

Nimbin acknowledges the passing of good friends

Agnes Walker: 21/4/1924 – 7/6/2009

Agnes Ellen Holder, also well known as Ag or Aggie was born on 21st April, 1924, the 4th child of Sarah & Tom Holder. They lived at Tallawudjah Creek, an area near Glenreagh.

Her parents went on to have another two children making six in all – her brother Charlie and sisters Daphne, Bessie and Mildred (Mac) and Joan who died when she was two.

Ag was educated at the tiny one teacher Tallawudjah Creek School and finished her schooling at Glenreagh Public. Times were tough – it was the depression years – no money.

When Agnes was 14 the family moved to Southgate, a farming community about 11 miles from Grafton. Here they were hand-milking 60 cows and reared pigs as well. When War World 2 arrived, Ag and her sisters and brother were called upon to assist other farmers with their crops.

When the war ended, her parents retired from farming and went to live in Grafton, and Agnes went to work at the hospital. Agnes' sister Bessie had a penfriend at Wyrallah called Maisie Webber, and through her, Agnes met her husband, Keith, and they were married in Grafton in November 1947.

Keith and Ag started their married life at Tunttable Falls, first farming then venturing into the milling industry, where Agnes became a first class mill hand. Walker Brothers Sawmill was started and continued for some 40 years with Keith's brother Barry.

Kerry arrived in 1949 and Ag's Dad who was an



ANZAC serviceman, died in the August of that year.

In 1957 Agnes and Keith moved to their new home at 46 Thorburn Street Nimbin, and Agnes turned her energies to tennis until Anne was born and the tennis career was put on hold.

Agnes became very involved in the community around her, and she trained debutantes, and gave swimming lessons and driving lessons to locals. Agnes taught a number of women and in particular Italian women in the area to drive.

She was also a taxi and bus driver during this time and also held executive positions with the Nimbin School of Arts, Nimbin A & I Society and was an active member of the Church of England.

About 1972, Ag and good friend Grace McClelland started "Gracellen", previously a haberdashery shop, but went on to sell a lot of goodies / essentials for the Aquarius times, and had the agency for the Bank of New South Wales. Mum loved the shop and was very welcoming to all.

Grace lost her husband, and after a time the shop was sold to a group. Agnes continued to work part-time for them, and when they were ready to sell, Agnes encouraged them to find a Chemist, and Ian and

Christine Stevenson came to town with their two young children.

In time Ian Stevenson was offered, and accepted a job with the WHO, so Agnes returned to work full-time and we bought the shop back in about 1988 to keep it going until another chemist was found.

It took about 18 months until Ian Gilmour came to town in about 1990. He first rented, then bought the shop, and Agnes continued to work part-time and continued her involvement in the Chemist shop until 1993.

On retirement, Keith went fishing and Agnes went bowling, and was excited and committed to being the President of the Nimbin Ladies Bowling Club.

Sadness struck on the 11th May 1997, when Ag had a massive stroke while watching the first State of Origin Game. It was a huge shock to Kerry, Anne and their families, and all her friends. The medical experts did not expect her to survive and Anne and Larry were married at the hospital, but Aggie always had the heart of a lion. She would prove them wrong.

Much thought was taken in admitting Aggie to St Josephs Nursing Home, which has been a wonderful supportive caring unit for Aggie for almost 12 years, for which we are forever grateful. Aggie still enjoyed a beer before dinner, and many outings and singalongs.

Ag and Keith instilled the values of tolerance to all, not only to Kerry and Anne, but also to their grandchildren Cindy, Justin, Michelle and Stella, and great-grandchildren Emily, Isabella and Ethan. Agnes encouraged endurance and perseverance no matter how difficult the task was. Her philosophy of life was: Get in and get the job done, no matter what - and have a lot of fun.

Agnes' funeral was held 11th June, and she was buried with her husband Keith, at Nimbin cemetery.

Anne Allen

Eddie Buivids: 24.11.1939 – 10.06.2009

Many in Nimbin and beyond are saddened by the recent passing of Eddie Buivids.

Eddie moved to Nimbin in 1974 when he purchased land and established a home at Lillian Rock with his former partner, Elsebeth Nielsen. Eddie, an unassuming man, had an influential part to play in the development of post-Aquarian Nimbin, and his caring nature was embodied in a passion for environmental protection and restoration.

His years in Nimbin saw Eddie and his family actively involved in many environmental struggles, including rainforest campaigns to save Terania Creek and the Nightcap the Franklin River protests, the fight against mining at Middle Head and the campaign to protect a disputed section of Washpool National Park from logging. Eddie and Elsebeth were both keen photographers and their works were widely disseminated to support campaigns to save old growth forests and rainforests.

Eddie also co-authored with Jeni Kendall 'Earth First: the struggle to save Australia's Rainforest', published by ABC Books in 1987. On their kitchen floor at Lillian Rock he, Elsebeth and other friends produced one of the first green newsletters in Australia, 'Green Alliance'.

In the 1970s Eddie played a central role in the formation of the Homebuilders Association and was involved in producing material to inform and educate laypeople on home construction. He was also not shy to challenge local councils and the Dept. of Planning when necessary, which was often. An architect by profession, Eddie contributed extensively to the development of plans and drawings for many houses and buildings that can be found around Nimbin today.

