



Photo: Jessie Prince

by Jaz Who

Isn't it annoying that as soon as fashion is universal, it is out of date?

I say the only rule is don't be boring and dress to your individual styles wherever you go, whatever your style may be, then you will never get caught out wearing the newest trend that has already gone out of fashion.

Life is too short to be boring....

The coming Summer is just another chapter, a delicious warm breezy chapter of endless fashion. So with that I would like to introduce to you my love for Arnhem the Label.

Arnhem is an inspiration of the Byron Bay designer Arnhem Bickley. None of her vintage-inspired designs are mass produced, and each garment may be slightly different to the next.

I will be featuring her next month with her summer collection!

The Con Artists Market

If you haven't already checked it out...

The Con Artists market is on the first Saturday of each month, and features up to 25 stalls of handmade goodness, from steampunk fashion and upcycled clothes, screenprinted wares and kids items, to handcrafted jewelry, art, homewares, gifts and more.

The stallholders are the makers of their products, giving market goers a unique opportunity to meet the maker, and vice versa. The market is the perfect opportunity to grab some unique, locally made eco-friendly treasures for your loved ones or yourself!

The market is centrally located at the Northern Rivers Conservatorium on Keen Street in Lismore and coincides with the Conservatorium's live cushion concerts. While sometimes vexed by



Joanna Kambourian (screenprinted cushions)
Market photos: Rowena Shakes

rain (it is the Northern Rivers...) the market and concert both have an indoor option, and are on, rain or shine!

It's a great day out, with an awesome line up of handmade trinkets and treasures, live music and great food available from the Pulse Cafe.

If you're a fledgling or emerging maker and would like to try your hand at the markets, contact conartistsmarket@gmail.com for more information.



Tiffany Sassafrass (skirt), Punkin Wilson (vest)



Sewing Club

Start practising your own designing with Cat's sewing club at the Community Centre on Thursdays 11-12.30. The class runs for 8 weeks for \$55. For more info contact Cat on 0429-194-248.

Fashion galore in Nimbin shops

by Honey of HoneyCut

It's less than eight weeks 'til the festive season, and if you're wondering what to buy for those special loved ones, friends, or even just to spoil yourself, you need look no further than the exciting commercial hub of the streets of Nimbin, with an array of interesting and unique shops offering a wide and wild range of fashion and accessories for all ages.

Daizy is offering everything from Dance Party and Doof wear of the Japanese label Bone Clothing, Punk Clothing from Thailand, Indian Hippie Lux, flowing sarongs and exotic jewelry and shoes too, (see the platform sandals from overseas).



Nimbin Craft Gallery

There is also a range of Australian clothing from Sha Creations and Random Fairies. You'll find beanies and hats, beads and sunnies and lots more. It's open from noon daily at 60 Cullen Street Nimbin, phone 6689-0146, so why not go crazy in Daizy!

Down the road in Sibley Street is Susuka Trading, specialising in traditional hand-woven fabrics, mostly one-offs and distinctly different from what you will find anywhere else. With a depth of culture from colourful hand-embroidered womens and childrens wear from Guatemala, beautiful Indian sarongs and scarves, even hats and a wide range of silver jewelry, if you want to add something exotic to your Xmas list, come to Susuka, at 3 Sibley Street, phone 6689-1680.

The Nimbin Craft Gallery, a local icon of over 25 years, features the work of artisans and craftpeople such as screen printers, wool craftspeople,

hatmakers and clothing designers. Last year the Gallery began their World Craft "sistering" project to aid emerging artists from developing countries, and brought in a uniquely Nimbin collection of cool cotton and buttery silk clothing from a group of Thai and Korean fabric artists using natural dyes (where possible) in bold colours and Asian inspired designs.

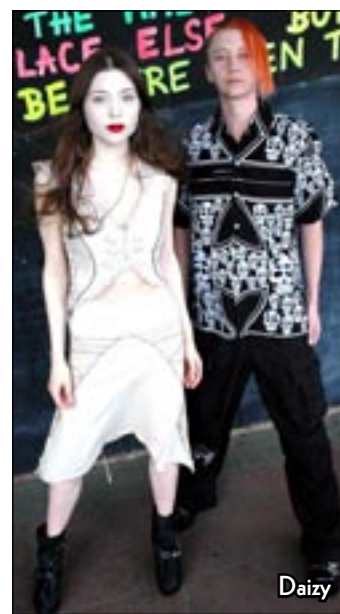
New to Nimbin Craft Gallery is the range of men's hemp pants, shirts, jackets and more – soft and durable in funky Nimbin hues, all long wearing and versatile. For the kids there is a wide selection of skirts, pants, dresses and tops for all seasons and ages. You will be spoiled for choice with accessories shoes, sandals, scarves and jewelry for every taste and pocketbooks from leather, semi-precious gems to classic sterling silver and pewter. Nimbin Craft Gallery is the place to shop for colourful, fashionable and funky clothing with that Nimbin flair. It's at 1 Sibley Street, phone 6689-1375.

