

Another year for Nimbin's cultural hub



David Hallett compering the Blue Moon Cabaret

by David Hallett, President Nimbin School of Arts

The 108th year of the Nimbin School of Arts has been another productive one for the grand old hall.

The NSA has been maintained and sustained without any assistance from grants or funding apart from Lismore City Council's annual halls' contribution and a special council contribution towards the grand piano restoration.

The annual sold out Blue Moon Cabarets and the well attended Spring Arts Exhibition have all proved to be ongoing highlights in the rich tapestry of Nimbin's visual and performance arts, as well providing significant funds to the School of Arts for expenses, maintenance and improvements. The much-needed major restoration work on the grand piano (carried by out by Dr Fred Cole and Tony Coiffet) and the purchase of additional quality seating are the result of such important fund raising.

In the past year the NSA has provided assistance to the Autumn Arts Extravaganza, Nimbin Performance Poetry World Cup, Nimbin Goes Classic Concert, Weave and Mend Festival and Nimbin Youth Film Festival. The School of Arts has also made two significant contributions to the 7 Sibley Street Sustainability Project, as well as assisting the project with a venue for fund raising events.

The main hall continues to act as the major community venue for diverse programs and activities: exhibitions, forums,

Lifeline sales, fundraisers, Lismore City Council meetings and information displays, together with various community events, celebrations, plus dances and concerts by local and visiting groups. The hall also serves as the venue for the annual Poetry World Cup and MardiGrass activities. The hall and studios continue to provide hire facilities for various music and other tuition classes.

The Nimbin School of Arts, as well as sponsoring cultural programs, provides discounted hire arrangements to a number of community organisations particularly for fundraising events, while the foyer has been available to groups for information displays and sporting club sign-ons.

The NSA is currently trying to attract funding assistance for major electrical improvements to the hall while also enacting plans to enclose a storage room on the southern deck thanks to the support of a private benefactor.

While the School of Arts remains the centrepiece of this much visited, strange and fascinating village, it only endures and thrives thanks to the endeavours of a small and very supportive group of people whose persistence is often unknown and not appreciated in the wider community... many thanks to the committee: Tony Gibson, Len Martin, Carole Barrett, Kylie Kingston, Sue Edmonds, Joan Gibson, Peter Ptchelinew and our volunteer assistants Robert 'Angus' Edwards and Donovan Lynch.

Stunning creations

Nimbin Craft Gallery is pleased to invite you to marvel at the new range of jewellery from one of our area's foremost designers, John Peebles.

Practicing his art since the early '70s, John has been sourcing fine quality gemstones and rare antique silver and gold from bazaars and souks throughout the East to incorporate into his stunning creations.

Working for over 30 years with beautiful sterling silver, gold, precious and semi-precious stones in the Rainbow Region he calls home, John has established a loyal following for his classic designs.



A long standing presence at The Channon, Bangalow and Byron markets, John has also had an on-going association with Nimbin Craft Gallery, supplying a wide range of earrings, bracelets, necklaces and more that are 'must have' accessories for discerning fashionistas.

Continually evolving, John's renowned and nationally respected designs are a joy to wear and a colourful, delightful feature of the wonderful art available at Nimbin Craft Gallery.

Blue Moon Cabaret



Among the dozen acts at the cabaret on 16th March, Scarlett Affection (above) performed tuneful new material, and Lismore-based React Circus (below) impressed with their skillful routines. Watch for news of the next Blue Moon, as tickets go quickly.



Nimbin Aquarius 40th Anniversary

by Katie Cawcutt

As we get close to less than a month before the Nimbin Aquarius 40th anniversary in May, preparation is on the increase. We are still meeting every Tuesday in the Comskool room to update the online calendar, and finalise arrangements for events. Pop in any time between 2pm and 5pm, or drop us a line on aquariusnetworking@gmail.com and tell us how you would like to help. Sponsorship is still being sought for some of these events.

Spirit of Nimbin Aquarius

A fabulous weekend of festivities On 18th May, Nimbin Aquarius Foundation is hosting a Circus Arts and Crafts Spectacular. There will be craft and food stalls, craft demonstrations and workshops, two stages with bands, buskers, circus acts, flash dancers and a fantasy kids parade.

