

Janelle's Page

by Janelle Saffin, MP

In coming decades, the number of Australians over 65 will climb from 3 million to 9 million, and the number of people over 85 will more than quadruple.

It is essential that we look at how to provide the best possible care and support for older Australians.

At the end of August, the Minister for Mental Health and Ageing, Mark Butler, came to Page at my invitation to meet with local seniors and representatives of the aged care sector and as part of a national conversation on aged care reform.

It was important that the minister hear the views of people in the Page electorate, because locally we have a higher than average population of people over the age of 65 and we know well the opportunities and challenges of an ageing population.

Some of the priority issues that people raised for discussion:

- the need for a 'road map' to help people better plan for ageing,



Janelle speaking at the recent sod turning for the start of work on the 'Our House' cancer patient accommodation opposite Lismore Base Hospital.

- people want to live independently as long as possible and need appropriate support services to do that,

- the need for appropriate and affordable housing and supported living arrangements, and
- the lack of after hours GP services.

A range of issues were raised about residential aged care including:

- residents being afforded dignity and respect
- suggestion that there be advocacy visitors to protect the rights of residents,
- service providers need to respect the particular sensitivities of diverse groups such as Veterans, people with HIV and GLBTI couples.
- the need to build the aged care workforce and have appropriate pay rates.

A big consideration is how aged care will be funded in the future. Minister Butler said the Government is doing modelling and considering what both the Commonwealth and consumers can contribute.

How we want to live in our later years is something that affects us all.

The matters that local people raised with the Minister will help inform the Australian Government's response to the Productivity Commission Report, Caring for Older Australians.

The report is available at www.pc.gov.au

School Chaplains

I welcome the improvements to the National School Chaplaincy Program.

Schools will now have the choice between hiring a chaplain or a secular student welfare worker, depending on the needs and preferences of the school community.

I have been contacted by people from schools across the region about the school chaplains program; some wanting to ensure chaplaincy funding continued and others in favour of a secular approach.

From 2012, all new chaplains and welfare workers will be required to have completed a Certificate IV in Youth Work, Pastoral Care or equivalent.

Existing chaplains who do not have this qualification will be asked to complete two units of the Certificate: Mental Health and Making Referrals.

I'm pleased that priority for new funding under the scheme will be given to schools in regional, remote and low socio-economic areas.

Member for Page
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Federal Government moves to cut pollution and drive clean energy jobs

by Justine Elliot MP

The Gillard Government has introduced legislation to build a stronger economy and a better environment for all Australians.

The Clean Energy Future (CEF) legislative package will drive investment in clean energy jobs, and at the same time cut carbon pollution by up to 160 million tonnes in 2020 – the equivalent of taking 45 million cars off the road.

"It is critical the Parliament passes this legislation so that we are not left behind in the global race to cleaner energy jobs and investment," Justine said.

"It is equally critical that we do our fair share to tackle climate change – the rest of the world is acting, and if we don't start to transition our economy now the task will become more difficult and costly the more we delay."

The legislative package includes provisions to establish a national carbon pricing mechanism, to commence on 1 July 2012. The carbon price will be paid by around 500 big businesses responsible for the largest amounts of carbon emissions.

"Economists have consistently advised that a carbon price is the cheapest



and most effective way to cut carbon pollution," Justine said.

"To assist households manage any flow on price impacts from a carbon price, the legislation also provides for tax cuts, family payment and pensions increases and other forms of assistance. Some payment and pension increases will be paid before the carbon price commences to ensure those on lower incomes are well covered".

Justine said the Government had deliberately tailored its household assistance to lower and middle income earners, with almost 6 million households to receive assistance to cover their expected average price impact.

Justine said the Government would also support jobs as industries

transitioned to cleaner energy solutions.

"Australia has the highest per capita carbon pollution levels of all developed countries due to our reliance on burning fossil fuels and other heavy emitting industrial processes," Justine said.

"If we want our children to grow up in a healthy environment, and if we want them to benefit from the new jobs and investment that will be created in the clean energy global economy, then we need to take action now."

The Labor Government understands the pressures on the family budget.

That is why we want to help those doing it tough by cutting taxes, increasing support for families and providing better and more affordable services closer to home.

The Federal Labor Government has already delivered:

- Australia's first Paid Parental Leave scheme, with eligible parents entitled to up to 18 weeks pay at the

National Minimum Wage, to give babies the best start in life

- Further help with the costs of child care, increasing the rebate to 50% of out-of-pocket expenses
 - Tax cuts for low-income earners and families, with someone earning \$50,000 now paying \$1,750 less in tax
 - Record increases to the pension of \$128 for singles and \$116 for couples each fortnight
 - A historic health national health reform deal providing more money, more beds, and cutting wait times
- And we will deliver:
- Up to an extra \$4,200 per year in family assistance for families with 16-19 year olds who stay in school
 - More secure retirement incomes, by increasing the superannuation rate from 9% to 12%
 - Further tax cuts with an increase in the tax free threshold from \$6,000 to \$18,200 and permanent increases to payments funded by charging big polluters for their pollution.

Member for Richmond
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Tweed Heads South
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We mean business

Featured Nimbin business of the month

The Nimbin Spangled Drongo Restaurant was named after the bird, which nests in our area during October, when the restaurant opened, in 2007.

The drongo is a glossy black bird with a bright red eye and a very distinctive fish-like tail. It perches on open bare branches or wire, and frequently flicks its tails open and shut.

It is very vocal and often gives its location away long before you see it, like the spicy aromas which begin to float out of the restaurant at lunchtime each day.

