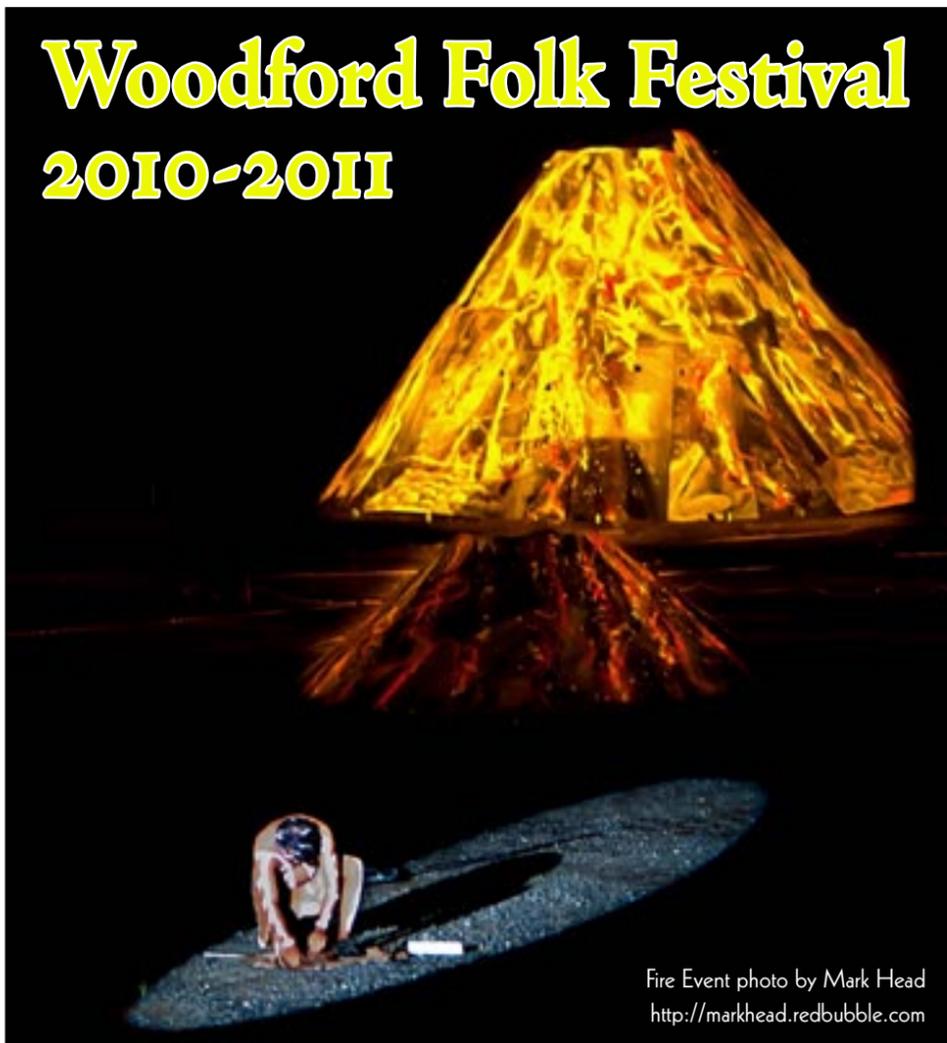


Woodford Folk Festival 2010-2011



Fire Event photo by Mark Head
<http://markhead.redbubble.com>

by Sally Baxter

Hello again! Another year gone by, and a new one long begun. Heading toward the end of January, I cast my mind back to what I was doing a month ago... prep for seasonal festivities, and the highlight of every year – heading off to Woodford!

Weather predictions were dire – wind, rain, squalls and storms, and the deluge we were coping here seemed to match. However, being in Queensland, the sunshine state and all, the wet weather was woosy compared to Northern NSW. The first three days were

damp and muddy, with the sun drying out the camps for the duration of the week. The punters were happy and didn't give a rat's tail what the weather was doing – they were there for a good time, and that's what they got.

The line-up was impressive, with some of my personal highlights including Kate Miller-Heidke, Katzenjammer, Arrested Development, Blue King Brown, Dya Singh World Music, Mama Kin, Jambezi, Baskery, Christa Hughes and the Honkytonk Shonks, Tinpan Orange, Vika and Linda Bull, and the local representation of Diana Anaid, Wild Marmalade, Stringmansassy and Tijuana Cartel. There were zillions more of course, but from month-old memory, these were stand-outs.

The kooky and kinky were there to entertain with Briefs, "burlesque with balls" – all male cabaret... Samoan style – very funny. Disturbia was a nightly staging in a separate world of Pumans in the year 2525, where medical science has



Monsieur Camembert and guests



Photo by Chris Ahern
Winner of the 2010
photography award

created a new race through the use of pig organs in transplants, and blood donating – part human, part pig. The theatricals were excellent – hilarious, disturbing, and sic, very sic! In contrast to this future, 'The Greenhouse' proposed zero carbon electricity plan for Australia by the year 2020. This particular venue hosted a diverse collection of speakers and discussions informing topics from environmental issues through to sustainable town planning.

Even Kevin Rudd and Bob Hawke rocked up for the entertainment value, and to offer some of their own. Rudd's talk was quite interesting – the initial third of it was filled with anecdotes and jokes – at his own expense – plenty of fodder for it with the political goings in 2010! However, the guts



Street Performer

of it was letting us all in on what we here in Nimbin are well clear on – that nation states, ie. governments, have very limited power, and refer to multi-national corporations for the real national influences. He also advised several times that we should be vigilant about protecting and maintaining our democratic rights and freedoms. Due to Rudd bearing the brunt of mining interests dictating government last year, I guess he has fair call to offer the warning! He reminded us all that the largest economy in the world does not respect democracy, and nation states are vulnerable to corporate manipulations. He went onto praise efforts of those involved in bringing about global environmental commitments, and spoke of America and Russia recently signing a 'no-nukes' treaty. In all he was an entertaining speaker who came across as a genuine team player for the Australian people – like the Nambour boy he is who has been thrust in the big boy world of international wheeling and dealing – it seemed like he was just yarning with us – tuning us in on what's going on out there.

Bob Hawke, however, was hard core. Straight into the guts of it. "You've got the trade unions to thank for the lifestyle you have today." His



Aquapella World Music Choir at rehearsal
Photo by Paul Tait

talk detailed the history of the fight working Australians have had in securing the rights and freedoms we take for granted today. He included many details and insights into the seemingly simplistic operations of yesteryear compared to the intricate backroom dealings of today's political field. Visibly ageing, well he is in his eighties, his mind and wit were sharp as. He was spot-on with the commentary, and included funny bits – especially his dance at the end. It was a mimicry of stand-up comedians' impersonation of 'Rudd is in the Air' prior to Hawke's entry – very smooth!

