If you see a koala sitting low in a tree or on the ground for any length of time it should immediately be assessed by a trained koala carer or wildlife veterinarian for illness, injury or disease.

Wildlife carers training day

People who are interested in the care and conservation of local wildlife are encouraged to attend an upcoming training day being organised by Northern Rivers Wildlife Carers.

The Northern Rivers is home to a diverse range of native animals - everything from large wedge-tailed eagles to rainforest pigeons, echidnas, rare possums and gliders. The region also has one of the fastest population growth rates in the state.

On average Northern Rivers Wildlife Carers rescue 1,500 native animals a year and respond to 2,500 calls for advice and information. Many of the animals rescued are victims of increasing development and loss of habitat.

"Although development



Tawny frogmouth

continues in the Northern Rivers, there are simple things everyone can do to ensure the survival of our native animals," says spokesperson Cheryl Cochran. "That is what our upcoming training day is all about - how we can live in harmony with local wildlife. We also explain the hands-on role Northern Rivers Wildlife Carers has in achieving that."

Northern Rivers Wildlife Carers is a local, independent network of trained volunteers who are licensed to rescue, rehabilitate and release native wildlife. Established in 1992 the Northern Rivers Wildlife Carers is licensed to care for native animals across one of the largest areas in the state: from Ocean Shores in the north to New Italy in the south, from Byron Bay in the east to Tabulam in the west.

For local Nimbin carers Max and Sienna, it's all about doing their bit to help local wildlife. "We became wildlife carers because, as vegans, we wanted to do our utmost to try to counter the damage caused to animals by human activities such as habitat clearing, animal farming, cars, cats, dogs, and human overpopulation. We have recently raised and released a male White-headed Pigeon, who was found on the ground as a tiny chick near Nimbin. It is such a delight to see him make his own way in life."

The upcoming training day will be held on Saturday 3rd of May at McLeans Ridges Hall. The day will start at 9am and finish at 4pm and costs \$20, which includes a years membership. To book or for further information please ring Jo after 9am on 6624-7778.

Nimbin Environmentalists at the Washpool forest

by Binnah Pownall

After outreaching for three weeks by creating a 'Washpool Environment Centre' camp on the banks of the Washpool Creek just south of the settlement of Baryulgal, people from Nimbin have gone home for Easter feeling it was in all a fruitful visit, laying foundation for deeper connection with the wonderful Western Bundjalung Nation.

The Nimbin Environment Centre considers the action to be successful by way of the connections we made with the local families of the area. The NEC always had full intention of 'doing it right' and learnt a lot more about protocols from our Aboriginal hosts.

Frank and friendly discussion was carried out in camp with custodians - in particular Robin Bancroft who also in her day job is a State Forest NSW Cultural Officer.

We expressed our concerns about harvesting in compartments in Washpool SF and its linking values with World Heritage listed Washpool National Park. The Harvest plan alone - in a way is the best indicator of the lush diversity and life in those forests - and that may be only half of it... We have people up there keeping watch and doing separate surveys.

Many locals came and went from our camp as we mainly spread the word about the apparent coming wave of mining leases for Gold and other minerals.

Exploration licenses, we are informed have been granted for areas where Native Title holders - or at least prospective native title applicants are not being contacted regarding exploration or mining on their land.

It is our opinion that all exploration licenses and mining leases are halted



until Native Title claims are sorted out in the area.

It has also been brought to our attention the extent of the damage plantation timbers, being planted as carbon sinks, will bring to the environment on a number of levels - from clearing Old Growth for planting the monoculture that must be sprayed for many years - in Clarence River Catchment.

See: www.cec.org.au under : more local issues for more detail.

An information day was held in Baryulgal on Friday - a board being prepared before leaving Nimbin was displayed - mainly on mining and its effects - particularly Cyanide Leach-pad extraction - particularly when it is situated in the headwaters of the Clarence River. Let us never forget Drake and Timbarra. There are further plans to print an information leaflet to distribute locally.

We are aware that the people 'on the

ground' at places like Baryulgal are often the last to hear of developments in their area.