"Having a brand new shop is like having a blank canvas, so I've tried to give it a bit of a 'wow' factor with its decor and lighting and it has really allowed me to stock a much greater range of hats as well as my own creations and titivations," says the Hat Lady Janice Young, co-proprietor, along with partner Bob McKay, of the Nimbin Mad Hattery, a one stop Hat and Party shop located in the centre of town, opposite the Post Office.

Stocking a fabulous range of hats including 100% wool felt Top hats and Coachmen, Derbies and Bowlers, Trilbies and Fedoras, work hats and



Susukka Trading



Daizy

natural fibre sun hats (including genuine Panamas), plus caps, beanies, berets etc... and fun hats! A wide range of accessories are also available such as fascinators, hatintators for the races or weddings, hosiery, corsets, wigs, masks, as well as costumes and partywear.

The shop also features a mural that is used as a backdrop for photos where you can make a postcard, even from any photo on your memory card, to send to family and friends. Nimbin Mad Hattery at Shop 5, 46 Cullen Street, phone 6689-1550.

Models: Lyndon and Priscilla Jones.
Stylist: Pol. Photos: Angelo.



Mad Hattery

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Locals shine in film comp

From left to right: Judges Paul Tait and Jeni Kendall, Zebity Fogaty, Mayor Jenny Dowell, Matt Miller, Karinya Oldfield, Sam Graves, Darmin Cameron (organiser), Tyrone Dunwoodie, Mahto von Schillpe, Darian Robinson. Photo: Paris Naday

The winners of the Nimbin Youth Film Comp 2011 were announced on Saturday 29th October – with Nimbin residents grabbing the top three prizes.

The winner, with his highly suspenseful film *Family Ties*, was Sam Graves. Sam received a \$500 cheque plus a funky trophy in the design of a film clapperboard. Showing a real dedication to furthering his craft, he is going to spend his winnings on a new tripod.

Second place went to *Man vs Nimbin* by Matt Miller, a parody of the Bear Grylls TV show *Man vs Wild*. Matt played the Bear Grylls character, and has a real talent for presenting to the camera.

Third prize winner was Zebity Fogaty whose moving and evocative piece *Ghost* impressed the judges with a beautiful blending of images and music.

Other prize winners were: Karinya Oldfield for Best Production Values for *In Search of Inamortata*; Mahto von Schillpe won Best documentary for *Nymboida Adventure*;

Darian Robinson received the Encouragement Award for *Ultimate Skateboarding*; and Tyrone Dunwoodie received Best Screen Presence for his production *Train Station Hip-hop Dance*.

A special "Unsung Heroes Award" was created this year for an adult who supported and encouraged the young person in their movie making endeavours. This year's award went to Judith Graves, who featured in her son's winning film.

Judge Jeni Kendall said she was "very impressed with the wealth of creativity and talent shown by local youth and the depth of the issues explored in the finalists films".

The competition would not have been possible without the generous support of Nimbin Emporium, Nimbin Pizza and Trattoria, Nimbin Law and Nimbin Newsagent, all of whom donated great prizes for award winners.

The Nimbin Youth Film Competition was organised by Youth Connections North Coast and funded by the Federal Government.



Date with Death

Dicey Company is back, and this time it's a matter of life or death. Or was that a matter of Death getting a life?

Mort, the hilarious play based on a bestselling novel, will be performed Friday 2nd December, Saturday 3rd December and Sunday 4th December at Tumble Falls Community Hall.

The book by fantasy author Terry Pratchett was adapted for stage by Stephen Briggs. It is the tale of a young man whose first job is giving Death a chance to get away and have a little fun ... and that can't be a good thing!

Mort is hardly ready for the fringe benefits: the whims of witches, the recurring reincarnations, the assignments of assassins...

never mind the burgeoning deluge of dung! And then there is the problem of the shrinking dome of reality closing in on the beautiful princess...

Kings and dukes, viziers and wizards, Dicey Company's production of *Mort* will be a zany, laugh-a-minute night of theatrical silliness for the whole family.

The community hall is in Upper Tumble Falls Road. Performance starts at 7.30pm.

Tickets will be available at the door for \$10 for adults and \$5 for children, with a special \$25 family pass. Light refreshments will be available.

Note: Strobe lights will be used during the production.

All hands to the gallery



Nimbin Artists Gallery needs volunteers to stay open seven days a week.

It may have to cut back to four or five days unless people come forward.

A few works pictured



here illustrate the quality of the gallery's current gallery exhibition. Artists price their work very competitively.

The last ten years have been hard for tourism providers and all businesses. The high Australian dollar means hard times continue. Young backpackers still come from far-flung parts of the globe but struggle to afford the basics on these exchange rates.

The gallery is grateful for the support of Nimbin locals – thanks again.

The gallery's next hanging is on Monday 12th December, with work due on Sunday 11th December.

All work must be hanging ready but the gallery has D-rings, wire etc available. This hanging covers a very busy time of year until the end of January 2012. Smaller works, whether 2- or 3-D are particularly popular with visitors on the move, as well as with anyone on a budget.

