

Mardi Grass 09 – The Year of the Japanese NeoHippies and Polite Force

by Graeme Dunstan
Peacebus.com

What a wonderful event was the 2009 Nimbin Mardi Grass! What a great meeting of extraordinary people! What a mix it was and what a wonderful, artful and colourful, participatory Parade.

Far and away my most rewarding and memorable experience was the companionship of my volunteer crew; eight of them, all young international travelers 22-27 years old: three Swedes, one French and four Japanese. I nurtured my crew like a father, organising the Lantern Camp so that we were well fed, well stoned, productive and happy.

Good for an old man's heart to have the company and respect of young adults and these were delightfully courteous and helpful too. Former police Sgt Neville Plush, now mover, maker and shaker for the Nimbin Agricultural and Industrial Society, reported a similar experience with the Mardi Grass camp at the Showgrounds; a big success both as a social event and a revenue raiser; over \$50K was raised of which \$23K went to the HEMP Embassy as part of a Mardi Grass ticket and camp fee deal. Neville too enjoyed the respect of the young travellers and he told me some of them left promising to



return again with their friends to serve as his Showground camp crew next year.

Mardi Grass 2009 will be remembered as the year of the neo hippie Japanese for they attended MG in numbers and in style; dreadlocks and flowing clothes of beautiful textures and colours. For me their company brought alive memories of the counter culture of the 60s and 70s. I knew that they were seeing Nimbin for the first time like the university students who came to the 1973 Aquarius Festival; all heart opening wonder and delight. So I was pleased to conspire in making it so for them.

I got the Jap lads to make new heads for the backpack skellie puppets I had brought to Mardi Grass and showed them how to wear and dance them. They loved having such a participatory role and the crowd loved their dance. Imagine their elation when after, lying on the grass exhausted by their effort and crying to me for water, they learned they had won Best Entry – \$500 worth of Happy Highs!

Other nationalities besides Japs were amongst the many young travelers participating in Mardi Grass and this augurs well for the future of the Mardi Grass and tourism in Nimbin generally. The village is now on the map as a must do destination in the same way that Marrakech and Katmandu were for young travellers of my day.

Seems that we have won Mardi Grass. Seventeen years on, the undeniable success in terms of crowd numbers and broad based village support and participation, means its existence in no longer contested by the likes of Area Commander Bluey Lyons or his National Party mates.

But are we winning the Drug War? Twelve months previous, I had supported the Mardi Grass

which at the time was under concerted attack from our US Drug War trained Police Area Commander, Bruce 'Bluey' Lyons, by setting up the Peacebus.com PA outside the Lismore Courthouse and his Area Office and telling him in no uncertain terms that he was deluded to believe he could change the culture of Nimbin by more policing.

Twelve months later I notice that, although the policing of Mardi Grass is no less excessive and aggressive, Bluey, is less vociferous and gung-ho. His career tainted by the negative reaction and the bad media resulting from the 2008 April Fools Day raid, he is looking retirement in the face, and it seems to me that he has lost his enthusiasm for subjugating the cannabis culture of Nimbin.

But Bluey has wrought a change to Nimbin culture which must be acknowledged. The outcome of a constant police presence in a small village (a roster of nine cops for a village of 200 houses) is the cultivation of fear. Cullen Street people are much more afraid now. When cops patrol in the HEMP Embassy shop and the old Hemp Bar, no one blinks, let alone challenges their unwanted presence.

And that was generally true of the Mardi Grass crowd too. Many were the reports and images of aggressive and violent police crowd interdictions but few were the challenges. When individuals were attacked, searched and bullied by the police patrols, those around them pretended they were somewhere else.

I say we betray the Mardi Grass patrons by failing to organise resistance to police intimidation of our cannabis culture and our protest rally. Our patrons come to the Mardi Grass wanting to get stoned and enjoy themselves. The myth we propagate suggests that they can do this without going away with a bruising, a fine or a police record.

Local people and Mardi Grass organisers know where to find pot and smoke without being exposed to police undercovers and patrols. But not our visitors. In truth we abandon them to the predations of the cops. Fear at the core is how I see it. Internalised fear and repression.

And from where will resistance come? Not Jungle Patrol, that's for sure. This Mardi Grass I had

more rudeness, obstruction, violence and threats from JP than from any interaction I have had from cops since the baton charge at the Melbourne s11.

Seems to me that Jungle Patrol now puts itself above the Mardi Grass (literally in the physical sense of their pub verandah overview of the crowd) and the Mardi Grass organisers. They seem to see themselves as more aligned with the special powers and responsibilities of the emergency services organisations – ambulance, fire and police.

Our souls take on the flavors of those they are near. Managerial drift is what has happened here. Some of the influences that come from mixing with good folk engaged in emergency services have no doubt been positive. But mixing with an endemically corrupt police force engaged in a Drug War, a war against the People, is a different matter.

Remember that the NSW ALP under Costa sacked Commissioner Peter Ryan and turned his community policing project on its head; top down policing it became; enforcement policing, they called it. Oppression is what they do and that's their job, however nice their manners.

So when I find Jungle Patrol acting as Council DA enforcers and message bearers for cops, rather than responding to the needs of the Mardi Grass organisers and protecting the crowd from police incursions and assaults, I reckon its time to think again about Jungle Patrol as a community policing experiment.



