

# Honduran President returns to challenge coup regime

by Warwick Fry

Community Radio 2Nim-FM's coverage of the Honduras coup has been recognised by the Honduran President, 'Mel Zelaya'.

'Mel' was smuggled back into Honduras three months after the coup when he was flown out of Honduras at gunpoint (still in his pyjamas) on a military flight to Costa Rica.

Encouraged by massive demonstrations of unprecedented popular support sustained over three months, he made a 16 hour pilgrimage through back roads mountains and rivers, avoiding police road blocks, and (according to some reports) hiding in the boot of vehicles to turn up at the Brazilian Embassy to make phone-outs and appear on talkback programs on the Resistance radio stations, rallying the support of the millions of supporters who have been turning out over 95 days, demanding his reinstatement as President.

The coup regime responded savagely – a crowd of 5000 supporters who gathered at the Embassy was ruthlessly dispersed. In the first day there were two deaths, by the end of the week, sixteen. Families in houses near the Embassy were ruthlessly and brutally evicted. Sonic 'cannons' were set up to inundate the Embassy with high decibel, high frequency irritating sounds. Tear gas was fired into the Embassy grounds, water and electricity was cut off. (Although a few days later food, petrol and a generator was permitted to enter, under international diplomatic pressures).

Attempts were (and are still) being made to jam the communications from the Embassy. As supporters of 'Mel' Zelaya rallied yet again around the country, suspension of all Constitutional rights



Photos courtesy 'Rights Action'

was enforced, enabling the coup regime to finally invade and shut down the remaining independent radio station (Radio Globo Honduras) and the last remaining TV channel.

Community Radio 2Nim-FM has had access to independent observers and journalists inside the besieged Embassy and has been running interviews and live updates for the last month. Brazilian technicians have been able to counter the jamming of mobile phones, and 2Nim-FM has broadcast and podcast (on <http://nimbinradiomedia.libsyn.com> and <http://vensol.blogspot.com>) three phone interviews from inside the Brazilian Embassy where the President is 'holed up'.

In the most recent interview 2Nim-FM asked, "How are the President and his wife bearing up to the pressures of three rings of hooded military outside the Embassy?" Andrew Carteris, journalist for 'Democracy Now' responded: "Very well – we celebrated the birth of a grandchild to Zelaya... so we are in very high spirits – he is sitting beside me right now ... do you want me to put him on the phone?"

The line dropped out for

a moment, but 2Nim-FM did get a gruff 'Saludos de Honduras' ("Greetings from Honduras") from President Zelaya.

The situation is difficult, and indeed painful for Hondurans. We have testimonies from women who have been raped with police batons, savage beatings, thousands in illegal detention in contravention of international human rights, and over 16 deaths, either from beatings or police bullets.

The international community has been agonisingly slow to act on these travesties. Because the US prevaricates, the rest of the world is slow and reluctant to act decisively. Spokespersons who are on the ground are touchingly appreciative to anyone who gets their story out, because Honduras is, to put it simply, 'spiked' on the mainstream newsdesks.

Andres and others say that there is a 'light at the end of the tunnel'. Elements within the military and business community that originally backed the coup are putting pressure on the Micheletti de facto government to be less intransigent and negotiate.

But for the people of Honduras it goes far further than reinstating Zelaya. They are now demanding the Constitutional reforms to stop this from ever happening again.

The popular repudiation of the coup regime has gone far beyond the reinstatement of President Zelaya.

Elections scheduled for 29th November will be boycotted by the Resistance Front (that includes over half the voting population) if a vote to allow Constitutional Reform is not included in the ballot.

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## Software Freedom Day in Nimbin

by Jay Stephens

In what may possibly be the most nauseating viral ad of all time, Microsoft spent September urging people to stage "impromptu, spontaneous parties" to celebrate the arrival of their latest cash-cow, Windows 7 (<http://tr.im/Aj2f>).

Meanwhile in Nimbin, and hundreds of other towns around the world, people were staging their own parties of a different sort. Software Freedom Day 2009 saw the spirit of Free (Libre) Open Source Software (FLOSS) take over the youth club hall. The room crowded with friendly people running all sorts of operating systems (both real and virtual) on all sorts of hardware (both shop bought and home-assembled).

Those with hardware and software on show spent the day swapping ideas and sharing their enthusiasm with those who came in wanting to know more.

Many did come in – some left with free software or Ubuntu disks, but all left with a renewed enthusiasm to get FLOSS running at home or in their place of



work. Also in attendance were the very (very) young – they liked the toys and the machines, but most of all they liked the infrared pen set up to be dragged around the wall, virtual (projected) red snakes following its every move, and the animated movies made entirely with FLOSS software.

There was also abundant (deliciously cooked) nerd-food to keep the ideas flowing, and of course (open sauce) recipes for the food!

Many, many thanks to Community Connections for the use of the hall, [www.magedata.net](http://www.magedata.net) for setting up the wireless networks, all those who provided time, energy or hardware, and

of course all who passed through and helped make it a great day.

With the Windows monopoly getting stronger all the time, the Minister for Broadband, Communications and the Digital Economy, Senator Stephen Conroy's clean feed proposals imminent, and EFA reporting that the latest draft of the amendments to the Telecoms Act (1979) "opens the bulk of network communications to potential interception and continuing surveillance" (<http://tr.im/Aj7C>) we will have to keep partying hard to hold the line against internet censorship, snooping, and closed standards online.

## Special Education makes the difference

by Michael Christie

outgrow this, unless there is learning support from a Special Educator.

My experience shows that a learning problem need not handicap a young person. It is the story of a tenacious youngster who had parents who were doggedly persistent.

These days the NSW Department of Education has pioneered Centres of Special Learning Needs in Public Schools, but these school-based centres did not always exist.

