

Koala Kolumn

by Lorraine Vass



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.

The focus on the Northern Rivers Region makes sense because the vast majority of our members are local and our own backyard is what is of most importance to most of us. There's a bit more to it than that however. Native wildlife rescue and rehabilitation, being a licensed activity under the NSW National Parks and Wildlife Act 1974, the Northern Rivers Region of the Office of Environment and Heritage (OEH) is the geographic area in which we are permitted to operate.

Only those authorised under an OEH wildlife licence may take native animals into care. As a general rule, licences are issued to groups. The groups are responsible for training and authorising their members who wish to rescue, rehabilitate and release injured, sick or orphaned animals. They must also ensure the activities of those authorised members comply with the Code of Practice for Injured, Sick and Orphaned Protected Fauna and in our case, the Code of Practice for Injured, Sick and Orphaned Koalas, as well.

NSW's network of volunteer wildlife rescue and rehabilitation groups has an important role in:

- Relieving the suffering of individual animals by providing appropriate medical treatment and care;
- Fostering an understanding of native animals and the natural environment within the wider community;
- Broadening our knowledge of wildlife biology and the threats facing particular species
- Conserving wildlife populations by successfully returning healthy animals to their natural habitat.

Friends of the Koala is a single species, specialist group and our role extends way beyond to include habitat protection and enhancement, advocacy, policy reform and involvement in research. Our constitution enables us to actively support koala conservation wherever there are koala populations in need of protection.

But getting back to our rescue and rehabilitation work. Fundamental to its success is the willingness of members of the public to report the koalas they see. These days we encourage people to report sightings as well as koalas that appear to be in need of 'rescue'.

Our 24/7 Rescue Hotline is the first point of contact that most people have with Friends of the Koala. The importance we put on engaging and educating callers requires that we invest time and energy into making the Rescue Hotline as efficient as we can.

The Phone Roster Team is a cross-section of our voluntary membership. Some are experienced rescuers and carers, some are leafies or nursery workers and others do nothing else but phone duty. Regardless, their responsibility is to ensure that all phone calls are attended to promptly, efficiently and courteously. Rescues, sightings and other enquiries ring in to 6622 1233 and then are re-



The Office of Environment and Heritage has recently approved the retention in permanent care at the Friends of the Koala's Care Centre in East Lismore of unreleasable koalas Hera, Zeus and Rosalie.

directed either to the rostered volunteer's own phones at home, their mobiles or, if they are on shift at the Koala Care Centre, to the Centre.

Hotliners' minimum training is participation in a Basic Training Day and Phone Roster Training. The nature of phone enquiries is as diverse as the group's broad conservation mission so satisfying them relies on efficient referral. Koala calls in particular require special expertise, but above all patience – to solicit important information from the caller and to calm those who may be distressed. A sense of humour doesn't go amiss either. Generally, shifts are a few hours at a similar time each week. If volunteers are unable to commit to a regular time they are added to the emergency back-up pool.

Team members generally enjoy the work and find reward in doing it. Most calls are straight forward, some frustrating, a few are sad, but there are funny ones as well. Being woken in the middle of the night or even having dinner preparations disrupted by the intrusion of a phonecall are the downside.

You might be interested to know that Friends of the Koala does not receive any recurrent funding from government for the work we do. Our activities are funded by competing for government and other grants, seeking corporate sponsorships, mounting fundraising events and activities, running our Support-a-Koala Program, nursery sales, merchandise sales, membership fees, tours of the Koala Care Centre and of course donations received from a very generous community.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline: (02)6622 1233. For information about koalas, their food trees, and ways in which you can assist the koala conservation effort on the Northern Rivers, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org

Until next time, happy koala spotting.



Friends of the Koala's Rescue Van was donated by The Tony & Lisette Lewis Foundation under its WildlifeLink program in 2006.

Stu's view from the loo

by Stuart McConville

Misty morning and mighty mountains lie and loom in and over the valleys to the east. My throne grows colder, as I try desperately to spread out the first point of impact and lessen the shock.

There is dust on the ground, finally. I have put some in a jar, just in case it rains again. The frost has mown my lawn, left a mosaic of beige and green to mimic the diversity of my topography. Dappled sunshine with long legs caresses my bare thighs; their only regular exposure now.

Sunshine, the great battery charger in the sky, is finally being returned to its rightful place as heir apparent to the great battery itself, fossil fuel. I've always held the view that the earth has been the productive recipient of sunlight over the millennia for a bigger reason than so we can use it all up in 300 years, cause a lump in the population graph, and return to the dark ages.

If indeed, we are a battery in space, storing energy from the sun, what would the sun have to say about us wasting it and trying to compete by shining it back out into space? Now we have a serious attempt to forge a transition between the old fossil age and the

new sunlight age, we're at a turning point. If we succeed, I imagine the sun will smile on us happily and warm our hearts and souls with an unpolluted embrace.

This brings me to something that has not even been mentioned in the carbon tax debate, happiness. As our eco-education increases and our children come to know about the earth and sustainability (and this IS slowly happening across the board in education circles) how many of us will be happy to work in unsustainable, polluting industries like coal or mining? If they are the only jobs available, and people are forced to do things they have been rightly educated are not good for the planet, what will be the cost to our society?

Educated people find it harder to justify and rationalise their income from unsustainable sources. Their integrity will be compromised and we will add to the moral and social decay we are already experiencing as a nation. So bring on the green jobs for a happier planet and meaningful lives. I'm so, so happy about the carbon tax, so happy we lit a massive bonfire to celebrate!!

Back to poo. I've been asked by a few to elaborate on the function of the septic tank.



The mysterious place we flush all our by-products into, never to be seen or heard of again (only smelled!). In fact a properly functioning septic should not smell too bad at all.

