



Thank you Nimbin Dreaming Festival

To the indigenous people of this area, for sharing your stories, your history, art and dance with us white people.

The Nimbin Showgrounds were transformed, revealing a very tranquil and sacred space that was known to indigenous people long before the arrival of white settlement.

No drugs and no alcohol, yet I was dancing and giggling under the moon with my girl friend to the sounds of Coloured Stone's Bunnah Laurie, with Lewis Walker playing a haunting

didg, and we were making boogey-man shadows (it was Halloween after all).

The spotlights far behind us on the other side of the oval, elongated our shadows like ancient paintings on rock walls. The beautiful subtly-lit stage glowed a little way in front of us, so warm in colour.

The food was amazing. I do apologise to the kangaroos, emus and salt-water crocodile for how much I ate of them.

Thank you for the Dreaming.

Corrie Summerton
Tuntable Falls

R.I.P Francis Simon Kelly

Nimbin bade farewell to Francis Simon Kelly at a service on 28th October, at the Lismore crematorium chapel. A gentleman and well loved by all, Frank, known as Kelly, has been a part of our community for a long time. He was born in Camperdown. Amongst his achievements he built 5 houses, 3 from scratch. He was always willing to lend a hand. Several years ago he had a heart attack and never quite recovered. He died in his sleep 18th October 2009, leaving behind six children from his three marriages. His ashes will be spread where his brother's ashes rest.

- Pam Bourne



*I am at best a simple man,
And as I sit with pen in
hand,
I try to learn, to understand,
The visions that I see.*

*The smallest details seem
so clear,
The touch, the warmth of
someone dear,
The treasured word, the
voice I hear,
Lives on, is part of me.*

*I lived my life in many ways,
Sometimes with hope of better days,
I've drifted through an endless haze,
But always rose above.*

*At times I felt I couldn't cope,
Being shackled by the lack of hope,
But I have shed that binding rope,
For I have lived with love.*

- Kel Kelly 1990

Kyogle Library News



BOOKSALE

Everyone welcome!

Kyogle Booksale Extravaganza is on at Kyogle Library from Tuesday, 3rd November to Friday, 13th November.

Doors open 10am and the books are cheap as chips!

Boxes, not bags: every size box provided for you. Contact Kyogle library staff at Stratheden Street for all enquiries or ph: 6632-1134.

Special Event

Kyogle library is promoting the free author visit of Don Tate, author of *The War Within* at Casino library.

Don Tate, a Vietnam veteran and author, will be speaking at Casino library on Monday 9th November at 6.30pm.

As well as speaking about his book and his life, Don also shows a moving and historic film he shot as an infantryman in Vietnam in 1969. Phone 6662-6160 for all enquiries.

Kyogle library is supporting this special event with information and a display of Vietnam war resources for loan from Kyogle library.

Magazines

Do u luv mags? Did you know you can borrow many of your fave magazines for free at Kyogle library? Check out our magazine display.

Did you know?

Kyogle library now receives the *Koori Mail*, the voice of Indigenous Australia - a fortnightly national indigenous newspaper - in the library for your newspaper reading pleasure.

You can access your library at: www.richmondvalley.nsw.gov.au/library

Have you seen this man?

Grave concerns are held for a 26-year-old man who disappeared from Wollongong, on the NSW south coast, over a month ago, police say.

Oliver Sims, of Cordeaux Heights, has not been seen since 18th September 2009, when he failed to return home after finishing a shift at the University of Wollongong's function centre.

His disappearance is described as being out of the ordinary and he has not made contact with his family.

Police said Mr Sims' bank account has remained untouched since the time of his disappearance.

Oliver has stayed in the Byron Bay and Nimbin areas in the past and may have returned, police and family are asking if anybody has had any sightings.



He is described as being of white/European appearance, about 186cm (6'2") tall, with a thin build, and weighing approximately 70kg. He has short dark brown hair and blue eyes. Oliver was wearing contact lenses when last seen, but sometimes wears glasses.

At the time of his disappearance, Mr Sims was wearing a black pin-stripe shirt, black pants, black shoes and was carrying a black and silver backpack.

Police and family members are appealing for anyone with information about Mr Sims' whereabouts to contact Crime Stoppers on 1800-333-000.