The drongos are back to nest and we're still here serving delicious Thai food for lunch and dinner six days a week (closed on Tuesdays).

We're also licensed and serve organic house wine and a range of beer, for in-house enjoyment with a meal – we don't sell takeaway alcohol, but you can call in advance and order takeaway food.

Chef Tommy Price has kept traditional Thai dishes like pad thai (fried noodles) and kao pad (fried rice) on the menu as they are popular with both tourists and locals.

The menu offers a good selection of appetisers – grilled chicken breast satays, Thai fish cakes, mussels and the now famous Thai pie; a mild coconut curry encased in golden puff pastry, chicken or vegetarian.

Salads range from the cooling green papaya salad to Praram Long Song, a warm steamed vegetable salad, served with peanut sauce. Main courses offer stir fry, red and green curry, and laksa with choice of tofu, chicken or seafood.

The menu is designed for sharing. Organic and local produce is used wherever possible. Special dietary needs can be catered for and vegan meals are a specialty. Seafood specials (whole local reef fish or fillets) are available from time to time.

Dessert specials are a surprise and need not be of a Thai flavor, although summer is a good time to enjoy carved Thai fruit for two with icecream, or black rice pudding. Watch out for a classic pavlova, sticky date and ginger pudding with butterscotch sauce, or fried ice cream on our specials blackboard.

We have recently been listed in the Australian *Good Food Guide* and become a sponsor of Nim-FM radio. Come and enjoy world class food and wine at your local Thai restaurant!

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From the Mayor's desk

by Jenny Dowell

Jenny.Dowell@lismore.nsw.gov.au

Deputy Mayor

As we enter the last year of this term of Council, we have a new Deputy Mayor. Cr Isaac Smith won the ballot after two draws from the hat or more correctly, a golden urn. Cr Yarnall and Cr Smith both received three votes in the first round and Cr Marks scored five. After the first draw from the urn, Cr Yarnall was eliminated from the ballot and another vote took place. The two remaining candidates scored five votes each because Cr Ekens abstained from voting so back into the urn went the names Crs Marks and Smith. Quite a saga! Cr Smith will be Deputy Mayor until election day, September 8, 2012.

Gungas Road Water

At our September meeting, Council resolved to enhance our testing and other procedures to ensure that the water supply for the 79 affected rural residents is safe to drink. In addition to increased testing procedures, Council will commence investigations for a long term upgrade of the Nimbin Water Supply. That investigation and subsequent planning will also involve extensive community consultation so I'm sure readers will hear about it via this newspaper and through other channels.

Coal Seam Gas Mining

As readers might know, the NSW Upper House General Purpose Standing Committee No.5 visited our region last month to hear from Councils, community organisations and major employers on the impact of coal seam gas mining. At the first of several hearings throughout the State, the Committee heard in no uncertain terms that the majority of North Coast Councils have serious concerns about the safety of CSG mining. There was a large crowd of observers to reinforce that message too.

Lismore's General Manager and I joined representatives from Ballina, Kyogle, Richmond Valley and Tweed Councils in a panel at the Alstonville hearing and presented our submission by reiterating our call in December 2010 for a moratorium on CSG mining and urging that moratorium to be continued.

The bulk of our submission covered the environmental impact on water including from the highly contaminated and saline waste water produced in the process, on the remaining ground water and from methane leakage. The submission also canvassed the economic impacts on food security, tourism and agricultural activity through the loss of productive land. Other concerns we raised included the confusion surrounding the right of farmers to refuse access, the loss of



rural amenity and the reduction in property values.

I was also pleased to raise the potential for social division within the community between those for and against CSG, those who have received payments and those who have not and those who have been indirectly impacted by their neighbours' decisions because lateral drilling can result in mining for gas under distant properties.

Lismore Council is proud that the 2480 postcode has one of the highest take-ups of solar power demonstrating this community's commitment to renewable energy.

We are therefore concerned that CSG mining is distracting us and the energy industry from commitment to and investment in renewable energy sources.

At the conclusion of the presentations from Councils, the committee members asked if each Council would be satisfied to support CSG mining if all the safety concerns were solved. My response was 'Frankly, No' because I cannot see the current Council embracing CSG mining for the reasons I've stated above that are not only related to safety concerns.

If anyone would like to read the full submission, please contact me at Jenny.Dowell@lismore.nsw.gov.au or on 0402-651-394.

Computer Giveaway

I was delighted to see so many Nimbin community organisations receive free computers in the recent Council giveaway. The groups who benefited included the Aquarius Foundation (1), Community Centre (5), Neighbourhood Centre (5), Preschool (2), School of Arts (1), Tuntab Falls Community School (2) and the Permaculture College (1). The computers were at the end of their three year lease period and, by Council purchasing them at a relatively low price, we can then offer them to our hard-working community groups. The donation of these computers was a regular feature for Council but had been on hold for a few years after we changed leasing arrangements. We know that this computer distribution makes a



positive difference to so many groups- look out for next year's call for applications.

Nimbin Show

It was great meeting up with so many locals at the Nimbin Show last month. I was heading up to Hervey Bay to visit my parents so my purchases of honey with honeycomb, pickles and marmalade from the temporarily-relocated Blue Knob market made a lovely present. I hope everyone had a great Show and congratulations to the Society, all exhibitors and category winners.

