

## Butcher, baker but no meat

The Nimbin Bakery is open again, much to the relief of locals, in the same building – but without the meat section it previously had.

However, the new owner is a Butcher – Darren Butcher (pictured) – who was born and raised here, and met and married Tricia Nugent here.

Darren comes from a pioneering dairy farming family which farmed along Gungas Road. His brother Stephen started the Nimbin Hot Bread Kitchen in the 1980s.

This is Darren's first venture into bakery, after 13 years in the dairy industry as a sales manager, but he is not without support. As well as having access to father-in-law Bill Nugent's recipes, he is employing Natalie Maxwell and Paul Wallace as bakers.

Paul has specialty bread-making skills, so spelt and sourdough breads will be available from May, as well as foccacia and Turkish bread. This will provide extra choices for a new sandwich bar, which complements their espresso coffee machine.

Regular customers will notice many experienced local people serving behind the counter, as well as Darren and Tricia's two kids, who help out after school.

Though the word "Aquarius" has been dropped from the bakery's name, it is again producing the renowned Aquarius Loaf, made according to Bill Nugent's original recipe, "as well as he can remember it", according to Darren, which was lauded by a 1979 Nimbin News reviewer as "a delicious, nutritious and extremely long-lasting bread".

Certainly Nimbin's baking tradition is worth preserving, and its rebirth has been hailed by local customers, including the value-adding cafe businesses, as a welcome return.

## LOCAL DESIGNERS SHOW SOME STYLE



designed and manufactured right here in the Northern Rivers.

A work of art in its self, nimbinfashion.com will also to be unveiled; a website that will showcase the local designer's creations, engage and interact with the public and be an outlet for the exceptional and original designs.

VIP speakers include the mayor Jenny Dowell, Tony Duke CEO of Arts Northern Rivers, Pieter Verasdonck NSW Industry and Investment, and Wendy Powitt, a fashion industry consultant.

In addition there will be a chance to have your say, give your perspective on where Nimbin Fashion can go and grow. So come see what the designers are doing and then have your say, if you are a retailer, a designer or have a skill or resource or you just have passion for fashion then come and be a part of the launch of this exciting new and local industry.

For more information, contact Jaz, at Nimbin Fashion Australia Inc. on 0431-111-792 or at [nimbinfashion@gmail.com](mailto:nimbinfashion@gmail.com)

On Thursday 19th May at 1pm in the School of Arts Nimbin, will be the official launch of Nimbin Fashion Australia Inc.

Nimbin Fashion Australia is an association of local designers who have come together to market and showcase their designs under the one umbrella; Nimbin Fashion Australia Inc.

At the launch the designers will be showing off some of their creations. Creations that will engage and fascinate; wearable art including recycled glow mesh mode, edgy leather, very cool street wear, fetish styled evening wear and more. Each designer produces unique, exceptional fashion, locally



New shop manager Katrina Heath

There is a fabulous and funky new fashion shop hit the town of Nimbin – "Who cares What You Wear?"

Flaunting, sexy, slinky designs hand-picked by the discerning eye of local fashion designers, Judy and Jaz Who. The shop boasts something for everyone.

Stocking original Who Designs, wild wears, hats, scarves, fluff and jewellery, art and fun!

Enjoy the grand opening on Friday 6th May at 3pm.



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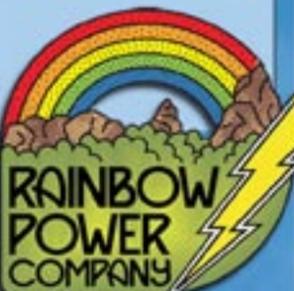
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## Good all-round deals

The roads around Nimbin are tough on tyres, so Dave Smith and Col Lawrence (pictured) saw the need for a tyre service in the village, and opened one up.

"We want to provide country-style service at city-style prices," said Col.

They sell and fit Maxxis and Wanli tyres for cars, 4WDs and trucks, at very competitive prices.

"They're great tyres, and the feedback from our customers has confirmed this," Dave said.

Best of all, now there's no need to go to Lismore, Mur'bah or Casino to get new rubber.

The boys can also re-furbish farm and garden machinery, do design modifications with metal fabrication, minor rust repairs and saw sharpening.

The Nimbin Tread Shed can be found at 6 Thorburn Street, Nimbin, phone 6689-1745 or after hours 6689-1631.