Along with the music, discussions, street theatre, films, art and exhibitions, a big drawcard for me are the abundance of workshops. Gluttonous pig-out was in order. Hours of yoga, tai chi, dance classes, circus skills, vocal

workshops, instrument making and playing, and especially the creative arts had me enthralled. Pottery, burlesque life drawing, etching on paper and aluminium, batik dying, basketry and felting. Yes, one did make some fantastic knee-high felt boots. In all, another brilliant gathering of a community of people who value the creative arts and expression. A culture of giving, sharing, inclusivity and goodwill toward the earth and all who be upon it.

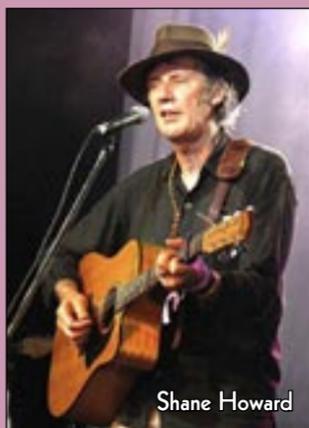
Aah, ain't that what life's all about!



Jesse Lubitz, TinPan Orange



Closing Ceremony Music Stage



Shane Howard



Unattributed photos
by Jeni Kendall



Aaron Hopper



Kacey from Stringmansassy

Nimbin HEMP Embassy

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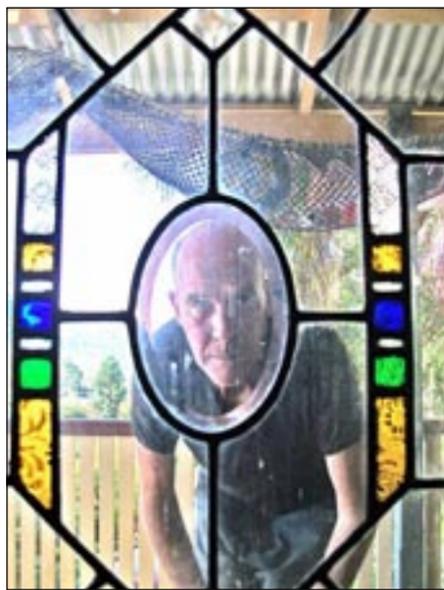
Michael lets the light shine in

People in glass houses would be well advised to make contact with Nimbin artisan Michael Murphy, who specialises in colourful glasswork.

Michael does leadlight and restorations as well as kiln work, melting sheets of glass over sculpted sand and plaster forms to create three-dimensional works in glass. His work can be seen above the door of the Hemp Embassy and at the Nimbin Cafe, aka the Oasis, where he created the cafe logo in a multi-coloured mosaic of glass.

One of his most complex works was a woven mesh of glass strips. "There were more than 800 pieces in a square metre," Michael says.

Michael has had his workshop in Nimbin, tucked away behind the Nimbin Cafe, for about 12 years, operating low-key, beautifying local buildings and providing training for budding glass workers. At The Rectory in Cullen Street, owned by Alby Wojnar, Michael tackled a larger project, installing door and window panels which shower The Rectory's rooms with colour and provide unusually focused views of the town, as well as some strange optical effects.



Michael Murphy with one of his leadlight windows at The Rectory, Nimbin.

"It's more of a craft than an art," he says, "but art is where you design something. Quite a lot of people don't have an idea (of what they want) and they expect you to develop something for them that's unique.

"It's very satisfying when the lines are in the right place, with well-chosen colours."

A feast for the eyes in Nimbin



Sign of the Times by Jenny Mac



Enchanted Garden II, by Claire L'Arrivee.



The Arrival, by Johanna May (left)
Masks by Ginny Wood

Maragaret McLaren (pictured) and her team of volunteers have hung the latest exhibition at the Nimbin Artists Gallery, and as usual it's a visual treat.

On show are new works by Jenny Mac, Johanna May, Leigh Arnold, Claire L'Arrivee, Roslyn Parry, Janet Hassall, Ginny Wood, and many other renowned local artists.

All works are for sale, as are a beautiful selection of smaller works on paper, photography and ceramics.

The gallery is located at 49 Cullen Street, in the heart of the village, and is open daily, from 10am to 5pm.



Autumn Arts Extravaganza opens 25th April, so any artist wishing to be included should express their interest to the gallery with full details of works they wish to have included.



Words take wing at Blue Knob



Linnie Lambrechtsen: Ineffable Sanctuary of being

"Listen to presences inside poems / Let them take you where they will."

The words of the 13th-century Persian Sufi mystic Jalāl ad-Dīn Muhammad Rūmī are the inspiration for Blue Knob Hall Gallery's forthcoming exhibition, Poetica.

Local artists will explore the connections between ear, brain, eye and hand, choosing the words and ideas from a poem to start a process that results in a unique visual expression.

Come and be amazed by the variety and imagination of many different media. The exhibition will be officially opened at 6.30pm on Friday, 11 February, with dinner (\$15) on the veranda café to follow (bookings essential on 6689-7449). The exhibition will run until the end of March, Thursday-Sunday from

10^{am} to 4pm.

The artist featured "On the Easel" over this exhibition period is Steven Barnes. There will be another tapestry weaving workshop with Rupda Wilson on Saturday 26 February at the Moore Workshop Space; contact the gallery for details.

Thursday 24 February is the date for the second Artists and Friends Lunch of 2011 (\$15, bookings essential). The first lunch was universally acclaimed "fabulous".

Every Saturday morning there is the regular Blue Knob Hall Farmers' Market with local produce, music, performance – and now a



Christine Wynyard: Poetry

different workshop each week on how to produce one's own products.

What better way to spend a relaxing Saturday morning than with friends and neighbours, enjoying that spectacular view of Blue Knob with coffee and snacks at the gallery's veranda café?



Rikki Fisher: Old Man



Steven Barnes' Aqueous Harmony,



Linnie Lambrechtsen: Being at one with the World

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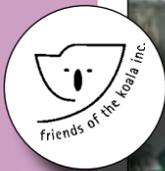
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Vast experience with Multiple Occupancy Communities

Koala Kolumn



Mia, home at last and looking forward to release

by Lorraine Vass

Lismore Council's long-promised Comprehensive Koala Plan of Management (CKPoM) is edging closer with the advertising before Christmas for nominations to the Stakeholder Reference Group and presently a Community Information and Consultation Workshop to seek community input into the Draft Plan prior to its development.

Membership of the Stakeholder Reference Group will be decided by Council at its February meeting. The Workshop will be held on Saturday 19 February from 10.30am to 3.15pm at the Sports & Aquatic Centre, Oliver Ave. Goonellabah.

- The information part of the Workshop will:
 - explain the reasons why Council is undertaking the project;
 - inform participants about koala ecology, the threats to the continued survival of koalas and the current state of the koala population in south-east Lismore (which is the project's study area);
 - identify the impacts that the reviewed plan may have on different sectors of the community (those of you with long memories will recall that the 2003 Draft CKPoM was thrown out by the Council of the day.

The consultation part of the Workshop will provide opportunity for input and for you to have your say in a structured interactive session.