Everything that goes into a septic will do one of three things once it arrives. It will float, (grease, oil etc.) sink, (sediment, particulate matter etc.) or it will go into solution with the water in the tank (nutrients, salts etc.) What flows out of the tank and into the trenches / beds will theoretically be only the third component, the black water. The rest floats or sinks and slowly builds up inside the tank where it decomposes via slow, inefficient anaerobic processes.

When there is less than a third of the volume of the tank free water, i.e. neither sediment nor floating flocculent, the tank needs to be pumped out. If the tank is not emptied, the sewage will back up into your house and let you know in no uncertain manner.

Stuart runs Pooh Solutions Compost Toilets and Consultancy Services, for more info: www.poohsolutions.com

PLANT OF THE MONTH

Eucalyptus tereticornis
known locally as forest red gum



by Richard Burer, Project Officer, EnviTE

Keep your eye out this month as the glorious bloom of creamy and sometimes pink blaze of flowering cover this impressive twisted, graceful and narley tree that graces the

landscape throughout the Nimbin valley.

It is dominant on alluvial flats and common on our local ridge tops and can grow to 45metres but is often smaller as local trees are often battered by winds due to the fact they are paddock/ shelter trees and open to the elements. An important Koala food tree, they are well worth planting on the farm and incorporating into your restoration projects and whilst they are most common in the drier sclerophyll plant communities they can also be found locally on low land subtropical rainforest on flood plain remnants which is an EEC.

Those driving to Lismore this month can check out some large specimens along the Lismore road at Goolmangar which are loaded with blossom that will attract birds and parrots this month. Watch the Lorikeets fall out of the tree drunk on the sweet nectar, and those with an interest with bees might like to know that bees not only produce beautiful tasting honey from this tree but also a powerful antibiotic that helps protects them, so thus a good rain-free period of flowering this year will give the bees a much needed boost.

Moderate to fast growth rates can be seen by trees planted on well drained soils. Easy to grow, collect the woody 8mmx8mm fruits in summer, dry in a paper bag and sow the fine seed in a seed raising mix.

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by Rob Carroll, President

Did you know?

• Alice Springs launched its 1MW Solar tracking system on the 31st July. It is called "Uterne Solar Power Station", Uterne meaning "bright sunny day" in the local Arrernte Language. This will be the largest Solar Tracking system in Australia, costing \$6.6 million. It consists of 3048 panels and will track in 254 arrays.

• A taxi driver from Cairns was arrested after he took a garden mattock to an Australian Army Tiger Helicopter. His reason for using a garden mattock, a tool for preparing the soil for growing food, to damage the carbon fibre door of the helicopter, was to "evoke imagery of garden transformation and food production". In total there were 24 arrests at the demo against the Talisman Sabre military exercises.

Sea Shepherd

SOS Save our Ship "The Steve Irwin"

Donations are being taken and given to the Sea Shepherd after their ship was detained in the Scottish Shetland Islands after a civil law suit was taken out against them by a Maltese Fishing company. They are claiming damages to their nets after Sea Shepherd believed they were illegally catching blue fin tuna. They need to raise a bond of approx \$1.4 million in 30 days to get their boat back pending the legal outcome.

CSG

EDO will be holding a meeting at Casino RSM on 11th August at 6pm. Metgasco and The National Toxic Network will be in attendance. Anyone from Nimbin who is going and can car pool, please leave info at the shop.

NSW fracking ban

The Government extended their 60 day freeze on fracking to 31st December for new licences only and the use of fracking chemicals BTEX's have been banned. This does not mean an end to CSG, just an extension of their

moratorium and for new licences only.

After reading the Petroleum Industry information on the effect of the ban, they claim it will not pose a problem. Industry believe it is just so NSW Government can better familiarise themselves with safe environmental practices and NSW being new players in CSG, it is unlikely in their opinion to halt the nascent industry development.

Upcoming CSG event

Kerriane Cox will be speaking at the Sphinx Rock Cafe on Sunday 7th August 1-4pm on the liquified natural gas mining development that is threatening the Kimberley coastline and hinterland.

A protest camp on the road to James Price Point has been in place for six weeks. Albert Wiggan, a spokesperson for the www.savethekimberley.com campaign said, "It should be the duty of every Aboriginal person in this country to fight to the death."

"Save the Kimberley Coast" petition postcards are available to sign in the shop which then will be sent to the politicians direct.

Be Clear, Not Nuclear!

People's Action for a Safe Planet, Saturday 6th August Hiroshima to Fukushima Day at Railway Park, Byron Bay from 10am. Global Link up from noon, Chai Tent, kids tent, Japanese market and films.

Proceeds to Fukushima Parents network and Byron Environment Centre. Busy times ahead, and now is the time to raise the momentum against all dirty polluting industries.

Shark film soup

Sea Shepherd's Madison Stewart has loved sharks since she was a child, and her way of showing they are beautiful creatures that need our respect, is through film.

She has entered an on-line competition to win \$10,000 to put to the cause – go to youtube, search for 'Fearless', watch it, then vote for her film at: www.padi.com/scuba/special-offers/sea-the-change

Breakfasting on coal and fracking fluid with Julia in Ipswich

by Alan Roberts
Nimbin Environment Centre

"We were invited to Prime Minister Julia Gillard's early morning breakfast outside the Ipswich Community Centre on Thursday 21st July by Ipswich *Lock the Gate* friends.

"So Benny Zable, Alan Roberts and I grabbed our flags and banners and joined in, because Ipswich is where Metgasco dreams of sending our coal seam gas," explained Lisa Costello, the NEC treasurer.

"Brekky with Julia cost \$85, so NEC was financially constrained to the outside where Julia's alter-ego enjoyed a coal and fracking fluid breakfast, which was much saner than the 6 o'clock swill scramble for the last dregs of fossil fuel being promoted by Julia on the inside," said Lisa.