Legacies of his contribution to public life include the building now home to Choices Café, the Beer Garden at the Freemason's hotel, Youth Housing, Mulgum House, as social housing for the elderly, the Rainbow Power Company, the vision and plans for the western car park, the public toilets, the Steiner School at Lillian Rock, renovations to the Tomato Sauce building to permit accommodation of the Neighbourhood Centre, the Nimbin Recycling Centre and more. He played a major role in the architectural plans to restore and develop the Nimbin School of Arts into the vital arts facility it is today.

Eddie also designed and supervised the extensive additions and renovations that occurred to the Birth and Beyond building in the early 1980s. He voluntarily completed the works after the government funding ran out, and fought for the right to use round poles under the awnings.

In 1989 Eddie converted his Lillian Rock property into the multiple occupancy named Barjuma. In the early 1990s Eddie co-founded Nimbin Environment Centre and



served as President for a number of years. During this period he worked on significant local environmental campaigns including ending local tip burning, establishing Nimbin Wastebusters, (the forerunner to the Nimbin Recycling Centre and Waste Transfer Station), introduction of composting toilets, and a widely publicised campaign against the implementation of a centralised sewerage scheme for Nimbin village in favour of on-site systems.

For myself Eddie was a leader, a mentor and an elder whom I held in the highest regard and for whom I had the most enormous respect. He was a kind and gentle man who worked quietly and selflessly behind the scenes to bring about change. He was solid, thoughtful, open to different ideas and opinions and very considered in his approach to the social and political challenges of life. It was his encouragement and urging that resulted in my election to Council in 1991 and I along with many others were saddened when he left the Nimbin community around 15 years ago.

Eddie is survived by five daughters, Vivianne, Anita, Christine, Maia, Sofie, step-daughter Sara and his partner Margueritte.

For those of us who knew Eddie and were close to him, the world is a lonelier place without him and we will miss him despite the many enduring legacies he has left behind.

Diana Roberts

Jerry Grace

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Let's get real

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



The other week I was conversing with a man who expressed an idea that counselling is all about making a person into something he is not. It's about, as he saw it, trying to turn an idiosyncratic person into a "normal" human being; and who is to say what's normal?

What, indeed, is normal? Some say being normal is conforming to the ideals of a society; not violating social expectations and negative reactions. The Anglo-Australian, as opposed to Italo-Australian, or Indigenous Australian, tends to have social expectations for individuals that are quite strange to me. You don't show your emotions in public, you pretend you are not a sexual being, you cover up your creativity and intelligence, you show an uninvolved face to the world, and so on.

Trying to be what you're not conjures in my mind a circus act I saw a couple of years: a contortionist from the Cirque du Soleil practically turning herself inside out.

My hope for my clients is that they become aware of themselves, aware of their choices, aware of their own feelings, sensations, perceptions, beliefs, stories about the world and aware of their world around them. This means taking responsibility for themselves and not expecting others, including me, to take care of them. The therapeutic work is collaborative, done between equals.

People come to me because they want to change something, understandably. What can change in a person, though, is what is already there – paradoxically. We cannot become something we are not. The neglected parts of ourselves need to be acknowledged and those things that cause us shame recognized for how they make us avoid certain feelings, certain situations.

What counselling can do, as I see it, is increase a person's awareness of all that they are now and give them the capacity to live mindfully and creatively within their world as they are. This is counselling for the real.

Marie came to me because she said she wasn't able to be loving and generous towards her partner while he had affair upon affair. Her expectations for counselling were for me to make her into something that was outside the real. I told her I couldn't and wouldn't. My only interest, I said was to explore with those feelings and beliefs that had led her to her request.

During the next few sessions I learnt that Marie and her mother had witnessed her father having sex with another woman. Her mother put on a "brave" face and told her daughter to do the same. So they smiled. And now Marie tried to continue smiling, while interiorly raging. She thought there was something wrong with her, not being able to smile all the time.

What Marie needed to say, and eventually did, was "No! I won't agree to this." Saying no is one of the hardest things to say in our so called "normal" society, for it means going against the "everything's alright" attitude of social expectations. It meant, in her case, rejecting the happy marriage façade that Marie's family system considered normal. It meant being real in a very unreal situation.

Being real is being able to make choices, of being responsible for who you are and not to an ideal image. Being real is hugely more than acting out society's preferred version of a normal human being. Counselling, as I practice it, is bringing to awareness your easy ability to say no, or yes (each enhances the other) in a real way. It's about enabling you to be more aware of what you already are.

Visiting Permaculture teachers arrive from New Zealand



Special Guests Lisa Talbot and Robina McCurdy will be assisting the ERDA team present the Annual Permaculture Design Course at Djanbung Gardens on 28th June to 11th July, while Robyn Francis is away on a three month teaching tour in the US.

Lisa Talbot, Environmental educator and activist, who has been cooking and teaching at the leading Permaculture Centre in New Zealand 'Rainbow Valley Farm', is an inspired garden cook and enthusiast of all things Permaculture, especially Gaudian architecture and Natural Building. Over the past two years Lisa has taught permaculture in New Zealand, Australia and Vietnam, and developed the 'The Lawn Liberation' and 'Grow Your Groceries' courses.