## NIMBIN TREAD SHED

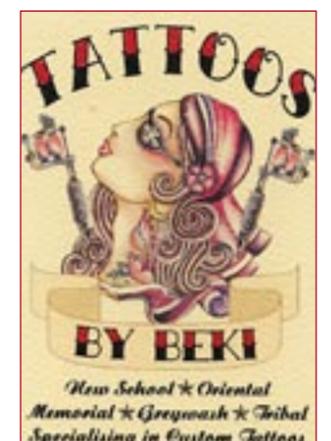
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# NSW no longer has a solar strategy

Lismore MP Thomas George claims that the Solar Bonus Scheme was far too generous and "a scandal". He says that Labor originally estimated it to cost between \$114 million and \$449 million, but is now estimated to cost taxpayers \$2 billion. The O'Farrell government has scrapped the scheme and is proposing to hold a 'Solar Summit'.

As of midnight 28th April a two month hold has been placed on new applications pending the result of the Solar Summit Stage One.

New grid connected systems will receive only 6 cents per kWh for the electricity they will export to the grid. Private energy retailers can then sell that electricity for up to 28 cents to their neighbour, effectively at a 400% markup.

Rainbow Power Company have written to Mr George claiming "This decision has effectively stalled the NSW residential solar industry, as customers have no certainty to base their investment decisions on," and that "the NSW solar industry is in



free-fall." "I plead with you to allow our customers who have approval and have made investment decisions... be allowed to participate," company director Paul O'Reilly wrote.

"The summit will aim to bring together industry representatives, energy experts, government, environmental groups and the community to develop a set of agreed actions to ensure the further development of solar energy in NSW," Mr George said in his electorate newsletter. A Solar Action Plan will be developed as an outcome of the Summit, and a joint Industry - Government Task Force will take responsibility for delivering on the Action Plan.

# Forum faces clean energy challenge

How can the north coast make more of its own energy? That's the challenge set by organisers of this year's North Coast Energy Forum, sponsored by Byron Shire Council and the state government.

Last year, the forum in Bellingen attracted 85 people from industry, government and the community to hear from experts in renewable energy technologies and policy.

According to organiser Mark Byrne, from the Environmental Defender's Office Northern Rivers, "Electricity makes up about 40 per cent of our national carbon emissions.

"On the north coast we get almost all of our electricity from outside the region, and about 90 per cent of it is from coal-fired power stations. While other regions have been targeted for big new wind and solar farms, this region risks becoming a brown energy backwater."

Why? According to Mark, the very things that make the region good for farming and biodiversity and a great place to live also make it hard for large-scale renewables. Lots of rain, expensive land and not much wind mean that we are unlikely to ever attract big solar or wind farms. But we have the highest uptake of solar power and hot water in the state, and there is still huge potential for much more small-scale renewable energy like bio-energy – and for energy efficiency initiatives like low-energy street lighting. Making a difference to carbon emissions can also be good for



the local economy.

According to Mark, the involvement of community groups is essential in making the transition to a low-carbon economy. "While we want industry and government to come along and talk about what they can do, we are also particularly keen to encourage community groups to look at what projects they might take on."

Organisers are also hopeful the forum will kick-start funding for a regional energy strategy, interest in which has been gathering pace since last year's forum.

The 2011 North Coast Energy Forum will be held in Mullumbimby Civic Hall on Friday 3rd June. Attendance at the all-day event costs \$80 or \$40 including GST, carbon offsets and catering from the Mullumbimby Community Garden.

Registrations can be made via the website, [www.ncenergyforum.org](http://www.ncenergyforum.org)

For more information, please contact Mark Byrne on 6621-1113 (not Fridays) or 0403-070-442 or email [mark.byrne@edo.org.au](mailto:mark.byrne@edo.org.au)

# A monster stalks the Rainbow Region

By Scott Sledge

Like a slow-growing cancer, the issue of Coal Seam Gas (CSG) mining has now been noticed in the body politic and is causing great alarm.

This malignancy has been festering in the US for more than a decade. Concerned residents in New York City are now asking President Barack Obama for stop the pollution of the cities water supply.

The American experience is well documented in *GasLands*, a 2010 documentary by amateur filmmaker Josh Fox who rejected an offer to drill on his property. His investigations took him around many areas in the US which have suffered from gas leaks, with dead wildlife and water pollution. In several places, Fox filmed residents who could set their drinking water alight.