So, what relevance might this have to the many NGT readers who don't live in the study area? From Friends of the Koala's point of view, a lot. We believe Lismore's koalas warrant the preparation of a local government area (LGA)-wide CKPoM. In other words, we see this project as merely the first stage in managing Lismore's considerable koala populations but it will be up to the community at large to press for such an eventuality. We urge anyone who has an interest in koala conservation to register for this workshop by the deadline of 11 February. You can do this online at www.lismore.nsw.gov.au clicking 'Have Your Say' or by phoning Council on 1300-87-83-87.

Only two councils in New South Wales have developed LGA-wide CKPoMs since the introduction of State Environmental Planning Policy No.44 – Koala Habitat Protection (SEPP 44), sixteen years ago. They are Port Stephens and Coffs Harbour. Over the years a few councils have got as far as drafting plans, either LGA-wide or partial CKPoMs. Currently Clarence Valley Council is reviewing public submissions to its Draft CKPoM for the localities of Ashby, Woombah and Iluka. Tweed Shire Council will receive at its February meeting the final report on the Tweed Coast Koala Habitat Study, the first stage of the CKPoM for its remnant coastal koalas. As far as I'm aware, Kempsey Shire Council's CKPoM for the Eastern Portion of Kempsey Shire LGA is still the subject of negotiation between the Department of Planning and Kempsey Council.

In a recent article, The crucial role of community contributions to the science of wildlife conservation, DECCW's Principal Scientist, Dr Dan Lunney and his co-authors cite figures in the Northern Rivers Regional

Biodiversity Management Plan (2010) to demonstrate the reach of community involvement in conserving natural areas and native wildlife. He also talks about community response to the 2006 NSW Wildlife Survey which used Koala as its lead species and analysis of the records of licensed wildlife rehabilitation groups like Friends of the Koala which is revealing the large scale of koala rescue and rehabilitation operations in some localities across the state.

See Bush Matters: Newsletter of the Conservation Partners Program of the Department of Environment, Climate Change and Water NSW, No.13, Spring 2010, pp.8-9. www.environment.nsw.gov.au/cpp/BushMatters.htm

The authors acknowledge the 'pivotal role' that the community plays in conserving native wildlife. So why is it so hard for the various levels of government to embrace responsibility for actively conserving and managing the survival of such an iconic species as Koala on a landscape-scale? We acknowledge that resourcing can be an issue but that only reflects priorities so the conclusions we must draw are the fear of some landowners of their land being 'locked up' and the over-riding imperative for 'development'.

The first of our koalas to be included in the clinical trials associated with the development of an anti-chlamydia vaccine for koalas has recently returned for release. Mia was transferred to the Australian Wildlife Hospital back in mid-June 2010 where she was treated for injuries she sustained from a dog attack. The Hospital is collaborating with Queensland University of Technology in the project.

On Saturday 26 February, Professor Peter Timms, of QUT's Institute of Health & Biomedical Innovation will present in Lismore a seminar entitled Koalas and their chlamydiae: the long and winding road. The seminar will cover all aspects of chlamydial infections in koalas, including how far our understanding has come in the last 15 years, and conclude with information on the koala Chlamydia vaccine trials which are involving a number of animals from the Northern Rivers and SE Queensland.

Disease accounts for about 65% of mortalities occurring in koalas admitted into care by Friends of the Koala and Chlamydia tops the list. It is both painful and debilitating so the possibility of finding a vaccine, although still a way off, is very exciting and we are proud to be an industry partner with QUT and the Hospital.

For information about koalas, their food trees, and ways in which you can assist the koala conservation effort, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233. Please also ring this number to book a tour of the Koala Care Centre. Happy koala spotting.

Myrtle Rust hits the Nimbin district

by Peter Hardwick

Myrtle rust, a fungal disease of the myrtaceae family, has been found in native trees in the Nimbin district near Blue Knob.

It's a rust type fungus that infects many local species such as lilly pilly, paperbark, bottlebrush, scrub turpentine, and some eucalypts. The full range of species that could be infected is unknown, as the disease is new to the area.



There is concern that it may infect threatened plant species, such as the peach myrtle, that occur only in the Nightcap National Park and nearby ranges.

The fungus was first detected on the Central Coast of NSW last year, and has since spread to the Northern Rivers and south-east Queensland. The rust spores are thought to be spread on the wind.

Little can be done to stop it spreading.

It affects the trees by destroying the new growth, and can affect flowers and fruit as well. The disease appears as distinctive yellow, pollen-like spores on infected leaves, but symptoms can vary from species to species. The disease is most active in warm wet weather. The hope is that myrtle rust will go dormant in drier cooler weather.

Because myrtle rust likes new plant growth, pruning susceptible species should be avoided so as to not induce subsequent tender



Photos by Sage Cartwright

new growth that could be infected. Pruning is best left to a drier winter period.

It seems that there is little that can be done to stop myrtle rust from spreading on the wind, but anyone who comes in contact with infected trees and shrubs should be mindful of not accelerating its spread into bushland areas and other districts.

Changing clothes and washing vehicles before travelling into non-infected areas is good practice to reduce the spread the fungus.

PLANT OF THE MONTH



Midyim (Austromyrtus dulcis)

Selected by Richard Burer
Project Officer, EnviTE

Appropriately for summer holidays, this month's plant has a coastal theme.

Midyim (*Austromyrtus dulcis*) is endemic to the area and can be found along the northern rivers coast. It is also particularly common in the Byron and Evans Head area.

Well suited to native gardens as an edge plant, it will grow to 1 - 1½ metre high and has aromatic edible speckled grey fruit which is highly sought after by kids.

Although it is a coastal plant, which is well

sited to the seaside, it grows well inland in well drained soil. I have successfully grown a few specimens which have stayed in great health for the last 12 years and continue to produce an abundance of fruit.

Small white flowers cover this shrub throughout summer producing fruit in autumn. New growth has a flush of red or pink and is very pretty.

Try propagating your own via cuttings.

To view outstanding specimens, go for a walk at Gummigurrah Nature Reserve at Evans Head where you can see for yourself how this bush tucker lines all the old walking tracks of this highly culturally significant reserve.

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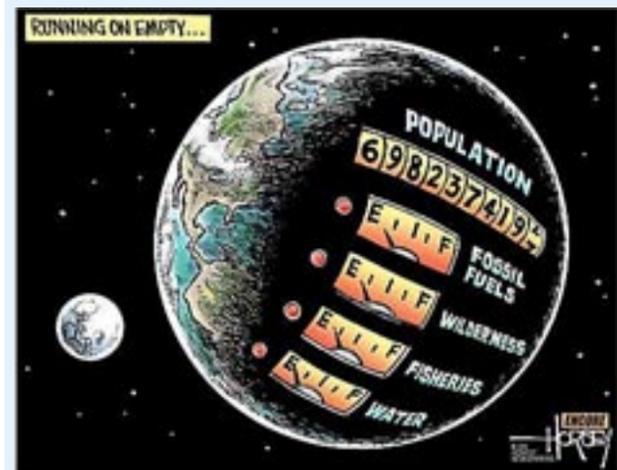
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Compiled by NEC Volunteers

Movie Nights

This month saw the start to our Tuesday Movie Night. We had good attendance with some yummy cakes, slices, chai and watermelon available.