Benny Zable said, "I made a placard congratulating Julia on at long last introducing a carbon pollution tax, obscure though it is, but then in the same breath to promote the worst array of carbon polluting industries centred on Ipswich is too



Julia's alter-ego enjoying a coal and fracking fluid breakfast

much for us and our planet to bear. Here in Ipswich the Commonwealth government is promoting an open cut coal mine, coal to liquids (diesel), and Northern Rivers leaky coal seam gas pipelined to Ipswich electricity generators and also onto Gladstone for liquefaction and export and any other planet destroying, carbon multiplying, stock market drooling venture that comes their way."

Meanwhile elsewhere in Qld, 33 square km of some of the best black soil cropping country in Australia is under dire threat of open cut coal mining. Once mined, it will be home to a pig iron smelter at

the end of a proposed railway line that will bring iron ore from WA and take Qld coal back to WA for a twin pig iron smelter at Pilbara.

The Ipswich police were very congenial and, unusually for uniformed cops, their commander quietly declared to me that "we're on your side". They allowed us to get away with more than the Federal security blokes – with wires coming out of their ears and ammo belts – liked. Even with this security, Julia snuck in and out through the loading bay, no doubt yearning for the comparative sanity of her alter-ego's coal and fracking fluid brekky.

Coal has to be phased off the menu, not piled yet higher on the plate. Coal seam gas and shale gas were never on the menu when climate carbon contributions were made.

We're now at the point where it will take only a fraction more greenhouse gas to push us past the point of no return, change has never been so fast in Earth systems before and yet we still think the planet won't notice if we go inside a security bubble and make private financial deals to rip up the last ancient fossil.

If business still thinks that, then the carbon pollution tax has to be much higher and broader.

A weed? But it's so pretty!

by Triny Roe

In 1788 the First Fleet carried to Australia a variety of plant species to provide food, shelter and medicine for the settlers. These included vegetative and seed material of the following species: fig trees, bamboos, sugar cane, quinces, apples, pears, strawberries, oak and myrtle trees, banana, cocoa, coffee, cotton, brazilian cherry, guava, ipecacuanha, lemon, orange, prickly pear, spanish reed and tamarind.

Some of the plants, imported by these newcomers and subsequent arrivals, became serious invasive weeds, despite their usefulness. In particular, the infamous prickly pear, opuntia, devastated over 25 million hectares of land. The settlers had hoped to establish a cochineal industry to provide red dye for their military uniforms. The cochineal beetles feed on the juicy cactus leaves. Prickly pear infestation was finally bought under control by the subsequent importation and release of the cactoblastis moth in the 1930's.

This practice of bringing in new plants for use and enjoyment continued through the following centuries. In the 1970's the nursery industry promoted a new and vigorous groundcover, Singapore Daisy – *Sphagneticola trilobata* (aka *Wedelia lobata*).

Landscapers and gardeners were excited to use this plant because it was hardy and fast growing. It was useful for erosion

control on steep banks, able to withstand dry periods, flowered most of the year and always looked great. Tigers also like this plant, as I discovered when I went on the Dreamworld Tiger walk. They love to roll in patches of it and lick the leaves. Catnip – tiger style.

However, this plant is now nominated as one of the 100 of the world's worst invasive alien species on the Global Invasive Species Database. Despite its common name, Singapore Daisy is actually a native of South America, with a range from Mexico to Argentina. It is naturalised in Florida, Malaysia, (maybe that's where the tigers got a taste for it) and on Pacific Islands including Hawaii and Tahiti. In these countries it poses a threat to native vegetation, as it does in parts of Australia.

In Queensland it is listed as a Class 3 pest plant. This means, as it is well established in that state, it is not considered possible to completely eradicate, so landholders may be advised to contain and reduce populations to avoid further spread, especially if they are adjacent to national parks or environmental reserves. It also cannot be sold in nurseries or markets. In the Northern Rivers region it is considered an environmental weed and landowners are encouraged to control this weed on their properties and not allow it to invade other areas.

Singapore Daisy reproduces by both seed and cuttings hence ensuring its survival.



Singapore Daisy at Dreamworld

Slashing and mowing just helps it spread as new plants will grow from small pieces of stem. Dumping of garden waste down the gully or over the bank will let it loose into the bush. Seed can also be carried on shoes and vehicles or washed down waterways.

Removal of Singapore Daisy is difficult. There are recommended herbicides if you want to go that route. Hand weeding must be meticulous to remove all plant material that can be then bagged or burnt. This plant is not fire resistant so scarifying with a fire hoe is also useful to kill the seed remaining in the soil. Be sure the surrounding area is clear of fuel to avoid bushfire. And don't forget the follow-up. As with all weeds, Singapore Daisy is by nature persistent and won't go easily.

When the site is clear there are plenty of native alternatives to grow instead. Snake vine *Hibbertia scandens*, Prostrate Grevillea *Grevillea banksii prostrate*, native sarsaparilla *Hardenbergia violacea* or Midgenberry *Austromyrtus dulcis* are just a few suggestions.

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Eagle flies free



Late in June, Neil and Kerryn of Nimbin spotted a juvenile wedge-tailed eagle on the ground in apparent difficulty.

After observing from a distance for some time, they investigated more closely. The eagle still appeared to be struggling so they called WIRES. They managed to capture this huge bird and deliver it to a WIRES carer.

The eagle was placed in the care of Melanie, a raptor-carer who arranged for it to be assessed by the Casino Vet Clinic. It was very underweight. The eagle's x-rays revealed no broken bones

but significant bruising. It was placed in a raptor aviary for rehabilitation. Melanie was in communication with Neil and Kerryn, who said the partner of this eagle was regularly circling the home territory, presumably looking for his mate.