Notices

Wanted

Cheap or free old Lada Niva for parts. Have car trailer for convenient pickup. Please phone or text Mark on 0413-078-779, landline 6689-7526 or email slowburn50@hotmail.com

Accommodation Wanted

Mature responsible woman looking for accommodation in Nimbin or surrounding area. References. Phone 0400-670-424.

Community Doings

Peace in the Park

Remembrance Day, Wednesday 11th November at 11am in Allsopp Park, Cullen Street, Nimbin.

Tuntable Friday Folk Cafe

Friday 20th November from 5.30pm at Tuntable community shop, with great Mediterranean food and excellent music by Mooki and friends - please bring your instruments and singing voices along for a truly lovely family night. Great Mediterranean feast planned. Come along for a great night out!

Tuntable Sunday Cafe

At Tuntable community shop on Sunday November 22nd from 3pm. Low cost vegetarian cuisine with musicians encouraged to come play as well.

Women's Dinner

Wednesday 25th November at Nimbin Town Hall. Kitchen opens 6.30pm with meals from \$10 catered by Tuntable Falls Preschool. Entertainment starts 8.30pm. All tickets \$15 from Nimbin Neighbourhood and Information Centre, on sale from 2nd November.

Drama Classes for Kids

Ra Ra youth theatre still has places for more kids 8-11 yrs for drama class at The Channon Hall, on Tuesdays 3.40-4.40pm. Fun drama games, groupwork, public speaking skills and great to build confidence for a healthy transition into high school. Contact Tamlin on 6688-6551.

Annual General Meetings

- Nimbin Aquarius Foundation Inc. AGM 6pm Wednesday 18th November in Comschool Room, Nimbin Community Centre.
- Nimbin Chamber of Commerce AGM Monday 23rd November, 6pm at Nimbin Bowling Club.
- Nimbin Community Centre Inc. AGM Thursday 26th November at 6pm Nimbin Town Hall, to be held in conjunction with a Community Forum on the Future Ownership of Peace Park
- Nimbin HEMP Inc AGM Friday 4th December at 6pm in the HEMP Embassy.

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www.nimbingoodtimes.com

NGT is auspiced by the Nimbin Community School Co-operative Ltd.

Next deadline:
Wednesday 25th November

Email: nimbin.goodtimes@gmail.com or put stuff in our pigeonhole at the Nimbin Community Centre.

Please limit contributions to 600 words or less.

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Simon says...



by **Simon Clough**
Lismore City Councillor

Congratulations to the Nimbin community! The broad scale response on the skate park issue was fantastic.

At the Council meeting there was such a diverse range of supporters from users, parents, business people and bus operators. Some "experts" say that you can multiply a letter or an email by a factor of 50 to gauge the real level of support. On that basis just about everyone in Nimbin was in favour. Thanks to Jayden and Connor, the two youngsters who did publicity for the campaign.

I brought the motion on the skate park to the October Council meeting before the report from Council staff in November because I was concerned that the deadlines for making the application for Australian Government funding might be too tight, leaving the possibility the funds could be allocated to a more 'ready to go' project. Councillors were unanimous in their support for my motion to allocate the \$449,000 available from the Regional and Community Infrastructure Program to the skate park. It would be great if the Nimbin community can get behind Council's consultation process on the skate park. The sooner the community can agree on the multitude of issues regarding the facility, the sooner Council will be able to start construction.

Skate parks seem to be the theme of the month. When I attended the opening of the new skate park at the Goonellabah Sport and Aquatic Centre, I rode my beautiful red and black road bike and dressed in lycra (it's good to stir the other Councillors occasionally).

Unfortunately the slopes weren't exactly designed for my type of bike and I had a

very uncomfortable few seconds as I slid backwards down a slope desperately trying to retain some semblance of dignity. I must say it was a very smooth surface. Fortunately it happened before the media arrived!

While the Goonellabah park did cost more than we have available for Nimbin, I'm sure people would be very happy with a smaller version.

Anthony Albanese, the Commonwealth Minister for Infrastructure was at the skate park official opening and did a great job. Though I must say I was disappointed that the \$628,000 for bike paths was "partnered", that is while Lismore gets a generous \$263,250 from Canberra, Council has to find an equal amount. I could have sworn I heard him say there was \$628,000 from Canberra for bike paths in Lismore and Kyogle! I promise you the announcement came as a complete surprise to me, and had nothing to do with my choice of costume for the occasion.