Viva the Polite Force!

This innovation began as a spoof on the April Fools Day raid of 1st April 2008. To commemorate the raid this year, mock police costumes were made up from navy blue coveralls and peak caps. The blue caps with POLITE printed in white on the front were a big hit. For 1st April, photos were staged of the Polite Force on guard outside the Hemp Bar standing about like the cops were 12 months previously. For the Mardi Grass the joke was extended to street theatre, equipped with 2D plywood sniffer dogs which Elspeth Jones and others made and painted up.

It was a delightful visual gag. And it was more than that. Ridicule is a great down-sizer and by following the cop patrols and bearing witness, Polite Police were able to neutralise and lighten up some of the threat which the oppressive presence of armed (Glocks, sprays and tasers) cop patrols represent. Indeed it was Polite Officers, Hempseed Amanda and Dutchy Steve who protected the Mardi Grass organising HQ behind the Nimbin HEMP Embassy from invasion by police patrols. On two occasions Steve refused entry to the Duty Officer, Inspector Nicole Bruce.

Good on 'em. Hemp heroes! And we need more of them. This is the truth of liberation politics: liberty is won with courage. And public courage is the antidote to public fear.



Photos: Graeme Dunstan, Thorsten Jones and Chris Harris

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What can I say?

by Dr Elizabeth McCardell,
M. Counselling, PhD.
(Phone: 0429-199-021)



When I began thinking about this fourth article on the business of counselling, I didn't know what to say. A position, I'm sure many a columnist faces all the time. Then it dawned on me that not knowing what to say is also common among clients who come for therapy.

It happened to me in a recent Family Constellation group workshop I attended a couple of weeks ago. I wanted to work on a problem I have, but couldn't find the words to express it. I thought, o well, I'll just go up and see what comes out. I sat down and still the words weren't there.

I told the facilitator I didn't know what to say. I blathered out some big thing, like communication problems with a friend. The facilitator gently allowed me to hone down the bigness of the idea, to a few small words. By whittling down my inarticulate big thing, we came to something we could work on, and by the process of whittling I became more aware of what it was that was really bothering me.

My clients and I deal with the same dilemma in similar ways. Not knowing what to say doesn't mean you stay home and worry; it is actually a wonderful opportunity to shed a little light on something that seems insurmountable, assisted by a counsellor trained in whittling down complicated issues to a more handle-able state.

Putting yourself in the here-and-now of a dilemma, speaking all the words of it and finding which words are those with greatest meaning, is the equivalent of sorting through a pile of wood and metal to find just the right pieces to make a bridge to a more aware and content life and where others can share in your more abundant presence of being.

A client can come to a therapeutic session not knowing what to say, or she can come bursting with a jumble of lots of things to say. A sorting out process

is required in either case. Sometimes, though, the client comes to a session wanting to speak about what is happening between us (herself and me, the therapist) but doesn't know how to say it. She might want to say that I am not hearing her properly, or I am not giving her enough time to say what she really wants to express, or I am assuming she is talking about something else entirely.

Instead of telling me this directly (and saying such things sometimes goes against a person's style of communicating, the way she was brought up), she might talk in code. I need to be alert to this. The client may be saying things like: her aunt never listens to her, or how her neighbour talks at her, or how the council never answers her mail despite repeated contacts. My job is then to ascertain how much of this belongs to me, to us, and address it directly.

Saying and hearing properly go hand in hand. Saying what feels critical to the moment may not be always easy, and hearing what that something is, is not also easy. Both client and therapist have to find good ways of doing both.

The beauty of the therapeutic conversation, unlike most other conversations, is that finding out what is at the core of the conversation through exploration of meanings is one of the very reasons therapeutic sessions are scheduled. We have an hour and more to find out what it is we have to say and how we can say it and hear it with clarity, intent, and purpose.

In saying it, we have a bridge to build that other people can also cross.

THE EXPLODING LIGHT BULB



by Coralie Summerton

A fair while ago, I thought I was doing the right thing, and bought some energy saving light bulbs. Now I'm not so sure. On the first Wednesday night of the storms, the one over the kitchen bench exploded.

I had left the bench to turn the radio on, to local ABC to find out about the severe weather, and the moment I did, there was a loud explosion in the kitchen and the 240 volt power went off.

I found myself walking in the dark over broken glass and mercury to find a candle. The environmental light bulb had been ejected like a missile, with the bayonet part still left in the socket, and debris was scattered four metres all around the kitchen and beyond.

I rang the NSW Dept of Environment and Climate Change to see if it was usual for these globes to



explode, and they said they'd never heard of it happening before, and suggested not to buy the cheaper ones (which I had).

But I am scared of all of them now. I am still finding minute fragments in hard-to-get places, like behind the stove. I'm told that even they are contaminated with mercury.

It would be good to have more information and warnings on them.

Pemaculture in Palestine

by Benny Zable

During my recent visit to Israel/Palestine, I was taken to Bustan Qaraaqa Permaculture community and guesthouse near Beit Sahour (Place of the Shepherds), near Bethlehem in the West Bank. During a day-long walk through the Judean Desert to the Dead Seas, I interviewed Tom Pearson, one of the founders of Bustan Qaraaqa.