Recently this vampiric enterprise has sunk its deadly fangs into the bosom of Mother Earth here in Australia. The CSG industry in Australia claims that it uses different methods, but have not been able to prove any improvement in safety and many of their wells leak.

The CSG technique consists of drilling down to a seam of coal – usually 500m to 1000m, through many layers containing groundwater – and then forcing in a chemical solution at high pressure until a mini-earthquake fractures – or "fracks" – the coal seam, allowing the methane gas trapped there to flow to the well pipe.

Any fissures/cracks in the surrounding rock mean uncontrollable leakage, which pollutes the air, and the toxic chemicals used often escape into the groundwater. The water table is not only polluted but often becomes unusable for drinking or farming.

CSG differs from other forms of natural gas extraction which can be more easily contained. Other types of gas deposit include the reservoirs often associated with crude oil. When tapped,



the gas in these deposits – pressurised deep in the ground – flow easily up the well pipes.

There are sufficient reserves of this safer gas to serve as a transition fuel without tampering with low-pressure methane trapped within coal seams.

Coal Seam Gas mining has only been allowed because the world recognises we have passed "Peak Oil" – the point at which demand outstrips new petroleum discoveries.

The scourge of CSG fracking is typical of greedy attitudes in some corporations that do not care about the future, but only about short-term profits.

The promise of royalties paid to the Crown keeps governments on-side and the laws of Australia give priority to mining operations ahead of any other land use. Police have been used to overcome objections by landowners.

No amount of wealth promised to a powerful elite can justify the long-term damage caused by CSG wells, which need frequent fracking to keep the gas flowing. Already pipelines are being laid towards ports in order to ship the gas offshore.

Metgasco has plans to build a pipeline through public and private properties from Kyogle to Queensland ports via Lynch Creek and the Border Ranges. Rural residents near Kyogle (and at Keerong north of Lismore) have mobilised against the activities of gas

miners in their areas.

In Tweed Shire a representative of farmers recently told a meeting of the Northern Rivers Guardians: "On one side there are the interests of the gas miners; on the other side is everyone else."

This is the Big One. If we can defend the land and our rights then there is hope for the future for our children and grandchildren.

Contact the Northern Rivers Guardians (NRG) ([www.northernriversguardians.org](http://www.northernriversguardians.org)) and go to Lock The Gate Alliance ([www.lockthegate.org.au](http://www.lockthegate.org.au)) to learn the recent history of a community under siege at Tara (near Dalby) in south-western Queensland. ABC *Four Corners* on 21st February this year showed a special program called *The Gas Rush* which showed landowners at Tara standing up to bullying gas miners ([www.abc.net.au/4corners/content/2011/s3141787.htm](http://www.abc.net.au/4corners/content/2011/s3141787.htm)).

Now that the stealthy progression of coal seam gas mining has been exposed in the media, Lismore, Kyogle and Tweed Shire Councils have all passed unanimous resolutions at their April meetings calling for a moratorium on CSG mining.

NRG are co-sponsoring a public demonstration on 14th May at Murwillumbah, starting at 11 am with a march around the CBD and ending with speeches and picnics in Knox Park (near the shopping centre and Regent Cinema.)

Speakers will include Aboriginal elders and representatives of Tweed Combined Rural Industries Association, cane farmers, tourism operators and activists from Keerong and Tara communities.

Bring signs/banners, a rug, a picnic if you like. Wear white, and/or "No Fracking" T-shirts.

For more details, contact Northern Rivers Guardians or the Caldera Environment Centre by phone on 0459-355-862 or 6679-5881.

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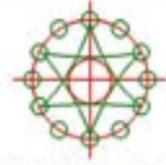
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## The local faces of Sullivan Nicolaides Pathology



Meet Jacinta Duivenvoorden and Ali Scott (pictured), the friendly faces of Sullivan Nicolaides Pathology at their brand new rooms at Shop 2/80 Cullen St Nimbin, across the road from the Nimbin Community Centre. Every blood test starts with the person who takes your sample. Accuracy depends on the quality of the sample taken. That's why Sullivan Nicolaides Pathology is serious about training. It is one of the few practices which trains collectors to a nationally-accredited

standard, and is a registered training organisation.

Jacinta and Ali are very caring, approachable and adept at putting at ease patients who may be feeling ill or apprehensive. No appointment is necessary for the majority of tests, they accept all referrals and there are no waiting times.

Jacinta has worked for Sullivan Nicolaides Pathology for the past three years. Both Jacinta and Ali love the country lifestyle and being part of the Nimbin community.