Spring Arts

I look forward to visiting the School of Arts to see the famous Spring Arts extravaganza. The amazing creative talents of so many local artists always astounds me at the Spring and Autumn exhibitions. We know that the Northern Rivers is home for more people engaged in creative industries than any region outside the capital cities so it is no wonder that this exhibition is such a high standard. The pieces include paintings, drawings, sculpture, ceramics, woodwork, textiles, digital arts and photography and are a delight to the senses. Don't miss it.

Simon says...

by Simon Clough

Deputy Mayor of Lismore

Water

At its last meeting, Council unanimously agreed to immediately commence a strategic investigation into improving the quality of the Nimbin Water Supply through the implementation of the long term Nimbin Water Supply Upgrade project as included in the 2010-2014 Delivery Plan. This project will involve extensive community consultation. I'm hopeful that Council will now be engaged in a collaborative project to the benefit of all the water users.

Smart phone apps

Currently I'm tearing my hair out over a new mobile "smart" phone. I hate spending days

trying to figure out the basic technology of a new piece of equipment. Suddenly my old phone which I thought was a brick has been elevated to dizzying heights of quality, because it would at least allow me to synchronise my computer diary with my phone.

I recently learnt of a wonderful new application for smart phones called "Snap Send Solve". Firstly it's free (but took some doing to download it). It allows the user to photograph an issue of concern, eg a pothole, graffiti, broken pavement, idle Councillors etc and send a report to council: council@lismore.nsw.gov.au

When it is opened at Council there is the photo of the problem with its GPS location. It seems like it could revolutionise Council's



dealing with problems. I hope the "solve" part works as easily as the other two!

Latest update, I've downloaded the app and I did first trial on Numulgi Road this morning. It was reported as being James St Goonellabah. Oh dear! It seems like the technology has some way to go.

Council Help

Thinking about

communications, here's a link where people can subscribe to Council's media releases directly to their inbox. Anyone who is interested in Lismore City Council news and information is welcome to subscribe: www.lismore.nsw.gov.au/cp_themes/default/page.asp?p=DOC-TBP-05-87-67

Ratepayers should also know that all Councillors are available to help with any issues and Councillors also have access to a Councillor request system which ensures a five day response to Councillor requests. This of course doesn't mean the problem will be solved, but at least you should get a reasonable explanation about what is happening.

Recycling

Council has been successful in acquiring a \$200,000 grant from the Australian Packaging Covenant and an additional \$50,000 from the Packaging Stewardship Forum towards the Glass Recovery and Glass Crushing

Facility in the 2011/12 Budget and Waste Strategy. This is a significant result for the community, as only a handful of these grants are given out each year. It's great to see the packaging industry funding recycling. It is a shame that this attitude doesn't extend to container refunds and the elimination of plastic bags.

Council will be holding a stall at Lismore Square on 6th October to promote its free biobags and caddies and distribute them to the public.

Feedback from residents has been very positive to this program and the 3,000th caddy has just been handed out. This system has resulted in a reduction in the contamination of the green lidded organics bins.

Enjoy the pleasures of Spring.

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To burn or not to burn

by Sue Stock

NASA's top climatologist, James Hansen, says recent extreme events would almost certainly not have happened without the presence in the atmosphere of carbon dioxide from fossil fuels.

Munich Re, one of the world's top re-insurance companies, said: "It would seem that the only plausible explanation for the rise in weather-related catastrophes is climate change.

In 2010, La Nina shifted and altered weather patterns causing extreme rainfall in India, Pakistan, Australia, and northern parts of South and North America. It was a year of record flooding, with 182 floods affecting 180 million people – almost double the annual average for the past decade.

In Queensland "biblical" flooding covered an area the size of France and Germany combined. Australia had its wettest spring since records began 111 years ago, with some areas deluged by more than a metre of rain.

One fifth of Pakistan went under water, and in China, 140 million people were affected by record flooding and landslides. Tennessee had a 1000-year deluge in Nashville and in Brazil landslides caused deaths in heavily populated areas when up to 300 mm fell in just a few hours.



Re-insurance giant Munich Re reported: "Globally, 2010 has been the warmest year since records began over 130 years ago, the ten warmest during that period all falling within the last 12 years. The warmer atmosphere and higher sea temperatures are having significant effects."

The head of Munich Re's Geo Risks Research/Corporate Climate Centre, professor Peter Hoeppe, said it was as if the weather machine had "changed up a gear".

He warned that unless binding carbon reduction targets stay on the agenda, future generations will bear the consequences.

The Economist reported some climate changes are happening much quicker than the worst case scenarios predicted by climate models. "When reality is changing faster than theory suggests it should, a certain amount of nervousness is a reasonable response," the story ran.

What happens in the medium- to long-term depends on the outcome of one decision:

OPTION A: Leave most fossil fuels in the ground — forever.

OPTION B: Keep doing what we are doing, dig up every last bit and burn it.

Climate science is clear that if most of the known fossil fuels are burned, the planet won't have a weather system stable enough to support human populations.

The elimination of fossil fuel emissions is crucial, and climate scientist Andrew Weaver has shown that even with a 90% cut in fossil fuel use by 2050, burning that 10% into the future would still heat the atmosphere by more than two degrees.

As Weaver summed it up: "At some point we just have to say stop."

In Australia, that means forcing governments to take responsibility for leaving the bulk of the country's fossil fuel reserves – coal, brown and black, as well as coal seam gas – in the ground forever.

It also means weaning society off fossil fuels, and an end to the exploitation of coal seam gas. At a recent meeting at Leichhardt Town Hall organised by Greens NSW, Dr Helen Redmond, from Doctors for the Environment said CSG adds to greenhouse emissions.