At the age of 17, Tom took up a research job to study monkeys/long haired baboons in Ethiopia. After Africa he travelled onto West Ecuador, to research tropical rainforests birds for Chicago University. He spent five years in Ecuador working with the forest-threatened people.

During the military coup, Tom was with the Chico Indians. He was detained and expelled from Ecuador and escaped to Columbia to discover the rainforests were in better condition there. The authorities also expelled him from Columbia. So he went on travelling through the Americas till eventually he came back home to his birthplace, Wales.

He tried working a regular job until depression and



Tom Pearson, one of the leaders of Bustan Qaraaqa

drinking got to him. So he broke away again to hitchhike around Ireland to Georgia, Iraq, Turkey and Syria until eventually he met up with friends Steven Collings and Alice Grey in the West Bank.

Tom seriously got involved in Middle Eastern politics during the worldwide protests against the US invasion of Iraq 2003-4, and together with Alice and Steve, occupied the Beaumaris Castle in Wales, with banners and flags protesting the war.

The Bustan Qaraaqa gardens began as an eco-alternative guesthouse, which centred on advocacy outreach on the state of the environment. The West Bank was heavily deforested by the Ottoman Empire. The houses and property were abandoned by the previous owners

because of lack of water.

Steven Collings married Darania Al Qas, a Palestinian. He, Darania, together with ten participants including Alice Grey got the ball rolling. This was initially done to help the grassroots movement to provide food and water in filling an essential need during the Israeli occupation.

The Bustan Qaraaqa

permaculture community and guesthouse was established last year in January. 3 people mainly kept the project going. Tom Pearson, Alice Grey and Steven Collings. Water catching and soil conservation were first worked on. Collecting seed another. They renovated the house/s, swales made, a drip irrigation system established for the planting of Indigenous plants.

More on the vision and aims of this project can be found on www.bustanqaraaqa.org and www.greenintifada.blogspot.com

You can read more on Benny's mission to Israel in the Autumn edition of the *Nimbin Magazine Quarterly*, and/or see and listen to Benny Zable at Djanbung Gardens Permaculture Centre from 6pm on Saturday 20th June.



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by Lorraine Vass

Friday 22nd May 2009, International Biodiversity Day, will be long remembered in the Northern Rivers for its cyclonic wind and rain, early morning evacuations, rising rivers, collapsed roads and causeways and general mayhem.

For Friends of the Koala, Friday 22nd May was Koala Conservation Conference day. Four months in the planning, a star-studded line-up of speakers had been arranged to tackle the issue of collapsing koala numbers up and down the coast. Interest was high with some 112 registrations taken from Victoria, NSW and Queensland. Others had indicated their intention to register on the day.

The speakers and many delegates from more distant parts had arrived during Thursday. By Friday morning some had turned homeward. Faced with a depleted program and dwindling attendees, the decision to proceed or abandon had to be made. We decided to press on!

What delegates heard was not news to them – continuing habitat loss, disease and ineffective legislation at every level of

government is rapidly driving the koala to extinction along the eastern seaboard. Nowhere is collapsing koala numbers better documented than on Queensland's Koala Coast. To that government's credit, funding has enabled tracking programs and population monitoring over a period of some 12 years.

The Koala Coast encompasses portions of the three local government areas of Redland City, Logan City and Brisbane City and covers an area of 375 square kms. Whilst the locality is urbanising rapidly, it also contains semi-rural settings, large areas of contiguous bushland and a major koala population by any standard.

The Department of Environment and Resource Management (DERM) report, Decline of the Koala Coast Koala Population: Population Status 2008, has just been released. It paints a horrific picture of a koala population on the brink.

Population surveys carried out during 1996-1999 provided the basis for an estimate of 6,246 koalas. In studies conducted throughout 2005-6, the number had dropped to 4,611. In 2008, the survey estimated a population of 2,279; a 64% overall decline in a little more than a decade!

The largest losses, 59%,

occurred in bushland areas compared with a reduction of 30% in urban areas. That may sound surprising. The studies are demonstrating a dynamic process operating between the urban and bushland koalas, the latter relying on the former for recruitment. Mortality in urban areas, together with the impact of excessive habitat loss are the reasons for the higher loss rate experienced in bushland areas.

We do not have comparable data sets for the Northern Rivers, however we do have a few localised studies (somewhat ironically undertaken for ecological assessments associated with development applications), the records of rehabilitation groups like ourselves and the sadly incomplete NSW Wildlife Atlas. On the basis of this suite of documentation we believe it's not unreasonable to conclude that trends similar to those on the Koala Coast are being experienced in our coastal regions as well.

During the crisis of the flood, things were pretty quiet on the koala front. Few people were out and about to report anything amiss. When the calls started coming through the Rescue Hotline the news wasn't good. In the four days immediately after the inundation we admitted four koalas, two of which have died. Three bodies were found by members of the public.

More deaths are expected. Koalas do not cope well with sudden drops in temperature. If they are already weakened by a pre-existing condition the wild conditions such as we recently experienced will be enough for some of them to succumb.

Please keep a watchful eye and if you see a koala that is low in a tree for any length of time, do not hesitate to report it. We also urge you to report dead koalas. Information about koalas and Friends of the Koala (including follow-up from the Koala Conservation Conference) is available at: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233

Until next time, happy koala spotting!