Nimbin's Anzac Day commemoration this year went off without a hitch, with even the weather obliging with a temporary patch of sunshine.

About 50 people took part in the march, led by two pipers and flag bearers from the Nimbin RFS brigade, which proceeded down Cullen Street to the cenotaph, where the traditional observance was hosted by Lismore chaplain, Jim Gallagher and watched by a crowd of hundreds of onlookers.

Wreaths were laid by soldiers' descendants and also by students from Nimbin Central School who had taken part in the march with their teachers. Following the minute's silence, the flag was raised by Nimbin veteran Rex Walker, while two wedge-tail eagles circled overhead.

Organiser of the Nimbin observance, Paul Le Bars said he was very pleased with the turn-out, but added that there were fewer servicemen and women to

assist in the ceremony.

"There seem to be less each year," he said, raising concerns about the future viability of the ceremony in Nimbin as we look towards the centenary of the landing at Anzac Cove in 2015.

The customary two-up games were held at Nimbin Hotel well into the afternoon, hosted by Lifestyle Estate Agent Peter Robinson, while Tub and friends provided Aussie-flavoured acoustic music on the deck.

### 2 wet 2 build (or sk8)

by Laurelli Anderson

I never thought I'd get so excited about seeing concrete being poured!

With a very small window of opportunity and only a few sunny days (if you can remember what they were like), the first lot of concrete was poured in a few sections of the Nimbin Skate Park, as well as the beginning of the walkway from the street.

Turf was laid around the

edges of the park, which is the only thing that has benefited from all this rain. Because of the rain the main part of the work, including the snake run that was scheduled to be poured last week, has been delayed yet again.

Connor Anderson, Lucas Bridgemans, from Lismore City Council, and Rob Lewers, of Concrete Skate Parks, met recently to discuss the progress and changes to the park.



One positive development is that the steel skate park

site was cleaned up by council for Mardi Grass.

## ALL Folked Up

Folke up will be running from 7pm on Saturday

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## The Red Ticket

by Rose Cubis, co-ordinator, Nimbin Aged Care and Respite Services

The Tuesday Seniors Group agreed to be part of a promotion to advertise the RED ticket by travelling on the public bus system, in our case Wallers.

This was organised by Linda Lomman, HACC Development and Innovation, Northern Rivers Social Development Council. The seniors now have a Disability Access bus, and need a few days' notice for bookings as it is also used in Kyogle.

Graham Waller arranged the bus even though the weather was uncertain and the trip may not have gone ahead. But it did, and five of our Nimbin seniors and two workers went to Lismore on the bus on 19<sup>th</sup> April for the grand price of \$2.50 return. They enjoyed a



day swanning through the op shops, art gallery and being the Nimbin Café latte slurpers.

There are plans to do this again, heading to Murwillumbah, and of

course the RED ticket is available to all pension card holders. It would be interesting to see in this area of very few transport options just how far you could go in one day on a \$2.50 ticket.

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# A prince gets married, the bad guy is dead... It's been a real Disney weekend.

*"Why should we love our enemies? The first reason is fairly obvious. Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence and toughness multiplies toughness in a descending spiral of destruction."*  
— Martin Luther King, Jr



What has the world come to when people cheer and celebrate a violent death?

High-profile Australian QC and human rights lawyer Geoffrey Robertson says the killing of Osama bin Laden is a perversion of justice that has effectively given the terrorist mastermind what he craved.

In the days since bin Laden's death, the US has been forced to backtrack and clarify details of the killing, with a picture now emerging of a targeted assassination.

White House spokesman Jay Carney confirmed bin Laden was unarmed when US commandos raided his compound in Pakistan and shot him above his left eye, reportedly blowing away a section of his skull.

Mr Robertson told the ABC

## Conspiracy Theories?

**D**id you know that Osama's been dead for years, kept on ice, until Obama needed a poll boost? Also he's not really dead, and also he's been dead since 2002. Also Obama didn't even want to kill Osama but the military made him. And Obama only did this to silence Donald Trump.

that US president Barack Obama has been sloppy with his use of the word "justice" and questions need to be answered about whether there was an explicit order to kill bin Laden.

"It's not justice. It's a

perversion of the term. Justice means taking someone to court, finding them guilty upon evidence and sentencing them," he said.

"This man has been subject to summary execution, and what is now appearing after a

good deal of disinformation from the White House is it may well have been a cold-blooded assassination."