Planning for the Autumn Arts Extravaganza Exhibition for 2012 has begun and the gallery is calling for expressions of interest, giving details of the body of work you would like us to include in the exhibition.

Anyone interested in volunteering should call into the gallery to discuss it. Phone 6689-1444 or email: nimbinartistsgallery@gmail.com

Artworks by Johanna May (top) and Pauline Ahem (left).

'The Artist's Choice'

'The Artist's Choice' is the current exhibition showing at Blue Knob Hall Gallery. There is a wide group of artists exhibiting without the usual parameter of a theme which makes this a diverse and interesting show.

The Opening night on Friday 21st October was well attended, and a

delicious meal available from the Cafe meant an enjoyable evening was had by all. The exhibition runs until Sunday 4th December, so come along and enjoy the view of Blue Knob from the Cafe verandah and some great art. Blue Knob Hall Gallery and Cafe is open from Thursdays to Sundays, 10am to 4pm



Artworks: The Choir Master by Christine Robinson (top), Blue Knob from Gungas by Bernard Rooney and Moonbirds by Anthea Moffatt

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Koala Kolumn

by Lorraine Vass



Friends of the Koala's licence enables the group to identify koalas captured for rehabilitation purposes. We use ear-tags: the right ear for females and the left for males.

We've tagged koalas prior to their release for over twenty years. The tag details (colour and individual number) become part of the animal's record. Tags of various colours have been used but more recently we have stuck to bright red because it is easier to spot. They are a swivel model designed for goats.

There have been some interesting returns. One of the more surprising was a few years back when a female released at Goonengerry a decade earlier was picked up on the Nimbin Road at Boerie Creek with a young joey. Not a bad distance for a female to travel over that period of time. Not a bad age to be continuing to produce young!

Just recently a tagged animal which was found sitting by the side of the Kyogle Road between Sargent's Road and Cawongla had to be euthanased. The poor fellow was so flat that the motorist who stopped to investigate was able to bundle him up and seat him in her car.

Triple 7 had a badly ulcerated mouth, very low PVC and a poor body score; suspected leukaemia. In August 2007 he had been brought in from a windbreak on a macadamia orchard. A 1.9kg back-young, Triple 7 had apparently fallen during a storm. He was found on the ground with his face in a puddle; his mother still in the canopy. The woman who had been observing this mother and back-young was herself a wildlife carer who knew to keep him warm, dry and secure until a rescuer arrived. No damage was evident so every effort was made to re-unite Triple 7 with his mother. He was not strong enough to climb the tree his mother was in and she was not interested in descending. Besides, most of the windbreak had been removed during the short period he had been in care – 70 trees in all.

Triple 7 was returned into care, hand-raised and finally soft-released from Georgica with a little mate named Pip on Christmas Day 2007.

We have no way of knowing whether Triple 7 had a hard time of it out in the wild. That he succumbed to disease at a relatively young age and had travelled a reasonable distance suggests to me that he probably did struggle. Koalas too have to take the hand that is dealt to them.

The report on Lismore Council's Draft Comprehensive Koala Plan of Management for South-East Lismore is planned to go before the Council's November meeting. The decision will be made whether or not to put the Draft on public exhibition. If the Council supports public exhibition, the period for comment will be quite lengthy, until towards the end of January. Modifications taking account of the submissions received will be made. In all likelihood, it will be well in to 2012 before we know its fate.

The Stakeholder Reference Group (SRG)



Triple 7 (first sighted on 7/7/2007) at release on Christmas Day, 2007. Rescue and dedicated hand-rearing gave him a second chance.

of which I am a member, the Expert Panel and Council staff has invested a tremendous amount of time and energy in the project. To give you some idea, the SRG has been meeting since the beginning of April.

For the most part the experience has been very enjoyable, enabling me to work more closely with some well-informed and delightful people. We have had opportunity to tell Council what has worked well and not so well with the process which was decided for us. We believe lessons have been learned which will benefit future undertakings like the Biodiversity Strategy.

The present surge of interest in the development of comprehensive koala plans of management (CKPoMs) by North Coast councils prompted the Office of Environment and Heritage (OEH) to host a Council Koala Forum in early June. Representatives from Tweed, Lismore, Byron, Ballina, Clarence Valley, Coffs Harbour, and Hastings councils attended, as did staff from the Department of Planning & Infrastructure and OEH and consulting ecologist, Dr Steve Phillips who has had some involvement in all the drafts in preparation, apart from that of Clarence Valley.

The forum identified three priority issues for further, co-ordinated action: resolution of Private Native Forestry issues to ensure koala habitat is adequately managed and protected; review of SEPP 44 to update and resolve definition issues, trees species list and methodologies for surveys and plans of management; and urgent provision of a resource package from state government to support councils to undertake and complete and implement CKPoMs.

With the amount of lip-service paid to our attachment to the koala you would think that its protection and recovery would be a 'no-brainer'. Unfortunately nothing could be further from the truth.

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

Until next time, happy koala spotting.