For the last Friday of the course the team will be joined by Robina McCurdy on a return visit to Djanbung Gardens. Robina was here for the Permaculture convergence in 1997 and also in August 2000. For the past 25 years Robina has been engaged in community development, Permaculture design and tutoring, organic growing, the development of environmental education resources and the creation of participatory processes for decision-making and collective action for community building.

She has taught and applied these powerful community-building methods with households, neighbourhoods, schools, farms, ecovillages and bioregions, in Aotearoa/NZ, Australia, Southern Africa, Britain, Canada, USA and Brazil.

Robina McCurdy will be sharing her wealth of knowledge through these forthcoming events:



Robyn McCurdy tour details

"Community Glue" - Slideshow Presentation

Friday 3rd July: 7-9pm - \$10/\$7 concession. Venue: Birth & Beyond, Cullen Street, Nimbin (Cakes and hot drinks from 6.30pm)

What binds a community together to enable it to endure? This presentation responds to that question, depicting several eco-villages and intentional communities throughout the world, showing their similarities and differences, what draws their people together and what severs them apart. Robina also introduces some of the facilitation tools she applied in these communities, so residents would have the skills to build a strong foundation for a sustainable culture. She will be teaching some of these tools in her upcoming workshop, titled:

"Building Enduring Communities & Eco-Villages"

Saturday 4th July, 9am-4.30pm & Sunday 5th July 9am-4pm. One day: \$80 (\$55 conc), Two days: \$150 - \$100 income-based sliding scale. Venue: "Kaivalya Meru" Community, 3981 Kyogle Road, Lillian Rock

The workshop is appropriate for people who live on land-based communities, people working in community organizations, those seeking to find/begin a community, or for anyone generally interested in creating greater community in their life.

• Saturday's program covers Community Culture

Focus and includes:

Assessing assets and liabilities for effective planning, visionary tools for group alignment, income generation, conflict resolution and dissolving stagnation, cultivating healthy community culture whilst meeting personal needs.

• Sunday's program covers Community Land Focus and includes:

Finding the right land for your group, cultivating sacred relationship with land, including reading the landscape for appropriate land-use, movement towards self-reliance in food production.

Register at the slide-show Friday evening, or call us on 6689-7533 or 0428-539-232

Community Facilitator's Training Day

Monday 6th July: 9am-4.30pm \$120/\$80 income-based sliding scale. Venue: "Kaivalya Meru" Community, 3981 Kyogle Road, Lillian Rock

For those of you interested in learning how to teach the processes used during



Above: Founder of Earthcare Education Aotearoa NZ, Robina McCurdy.

Left: a Lisa Talbot Permaculture garden.

the weekend. Robina will share what stands behind the tools in her manual 'Grounding Vision: Empowering Culture'. You will learn and practise how to facilitate these methods with community groups. Participants interested in this day must attend the whole weekend, or have previously attended one of Robina's workshops.

"Community Food Self-Reliance"

Saturday 11th July, 1pm - 9.30pm (pot-luck dinner 6-7pm) & Sunday 12th July, 10am - 5pm, Costs: \$100-150 whole weekend \$45/\$55 for Sat afternoon, \$10/\$20 for Sat eve, \$55/75 for full Saturday, \$60/80 for Sunday.

Venue: The Heart Space, Santos Natural Food Store, Cnr Burringbar and Stuart Streets, Mullumbimby

You can be 100% food self-reliant at a bioregional and local level – imagine never having to wheel a supermarket trolley again!

For more information, go to www.localfood.net.au/ Robina, or phone Bacchi on 6607-9306.



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Public comment sought on Koala strategy

by Lorraine Vass

The Consultation Draft National Koala Conservation and Management Strategy 2009 -2014 which is being developed jointly by the Commonwealth, states and territories through the Natural Resource Management Ministerial Council, is presently on public exhibition. The foreword outlines the known threats to koala declines as extensive habitat clearing and fragmentation, hunting, disease, fire, drought, road deaths and predation by dogs, noting that "...only hunting has been effectively eliminated as a threat" (p.3). The timber-cutters, sportsmen, trappers and hunters who roamed the bush in the latter half of the nineteenth century became the first threat in recent times to the koala's world. Unfortunately for the koala this was a period of curiosity, prosperity and supreme self-confidence, engendered by colonial expansion. In the case of koala fur, curiosity grew into demand and by 1894 a reported 10,000 koala skins were being imported into London annually. Graziers and farmers quickly realized the economic value of the koalas on their land and an industry developed.

Although koala fur ranked in quality below mink and beaver it was the most desirable on offer from Australia and in high demand wherever fur was needed at home and abroad. The export market took off and the profitable skins were harvested almost everywhere the koala lived; to the point that by the turn of the

century the animal remained plentiful in few places outside Queensland.

During 1902, 600,000 koala pelts were recorded as purchased in NSW alone. Close to 60,000 skins passed through the Sydney market in 1908, wool-brokers handling the sale of fur from as far away as north Queensland. By 1924, more than 2 million pelts were estimated to have been exported from those states where koalas were known, often described as 'wombat'.

The worst episode in koala destruction occurred in Queensland. The government had enacted legislation which assisted the fur trapper and protected grazing and agricultural interests and over time three periods for 'hunting bears' were declared open seasons – June to October 1915, August to October 1917 and April to September 1919. During the latter, a million koalas were slaughtered for their skins.