Two issues at this month's Council meeting highlighted the true nature of our current state government. First was the draft legislation proposed by the Minister for Transport that would allow the Minister to declare a rail corridor unused and sell it to the highest bidder. I put forward a strongly worded motion that the Council opposes the proposed legislation and specifically the sale of the Casino to Murwillumbah rail corridor. Councillors unanimously supported my motion, and the letter has been dispatched urgently.

Second was a DA for the provision of 6 senior living units in Girrards Hill. Council had previously refused this DA because of its density and incompatibility with the surrounding area, but the Minister for Planning overrode Council's decision, allowing the development to go ahead. Council unanimously agreed to write a strong letter of complaint to the Minister.

There is certainly a move from Sydney to cut local government's planning powers and centralise them in Sydney.

Don't hesitate to contact me regarding any Council matter on 6624-2894 or simonclough@internode.on.net



by **Jenny Dowell**
Mayor of Lismore

Jenny.Dowell@lismore.nsw.gov.au

October Council Meeting

Council's October meeting was a marathon ending just before 11 pm. Extra seating was brought in and the air conditioner was struggling to keep us comfortable but it was great to have so many Nimbin residents including young skaters in the Chamber to witness Council's deliberations on the skatepark.

Skatepark

Readers will recall that in last month's NGT, I wrote about staff concerns about the ability of Council to meet the requirements of the Federal Government funding if we decided to expend the money on a new skatepark. The guidelines are now available, with applications due by November 20. It will be a rush, but Councillors voted unanimously that we apply to spend our allocated \$449,000 on a concrete skatepark in Nimbin.

Connor Anderson spoke so well in addressing Councillors on the need for a facility in the village that the gallery erupted in applause for his fine effort. The whole community is to be congratulated for coming together in a united front. Well done Nimbin.

Redcotes Road

Council agreed to close Redcotes Rd off Crofton Rd to enable the landowner whose property is bisected by the road to subdivide.

The Land and Property Management Authority (formerly the Department of Lands) will now consult with adjoining property owners and will place public notices inviting submissions to the proposal for closure.

From the Mayor's desk

Eltham Valley Pantry

Council agreed to allow the owners of the Eltham Valley Pantry to increase its number of seats to 88, permit a maximum of 12 evening functions per year until 10 pm for up to 50 patrons and to erect a marquee in the grounds for daytime use.

This popular dining venue has caused some polarisation within the community and has given rise to concerns about traffic generation along a narrow and winding Boatharbour Rd. In the end the vote was 7/4 to allow the revised conditions.

Casino-Murwillumbah Rail Line

The NSW Government is introducing legislation that will remove protection for disused rail corridors and thereby remove some barriers to the possible sale of the land. Cr Clough successfully argued that LCC should oppose such legislation.

The resolution by Lismore, Byron and other North Coast Councils sends a strong 'hands off our rail line' message to Macquarie Street.

Climate Change mitigation

Cr Ekins convinced fellow Councillors to support a report on the use of our \$1m revolving climate change fund for solar heating augmentation and photo voltaic cells on the Goonellabah Sports and Aquatic Centre.

A report with opportunities for grant funding applications will come back to a future Council meeting.

Extraordinary Meeting

Council also met on October 20 to consider the 2008/09 Financial Reports but we also had another unexpected item on our Agenda.

Regrettably the NSW Minister for Planning overruled Council's decision to reject an application for a Seniors Living development in the heritage precinct of Girards Hill. Council had requested the developer, the Office of Community Housing, to reduce the density to bring the development in line with our own planning guidelines.

Council argued that the proposal for a six-unit development on a standard house block is not in keeping with the surrounding single dwelling streetscape.

Unfortunately government instrumentalities can over-rule Council despite our willingness to negotiate for a more reasonable outcome. I have written to the Minister for Planning to express our extreme displeasure with this decision and pleading with her for a review of her decision.