PLANT OF THE MONTH

Silky Oak *Grevillia robusta*

by Richard Burer, Project Officer, EnviTE

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

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

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

Try growing your own trees by cutting off the black dry fruit and putting these in a paper bag so that they open up to a brown boat-shaped seed. Sow in a well-drained



mix and pot up a couple of times. They are ready to plant when about knee high and like rich soil that is not too wet.

Stu's view from the Loo

by Stuart McConville

From where I'm sitting I can see the changes that have taken place here over the last 14 years. I bought my block at Barkers Vale as a clean slate, a stipulation from my financiers that has resulted in years of hard work and the satisfaction of transforming a degraded cow paddock into a model of sustainable farming and lifestyle.

The throne I now sit upon was the first structure, a veritable icon that stuck out like the proverbial dog's balls when it arose from the red earth. I called it Mum's throne, because it was she who threatened never to visit, if all I had was a hole in the ground. In her wisdom, she was helping me get my priorities right, dealing with my own potential pollution before all else could begin. At first, morning rituals were performed perched high for all and sundry to see, then we built the shade cloth walls that still afford a view, but with some dignity too.

The trees I planted flourished in the rich red soil, protected from wallabies by my audacious blue cattle dog, Cous Cous. I've often

wondered at the prescribed local wisdom of banning dogs (as many communities do) for the sake of the wildlife. In any ecosystem, top level predators are extremely valuable for the system as a whole. My dogs don't catch many wallabies, they're too well fed, but they do keep them on their toes and stop them overgrazing in any one spot. Studies of predator prey relationships have shown that if grazing animals are left to their own devices, they will chew plants down to the roots and kill them, whereas if the predators and their scents are about, the grazers move about and target a variety of species.

In the long run this results in a healthier system, with the capacity to harbour more species. In our man made pasture / grass oriented landscape, native grazing animals are probably in higher numbers than ever before. Road kill would account for some, foxes, dingoes and wild dogs for others, but with baiting and the absence of serious predators (i.e us), wallabies are still pretty rampant. I've never seen a wild dog on my property either, a fact I put down to their unwillingness



to trespass on my dog's territory. I've heard the emotional argument that the sight of a half eaten wallaby killed by dogs is not a pretty one. I think it is beautiful, to see nature doing what is intended and that it is just our consciousness operating on a very narrow spectrum when we can't see that.

Dogs also bring happiness to their owners. With dog ownership comes a lot of responsibility, and responsibility can assist in transforming lives. In a world where mental illness and loneliness are often cause and effect, we would do well to take another look at our arcane ideas about dogs and ecology, for the sake of people. And just in case you're wondering, yes, dog poo can be put in the composting toilet too.

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

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Help for harried bees



by James Creagh

On 20th November, the Bush Theatre will screen *Queen of The Sun*, a documentary about the decline of honeybee

populations around the world. Entry is \$10 and proceeds, after covering the cost of the screening, will go towards building community beehives using top bar hive

design, part of the natural beekeeping movement.

Bee populations have been in decline in recent years, with one of the major causes being varroa mite, a parasite that attaches to the body of the bee and can kill off a hive.

This has been postulated as the cause of colony hive disorder, where bees abandon the colony, but the collapse could also be caused by a new generation of pesticides called neonicotinoids, GM crops, migratory bee keeping, pollution, electromagnetic radiation and climate change.

The Queen of The Sun follows the voices and visions of beekeepers, philosophers, and scientists around the world struggling for the survival of bees.

This film emphasizes the wisdom of biodynamic and



organic communities, who have been overlooked in other films.

The screening starts at 6.30pm, and will be followed by a brief talk by local beekeeper James Creagh.

The screening of this film is an initiative of the Blue Knob Farmers Market, and more documentaries relating to food security are planned.

To you it's a weed, but I like it. Do I have to get rid of it?

by Triny Roe

Weeds are a grave threat to biodiversity as well having economic and social impact. Some weed species are worse than others in their potential for harm. Some species can be a problem in one area, but not in another. This could be due to different rainfall, soil type, or frost occurrence.

Or perhaps it's because the plant has simply not been introduced there yet! Wildlife, wind and water carry seed and propagating material to new locations. But humans have an even bigger potential to move a species from one part of the country to another where it might find a new hospitable environment to thrive.

It can be a while for a weed problem to be recognised, especially for some tree species. These may take time, sometimes several years, to produce fertile seeds. The mother tree could be over ten years old, then suddenly there is a grove of them or seedlings are appearing in nearby bushland or on the roadside.

The climate here on the Far North Coast of NSW is very comfortable for growing a range of plants. Not too hot. Not too cold. The rainfall is generous. The volcanic soils are rich and fertile. For farmers, hobby farmers, life-stylers, and rural dwellers of all persuasions, this region is a Garden of Eden. Crops, fruit trees, vegetable gardens all flourish with abundance. And so do the plants that some call Weeds!

There are limited resources and competing interests for our energies. To prioritise where funding and efforts in control measure should be made, weed species have been categorised as Noxious Weeds, National Environmental Alert Weeds and Weeds of National Significance (WONS). The plants in these listings can vary from State to State and even Local Control Authority (LCA) across the State as not every weed is a problem in every region. There is also some overlap with some species being on



Trees struggle to compete with lantana

more than one list.