We also wish to gather in depth information on revenue alternatives for communities such as Cultural Educative Tourism or less intrusive ideas such as local bush tucker plantation and collection, selective logging of private forests (eg Collum Collum) with portable mills and collection of what is presently the waste of forest harvesting, such as canopy epiphytes (orchids etc) and leaf matter for distilling as oils and collection of cabinet quality timbers off the forest floor to value add and provide local jobs, to mention some ideas coming to light.

A quick 'home movie' is being produced to show a bit of what happened out there. We want to premiere it in Baryulgal soon.

Contact us if you want a copy. Perhaps it can be a way of raising funds if you are prepared to exchange money for the product.

Which brings us to funds.

A big thank you Karim and Phil for your cash donations.

Some of us are still putting all our funds into this and 'going without' near the end of the week.

The more money we are entrusted with the more we can do for some of the most hard done by people in Australia.

This Asbestos disgrace must not be allowed go on for any longer (for one issue).

Thank you to (not necessarily in any order) the Bancrofts, the Gordons, the Walkers, the Mundines and other local families and especially to Anthony and Lewis and family for patiently sharing, showing and teaching us so much of the beautiful culture and simple, loving way that is Australian Aboriginality.

We shall return!

"Get Plastered"

...without the headaches

Gyprock walls and ceilings
New work or renovations

Terry Bressington

Phone 0427-891626

Trades Lic. No. 100169c

Nimbin Truck & crane Hire

Old Cars removed

Tractors & Machinery



Transport & General
Long & Short Haul

Phone: 6689-0050 Mobile: 0429-865-801

35a Sibley st Nimbin 2480

NIMBIN BUILDING MATERIALS

for a broad range of
NEW
+ NEW RECYCLED
materials at competitive prices

Open Wed, Sat
& Sun, 8am-5pm
at the Recycling Centre

Phone/fax Andy 6689-1644,
6689-1014 (a/h) 0429-891644

Big Resource business moves into Northern NSW

by Omega Breakpear

A recent trip to forest bordering on the Washpool National Park highlights concerns of local Bundjalung tribe and the Nimbin Environment Centre. I saw what State Forests Inc calls best practice logging, with many large cleared compartments and logging of large trees, so called regrowth, some around 1.8mtres in diameter.

Not 20 metres from the Washpool National Park sign saying it was one of the States important wilderness areas there was evidence of logging and bellbird dieback as loggers harvest forest compartments adjacent to the Park. The sign also boasted that trails and roads to the south had been closed and restored. The roads to the north and east hadn't been restored though some were closed. The loggers had effectively closed a number of the forest roads with bulldozed mounds every 50 metres (I presume as drainage?) making them inaccessible even in a four-wheel drive. But you don't have to go far to see the damage. The loggers left at the end of last year owing to weather conditions. It's scheduled to start again later this year. The logging is significantly damaging the diversity of the Washpool area and is unsustainable as a continuing practice.

We camped at the Washpool



Environment Info set up near the beautiful Washpool Creek, which is deep and crystal clear. It is part of the Clarence River catchment and there is a lot of logging going on in the region. There is also a great deal of mining exploration and investment in the local mining leases. With at least four mining groups selling shares in the gold, silver and other minerals resources on the stock market with Gulf Resources stating that the highlight in their Prospectus into the issue of 13,000,000 shares is the 'Resource extension and drilling at the 31,000 ounce Hortons gold deposit in northern NSW' in the Ewingah area in fact. Both Drake Resources and Cazaly Resources are selling the Mt Carrington mine closed since 1990 as viable to their

shareholders including the estimated 146,000 ounces of gold and 4.6 million of silver in the Strauss deposit in Drake all locked in tons of granite to be mined using leachpad cyanide technology. Gulf Resources mentions the Timbarra mine and Malachite's new Phoenix gold discovery in adjacent areas. Ruth from Rainforest Information is investigating logging in the adjacent Border Ranges 21kms from Kyogle. Resource development is big business, big environmentally hazardous business that's bad for climate change.

Bundjalung locals are calling for a moratorium on all exploration and mining in the Clarence Catchment pending Native Title Claims still to be settled. Louis Walker says 'Its important to the Bundjalung people.'