After a month in rehab and a few flight checks, this magnificent bird was released in its home territory near Sphinx Rock.

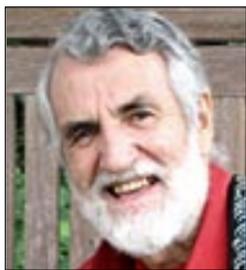
WIRES Northern Rivers needs more volunteers in the Nimbin area. WIRES has few Nimbin based volunteers but hopes to establish a network of local



wildlife volunteers to deal with rescue and emergency care.

The next training weekend will be held Sept 17th & 18th at Southern Cross University, Lismore. The cost is \$65, which includes annual membership, manual and lunches. For more information, contact the hotline on 6628-1898 or wiresnr@wiresnr.org for course details.

Knackered Knuts... The Castrated Coconuts of Cairns



Mookxamitosis by
Brendan (Mookx) Hanley

I lived in Cairns in the early 70s, and was in fact chased out of town under threat of a policeman's gun. The particular policeman had allegedly waved a loaded pistol at an incarcerated friend in the Cairns jail-house and said "Tell Hanley he's next!" It apparently had something to do with my long hair.

I left Cairns soon after that, but the local lust for hippie blood continued until the inevitable slaying of a naked young bloke running into the bush during a morning drug raid in Kuranda a while later. The infamous "Jog in the Fog" killing has faded into the past now. As far as I know the cop was never made to account for this murder ... even though it was a white guy he killed.

The Nimbin Hemp Embassy archives have this to say about it:

"In July 1978, the Drug Squad moved onto Kuranda,

where a 28 year old Sydney man was fatally shot by police as he fled from a drug search. Queensland lawyers ... said they had been expecting such a shooting. According to the lawyers, drawn guns were a regular feature of drug raids in Queensland ... The number of complaints indicated these practices were standard procedures ..."

It was the beginning of the "sanitization" of Cairns that soon saw sandwich boards removed from the footpaths, the closure of all bead, bong and bent bazaars along with the demise of every beautiful hi-set Queenslander house you could lay your eyes on, from one end of Cairns to the other.

Today, Cairns looks vaguely like the same layout, superimposed with casinos, multi-storey cement shit-houses, ubiquitous Japanese signwriting, Thai restaurants, crocodile, emu and kangaroo burger joints, arterial highways to all points and a fake white sand beach down on the Esplanade mud flats ... chlorinated water and all. Guaranteed all-season stinger-free of course! Not to mention the Kuranda Skyrail! By the way, Kuranda (which closes its Beirut-by-night shutters down at 3pm) should be renamed Singapore Charlie's. Long gone are the



hippie leather sandals, raku pottery and arts and crafts to die for.

Back in Cairns, worst of all, somebody should be publicly hung for initiating a post 9/11 insurance-fear-driven program of cutting down coconut trees in suburban locations and/or removing all coconuts across the entire district in case one should fall on someone's head, thereby leaving the Council open to litigation. There's a mob called the "Nutbusters" who do a very efficient job of castrating most of the bounty of this most wondrous of natural food sources, beloved of every Pacific and Asian country. A resource that they find a use for every single part of; timber, fronds, shell, fibre, milk, meat. The list is endless ... the sustenance

and usefulness legendary. Island life-support, economy, architecture and infrastructure tend to revolve around this magic, self-propagating, migratory, colonising wonder plant.

You can of course purchase them at Cairns markets for up to \$3.50 a pop ... some clever -dick opportunists are onto a great money-making racket. Queensland never ceases to amaze me with the dual process of stupidity-in-action and the cash-cow-kickback that accompanies it. As far as Tourism goes, all those knackered coconut trees sure look silly after visiting places like Fiji and Bali where they present perhaps the most distinctive, photogenic and signature tropical image of them all. The coconut is surely the prime icon of tropical splendour, except in Cairns, where it seems to have been replaced by the ubiquitous pair of expensive pedigreed dogs.

And why stop at coconuts? Surely there's inherent danger in bananas poking your eyes out, watermelons rolling down hills and flattening you, stringy mangoes choking you to death, citrus squirting you in the eyes and blinding you ... the list is endless. Let's do away with nature altogether ... before we get sued!

No port in a storm



Fruit of the vine
by Terry Beltrane

Australia used to make port once upon a time – and good it was too. Because of international labelling laws pertaining to generic place names, the only country that's permitted to use the name "Port" is Portugal. Australia now has to rely on different terminology to label the fabulous wines of this style. Marketing gurus have decided on 'tawny' and 'fortified red' to describe the two most common 'port' styles of wine.

Tawny derives its name from the colour of the wine after several years of ageing in oak barrels. Initially deep pink/red when it's first made, the wine then goes into barrels to mature, with the objective being to soften off the harshness of the alcohol that's been used to fortify the wine. Generally, better quality wine spends a minimum of 1-3 years in oak before the young stuff is blended with a bit of older stuff to give the wine some complexity of flavour and a richer palate feel. These bulk commercial wines can be made up of wines anywhere between 1-5 years of age, with the top shelf quality being in average age of 7 to 15 years. The older the wine, the more tawny it becomes. The term "tawny" (as in the colour of a lion) refers to the change in colour from the initial light red to amber as a result of the wine becoming oxidised during the maturation period. Cut an apple in half and leave it on the bench exposed to oxygen and it'll go brown (tawny).