The Nimbin Environment Centre: Winter Hibernation and a Spring Rebirth

by Nina Boddenberg

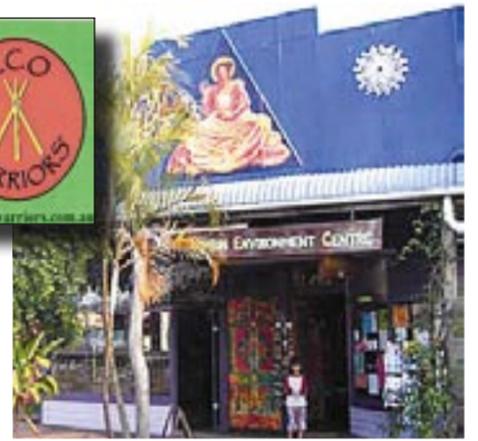
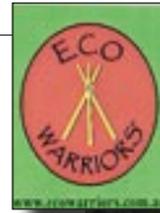
The Nimbin Environment Centre (NEC) is closing its doors for two months starting 1st June, but this is not the end of the NEC. The crew at the NEC plan to reopen the shop at the beginning of August, in preparation for Anti-Repco Rally protests.

The NEC crew is a small bunch, so with two volunteers heading overseas for winter, one couple expecting a baby, another member spending the winter working in Arnhem Land etc, we can not practically keep the shop running, work on campaigns and upgrade our website. Something had to give. Winter is quiet and we find it especially difficult to pay our rent. So we have chosen to close the shop and have a period of winter hibernation.

This will allow the NEC to focus on our group structure, our media outlets such as the website, newsletter, podcasts and radio show, our on-going campaigns, and our fundraising. What we plan is for a spring-time rebirth of the Nimbin Environment Centre. We hope to reopen with a new sense of purpose and a new energy.

But before rebirth comes death. The NEC has been feeling this death for a while. A major cause of this feeling has come from the lack of security felt about the future of the NEC shop and the Birth and Beyond building. However this is one issue among many. This is a trend happening throughout Nimbin, a new wind blowing away the activists, rastas, ferals and tree huggers, and revealing a trendy little mini-Byron with too many cafes, cameras, police and development.

We have felt this wind like a chill creeping up our spines, a little whisper is the air that asks "Is there a still a purpose for us in this town?"



The NEC is part of the history of environmental activism that stretches back to Terania, Nightcap and Timbarra. The crew at the NEC is proud of this history and here to keep alive the traditions of activism coming from Nimbin; however, the NEC now has more work than ever. People simply aren't paying attention if they believe there isn't anything to do in the environment movement.

We feel that there is a need for the NEC to exist, in fact we want it to be bigger, brighter, more able to work for the planet. But we don't know if this is what the community wants...

Do you feel there is a place for present environmental action, and do you see the NEC as part of the future of Nimbin?

If so, what we need is a commitment to the NEC. We would like to ask for you to contact us (email us at: nimbinenviro@gmail.com or call 0439-879-206 – please don't leave messages on this number, if no answer, try again) over the next few months and to make a pledge for the future.

All it would take is 50 people from around the area to throw us 10 dollars each month and the rent would be paid. If you have more time than money, we want to hear from you, because we have many jobs to be filled.

Djanbung Gardens Open Day

On Saturday 13th June, Djanbung Gardens will be featuring its annual Open Day, offering free Permaculture workshops, special guest speakers and the opportunity to explore the gardens of a world-class Permaculture training facility.

Tours and workshops will be presented throughout the day by students and local experts, including bushfood authority, Peter Hardwick. There will also be visual displays, course information and a variety of incredible edible tropical tubers to plant in your garden.

Workshops and presentations will focus on practical solutions, and topics will include: an introduction to Permaculture, establishing chickens, solar/earth relationships, community gardens, solar driers, starting a bee hive, DIY natural skin care, soap making,



Djanbung students

making jam, wheelie bin toilets and how to set up a sustainable school garden. There will also be tours of Djanbung Gardens and a shadow puppet show, and the canteen will be serving refreshments and lunches, featuring fresh organic and local produce.

There's something for everyone.

Djanbung Gardens is located at 74 Cecil Street, Nimbin, entry to the Open Day is free, all are welcome. For further information call 02 6689-1755 website: www.permaculture.com.au

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Warning on dangerous wild food plant DVDs

by Peter Hardwick

There's been a new wave of enthusiasm for wild foods locally, but while there are some fantastic flavours in local bushfoods and feral plants, wild foodies need to be very aware of poisonous plants as well.

Unfortunately some locally made amateur bush survival DVDs and booklets have come to grief with some hard reality lessons on wild food safety, and copies of DVDs with flawed information are still in circulation.

The mistakes include over generalizations on plant safety, inaccuracies on determining plant edibility and implied safety that some poisonous plants are edible.

Following complaints from people like me, there has been an attempt by producers to rectify the toxic plant problems, but I can still spot major issues in the current edits, including a seriously flawed edibility test.

Here are some of the specific mistakes to look out for:

- There have been reports of an increase in local children drinking Grevillea nectar. Grevillea nectar should not be drunk directly from the flower, especially with the need to avoid the risk of toddlers getting confused and eating the flower. Grevillea flowers are known to contain a plant toxin that breaks down to poisonous hydrogen cyanide. Also, Grevilleas are known to contain unidentified allergenic compound with the potential risk of throat closure. Just to confuse things, some old bushfood texts include Grevillea nectar, but the modern hybrid cultivars are more risky because there's no tradition of use and some Grevillea hybrids appear to contain very high levels of hydrogen cyanide.