Landholders have a legal obligation, under the *Noxious Weeds Act 1993*, to manage a range of weeds on their properties. (And it's part of being a good neighbour and land custodian).

To be classified as a Noxious Weed and come under the control of the Act, a plant has to have the potential to cause more harm than benefit to the environment and the community. Its management and control has to be economically viable. That is, the cost of its control measures is less than its potential damage bill. The job also has to be physically possible.

Noxious Weeds are classified into 5 groups. Class 1 and 2 weeds are a potential serious threat to agriculture or the environment. These species are prohibited. They are considered eradicable because at this point, they only exist in pockets. This class includes Alligator Weed and Hymenachne. If you have these weeds, or think you may have these weeds Far North Coast Weeds will help. Please contact them on 6623 3833.

Weeds in Classes 3 and 4, are serious threats, and may be or not, already widely distributed in an area but are likely to spread further afield. Class 3 is regionally controlled while Class 4 is locally controlled. These classes include familiar plants such as privet, camphor laurel and lantana.

Class 5 weeds, which are restricted plants, have the potential to spread beyond the state as well as within. Willow is an example of a Class 5 Weed. Weeds in classes 1, 2, and 5 are 'notifiable' to the

local weed control authorities.

National Environmental Alert Weeds are those which have been identified as being in the early stages of becoming a problem. With already established populations in bushland areas they are a future threat to biodiversity. Golden Rain Tree, Koelreuteria elegans subsp. Formosana, and Rosewood, Tipuana tipu, are two examples which are spreading rapidly. If managed now hopefully these species and others on the NEAW list wont become as ubiquitous as Camphor Laurel and Privet are today.

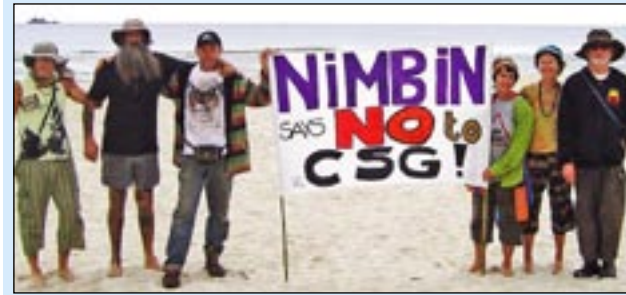
Some species are a serious problem over a large range of Australia. These plants have been designated Weeds of National Significance – WONS. The plants on this list were chosen for their invasive abilities, impact, potential for spread and socio-economic and environmental values. WONS include lantana and blackberry.

The *NSW Invasive Species Plan 2008 – 2015*, developed with government, industry and community input, has developed a strategy with four main aims. Goal 1: Exclude – prevent the establishment of new invasive species. Goal 2 Eradicate or contain – eliminate, or prevent the spread of new invasive species. Goal 3: Effectively manage – reduce the impacts of widespread invasive species. Goal 4: Capacity Building – ensure NSW has the ability and commitment to manage invasive species.

(Notwithstanding some consider humans to be the most invasive species of all!)

Weed management and minimising the threat to biodiversity is a community effort. Government initiatives can be supported by landholders and the general public. Get to know what plants are growing on your property and be on the lookout for new ones appearing. Far North Coast Weeds and local Landcare groups can help with identification and advice with removal and containment strategies if required.

Happy Weeding!



by Rob Carroll, President

Firstly we would like to thank The Nimbin Rocks Rangers for their kind donation of 60 Sweet Pittosporum trees which we then donated back to the Nimbin Community whilst accepting in some cases a donation for the trees and then to be passed on via our Wires tin.

As I say, every little bit helps and we can all benefit from the right actions to sustain a vibrant world for generations to come.

Byrrill Creek

Common sense has prevailed over common wealth in the sinking of the Byrrill Creek dam plan. It is great to see the Tweed Council listening to the people's choice in not drowning another rainforest at the bottom of a dam and it is also great to see the passion of the community members who come out time and time again to say "No Dam No Way". Let's hope this is the end of the dam plan.

Coal Seam Gas

The CSG bandwagon came under attack from thousands of concerned residents on October 16th during the Defend our Water Weekend across states of Australia.

Photo shoots and street marches were held to bring to the attention that this ridiculous energy source that is being touted as 'clean' is not required.

We should all know the difference between clean and dirty and if energy companies want to have a future it is simple; they will have to clean up their acts.

On a final note we are all part of the human race but to where exactly?



Nimbin Markets

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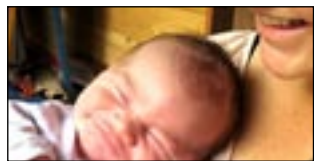
Choices in childbirth

by Kirrah Holborn

When you hear the word 'childbirth', what's the first thing that comes to mind? Maybe it's one word, maybe a few words, maybe you get images or a feeling of what childbirth involves. Depending on where and when you were born, your thoughts about birth could be quite different.