"Methane [that escapes during the gas extraction process] is a more potent greenhouse gas than carbon dioxide," she said, "and coal seam



gas production methods have a significant carbon footprint."

She said that in the United States, shale gas mining is now thought to cause more greenhouse gas emissions than burning coal for energy.

NSW Greens MP Jeremy Buckingham said the NSW Greens did not believe gas was a transition fuel and that resources being ploughed into the coal seam gas industry "were being diverted from where they should be going – solar, wind and solar thermal power for base-load needs".

Few limits seem to be planned for any of Australia's fossil fuel resources.

Scientists predict that wild weather years like 2010 could become the norm a decade from now, as the climate continues to adjust to the steady build-up of heat-trapping gases.

Three decades after that and the crazy weather of 2010 might seem

pretty tame, and a future with a radically changed climate is being created.

James Hansen has said it may be feasible to avoid dangerous climate tipping points, "but only if conventional fossil fuel emissions are phased down rapidly and unconventional fossil fuel are left in the ground".

"If governments allow infrastructure for unconventional fossil fuel to be developed, either they don't get it or they simply do not care about the future of young people," he said.

A march against coal seam gas in Lismore on Saturday the 15th October is part of an action campaign by the Lock the Gate Alliance. Marchers will assemble at 10am in Spinks Park, Lismore. Demonstrations are also taking place on 16th October in Nimbin, Kyogle, Uki, and Mt Burrell.

Billen innovators build house of hemp

by Andy Gough

Billen Cliffs couple Graham Sippo and Patricia Schmid are on a high about their new home.

Working in partnership with Klara Marosszeky, they have constructed all the walls for their new two-storey home at Billen Cliffs out of hemp.

"We chose to build with hemp because it is a superior product. We also wanted to support the burgeoning local hemp industry, which Klara and the Northern Rivers Hemp Association are at the forefront of," Graham said.

With the walls consuming 115 ten-kilogram bags of shredded hemp, the couple have indeed given local hemp farmers a market for industrial hemp. And they are very keen to spruik the positives of building with hemp.

Graham cites the benefits of building with hemp including that the material is carbon neutral according to analysis in the UK (a whole of life

cycle analysis using Australian data is underway), it's a good thermal and acoustic insulator, has excellent flexural strength, it's durable and fire retardant and the walls breathe.

"It's what's called a low-embodied energy product. An awareness of the factors that influence the carbon analysis of a product including all energy that goes into manufacture and transport, meant a lot of work at UNSW went into maximising the amount of fibre in the mix, as this is the truly renewable resource, and minimising the amount of binder," Klara said. The mix contains some sand but rather than drying, bagging and freighting the sand, builders are advised to order bulk local sand.

Up until now the only binders available for hemp construction have been based on hydraulic lime, which is not readily available in Australia. Also quite often hempcrete products have moderate to high levels of cementitious additives which are more energy intensive to produce.

There are a wide variety of materials that are loosely termed limes and cements.

Trading as the Australian Hemp Masonry Company, Klara's binder is based on hydrated lime with minimal additional pozzolans and cementitious additives to enable a reliable, stable mix. Her goal was to produce an affordable walling material that had a minimal carbon footprint and could perform like a long term carbon store or sink.

The first downstairs room of the home was completed and rendered three years ago. After a year overseas, the couple returned to find it all dry, with no mould, and their bed and books in perfect order. Because of a shortage of hemp product, they decided to complete the upstairs portion by cladding exterior walls to protect the frame.

"I am Swiss, and in Europe, building with hemp is an old European tradition," Patricia said. "I cannot understand why Australian politicians are reluctant to embrace a hemp

industry here. I am amazed that there is no hemp food industry in Australia."

Patricia said Klara Marosszeky made a heroic contribution. "It took so long for the legislation to be passed and the industry to get going here. All this hemp has been locally grown on small acreage," she said.

Patricia says the project has cost less than it would have for inner and outer cladding, insulation and paint. She estimates the total cost at around \$8000.

The mix is drier than a traditional sand, sawdust and cement (sawment) method, requires no ramming and a lot less physical exertion. The formwork for the shuttering can be lighter: Graham and Patricia used old doors.

The hemp 'chaff' is mixed with the binder, river sand and water, and then packed into the frame. It will later be rendered with a lime based render which includes hemp fines, the small pieces of bast fibre produced as byproduct of green harvesting with a



sorghum harvester, which renders like stone and does not compromise the breathing ability of the walls.

"People who have worked with us who have had experience with sawment adapt quickly. They had some scepticism initially that it was going to work," Graham said. "We got the job done quickly once we had the raw material, after getting through all the red tape and bureaucracy."

It took eight workers just five days to fill the stud frames with the hemp mix.

The house complies with all council specifications, and is totally legal. "Council had no precedent about building with hemp and had some concerns

about the load bearing capacity, but we went with a stud frame and they gave our DA the OK," Graham said. "The exterior walls are all six inches thick."

Other low carbon features include solar power and hot water, rainwater tanks, a greywater system and a composting toilet, built by Scotty, from Lillian Rock.

The timber used in the house has all been locally sourced from blue gum and flooded gum harvested with a portable mill. The trees died from bellbird dieback.

Now the couple plan further experiments – using hemp as a roof for their composting toilet, and as a floor for a tipi.

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Identity crisis: protest or festival?

The MardiGrass Organising Body (MOB) finds itself at a crossroads: to comply, and bow to convention and the powers that be, or go feral.

The cost of meeting Lismore City Council's requirements for a Development Application continues to rise, and there are more boxes to tick off each year. There are also often conflicting requirements for police approval to hold a rally.