The difference between a commercial and quality tawny is "Rancio", a derivative of the word "rancid" – but in a positive perspective and attained after at least five years of ageing in oak barrels in hot conditions. The wine in these barrels have a 'head space' (Yeah! Laugh it up you stoners) where the barrel is not completely filled exposing the wine to air. Being fortified, the wine won't sour and the sugars are caramelised

by the hot conditions, along with a slow oxidation of other components in the wine from the air in the head space. These wines have a butterscotch, nutty and light caramel aroma and flavour, the latter being of exceptional length after a sip of the stuff. Ironically, the water element of the wine evaporates through the oak more rapidly than does the alcohol, so after several years the wine becomes more sweet, viscous and luscious as it becomes more concentrated. The advantage of these wine styles is that they can be drunk over several weeks after opening the bottle without any detrimental effect (to the wine, not your body if consumed in large quantities).

'Vintage fortified', on the other hand, is wine made from a single vintage year as opposed to blending the wine from several years of age. The wine is bottled after a year to allow a little natural settling of sediment (minuscule grape skin tannins) and then stored in cool cellars for a few years before sale. These wines continue to mature in the bottle, continuing to 'throw' a sediment, for several years with some of them attaining 20 years of age before reaching their peak. In contrast to tawny styles being fortified with neutral spirit (hearts), vintage styles are fortified with brandy spirit (tails) which have more of a grapey flavour the objective being to make a wine that has as much grape flavour as possible. With time, in addition to the original grape/brandy flavours, these wines also develop a slightly aniseed or licorice flavour; they also need to be decanted so as to leave the crust (sediment) in the bottle. Once opened these wines need to be consumed within a few days. It's not that the wine goes bad, it's just that the developed aromas and flavours, not having been exposed to air during the maturation period, will dissipate and leave the wine flat and lacking in flavour. Not many people are up to knocking off a bottle of fortified wine after a few glasses of red, so, unfortunately, despite the unique qualities of these wines, they're not that common but well worth the search and sharing with other people – hence the term "passing the port". Enjoy.

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ASIO powers bid snuffed

Tweedle Twiddles while Dee plays Dumb with Wikileaks

by Warwick Fry

Labor tried to exploit the furore over Wikileaks to tweak ASIO powers, and if not for the Greens we could have woken up one morning wondering, "How the hell did that happen?"

That being the *Intelligence Services Legislation Amendment Bill 2011* introduced without debate in the House of Representatives last March. The tweak was a sneaky change in the wording.

The new legislation expands ASIO's brief by redefining "foreign intelligence". The definition of "intelligence about ... a foreign power" has been expanded to include "intelligence about ... people, organisations and governments outside Australia".

So if, for example, I was working in Honduras as a



journalist for the FNRP, or Benny Zable was in New York painting banners for the anti-nuclear movement, we could both be investigated without ASIO having to clear it with the Attorney General.

Even freakier, the law could legalise, and indeed encourage, industrial espionage by Australian companies. Included in the criteria are "the interests of... Australia's national economic well-being". I guess

current wheeling and dealing with China by Australian companies was at the back of someone's mind there. Or even the banks, knowing that Wikileaks is sitting on a trove of compromising data involving some of the world's largest banking interests.

Fortunately the few Greens in the House weren't on the nod, and ASIO, the Queensland Police and the Attorney General's Department have come in for a grilling in the Senate Legal

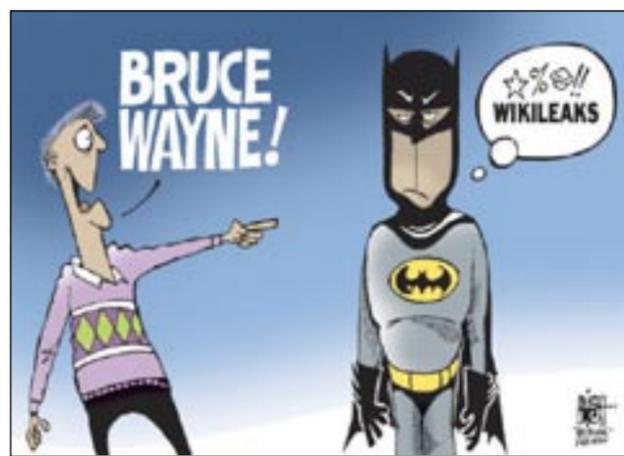
and Constitutional Affairs Committee.

Both ASIO and AG spokespersons were left squirming on the hook when asked to explain why ASIO's (already formidable) powers needed to be expanded if it were not to target Julian Assange and Wikileaks.

The ASIO spokesperson also became very flustered when asked why the date for the legislation had been brought forward two months.

One comment on the issue was that the legislation seemed to be tailored to fit the designs of a certain "foreign power", than for any real need to strengthen ASIO and our national security.

A somewhat less diplomatic remark (overheard at the pub) was: "If you wanted to give Hillary Clinton a kick up the arse you'd break your toe on Julia Gillard's ankle."



Political cartoon by Randy Bish in the Pittsburgh Tribune-Review.

EXPIRY

by Kali McLaughlin

We have come to accept death and taxes, but there is a creeping adoption of the model by other aspects of life that is really about greed, fear and empire building.

I am talking about all the myriad bits of paper and plastic we all have to carry and how they expire.

ATM cards, scripts, passports, pre-pay phone recharges, discount vouchers, licence cards, membership cards, car registration, medicards, rail passes, etc.

Some of these things expire regularly, some if you use them too much, some if you don't use them enough – like Summerland computer banking.

Renewing all these things tends to be an expensive nuisance and to hit you when you are in the wrong place, or don't have the necessary documents.

And of course the organisations involved expect you to give them all your personal data and the right to direct debit.

They go on about privacy and security being the reason for expiry of their facilities, yet they want to keep all sorts of confidential things about you in The Cloud and then leave you in the lurch when they suddenly change their rules. Have you tried doing an SMS phone-verified transaction while in Indonesia?

I pay \$1 a minute on my emergency pre-pay phone so that it takes a year to expire. Did you know that the ability to do a credit card recharge also expires?