For this event we are featuring the fabulous Nylon Zoo-Keepers, who were here from Melbourne in January. The Clown Army will be collecting donations through the day.

In the Nimbin Hall, David Hallett is staging the Aquarius Masquerade Ball from 8pm as a fundraiser for the 7 Sibley Street Sustainable House Project. (See separate story.) Films will also be showing at the Bush Theatre on Friday and Saturday nights.

At the moment at the Nimbin Bush Theatre, a full-size replica of the



IMAGINE mosaic from Strawberry Fields, Central Park New York City is emerging in front of the outside stage. On Sunday 19th May there is an all-day music and art extravaganza to dedicate this site. We will also be celebrating the 50th birthday of the legendary Michael Jack, of Chai Tent and Peace Train 'Chai Waller' fame.

This will be a good opportunity to exhibit peace and environmental counter culture, art and music.

Woodstock Downunder

Throughout May, Nathan Koenig and Shelli Lipton, directors of the Woodstock Museum, will be showing parts 1, 2 and 3 of their documentary 'Woodstock Downunder', a series of

movies covering events and interviews they have recorded over the last 10 years.

Tales from the Age of Aquarius, a multimedia exhibition with the photo-documentary Rainbow Dreaming, will also be exhibited during May. It tells the story of the sustainability movement in the rainbow region of NSW since the Nimbin Aquarius Festival in 1973.

Street Murals

In true Aquarius spirit, Nimbin murals old and new are being worked on to be ready for the anniversary in May.

The Rainbow Cafe mural is being transferred onto new boards by an enthusiastic youthful team. Amanda Williamson expects to have the mural over the newsagency finished by the end of April.

Vernon Treweeke, the man who conceived and painted the rooftop murals before the 1973 Aquarius festival, will be visiting Nimbin for the anniversary celebrations in May and is rumoured to be painting a new mural for us.

Nimbin Community Centre has funded a mural for our Aquarius building and Neil's shed (the Bark Hut), with the theme 'Nimbin Then and Now'.

Check the Aquarius 2013 calendar on www.aquarius2013.nimbin.nsw.au for more details of events throughout the year.

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Small Is Beautiful – 40 years on

by Jeni Kendall

This year is the 40th anniversary of the Aquarius Festival – and of a book by E.F. Schumacher, entitled *Small Is Beautiful*.

The Times Literary Supplement ranked *Small Is Beautiful* among the 100 most influential books published since WWII, and it was responsible for bringing many of us here to this extraordinary place and wonderful community.

Schumacher was a respected economist who declared that single-minded concentration on output and technology was dehumanising, and required "so much to accomplish so little", and that modern industry seemed to be inefficient to a degree that surpasses ordinary powers of imagination.

Schumacher thought the workplace should be dignified and meaningful first, efficient second, and that nature – like its natural resources – was priceless.

"The substance of man cannot be measured by Gross National Product," he said. "Perhaps it cannot be measured at all, except for certain symptoms of loss."

Schumacher proposed the idea of "smallness within bigness" – a specific form of decentralisation. For a large organization to work, he proposed it should behave like a related group of small organizations.

Schumacher thought the post-war changes in the quality and quantity of industrial processes had produced a new situation, resulting not from failures but from what we thought of as our greatest successes.

This new reality came so suddenly we hardly noticed the fact that we were very rapidly using up an irreplaceable capital asset, namely the tolerance margins which benign Nature always provides.

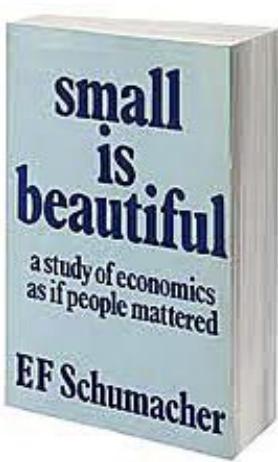
In 1973, when *Small is Beautiful* was published, people all over the world were starting to have ecological concerns and Schumacher became a hero of the environmental movement.