- Many wattles, Acacia species, are NOT edible – and of the wattles with edible seeds, many need to be extensively processed to be safe. In fact some wattle species contain some very potent toxins.

- Not all species of grass are edible. Some grass



Honey Gem Grevillea
attractive but toxic

species contain very toxic levels of hydrogen cyanide, soluble oxalates and alkaloids.

- Not all hibiscus are edible. Some native hibiscus species are suspected of containing toxic levels of oxalates in their leaves, especially Native Rosella, Hibiscus heterophyllus.

- The introduced white flowering "Wandering Jew" Tradescantia albiflora is likely to be toxic, especially uncooked.

- Wild Amaranthus species can be very toxic, with some species likely to contain hydrogen cyanide.

- Billygoat Weed, or Purple Top, Ageratum houstonianum, contains toxic pyrrolizidine alkaloids



Billygoat Weed
seriously poisonous

which have the nasty effect of causing liver lesions. Pyrrolizidine alkaloids don't always show immediate poisoning symptoms, with chronic effects showing-up over time.

Flawed Edibility Test

The idea that the edibility of an unknown plant can be determined in the bush by people with little or no knowledge about wild foods is a very dangerous proposition.

There are serious flaws in a so-called "Universal edibility test" for wild foods also cited in a DVD and booklet. I've researched bushfoods for over 30 years, and I've never heard of this "test", and no wonder, because no

serious wild food researcher or plant toxicologist would ever recommend it. This flawed "edibility test" is based on self-observation over an 8 hour period after sampling an unknown plant. Big problem: some dangerous plant toxins – like pyrrolizidine alkaloids in Billygoat Weed – only show an effect on the body after weeks or months. Hence, would fall through the cracks of this flawed method.

Also, putting unknown plants into the mouth during experiments can be very dangerous because potent neurotoxins can pass through the mucous membranes of the mouth into the blood stream. Also, not all plant toxins are indicated using skin irritancy tests. This should be stated.

What's needed is the reality test, and it's very simple: if you are unsure if a plant is edible, don't eat it!

It requires a lot of technical skill to work out if something is edible, one needs to know such things as the toxicology profiles of plant families. Very few people have the combination

of skills required to work out plant toxicology on unknown plants.

Watch out for Children

Child safety with regards to wild food plants is essential because children have a lower body weight, and it takes less poison to make them ill. Parents should clarify wild food safety issues with children if they know that children may have been influenced by flawed DVDs.

Children sucking on Grevillea flowers is a real concern.

Another confusing feature on these DVDs is that photographic stills of toxic plants are frequently used when discussing edibility of wild foods - very confusing for children and adults!

References:

Everist, S.L., "Poisonous Plants of Australia", Angus and Robertson, 1974.

Acamovic, T., Stewart, C.S., Pennycott, T.W., "Poisonous Plants and Related Toxins", 2004.

For further information contact Peter Hardwick via hardwickpl@hotmail.com

PLANT OF THE MONTH: *Banksia integrifolia* – coastal banksia

by Richard Burer

Banksia integrifolia is a shrub or tree that grows to 16m high and is commonly found in coastal shrub and forests. While it is called Coastal Banksia, it grows well locally and I have seen stands as far west as Glen Innes.

It is easily recognisable from a distance by the white under surfaces of the leaves that create a silvery ripple effect in the wind and the creamy white flowers.

The timber of the Coastal Banksia was once important for bi-plane construction. Timber getters called the tree 'beefwood' because when cut, the wood looks like a slice of fresh beef with a fatty rind.

Locally Banksia



integrifolia occurs in areas with soils of sandstone origin, such as the Channon, Cawongla and Larnook. There is a particularly nice stand on Rock Valley Road at Wongavale.

In the garden, Coastal Banksia likes well-drained soils, but is sensitive to winds. It is a great tree or

shrub for attracting birds and after all the recent rains, it was the only local tree to hang onto its flowers.

Richard Burer is a Project Officer for EnviTE, a not-for-profit organisation providing youth specialist employment services, training and professional environmental services.

Davidson Plum Jam

by Sue Stock – Nimbin
Delicious Jams and Chutneys

Davidson plums are indigenous to north-eastern coastal rainforests of NSW (*jerseyana*) and Queensland (*pruriens*).

They are endangered in the wild but are now grown commercially in plantations in places like Lilian Rock.

Unlike European plums, they hang in pendulous clusters from the main trunk. Their magenta flesh makes a beautiful jam and they are also fantastic in chutneys, marinades, cakes and even ice-cream.

This is one of my favourite recipes which I have modified in order to reduce the amount of sugar and develop more complex flavours in order to enhance the tart and tangy flavours of our local Davidson rainforest plum.

Ingredients

2kg Davidson plums, seeded
1.75 litres water

Pectin bag with, roughly chopped: 2 green apples, 2 oranges, 1 lemon, sprig of strawberry gum

1.8 kg organic raw sugar
3 lemons juiced and strained

Method

Bring fruit, water and pectin bag to boil and simmer covered for 40 minutes. Remove bag and



squeeze contents into pan. Add sugar and lemon juice.