I have also written to the Leader of the Opposition asking for his commitment, should the Coalition be elected in March 2011, to remove the sections of the Environmental Planning and Assessment Act that give the State government the power to over-rule local planning decisions. I await responses to both these letters with great interest.

Blakebrook Bridge

The long awaited \$2.2 Million Blakebrook Bridge opened a few weeks ago much to the delight of everyone who drives on Nimbin Road.

Council acquired additional land to improve the alignment of the road so not only do motorists have a good bridge but the road is safer too. Council's experienced bridge building crew can be justifiably proud of their workmanship.

The bridge is the third replacement of timber bridges on Nimbin Road and is funded 50:50 by Council and the NSW Timber Bridge Replacement program. The next bridge to be replaced is at Tuncester.

Nimbin Community Meeting

Every November, LCC holds a Community Meeting in Nimbin. This is your opportunity to raise issues of importance to you with six of your elected representatives.

I look forward to meeting lots of Nimbin residents at 7pm on November 16 at the School of Arts and hearing your questions, concerns and feedback.

I will be asking staff to prepare a brief presentation on the skatepark proposal to initiate the opportunity for some community feedback.

Nimbin Events

International Children's Day, Blue Knob Gallery Workshop and the Bowlo Pink Day.

I had a great time at Nimbin's celebration of International Children's Day on Oct 23 and loved the performances by Nimbin CS students and others. Children are a reminder for all of us to make our world a better place where we can, so that their future is bright.

The opening of the new Moore Workshop Space at Blue Knob Gallery the next day was an equally joyous occasion. The community came together for a wonderful night of good food, great music and singing and good company.

I'm sorry I was travelling to Tamworth for a Local Government conference on Sunday 23rd and so I missed the Pink day at the Bowlo to raise money for breast cancer research. Breast cancer has touched more members of this small club than you could imagine yet these great women live life to the full.

I hear it was the usual fun-filled day and raised lots of much-appreciated funds.

Workshops and meetings

Tuesday 3rd November
- Rous Water - Future Water Strategy, Richmond River County Council Overview, Chairperson PAG Reports, Councillor Reports

Tuesday 10th November - Council Meeting

Thursday 12th November - Budget Review

Monday 16th November - Nimbin Community Meeting

Tuesday 24th November - Special Rate Variation, Communications Tool Box
Tuesday 1st December - Composite Draft LEP, Section 94 Plan - Camerons Road, Councillor Reports

It is recommended that readers check this information in the *NR Echo* each week as the schedule may change. Unless listed as otherwise, meetings and workshops begin at 6 pm and are held at Council Chambers in Oliver Avenue Goonellabah.

To discuss any Council issue, please contact me on: 0402-651-394.



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by Janelle Saffin, MP

Janelle Saffin with members of the Northern Rivers Youth Environment Service, Emily Alexander, Ahri Tallon and Rebecca Sproule with the 350 Climate Quilt.

We have suffered our share of extreme weather events in October; with local bushfire brigades battling fires across the region, and then emergency services personnel responding to flash flooding at the end of the month.

I pay tribute as I have done in Parliament to those men and women in our voluntary emergency services who put themselves on the line to protect lives and property. I've had a number of local people ask me about whether there could be some formal recognition for our emergency service volunteers, and I have taken up this issue at National level.

I have lobbied Attorney General Robert McClelland and the Parliamentary Secretary for Social Inclusion and the Voluntary Sector, Senator Ursula Stephens about establishing a new Australian Emergency Service Volunteer Award. I can say it is being considered seriously and I am quietly confident that this will come about in the future.

Member for Page
63 Molesworth Street
Lismore
Phone 1300-301-735

The Attorney General is well aware of the effects of natural disasters in Page. Early in October he chose our area here as the venue for the launch of emergency flood management manuals.

Climate Change

Climate change is projected to increase the severity and frequency of many natural disasters such as bushfires, cyclones, hailstorms and floods.

While there are still a few political relics who deny the need to do anything about climate change, it is clear that the longer we wait to act, the more it will cost and the worst its effects will be.

On October 24 events were held around Australia and around the world as part of the 350 Climate Change

campaign (based on the scientific evidence that 350 parts per million of CO2 in the atmosphere is the safe limit for humanity).