He felt we had become separated from Nature, and saw ourselves as outsiders destined to dominate and conquer it. We saw ourselves as having unlimited powers, and tended to treat everything we hadn't made ourselves as valueless. He saw the leadership of politicians as a case of "the bland leading the blind", and felt that if we squandered the capital represented by living Nature we threatened life itself.

Schumacher thought the modern economy to be unsustainable, that natural resources like fossil fuels are treated as expendable income, when in fact they should be treated as capital, since they are not renewable, and thus subject to eventual depletion. He saw that nature's resistance to pollution is limited and that we should concentrate on sustainable development.

He said, the use of nuclear energy was solving one problem by shifting it to another sphere – thereby creating an infinitely bigger problem.

Schumacher's philosophy is one of "enoughness", appreciating our human



Jeni and partner Paul brought the perspective of Schumacher's book with them to Nimbin. Pictured with Verena Hunt and Emma (in arms).

needs and limitations, and using appropriate technology. It grew out of his study of village-based economics, which he termed Buddhist Economics, Right Livelihood and Creative Activity. "Economic ambitions are good servants," he wrote, "but they are bad masters".

As he says: "A Buddhist economist would consider our current approach to consumption excessively irrational since consumption is merely a means to human well-being, the aim should be to obtain the maximum of well-being with the minimum of consumption... The less toil there is, the more time and strength left for artistic creativity."

Schumacher ends his wonderful book by saying: "What can I actually do? The answer is simple as it is disconcerting: we can each of us work to put our own inner house in order. The guidance we need for this work cannot be found in science or technology, the value of which utterly depends on the ends they serve; but it can still be found in the traditional wisdom of mankind.

"Wisdom demands a new orientation of science and technology towards the organic, the gentle, the non-violent, the elegant and beautiful.

Small Is Beautiful reminded me of all the wonderful colourful, suitless folk here in Nimbin and surrounds who help enrich our lives. The people from Rainbow Power and Nimbin School of Arts, *Nimbin GoodTimes*, Neighbourhood and Infomation Centre and the Blue Knob Hallers, the healers and birthers, farmers, foodmakers, the musicians, comedians, poets, posties, artists, booksellers, writers, filmmakers, fashion designers, celebrants, community workers, teachers, undertakers, mechanics, landmovers, builders, accountants and all the diversity of people who make us what we are – a living example, warts an all, of how it can be.

Aren't we all so blessed to be here?



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Aquarius Lives

New Exhibition

Blue Knob Hall Gallery's next exhibition 'Aquarius Lives' will honour the 40th Anniversary of the Aquarius Festival. We have asked our artists to submit works that represent what the Aquarius lifestyle movement has meant to them.

A quote that we remember which was very powerful to us at the time of the Festival was from a song that was originally sung by the Incredible String Band. Songsters walked around the festival singing: 'May the long time sun shine upon you, all love surround you and the pure light within you guide your way home.'

And the slogan that students brought with them was that 'You are the Festival'. At the time, everyone found that very powerful. People weren't just coming to a staged event with a passive audience, but the people who came WERE actually the event and had to bring with them that spirit of creativity and thoughtfulness that everyone was here in Nimbin dreaming and creating together. That idea lives on today.

Our current exhibition 'Aquarius Lives' reflects these sentiments to honour this occasion. The exhibition opens on Friday 19th April and runs 'til Sunday 2nd June.



'Flower Children 3' by Christine Cussons

Studio Build

The new ceramic studio is powering along with the roof now on, doors and windows in place, and Daniel Cooper (right) has been installing the wonderful sandstone rock walls, which are an amazing feature of the studio. It truly has an incredible presence now.



Artists and Friends Lunch

The next lunch will be held on Thursday 25th April at 12.30pm. Lunch is a set menu with a mains and a choice of desserts for only \$15 per person. Please phone the Gallery if you are intending to come. We'd love to see you!

Left: 'The Mango Tree' by Bernard Rooney

'Wet-on-wet' watercolour class

A six-week 'wet-on-wet' watercolour course will be held at the Lillifield Community centre from 14th May.

Gery Mews, who has taught watercolour classes at the Lillifield Community Centre since 2000, will be teaching this course, which includes an introduction to colour work according to Goethe and Steiner.