MardiGrass organiser Andrew Kavasilis says he's had enough of dealing with red tape over the Development Application (DA). He says it's time to remember that the event is meant to be a protest, not a profit-driven enterprise.

"This will be our 20th MardiGrass. We are the biggest elephant in the room, politically. The police budget for MardiGrass far exceeds our organisers' budget. We have to be realistic about what infrastructure we can afford to provide, how many campers can be provided for," Mr Kavasilis said.

Mr Kavasilis says the group's record of a MardiGrass debrief meeting, based on extensive notes taken by Deb Felton, did not correspond with the council minutes of the meeting.

Michael Balderstone feels that council's notes did not record the majority of the MOB's legitimate concerns or resolutions.

"The debriefs are hilarious, with police and council so 'sympathetic to the cause,'" said Hemp Embassy president Michael Balderstone. "But no message is being relayed. Our comments and observations don't even make it to the minutes."

The Lismore Mayor, Jenny Dowell,



wrote to the MOB: "These issues are completely separate from the legalisation of cannabis (sic). If you invite other gov reps to a meeting on law reform, I will attend and listen with interest but I'm not in any position to aid your campaign and I will not give you any false hope that I or Lismore Council will do so in the future."

Mr Kavasilis pointed to the Lismore Lantern Parade as a successful community event which benefited from the financial support of council. He feels that council now expects too much from unpaid volunteers with a message to convey.

"Australia boasts two million-plus happy cannabis smokers, United Nations report that Australians enjoy using cannabis more than any other illicit product."

"We are dumbfounded by the hypocrisy behind the slow pace of reintroducing this beneficial plant, the money wasted decade after decade and

the confounding harmful policies left to police in an attempt to enforce the unenforceable," a MOB statement reads.

But after 20 years of somewhat financially successful and incident-free MardiGrass rallies/festivals, is the core message being heard?

"Apparently not," Andrew said. "But we'll keep on, flying the flag for drug law reform," he said. "We have worked very closely with council each year and met all their requirements so that the MardiGrass can happen," he said.

"There is never any expense spared by the NSW government when it comes to drug law enforcement, and heavy police presence at our rally each year.

"We really want to do the right thing, especially where public safety is concerned, but at the end of the day, it's a protest rally for pot. It's not, by its nature, about filling out forms, complying with by-laws and asking politely for permission," Mr Kavasilis said.

Volunteers wanted for Cannabis withdrawal trial

Participants are still being sought for a clinical trial examining whether a short course of lithium can help reduce withdrawal symptoms sometimes associated with stopping regular cannabis use.

The study is being conducted at Riverlands Drug and Alcohol Centre in Lismore and is funded by the National Health and Medical Research Council. Researchers from the University of Sydney, in partnership with clinicians from Riverlands, are undertaking a "double-blind, randomised, placebo-controlled trial of lithium carbonate for the management of cannabis withdrawal".

Participants in the trial are people who wish to stop, reduce or take a break from cannabis use but have had trouble achieving this in the past due to symptoms including mood swings, aggression and insomnia.

Participants stay at the inpatient withdrawal unit at Riverlands for seven days and are randomized to receive capsules containing either lithium (500mg twice a day) or placebo during their stay.

Participants are asked about any withdrawal symptoms and provide urine and saliva samples each morning (to monitor the rate at which THC leaves their system), and have blood samples taken on a number of days (which are analyzed for lithium and oxytocin levels).

The hormone oxytocin is increased by lithium. It is best known for its role in reproduction, with large amounts released during birth and to help with breastfeeding.

Oxytocin promotes feelings of calmness, security and contentment, and reduces anxiety.

The trial is about half-way through its recruitment process, and will be running until the end of the year. People interested in learning more about the trial or participating in it are encouraged to contact the Trial Coordinator, Dr Jennifer Johnston on 1800-757-110 or email: jennifer.johnston@sydney.edu.au

There are currently no recommended medications for the management of cannabis withdrawal.

Lithium carbonate is a naturally occurring salt, and studies undertaken in Austria, the Czech Republic, the US and Japan have found rates of suicide, violent crime and rape to be lower in areas where the drinking water has higher concentrations of naturally occurring lithium.

A range of side effects can be associated with lithium use.

STREET SHUFFLE

Journal of the North Coast's longest serving covert

by Undacuvva

The Dalai came to me in a dream saying if he had to come back again he wanted to be reborn on a hippy commune. "Like the ones you've been telling me about. In a forest community in that huge land of yours with so few people", he said. "Rough times are approaching, find me an appropriate hippy earth mother who likes meditating." Why is he always laughing and happy I kept thinking, even as he was asking me.

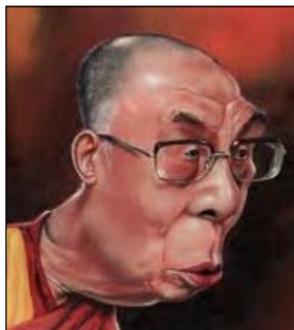
I told the Boss who got all self important, called Canberra and put me onto

it full time. He'd heard the meditating hippies were smoking Afghani hash brought in by the soldiers and I was to try and find the source while gathering intel on possible birth mothers. The ever elusive Source, the Unda Holy Grail.

This worked perfectly with the new memo to clean up appearances and Bethany has scrubbed up a treat, now known as Clare who sits remarkably well in lotus considering all that street time in the gutter. And they are using hash, those clean looking meditators, in their breakfast porridge!