My parents were Catholic and in the early 1960s I was sent to a school run by the Presentation Sisters in the southern NSW town of Berrigan. I was three years behind in my schooling due to illnesses and an accident. Missing a third year of schooling created great concern for my parents, so they decided to find a person who could help me catch up.

I headed to Sydney where they had found a teacher who ran what we would call today a Special Education Centre. With this teacher I was able to catch up at least one year of my education in three months. They also identified that I had a learning issue called dyslexia.

Dyslexia affects at least 20% of the population and is a hereditary condition that if it is in your family you have 50% chance of having. Dyslexia is caused by the neural pathways in the brain to not fully forming properly as a young child. It can have a big impact on your writing and reading.

A child with a learning issue around reading and writing has less than 10% chance to

So, after this intensive Special Education intervention in Sydney, I headed back to Presentation Sisters of Berrigan, where I had to overcome a number of barriers. First, the Principal decided that I should be kept back three years in my education. The classroom I was in at the school at Berrigan had a mixed class of two years and I was in the lower year, so to overcome that problem, when the teacher asked a question to the year ahead of me I would the first to answer. I did this so often it annoyed the teacher and I was moved up a year.

In the following year and in a new classroom, I had the Superior as my teacher, and she gave spelling tests. For my continual spelling mistakes, I was repeatedly given physical punishment by this woman, and as a small child I identified a great injustice in the continued physical violence inflicted on me by this adult, who knew I had dyslexia.

To prove this woman wrong about me, I have pursued a life of learning by finishing high school and undertaking four degrees including a PhD and becoming a professor. I continue my lifelong passion to learn, and am currently doing a TAFE Advanced Diploma in Renewable Energy.

So these days I have great hopes that no child has to go through what that I experienced at School – the lack of acceptance of learning issues and the poor educational support for children with special needs.

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# The ordinary moment

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

A few years ago a friend and I were experimenting with the Osho Zen Tarot card pack. We spread them out face down on the floor. He asked me to pick up a card, any card.

I leaned down and selected one that "felt" good, turned it over and found it was the card depicting a man walking through the countryside with the caption "ordinariness".



I put it back face down. My friend asked me to shuffle the cards and then select

another. I found the next card, turned it over and it was "ordinariness". I put it back face down, shuffled the cards, selected another, and it was "ordinariness". I put it back face down, shuffled the cards and selected a card and it was "ordinariness". Accepting this as 'ordinariness' is extraordinary!

Here in this rather magical event is a profound truth, at least for me. The ordinary is replete with a multiplicity of possibility and a place where any kind of meaning making can take place.

Things happened this past month, in this ordinary-extraordinary dimension, that changed the course of history for me and my partner. We were riding through the mountains on my partner's motorbike when we had an encounter with a wallaby crossing the road. Instead of hopping off on seeing us coming, he hopped into the front wheel of the bike. My partner took the brunt of the bike's weight and transferred energy to his left knee, which dislocated, and the tibia crushed up into the knee itself. The wallaby hopped away, though probably injured. I slid off the bike as if in slow motion, landed totally uninjured, got up and went to assist my partner. Two operations later and he is on the mend. He will, though, be unable to drive a car for several months,



and driving is his job.

For other people, in recent times around the Nimbin district, accidents have had a more devastating effect. Children have lost their mothers/their fathers. The ordinariness of death became extraordinary, in this juncture between that moment and the next. One minute someone has been doing something they have done many times before; next their ordinary activity has met death and their families face a confusion of meanings. Why? What for?

It is one thing to get old and die – that makes sense. Both my parents died a few years apart and both died, effectively, of old age. This is not to say their death did not stir up my feelings, but there was also a sense of the rightness of the universe. My brother and I celebrated their lives by painting each of our parents' coffins and in gatherings of people who loved them. That was our focus. There was no religious ceremony, just the spiritual celebration of life, love, and mystery.

Accidents happen in the ordinary space, where anything is possible. It is knowing that anything is possible, here and now, that enriches our experience of the ordinary, that makes this moment extraordinary. In times of emotional darkness, attending to the ordinary can bring extraordinary peace; in the sweeping of floors, washing of dishes, making of lunches – here is space for contemplation, for simply being and delighting in being, for remembering and celebrating extraordinary life and lives. It is here, now, where community matters, in giving love and support and for simply being there for one another.

This is an extraordinary space, this place for the ordinary.

**Dr Elizabeth McCardell, M. Counselling, PhD**

## Counsellor/Psychotherapist

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# Inaugural Nimbin Dreaming Festival

The Nimbin Aboriginal Community are holding a weekend gathering with cultural workshops for youth in Nimbin on 30th and 31st October and 1st November. There will also be activities for Elders and for children.

This is the first Nimbin Dreaming Festival and will be held at the Nimbin Showgrounds. We are hoping that it will become an annual event, bringing together

Aboriginal youth living in the Bundjalung region and interested non-Aboriginal youth and others, to share in cultural learning and activities and spend time together.

Youth and their families from Tweed to Yamba and inland to Muli are being invited.

The idea has come from yarnning over the past year with Aboriginal youth in the Nimbin community about

their need to celebrate and share their culture to have a sense of wellbeing. This year the event will be used to gather feedback about how the event should develop. We're running it on a shoestring budget and we're hoping for a lot of community goodwill and support.

Entry for individuals is \$20 including camping and Friday and Saturday night shared meal and \$30 for a family



including camping (plus \$5 per person to share in a meal on Friday and Saturday night).

# The Dawning of the Age of Sovereignty

by Binnah Pownall

The government and the people are at loggerheads. Business holds the agenda. Government holds the façade of authority as they attempt to treat us more like mushrooms, kept in the dark and fed shit.

It is frustrating to watch those with the responsibility fiddle - while emissions remain the same, as more scientists warn us to act... yesterday!