Nimbin's Cuban Connection

by Warwick Fry

Charismatic, passionate, vibrant – these are some of the terms being used to describe Dr. Roberto Perez, Cuban permaculture expert currently touring Australia with Nimbin's own permaculture guru, Robyn Francis of Djanbung Gardens.

Perez' passion for permaculture is manifest in the energy he has dedicated to a whirlwind tour of Australia, including thirty public speaking appearances in six weeks, in addition to numerous off-the-cuff interviews and informal meetings with permaculture experts.

Perez spent the first part of his tour in the Northern Rivers region, with Djanbung Gardens Permaculture Centre in Nimbin as his base. He took time off from speaking appearances to be interviewed by Nimbin Community Radio 2Nim-FM's Wolfgang and Matthias.

In response to a question about the effects of the declining value of the US dollar, Perez said, "I think we are paying the consequences of such an irrational pattern of consumption



and thoroughly wasting our precious resources of energy in the name of a 'progress' that is only an expression of pieces of paper called 'money'. It was thoroughly unsustainable, and the planet cannot stand it. I think that we are starting to see the consequences. We need something different for the planet."

Explaining the historical background of Cuba's position in the world, Perez was understandably proud of the achievements of the Cuban revolution (in 1959) in which Cuba broke free of the effects of the 'plantation economy' that had marked the Caribbean countries of the century before. An unfortunate spin off of this revolution was an economic blockade (or 'embargo') by the United States, that continues

to this day. Even third party countries are subject to sanctions if they dare to trade with Cuba.

Being on the receiving end of a 'political Cold War' left Cuba uniquely placed when the rest of the developed world suddenly woke up to diminishing oil reserves and climate change a few years ago, explained Perez. "The last seventeen years [when the collapse of the Soviet Union deprived Cuba of its main source of petroleum] have been a huge lesson for Cuba ... learning that it is possible to do things in a different way."

Cuba adapted and reconfigured its economy around the concept of sustainability, so that now, although Cuba has access to cheap Venezuelan oil at US\$29 a barrel, its consumption is less than half of what it had been in the 1980s. Cuba's approach to sustainability hinges upon adaptability, rather than the search for a 'magic fix' that we see in the developed capitalist world, which he says is "still stuck in the same irrational and unsustainable patterns of conventional production."

In Cuba the practice of

permaculture is functional – not something to provide a 'marketing niche' he says. "It is many things to many people – the concept of the mandala garden is just one small aspect of it. To others it may be a way of organising energy, or a social system... there is no single pathway in sustainability or development as we understand it – which is the fulfilment of basic human needs." Universal access to land, food and education are the basic platform, he believes, which should be free of financial incentive or the profit motive – social expenses should be kept to the essentials.

"We need an improvement on how you go about satisfying your needs, but not the 'improvement' of consumption on fake needs surrogated by big companies in order to sell more products."

Robyn Francis will be travelling back to Cuba with Roberto Perez to look at possibilities for developing permaculture there. Cuba is now seen as the preferred socio-cultural environment for committed permaculture experts to put their ideas into practice. *The full interviews can be downloaded or played as podcasts at http://nimbinradiomedia.libsyn.com/index.php?post_id=319389*

GRIST

SELECTED BY SUE STOCK
REPRODUCED WITH PERMISSION

ENVIRONMENTAL NEWS FROM WWW.GRIST.ORG

If I Were a Tibetan Man ...

Protests in Tibet partially spurred by environmental resentment

Violent protests that rose in March against Chinese rule in Tibet were spurred in part by anger about environmental destruction in the Himalayas, an area that Tibetans consider sacred. A Beijing-to-Lhasa railway opened by the Chinese in 2006 has provided easy access for Chinese miners to the pristine Tibetan highlands, where they've begun digging up copper, iron, lead, and other minerals. Tibetans are also none too happy about a Chinese plan to divert water from melting Tibetan glaciers and funnel it through canals to feed China's Yellow River. Whether China will be able to quell unrest and put on a happy face in time for the already controversy-riddled Summer Olympics remains to be seen.