Mr Robertson says it is an irony that the US has given bin Laden what he craved. "What he wanted was exactly what he got - to be shot in mid-jihad and get a fast track to paradise and the Americans have given him that.

"It's an irony that it's a win-win situation for both Osama and Obama. The latter gets re-elected as president and the former gets his fast track to paradise."

The US is still debating whether to release what it says are "gruesome" photos of bin Laden's corpse. The White House also has pictures of bin Laden's burial at sea only twelve hours later, which it says "adhered to Muslim traditions".

But Robertson says there will be consequences of releasing photos. "The method of disposing his body at night without an autopsy is also questionable," he said.

"They've got a photograph but they're not releasing that for fear that it'll become iconic, rather like the picture of Che Guevara on the slab. But if governments kill people, that's one of the consequences."

Mr Robertson says there now needs to be an inquiry into the death.

## Breaking: The earth is breaking... but how about that Royal Wedding?



So Prince William and Kate Middleton, now Duchess of Cambridge, are married. They exchanged vows before the Archbishop of Canterbury at Westminster Abbey on the morning of April 29, 2011, with planes roaring overhead and Union Jacks waving and hundreds of thousands of people in the London streets and millions upon millions upon millions of people watching on international television. Even without the Chaser boys providing the commentary, by royal pronouncement!

This, apparently, is what it takes to get the media's undivided attention: the marriage between two people who are politically powerless, and who spend their waking lives as designated fetish objects for the United Kingdom's interested citizenry, for Anglophiles the world over, and for the celebrity-fixated media. Our collective Ken and Barbie dolls.

We love looking at their clothes and shoes and cars and security details and following tabloid reports of their social events and private miseries and misadventures. We comb newsstands and Google for photos of the latest royal baby.

This, according to TV news, is what we really, really, really, really, really care about.

Well, it is a real-life reality show, staged like a reality show, only more lavish. So the coverage makes sense in terms of the media's ongoing love affair with that genre, whose benefit to their parent companies is not so much the large audiences (which only a few such shows actually receive) as it is the low cost of production. And heck, Britain was kind enough to pay for this ostentatious event in the midst of their austerity death spiral.

Meanwhile, media coverage of climate change goes in the tank. Future generations will be baffled by our priorities — and the media's.



## Commemorating Chernobyl

Benny Zable and his rad-suited helpers took to the Nimbin streets to commemorate the 25th anniversary of the Chernobyl nuclear accident. Meanwhile, radiation readings at Japan's Fukushima Dai-Ichi station rose to the highest since an earthquake and tsunami knocked out cooling systems, impeding efforts to contain the worst nuclear crisis since Chernobyl. Two robots sent into the reactor No. 1 took readings as high as 1,120 millisieverts of radiation per hour. That's more than four



times the annual dose permitted to nuclear workers at the stricken plant. Radiation from the station, where four of six reactors have been damaged by explosions, has forced the evacuation of tens of thousands of people and contaminated farmland and drinking water.

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Contact me to discuss your requirements

## In your neighbourhood...

News from the Nimbin Neighbourhood and Information Centre

### Towards a Sustainable Nimbin

Community Planning Forum on Saturday 4th June at Nimbin Town Hall – 12 midday to 5.30pm – see the flyer inside this edition of NGT. Nat and NNIC need you! Without community participation it will not be a Community Sustainability Plan – it will just be Gomo, Izzi and Nats plan! To avoid an overemphasis on fish – get the date into your diaries! Come along & help set down our community Sustainability Plan for the next few years and to update the current Plan for a Sustainable Nimbin.

The plan developed at the 2009 Forum lead to the Solar Farm Project and the Nimbin Food Security project. At the June 2011 forum/workshop we will be: checking in re the progress of the 2009 Plan - what has changed, what has been achieved to date, does the community wish to retain the three priority areas of Energy, Food Security and Transport? Plus any new priority areas plus develop goals, strategies and tasks for each of our priority areas. We have made good progress since February 2009 and now it's time to build on that progress with a revised plan and ideas.

The more of you who come along, the more comprehensive and legitimate our Plan will be, which will assist to attract more funding for and progress the community's sustainability goals.

### Nimbin Food Security Project

See our website for details of the next meeting. Meetings are usually on Thursday evenings at 6pm at the Elmo Room at NNIC, 71 Cullen

Street – Come around to the back steps. Food always welcome!