The Big Pharmas have given the Boss dozens of

free weekends at the Ayers Rock resort, everything paid for. He's got his own room, almost. They write him letters saying how much they appreciate the Forces work in keeping cannabis use under control and go on and on about the psychotic consequences that come from its use. The last one was such a suck letter even the Boss got suspicious. I told him the hippies have found the answer, and in his language, statistically. In the last 50 years cannabis use has moved from virtually zero to over 50% of young men (most likely group to get psychosis.) And there is a zero increase in psychosis over the same



period. He looked at me with the usual derision, but then made a tragic and sensational mistake. He asked Google. Hasn't spoken to me since but I hear he was on the computer for the rest of that day and left quietly by the side door!

Times up for the ADHD kid who has hit the pond behind a WKTA (Well Known Tourist Attraction) so hard only the smart fish are left. He came a dismal eighth in this years BCA (Bust Champ Awards) and only got a week in Fiji. The

Europe skiing holidays he's come to expect every year went to a Melbourne cop who worked Smith Street to the bone and an old school racist type from Moree who worked the parkies harder than ADHD hassled the NLB.

HipiLeaks1; Grant says no more funding for SLU's (Street Loser Unda's) in Nimbin. The developers are screaming and although we maintain the hippies village must appear at all times to be destitute valley, enough is enough. The tourism trade is relevant and some important allies have invested in this valley. Undas to dress appropriately to help lift the image of the village is the new order. (Now that is news. A whole new tack. And significant for the little village we all suspect in the Force. Perhaps a new direction? Surely not a measure of acceptance.)

HipiLeaks2; Fear of course

has always been the key to power over the people. Religious power is waning so health fears need to be highlighted now. Be it swine flu or pigeon flu, there is an increasing array of new airborne deadly viruses the public must arm themselves against with the latest medications. Military, the Force and certain Security firms are exempt from these programs and should not use the medications which can cause drowsiness.

HipiLeaks3; The US President's third attempt at visiting Australia must not include another drug interview. The inflatable joint must be kept out of sight. He must not see it. Already he has been asking questions after Rudd said to watch out for it on a recent visit when they enjoyed the local Dispensary together. Rudd favours and is outspoken about medical cannabis.

Nimbin HEMP Embassy

NIMBIN CANNABIS LAW REFORM RALLY and MardiGrass, the annual gathering on the first weekend of MAY.

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One Manning show

The more a young Phil Manning read about his heroes the more he learned about their heroes – the African-American bluesmen so cruelly ignored in their own country. So began a lifetime of dedication to the Blues.

An 18-year-old Manning, hearing that Vince Melouney had quit Tony Worsley's backing band to join the Bee Gees, ambushed Worsley after a gig in Tasmania and earned himself an on-the-spot audition for the vacancy. Manning's professional career was under way.

Joining Matt Taylor in the seminal Brisbane outfit The Bay City Union and relocating to Melbourne sealed the deal.

With Chain he placed three blues songs, *Black and Blue*, *Judgement* and *I Remember When I Was Young* in the Australian Top 40 charts.



By the late 70s Manning went acoustic, developing in the process the two-strand career that has served him so well.

Manning takes his inspiration and upon which he has built an exceptionally melodic and identifiably unique style of acoustic guitar Blues.

Phil Manning performs solo at the Condong Bowls Club at 1pm on Sunday 16th October. Supporting artists are Lecia Bell and The Boys.



Sowing the seed

On Friday 4th November, Nimbin will host J. Reuben Silverbird in a celebration of all tribes of Earth through ceremony, song, dance and wisdom.

This is the opening event of Silverbird's Australian tour, representing the spiritual homecoming of the

people of Earth as one.

The prayers will be filmed, and the DVD seed will be carried around Australia and available to the global matrix of people from all walks who share this message.

This is an Adventures In Communication production

building One Rainbow Bridge.

Silverbird bears a message of unification through respect of all cultures, diversity within unity, co-creating a peaceful expression of Love.

The event starts at 4pm at the Bush Theatre. The

fire will light the opening ceremony led by Silverbird. Drummers will lead dancing from indigenous people, creating a reception for a didgeridoo circle sound harmonic activation.

Silverbird will animate his message through song and wisdom.

Healing Earth will play songs of peace from the sacred feminine, leading to Monsoon Tribalstyle Bellydance, who will wiggle.

Murray Kyle, who recently released his album *Keystone*, will set a soulful tone for the evening.

Kerriane Cox will bring her message, a troubadour in the feminine form and a leader of her community.

Dance grooves by Seed, lighting and decor by UV Voodoo, sound by Kit n Kaboodle.

Tickets available at the Nimbin Bush Theatre, prepaid \$15 or \$20 at the door. Tickets can be ordered via www.OneRainbowBridge.com

Jazz Club Notes

THE GIGANTIC FUNDRAISER GIG SUNDAY, 23rd OCTOBER

The Lismore Jazz Club is holding a fundraiser on Sunday, 23rd October at the Lismore City Bowling Club. Yes, it is that time of the year again!

There will be a sausage sizzle and of course a jam session which will go all arvo, with about twenty of Lismore's great jazz musos blasting away for your enjoyment. Once again, the music is being organised by the great Doug Heaton.

Bring your friends, bring your family and make up a party! There will be a sausage sizzle on the day and cheap drinks at the club. And don't forget to bring your money. There will be the chocolate wheel which was so popular

and so much fun last year as well as some other games for your amusement. Most importantly come along and have some fun.

The entrance fee on the day will be \$10 per adult, \$5 per child under 15 and \$30 for a family. Included in the entrance fee will be two vouchers for your sausages and hours of really great jazz. If two sausages aren't enough then you will be able to purchase additional vouchers.