Power Up

Rise in U.S. power plant emissions outpaced electricity demand in 2007

Carbon dioxide emissions from U.S. power plants rose 2.9 percent from 2006 to 2007, according to data analysis by the Environmental Integrity Project. That's the largest annual increase in nine years and outpaced demand for electricity, according to the report. And the impact will last well beyond a year, warns EIP Director Eric Schaeffer: "Because CO2 has an atmospheric lifetime of between 50 and 200 years, today's emissions could cause global warming for up to two centuries to come." If that's not depressing enough, try this on for size: Nine scientists, including ubiquitous NASA climate guru James Hansen, have written a draft paper saying that the globe has already passed the safe point for atmospheric CO2 concentration, and we should rapidly reduce emissions to approximately 1988 levels. Which is -- um, how to put this -- easier said than done.

Go Toward the Light

Two proposed solar projects to boost California's solar capacity by half

Two large solar-power projects were proposed in Southern California this week that together could provide up to 500 megawatts of power, just over half the state's current solar capacity and enough to provide electricity to about 300,000 homes. One of the projects, proposed by utility Southern California Edison, aims to put solar panels on 65 million square feet of commercial buildings across Southern California. It's expected to cost \$875 million and could be completed in five years, pending approval by the state's utility regulators. The other project, to be sited in the Mojave Desert, is a solar thermal power plant proposed by utility Florida Power and Light; the plant could be operational by 2011. Gov. Arnold Schwarzenegger (R) praised the increase in solar power. "These are the kinds of big ideas we need to meet California's long-term energy and climate change goals," he said.

Of Ice and Mendacity

Arctic losing older, thicker sea ice despite cooler temps this winter

The Arctic is losing more of its older, thicker sea ice than in years past despite persistent cold weather throughout the Northern Hemisphere this winter, researchers said. Older sea ice tends to be thicker and have a lower salt content, making it more melt-resistant than new ice. In March, Arctic sea ice is usually at its largest extent and this year the area covered is almost 4 percent larger than in the last three years due to the recent cold weather. However, due to the loss of the older, thicker ice -- which has continued to disappear throughout the winter -- the sea-ice cover is increasingly vulnerable to melting when temperatures rise. Researchers expect this summer's melt to mimic last year's, which was the most extensive summertime sea-ice melt on record. Walt Meier from the National Snow and Ice Data Center said of the slightly increased area of sea ice this year, "It may look OK on the surface, but it's like looking at a Hollywood movie set -- you see the facade of a building and it looks OK, but if you look behind it, there's no building there."

Nimbin Auto Centre
20 Sibley Street, Nimbin
Fuel, gas, ice, wood, groceries
Open Monday to Friday 7am - 6pm,
Saturday 8am - 1pm, Sunday 8am - 12noon
Complete tyre service
• Now with a huge range of tyres for all purposes •
On-line vehicle rego
• Let us register your car without going to the RTA •
VW-friendly mechanics!
Workshop Hours: Mon - Fri 8.30am - 4.30pm
Phone 6689-1028

www.plumbingworks.com.au
on-site waste water
treatment & disposal systems
designed & installed
all plumbing & drainage
Plumbing Works
LIC. NO. 1442306
Mob. 0427 108 677 - Phone: (02) 66 890 169

Jerry Grace
Licenced Electrical Contractor
Licence No. 17976
Rural, Commercial and Domestic Installations
Phone 6688-8287
Mobile 0416-182-222

Homeopathics etc

by Tarang Bates

I am sitting here on the veranda drinking a cup of coffee, staring out at the dripping garden. The deadline for this article already past.....this is the plight of writing! It has been awhile since we had a decent storm, this one rolled around most of the night and into the morning, constantly teasing us with more. Snuggled up in bed, I love the thunder and lightening, the heavy rain brings with it a few anxious moments though. We live in a very fragile environment around these hills and the big ridge, running in a southeasterly direction behind our house, has a very powerful character. There has been the occasional landslide over the years, brought on by heavy rain, one around 18 years ago, that landed on the roof of our house. The ridge flexing its muscles demolished the house and most of our material possessions. Causing a major reality check.