In our modern world, many of us have been exposed to images in movies, documentaries or the internet. Maybe you have read books or magazines or heard stories from other people. In a way, it's hard to escape the bombardment of information. Without even actively trying, you would have formed ideas. We are lucky in one sense, that we have more information available to us than ever before. If you want to know something, you can easily ask 'dr google' or read one of the million books or online articles about pregnancy and birth. We have resources at our fingertips and can educate ourselves to a large degree.

Whether someone plans to birth in a hospital or not, becoming aware of the options available within our mainstream maternity care is a good idea. If medical care becomes necessary, some understanding of the hospital system can give the tools to navigate the journey more easily. Women who have been involved in the decision-making processes with their birth have reported greater satisfaction levels (despite the outcome). Parents don't need to 'know everything' before labour. Learning communication skills and building a connection with everyone on your birth team is more likely to get you what you want. If a treatment is suggested, consider asking – What are the benefits? What are the risks? Are there any alternatives? What if I wait a bit longer to decide or do nothing? What is my intuition



telling me?

Pregnant women often have heightened senses and intuition. You can encourage this sensitive side by taking time out each day to bring attention to how you are feeling and what you are telling yourself. Allowing yourself to connect deeply with your intuition can help you to begin living with greater awareness. Focussing on your breath is amazing for quietening the 'thinking mind' and bringing greater awareness and relaxation to your body, mind and spirit. This increased focus, allows you to slow down and get in touch with your deeper intuitive knowing. Every support person can benefit from mindfulness practices too, to centre themselves in labour.

In Nimbin, we're blessed to have Birth & Beyond as a space for people to meet and provide support for one another. Questions can be answered or explored to help you gain greater confidence in your knowing. Breath awareness and meditations are guided to help you feel relaxed and grounded. New mums come to share their insights about what helped them during labour. Different speakers and facilitators bring their unique skills to help women prepare physically, mentally and emotionally for the amazing rite of passage, that is childbirth.

Birth & Beyond Schedule

Fridays 10-11.30am

- **4th Nov:** Jules' birth story
- **11th Nov:** Louise's birth story
- **18th Nov:** April is guiding prenatal yoga and meditation
- **25th Nov:** Bron is sharing tips for the '4th trimester' (the first 3 months of your newborn's life)
- **2nd Dec:** Dana is holding a sound workshop

Contact Kirrah on 0429-308-851.

Mental with heavy metals

by Leanndrah

Toxic metals (minerals) such as lead, cadmium, mercury, aluminium and arsenic, even at low levels, are potent poisons. Some nutrient minerals such as copper are important for proper health, but can be toxic at high levels. These toxins/poisons are active oxidants, irritating our tissues, mutating cells, taxing our life-force and putting undue stress on our body systems, ageing us quickly.

A myriad of complicated and chronic health issues are present in this poisonous state. These may include: nerve and brain disorders, loss of mental activity, immune problems, mental confusion, headache, neurological effects, fatigue, depression, repeat or chronic infection, unexplained pain emanating from a variety of joints, organs, and tissues. Heavy metal toxicity is thought to contribute to many modern ailments including: cancer, high blood pressure and learning impairments in children. People affected may act 'mental' and poisonous, with mood swings, lack of reasoning, obstinacy and destructiveness. More severe toxicity may perpetuate serious diseases such as alzheimers, multiple sclerosis, epilepsy, out of control cancer growth, kidney disease, immunological diseases, life-threatening allergies, asthma, and multiple chemical sensitivities.

Once ingested via the air, mouth, skin and intravenously, heavy metals can easily accumulate in the body depositing in the skeleton, liver and kidneys. If the individual is of poor health, the body tissues in poor condition or toxic, very young or elderly they are at extreme risk of having dangerous heavy metal

accumulate in their tissues if exposed.

Heavy metals have been building up in our soils for a long time, especially on sites of old industry, buildings, agriculture and transportation. Before the 90's most dips were arsenic based, and now these old yards are toxic zones as the dust can still be inhaled and arsenic can be ingested. Our water is often a hidden source of heavy metal contamination. Tank water can be contaminated from air pollution of any kind, coatings on roofs and gutterings, leaching water holders and carriers like pipes of copper, lead, solders, poly tanks and poly pipes. The majority of pesticides, fungicides, herbicides contain some toxic metal.

Chemically treated building materials such as the green CCA containing copper and arsenic to preserve pine logs used in outside building materials is still used today and in the 90s for children's playground equipment. Medications such as vaccinations, cosmetics, deodorants, toothpastes (esp desensitising), amalgam fillings, all have hidden heavy metals. Our cooking and eating utensils, metal or plastic, all leach toxic metals into our foods and drink, especially if acidic. Work environments are notorious as a source of heavy metal toxicity. And there are always more hidden sources to be uncovered.

Which heavy metal is your poison?

Below is a list of signs and symptoms commonly found with the individual metal toxicities. If you can match yourself with at least 4 signs or symptoms under a metal, you may well have heavy metal toxicity and it would be a

good idea to get it addressed.