We are at a point now where we are challenged to grab the bull by the horns, the bit between our teeth and...stand up for our rights – however you'd like to term it, we need to take control of our lives again.

Point being that; as has been stated in the 'alternative' literature over many years, it is 'empowerment time'.

The big picture story is: that our free will 'experiment' in unconditional love here in the third dimension on planet Earth has been 'interfered with' and right now, things have been patched up enough to pave the way for us to remember how powerful we actually are, why we came here as a race in the first place, and where we are actually meant to be getting to in this life (...and it ain't accumulating perceived material wealth).

Accepting this story into our reality takes us out of our previous mindset of slave/worker mentality to actually thinking for ourselves and realizing our individual power that we have.

We are slowly waking up to the realization that we have the power to change our reality at will – it is as simple as switching a channel on the television, and the channel to switch to is; the Sovereignty channel. This IS the era of empowerment - and another word for empowerment is Sovereignty.

Traditional Christian ethos gave away responsibility and put it in the hands of Avatars – Jesus Christ – to look after life, and to be guided through trials and tribulations. In 'new-age-speak', this changed to putting the responsibility of care into the hands of one's 'Higher Self'. This is a huge shift of the power from outside influence... to something from within!

A quantum leap really, when considering the implications. – it was the first step towards re-realising Sovereignty.

To be empowered, autonomous or sovereign, there are other adjustments that need to be made to the character. It is not supposed or proposed here that in this empowered state, we strut around in our ego. As has been taught in ancient initiation ceremonies for eons, we need to mature into beings that act from, and are motivated by our spiritual understandings and a 'higher force' – rather than doing it for shallow and hollow self-gratification. Go to Byron and see what havoc a spiritually empowered ego can do.

This is a major underlying fault in western evolution: that there is not a point registered in our upbringing where we acknowledge moving from children into mature responsible and sovereign adults.

Initiation encourages self-respect, humility and taking responsibility for our own actions. No more blaming others for what happens – whatever it may be.

We govern ourselves via 'right-action' as guided from our spirit, through our ancestors from above...

Being sovereign means that, as an individual, we take



responsibility for whatever we do in all or actions and interactions – be they good, bad or ugly. Once our personal individual acts have been 'cleaned up' and blockages of the past have been dealt with, it is hoped that there is not too much of the 'bad and ugly' left. This is so our energy-beings are able to 'be' consciously 'here' – in the present moment without distractions and baggage. Only then can we truly do the work we have been sent to do.

Once we learn to accept that there is a much bigger story going on underneath everything – on this apparent third dimension – it is only then that we start to feel Sovereign. Besides, it makes sense to become a Sovereign Entity in today's political, economical and spiritual climate. To be sovereign is to self govern. All other outside influences and institutions appear corrupted. Essentially, to get what it is to be Sovereign, one must truly understand what 'authority' is, and what it is to come from an authoritative position.

Who gave our so-called 'authority' their power, but us.

The government may claim their authority comes from 'God' via the Archbishop, then through the Queen and down into the courts. The truth is that we have that same God-given right to claim that authority back for ourselves any time we like...!

Our present system of government is anti-sovereign, because the more we tie into government, the more responsibility we give 'them' for our destiny, the more they get involved with our lives and the more we lose contact with the decision-making process.

The circumstances we are experiencing have come about from not being individually involved enough, on a daily level, in the process of public events.

People constantly have their heads in screens and other techno distractions.

When a person thinks in Sovereignty, they take more responsibility for what goes on, in and around their own environment. The more autonomous a local community is, the more empowered it is, demonstrated by choosing to keep local food local. Health and education can be handled better locally. Locals looking after themselves...now that's a Sovereign set-up!

On a more foundational level, the original tribes of what is now known as Australia were - and still are Sovereign. That is the Git(h)abul Baigal in this local country.

If we Treaty in with our local mob, and then form our own Government of Elders - supported by Men's and Women's Business - only then can we run our own affairs properly.

Please consider this idea as a future reality (from the past) that has worked for Our First People, since time immemorial – bit longer than our rickety 200 year old job...don't you think? Declare Sovereignty Now!

Weblinks: Azuritepress.com  
Youtube/markmcmurtrie

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# Koala Kolumn

by Lorraine Vass

This month's Kolumn has got caught up in preparing for Friends of the Koala's Annual General Meeting on 15th October. Yes, rescuing and rehabilitating koalas back to health (and other wildlife) requires licensing by government, which requires incorporation, which means having a management committee and constitution, which means ... I'm sure you get the picture.

Friends of the Koala's mission is conserving koalas, particularly in the Northern Rivers Region of New South Wales, in recognition of the contribution the species makes to Australia's biodiversity.

Our membership is now tipping 370, of whom approximately 120 are active volunteers. Whilst the critical mass of those volunteers lives in the greater Lismore area, we have active members spread over the other local government areas we service. These are Tweed, Kyogle, Byron, Ballina and Richmond Valley.

Supporting members come from much further afield, and include 20 or so from overseas.

I quite enjoy putting together the Annual Report because it brings home the breadth of the group's activities and how much has been achieved through the year. It's too easy to get caught up in the tribulations of day to day operations, which at this time of the year, are considerable



FOK plant stall at this year's Big Scrub festival.



(Friends of the Koala has 31 koalas in care as I write).

During 2008/9 we had 648 koalas reported to us. Of these, 303 were brought in to care. The reports came from Ballina (26), Byron (101), Kyogle (41), Lismore (386), Richmond Valley (27), Tweed (36) and Other (31).