Return to a rapid boil for 15-20 minutes stirring frequently and skimming surface until setting point is reached (105°C or check set on a saucer). Pour into warm sterilized jars.



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Fashion Focus



Industry people (left to right): Christina, Leo and Dionne

by Christina Chester
Christina@ccdesign.biz

Attention designers and all stakeholders in the Nimbin Fashion Industry: A big Nimbin Fashion Collective meeting will be held on Tuesday 9th June at 5.30pm at the Nimbin Bowling Club.

The purpose of the meeting is to communicate opportunities and advantages that can be had with the Community Economic Development (CED) funding program, and forming a collective of all the participants in the Nimbin Fashion Industry.

CED Manager Pieter Verasdonck and CED officer Lois Kelly will talk about what the funding of the project could deliver, and what we need for the submission.

We will also find out where our fashion is at the moment and further ideas to grow a co-ordinated industry.

All stakeholders are invited, such as designers, retailers, sewers, fabric-makers... Your questions and agenda items are also important.

I think we have a fantastic (super) opportunity not to be missed, to get a professional website, support of experts in the trade, free workshops designed for us, etc.

So don't miss it, if you want to realise your dream of making a career in Fashion. Again, 9th June, 5.30pm at the Bowlo (designers please bring a sample or photos of your work).

If you have any questions or ideas please contact Christina 6689-0205 or christina@ccdesign.biz

Ayurvedic Info

Hello again! Since we've been talking lately about nourishment and digestion, we thought we'd explain a little about the hierarchy in the nourishment process.

So, what exactly are we nourishing when we eat? From an Ayurvedic point of view, there are two stages of digestion. There is digestion that happens in the bowels (prapaka) and digestion that happens within each of the seven tissues or dhatus (vipaka). After the stage of breakdown and absorption in the bowels, the ahaara rasa separates the essence of the food and the wastes of faeces and urine. This essence then is passed to each tissue where it is further digested and refined to extract the nourishment.

From this process, there are byproducts and wastes and the remaining essence is passed to the next tissue. The vipaka stage of digestion takes about 35 days to complete culminating in the formation of ojas which is the basis of life. Let's look at each of the dhatus and see how it all unfolds.

The Rasa dhatu is plasma and is chiefly located in the lymphatics, mucous membranes, skin, heart, blood vessels, stomach and intestines. It is vital for happiness and its lack leads to irritability and loss of joy. The byproducts are lymph, breast milk and menstrual blood. The wastes are mucous or phlegm.

The Rakta dhatu or blood is chiefly located in the liver, spleen, blood vessels, heart and muscles. It is responsible for circulation, optimal energy and passion. Its byproducts are tendons and blood vessels, and the wastes are bile.

The Mamsa dhatu or muscle is located primarily in all the muscles of the body, internally forming the organs and externally adhering to the bones. It holds all the tissues

together and co-ordinates bodily movements. The byproducts are muscle fat and skin layers, and the wastes are ear wax, nasal secretions and sebum.

The Medhas dhatu or fat is mainly located in the buttocks, visceral and abdominal walls, omentum, kidneys, supporting bones and other tissues. It lubricates, provides supportive cushioning for stability. Its byproducts are cartilage, ligaments, joints and nerves. The waste is sweat.

The Asti dhatu or bone is located in the extremities, waist, hips, thighs, pelvis, back, chest, head, etc. It supports and upholds our posture, providing confidence, strength and endurance. The byproduct is teeth and the waste are nails and body hair.

The Madja or grey matter is located in the marrow cavity of the long bones, small bones and flat bones, producing red blood cells, and in the nerve tissue. It is the power for healing and recovery, strength and immunity. The byproduct is head hair and the waste is unctuous substances in the eyes, skin and faeces.

The final tissue is Shukra or reproductive tissue. It is the purest of the tissues and is found in the sperm, testes, ovaries, penis, genital tracts and ovum. It also regulates the immune system as well as the physical, emotional and spiritual spheres. It has no byproducts or waste and produces ojas which is the pure refined essence or life force.

Any problem or malnutrition in one tissue effects all successive tissues which can result in disease if untreated.

See you next time!

Consultations and treatments are available on Thursdays at Birth and Beyond. Appointments can be made through the Apothecary on 6689-1529, or by calling John on 6689-1794 or Helen on 6689-1717.

Homeopathics etc

by Tarang Bates

The water is receding, stories abound. Tuntable had heaps of exposure with the dramatic nature of their story. There are a number of other communities and valleys around Nimbin, cut off for days whose stories weren't heard. It can be useful to contact the press in times like these, it helps to draw attention to your situation and assistance follows fairly quickly.

Heavy rain for days on end still evokes a few skipped heartbeats for me - it has been 20 years since we lost our home in a landslide. We were away and Nimbin was cut off by flood waters. The first we saw of our demolished house was the aerial footage from the helicopter television crew. There are so many homes around the valley precariously perched on, or beneath hillsides and the force of nature has a power beyond our control.

There is something cosy about being flooded in to your home - for a few days at least. The relaxation of being home with nowhere to go, chilling back with family and friends, shared meals, no school routine, flood adventures - long walks to check out the raging torrent, everyone getting wet and muddy together. Don't mention the leeches!