Perhaps the return of the nation's soldiers from the Great War and the realization of its terrible toll was enough for the populous to empathise with the plight of the 'Native Bear'. Or, perhaps their number had become so depleted that it was realized that a bit of time was required to build them up again. Whatever the reason, Queensland's koalas were left alone for eight years.

Prompted by pressure from fur trappers and a severe drought that left many rural workers unemployed, the government proclaimed another open season from 1 August 1927. Whilst angry protest broke out across the country, nearly 600,000 koala

skins were collected, most of which were exported to the United States.

The cruelties associated with the 'open season' practice were barbaric. Many, many more animals died than were actually skinned. Indeed, thousands of animals were left to die miserable deaths. Concerned citizenry and the press finally shamed the nation and the Queensland government had no choice but to enact the legislation which put an end to killing koalas for their skins.

Today hunting koalas is against the law, but how much have our attitudes and behaviour really changed over the past 80 years? Then it was the koala's economic value which led to periodic legalized massacres. Now it's the economic value of the trees in which it lives, or the very land itself which we covet and use to satisfy our own needs. Despite a plethora of 'protective' legislation and regulation, koala habitat is being cleared both legally and illegally. Most of us have been known to drive too fast on roads which we know (even when they are sign-posted) traverse koala home-ranges, thus running the risk of impact. Even responsible dog-owners have been known to anguish over the death of a koala attacked by their personal pet.

I suggest that by and large there has been little fundamental change in our attitude to the koala. Most people don't even think about them until they are entertaining visitors or they see a doco or news item on TV...or they read NGT's Koala Kolumn.

The Consultation Draft National Koala Conservation and Management Strategy 2009 -2014 outlines the actions required over the next five years to conserve koalas and their habitat. Information gathered through the public comment period will be used to make further updates. More information and a copy of the draft can be found at www.environment.gov.au/biodiversity/publications/koala-strategy

Rescue Hotline: 6622-1233.

Enviro Centre looks to kick off again

by the NEC Committee

The Nimbin Environment Centre would like to send a big thank you to all the special people who responded to our article about the closure of the shop with pledges of financial support, or time and energy.

Thank you also for all the encouraging words! There is still time to make a pledge to the NEC to help us maintain our presence in the town. Just contact nimbinenviro@gmail.com

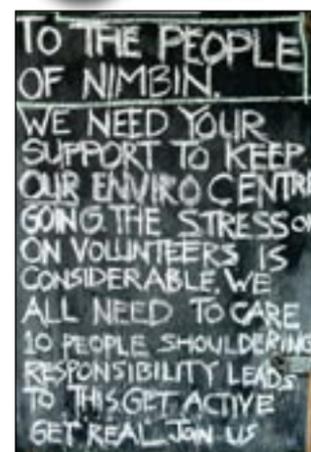
The NEC committee is thrilled that our idea is working, and that the community would like to continue to support the NEC.

The crew is currently looking ahead to the re-opening of the NEC shop on the 1st of August. Keep this date in mind, as we are planning on throwing a party and everyone is invited! Further details will be publicised soon.

NEC Membership Drive

One of the simplest ways of showing your support and helping the environment is by becoming a member of the Nimbin Environment Centre.

Membership helps you to keep informed of all local, national and global environmental issues, as well as the opportunity to get involved in the NEC.



Annual Membership Costs are: \$10 Single \$30 Family (up to four people) \$50 Super Family (5+ people) \$100 Business

Positions Vacant for NEC Shop Volunteers:

To kick the NEC off again we really need more people to get involved and commit some consistent energy to the NEC. Even a few hours a week would be a huge help!

The NEC is looking for enthusiastic people to join the NEC as Shop Volunteers. This is a rewarding role, where you will be working to build and maintain relationships with the local community and visitors to Nimbin by providing outstanding customer service

and current environmental information.

Your key responsibilities will include: working closely with shop coordinators; attending to administration and reception work; providing customer service; retail duties such as sales, cash handling, banking; being a representative of the NEC to all visitors; providing current environmental information.

You will have: passion for our earth and all life; the desire to educate on environmental issues; sound administration skills including PC & phone; experience working in a professional arena, the ability to work autonomously and as a team. Pay Package and Benefits: great Karma; a fun and rewarding work place; a hug from Mother Earth; clean water, fertile land, unpolluted air.

If you are interested in this position please note that you will be required to attend an NEC Shop Training and Info Session before you begin, on 23rd July 2009 4pm-7pm @ Birth and Beyond Dinner Provided. Please register so we know how many to cater for!

To register for the first session, phone 6689-1441 and leave your details, or email nimbinenviro@gmail.com.

Further Training Sessions will be scheduled for August.



A perfect sunny Saturday provided the ideal setting to a hugely successful Djanbung Gardens Open Day with numerous talks and demonstrations put on by the current students. The event was wonderfully well attended with over 100 people coming from as far away as North Queensland.

The open day offered a wide variety of useful workshops which catered to all ages and included a bushfood tour by local expert Peter Hardwick. An introduction to permaculture was followed by a

demonstration on chook tractors, there were even four sold. Later in the day a fantastic puppet show entertained the kids while the adults were treated to a citrus avocado face mask and other conscious home and health tips. Other talks on bees, no dig gardening and bioregionalism rounded out an interesting and informative day.