Entry is via donation, as too are the cakes, so if you have a spare Tuesday night, recommencing the 8th February, we would love you to come along to the Town Hall – movies start at approx. 7.30pm.

Movies aim to be environmental and educational to young children. We had the ground crew from Sea Shepherd and were shown footage from a young lady who is working avidly to protect the sharks.

The sharks are being sold as meat or their fins, which are cut off and sold as soup. It is an inhumane practice where the fin is cut off whilst alive and the shark then thrown back into the ocean to die a slow death. Due to this, certain populations have been decimated by over 95%.

March State Election

Greens candidates will work hard to keep our region green and strong.

We would like to congratulate Susan Stock for standing to represent Lismore, in conjunction with Andrea Vickers for the Tweed, at the March state election. We wish you both great success, and to other Green candidates who similarly are brave enough to stand strong and espouse common sense for the future.



Tweed Greens candidate Andrea Vickers

Gas

The proposed gas plan for our area has heated up and lots of people have come on board to give a clear message to the industry and politicians, that we do not want to continue down the path of dirty energy.

We want clean green power for our region and not to be the supplier of dirty energy to any other region or country.

Gasland has been played around the region which is an in-depth movie which informs of the consequences surrounded by the gas industry. If you have not been able to see the movie, we have copies available in our shop.

Court Case

On 31st January, we took a 12-seater bus down to Muswellbrook to attend court to support those people charged at Climate Camp in December.

In total there were 76 charges laid, and Sue Higginson from our Local Environment Defenders Office represented all.

(See separate story page 4.)



Photo by Ian Dixon

Giant lantana felled
A huge lantana plant was recently given the chop on a property near Tunttable Falls. The giant Lantana camara was extricated from a macadamia tree on Ian Dixon's property. Ian kept the 16cm diameter lantana trunk as a souvenir.

Lantana has the capacity to pull down trees, and its removal from the macadamia was essential for the tree's survival.

MardiGrass recycling opportunity

Does your club or association want to make some cash? We are looking for a local not-for-profit organisation to collect aluminium cans for recycling over this year's MardiGrass weekend, starting 29th April through to 2nd May.

The more cans you collect, the more money your group can make. The hotel will also collect cans for your organisation. Remember, the pub sells cans only, during MardiGrass.

For more information, phone Heidi on 02 6689-7589 or Lily on 02 6689-0326.

EXTINCTION

by Simon Clough, with apologies to Pastor Martin Niemoller*

*First varieties of trees of trees became extinct,
and I didn't speak out because I wasn't a tree.*

*Then many varieties of animals became extinct,
and I didn't speak out because I am human.*

*Then many varieties of birds became extinct,
and I didn't speak out because I wasn't a bird.*

*Then humans started to become extinct,
and there was nothing left to support me.*

*Niemoller's famous poem was written about the Nazis and was entitled *First They Came* and started: *First they came for the communists, and I didn't speak out because I wasn't a communist.*

DOLPH'S WIZARD PLAN FOR BIOCHAR PROJECT

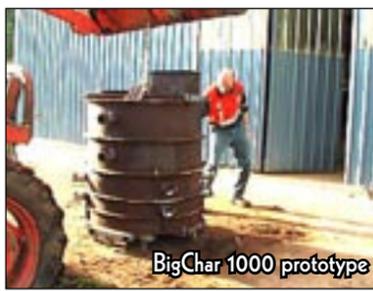
by Janet

I was in the middle of watching a Harry Potter movie when Dolph rang me, full of his usual zany enthusiasm and bubbling with delight about the latest progress in the Biochar Project.

Biochar is charcoal created by pyrolysis of biomass, and differs from charcoal only in the sense that its primary use is not for fuel, but for biosequestration, or atmospheric carbon capture and storage. Charcoal is a stable solid, rich in carbon content, and thus, can be ploughed into the soil to lock in carbon.

Dolph has had the idea of daisy-chaining retorts to the main biochar furnace in such a way that biochar is created in each unit, all drawing heat from the one central furnace. This vastly multiplies the amount of biochar that the system can make, with no extra fuel.

Dolph is a JK Rowling and a wizard rolled into one. His vision for the Biochar



BigChar 1000 prototype

Project and what it can do for the planet came to him in a "mental download" of the sort experienced by Rowling. Harry Potter's creator. And from then on all the pieces of the jigsaw that were needed to

make the vision a reality started turning up like magic. Whenever he needed something else – it was always there.

For instance, to make biochar you need trees, right? Lots of them.

Plus the means for felling them ... and something to make the biochar in reasonable quantities. You need a market, and the business needs to be financially viable and self-sustaining. You need people with the skills to help. The list goes on.

So Dolph receives the grand vision for this Biochar Project, then he meets a bloke with more than 3000 acres of trees that need to be sustainably managed (including a LOT of felling). He basically hands it to Dolph on a plate – along with a dozer, bobcat, sheds, and permission to make it into a public centre for workshops and education. It's just out of the village of Kunghur, in the powerful Byron-Mt Warning region where there is already an awareness of, and interest in, biochar.

A business up Noosa way that manufactures biochar furnaces offered one to Dolph, with the promise of a bigger, better model, once production ramps up. It's worth several hundred thousand dollars.



Project and what it can do for the planet came to him in a "mental download" of the sort experienced by Rowling. Harry Potter's creator. And from then on all the pieces of the jigsaw that were needed to

He now has his first market – an initial order for 700 tonnes of biochar, increasing to 3,700 tonnes per year. This means the project will be financially viable, generating income even from its early days.

According to a recent ABC Landline program, Australia's forestry plantations are facing financial ruin. The bottom has fallen out of the timber industry, and farmers are ready to bulldoze the lot into the ground. Talk about a timely opportunity. How about them setting up or hiring a biochar plant and turning their forests into biochar, becoming part of The Project co-operative and selling to the new markets?

And let's not forget the carbon credits issue – biochar is a perfect antidote for an excess of greenhouse gases. And you don't have to burn trees to make biochar. Municipal waste will do as well. Hands up any councils who want to reduce their greenhouse gases debt, not to mention their ever-increasing landfill? And don't forget the increasing government pressure and incentives to do so.

Last week, just after he got his "daisy chain" idea, Dolph had three PHD-holding experts at the Kunghur site. When he described his concept they firstly shook their heads, then scratched their heads, then finally nodded their heads. They had to admit it would work.

Stay tuned for info on how to get involved in this project, including setting up a co-operative so we can get the ball rolling with the business side of things.

Ciao for now

Visit the website <http://biocharproject.org>

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Birth and Beyond: Bellies, babies and mamas

by Kirrah Holborn

It's exciting to see new faces turning up to Birth & Beyond and know that this space is continuing to be a hub for pregnant women and their families.

It's so important for us to know that support and resources are available to help along the journey.

To the mothers out there: Would you be interested in sharing your birth story at a Birth & Beyond session? No matter what your experience in birth was, every mother has something unique to share. Whether you realise it or not, your story has the chance to help other women prepare for their own birthing experience.