We are in the midst of a whooping cough epidemic, another strong reality check. I am very interested to have feedback from all the families who used the homeopathic prophylaxis – Pertussin, at the first sign of the outbreak, before they even encountered anyone who was contagious. It seems to me that this remedy used early and persistently has given good protection. It is important to have the correct facts. The feedback I have had so far is that a majority of these children did not contract whooping cough, despite having contact with children who were infected.

This is a serious disease and highly contagious, so if you have made the choice not to vaccinate, it is important to take responsible precautions.

The remedies this month are for people interested in responsible precautions. These remedies used at the first sign of an outbreak in the community for 10 days, then 3 to 4 times a week during the outbreak. If the disease is contracted then



various other remedies are recommended, depending on the specific nature of the cough or the rash, and the person's state of health.

PERTUSSIN is homeopathically prepared from the whooping cough bacteria. Whooping cough has an incubation period of 1 to 2 weeks after having contact until the symptoms present themselves. The first week is the most infectious, the child remaining infectious for up to 3 weeks afterwards.

VARICELLA is homeopathically prepared from the chickenpox virus. Chickenpox has an incubation (hatching) period of 2 to 2 ½ weeks after having contact, until the symptoms present themselves. The child is infectious until all the spots have healed which can take around 6 to 10 days.

MORBILLINUM is homeopathically prepared from the measles virus. Incubation is 10 to 11 days. Child is infectious before the rash presents itself, with a pre, rash stage of runny nose, watery eyes high temperature, inflamed throat and white spots inside the mouth lasting about 4 days, until about 5 days after the rash appears.

If you would like to give feedback on your use of Pertussin please contact me on 02 6689-1452 or email me at tarangbates@yahoo.com.au.

Homeopathic remedies available from NIMBIN HOMEOPATHICS 02 66891452 Tarang Bates email tarangbates@yahoo.com.au

Meeting Paul Roguszka, Craftsman Woodworker

by Marie Cameron

Like me, I bet many of you would like to know more about our local craftspeople and artists.

Over the past few years some beautiful woodwork has been appearing in the Nimbin galleries. One of the names that regularly appears is Paul Roguszka. I decided to find out more about this man.

Walking into his Lillian Rock workshop is like stepping into an older world. The smell of sawdust, waxes and oils so evocative of traditional woodwork was there; so to the dark mysterious stacks of timber boards greyed with age and dust. I was brought into the here and now by the whistle of a sharp plane blade as its cut revealed a wonderland never before seen.

Paul was working at his bench when I entered; he stopped and introduced himself, passed me three pieces of freshly sawn wood and suggested that I smell them. Each piece was very different; the sweet perfumed evocative smell of Tasmanian Huon pine, the rich caramel odour of local coachwood and the strangely appealing astringency of rose maple, another local species.

I was entranced. "Welcome to the world of wood," Paul said as we settled down to talk.

So who is Paul Roguszka? Like many in the Nimbin region Paul has an interesting background.

Born in the middle of industrial England where the only future was "down't pit", he escaped the coal dust and sulphurous smog to study art and teaching in London. Paul had the fortune to be a student in London during those exciting years 1966 to 1969. They were years of music and politics, politics and music, occasionally spiced by hashish and LSD. All a fabulous grounding for life.

By the early seventies Paul had had enough of England, he was a teacher, he spent more than half his savings on a one-way ticket out of the place. His hippie flight eventually led him to Japan where he spent six months absorbing the culture and tradition. "I believe that Japan is where I learned about the nature of aesthetics and its relationship with a living culture. It certainly was not at art college or university."

After much travelling, Paul arrived in Australia on the heels of cyclone Tracy. For Paul, Australia was instantly "paradise found" and since then his travels have taken him to extraordinary spaces. From day one he saw and loved the intense beauty of Australia, particularly the forests and trees.