### Nimbin Local Food Day

Saturday 29th October 2011 – a celebration of sustainable local food. If you are interested in helping or have ideas for the day, or are a local producer who would like to be involved in showcasing your produce, contact Guy on [food@nnic.org.au](mailto:food@nnic.org.au) In the meantime get this date into your diaries as it will be a great event for all the family and anyone into food. Which we figure is most people!

### Solar Farm Launch

Big thanks to the Bowlo and to everyone who came along to make the launch a great event. We got some good media for Nimbin and even sunshine!

### Got unpaid fines?

You may be eligible to work off your fines at NNIC via a Work Development Order. Make an appointment with one of our Community Welfare Workers for an eligibility assessment. This scheme is due to end in June so get in while you still can.

### Did you Know?

NNIC is a registered charity and has gift deductible status, which means that donation of \$2 or more, as well as gifts or bequests in your will are tax deductible. Your donations help keep NNIC's services to the disadvantaged operating. Contact us via email [nimbinnnic@yahoo.com.au](mailto:nimbinnnic@yahoo.com.au) for more info, or else drop in during our opening hours. See our website for all the latest info: [www.nnic.org.au](http://www.nnic.org.au)

# Fine food and free friends

Making new friends, socialising and meeting people are the main reasons (besides buying food) why people say they visit Blue Knob farmers market on a Saturday morning.

A recent survey found that seven out of 10 visitors have met new people at the market and around half of those have got to know their new acquaintances fairly well. Bread, seedlings, lettuces, hand-made chocolates, fresh sprouts, honey and tempeh are available, and good conversation is part of the package. A bit different from a shopping trip to Woollies or Coles...

The survey is giving a picture of the emerging role of the market in the local community. Many shoppers live within 10km of the market (as do most stall holders) so it really is a local market. More than half the customers are regulars, the mainstay of a farmers market, who have been shopping at Blue Knob since it started.

A long-term aim of the market is to increase local food security and decrease dependence on food trucked long distances or imported, and 71% of market customers have increased the amount of locally grown produce they eat, while 50% have been inspired to increase their own food production.

The Blue Knob Farmer's Market opens 9am to 1pm every Sat and runs rain, hail or shine. All talks are at the Market, corner of Blue Knob and Lillian Rock roads, 8km from Nimbin. Talks start at 10am sharp – except for the 21st May which is 10.30am. Seating is first-come, first-served. If you'd like to know about future talks and market news, send your name and email to Jim at [uloborid8@gmail.com](mailto:uloborid8@gmail.com)



### This month's talks at the market

#### Keeping, Eating and Caring for Pigs – Noah Neilsen, 7th May at 10am.

Noah started keeping pigs about 10 years ago. His small herd has cleared many acres of lantana and other impenetrable weeds. A recently built smokehouse has produced some delectable pork products. Noah will share some of his thoughts on feeding, weeding, fencing, breeding and home butchering.

#### Planning for Year-round Food Supply – Robyn Francis, 14th May at 10am.

Robyn is a long-term local, national and international permaculture teacher. Her workshop will focus on strategies for eating seasonally, and how to make the most of our subtropical climate. Discover the three "summers" of vegetable production in our climate, ways to avoid the feast/famine syndrome, and tips for using tropical crops during the difficult wet season.

#### Starting Your Own Veggie Patch – Angie Skehan, 21st May at 10.30am.

Angie is a certified organic market gardener supplying Nimbin locals with fresh, weekly produce. Her presentation is especially for people new to gardening. Angie's background of 25 years in home-based, organic, vegetable gardening, her experience as a garden design consultant and her professional market gardener know-how has given her the confidence that practically everyone can learn the skills of productive home gardening.

#### Native Bees – Steve Maginnity, 28th May at 10am.

Native bees pollinate many fruit and nut crops, vegetables, flowers and household plants as well as commercial crops such as avocados, macadamias and blueberries. Steve will speak about both solitary and social bees, attracting native bees to your garden, setting up and maintaining a hive, leasing hives to increase crop pollination (and profitability) and answer your native bee questions.

## Chamber Chat...



At the last chamber meeting the guest speaker, Sustainable Development business facilitator Mark Batten, from the Lismore City Council, presented a summary of key findings of the business survey which was prepared by Derek Kemp of 'Prosperous Places'.

The business surveys were sent to 1,426 businesses within the City LGA and 459 businesses responded. This document will assist Lismore City Council and local businesses with planning and development, Nimbin included. The following are some extracts from the findings.