To the pregnant women: What is it you most would like to know? Do you have any requests for future sessions at Birth & Beyond?

January was another wonderful month at Birth & Beyond with meditations by Laura, Dana and Kerry, and birth stories from Nerida and Tina. February is shaping up to be something special too.

4 February: Kirrah will be exploring beliefs and attitudes about pain and workshoping a Birthing From Within approach to pain-coping techniques.

11 February: Guided relaxation, then Kat will share her birth stories.

18 February: Guided relaxation,



Sound Meditation held by Laura on 7th January.

followed by Chrissy sharing her birth stories and, time permitting, a discussion about Blessingways.

25 February: Birth preparation workshop

Birth & Beyond is on every Friday, 9.30-11am. Come along if you have something to share, a question to ask or if you just want to listen and be inspired by the amazing community of women that live in this area.

We need to keep this flow of energy and inspiration going, so please contact Kirrah on 0429-308-851 or email

kirrah@wholistic.com.au so I can organise March activities for Birth & Beyond. If you want to be added to the mailing list to keep up-to-date with activities just send me an email.

After Birth & Beyond, Linda will be teaching yoga that is suitable for pregnancy, or people who would like a gentle practice.

Phone 0429-308-851 or email kirrah@wholistic.com.au

Thanks to everyone who helped launch the revival of Birth & Beyond in 2010. I am looking forward to an amazing, inspirational and supportive year.

Monogamy, Attraction and Integrity

by Dave Reynolds



Intimate relationships of all types can be viewed as a crucible in which we are called to confront ourselves rather than our partners. This means confronting our unresolved personal issues as a matter of personal integrity rather than trying to fix, rescue or control our partner. We can learn not to slide away from our own issues and to take ownership of our own distortions and expectations. Rather than insisting that our partners stop doing something or listen to us and validate our feelings, we learn to do that for ourselves.

Intimacy develops in relationships when the participants are committed to a shared understanding that disturbances are co-created. In such an environment, difficulties represent an opportunity for growth and change rather than a reason for the relationship to end. In a monogamous relationship, when one partner is unfaithful for example, the act can be seen as a symptom of the lack of integrity, commitment or intimacy in the partnership, rather than the cause. Of course, nobody has to tolerate abusive behaviour from anyone else and initiating an affair outside a monogamous relationship is an abuse of trust. The unfaithful person has behaved as if they are not already in a committed relationship and in order to satisfy another part of themselves, they have attempted to dis-integrate these two aspects of their life. We are all prone to disintegration when under stress and pressure and when one person comes apart in this way, the impact is felt by everyone around them.

There are many factors which cause people to hide aspects of themselves from their partners. When one person in a monogamous relationship is strongly attracted to someone else, the last thing they probably want to do is to bring that into the open. The difficulty is that if the attraction is strong, it will be affecting the relationship anyway, despite any denial. If such attractions are left unaddressed, they

may become obsessions fed by fantasies and lead to a psychological turning away from the partner. Something precious will be lost, openness and honesty will be compromised and if both partners continue to behave as if this is not happening then intimacy will break down further.

I encourage anyone heading in this direction to seek support sooner rather than later. Friends of the couple are unlikely to remain objective without becoming personally involved and turning towards the person we are attracted to for support is likely to end in further enmeshment. Seeking support from an experienced qualified counsellor is more likely to result in the personal growth required to re-establish intimacy and communication in our relationships.

If either partner in a relationship undertakes this journey towards greater integrity, openness and honesty, the relationship itself will change. As one participant learns to support themselves rather than rescue or control the other, they are liberated from relying on their partner for their own sense of self worth, taking the pressure of both of them. Feeling attracted to someone other than our partner is a normal part of the human experience and with support it can be transformed into the beginning of a new level of integrity and intimacy with those people we love most.

Dave works as a Gestalt Therapist and Counsellor at the Nimbin Apothecary on Mondays (6689-1529) and at Jera House in Lismore on Wednesdays. For appointments in Lismore or on other days in Nimbin, phone Dave on 6689-0426.

A support group for the heartbroken

Rebuilding your life after separation or divorce

Every year in the weeks following the Christmas break, a spike in relationship break-ups takes place. The stress and pressure of the holiday season has proved the final straw for a significant amount of people, and many commence the new year... single. Single, as well as feeling emotionally devastated, angry, upset and/or desperately lonely, whether the separation was unexpected or long anticipated.

Commencing mid-February, Interrelate Family Centres, Lismore, will be running an eight-week support group aimed at helping people rebuild their life after separation or divorce. The course, called 'Rebuilding', focuses on mutual support, managing complex feelings, developing coping strategies, and discussing future options. It is run by a qualified Family Relationship counsellor who specialises in working with grief and loss issues.

"When relationships end, regardless of whose decision it is, people experience a wide range of emotions, including guilt, anger, grief, fear, and loneliness," says Sean Tonnet, Manager of Relationship Services at Interrelate, Lismore. 'Rebuilding' not only helps people cope with these emotions, it also assists in developing strategies to plan for the future, and rediscover hope, love and trust.



Interrelate Family Centres is a community-based, not-for-profit organisation that has been a leading provider of quality relationship services in New South Wales since 1926. They also provide personal and family counselling, family dispute resolution, relationship support programs and employee assistance programs.

Other seminars on offer in term 1, 2011 include 'Parents Not Partners', a course designed to help separated parents develop strategies to minimise parental conflict, 'The Challenge of Disciplining Your Child' designed

to assist parents to develop positive techniques in disciplining their children, 'Ideas for Parenting Teens', which focuses on boundaries and effective communication with teenagers, and 'Talking to your Children about Sex'.

Interrelate will be offering their centre-based courses directly from their Laurel Avenue or Market Street, Lismore, premises. For more information including dates, times and prices please visit the website www.interrelate.org.au or contact Interrelate Lismore on 02 6621-4970.

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Dave Reynolds
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Finding order in chaos



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

Does anyone remember the child's game of fiddlesticks? You held in your hand a collection of different coloured sticks (mine were plastic), let them go, and then chose one to lift out of the small piece of chaos each stick until all were removed from the pile. If I remember correctly, you chose all sticks of the same colour, until these were removed. There might also have been a component of the game where each colour was worth more or fewer points than the others. It was a game of skill.