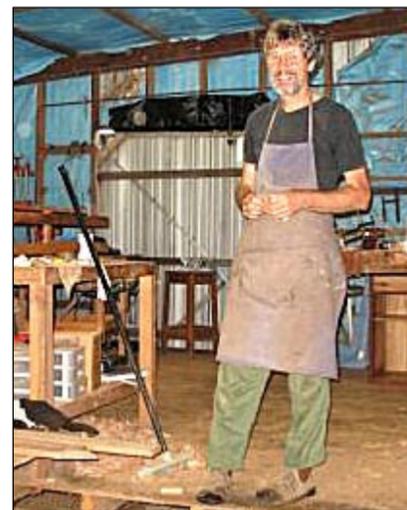
It was not long before Paul's love of the Australian bush led him away from Melbourne city life into the rural hinterland of that southern city. He worked as a farm labourer, eventually getting involved in carpentry on mud brick houses and this led to furniture making.

In the early eighties an offer out of the blue spiked Paul's interest and he ended up teaching again, this time it was manual skills to Yolngu youth in north-eastern Arnhem Land.

By the late eighties Paul was back in Victoria working full time as a woodworker. However it was only a few years before he went back to Darwin to study art, getting his graduate diploma in painting from NTU in 1997.

By the turn of the century Paul was back working full time as a woodworker, this time in the hinterland of Byron Bay. Five years ago he moved to Nimbin where he has been living and working since.

Paul's work has always shown his love of both his craft and the enigmatic material he works with. The spirit of



the craftsman together with the spirit inherent in each piece of wood has always been the driving force behind his work.

"More and more I feel the need to get back to my art practice," says Paul, "but I am also a woodworker." Typically, Paul has resolved this potential impasse by making his woodwork his art.

"I have decided to reduce the level of function in my work, and rather than aim at a piece of furniture, I aim at a body of work which tries to reflect artistic concerns. I have tried to do this with my latest stuff, a small collection that I call Ephemeral Beings. The Ephemeral Beings are four resolved landscapes, which deal with place seasons and elements, presented as cabinets. This is a new and exciting adventure for me, and I know that there is heaps more to come."

It was a memorable visit to the workshop of this master craftsman. It was a reminder to me that the skills of an age-old craft, a love of the world and its joys are equally as important today as all the high tech digital stuff you can muster.

Nimbin Ayurvedic clinic opens

Nimbin Ayurvedic is available at the Apothecary on Thursdays and for home visits. We offer a wide variety of treatments as well as in-depth consultations.

Ayurveda is acknowledged as the world's oldest holistic health system, covering all aspects of life including diet, lifestyle, medicine, constitution, environment, seasonal variables and emotional factors in its approach.

John and Helen studied Ayurvedic medicine together for three years. John said, "As most of the treatments are better performed with two people, we went into business together with a mutual interest in contributing to the well-being of the community."

John has a background in nursing and Helen in naturopathy, and find Ayurveda as the perfect meeting point for the two disciplines. In the coming months they will explain more about Ayurveda's role in promoting healthy lifestyles.

This month we're entering autumn, which is the cooling down season after the aggravations of summer and the rainy season, when a lot of ailments surface. Autumn is a good time to purge toxins from the digestive system as the body is amenable to specific cleansing at this time.

For more information, contact John and Helen by making a booking at the Nimbin Apothecary, or call us on 6689-1794 or 6689-1717.



Paul Roguszka
Woodworker

Commissions
Wood Working
Lessons

Contact woodworkpaul@bigpond.com

Nimbin Ayurvedic

Traditional holistic health care offering massage, facials, oil and steam therapies, detox cleanses, dietary and lifestyle consultations. Home visits!

John
(02) 6689-1794
0429-417-774

Helen
(02) 6689-1717
0427-683-227

Sphinx Rock Cafe

April:

6th Anti Bodies
13th Jarrah
20th Saritah
plus Many Hands (1pm)
27th Sai Masil

May 4th Imandan - see the Kombi Konvoy

PH. 66797-118

Kyogle Rd
MT. BURRELL.

SUNDAY 9:15 2-6pm

Phone Home follow-up

by David McMinn

I wrote an article on using phone cards to slash your telephone bills (NGT, p 15, March 2008). However, there have been a few difficulties arising with the Phone Home phone card.

The Phone Home phone card is available from the newsagency - Scott's News, 142 Molesworth St, Lismore. It is NOT available at the Nimbin newsagency as stated in the edited article. Apologies for any inconvenience arising from this.