Locally about 80 people had been busily putting their hands to work making a gorgeous 350 climate quilt that was presented to me at the North Coast National on October 24 by the co-ordinator of the 350 Climate Quilt project, Shakti Burke.

I can now report that I have presented the quilt to Greg Combet, the Minister assisting the Minister for Climate Change, Penny Wong at Parliament House during the last sitting week.

Kickstart for school leavers

I'm pleased to be able to pass on some great news for school leavers and employers, with the Rudd Government's tripling of the first-year apprentice bonus to almost \$5000.

The Apprentice Kickstart will be available to employers who take on a traditional trades apprentice aged between 15 and 19 from December 1, 2009 to February 28 2010.

This bonus will help local school leavers enter apprenticeships for bricklayers carpenters, electricians, hairdressers, cooks and welders.

So if you are an employer thinking about hiring an apprentice, this extra bonus could be the kick-start you need to give a school leaver a start in your business.

Janelle.

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TINA FULLER (B AppSo - Optometry) HIGH STREET, NIMBIN



Rudd government delivers broadband for local seniors

by Justine Elliot, MP

Broadband for Seniors is part of the wider Rudd Government initiative "Making Ends Meet - Plan for Older Australians, People with Disabilities and Carers".

As a part of the program, internet kiosks are being installed in communities to meet the needs of our older Australians wishing to be trained in the use of the internet. Only one in five Australians over the age of 65 years currently uses the internet so this fantastic initiative will provide our local seniors with access to computers and the internet via free internet kiosks. Many older Australians are missing out on the ease of staying in touch with family and friends online and this will help address the issue of feeling isolated and 'left behind' in this technological age.

The Rudd Government has committed \$15 million over three years to develop and implement the Broadband for Seniors initiative. The kiosks are accessible to all seniors, including older citizens with disabilities and those from culturally and linguistically diverse communities, through the use of specific language software and assistive technology. Byron Bay seniors already have a kiosk operating at Cape Byron Estate 19 Cooper Street and there will be one online soon at CTC @ Nimbin, 81 Cullen Street Nimbin.

Broadband for Seniors will provide one-off support worth up to \$10,000 per kiosk for desktop computers, broadband internet service, training, and regular internet workshops to help them build the confidence to use new technology. Community organisations who wish to be involved can call the Broadband for Seniors hotline on 1300-795-897 or visit www.necseniors.net.au for more information.

Kickstart to help school leavers become apprentices

School leavers seeking to become apprentices in the traditional trades are set to benefit from the Rudd Government tripling the first year apprentice bonus to almost \$5,000 over this coming summer.

The bonus would be a \$100 million "down payment" on skills for the future and would help young people find a job in the traditional trades. We are boosting the commencement bonus from \$1500 to \$2350 and then following up with another \$2500 at nine months.

We know that commencements in the traditional trades have plummeted by around 20 per cent over the last year. This will help school leavers in Richmond enter apprenticeships for mechanics, furniture-makers, butchers, and steel fabricators. Apprentice Kickstart would be available to employers who take on a traditional trades apprentice aged between 15 to 19 from 1 December 2009 to 28 February 2010 or until 21,000 commencements have been reached over summer.

As part of the \$100 million, the Rudd Government is providing \$20 million to create up to 5,000 pre-apprenticeship places that give young people a head start in entering



Member for Richmond
107 Minjungbal Drive
Tweed Heads South
Phone 1300-720-675

a trade. The Rudd Government had also announced that Round Two of the Jobs Fund would begin shortly, with the guidelines to be released soon. There is \$51.9 million on offer for the Local Jobs stream, for projects that support green jobs in conservation, heritage, energy efficiency and other environmental work. There is also \$41.4 million for the Get Communities Working stream that will help grow sustainable social businesses.

There have been some changes in the guidelines, so groups who have already submitted applications in anticipation of round two will be contacted to ensure their proposal matches the new guidelines to be released at the end of the month.

Call 1300 363 079 or visit <http://www.deewr.gov.au/keepaustraliaworking> for more information.

Progress Report

As at September 2009, the Rudd Government has delivered \$131,162,403 for over 706 projects in the Richmond Electorate.

Nearly 70 per cent of the stimulus package is infrastructure to help support Australian jobs during the global recession. For more details on the Economic Stimulus Plan, and other projects in the electorate of Richmond visit www.australia.gov.au/economicstimulus

Need Help?