I have clients who come in to see me, overwhelmed with choices: where to go now, which course to take, how to quell an all embracing anxiety about the multiplicity of things. They'd reached a point of stuckness; a sense that no choice is possible among the many choices. At the heart of this is a knowing that there are many many possibilities, an excitement that beckons, but a tremendous anxiety usually concerning the "rightness" of a decision about to be made. Like a game of fiddlesticks you can fiddle around putting off making a decision, or you can deliberately pick up a stick and lever off each stick one at a time methodically, noting as you do, what is more important to you, and what can be cleared away without too much thought. It is usually no more complicated than this. A life is a long time (though, of

course, how long, few actually know). In a life it is possible (and happens practically always) to take many "wrong" turns before you realize what it is that really matters to you and what it is that you decide to devote the rest of your time to. Anxiety in the face of making a decision is a peculiar admixture of emotions. There is a surge of excitement and a sense of confusion; there is sometimes gut pain, often sweating, a tingling, a rootlessness, a feeling that your heart has dropped to your feet, and an idea that you cannot make a move, because at the edge of it all is a sense that you are near annihilation. Anxiety in bits and pieces is quite normal and a part of life. It is when you feel anxious all the time and when it gets in the way of doing what needs to be done that maybe a call to a therapist is a good idea. Anxiety is the "fear and trembling" before a new encounter. It comes to the fore when we challenge our old self-world relationship and doing things in the same old way. Feeling anxious, though, when identified positively as an excitement rather than negatively as a disorder, has the wonderful power of changing how we are in the world, of allowing us to embrace life more fully. Artists know well anxiety and a sense of being in chaos. They choose to occupy the "anxious space" for although feelings of insecurity, over sensitivity, and abandonment come with the deal, as it were, they embrace the "divine madness" for the extraordinary charge

that comes with creation. Creation, as the Old Testament book of Genesis in the Bible describes it, is a process of separating from chaos ('the earth was without form and void'), night and day, darkness and light. This process, though, cannot be forced: it is necessary to listen to the movements within. This does not mean that you wait until the spirit moves you, but that you respond to the often inchoate "voices" within, and slowly or swiftly as is required create by a process of separation, this from that, that from this till what you have made excites you. Anxiety is embraced by artists and can be likewise an energetic source that others can draw upon in the course of daily life. If I take one course of action, will I have to abandon all the others? Yes, but just for now. The art and skill of fiddlesticks is to attend fully to each stick as you lever it up and add it to your pile of possibilities beside you. In sorting through the chaos an art of life that excites you becomes clearer. Sometimes this is just plain and rather dull old work; sometimes your heart soars with elation. Choosing is a skill that can be learned and anxiety can be a useful tool in getting you started.

Rainbow Region lives up to its name



Photo by Susan Stock

Plenty of rain, plenty of hot sunlight – perfect conditions for the emblematic low-flying rainbows of the Far North Coast. The conditions have been perfect for plant growth, but also for snakes, which are getting very active, so don't go barefoot through that

overgrown lawn! Combinations of sun and clouds often produce amazing effects as the sun goes down, resulting in lots of parked cars at good viewing locations, as people pause to observe the grandeur of nature in our region.



Photo by C. Mac



Nimbin Hospital Info

- **Hospital Auxiliary Garage Sale** Saturday 26th February from 8am, outside the Medical Centre. Lots of bargains, sausage sizzle.
- **Nimbin Immunisation Clinic** at Nimbin Hospital, 2nd Tuesday of the month. Birth to 5 years, by appointment only, through Lismore Community Health, phone 6620-7687. Next Clinic Tuesday 8th February.
- **Nimbin Womens Health Nursing Service** every 3rd Tuesday of the month. Free and confidential. Next clinic 17th February. For appointments phone 6688-1401.
- **Podiatrist** – Michele Bevis at Nimbin Hospital on Wednesdays. Appointments are made directly to Michele on 6679-4020.
- **Physio** at Nimbin Hospital, Tuesdays and Fridays. For appointments phone 6688-1401.
- **Nimbin Health and Welfare Association Meetings** Nimbin Aged Care and Respite Service meetings are held on the second Tuesday of the month at 2pm at the Bottlebrush Studio in the Community Centre. Next is 8th February. **Health and Welfare Interagency Forum** will be held on 8th February at 3pm, also at the Bottlebrush Studio in the Community Centre.

"Sacred Business" Men's Group

Men have a great deal to share with one another but we often don't have the right space to do this in. This men's group will provide such a space, working out of The Living Arts Sanctuary at Blue Knob. These groups will be about men coming together to share their stories in a safe and energetically held space. More than this, it is my intention that the space we create serves to deepen and support our spiritual growth.

(This is not affiliated with any religion.) To build a sense of trust and cohesion within the group, its members will be set from the first meeting, so if you are interested in attending it must be from the outset. The initial group will meet each fortnight beginning on Thursday 17th February. Any questions, or to discuss further, please call Allan Lunare on 6689-7128 or email fishriddle@hotmail.com

Nimbin MEN'S SHED

Planning Continues

It's been a bit slow for the Shed over the holiday period but we are pushing ahead with preparing our initial plan. Guy is busy preparing 3D impressions and Martin is heavily involved in creating the basic philosophy behind the building project. The steering committee expects to have a document to present to the Community Centre Board within a couple of weeks. Once the Board has OK'd the project, the full plan will go public for a full consultation process with the community. In the meantime members of the community have contacted the committee with offers of timber to be logged and the donation of tools. For further details contact Martin on 6689-7255 or lillianrock@bigpond.com

Dr Elizabeth McCardell, M. Counselling, PhD
Counsellor / Psychotherapist

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Saving Energy

by Daniel Keszler

Greetings, dear reader, In this month's column, I like to introduce you to a model of looking at the world and dealing with it, that can save you a lot of energy. To me it makes a lot of sense to start with oneself, if one wants to live more sustainably.

Our thoughts are energy, just as any other part of creation. If we learn to spend less energy on unnecessary thoughts, we have more energy for the present moment. Imagine every thought has its quality and if several people think in the same direction, the energy flows together and builds its own entity. Examples for this are clubs, political parties, associations, trends, culture, the list is endless. Now, as soon as there is an energy-entity made up of more than one energy source, eg. human, it has its own agenda. The primary agenda of every creation is to sustain itself and the second is to grow.

To sustain itself, the entity needs its adherents to spend continuous thought-energy on it, and to grow, it needs more adherents. One could say there are more or less greedy entities as well as more or less powerful ones. The wellbeing of the adherent is of no concern to the entity, as long as the adherent spends thought-energy of the right frequency, the entity is satisfied.

One more point: an entity gets energy from the adherents as well as from its enemies. This is so, because it does not matter to the entity if you like its ideal or not, as long as you spend energy thinking about it, you feed it. Take war for example: if you are pro-war or against it, does not change the content of your thought-energy, its frequency, which is war. So the entity called war gets lots of energy from the armies fighting against each other as well as from all the war opponents who discuss the war, create anti-war rallies etc, continuously feeding the thought-form: war.

You see what I am getting at. One could say, one is a slave, willingly or unwilling, to all the thought-forms one occupies oneself with. All the media is the perfect network for innumerable entities to harvest thought-energy and to entice new



adherents/opponents.

So, if you want to save energy, start by looking into your thought-patterns, where do you spend energy, creating a positive or negative opinion, when in reality it does not have to occupy your mind at all. And this is also the key to stop giving energy out unnecessarily all day. The only way out, is to learn to ignore things, not by shutting them out, but by becoming indifferent with full awareness. By doing that, entities will have nowhere to hold on to and will simply pass through you.

There is of course more to it and this can get you of to a great deal of contemplation. It is worth trying out, it certainly works and makes sense for me.