Maybe the flood was nature's way of stopping the rally! My first trip to Lismore once the road opened was early morning. Dodging potholes through stretches of dense fog, water still flowing from cracks and crevices. Hot on my tail - an impatient P plater, who passed in a blur.

As I rounded a corner in his wake I came across a pitiful sight - a little quail lying on the side of the road with its legs in the air, twitching in its final death throes, its little mate running frantically around

its body. I could only surmise the bird had been hit by the P plater who in his quest for speed, would be oblivious to all other creatures in his path.

There was nowhere for me to pull over and it was with a sense of sadness that I journeyed on. His speed would not come close to that which we can expect from the rally drivers planning to cut a path of destruction through our forests and bush. This is an ignorant and negligent proposal which is a typically human concept; we are supreme beings who can use and abuse our planet and all its creatures to satisfy our never ending desire for gratification.

HOMEOPATHICS FLU PROTECTION

ANAS B: This remedy is fantastic to have on hand for influenza. If you are not using this remedy as a prophylaxis and you are experiencing the first sign of flu...muscle weakness, sore throat, heavy head, chilliness it is highly recommended to help stop progression.

AAGE: A combination flu protection remedy, used as a prophylaxis, to stop progression or ease the severity and length of flu. It covers common symptoms of aching muscles and joints, fever, sore throat etc.

Contact Tarang for more info at
Nimbin Homeopathics
02 6689-1452 or
tarangbates@yahoo.com.au

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Autumn Colour

by David McMinn

One of the great joys in autumn is to see the slashes of brilliant colour around the Nimbin valley, when the leaves of various deciduous trees turn red, yellow and orange.

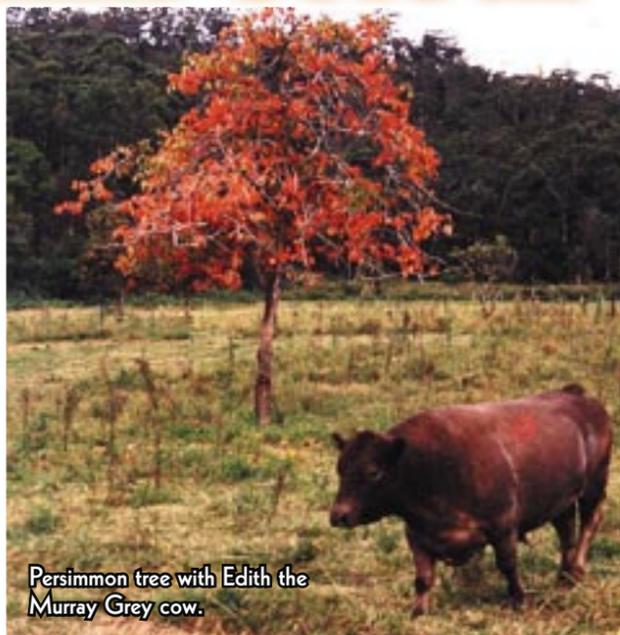
Despite being located in the sub tropics, Nimbin is still cool enough for many trees from the temperate zones to thrive and produce a wonderful display of autumn colour. In our region, such species grow best on frosty creek flats where they can receive maximum winter chill.

You have to be selective with your species, if you wish to achieve good autumn colouring. In temperate Victoria, pecan trees will turn a bright yellow in autumn, but in Nimbin all you get is a motley yellow-brown. We grow them for their nuts, as their leaf colour is disappointing.

However, the following species will give a reliable autumn display in most years. In seasons with strong winds, the leaves will be blown away before you have a chance to appreciate them.

Lipstick Maple

(*Acer hybrid*) is a cultivar especially selected for its brilliant red colour in May. It will be leafless for four months of the year and thus lets in lots of light during the winter months when you need it. In summer it provides welcomed dappled shade. It is a small tree and well suited to small gardens in warmer climates. They are quite pricey to buy (I purchased mine for \$25 in Melbourne) but well worth the money if you want autumn red. I will try and propagate some cuttings from our tree this year.



Persimmon tree with Edith the Murray Grey cow.

Sugar Maple (*Acer saccharum*). We have a specimen on our farm that turns a brilliant yellow in May - June. It was planted in a low frosty area for maximum winter cold. I am looking forward to tapping the tree for sugar maple syrup once it has grown into a large tree. Alas, this will take some time.

Persimmon (*Diospyros cultivars*) colour very well in our region, giving bright orange or red leaves depending on the variety. You also get yummy fruit that needs to be fully ripened before it can be eaten raw or used in cooking. My favourite varieties are those producing fruit very late in the season - you can end up with bare branches and bright orange fruit hanging on the tree in winter.

Liquidambar

(*Liquidambar styraciflua*) is a common autumn deciduous tree in our area. It has wonderful colour in autumn, while the grey-patterned branches look impressive in winter. Some people have planted the trees in an avenue along their driveway, giving a great visual impact in the

autumn months. Individual trees can vary considerably in their ability to colour well. If you wish to propagate from a superior clone, root cuttings taken in late winter are your best option.

Dawn Redwood

(*Metasequoia glyptostroboides*) and **Swamp Cypress** (*Taxodium distichum*) are among the few deciduous conifers. As its name implies, the latter grows very well in swampy sites, while Dawn Redwood is suited to deep moist soils that are free draining. Both species turn an attractive russet brown in June and are well worth growing for this effect. These species grow into big trees and thus are only suitable for large gardens and farms.