The final doozy was when my name expired last year because the department that administered Deed Poll was shoved over by Births, Deaths & Marriages.

After \$900 and six months I can again sign off as Kali McLaughlin.

The capitulation of capitalism

by Graham Irvine

Nearly 40 years ago I came to live in Nimbin, certain that Australia was on the cusp of a green consciousness.

And, nearly 40 years later, I am still waiting – but this time it may really happen because the Australian electorate is demanding more environmentally conscious policies and is less tolerant of governments which act to the detriment of the biosphere.

It may be an exaggeration to call this green groundswell a peoples' movement, but populist sympathies and direct action have recently toppled tyrants in the Middle East, and a growing number of Australians are prepared to take to the streets. They are voicing their protest against those who put their own interests ahead of the damage they are doing to the Earth. I put this down to these developers having an anthropocentric paradigm which rejects the world view that all beings are equals.

These attitudes and the rejection of them can be clearly seen with reference to three recent issues where Australian governments have been forced to jettison their instinctive reactions (rather than actions) in the face of a rolling thunder of voter disapproval.



The first of these was Kevin Rudd's backdown on an Emissions Trading Scheme. This shameful about-face was, I believe, rightly seen by the public as an unprincipled capitulation to the country's big polluters at a time when an unparalleled and continuing series of "natural" catastrophies was making it abundantly clear that the planet is imperilled by the self-serving policies of both sides of politics. But the voters would have none of it – they realised that Australia urgently needs to act.

Another demonstration of failing anthropocentric policies is the public reaction to the live cattle export trade. Anthropocentric attitudes again – with profit outweighing concern for suffering.

Closer to home we can again see the principle of profit being valued above all else exemplified by the fight of landowners against coal and gas mines. It is no wonder that these Earth rapists are so reviled by the communities they seek to despoil. They are quite prepared to dig their dirt and walk away from the environment they have ravaged as their forebears have been doing since the British invasion of 1788.

In all these cases we can discern the influence of shallow concepts like "progress" and "development", concepts being challenged by an electorate demanding an environmentally responsible approach to the planet and all its beings.

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Awesome August at Birth & Beyond



Nana and Jacqueline try out the comfy couch with their new babies.

by Kirrah Holborn

We have been enjoying some interesting discussions about how natural remedies can be useful for pregnancy, birthing and parenting. It has been so inspiring to take health back into our own hands and realise that nature often has a solution for correcting imbalances.

Local midwife and herb enthusiast Bron Moir, found a great do-it-yourself recipe for making an iron supplement using dandelion root, yellow dock and blackstrap molasses. If you are wanting a natural method to boost your iron levels, these herbs are available at the Nimbin Apothecary.

Great news! Birth & Beyond now has a groovy couch for breast-feeding mums! The couch was kindly donated by Diana Roberts and is located in the room accessed by the stairs (at the rear of Birth & Beyond). This room is often sunny and allows mums to have a quiet and comfy spot

to breastfeed and nurture their babes.

Bron and I will be travelling down to Newcastle in August for the Australian Homebirth Conference. We are looking forward to hearing talks by many inspirational women such as Ina May Gaskin, Sarah Buckley, Robbie Davis-Floyd, Lisa Barret, Sue Cookson and many more! Due to this, Birth and Beyond will not be on (on Friday 19th August) but we are sure to come home bursting with new information and stories to tell about 'challenging the boundaries'.

I am thrilled to let you know that on the 1st September (6-8.30pm), Homeopath Jimi Wollumbin will be discussing the 'vaccine debate' at Birth & Beyond. This is an incredible opportunity to gain more information about this controversial subject and become educated on the research about vaccinations. It costs only \$10 and bookings are essential at: jimi.wollumbin@gmail.com

One Diet: Powerfully anti-inflammatory promoting focus and motivation

by Leannrah

This is One Diet which can benefit most of us: those struggling with diagnosed and medicated diseases, and those who are motivated to stay well throughout their lifespan.

Please modify this diet to suit your individual needs with regard to food allergies and intolerances. One Diet is not recommended to those with kidney disease or with compromised kidney function.

Beneficial in cases of: unstable blood sugars, depression, candida and yeast infections, wasting, muscle building, cancer prevention and development, cardiovascular disease, inflammatory diseases, neurological diseases, arthritis, asthma, allergies, autoimmune diseases, adiposity, gluten intolerance, bowel diseases, coeliac disease and to sustain energy.

Protein

Free range and pasture fed meats, soy products, legumes, beans, nuts, cheese, yoghurt, chickpea protein, whey, salt and fresh water foods, super green foods. For each meal 20g of protein: 1 palm sized serving of meat, or 2 palm sized servings of tofu/legumes/beans.

Snacks: It is important that high protein and high good fat snacks be on hand: Nuts, seeds, cold meat, boiled eggs, cheese, yoghurt, protein bars,

homemade protein balls, eggs/whey and protein powders for smoothies. Breakfast: Must be based on protein.

Fats

Coconut oil, flax/linseed oil, macadamia oil, olive oil, sesame oil, walnut oil, cold pressed oils are preferable. From free range animals: eggs, fish, seafoods, butter, cheese, yoghurt. Fish oil, cod liver oil, flaxseed oil. Safe to heat olive oil, coconut oil and macadamia oil for cooking. Free range animal fat is probably the most stable frying oil. Seeds, nuts and their pastes.

Bad Fats: From grainfed animals, margarine, oils and foods fried at high temperatures, rancid oils, oil reused. Fat reduced foods.