These days hands-on work with the animals is the primary interest of the majority of active members. Some readers though will be aware of the plant nursery and our koala food tree distribution program. A number of landowners in the Nimbin area are already planting trees and we would like more. During 2008-9 we grew and distributed over 4,700 koala food tree seedlings propagated from local seed.. Friends of the Koala's Trees Officer is available to pay site visits and to provide advice on planting if required.

Whilst we still don't get many koala calls from the Nimbin area, we learn anecdotally that more koalas are being seen and heard so perhaps the tree-planting is starting to pay off or people may be a bit more aware than they once were of the koalas they live amongst.

As well as our animal welfare and habitat enhancement work Friends

of the Koala is also active in advocacy and policy reform, writing some 30 submissions to all levels of government during 2008-9. Most were responding to policy review, a couple provided information for government reporting and the rest were objections to development applications impacting on koalas.

We also participated in research projects and community awareness activities in which we include our media work. Finally, we managed to raise \$84,000 to keep us afloat. Friends of the Koala is an entirely voluntary organisation which receives no recurrent government funding. Every cent that comes our way results from our own effort, whether it is membership subscriptions, applying for government grants, running raffles and other fundraising activities, attracting corporate sponsorships, soliciting donations, selling merchandise and plants or marketing our support-a-koala program.

As well as donating their time, knowledge and expertise, many of our volunteers absorb costs associated with the work they give including telephone, fuel, home-care enclosures and depreciation of their vehicle and equipment, like computers.

You can read more about Friends of the Koala's conservation work in the 2008-9 Annual Report which will soon be on the website: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) To find out more about planting koala food trees and koalas in general email [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233.

Until next time, happy koala spotting!

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# New Mill Farm plant nursery

Everyone around Nimbin would know the Mill Farm store, run by Clarrie and Sally Rose with Richard Everingham, at the old sawmill on Gungas Road, as the place to buy sand and gravel by the tonne, and pick up gas, stock feed, hay bales and landscaping supplies.

What may not be so well known is their recent development of a substantial plant nursery on site.

Behind shade cloth screens, the two nursery areas are brimming with an extensive new range of plants, including succulents, bromeliads, many kinds of natives and decorative border plants.

To keep everything in the garden bloomin' lovely, there is a full range of Searles certified organic plant foods and potting mixes, including



their premium Peat 80+; four grades of worm castings, coir peat, and Organic Life poultry manure and pellets.

And to help design those garden rooms, they also stock hanging baskets, pots and ornaments for both house and garden, all artfully on display amongst the plants. Clarrie said, "Our prices are

competitive with Lismore," so it's well worth a look.

Incidentally, the Mill Farm business is no longer for sale.

It will stay in the family, with daughter Emily, who has just had a baby, and husband Darren set to take over the running of the business with Richard in the new year.

## Koala sightings

We had a visit from a Koala that fronted up on our front lawn after the dust storm. First Koala we have ever seen in Shipway Road, Nimbin.

We were so engrossed in the Koala we failed to see a 2½ metre Python next to us that ended up swimming in our dam.

Mac McMahon

Friends of the Koala encourages people to report sightings, either by logging on to [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or ringing the Rescue/Information Hotline, 6622-1233 with the details.

## PLANT OF THE MONTH

### Silky Oak *Grevillea robusta*

Selected by Richard Burer  
Project Officer, EnviTE



This fast growing and attractive tree is very common in Nimbin and the surrounding valleys and can be found in riverine, subtropical and dry rainforest areas.

Orange-yellow toothbrush-like flowers sparkle in abundance as the trees stick their branches high throughout the landscape. The Latin name means robust and refers to the tree's large size. Growing to 35 metres, this tree reminds us that not all grevilleas are shrubby.

A fine tree for the farm, it is best planted on edges of

the garden and fence lines, but not near the house. Seeds readily regenerate in bushland if provided with bare ground and optimum growing conditions, ie a good fruiting season (a dry spring) followed by regular rainfall. Seed is usually ready around Christmas and can disperse itself from the tree with dry hot weather around this time.

Try growing your own

trees by cutting off the black dry fruit and putting these in a paper bag so that they open up to a brown boat-shaped seed. Sow in a well-drained mix and pot up a couple of times. They are ready to plant when about knee high and like rich soil that is not too wet.

EnviTE is a not for profit organisation providing employment, training and professional environmental services.

Clarrie & Sally Rose, trading as  
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## Reversing Greenhouse with Sustainable Cities and Farms



Biogas converter in the Maldives.

by Wayne Wadsworth

**T**here is nothing wrong with consumerism. Humans have been consuming resources (as do all living organisms) since our arrival and will continue to do so.

The problem is our stupid overconsumption, waste and where we get our consumer goods from. If our consumer goods are bio-degradable then they can be pyrolysed and the carbon stored in the ground as a soil conditioner and carbon sequestration. If our goods come from toxic chemicals then they produce huge health problems, CO<sub>2</sub> into the atmosphere and poisoning of water and land assets.

Is it possible to rapidly slow down carbon and greenhouse gases into the atmosphere then draw down surplus atmospheric carbon into the soil and maintain a good quality of life and sensible non-wasteful consumerism? I believe so.

### Sustainable Cities and Biomass Farming

In the consumer world, cities are like giant vacuum cleaners sucking in vast amounts of resources to keep them going and at the same time producing billions of tons of toxic waste! The alternative is to produce our own Water, Energy and Land, (for food needs) based on localisation.

**Water:** All water falling on roofs to be captured into rainwater tanks. All sewage and food waste to be converted to Biogas, Biosludge and Biofertiliser via Biogas systems. All waste water to be used for agriculture.

**Energy:** All rubbish tips to have Pyrolysis machines installed that will recycle waste woody material into Biochar for agricultural use and inorganic tyres and plastics into fuel for electrical generation. Food and green waste will be turned into Biogas, Biosludge and

Finally, get involved with politics and "keep the bastards honest"! If we allow politicians, bankers and the carbon killers to keep running everything then our children face a bleak future. Develop localised business or co-op commercial ventures that use local labour based on ethics and the sustainable use of Water, Energy and Land.