Nashi Pear

(*Pyrus cultivars*) can colour well in autumn, but the leaves do not stay on the tree very long. These trees produce fruit during the summer and early autumn months, although birds and fruit flies can be a problem.

These are just a few of the trees that will give good autumn colour in Nimbin gardens.

Enjoy!

Nimbin Hospital Services

- Community Aged Care Packages - Phone Helen or Gail on 6689-1288 Monday to Friday, 8am-4.30pm.
- Cannabis Clinic - every Tuesday, phone 1300-664-098.
- Early Childhood Nurse - every Tuesday,

phone 6620-7687 for appointments.

- Senior Citizens Group - every Wednesday 10am-2pm Old Hospital meeting room, phone 6689-1709.
- Drug and Alcohol Counsellor/Psychologist - every Thursday at Nimbin Hospital, phone 6620-7634 or mobile 0428-109-474.

Bowen and the Shoulders of the Mind

Twelfth in a series by Tonia Haynes

Bowen therapist and Pranic healer
Phone 6689-9284



Asalute to all whose feelings of material security were soundly smashed, in the recent weather.

Having one's home and environment, no matter how humble, crumble around one in a very short length of time, tests the courage, compassion and generosity of all concerned.

Hopefully you are all being showered, with these three fine attributes in your time of need.

The philosophy that stems from the science of Quantum Physics basically states that we get what we imagine. So imagine the best.

The secret of success lies in the persistence of the thought and believing it is true.

This takes practice for a humanity who has been lead to believe we are controlled by God, fate and our lack of deserving. But now is a perfect time to lift our game and take control of our thoughts, in order to receive a better future.

Considering it is a time of potential burden for many and not just because of the weather, it is a good opportunity to mention shoulders.

Louise Hay, the guru of the affirmations game, states that shoulders were meant for carrying joy, not burden. The associated affirmation is 'I am free to be joyous.'

Many of us may think that is a lie, but it is well proven that lies become truths, if told often enough. Such is the power of the mind.

So affirmations do work, if done properly with a concerted mental effort to make the affirmation part of ones belief system.

Louise Hay's book, 'You Can Heal Your Life', is worth a read. It may have been printed in the early eighties, but it still holds it's own with steady wisdom, in an era where the shops are full of 'change your life', literature.

Shoulder problems generally stem from physical

action, when we push ourselves beyond our limits to get a job done, be top in a sport, or be the best parent or grandparent in the world, by carrying the kids long after they can walk on their own, extremely capable, tiny feet.

They can also be created by carrying heavy shoulder bags and continually resting an arm on the window ledge of the car when driving.

Conversely, many moons ago I treated a woman, a body builder who was suffering from a persistent shoulder problem, along with a persistently, bad relationship.

Two weeks after she finally left the bloke for good, the shoulder problem disappeared.

Such is the power of the mind over the physical body.

There are around about twelve muscles involved in moving the arm and the shoulder. There are four major muscles involved in shoulder and arm rotation.

I won't mention their anatomical names here, because it may create a knot in your tongue that your teeth won't be able to unravel, or throw your dentures into a frenzy, but basically:

If one can't lift one's arm above the shoulder, either out to the side, or to the front, a major influence stems from a muscle that runs from the base of the neck to the tip of the shoulder, where the arm begins.

If one has difficulty putting one's arm up one's back, toward the shoulder blade, or across to the opposite side of the front of the body, a major influence is a muscle that crosses over the shoulder blade.

These problems may be rectified by gentle disciplinary action upon rebellious muscles, or by realigning disobedient spinal vertebrate.

And it is true, Bowen Therapy, spinal realignment, trigger point therapy and meridian rebalancing; along with stretching and strengthening exercises often do the job. But.

Unfortunately the two above mentioned muscles are inclined to tear, due to wear, or injury. And similar to any

fabric, a small tear turns into a large rent through repeated use, if the small tear is ignored.

For this reason it is a very good idea to have the shoulder scanned before beginning any therapy or exercise regime. Then if a tear is found it can be treated accordingly.

Tears under twenty millimetres usually do not require surgery.

Vibrational medicine, such as a Tens Machine assist in helping the tear repair itself.

Added to this, exercise, preferably gentle isometric exercise that does not stress the involved muscle into tearing further, can build up the muscles around the torn muscle, giving support while the tear knits itself back together.

If surgery is involved, the smaller the tear, the higher one can lift the arm when it is healed. It is a myth that all shoulder surgery stops one from lifting the arm above the shoulder afterward. It depends how large the injury was in the first place.

If this all sounds expensive and incudes the discipline of self involved repair, through daily exercises, it is a small price to pay for a shoulder that aches continually and has one screaming inside from the pain when one moves the wrong way.

Plus weeks or months off work, because one kept ignoring the problem, in order to keep cabbage on the table.

So the suggestion is. If you have a shoulder problem, see a doctor sooner than later and have a scan.

Hopefully, when it is found the problem does not involve a torn muscle. A few treatments of Bowen, associated therapies and some daily exercises usually clear the problem. The amount of treatment is related to how long the shoulder has been frozen or painful.

Till next time, happy mind tripping toward a great future.

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