There was lots of positive feedback from the visitors and the students were proud of the smooth running of the day. Everyone is looking forward to next year.

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Paper Mulberry: An Environmental Threat

by David McMinn

In the mid 1980's, I purchased two attractive plants called Paper Mulberry (*Broussonetia papyrifera*) at the Channon Market. It was recommended in a permaculture article and I was into self-sufficiency at the time.

I liked the idea of being able to utilise the bark of the trees to make tapa cloth, as produced by the Polynesians. (Extremely stupid in hindsight.) The trees were planted on our property at Blue Knob.

Twenty years later, I had a major weed infestation to deal with, as Paper Mulberry seedlings started popping up everywhere. Not only do birds relish the fruit and disperse the seed widely, but it also has a profuse suckering habit – up to 10 metres from the main trunks – making this a very nasty weed.

Plant a tree and you'll have a suckering forest in 15 years. It may also be distributed by floodwaters, which flush the seed downstream to establish new groves kilometres away.



I thought that I had overcome the Paper Mulberry problem, after I had eliminated all the trees on our farm and some neighbouring properties. However, I recently noticed additional large plants growing on Suffolk Road. Some people even had trees sited near their houses, obviously unaware of the their potential as an invasive weed.

When the second generation of trees starts to produce seed, Paper Mulberry will spread rapidly. Once it becomes firmly established, it will be extremely difficult to control and impossible to eliminate.

People in the Blue Knob area are asked to be aware

of the Paper Mulberry threat and to get rid of any trees they may find on their property. This particularly applies to people living near Symonds Rd, Suffolk Rd, Salkeld Rd and Milgate Rd.

The tree may be identified by its:

- Highly variable large leaves. Some leaves are simple while others are deeply lobed (see photos).
- Attractive trunk with greyish banding.
- Profuse suckering habit.
- Winter deciduous habit.
- Milky white sap.

• Leaves that have a fuzzy texture on the surface.

For more information google: "Paper Mulberry" weed.

The tree is most obvious in June-July when the leaves turn yellow and fall to the ground. During the growing season, the adult tree is distinguished by its large leaves, making it stand out when sited amongst other vegetation. It is imperative that you get rid of Paper Mulberry quickly before it becomes a major environmental concern.

Small seedlings can be pulled from the ground when the soil is wet. Large mature trees may be killed by using Access herbicide (17 ml per litre of diesel). This is painted to encircle the base of the trunk, when the tree is actively growing. Alternatively, glyphosate (Roundup) can be used via various methods

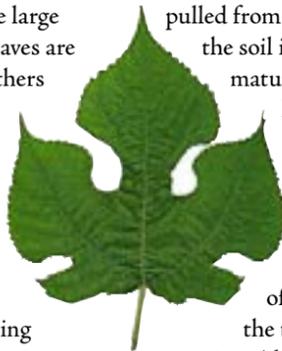
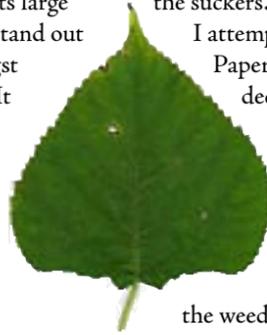
- cut stem, injection, hack and squirt, etc. In the USA, Garlon herbicide was recommended, but I have never tried this.

Small suckers may be killed by spot spraying with glyphosate. Repeat the application every six months until you finally get rid of all the suckers.

I attempted to have Paper Mulberry declared a noxious weed but the authorities were not interested. Apparently, the bureaucracy will only act once the weed has become a problem and by then it will be too late. (Only a good public servant could find this approach logical.)

Paper Mulberry can thrive in a wide range of climates and thus it could spread from Cairns to Victoria. Only a lack of adequate rainfall would limit its geographic distribution in eastern Australia.

Alas, this weed could present a serious environmental problem.



Reuse, Repair, Rent and Recycle for the Environment

Why not do your bit for the environment and commit yourself to saving our resources and instead of buying something new, purchase something second-hand, reused, repaired or recycled instead?

You'll save a whole lot of waste, as well as conserving energy and water and reducing greenhouse gas emissions too.

To help you find the reuse, repair and recycle business of your choice in your local area, the North East Waste Forum on behalf of north coast councils including Richmond Valley, Kyogle, Ballina, Byron, Clarence Valley and Tweed Shire, has developed a FREE on-line community directory of reuse businesses on the North Coast at www.reusedirectory.com.

The website lists more than 280 local and regional businesses, and provides a free listing for local businesses that are classified as a reuse, recycle, rental or repair business.

www.ReuseDirectory.com

PLANT OF THE MONTH: Acacia



by Richard Burer

Longer days after the winter solstice bring our iconic wattle trees into bloom, causing cream and yellow flowers to dot the landscape in a carpet of colour.

Our front cover photo is of *Acacia frimbriata* which grows naturally a little south from here. It is an excellent garden planting, grows fast and is a great tonic for bees searching out pollen.