If you ever need help with any Federal Government matters, please call my office on 1300-720-675.

Justine.

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by Undacuvva

It's been one of the most difficult assignments ever, the Norm Stamper tour. God only knows why the Boss sent me along as a minder. He already knows how vulnerable I am, riddled with doubt about this unending drugwar. I never signed up for a war. Now, after a month listening to a cop who had a normal sized neck and spoke eloquently and tirelessly to all the senior cops in every state telling them they were wasting their time busting people, I feel fully naked. Norm looked more like a chemist or a school principal. He convinced me that Nixon started the war and it was lost before it started.

"Bad laws breed disrespect," Norm kept saying. I've heard the same shit for years in the WKTA's of Nimbin where my job keeps me for days on end. Starstruck, I joined his newly formed tribe called LEAP, Law Enforcement Against Prohibition. He didn't try to convince me, just saying, "check out the website". After the Perth talks, when some of my own galvanised by a psychotic female polly ambushed Norm and gave him the treatment, I joined. He was unfazed by the attack and went home to write it up in his Huffington Post column as a highlight of the Tour Downunder.

So back in the 'Bin again, barely sleeping and needing top bush to get any, the only rationale for continuing my Unda career is the side benefits of "pick 'o the weed mon", as it's known in the trade. I'd no sooner got myself back in mode when there was a AAA call from HQ which means 24 hours to extricate myself from whatever situation I'm in, no matter what. Not always easy, but this time I was just hanging out with the NLB at the time. They're proving a challenging adversary and now the Tower camera idea has collapsed there's a new plan. Or so I was to hear one hour later when I entered the Boss's back room through the wall tunnel. It was my quickest AAA time yet, but he wasn't impressed. Ten minutes later I knew why.

"There's a change Sybil, effective

immediately. We want you to withdraw, don't even go back today." That was no problem, backpackers move on and disappear whenever they feel like it, which is why they're my favorite Unda to play. And speaking four languages, I can tell you, I have a lot of fun!

He went on, "unless you can turn yourself into a labrador by next weekend you can join your hippie mates in the dole queue." Now glaring at me like never before. Finally he spat it out. "You joined LEAP?" It was clearly a question. "Yes", I whimpered, totally out of character, nothing like the German tourist I was playing. Then he had me, for "breaking cover", even if it was only in front of him. I was becoming like the Americans he said, who are "as soft as custard tarts" and "play football with padding all over them."

It was the office boys who filled me in. Apparently they'd always wanted to put sniffer dogs in Nimbin they said, but sitting down everytime a dog detected the smell of weed in the village had caused several of the super-expensive-to-train canines to go home with raw, bleeding, and hairless bottoms. One dog died from an infection, the footpath bongspit believed to be the instigator. (That's why you never see an Unda in bare feet.)

But they worked it out, explained the young fellow, permanently on desk duty after being terrified at the Casino Beefweek afterparty earlier in the year. He started flirting with me, forgetting who we were momentarily, as he spun the tale. They'd made the dogs special leather bum patches he said, and now they could sit down all day and never touch the 'filthy footpath of the filthy ferals', as he put it. I almost did the unforgiveable and walked out the front door of the station, I was in such shock.

Wandering around lost and bewildered is a state I've encountered often enough as I withdraw from a character. I haven't spent five minutes as myself in years because I'm always one step ahead and starting to move into the new skin, the new Unda. Already I can feel hair growing on my back and I literally growled walking past the butchers and had to mask it with a cough. I can't help myself it seems. Curled up here unda the bridge now, I notice I'm drooling a little, and I can't stop thinking about the 'pick 'o the weed mon' cookies the handlers give the dogs each time they sit (on the leather flap). I'll get fat!

And next Police BBQ I can help big bad bustling Barry Hall to eat all the leftover snags like he had to last month. Why didn't you go? And by the way, don't be surprised if you see yourself on 'Best Home Videos' this month. We're sent in six hilarious entries from the street CCTV. You guys. It really is a freerange psychiatric clinic.

(For those who haven't been to Nimbin University, a WKTA is a Well Known Tourist Attraction and the NLB are the Nimbin Lane Boys. - ed.)