A friend living at Stoney Chute had trouble accessing the given 1800 number. So be aware that there may be a glitch, depending on your geographical location. Try ringing 1800 600 155 to see if you can get through using

your phone.

Another friend recharged her existing Phone Home card, but had problems having the amount registered with the company. It may be better to purchase a new card to avoid such difficulties.

Do not use Phone Home for international calls as the rates are far too expensive. Presumably this is how they make their money - attract customers with cheap national calls and overcharge for international calls.

I have had no problems using Phone Home and like paying 25 cents for two-hour national phone calls. Much better than the \$1.80 for the same service with AAPT. Keeping in touch with friends and family is now so much cheaper.

All the best with your cheap calls.

Store ICE in your mobile

Message from the Ambulance Service

We all carry our mobile phones with names and numbers stored in its memory. If we were to be involved in an accident or were taken ill, the people attending us would have our mobile phone but wouldn't know who to call.

Yes, there are hundreds of numbers stored but which one is the contact person in case of an emergency? Hence this 'ICE' (In Case of Emergency) Campaign.

The concept of 'ICE' is

catching on quickly. All you need to do is store the number of a contact person or persons who should be contacted during emergency under the name 'ICE' (In Case Of Emergency).

For more than one contact name simply enter ICE1, ICE2 and ICE3 etc.

The idea was thought up by a paramedic who thought that it would be a good idea if there was a nationally recognised name for this purpose. It really could save your life, or put a loved one's mind at rest.

Things you probably never knew your mobile phone could do

There are a few things that can be done in times of grave emergencies. Your mobile phone can actually be a life saver or an emergency tool for survival. Check out the things that you can do with it:

FIRST Emergency. The Emergency Number worldwide for Mobile is 112. If you find yourself out of the coverage area of your mobile; network and there is an emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly this number 112 can be dialed even if the keypad is locked. Try it out. Also in Australia, the Australian emergency number 000 can be dialled whilst your mobile phone keyboard is locked. This is another reason why 000 receives so many false emergency calls!

SECOND Have you locked your keys in the car? Does your car have remote keyless entry? This may come in handy someday. Good reason to own a cell phone: If you lock your keys in the car and the spare keys are at home, call someone at home on their mobile phone from your cell phone. Hold your cell phone about a foot from your car door and have the person at your home press the unlock button, holding it near the mobile phone on their end. Your car will unlock. Saves someone from having to drive your keys to you. Distance is no object. You could be hundreds of miles away, and if you can reach someone who has the other 'remote' for your car, you can unlock the doors (or the boot).

THIRD Hidden Battery Power. Imagine your mobile battery is very low. To activate, press the keys *3370# Your mobile will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your mobile next time.

FOURTH How to disable a stolen mobile phone? To check your Mobile phone's serial number, key in the following digits on your phone!: star-hash-zero-six-hash * # 0 6 #. A 15 digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe. When your phone get stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card, your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones. Also in Australia your stolen phone is added to a 'Stolen Mobile Phone' database, so if your phone is found later on it can be returned to you.

Eco-Friendly Skin Care with a Homemade Twist

PART TWO by Cheryl Beasley

It is a common occurrence for dry skin to also be sensitive skin. Therefore, make sure you use a hand and or foot lotion that is free of perfumes and dyes. It is also recommended that people with severe dry skin stick to skin care products that contain natural or botanical ingredients. Look for lotions and creams that contain cocoa butter, shea butter, avocado oil, or olive oil. These natural ingredients provide moisturising and healing properties.

Feet

Cracked, sore heels and smelly feet can be a constant problem in many households with people of all ages, but a little natural care taken weekly can help heal and prevent further complications. Soaking the feet in a bucket of warm water to which is added a cup of bicarbonate of soda will soften and deodorise the feet. After fifteen minutes gently use a foot scrub or pumice stone to remove the dry skin and then dry thoroughly. Apply a little natural foot cream that contains anti-bacterial essential oils and then cover with socks to let the cream penetrate deeply into the skin. This easy routine will prevent fungal infections and keep your feet smelling fresh and clean.