A local wattle *Acacia melanoxydon* (pictured)

is a small to large tree of rainforest edges and sclerophyll plant communities. It grows fast and is an excellent plant to regenerate your forest areas and is a must in your rainforest plantings.

It is a good pioneer species and easy to grow. The honey-like timber makes excellent drums.

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

The new team of Nimbin Aquarius Landcare volunteers have been quietly working away at many exciting projects. The focus of landcare has moved away from the idea of a 'community garden' where individuals grow their own food in straight rows.

Instead, the Community Gardens is to be the site for a multipurpose community space that demonstrates a long term, sustainable, organic and regenerative approach to land care.

Current Projects at the gardens include:

- implementing a Water Management Strategy for the whole of the community garden site.
- building a native seedling nursery
- complementing final works on the garden's composting toilet
- finishing the outdoor kitchen space for community lunches



• planting organic gardens to grow food and herbs to benefit the community in targeted projects ie. Food for school lunches, food for Elders etc.

Nimbin Aquarius Landcare currently has two ongoing Native Regeneration Projects at Wirrega and Mulgum Creek. Volunteers are always needed for creek restoration work.

To get involved in local landcare come to the Community Gardens, 27 Cullen Street.

Committee Meetings are held the 1st Friday of each

month @ 10.30am. Working Bees are held every Friday from 11am. Craft Day at the Gardens – every Wednesday from 11am.

Nimbin Aquarius Landcare

does not use poison (such as RoundUp) in landcare projects, and is committed to being chemical free.

The Community Gardens is a certified organic garden.



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"I always wanted to run a fish shop"

Nimbin's Justin Smith is very forthright if you ask him why he has taken over the lease of the old Aquarius Bakery shop in Cullen Street.

"Mid-life crisis." But that's the short answer to what has been, and still is, an entrepreneurial odyssey for 40-year old Justin.

Justin has worked in the Hemp Embassy for a total of three years, was a Jungle Patrol street cleaner for two years, and, incidentally, was the official Plantem for the MardiGrass in 2008.

"I've always said Nimbin needs a good fish and chip shop," he said. "When I read in the *GoodTimes* that the lease was available, I took a deep breath and jumped at it."

Opening before MardiGrass this year, in a partnership that has since dissolved, the shop is providing casual employment for several local young people:

Damo, Hayley and Carla on weekdays, Tara and Kirra on Saturdays and Indy and Jacinta on Sundays.

"I'm trying to stay Australasian with the fish," said Justin, pointing to the barramundi, whiting, hake, hoki and mullet on the menu.

At present the fish is sourced frozen, but it can be fresh-cooked all day, with a 10-15 minute wait, or there's lots of choice in the inevitable bain-marie: "It's really good for tourists with limited time."

Justin is actively seeking to re-establish his supply of fresh fish with any fish co-op from the Tweed to Yamba, to add to his range of munchies.

So how's business? "There's been a very positive response from the community and from tourists," Justin said, "and it keeps getting better."

But why the name? "Why not?" he replied.

Ayurvedic Info

Welcome to winter! A time when everyone is more susceptible to mucous type ailments like chest and head colds, as kapha builds all winter.

At present, there are a variety of flu symptoms around which correspond to the different doshas, eg. Vata type which has headaches, sore ears, sore joints, sore throat, dry tissues, sticky mucous, dizziness with signs that fluctuate. The Kapha type has wet mucous – both nasally and in the chest, sneezing, worse for getting cold, a sense of heaviness, exhaustion, The pitta type involves the gut, with nausea and either vomiting or diarrhoea, and fevers.

So, what can be done to ease your passage through this time? The nature of kapha mucous is cold and sticky, so warming, drying foods and medicines help disperse it; cold food and drinks aggravate it. Spices and herbs such as black pepper, ginger, licorice, chili, turmeric, asafoetida, cinnamon, mustard seed and wild celery seed can be added to food and drunk as teas to warm the body internally, as can condiments like pickles and chili sauce. These all taste great and have the added benefit of eliminating toxins which are the main cause of illness. Vata illnesses need moisture and warming so soups, hot drinks, garlic butter, lemon drinks are ideal. Pitta illnesses need cooling so rice water, pomegranate, coriander, mint are all cooling in nature even when served warm.

Digestion in winter is stronger than in hot weather because the digestive fire is more centralized, therefore your stomach can cope with heavier meals. Foods like barley, corn, oats, millet, lentils and chickpeas are good additions to the diet to prevent an excess of mucous. Raw honey can be eaten, but should never be heated as this forms a toffee-like tar that coats the stomach and prevents proper absorption. Foods to avoid in excess are sweet, cold, oily or fatty foods

as they can make you feel sluggish and increase the formation of mucous. Wear bright warm colours like red and orange, and keep your head and neck warm.

Avoid naps during the day because this tends to allow mucous to increase and slows the metabolism. Tonics like chywanaprash, a medicinal chutney which contains all the vitamins and minerals, are great to build the immune system. There are specific cleanses like kunjula for mucous build up, that can be taught and done at home.

(Please remember that these guidelines are general and some ailments require a full assessment.)