- According to the findings, Nimbin businesses are predominantly (77%) sole traders or partnerships (compared with 52% in Lismore).
- 80% of Nimbin businesses and 69% of Rural based businesses have less than five employees. Over a third of Nimbin businesses (28%) have no employees.
- Most staff live locally.
- Nimbin businesses are younger than those in Lismore City (42% under four years old, compared with 21% of Lismore businesses).
- 10% of Lismore City businesses had no business coming from the LGA (19% of Nimbin businesses and 32% of Rural businesses had no business coming from Lismore LGA).
- 20% of Lismore City businesses and 33% of Nimbin businesses acquired less than 40% of their trade from the Lismore LGA.
- Tourism provides important benefits to 80% of Nimbin

businesses. Tourism is the second most important positive impact on businesses – after new technology (having a positive impact on 43% of businesses). It is more important to more businesses, than either economic climate or population change.

- Most Nimbin businesses (65%) are looking to export (6% are already working towards this). Significantly, 10% of Nimbin businesses reported export markets already account for over 80% of their trade.
- Lack of Knowledge of a Local Supplier' featured prominently and the reason for 22% of Nimbin businesses purchasing 'outside of the Lismore LGA'.
- The greatest expectation of 'business expansion' comes from Nimbin (where over two-thirds (68%) expect to expand over the next two years. Yet 10% of businesses (18% of Nimbin businesses expected to be sold within the next two years.
- One in three Lismore City and Nimbin businesses engaged in some collaborative marketing (one in five of rural located businesses would like to, as would 14% of Lismore City and 11% of Nimbin businesses.

#### Where to from here for the Nimbin Business Survey?

The survey results are being fed into the Sustainable Economic Development Strategy thinking and the chamber will be consulting with the Department of Industry and Investment, to consider if it can pursue the delivery of the business training needs identified in the survey by the Nimbin business community.

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# Go vegan, and save the planet

Vegan fare no longer means a diet restricted to cabbage, potatoes and lentils. In fact, newcomers to the plant-based diet are usually amazed at the incredible new world and wealth of variety and taste that opens up to them on making the journey towards a vegan lifestyle.

On Easter Saturday, Nimbin's tastebuds came alive in Cullen Street for World Vegan Bake Day, designed to introduce people to the mouth-watering possibilities – as well as the environmental and health benefits – of food that is completely free of meat, dairy, eggs and all animal products.

The project was started three years ago by a United States non-profit organisation, *Compassion for Animals*, and has this year spread across the globe.

"Absolutely scrumptious" and "a piece of heaven" were two of the responses to the amazing array of delicious vegan treats on offer.

The Nimbin stall featured a tantalising selection of sweet and savoury vegan, raw vegan and gluten-free delectables including lemon cheesecakes, chocolate mud cakes, sticky date slices, a pesto-based pizza, and polenta slice.

Joining in the morning's vegan festivities were Darren, Frederick and India from Cariad Farm Animal Sanctuary who pleased the crowds with a delicious spicy hummus dip, together with a wealth of recipes and first-hand information about the benefits of transitioning to the cruelty-free plant-based diet.

The free vegan food tastings were well accepted by locals and tourists alike as were the cuddles, smiles and photo opportunities presented by the roaming "Easter Koala", ably assisted by a cheery band of young locals



Nimbin's vegan food-tasting stall. Find out more about Nettie. See page 22.

led by Kitty and Abigail.

One of the messages of the event was that the days of sacrificing taste or variety in order to pursue a noble agenda – whether it be helping combat climate change, being kind to animals, or simply benefiting your own health – are far behind us.

Nimbin stall co-ordinator and vegan cook, Nettie Lovejoy, a local of many years standing, shared her own journey of pain and healing: "I can vouch personally that the vegan diet has been the major instrument in my improvement of health. It has shown me a whole new way of looking at life – to enjoy life sure but to make sure no other being suffers at my expense.

"If we all became vegan, the compassion

level of the world would rise so much that there would be no room for fear, hatred and war; our dream of peace we ourselves could make come true."

Nettie set up the stall in the hope of spreading the message that veganism is the change we need to make in our lives to reduce the high impact of methane and carbon emissions caused by unprecedented levels of meat and dairy consumption.

It also offers a practical solution to the world's climate, food and water crises by assisting governments, leaders and citizens around the world transition to organic vegan farming practices and the vegan lifestyle.