PS: This year, I am steadily establishing my home practice stronger and announce in that spirit, that I will cease to work on Fridays in the Apothecary Nimbin at the end of February. Friday will therefore be another day, where I am available in Coffee Camp, where my home Practice room continuous to improve in its beauty and energy. So please see me for Bodywork, HK or EMF Balancing Technique in Coffee Camp on Mondays, Tuesdays, Fridays (from March) or the weekend. I am still available in Nimbin on Wednesdays and Thursdays (and Fridays in Feb).

From February onwards, I will charge \$55 per 1 hour session, still \$30 for ½ hour. I will still be available on Wednesday, Thursday and Friday in the Apothecary in Nimbin (6689-1529), mostly between 10am and 4pm. My practice room in Coffee Camp (6689-9249) is open on Mondays, Tuesdays and Saturdays.

My Integral Martial Arts class is held on Wednesdays 8pm-10pm at the Living Arts Sanctuary, and the first class will be held on 12th February.

Blessings, Daniel.

What can parents do to assist kids do well in life?

Here are ten ways to help them feel confident and in control of their lives.

1. Be empathetic. The ability to see the world through your kids' eyes or step into their shoes is important for fostering resilience. This doesn't mean you need to agree with everything they do, but try to appreciate and understand their views. Once kids feel listened to and understood they are more likely to keep talking to you.

By being empathetic and genuinely interested you are teaching/ modeling relationship skills necessary for maintaining great friends and family ties. A network of close friends/ family to lean on and talk to when times are tough will certainly help your kids be even more resilient.

2. Communicate with respect. Always consider whether you're saying things in a way that will make your children more receptive. Don't interrupt them, put them down, and tell them how they should be feeling, or use absolutes such as always and never in a critical way ("You never help out").

Take the time to answer your kids' questions, even if they ask the same ones repeatedly. Questions are their attempts to understand the world, feel a sense of mastery, and solve problems, all of which are linked to a resilient mind-set. If your kids feel that their questions are silly or bothersome, they'll stop asking them.

3. Be flexible. Parents want their children to be adaptable, thoughtful, and receptive to new ideas, but they often fail to model these behaviors. The most well-meaning parents use the same approach with their kids time after time even though it hasn't been successful - for example, we know parents who have nagged their kids for years to clean their room, without results.

4. Give undivided attention. Kids feel loved when they know their parents enjoy being with them. This feeling of specialness is integral to their self-esteem. In fact, studies of resilience have found that kids who overcame a very difficult childhood all had at least one adult in their life who truly believed in them.

5. Accept your kids for who they are. Your children may not match your expectations, but it's vital to recognize their innate temperaments. When kids feel appreciated for who they are, they'll feel more secure reaching out to others and learning how to solve problems.

Of course, accepting your kids for who they are doesn't mean that you should excuse inappropriate behavior, but try to understand it and help change it in a way that doesn't erode their self-esteem.

6. Give kids a chance to contribute. Kids love to be helpers. If you were to ask adults about their most positive memories of school, the most common ones involved being asked to help in some way - tutoring a younger child, painting murals, or running the film projector in class.

When we enlist children in helping others, we communicate our faith in their ability to handle a variety of tasks and given them a sense of responsibility. Forget the idea of chores we need helpers!

7. Treat mistakes as learning experiences. It's easy to get frustrated if your child spills his milk for the third time in a row, but you need to convey that mistakes are a natural part of life - for kids and grown-ups. It's great to let your kids know that mistakes are a part of life and what matters is that you try.

Set a good example: If you drip spaghetti on your shirt, has a sense of humour about it. You can also help prepare your child for mistakes. If you're teaching your child to ride a two-wheeler, for example, tell her that it takes time to learn how to balance and that most kids fall at first.

8. Stress your children's strengths. Although resilient kids aren't deterred by failure, they also relish successes. Their sense of accomplishment and pride gives them the confidence to persevere the next time they face a challenge. Not all children are naturally athletic, artistic, or popular, but every child has his strengths - and it's your job as a parent to draw attention to them. In order for children to truly believe in themselves, they need to experience success.

9. Let your kids solve problems and make decisions. One trap that many parents fall into is the tendency to rescue their children too quickly. Of course, there are plenty of times when we should tell our children what to do, particularly when safety

Homeopathics... Spider Silk and Heatstroke

by Tarang Bates

It's early morning; I have just watched this incredible scene - a spider packing away her web for the day. She spins it out at night and this morning, as the first rays touched her body, she meticulously and methodically deconstructed her large web - a work of art - as though it were a big circus tent. Within a matter of minutes she was all neatly packed up and nestled under a leaf, with a belly full of web that she will spin out again at sunset. It was beautiful to watch - the dance of the spider.

Webs are built of silk and the spider eats this silk protein before sending it to the silk glands to make more silk, this protects the web and allows the spider to recoup some of the energy used during spinning. Spider silk was not always used for web making; this has been part of the spider evolution. Initially spider silk was used for body and egg protection, later evolving into the intricate webs used for hunting - which have proved to be very intelligently, designed tools. Some days the sun is so intense, it's an almost euphoric experience - I'm not talking of having to work in it, or trucking around in and out of a hot car (particularly with little children in car seats). I'm not talking short bursts of intense heat, when there are trees around for shelter, a creek or waves to jump into. Nor am I talking - body sweating under a slathering of chemical sun screen, type of heat - just pure crisp blue heat, particularly after a few months of rain, when it is easy to forget that summer can be unforgivingly hot, dry and brain-stewingly intense



day after day.

Heatstroke can be a problem in our climate and combined with the present levels of humidity, after all the rain... the body can become dehydrated and exhausted, especially if you are working out in the sun. Heatstroke can make you feel dizzy, headachy and nauseous. Your face may become flushed and your muscles start to cramp. If heatstroke is not treated it can lead to collapse and unconsciousness. Cooling down and becoming re-hydrated is very important; following is a list of homeopathic remedies that may help with heatstroke.

HOMEOPATHICS

GLONOINE is the primary heatstroke remedy. The skin may be sweaty and the face hot with a throbbing bursting headache, dizziness and confusion.

BRYONIA also has a severe headache, which is worse whenever the person moves. Physical weakness with nausea, dry parched lips and excessive thirst.

BELLADONNA is useful when the pulse is throbbing and fast, the skin red, hot and dry and the pupils dilated. You may need to encourage the person to drink water, as they may not feel thirsty.

For more information on any of these remedies, contact: Tarang at Nimbin Homeopathics 6689-1452 tarangbates@yahoo.com.au

is involved. But if your child doesn't understand his homework assignment or keeps losing things, encourage him to come up with different ways to fix the situation himself. When he decides on a plan, tell him, "That seems to make a lot of sense. If it doesn't work out, then we can think of other possible things to do."

10. Discipline to teach to develop self discipline. The true meaning of the word discipline is "to teach." The ultimate goal is to nurture self-discipline so that your children will act responsibly even when you aren't around. As with any form of education, do not discipline in a way that intimidates or humiliates your children. Time out strategies can help as well as positively reinforcing good behaviours.