Treatment of the Month

Nasya is a simple and effective treatment for blocked sinuses and associated problems like migraine, hay fever, snoring, sleep apnea and post nasal drip. First, we massage the face with warm oil, paying particular attention to the sinuses. Then we steam your face until a gentle sweat occurs and the sinuses are opened more fully. This can be done with just boiling water or with the addition of appropriate herbs. To finish, you inhale a special oil made up of over 50 different herbs called anu oil. This clears the sinuses, repairs scar tissue with the nose and increases moisture and warming so prana to the brain. We then charge our hands and apply heat to specific spots on the body. The whole process takes about 20 minutes.

Remedy of the Month

Talispaladi is a combination of powdered herbs and spices that are dissolved on the tongue to treat cough, colds, bronchitis, hoarse voice, sinus problems and improves appetite by breaking up mucous. Sweet and pungent, it settles a cough quickly and allows prana to enter the body more efficiently. It can be taken by itself or with honey. Suitable for all ages and all doshas, it can be safely taken in pregnancy.

For further information, contact John on 6689-1794 or Helen on 6689-1717.

Homeopathics etc

by Tarang Bates



Walking down the street in Nimbin recently I happened upon a sign outside of the Real Estate, proudly pronouncing - that 6 million dollars worth of property had been sold in the past 6 months.

My reaction was one of embarrassment and sadness, to see that the cost of housing in Nimbin has reached such exorbitant levels, and that this was being advertised proudly for all to see.

Certainly a majority of us living here now would not be, had the market been so overinflated when we first arrived. We were offered land and housing at affordable rates, we did not have to take out huge mortgages, which in turn allowed us to spend more time nurturing our families and communities.

One thing leads to another, someone wants to make as much money as possible, without considering the consequences for those to follow.....and before you know it....people become more and more stressed, trying to find enough money to simply keep their families warm and sheltered.

Homes and land turn into property and investments, rather than places of nurturing and sharing.

It's a bit like the mouse plague... you can take the time to set mouse traps every day and put the effort into dealing with the situation, or you can take the easy way out (for yourself only) without any thoughts for the consequences, lay down poisonous bait, which in turn kills the wildlife feeding on the dead mice.... and on it goes. I know this might seem like a strange analogy but both these instances have far reaching, negative consequences, on our lives and the spirit of place.

There are many empty shops in the arcades and streets of Lismore, which tend to give the place

a feeling of desolation. There are shopkeepers paying such high rents, that the desperation to sell something when you glance in the door is palpable. Some wise and ethical person has sensed that a rich quality of place is far more preferable to high rents - having many positive, far reaching consequences for both the owners, shop keepers and customers. This has brought about a transformation in Star Court...which is becoming vibrant, colorful and interesting. The shopkeepers can afford to be relaxed and quirky, their goods affordable – all as a consequence of lower rents.

Let's jump off the merry-go-round.....how did we get here in the first place; I thought we were having fun on the dodgem-cars! Keep Nimbin vibrant, colorful and quirky; don't forego what we have for monetary gain.

HOMEOPATHICS:

BARYTA CARB: Is useful for extremely shy people with a fear of others. Prone to immature behavior, they may lack concentration and suffer from forgetfulness, swollen tonsils, lymph glands, cysts and warts. Cold food and being left alone generally helps. Hot food, excitement and the presence of strangers makes things worse.

SILICEA: Is useful for people who are lively and friendly, suffer from smelly feet, spots and pimples.

Homeopathic remedies available from Nimbin Homeopathics 0266891452 tarangbates@yahoo.com.au

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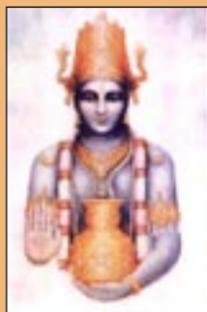
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Family Centre welcomes new worker

The Nimbin Family Centre has a new Child and Family Community Worker. Gail Warid brings a wealth of experience in working with children to this role.

Gail will continue to build on the work of previous workers at the Centre and welcomes all families in the Nimbin area to visit the Centre for information or to join in the activities provided by the Centre.

Nimbin Family Centre is open Monday, Tuesday and Friday between 9.30am and 3.30pm. The Centre runs two supported playgroups. The Toddlers Playgroup for children over eighteen months is held on Tuesday mornings. A Babies group for the under 18-month olds is on Friday mornings. Both Playgroups run from 10am to 12.30pm. All families with children in these age groups are welcome to attend.

Guest speakers with information about



Resources (Left to right): Ayla Hambly-Hudd, Gail Warid, Nimbin Family Day Care worker, Maureen Saye, Nimbin Early Childhood nurse, parent Vicky Johnson and son Darius.

children's development, parenting, health and family relationships frequently visit the Playgroups. The Centre also hosts a number of other events throughout the year, such as the recent Biggest Morning Tea, lantern making workshops for the Lantern Parade and International Children's Day.

The Centre has a Toy Library and a range of parenting resources. Families are welcome to drop into the Centre to borrow resources

or to seek information and support around parenting and child development.

Parenting programs are also provided by the Centre. The next program will be starting in August. Anyone interested in registering for this program or wanting information about any of the other services provided by the Nimbin Family Centre are welcome to phone Gail on 6689-0423 or Helen at Family Support Network in Lismore on 6621-2489.

Bowen and the Mature Age Youngster



Thirteenth in a series by Tonia Haynes

Bowen therapist and Pranic healer
Phone 6689-9284

Hi all. Just back from Victoria and hardly felt the arthritic aches and pains at all.