The philosopher Goethe, a poet and artist, developed a colour theory based on the principle of darkness and light. He researched the relationship between colour and human psychology and explored the impacts of different colours on mood and emotion in the early 19th Century.

Rudolf Steiner extended these ideas, and included colour experienced as an expression of season and seasonal changes. In this course we will work with colours and themes



'Inanna's Descent' by Gery Mews, on show at the Autumn Arts Extravaganza. Main pic: last watercolour course.

that convey the flavour of autumn.

Students will explore 'wet-on-wet' watercolour techniques, a process of healing in colour. We will be working with natural organic pigment. Practising artists and novices are invited to embark on this journey. The experience is not dependent on the skill level of the participant.

The classes are on Tuesday mornings, 10am – 12.30pm, starting on May 14. The tuition fee is \$120 for the six weeks. Material (Stockmar paints and paper) can be purchased at the course. For more information and bookings, please phone Gery on 6689-7413 or email:

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Koala Kolumn

by Lorraine Vass

The greatest threat to long-term survival of the koala is habitat destruction. The eucalypt forests that were their home have become so severely fragmented that many koalas now exist in very marginalised habitat; sometimes just a few old paddock or backyard trees, exposed to many stresses that increase their susceptibility to disease and of course mortality by road hit and dog attack.

Restoring connectivity of koala habitat is essential to the species' survival. Much of the region's remaining koala habitat is on private land. Government-backed landholder and broader community engagement is clearly the way to go. An important regional undertaking is the Koala Connections initiative of Tweed and Byron Shire Councils.

This project was originally funded by a \$100,000 NSW Environment Trust grant over three years to engage the community in restoring koala habitat on private land along the Tweed Coast. Around 3,000 trees were planted and seven workshops held. Restoration along the Coast was off to a good start and community understanding grew of the koala's dire situation.

Last year an extended Koala Connections project won a \$2m grant from the Federal Government's Clean Energy Future Biodiversity Fund. Taking into account in-kind, council and community contributions the \$3.5 million program seeks to provide a secure future for koalas on the NSW Far North Coast by increasing the area, quality and connectivity of their habitat in the Tweed and Byron shires. This will be achieved by tree planting, weed control, invasive vertebrate pest management, fire management and planning and, of course, community engagement.

The aim is to plant 30,000 koala food trees with 2,000 mixed shrubs and under-storey plants to create 75 hectares of effective fauna and flora linkages, and 25 hectares of riparian and rainforest plantings, comprising 25,000 trees and shrubs and 6,000 under-storey plants to enhance endangered ecological communities. Inland to coastal linkages over approximately 20,000 hectares will be enhanced thus improving ecosystem resilience and adaptation to climate change.

The scale of Koala Connections is in itself a challenge; a great opportunity for community koala conservation over the next four years. If you want to find out more contact the Project Manager Sally Jacka on (02) 6670 2400 or sjacka@tweed.nsw.gov.au

Friends of the Koala values enormously the assistance provided by folk across the Northern Rivers in sighting and reporting sick and injured koalas. If not rescued, many more koalas would die unnecessarily.

Unfortunately, when a koala is seen sitting beside a road or worse, is seen to be clipped by a car but appears to be okay, sometimes well-intentioned citizens pick the koala up and try to place it in a tree. This in itself can cause more injuries to koalas because they have fragile rib cages and should only be picked up by experienced handlers. Besides,



Diego went into soft-release in March. A 280gms pouch-young, his home-carers have devoted the past 20 months raising him to this point

too often the reason why a koala is on the ground for any length of time or that it has been clipped as it crosses the road, is that it's already diseased

To give these koalas the very best chance of survival a grounded koala should be reported to Friends of the Koala on 6622 1233 as soon as practicable. It should be left where it is, and if at all possible, the person reporting it should stay with it until a rescuer arrives; placing a large container such as a box or basket over the animal, or a blanket or article of clothing, will help secure it in the meantime.

As well as reporting injured or diseased animals, Friends of the Koala would really like people to report sightings of dead koalas. While it might seem a bit pointless, these sightings add to our database of koala activity in the region. Researchers, government agencies and others use our database, so reporting these sightings is also very important to the future welfare of koalas.