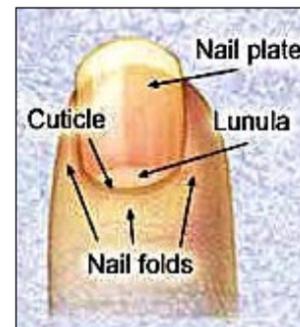


speed up the cell regeneration process on the hands and should be used weekly to remove dry, flaky skin and dead cells. An easy hand scrub to make at home is with sugar and olive oil. Just mix together to a pleasant consistency and gently massage the mixture on the hands for a few minutes. Rinse and apply a good natural hand cream.

Maintaining the eco-friendly lifestyle by searching out natural skin care products that suit you and even making some of them yourself will support your environment and continue the commitment made by you to find eco-friendly alternatives and live a lifestyle that impacts gently on the earth.

An effective deep moisturising treatment for your hands can be made at home with ingredients that most people have in the kitchen. A particularly effective hand treatment can be made using two simple ingredients: olive oil and lemon juice (bottled lemon juice is fine). To make this treatment, simply combine 2 Tablespoons of olive oil and a splash of lemon juice in a small pan. Warm the mixture on the stove, stirring constantly until the mixture bubbles. Remove the pan from the heat and allow it to cool. Once the mixture is cool enough to touch, rub it into your hands, nails, and cuticles. Cover the entire hand, front and back, and rub in well. This treatment should be applied right before bedtime. Cover hands with a pair of clean cotton gloves to protect the hands overnight.

We use creams and lotions on our hands and nails probably more often than on our face so the types of creams and ingredients we are absorbing through the skin on our hands is of the utmost importance. Natural hand and nail creams containing ingredients such as Shea nut butter, avocado, macadamia, apricot and almond oils, vitamins and aloe vera will not only moisturise the hands but also strengthen the nails, fade age spots and smooth the skin. Hand scrubs can



Hands

Hand scrubs can



Cook's corner

by Carolyne

Recipe of the Month

Dad's Special Sponge Cake

This is a very special cake with a family history.

When I was 9 years old my mother and I had to have our tonsils out at the same time in St John of God Hospital, Goulburn, N.S.W. Being a child I was out of hospital in a couple of days, but mum was in for over two weeks, and dad tried his hand at making a cake to welcome mum home. For the next nine weeks he made a sponge cake fresh every day. This is dad's recipe.

Preheat oven to 180c. prepare sponge tin by greasing and coating with a mixture of castor sugar and flour.

If a double cream sponge is required, double quantity and divide between two prepared sponge tins.



Ingredients

- 3 medium eggs
- 3 oz sugar
- 3oz self raising flour

Method

Whisk together eggs and sugar until thick and creamy. Sift the flour

three times and fold carefully into the mixture using a metal spoon, then pour the mixture into the prepared sponge tin.

Bake on the centre shelf of oven until cake is light golden brown. Allow to cool and shrink slightly from sides of tin before turning out.

For double sponge, spread bottom cake with strawberry jam, whip one cup of King Island cream until quite thick, spread over jam, place second cake on top and sprinkle with icing sugar.

I wanted to share this with you all as my mum would have been 90 years old on the 21st March last. For any help please ring Carolyne at The Coffee House Nimbin on 6689-0590.

Footnote

Apologies to my fellow cooks, in the recipe for Chocolate Almond Cake I omitted to include 6 eggs in the recipe. All the other instructions are correct. Till next time happy cooking!

Home-style Cooking using Organic local Produce. We specialise in Cakes and Wholesome hot Meals. Zentveld's Coffee
Phone 6689-0590
Open 7 Days

MIRIAM ELLA Massage

Now at the Nimbin Apothecary on Saturdays. By appointment at other times -
Phone 6689-7488

Qualified therapist, using a wide range of traditional techniques appropriate to individual needs.

Experienced with the elderly, pre and post operative, palliative, the stressed, the tired and aching, and those wishing to improve their health and well-being.

• Pure Vegetarian Food
• Earthy Environmental Atmosphere
• Contemporary Art Works
• Workshops, Live Music, Functions

OPEN WEEKENDS
10am-4pm for lunch
Fri-Sat 6pm-late for dinner
(Bookings essential)
Phone (02)6679-4188