Adapted from *Raising Resilient Children*, by Robert Brooks, Ph.D. and Sam Goldstein, Ph.D. (Contemporary Books, 2001).

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Fashion Focus

by Christina Chester

Where does Nimbin's Fashion crew go for inspiration? Well, Dionne, Emma, Kenny and myself went for an adventure, down to the Rainbow Serpent Festival near Ballarat, Victoria and checked out the cutting edge of psychedelic Trance abounds.



What an amazing experience to immerse yourself in as a creative visual artist.

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and a spiritual open arena in a beautiful but barren landscape, which then superimposed this pulsing, vibrant crowd in costumes of all descriptions. What a great gathering of rainbow culture, with so much freedom of personal expression in 2011.



With a suitcase full of costumes and a prime location for our camper van (only 50 metres from the main stages) I feel we, as the Nimbin crew also made quite a colourful and



alive contribution, providing a place for people to hang out, get fed, dressed up and entertain or be entertained.



If you ever get the chance to be part of this kind of experience----- go for it, be free, be wild and be creative.



The Basics of Bowen Therapy

by Tonia Haynes
Bowen Therapy, Spinal Realignment, Pranic Healing, E.F.T.

I often think that if this world were as I think it should be, peaceful and loving, populated with self aware and environmentally aware people, I would be out of a job,

It would be such a healthy world that people like me would end up beggars on the streets of society; a mere tourist attraction, wearing only a ragged loin cloth draped around a starving body, begging for two dollar coins to be placed compassionately, in a discarded bedpan.

As you can well imagine this mental exercise creates quite a dilemma for one who not only has a passionate fondness for assisting others to feel better, but also loves the good things of life, like food and a roof over my head.

Hopefully, when the hundredth monkey syndrome does come to fruition, an enlightened society will have an interesting job available for me, perhaps in the health police, which will check people regularly to make sure they are exuding happiness in a socially acceptable manner.

In the meantime, although it potentially endangers my future, I still feel driven to share with others that which will assist them to handle life a little better, because often when the chips are down, we are left to contend only with ourselves.

As the old saying goes, it's not the negative action that causes the damage, but our reaction to the action.

So what to do in order to handle life in a manner that brings us more joy than misery?

Meditation, yoga, pumping iron, walking, running, etc. When done properly they all work; obediently bringing to the fore throughout the body, feel good, endorphin chemicals, which assist us to relax under stressful conditions.

However, there is one huge variable often not taken into account when we exercise or meditate. Correct breathing,

Just because we have been doing it all our lives and would be quite lost without it, does not mean we are doing it properly.

Prana or vital life force is taken into our bodies by our breath. It is the prana that energizes and assists in healing the body and also sets those endorphin cogs revving to produce the bliss chemicals that help us have a good day, no matter what is going on around us.

Breathing shallowly in and out through our mouth, which was actually built for eating, is a sure fired way to stay stressed twenty four seven, because the adrenals are on constant alert, waiting to get us out of the danger that is making us continually hyperventilate.

Breathing into our gut and not our chest, breathing into our chest and not our gut, or hardly breathing at all, because life has been so scary we are still holding our breath from the shock, also does not bring a large amount of prana into the body.

There have been many breathing techniques created over the centuries in order to acquire the most benefit from particular physical and mental activities, but I have found, as have some of my meditation mates, when it comes to simple, day to day living in a relaxed manner, breathing in and out slowly through the nose is an excellent way to keep those endorphin cogs cruising along nicely.

So today I give you some valuable homework which unfortunately has the possibility of assisting me a tad closer toward that loin cloth and starvation.

Abdominal Breathing

As you breathe in gently through your nose, imagine the breath going first to your kidneys, then your stomach and finally your chest. As you breathe out gently through your nose, imagine the air expelling first from your chest, then from your stomach and finally from your kidneys.

Why the kidneys? Chinese medical philosophy is of the opinion that the kidneys filter the prana or chi throughout



the body.

If you practise this breathing and you can practise it almost anywhere, a time will come when your breath will automatically click into this pattern.

Add to this the accepting attitude that no matter what, everyone was and is doing their best at any given time, including your self. Yep it can be difficult, but practice makes perfect.

Holding onto old stuff is the worst kind of self flagellation and if you have transferred the little flower, which is yourself, from bad soil to a potentially more nurturing environment, kicking the flower every day in order to make it grow better, just makes for bruised petals and a miserable flower that may well die before its time.

Bowen Therapy, along with reactive muscle clearing, spinal realignment and Pranic Healing, as well as assisting in the alleviation of back, neck, shoulder, hip and limb problems, clears breathing blockages in the body, by realigning and relaxing the muscles of the throat, chest and diaphragm. Excellent therapy for emotionally based asthma.

Finally, a rebellious afterthought. Many years ago when I was young and brave I had the joyous pleasure of acquiring a diving ticket on the beautiful Whitsunday Islands.

My diving instructor could hold his breath under water for close to two minutes. He did breathing exercises every day, but also smoked sixty cigarettes a day. So if you haven't beaten the dreaded fags as yet, breathing exercises are a great healing tool for bruised and battered lungs.

Love Light and Laughter!

I am in clinic Tuesdays and Saturdays. Call now for an appointment: 02 6689-0240, Mobile: 0439-794-420.

Cook's corner

Recipe of the Month



medium bowl with an electric beater until soft peaks form. Add essence.

Fold in combined sugar and almond meal. Refrigerate the almond mixture for about one hour or until firm.

Roll out level tablespoons of almond mixture into about 6cm lengths then roll in flaked almonds, pressing slightly so they stick to the biscuit.

Place biscuit about 5cm apart on prepared trays. Bake for about 25minutes or until lightly browned, cool on trays

Suitable for freezing.

Till next time, love, Carolyne.

For information, call Carolyne at the Coffee House Nimbin, 6689-0590.

recipe below, set a nice morning tea table (preferable in the garden) and enjoy a well deserved break. Repeat as often as necessary.

Ingredients

3 egg whites
A few drops of almond or vanilla essence
1 1/2 cups raw sugar
1 3/4 cups almond meal
1 cup flaked almonds

Method

Preheat oven 170° (150° fan-forced), line two baking trays with baking paper.
Beat egg whites in a

by Carolyne

Wellington Biscuits

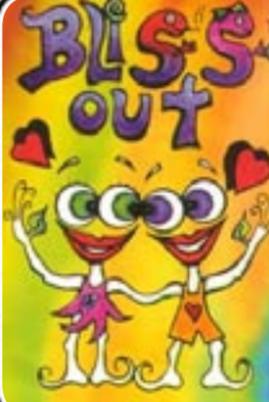
This recipe is for all who cared for young ones during the end of year school break.

As a mother of four, a grandmother of five and great grandmother of six, I know what a rewarding but exhausting challenge this can be.

So now they are all back at school, my suggestion is to invite a couple of friends over, prepare the




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Kookaburra sits in an old gum tree, merry merry king of the bush is he.
Laugh Kookaburra laugh, Kookaburra high your life must be.
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