And for all you citizen scientists out there, the National Parks Association of NSW will be running the NSW Great Koala Count 2013 over the course of a week in November. Building on the success of the seminal Great Count held in South Australia on 28 November 2012, the NPA will be recruiting members of the public to collect data on where koalas are found so their present distribution across the State can be determined. More about this exciting event in coming Kolumns.

Happy koala spotting in 2013.

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, how you can assist koala conservation visit: www.friendsofthekoala.org

or email: info@friendsofthekoala.org or phone 6622-1233. You can also follow us on Facebook. To report environmental incidents, including removal of koala habitat, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-15-55.



NIMBIN
ENVIRONMENT
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NEWS

by Philippe Dupuy, President NEC

Doubtful Creek

The blockade at Doubtful Creek was complex, and involved not only Metgasco but also Forestry NSW.

A stand-off began between NSW Forest corporation, the Githabul People and the protectors because Forestry wanted us to move. This came to a head on 12th March when Forestry insisted that we cleared the driveway and removed Traumatron 2 (the colourful blockade car) so they could get on with their coupe. Most people thought however, that it was a trick to allow Metgasco unopposed exit and demoralise us by getting us to dismantle our own barricades.

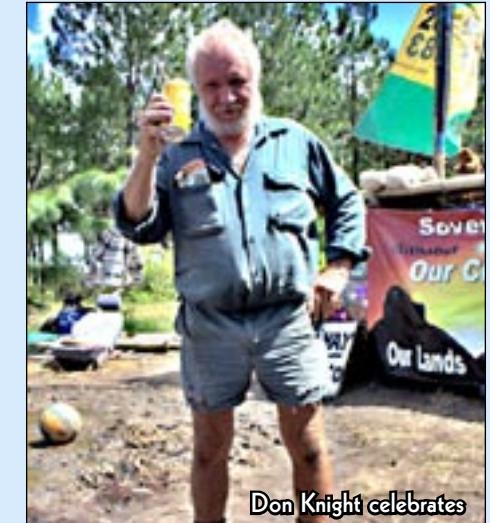
The Githabuls led the talks, with the full support of everyone present. They refused to budge, and finally Forestry relented and backed right off. The next day Metgasco threw in the towel, announced they were pulling out to wait for better skies. The persistence, resilience, stubbornness and commitment of the blockaders through soaking rain, mud and sleepless nights had won through. What an achievement! Congratulations to all those who took part.

However, this victory is also the outcome of efforts of many more people who have for three long years now, written letters and submissions, made phone calls, raised awareness at markets and other public gatherings, organised and attended innumerable protests and blockades, Glenugie and Doubtful Creek being the most recent. The cumulative effect of such a mammoth effort by all, no matter how personally small, has paid off. The determined resistance of the relatively few at Doubtful Creek was just the final strike of the sledge hammer that broke their backs.

It is important to understand that this victory is the combined efforts of everyone in the movement. The Simmos were the visible champions, but behind the scenes countless silent heroes gave of their time, support and resources, cooked and baked, washed up and cleaned the camps, organised rosters, brought food and supplies, one even supplied a whole kitchen. Hats off to our legal advisors, and to those who comforted their partners coming home from long blockades, and those who constantly worried and looked for ways to support us.

Disagreements on certain issues between groups exist and will continue to, but the groups will work together unabated. All in all, we have come out stronger for this struggle and throughout this ordeal one thing is very clear: be it the state government, police, the local councils, big companies and the few locals who stand to benefit, none can stand against the might of a determined and united community.

The fight is not over, in fact the fight will never be over, there will always be vultures soaring above waiting for an opportunity. But when that time comes again we will have thousands instead of hundreds at the blockades and the time after that hundreds



Don Knight celebrates

of thousands instead of thousands. We have shown it can be done, we can stay strong and united, we will beat them back again and again and have fun in the process.

Djanbung Gardens Equinox Event

This event was well attended and turned out a great night. Robyn and Melian generously offered the gate takings to NEC for legal support to those arrested. The event raised \$856.00 at the gate and we at NEC would like to express our thanks and gratitude to Robyn and Melian.

NEC shop

The shop remains the hub for environmentally concerned people around the area and is an outlet for discussion and ideas. It is also a centre for creativity and self sufficiency. Come, browse and trade in the old fashioned way.