For Mother Earth.

Biofertiliser for energy and fertiliser.

All houses to have solar hot water, solar panels and windmills where appropriate. Where appropriate food and sewage will be turned into biogas for cooking/energy and fertiliser for agriculture. New houses will have to be built with the above.

**Land:** Urban land to be used for producing fruit and vegetables. Fences to be used for vine food. Road verges and parklands to be planted with low maintenance food-producing trees, such as olive and avocado trees. Urban agricultural workers to be trained for commercial backyard production of food. Jim's mowing could be replaced by Jim's urban agriculture!

**Localisation:** By localising our Water, Energy, and Land-food needs we will free up rural land for growing Biomass plants such as bamboo, industrial hemp, seed and fruit bearing trees. These Biomass farms will allow us to produce most of our consumer goods from plants (carbohydrates) instead of oil (hydrocarbons), and replace the carbon polluting industries with clean green organic Biomass industries.

The above may seem an impossible dream, but I have personally built the above systems and it ain't rocket science! For a piddly \$200,000 we built an integrated "Waste to Wealth Centre" in the Maldives, which is suffering the first onslaughts of global pollution. Visit [www.youtube.com/ec3global](http://www.youtube.com/ec3global)

Finally, get involved with politics and "keep the bastards honest"! If we allow politicians, bankers and the carbon killers to keep running everything then our children face a bleak future. Develop localised business or co-op commercial ventures that use local labour based on ethics and the sustainable use of Water, Energy and Land.

For Mother Earth.

## New grocery co-operative for Northern Rivers

Primary producers and consumers are invited to become members of a new co-operative to distribute local produce and goods.

An on-line ordering system will be used to sell groceries to village and neighbourhood shops, and to consumers who pick up their orders from the distribution centre. The system will be demonstrated at the Lismore show.

The web-based EcoMart ordering system will allow producers to name their price and pre-sell their goods. They then deliver the ordered amounts once a week to a local distribution site.

Volunteers sort the goods and the orders can be picked up or delivered.

The system would also allow urban farmers and home manufacturers to sell small quantities of goods when they have them



Effie Ablett and John Knapen.

available.

"Reduced transport cost and low distribution fees may allow locally-owned shops and small supermarkets to compete for price with the large supermarket chains.

"If embraced by the public, local stores could become a viable alternative, significantly reducing food miles and building local economies," said EcoMart volunteer, Effie Ablett.

Public meetings will be held early next month to start the process of forming the co-op: Kyogle – 11am Wed 4th November at the Kyogle Memorial Hall; Lismore – 11am and 7pm Thursday 5th November at the Workers Club, 231-235 Keen Street; and Mullumbimby – 11am Tuesday 10th November at the Mullumbimby Ex-Services Club, Dalley Street.

Existing or potential primary producers or manufacturers who might supply EcoMart or would just like to help, are invited to get in touch: email [eco@ecomartaustralia.org](mailto:eco@ecomartaustralia.org) or phone John Knapen on 6689-9375.

More information is available on-line at [www.ecomartaustralia.org](http://www.ecomartaustralia.org) where both producers and consumers can have a say in how the system is set up.

## Give Trees a Chance

Reviewed by Coralie Summerton

**L**ast month a reunion was held at the Channon market, where the recruitment had originally begun, to save the forest at Terania from imminent destruction by the logging industry.

I felt inspired to go and find out more about it and to feel what it was like to have been there, to hear the stories of these people, who had made such a difference, to not only this area, but the world.

At that time, I was living in the next valley, totally engrossed in my first baby turning one year old, oblivious to what was going on. I have heard stories of the protests over the years, but now more than ever I felt I needed to know more about these brave, intelligent and peaceful warriors who stood in front of bulldozers to save the trees and all their forest inhabitants for future generations to enjoy.

So I went along to the Chai tent at the market and there were Dudley Leggett and Graeme Dunstan, inspiring speakers and story-tellers, outlining the history of the protest and how it grew so organically as a movement by people who could see the greater picture rather than short-term gain. Other speakers told their stories, together with musicians such as Paul Joseph, whose words to the song he wrote "Let's Go Down to the Forest" still resound with great beauty today and will never age.

Then when it got dark, a large screen was put up under the stars and the documentary made by Blue Knob locals, Jeni Kendall and Paul Tait, *Give Trees a Chance* was shown.

I can't believe I hadn't seen it before. It is still so relevant today. The narrator, Aussie actor, Jack Thompson's voice gave me goosebumps. Then, with the first closeup of a tree and the first chainsaw shown biting into it with agonizing speed, followed by the tree suddenly spilling its waters, its lifeblood, the shot was then frozen and there was the



deafening screaming of the dying tree, the chainsaw, the protestors. It was hellish and I too cried, tears welling up in my eyes for the tree and for mankind.

Subsequent carbon dating has revealed some of those trees were 1300-years old. The ridge above, dividing Terania and Tuntabille valleys used to have 2000-year old brushbox trees there. I went for a walk many years ago along that ridge (Wallace Road) and came across two men, twin brothers who told me their story. They used to be loggers as young men. "The forest is not the same", they said. "This is nothing but 60 year regrowth." And they told me about the old brushbox. "You could not even imagine how it used to be."

How many generations, if ever, will it take to see another 2000-year old tree?

When I finished watching the film, I found myself, along with others, groping around in the darkness, trying to find Jeni and Paul to buy a copy. I got mine for \$15. They may sell for a little more in Nimbin but so worth it, a great piece of history for future generations to see.