Carbohydrates

No grains. No sugars. Lots of fresh vegetables. No: potato, sweet potato, cassava. Limit to 1 raw handful per day: avocado, carrots, corn, parsnip, peas, pumpkin. Allowable fruits at 1 handful per day: apples, apricots, blackberries, blueberries, cherries, grapefruit, lemons, limes, mulberries, nectarines, passionfruit, peach, pears, raspberries, rockmelon, strawberries, watermelon. Stevia or Splenda to sweeten. Condiments: Soy sauce (gluten free), curry pastes, herbs, spices, sea salt, miso, lemon juice, sesame oil, olive oil.

This dietary advice is based upon



the most recent scientific research as reported by Stephen Eddey MHS, BSc, DipAppSc, AssDipAppSc, ND, at ATMS Professional Education Seminar – Innovate Cancer Solutions, August 22 2010, Coffs Harbour NSW.

If you would like more information on the ONE DIET or are looking for dietary and naturopathic advice, Leannrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Saturdays. She is a Naturopath and has been practising from the Birth and Beyond rooms in Nimbin for 8 years. Leannrah also has a country practice in Wiangaree at The Turquoise House. Wiangaree is only 10 minutes drive north of Kyogle. There is a medicine garden, colour healing studio, and well stocked dispensary of homoeopathics, herbs, flower essences and supplements. Phone for appointments 02 6636-2356 or book in with Nimbin Apothecary for Saturdays on 02 66891-1529.

TCM path to health

by Melissa Williamson

Melissa Williamson has been practicing remedial therapies for 14 years - and as a multi-modality practitioner she has a wealth of knowledge and experience to offer in treating a wide range of health issues.

Chinese Medicine is a complete and complex form of medicine that utilises Acupuncture, Herbs, Cupping, Moxabustion, Massage and Dietary Therapy to rebalance the energetic system that is the body and mind.

A client's individual pattern of disharmony is formed, and the root cause of this disharmony is addressed and resolved, as well as the signs/symptoms that branch from this. This means both acute (injury and illness), and chronic (ill health and old injury) conditions can

be effectively and, (most importantly), individually treated.

The TCM of the body/mind and how it functions is very different to that of Western (medicine) physiological function. For example: each organ has an element (of the 5 elements - earth, fire, water, wood, metal) attached; they each also house specific emotions and mental actions, and also relate to different seasons.

Their function relates to the production, exchange, movement of Qi ('energy') and Blood/Fluids (substance), Yin and Yang.

The complex relationship that exists between the organs, their physical functions, their emotional/mental function, internal pathogenic factors, and external environmental factors means if there is impairment of function in

one then that imbalance spreads to affect other functions in the body. This is why identifying an individual pattern of disharmony is so important - it allows the unwinding of, often seemingly disparate, signs and symptoms to the root cause (which is essential to treat for effective long term healing).

Cutting off the dying branches will not stop the spread of dis-ease if the original source in the roots is not also treated."

Melissa is available Fridays for TCM consults, Acupuncture, Deep Tissue Massage and Reflexology (foot therapy). Also keep an eye out for upcoming workshops explaining TCM therapy, and the relationship of environment specific factors (e.g. in this region damp) to health issues. Melissa is also a Tai



Chi teacher, so keep an eye out for notices about forthcoming classes at the Community Centre.

Appointments can be made through the Clinic at 44 Cullen Street Nimbin (opposite Nimbin Medical Centre) on 6689-1554 or by phoning Melissa directly on 0431-958-443.

Nimbin Hospital Info

• Childhood Immunisation Clinic

Birth – 5 years, every 2nd Tuesday of the month at Nimbin Hospital. Next clinic 9th August. Phone 6620-7687 to make appointments.

• Womens Health Nurse

Every 3rd Thursday of the month at Nimbin Hospital. Next clinic 18th August. Phone 6688-1401 to make appointments.

• Physiotherapy

Mondays and Thursdays at Nimbin Hospital. Ring 6688-1401 for appointments.

• Community Registered Nurses

At Nimbin Hospital Monday-Friday 8.30am – 4.30pm. Assessment, treatment, referral, school health, palliative care, aged care packages and more. Phone 66891288.

• Hospital Auxiliary AGM

Friday 12th August at 11am. Bottle Brush Studio, 81 Cullen Street, Nimbin RSVP to Lola Johnson, phone 6689-1370.

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Who will be here in a hundred years?

From John James

Frank Fenner is an accomplished scientist, and a polymath. As a virologist he helped lead the eradication of smallpox, while as a human ecologist he set up the respected Centre for Resource and Environmental Studies at ANU

So how worried should we be that Fenner told an Australian newspaper that humanity will be extinct within a century because of our failure to deal with global warming?

All is not necessarily lost, at least according to Stephen Boyden, Fenner's colleague at the John Curtin School of Medical Research, ANU, who told the same paper there is still time to prevent our extinction. The problem, he says, is to do it we will need to pull off "revolutionary changes necessary to achieve ecological sustainability". Still hardly an optimistic view.

And it's not just Fenner and Boyden who are gloomy about the future of our species.

More and more people who study the prospects for human well-being in coming decades agree that food will be the key limiting factor. Demand will skyrocket, fuelled, as Fenner says, by both population growth and "unbridled consumption". Meanwhile climate change will make it harder to produce more food.

However, the complexity of our civilisation means nobody can predict with certainty what the consequences of its collapse will be. Extinction of a species numbering nearly 7 billion may seem unlikely. But if biology teaches us anything it is that complexity contains tipping points that can be terrifyingly quick. In the 1800s, anyone watching a single flock of 2 billion passenger pigeons go by, would have laughed if you said the bird would be extinct in a century.

Boyden is right: there are still things we can do. But so is Fenner. If we don't do some of them, we're in trouble. How much trouble? Well, how lucky do you feel?

Exploring communication

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

I am sitting in a plane on the way to Perth for a long awaited holiday and thinking about what to write for this issue of the *Nimbin GoodTimes*, but by the time you read this I'll be well and truly home.