For more information, please visit [www.SupremeMasterTV.com](http://www.SupremeMasterTV.com)

## Knitters Wanted

Calling all crafty people!

The Nimbin Quilters and Craft Group are helping the Lockyer Valley flood victims by making hand-made blankets, but they need your help.

If you can knit, crochet or sew, you can help the group's project to make blankets from squares, of 25 x 25 cms, which will then be sewn together. It takes 28 squares to make a blanket.

For knitting, use size 4.0 needles and 8-ply wool, and cast on 50 stitches in any design. Squares can also be crocheted or sewn as a patchwork piece, in any design, single- or multi-coloured.

The Quilters plan to deliver the blankets to the people in the Lockyer Valley in early June, so now is the time to get cracking.

Please drop off squares to Nimbin Hardware, or phone Sue Cook (pictured) on 6689-1466 and she will arrange pick-up.

The group is also keen to receive any other stuff you have made or any craft or sewing supplies that could be donated to help the project.



## Easy as dough, ray, me

by Pixie Barrett

Our new home has a wonderful kitchen with loads of bench and cupboard-space, which has inspired me to try my hand at cooking.

I pulled out a bread-maker that had been given to us years ago, but the end product was always very heavy. The bread-maker died (with a mix in it!) and I had to deal with this gooey mix. I pulled it out and started doing what I hoped was suitable kneading. Again I had no idea how long to do this. I did know one had to let it rise twice.

It turned out much better than any that had come out of the machine and hadn't been that difficult. I have learned a lot about what to do and not to do since then and have been able to experiment a little with the dough. Nothing too fancy; a bit of oat bran; some spices and currants.

This is how I make our



bread. I use breadmaking flour, also called 'strong' flour. I have made it with and without sugar and couldn't notice the difference.

When I am able to get it I use ghee, which gives a nicer texture/flavour than butter. I have used several different types of oils, all of which have produced no discernable difference. I now use bread improver, which does produce a lighter loaf. Scrub your hands as you will use them to mix and knead the dough.

My recipe is: 2 tsp yeast, 300ml water, 1 tsp sugar, 4 1/2 cups strong flour, 2 tsp salt, 1 1/2 tsp bread improver, 1 tblsp

butter/oil.

1. Put 150ml of warm water in a cup and stir in sugar.
2. Add yeast to the water and let sit.
3. Put salt, (bread improver), butter/oil and flour in large bowl.
4. Work the butter/oil into the flour
5. The yeast in the sugary water should have become frothy by now.
6. Create a well in the middle of the flour and pour in the water and yeast.
7. Add another 150ml of water. I use the same cup to ensure all yeast is in the mix.
8. Work around with your fingers doing figure eights. The mix will be sticky use the flour at the bottom and side to work the sticky dough off your fingers. Keep working the mix until all the flour is combined with the water.
9. Place the ball of dough on a lightly floured bench top or board and start pushing and pulling. I do this for at least ten minutes. You will know when it is ready as the dough won't be sticky it will elastic and smooth.
10. Place the dough in the bowl with a plastic bag over it and put in a non-draughty spot. I use the oven. The recipe says to oil the bag but I don't, just pull it up so the risen dough won't touch it.
11. After some time, depending on the temperature, but normally about two (2) hours, the dough is ready for the second kneading. Firstly punch (gently) the air from the expanded dough and then knead gently. Too much here I read causes the gluten to activate or something, but it gets sticky again.
12. Shape for your baking tin and place in the middle.
13. Cover with the plastic bag and put in a warm place; again I put it back in the oven.
14. Proving time varies but once the dough has risen again to the top of the tin it is ready to cook; around 40 minutes.
15. Heat oven to 230°C / Gas 8
16. Here my recipe says to brush the top with a beaten egg. I have never done this.
17. Bake for 30-40 minutes. Cooking time and temperatures will vary with your oven. My oven isn't very good so I cook at 240°C for 45 minutes.

- To get the half loaf, just cut the shaped dough in half before placing it in the baking tin. I have also learnt to score the top before putting the dough into the tin. This stops

the strange shaped top.

I am sure my breadmaking will improve more with more experience, and certainly once we have a good oven, although I have this one worked out for baking the bread. I made hot cross buns the other day, without the crosses, and today I am going to add some old bananas to half the loaf.

Experiment, it is fun and inexpensive. Actual work time is only about 25 minutes total and well worth the time and effort for delicious homemade bread.



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