The day will start at 12mid and there is no need to register. Just come on the day. For further information contact Margaret Teggin on 6629-5106.

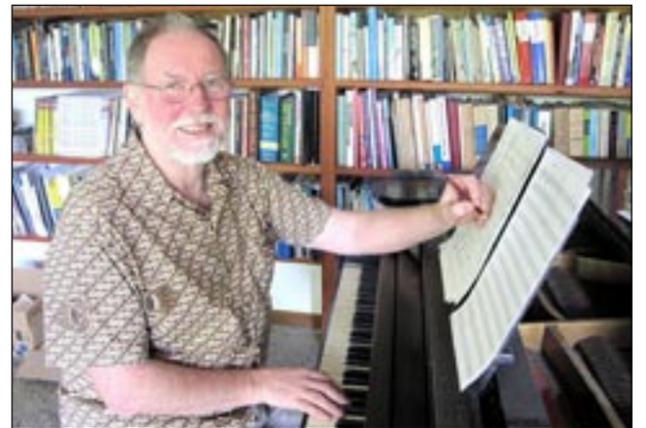


At Sphinx Rock Café



The Hoochers have been wowing music lovers with their tight slick blend of funk, soul and traditional blues. This well known north coast act is fronted by the husky tones and sassy presence of Miss Jodie: a very small lady with a big sound. The band loves to journey from the traditional swinging blues of yesteryear into contemporary improvised acid-jazz whilst mixing in some slick dance tunes. Playing original material and the occasional obscure cover, the Hoochers draw audiences into their unplanned moments of jamming and improvised madness. With the aim to spread and sprinkle elements of diversity and improvisation each gig showcases a different line up of talented musicians. The Hoocher sound has become infectious: people have no choice but to participate in their groove-energy. Sphinx Rock Café, Sunday 16th October from 2pm.

Birds calling in Nimbin



Michael Hannan will be performing a concert of his own recent piano works at the Nimbin School of Arts Hall on Sunday 23rd October at 2pm.

The Nimbin-based musician and Professor of Contemporary Music at Southern Cross University began his professional career writing advertising jingles in the early 1970s.

His current creative practice covers concert music, theatre music, music for young players, electronic music, soundscapes, and music involving improvisation.

He developed the idea of "comprovisation", making studio-based sound collages out of recorded improvisations (by himself and others under his direction), and has issued a CD, *Terrains*, of comprovised pieces (Tall Poppies Records, 2001).

Michael's concert piano music falls into three main areas: works that involve improvisatory strategies, works that are composed in homage to other composers, and works that use birdcalls as the main melodic source.

In the latter group, and represented in this concert, is *Birds Calling in Cloud Valley*, which premiered at the Shanghai Conservatory of Music in 2010.

It is a response to an ancient Chinese poem of the same title and uses the calls of four birds found in China

Birds Calling in Fortitude Valley is entirely based on calls of pied butcherbirds transcribed by Michael when he was staying in Brisbane. *Thirteen Ways of Looking at a Butcherbird* also uses fragments of pied butcherbird calls from the Northern Rivers area.

NIMBIN BOWLO

25 Sibley Street
Phone 6689-1250

What's On in October?

- Visiting Clubs – Capalba 8-9th, Sth Tweed 16th, Yamba 30th, Continental Carnival 4-5th Nov
- Saturday Arvos – Club Pairs – 12-30pm – Prizes
- Saturday Nights – Trivia – 7pm – Cash Jackpot
- Rock'n'Roll Bowls – Every Sunday, 9.30am
- Courtesy Bus – Phone or book at bar
- Free Broadband – Over 50's

- Lunch & dinner 7 Days a Week
- Friday Banquets
- Take-Aways
- Phone 6689-1473

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TRASH-O-RAMA FILM FEST - OCT 22ND

UPCOMING GIGS

BURLESQUE NIGHT - OCT 7TH

WILD MARMALADE - OCT 28TH

SOWING THE SEEDS OF LOVE - NOV 4TH

FLEA MARKET

LAST SAT OF THE MONTH - OCT 29TH

(02) 6689 1111
thenimbinbushtheatre@gmail.com

Birds Calling

A concert of piano music written by Michael Hannan

Performed by the composer

Nimbin School of Arts Hall
Sunday 23rd October, 2pm

Tickets available at the door: \$5 (no concessions)

Vaudeville of the Vulva... the funny fanny

Brendan 'Mookx' Hanley

Firstly let me say that only a woman could get away with a show like this, a very funny woman at that! And it helps that she has had a premium women's website up and running for years called yoni.com. Nor is *Vaudeville of the Vulva* all about being funny. It is funny of course, but in the long run, it's all about *vulvae* (the Latin plural, as we learned early in the show!)

A typical audience will be perhaps 90% women ... and a few brave blokes!

Upon entering, one notices the stage set-up with audiovisual screen and cute little traditional puppet theatre. Down the side of the hall is a merchandising stall with books and other paraphernalia on sale, and large wall posters informing us of the show's affiliation with Clitoraid and other global anti-female genital mutilation organisations. Immediately one feels the weight of serious issues behind what purports to be a funny show about fannies.

And indeed it is all that and more.