Two topics spring to mind and I wonder why they arise together. Terminals, on the one hand, seem a worthy topic and the business of a friend trying to get me to organize his stuff is the other topic worming its way through my mind. Are they somehow connected?

I am intrigued. Let me wander around these ideas for a moment. Of terminals I am reminded of two things. The first is the movie *The Terminal*, with Tom Hanks in it, and secondly, a wonderful book I read years ago called *Angels*, a modern myth by Michel Serres. *Angels* is about creating a philosophy of communication, of movement between people, while the Hanks movie is concerned with miscommunication, getting stuck in a place (denied entry into the US and unable to return to his own revolution-riven country) more usually associated with transitions. Interestingly, both book and movie are set in airports, places where normally you arrive, you leave, you arrive...

As to this other topic, of this friend attempting to get me to solve his problem by asking me to organize the removal of an item of furniture from his house to store in mine, prior to his departure. The item was attractive to me, but not so much that I was prepared to

drop everything I was doing in order to get removalists doing the job in time for an, as yet, unknown departure date. Here was a mixed message from my friend: you can enjoy a beautiful, difficult to move object, but you'll have to organize its removal because my friend was going away (when?).

The problem was, I was leaving on my own holiday soon too. Ultimately I simply refused to do what was asked of me. The dynamic, if I may speak in this way, was all wrong and I resisted it.

Good and honest communication between people needs to be a free flowing thing, not bits obscured, and withheld. It was not up to my friend to request I organize the removal of a large object from his house in time for his undeclared departure date, just because he thought I would enjoy using this object, and my enjoying it was a good enough reason for off-loading his own responsibility onto me. He really needed to organize the transport, or disposal, of the object himself.

Angels are intermediary entities, transporting clear messages between, classically, god and humans. Airports, those massive tracts of strange spaces warmed up by homely touches of shops and eateries, are intermediary places. Both connect meetings across vast skies and both depend on clear communication at all nodes. Travellers, and meaning makers, need to know their journey will be safe.

So, now I know why the topics of terminals and my friend off-loading his responsibility onto me occurred together. It is



about communication and the between of communication that interests me. Clarity of intention is needed; muddled desires obscures too much unsaid stuff that can easily terminate friendships. Funny, this word "terminal" and that word "terminate". The Terminal, the movie, was about, as I've said, getting stuck and yet airport terminals are determinably not places to get stuck (though sometimes it seems airport staff are hell bent on making this happen). The word terminal can mean "end" and it can imply articulations between nodes (as in electric power stations). Words are articulations between sender and receiver: the clearer the intention and the delivery of all the facts the more favourable the reception. Understanding depends on it.

I have much faith in the writing process, and recommend to many of my clients to keep a journal, for it is in writing that greater understanding is reached. The printed word is an intermediary, like angels and terminals, and connects thought to thinker and writers to readers.

In writing we come to know what was once half intimated, half felt – an inkling that doesn't really go anywhere. Writing connects.



Dr Oscar Serrallach's talk last month was on Gluten & Dairy.

Local nutritional doctor Oscar Serrallach will talk on nutrition and children's health at Birth & Beyond on Wednesday 31st August.

The rates of childhood disease are on the increase, in particular the "four As" - Allergies, Autism, ADHD and Asthma.

Dr Serrallach will present some of the scientific ideas surrounding this epidemic and discuss what can be done to protect and fortify children and give them the best possible start in life.

Which preservatives do you really need to be concerned about? Which food groups are implicated in different behaviour patterns?

Tickets cost \$10, which includes a light gluten- and dairy-free meal. Complimentary teas from Tea Medica will also be served. Summaries of the topic will be available for a small charge.

All proceeds go to the Nimbin Preschool. Doors open at 6pm, with the talk to start at 6.30pm.

Dying to get well

We have swapped cholera for cancer, influenza for Alzheimer's, measles for autism and whooping cough for asthma – a new wave of epidemics are upon us, and not only are they not prevented by current vaccines ... but many may actually be caused by them" – Jimi Wollumbin, *The Vaccination Debate* 2007.

A seminar discussing these issues will be presented by Jimi Wollumbin at Nimbin Birth and Beyond on 1st September.

In the 18th and 19th centuries infectious diseases caused by unsanitary living conditions (cholera, tuberculosis, typhoid, small pox, the plague, diphtheria) and generally harmless diseases made dangerous through poor nutrition (measles, whooping cough, scarlet fever, mumps and acute rheumatic fever), dominated public health debates, with good reason.

The improvements in public health by the early 20th century made through nutrition, sanitation and education rendered all of these diseases either largely or completely manageable with very low death rates in all developed countries.

As the 20th century progressed, however, a new set of diseases emerged, and the Auto-immune Epidemic had begun: asthma, diabetes, Multiple Sclerosis, rheumatoid arthritis, Irritable Bowel Syndrome, Chronic Fatigue Syndrome, allergies, eczema, Alzheimer's, Parkinson's disease, Crohn's disease, Psoriasis, IBS and Ankylosing Spondylitis.

Add to this cancer – and the spectrum of delayed developmental



diseases such as autism, learning disorders, ADHD, ataxia, PDD, Asperger's, addictive behavior – and a very real crisis of healthcare becomes apparent.

It may be shocking to discover that every single one of the above diseases has been implicated with vaccines, in both orthodox and holistic publications.

The above situation is cause for much concern and even more confusion amongst parents and health care workers alike.

The seminar, presented by Jimi Wollumbin at Nimbin Birth and Beyond, will bring this debate into the public arena. It runs from 6pm to 8.30pm, and will be followed by an open table discussion.

Cost is only \$10, and bookings are essential. Previous seminars have sold out.

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