Well done to the filmmakers, the musicians and all the courageous people who made a stand. Without them we would not have the jobs and tourism we have today in this area because it is the living trees that make this place, not the dead ones.

Watch the movie free on-line or buy a DVD at: [www.rainforestinfo.org.au/video/trees\\_v.html](http://www.rainforestinfo.org.au/video/trees_v.html)

## OBSERVING NATURE



WITH MICHAEL SMITH

### October happenings:

- Persimmons have young fruit.
- Fireweed dies off.
- Silky oak in full flower.
- First bushfires of the season.
- Tiny bunches of grapes appear.
- Macadamia nuts 1cm across (the original native 'bush nuts').
- Lots of paw-paws ripen.
- Jacaranda in bloom.
- Fireflies light up the night.
- Cicadas become deafening.
- See all those cow pats in the paddock. Go fetch them now, the dung beetles are dormant till the start of November.
- Spiky teak cones fall.
- Snakes everywhere (female snakes leave a scent trail on the ground so the males can find them).
- Fox cubs emerge from the den and start hunting.
- Koalas mate.
- Kookaburras tunnel into termite nests in trees for nesting hollows and start to look for a mate.
- The Southern Cross is low on the horizon in the evening.
- The best month of the year for bird watching.
- Young (grey) magpies are being fed by their parents.
- Bogong moths visit.
- Bunya Pine puts on a growth spurt of lighter-green leaves.
- Cicadas emerge from underground and leave their pupa cases on tree trunks.
- Flying ants swarm on a warm night (my prediction for this year is 21st October).

Michael's monthly list is based on 25 years of nature observation.

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## De-toxification - not a dirty word!

by Ela Gold DOHSc,  
DipAyu, DipAcu



In the past, people often have associated the word 'detoxification' with a drug or alcohol problem. It was a word that was only used behind closed walls and certainly not a mainstream topic. Nobody wanted to be known as someone who underwent a detoxification program.

Today the word detoxification or short 'detox' has become a buzz word. It is 'in' to detox.

Does that mean that we all have a drug or alcohol problem? Some might smile and agree. I believe that over the last century we have become more aware about what is going on in our body and we are starting to take responsibility for our actions, which includes our environment and our lifestyle.

Cleansing and detoxification has been a part of healing protocols for centuries and is more vital today than in any period of history because of the hostile environment we live in. We know that every year over 500 new chemicals are released worldwide for use in the soil, the air and the water. Inevitably many end up in our body.

We know that our soils are depleted and many food sources are contaminated by unhealthy growing practices and genetic modification. That our rain is 'sour' and that the air we breathe can carry tiny toxic particles which are coming from far away, as clearly shown in the recent dust storm.

Do we really need to detox? Isn't our body fully equipped to handle any poisons?

Yes and No. A completely healthy body, with a healthy immune system can handle most issues.

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## Ayurvedic Info

Helen and John



Unfortunately most people are not completely healthy. An increase in chronic fatigue, chemical sensitivity and all the other 'syndromes' are a clear indication that our society is sick and that 'medicine' does not have an answer.

So what can we do about this?

Give your body a little bit of a break once in a while. We all need a holiday, so does your body. A holiday from toxins, a holiday from stress, a holiday from food. There are many ways that you can support your system. You don't have to go on extreme diets or spent thousands of dollars.

Often the simplest things are the best:

- Have a glass of warm water with lemon juice upon rising.
- Have one day a week with raw food or juices.
- Take a day off to pamper yourself once a month.
- Do a cleanse of some sort at the change of seasons in spring and autumn.

Cleansing the colon including a parasite cleanse and liver is one of the first and most important steps to increase overall well-being. Having healthy lymph function acts as a major protection against environmental and internal toxins. And cleansing the kidneys helps with vital energy.

In short: treat your body like a temple. Or your organic crop: give it plenty of water, keep it clean/free of bugs, feed it with the best wholesome food and give it lots of TLC.

For more information on internal cleansing and detoxification check out: [www.shanti.com.au](http://www.shanti.com.au)

As we've said before, all existence is nothing but a combination of the five elements or panchamahabutas: ether, air, fire, water and earth. This includes the environment, food and medicine, as well as our bodies.

From the ayurvedic perspective, food IS medicine which is the key to prevention as well as optimal health ie. We ARE truly what we eat. In the immortal words of the sage, Charaka, "For food to be digested in a timely manner, thus promoting energy, healthy complexion, strength, and longevity, it must not only be imbibed in proper measure, but must also be of wholesome quality."

So, when shopping, be alert to the smell, colour, touch and taste of foods; use foods that are seasonally, locally and organically grown where possible; avoid using foods with preservatives or GM etc; avoid hydrogenated oils, including margarines.

The digestive process begins with the senses especially taste, known as Rasa, which stimulates prana or lifeforce, and in particular, the gastric nerves affecting and enhancing the power of digestion. This is why food must be tasty. Bland foods, even nutritional, won't kindle the digestive fire, agni, and consequently won't be nourishing.

Charaka recommends some principles underlying wholesome diet and its intake:

1. Ideally, food should be hot and cooked, therefore easily digested.
2. It should be unctuous ie. oily/lubricating/moist.
3. Proper quantity is two handfuls for lunch(main meal) and one handful each for breakfast and dinner.
4. Allow time for food to be properly digested between meals.

5. Avoid improper combinations eg fruit and meat.

6. Always eat in a pleasant environment, unhurried but not too slow.

7. Concentrate on what you are eating, being mindful and enjoy your nourishment.

8. Eat foods that are appropriate to your constitution, eg no excess chilli on summer days for pitta types.

Even chopping veggies and fruit the right way can extend their lifeforce and nourishment. Each food is cut in accord with its shape and life or growth line. Elongated roots like carrots, slice into 5cm lengths, then cut each piece vertically. Round roots like potato, slice vertically into three pieces then cut each piece into vertical logs then cube into desired size. Wash and scrub root veggies rather than peel.