SAFER CANNABIS USE GUIDELINES

The responsible consumption of cannabis is mainly a health issue. People make their own choices. It's not the purpose of these guidelines to tell people how to behave, but to ensure they have solid evidence available so they can make educated and informed decisions. These new guidelines will help people to make those decisions.

The form of cannabis use with the lowest health, social, legal and economic risk is abstinence. Even so, more than 2 million Australians choose to use cannabis every year, and accept some degree of risk. Australians can reduce their health, social, legal and economic risks by following these guidelines.

- Moderation.** It is recommended that social cannabis users only consume cannabis for five days a week or less, trying to keep at least two days each week cannabis free. (This is not applicable for people using cannabis as a medication, e.g. relieving nausea from cancer chemotherapy) The effect from eating cookies lasts much longer. Users may only require one biscuit per day. Smokers should not require more than 4 joints per day.
- Recognising harms that may arise.** Cannabis is illegal. Possession or use can lead to arrest and a criminal record, loss of job or even worse. Be discrete. Don't carry more than the 'caution' amount (NSW 15 grams). If cannabis is seriously affecting your life in important areas such as relationships, parenting, job or finances, then seriously consider reducing or stopping.
- Young People.** Encourage young people who are likely to experiment to delay consuming cannabis until their body and mind have matured, as any drug use can affect physical and/or cognitive development. Impress on young people the need for moderation and responsibility. Avoid smoking in the presence of children. Do not smoke in confined areas with children or non-smokers present. "Passive smoking" is not confined to nicotine. Be aware that as an adult you are always a role model.
- Potency and contaminants.** The strength of different cannabis strains may vary widely. If you are going to use a new batch of cannabis, only try a small amount first. When purchasing any form of cannabis there is no certainty regarding fertiliser, fungicide, or insecticide use, how it is grown, or what effect that might have on health outcomes. Under prohibition, without standards or quality control or regulation, the only way to be certain how a cannabis plant is grown is to watch it grow.
- Pregnancy.** Women who are pregnant, breast feeding or might soon become pregnant should refrain from using cannabis. If they still choose to use cannabis, they should minimise their quantity and frequency of use.
- Driving.** Do not drive a car or operate heavy machinery if impaired by cannabis. To make sure you are safe, allow at least a few hours between your last use of cannabis and driving. If you have used alcohol and cannabis, allow twice as long.
- Mental Health.** If you have ever had a serious mental illness, or you have a family history of serious mental illness, it might be better to avoid cannabis and all other mood altering drugs. If you still want to use cannabis, use as little as you can. Always have someone with you when you smoke to make sure you keep to your limits.
- Tobacco.** It is better for your health not to mix tobacco with cannabis. Nicotine is addictive. Smoking with tobacco will often lead to you using more cannabis by virtue of the nicotine addiction.
- Smoke harms lungs.** Consuming cannabis by inhaling the vapour from a vaporiser or eating foods made with cannabis are both less damaging to lungs than inhaling cannabis smoke, but the results of eating cannabis are less predictable. Cookies can be stronger and last longer than smoking.
- Smoking implements.** Avoid using plastic bottles, rubber hoses, PVC, aluminium or foil to smoke cannabis - these all give off toxic fumes when hot (you run fewer health risks with a pipe made from glass, steel or brass.)
- Sharing.** When you share joints, pipes or bongs you can also share germs and infections. Individual joints, pipes or bongs are preferable. Clean bongs or pipes after use.
- The environment.** Make sure that you discard any smoking implements, waste, or roaches carefully and responsibly. Don't start a fire through carelessness. Left over organic waste should go into compost.

Source: Nimbin Health & Medical Research Committee (NHMRC)



WANTED
500 FEARLESS
H*E*M*P* PARTY FAITHFUL

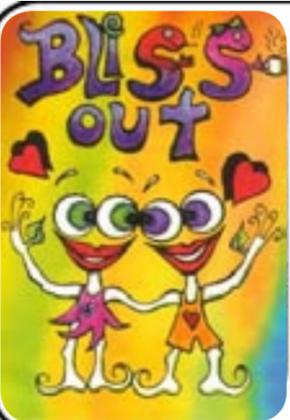
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