Laura-Doe's singular presence on stage in this one-person presentation reminds me of the great Jean-Paul Bell at his best... or even to the earliest days of Barry Humphries which I was lucky enough to witness at St. Martin's theatre in South Yarra in the 60s. She has all the talent, presence, confidence and authority, combined with a wicked pommie sense of humour, to go where no-one has gone before. She carries off two flawless sets, separated by a short chai and cake interval. Her monologue is supported by appropriate music, slide show, rapid and clever costume changes, all seasoned with a bunch of endearing velvety vulva puppets with appropriately funny fannyish names like Pleasure Poussie

– the French vulva, or Great Aunt Fanny – representing the older vulva.

Unlike the now world-famous "Puppetry of the Penis", we are never confronted with bare genitals being warped and manipulated into hilarious "installations", not even slides of such items. Rather we are amused, informed, educated and generally entertained by an exceedingly clever woman on a mission. It's all done in the best of good taste, backed up with historical and scientific/medical data presented in the traditional theatrical formats of puppetry, costume and audiovisual. The monologue never flags, and we are confronted with a range of characters, all with international accents and costumes. We meet the frightfully British Virginia Regina PhD – vice principal of the Yoniversity, who comperes and informs throughout, Baubo – the ancient Greek goddess, Victoria Vulva – who demonstrates the kegel with puppet and song, Yeshoda Yoni – Maharani of Mulla Bunda, Molly Muschi, and of course a Laura-Doe all-time

favourite, Sister Augustha – the rapping nun.

Laura-Doe, who was with the "Voices of Gaia" for many years is an accomplished singer and performer, so she is able to break out into songs sung over professional backing tracks where appropriate. *Do the Kegel* is one song I remember, and of course "My ... my ... my Vagina" as set to the Tom Jones classic *Delilah* has the whole audience singing along with much feminine gusto. It was going around in my head for days after the show. Technically the whole presentation is seamless and well balanced. Slides, backing tracks, microphone levels, puppetry, costumes all blending into a totally glitch-free wonderful night out at the theatre.

This show is bound to go a long way, bringing a very special and personal message with it to women everywhere (and the odd bloke who cares).

Those women I spoke with after the show were amazed at how much they enjoyed it all ... and even more at how much they learned from this evening of great entertainment.



www.newseum.org/pett/index.htm

Mic's Street of Dreams

Street of Dreams is the new collaboration between Mic Conway and flat-picking guitar champion and multi-instrumentalist Robbie Long. Stripped back, irreverent and shameless, Mic and Robbie play unusual and idiosyncratic tunes that make jaws drop, toes tap and sides split.

Rainbow Region Gigs present the national launch to promote Mic Conway and Robbie Long's *Street of Dreams* CD at 1pm on Sunday 16th October at Stokers Siding Hall, with limited tickets at \$20 (children under 12 \$10).

Mic has toured across Australia, Britain, USA, New Zealand and Asia. He



has written and recorded several albums and worked across the board in theatre, music, cabaret, television and film. His current outfit, Mic Conway's National Junk Band, "defies categorisation".

Special guests on the day will be The Candy Apples.

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

October Gigs

Thursday 6th	Robert Saric
Friday 7th	Blind Lemon
Saturday 8th	Mick Diggles & Barry Harvey
Sunday 9th	What's Up
Thursday 13th	Bill Jacobi
Friday 14th	The Hoochers
Saturday 15th	Richie Williams
Sunday 16th	Ian Rowe
Thursday 20th	Roo
Friday 21st	Mini Marks
Saturday 22nd	Gen Chadwick
Sunday 23rd	What's Up
Thursday 27th	Robert Saric
Friday 28th	Antibodies
Saturday 29th	Willow Tree
Sunday 30th	Bevan Spiers
Thursday 3rd Nov	Robert Saric
Friday 4th	Dr Baz
Saturday 5th	Mick Diggles & Barry Harvey
Sunday 6th	Ritchie Williams

Gigs start: Thurs 6.30pm, Fri 7.30pm, Sat 7pm, Sun 4pm

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www.nimbingoodtimes.com



The 'Trashamma' film festival will be held at the Bush Theatre, using the big screen, on Saturday 22nd October at 7.30pm.

It has extended its entry dates for new films into early 2012. Organisers this year will be screening the best films from the previous five years, plus new films from local filmmakers.

Local filmmakers who would like their short film screened should contact Tim Tonkin for more details at tonktim@gmail.com or by phone on 0427-877-204.

Tim will be screening his short film about Nimbin, and there will be a couple of surprise short films. Go to www.trashamma.com for more info

The festival will also celebrate Halloween, so dress up to scare the pants off everyone (\$10/\$8 concession).

Meals and half-time desserts available. See you there, freakers!

SANDREE ENTERTAINMENT PRESENTS AUSTRALIA'S "MOST CONSUMMATE BLUES PERFORMER"



Sunday 16th October, 2011

Condong Bowls Club McLeod St, Condong

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☎ 02 6672 5404

sphinx rock café
3220 Kyogle Rd, Mt Burrell www.sphinxrockcafe.com

Sunday Gig Guide

October 2pm Start

9th Andrea Soler
Passionate world music that weaves a gentle tapestry of moods

16th The Hoochers
Fronted by the sassy Miss Jodie, be prepared for slick and funky dance tunes with plenty of magical jamming moments

23rd Sun Hyland
The flavours of world spice, rock punch, folk and a hint of Celtic Roots

30th Last Resort
Melodic bass, acoustic guitar, adding a bit of grunt to folky sounds

November 6th Vesica Pisces
Capturing beauty through the tapestry of sound

Licensed cafe with friendly staff, fabulous food, great coffee and excellent vibes.

For more info please contact us
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E info@sphinxrockcafe.com

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Bush Theatre

Sowing The Seeds Of Love

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