Aluminium: disorders of the central nervous system, impaired memory, alzheimers, bone diseases, osteoporosis, liver and kidney dysfunction, arthritis and joint issues, allergies, pain/redness/swelling, long lasting itchy nodules and abscesses, multiple sclerosis, diabetes, asthma, fatigue, vaccination reactions.

Arsenic: dermatitis, respiratory tract irritation, hyperpigmentation of skin, neuropathy, anemia, pigmentation of nails, drowsiness, confusion, increasing cancers especially of skin lung and liver.

Cadmium: high blood pressure, cancers, impaired immune function, pain in bones.

Copper: cancers out of control, cramps, spasms, twitching, jerking, convulsions, finger and toes affected, behavioural problems, self-critical, serious people, seeking disciplinarian groups.

Lead: learning problems, reduced intelligence, hyperactivity, cancer growth, headaches, fatigue, irritability, depression, insomnia, high blood pressure, heart disease.

Mercury: mental impairment, difficulty concentrating, headache, nerve damage similar to multiple sclerosis, cerebral palsy, mental retardation and birth defects, skin rash, increased cancers, vaccination reactions.

Oral Chelation is a way to assist the body to safely eliminate heavy metals stored in the body's tissues causing health problems. This process may take weeks, months or years. It is not the most comfortable process and will cause various degrees of flu like symptoms. The case can be assessed in a Naturopathic Consult @ \$1 per minute. In most cases 30 minutes is enough time if money is tight. The case is taken thoroughly, identifying signs and symptoms, iridology and energetic testing are part of the consult. Hair Tissue Mineral Analysis can also be performed if client needs biochemical proof costing approximately \$100 @ one test per year.

Other heavy metal tests are also available to test water and any other possible sources of contamination.



Urine can be tested to see if the heavy metals are in fact being excreted before and during chelation. All this information is taken into consideration before the individual program is devised. Programs of chelation include the correct combination of herbs, homoeopathics, flower essence, body therapies, energetic healing, diet, superfoods, supplements and lifestyle advice.

In most cases less than \$200 would be sufficient to get the case on track towards improved health permanently.

References:

Trace Elements and Other Essential Nutrients by Dr David Watts.

Synoptic Materia Medica by Frans Vermeulen.

Vaccination Investigate before you vaccinate: A guide for parents by Kathy Scarborough.

Burgerstein's Handbook of Nutrition by Michael Zimmermann.

Leanndrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Saturdays. She is a Naturopath and has been practising from the Birth & Beyond rooms in Nimbin for 8 years. Leanndrah also has a country practice in Wiangaree at The Turquoise House. Wiangaree is only 10 minutes drive north of Kyogle. There is a medicine garden, colour healing studio, and well stocked dispensary of homoeopathics, herbs, flower essences and supplements.

Phone for appointments 6636-2356 or book in with Nimbin Apothecary for Saturdays on 6689-1529.

Nimbin Hospital Info

• Immunisation Clinic at Nimbin Hospital

Birth- 5 years. Clinics held on 2nd Tuesday each month. Next clinic 8th November. Phone 6620-7687 to make an appointment.

• Nimbin Womens Health Service

Every 3rd Thursday of the month at Nimbin Hospital. Next clinic 17th November. Phone 6688-1401 to make appointments.

• Physiotherapy at Nimbin Hospital

Every Monday and Thursday. Phone 6688-1401 to make an appointment.

• Nimbin Community Nurses

Phone 66891288. For assessment, treatment and referral 8.30am-4.30pm Monday-Friday. Health Clinic at NSP rooms under surgery every Wednesday morning at 9.30am-12.30pm with registered nurse. Phone 6689-1500.

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The Journey to Manhood

by Dave Reynolds

Contact with a healthy community of men is essential in the raising of healthy boys, adolescents and then elders. Boys looking to their fathers or mentors today are seeking healthy role models, someone who can communicate, through action, what it means to be a good man. When boys encounter healthy role models, they are better able to make the necessary transition away from the infantile world of dependency on their mother towards becoming an independent and integrated male member of the community.

If boys are left to initiate each other into manhood, they tend to indulge in 'macho' behaviour, behaviour which is a lopsided caricature of masculinity. This behaviour typically involves

adrenaline producing risk taking activity and may include attempts to diminish the feminine through misogyny and violence. When wholehearted elders make themselves available to younger men, they demonstrate that men are trustworthy and reliable and this makes it easier for boys to surrender to their innate maleness without needing to reject the feminine.

When young men were initiated by older males in traditional cultures they were trained to connect with and cultivate their awesome energy and power. With this training came the responsibility to direct physical aggression away from women and children and so the young men were trained how to



transition back into family life after the hunt was over. In our culture we have largely lost this tradition and along the way we lost generations of boys and men.

It is these lost men who perpetrate violence against women and

children, they have not learned to take responsibility for their strength. Such men are dangerous, older cultures knew this and prepared their boys thoroughly for adulthood, not just once but repeatedly and consistently. The process of initiation is just that however, it is only a beginning. Modern men can be expected to grow, lose their way and fall in a heap many times along their

journey to manhood, just as our ancestors did. It is never too late in the life of a man to re engage with this inner journey, to drop down into our lived experience and begin to feel our way in the world.