For stalked and tightly flowered vegetables like cauliflower, cut off florets by slicing towards them or slice them in halves down their stems. Variegated veggies like capsicum should be cut vertically along their lifeline or growth line then cross cut against the grain to the desired size. For expanded leafies like lettuce, put several leaves on top of each other and fold along the spine – slice on the diagonal.

Multi-layered veggies like onion cut in half along centre grain and place half face down to slice lengthwise into crescents of desired thickness. Podded or stringed veggies: remove string before cooking.

Next month, we'll discuss spices and some tasty recipes for your delectation. Bon appetit!!

Bookings for treatments and consultations can be made by phoning John on 6689-1794 or Helen on 6689-1717, or by contacting the Nimbin Apothecary on 6689-1529 for the Thursday clinic.

## Homeopathics - Brain Plasticity - Inner Peace

by Tarang Bates

ife is a mysterious event, that's for sure! – I can relate to the Leunig cartoon, about life being a holiday on earth, during which our parents act as our hosts and guides and we return home after our holiday romance etc...

We are faced with so many unanswered questions while we're here. It is understandable that many people join religious groups – there is security in numbers – and to have a set of beliefs presented to you, keeps things neatly packaged, without having to trawl too far into the unknown.

I tried the group thing awhile back in the early 80's, although I probably wouldn't describe Rajneesh as presenting a neatly packaged set of beliefs. There were certainly plenty of challenges thrown my way, and trawling into the unknown was encouraged. These days the simplicity of inner peace, the understanding, wisdom and contentment it brings with it, are the things I like to ponder and try to apply to my life, whenever possible.

My experience has been that there comes a time when all the work, shopping, therapy etc, needs to be put into practice, and what has been learned, incorporated into everyday life. Otherwise what is the point of it all – to become a workshop junkie?

Something that fascinates me is the human brain.

There are an abundance of books and articles being written about this magnificent creature at present. The plasticity or adaptability of the human brain, which has the ability to hard-wire new connections between its neurons as it learns, has enormous benefits, as well as potentially negative implications, such as the overindulgence of two-dimensional cyber life.

When the brain, which has adapted neural pathways to suit a primarily two-dimensional existence, is



called on to deal with real life/time/relationships, there could be a tendency to make decisions without the use of the essential real life skills. The ability to retrain the brain through meditation, contemplation, visualization and learning is available to most of us, and is of particular benefit as we age.

Working with brain-waves, such as beta, alpha and theta appears to be one of the most tangible ways of accessing brain power, which in turn opens up unlimited potential in terms of healing and quality of life. It is easy to take our internal organs and the amazing work they perform, for granted. The brain benefits from energetic attention, as do all our internal organs – surely a worthwhile practice to incorporate into our lives.

### Homeopathics

**LYCOPODIUM:** This remedy may be useful for a person who tends to have a very active mind and finds themselves going over and over work, or activities from the day. An awareness of dreams, talking or laughing during sleep and waking around 4am is often a problem.

**COFFEA:** This remedy may be useful for a person who tends to have the inability to switch off and who has an overly active mind, particularly if they have had bad (or good) news. The mind crowded with ideas and trouble getting to sleep is also commonly experienced by these people.

For more information on these remedies and all your homeopathic supplies, contact Tarang at Nimbin Homeopathics 02 6689-1452 [tarangbates@yahoo.com.au](mailto:tarangbates@yahoo.com.au)

## Nimbin Ayurvedic



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# Fashion Focus

by Christina Chester, CC Design

Nimbin Fashion has fallen head over heels in love with recycling, and this year's Fashion Show will coincide with National Recycling Week.

Just to produce one cotton T-shirt, it takes 27,000 litres of water – just one example of the enormous waste of resources going into clothing production. In the 'olden days' people would recycle every thread (literally) of their used clothing, and the quality of materials and craftsmanship made it possible to repair and fix garments.

In this spirit we will present you with some very interesting collections, some interally made from recycled materials, like Honey's stunning garments made from re-designed glowmesh handbags, or Jessy McIntosh's outrageous prints with a twist on recycled clothing.

## Meeting

One more important date for designers coming up! The one and only Fashion Show meeting Wednesday 14th October at 5pm at the CC-Design shop, 39 Cullen Street, Nimbin.

Please try to be there to ensure we will produce a great Show together. Contact [Christina@ccdesign.biz](mailto:Christina@ccdesign.biz) or phone 0427-326-790.

## Cook's corner

### Recipe of the Month

by Carolyne



#### Gulab Jamun in Honey and Saffron Syrup

During my time as secretary to the Indian High Commissioner in Canberra this delicious dessert was frequently served to dignitaries and visitors.

##### Ingredients

1 Cup of full cream milk powder  
½ Cup self raising flour  
¼ tsp baking powder  
½ tsp ground cinnamon  
¼ tsp ground cardamom  
¼ Cup of milk  
¼ Cup thin cream  
Cotton seed or vegetable oil for deep frying  
Finely chopped pistachio

nuts to serve (optional)  
**Honey Saffron Syrup**  
1 Cup of hot water  
½ tsp of saffron threads  
½ Cup of caster sugar  
3 Cardamom pods bruised  
½ Cup of honey  
1 Cinnamon stick

##### To Make Syrup:

Combine the water and saffron in a saucepan, set aside for 5 minutes to soak. Add sugar, cardamom and cinnamon stick, and place over low heat. Cook, stirring for 1 to 2 minutes or until sugar dissolves. Add honey, stir to combine. Bring to a simmer and cook, stirring occasionally for 5 minutes or until syrup thickens slightly, remove from heat

and set aside. Meanwhile, combine milk powder flour, baking powder, cinnamon and cardamom in a bowl and make a well in the centre.