Don't know whether to blame the dry climate, or praise the passive solar house I was staying in, for allowing me five days free of discomfort.

Well-designed passive solar houses are wonderful, so cosy and warm in winter and cool and airy in summer. We all deserve one.

Returned to rain and damp on Monday last, which sent the limbs, back and neck scurrying toward potential disarray, but I am very lucky in being able to perform a basic Bowen Treatment on myself, which does wonders in keeping me relatively pain-free, most of the time.

Also, there are times when I actually pay other Bowen Therapists to do a more involved treatment, plus work on areas which I cannot reach, even with the assistance of a door jamb and wooden spoon.

I felt proud and slightly amazed by the recent success of a client, who at age 82 has just returned from a three month, self-driven tour of Victoria, New South Wales and Tasmania.

Three years ago when I first attended her, she was on eight pain killers per day, for her back and limbs. The pain killers were happily doled out by her doctor, whose advice was, 'get used to it.'

She is a busy woman; a secretary for a View Club, amongst other things, but the pain stopped her from gardening and exercising and she needed to keep driving to a minimum.

Three Bowen Treatments later, she told the doctor to put his pain killers in a dark place and these days she is almost pain-free, as long as she does not bend over in the garden, for an extended amount of time.

She now belongs to the gym at her resident village and does gentle exercise three times a week. She still comes every six weeks for a check up and usually there is some little imbalance to be corrected, which if left, might easily become problematic.

But at her wonderful age, when others may be gearing down to stop, she is going for it and eternally grateful that these days, her body can keep up with life.

Bowen Therapy, because it hydrates tissue, relaxes muscles and pumps nerve and blood flow throughout the spine and skeletal system, is wonderful for older bodies; mainly because it does the job without being invasive.

Conversely, massage as it relaxes muscles, stimulates lactic acid to move from the tight muscles back into the blood stream for potential elimination. Wonderful for younger bodies, but it can be a very painful affair, either during the treatment, or next day, for an older body which may be quite acidic.

Osteopathic and chiropractic treatment can also be too much for a body whose bones ain't what they used to be.

An important thing to remember as our bodies grow older is the amount of acidic food and liquids we consume. Too much acid in a body gives potential for illness and pain. Arthritic conditions are stimulated and exacerbated by acidic foods and liquids..

The ideal diet is 80% alkaline. ie fruit, vegetables and water, 20% acidic. ie meat, grains and dairy.

Unfortunately our Western type diet usually dictates the opposite. Hence obesity issues, aches and pains and other uncomfortable illnesses.

There are many books written about the correct way to eat for good health and I have a simple chart to give away, at the clinic in Nimbin, which lists alkaline and acid foods.

Stress also creates an acidic condition in the body, creating physical imbalances and associated physical pain. So correct breathing through one's nose and relaxation techniques, both which encourage the release of chemicals that relax the body and mind, are valuable tools for us older and hopefully, wiser folks.

It was mentioned to me recently by an educated friend that perhaps a blessing of love light and laughter at the end of my column puts me out there with the New Age airheads, instead of depicting me as a scientifically-trained practitioner.

Personally, I feel we need all the love light and laughter we can get and some of those airheads are fantastic healers, but to show I am at least educated enough to read a dictionary, I give you the same blessing in Latin.

Amo, lumina, risus to you.

Nimbin Clinic and Home:
02 6689-9284 Mobile (limited range): 0439-794-420
Clinic Hours: Tuesday and Saturday 9am to 7pm

Cook's corner

Recipe of the Month

by Carolyne



Rainbow Trout With Fruit and Herb Filling

My Recipe for the Rainbow Region

Ingredients

| | |
|----------------------|-----------------------|
| 4 rainbow trout | ¼ tsp pepper |
| 1 green apple | ½ cup olive oil |
| 1 lady finger banana | ½ cup butter |
| 1 medium tomato | 1 tsp sea salt flakes |
| ½ orange, juiced | 12 slices lemon |
| 1 mint leaf | extra salt and ground |
| 1 cup plain flour | pepper to taste |
| ¼ tsp salt | sprig of parsley |

Method

Peel and core apple, peel the banana, put the tomato into boiling water for about one to two minutes, peel and de-seed it. Dice apple and tomato, slice banana, chop mint leaf very finely, place all the above ingredients in a glass bowl and pour orange juice on and leave to marinate while you prepare the fish.

Take out the eyes, wash and pat dry with a paper towel. Slash each trout about 5mm

deep to make about 10 cuts on each side.

Mix the flour and first of the salt and pepper together, roll each trout in the flour, scoop some of the marinade and place into the cavity, don't overfill as it will ooze out during cooking.

Melt the olive oil and butter together in a large heavy baking dish, preferably one that will take all four trout at once, cook on a medium sizzle one side four minutes, turn the trout over, sprinkle with the sea salt and medium sizzle the other side about four minutes more. Check the trout is cooked through.

Pop the lemon slices into the pan and season with a little salt and ground pepper if necessary. Arrange the trout on a bed of mashed potato and green beans. Put three slices of lemon on each trout, a sprig of parsley in the eye socket, and spoon over some of the sauce the trout was cooked in.

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