All men find themselves adrift at times and our culture holds few signposts for an isolated man in search of meaning and direction in his life. It has been said that during a man's life he must make a journey from his head to his heart. This may offer a map without describing the territory encountered on such a journey. Commonly a man will wake one day and find himself choking on the bitter ashes of broken dreams, a love lost or haunted by a deep sense of regret. The challenge for us as men is to honour this time of ashes by feeling the pain, acknowledging where we fell short of our intention and discovering the humility that only brokenness can bring.

It is from this place of not

knowing what to do, of starting again and initiation that deeply transformative work can be done. With humility and the support of a friend, counsellor or mentor, we can surrender the dreams and cockiness of boyhood. With nothing external left to cling to, we can learn to re-inhabit our wounded bodies and plant our feet firmly on the earth. Then at least we are embodied and present, ready for the next chapter in our lives. Men who have undertaken this self work are less certain than they were before and because they are less fearful of the descent into ashes, they remain open to creating new experiences.

These are the men who are able to humbly offer themselves as role models for younger men as they, in turn, undertake their own journey to manhood.

Dave is a Gestalt Psychotherapist working on Fridays in Nimbin. For appointments, phone 6689-0426.

Loitering on the edge

by Dr Elizabeth McCardell
M. Counselling, PhD

Last Sunday I went to a jazz gig at the Lismore Bowling Club where I reflected, as I always do, on the nature of jazz as being a music that plays with the edge of things. There are planes and angles, 3D shapes and near misses; tangents and elaborations; edges and precipices just avoided. I like jazz for all this. It isn't about melody for me, with this kind of music; it really is its geometry.

In this article I want to explore the edge and loitering around it. I work at the edge of things as a therapist. The nature of the work I do is spending beautiful time with other people exploring their edge. This is a profound space: a richly textured and evocative geography that merges tears of sadness, love and laughter. It is where discoveries are made, insights found, connections explored, and old ways of seeing discarded. It is where our mutual humanity is met and shared.

The edge is a thick place, in the sense of its intensity, and as such one meets in oneself tremendous resistance in going there. Much nicer, it seems, to flutter around on the edge, or loiter with intent, to postpone the learning that comes from actually engaging in what one knows needs to be addressed.

I know this loitering very well, but this is not a bad thing. I have come to appreciate the loitering. Too often in our culture, we are told to go for the jugular, as it were. To go directly to the thing that we feel called to do, and to regard hovering around as wasted time.

I think of loitering at the edge a useful time of preparation, emotionally, cognitively and soulfully. The art is, however, to jump when you are actually ready, and not suppress that realization. The art is not to loiter longer than

required by your innermost heart. Things get really sticky when you have postponed going to the edge and doing the jump in new ways of thinking, or any new enterprise, actually. Here in the stickiness, actions are iterative (things done over and over and over, without resolution) and are classic procrastination. A jazz musician would be crippled if she/he got stuck. The whole art of jazz is in letting go, but, paradoxically, also returning to the place already explored – and playing with the two states.

Many of us know procrastination intimately. For instance, I have been hovering around doing my tax this year and left it and left it and left it. Fortunately, I finally mobilized my energy and went and saw my tax agent who looks after me wonderfully. I don't doubt that this a common experience, but it is an interesting one.

What is going on in this place of apparent overwhelm? Why did other things suddenly become more important? Why didn't I tackle the thing that was just there looming bigger than Ben Hur? What became of my usual intelligence? Why the fog around the item procrastinated upon? It remains a mystery to me. Is it the fear of being made to look stupid and paying for that stupidity; is it a fear of being accountable; what?

Artists loiter at the edge of their blank canvas, and sometimes cannot begin. They can struggle. Will this work be nothing more than a pragmatic, "let's just get this thing painted", or will this work explore the depths of one's being? Will this nurture the soul in its doing, (its process), or will it be a superficial thing, a mere product that will bring a quick buck?

It can be hard to get going, but there is a need to begin. I know for myself that beginning gently, beginning softly,



A thing about Spring...

An observation about traditional Chinese medicine

by Ingrid Foraita

Spring not only teases our life energy (Chi) to emerge from its winter retreat, it also magnifies chronic health conditions and



puts the focus onto them: aches, pains, allergies, arthritic conditions, toothaches, migraines, headaches, discomfort from old injuries or scars.

Depression, irritability, tiredness and the feeling of exhaustion make themselves known again. The whole body seems to be "out of tune".

So why not have a tune-up? You look after your car; why not after your body, your vehicle through life?

If you never had acupuncture before, this is the moment to give it a go and get back on track.

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Spring also offers the window to access the root cause of your health problem to be healed.

It's nice when you feel centred again, energetic and pain-free.

I have been a qualified health practitioner since 1989. If you want more information or make a booking, please phone 6689-7204 or 0447 745 595.

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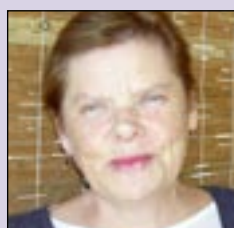
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