Pour milk and cream into the well and stir until a soft slightly sticky dough forms. Roll heaped teaspoons full of dough into balls place on a plate. Heat enough oil in a saucepan over medium high heat. To test when oil is ready, (a cube of bread turns golden brown in 20 seconds). Place ¼ of the dumplings in hot oil and cook, turning occasionally for 2 to 3 minutes or until golden brown and cooked through. Use a slotted spoon to transfer to a plate lined with a paper towel. Repeat 3 more batches of dumplings.

Soak dumplings in the syrup to serve, or prepare a day in advance and soak in syrup over night. Sprinkle with Pistachios.

Till next month, enjoy.

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## Corinne Isabel

With my favourite season blossoming early, my shack has been a blur of coloured silks and abuzz with an eagerness to shake the grey out of the Rainbow Region.

It all started after a long day playing in my studio with an old sarong, when I crafted what is now known as "The Curvy Caftan". At the time I was working in a day spa in Port Douglas and sewing my unique design of massage sheets for my fellow therapists. In my spare hours I loved to alter old clothes to give them new life, style and fit. Looking back, this favourite pastime was my apprenticeship for the flexibility and craftsmanship that has evolved into my present level of skill. This time also instilled in me, my belief that everyone should work above profit, for passion, and be motivated by abundance, not greed.

After moving to Northern NSW almost two years ago, I have expanded my range, guided by seasonal climate and practical needs, while staying true to my original vision of creating only garments I love to wear. On this journey to refine and encourage new designs I have embraced the challenge to wear exclusively my own creations.

I am first and foremost inspired by the high concentration of colours and ordered chaos of the natural web of life and I choose fabrics that reflect this phenomenon. This drives me to specialise in one-off pieces in natural fibres

and I believe each fabric has its own perfect destiny, so working in collaboration with my mum Heidye, who has an affinity for silk painting, has given my summer collection a delicious element not previously possible with mass-produced fabrics.

To minimise waste, I also patchwork my off-cuts to make more useable fabrics. I also love to hunt for recycled fabrics such as furnishings, rugs and tablecloths that I re-work into vests and jackets that range from conservative to eccentric.

I am looking forward to featuring a selection of the very best from my collection at the Nimbin Fashion Show in November. This summer I will be launching my dress Warrior Wear range for men, incorporating hard-wearing styled cuts with quality fabrics in gorgeous colours.

You are welcome to visit [www.corinneisabel.com](http://www.corinneisabel.com) for more details on markets, festivals and retail outlets where you can find me.



Live in love, express your most beautiful self.

## Womens' Business and Bowen Therapy

by Tonia Haynes

Bowen therapist and Pranic healer

Phone 6689-9284

One can understand the potential wisdom of women kind when reflecting on the transitions and challenges they naturally face during a lifetime.

Puberty, pregnancy, motherhood, menopause and old age all bring their own trials and joys and each exhibit particular physical and emotional symptoms, which affect the individual woman in individual ways

For this reason, it appears there is no one cut and dried recipe from alternative or allopathic medicine, which can assist so that the changes can flow with grace and ease.

Women often have to learn to deal with physical and hormonal change and the associated feelings of emotional rock and roll, through a method of trial and error, because, unfortunately, what may work for one, will not work for another.

Often women don't truly understand either, why they are feeling the way they do. Emotional and physical ups and downs for no particular external reason are a huge challenge to cope with, even when we intellectually know why. And the potential effect on those we love can be very upsetting.

Many women just grit their teeth and live with it, or are actually told by the less than wise to learn to live with it.

In my years as a therapist, I have observed that women dealing with hormonal

changes, whether it be puberty, pregnancy, menopause, or the rigours of age, feel more comfortable

in their body and about themselves; if their spine and necks are in a state of healthy balance, their nervous and hormonal systems tuned, muscles relaxed and working in harmonious synchronicity and their internal systems, particularly the digestive system are properly tuned and hydrated.

Added to this, any recommended medicine, herbs, homeopathic, nutritional food or

supplements, absorb and perform their job so much more efficiently, if they are inside a body that is functioning to the best of its ability

It is true that by the time we reach middle age, old injuries, surgery and basic wear and tear have made a difference that cannot always be fully rectified, but the body has a wonderful desire to return to full health and with assistance and self nurturing, it will function as close to a healthy state as it can.

It is my intention in my work as a Bowen Therapist and Pranic Healer to bring about positive improvement to all the systems that make up the physical body. The results often allow for an improvement in emotional and mental well being as well.

A couple of suggestions for those who manifest the good old, potentially embarrassing, hormonal change symptom, 'the hot flush.'

Below is a recipe from a



client, a scientist who waxes lyrical about the amazingly, positive effects in banishing hot flushes that she received, after taking this brew for four days. She feels the whole world needs this recipe, so here goes.

2 Tablespoons of organic Apple Cider Vinegar  
¼ teaspoon of bicarbonate soda  
½ cup water.

Mix together and drink before breakfast daily. This mix alkalisises the body and keeps it in balance while the hormones do their little dance.

Now stop screwing up your nose. It doesn't taste that bad and the effects, she assures me, are wonderful.

I have a suggestion as well. Make a beautifully painted Japanese fan part of your fashion wardrobe. Wonderful for flirting behind when one is a sexy young lass, they look very feminine waved in front of the face of the more mature woman. An attractive way of cooling down flushed cheeks and foreheads and also letting the world know that while one may be chronologically older, one is still very much, la femme. So be la femme, acquire la fan.

I am at clinic in Nimbin, Tuesdays and Saturdays. For appointments, phone 02 6689-9284 or if my mobile is in range 0439-794-420.

In the meantime, Love, Light and Laughter to all.

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