Gloucester campaign

The rig is still around, but this time down in Gloucester. We are all very concerned that it is planning its evil deeds there. An anti-CSG group is alive and active in that part of the world and we are keenly watching and waiting for their call for help.

Casino Environment Centre

NEC along with other GAG groups has set up shop in the heart of Casino at 137 Barker St. We need dedicated volunteers and financial help to make it grow. The aim is to help support the fragile wetlands of the Richmond Valley. The centre will also give people in the area a chance to find out for themselves the unacceptable risks that CSG expose us all to. Our agenda is to save our environment from harm and we put in time, energy and money to do so. The gas industry on the other hand is only interested in the profit of its investors.

Gas dealers

The NSW state government has created eight Gas Vendor positions disguised as liaison officers. These quacks will be paid public money to sell us the idea that having a gas well next door to your home is genial. They will not be assigned to any particular area but will be floating around like a bad smell delivering their state of the art lies in the form of a half hour presentation followed by Q&A. We encourage people to attend and hear for themselves how pathetic they can get. The number to ring is 6662-1080.

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Know your weeds

Ragweed

by Triny Roe

This time of year, hay fever sufferers start sneezing, have sore red eyes, blocked noses and can have trouble sleeping. The reason? Trillions of tiny ragweed pollen grains floating far and wide on the wind. This micro-light pollen has been found 3 km high in the atmosphere and 650 km out to sea.



Common or Annual Ragweed, deceptively classified as *Ambrosia artemisiifolia*, is widespread in Northern NSW and SE Queensland. Though it is found everywhere - on roadsides, vacant lots, overgrazed paddocks, cultivation, regenerating bushland and other disturbed areas, sadly it has nothing to do with Ambrosia, Food of the Gods. It also grows on creek and riverbanks where it can displace native vegetation.

Able to develop herbicide resistance, this hardy annual plant, a native of North America, can grow two-metres high. It has hairy, frilly, fern-like leaves, much like the genus *Artemesia*, (Wormwoods), though not related. Hence the species name, *artemisiifolia*.

Ragweed comes into flower, with separate male and female on the same plant, in late Summer, early Autumn. The small greenish flower spikes appear yellow when mature due to the pollen. Each plant produces over a billion pollen grains! A study published by CSIRO records higher levels of pollen production with rising carbon dioxide levels predicting greater impacts on people with allergies and asthma as we proceed into the 21st Century.

In Australia ragweed, first recorded as naturalised in Murwillumbah, is listed in many regions as an environmental weed. Further afield, it is considered invasive in Japan, Europe and Hawaii. Ragweed impacts on cropping, reducing yield through competition. Livestock grazing on ragweed will become ill.

Seed and subsequent infestations are spread to new areas by floodwaters, in soil, contaminated hay, stock feed and seed, on stock and on mowing and other agricultural machinery. Seeds can remain viable in the soil for 20 years so follow-up is critical in management programs.

Control measures can include hand weeding (the roots are shallow but get them while they are small), slashing or tillage before flowering, over-sowing with clover and crop rotation in productive lands. Maintaining thick healthy pasture will prevent ragweed from establishing in paddocks. Repeated use of herbicides in GM crops such as soybeans will develop herbicide resistant weed populations. A stem-gall moth and a leaf-eating beetle were introduced in Queensland as biological control agents. These insects help control, but not eradicate, ragweed in the warmer areas, reducing size and vigour of plants.

Ragweed, like many other persistent species, has a surprising range of medicinal qualities. Native Americans used it internally and externally. Root tea has a laxative effect while leaf tea treats diarrhoea. A poultice of crushed leaves can reduce swelling and guard against infection. The juice from leaves can relieve painful insect bites and itchy rashes. (NB: This article is not intended as medical advice – consult your health practitioner)

Ragweed could also ameliorate contaminated land, though its shallow roots would not be able to treat the deeper soils. A study in Kazakhstan showed ragweed was effective in taking up DDT residues. A report prepared for the US Environmental Protection Agency indicated Ragweed extracted large amounts of lead from soil but noted this produced biomass which would be classified as hazardous waste and require appropriate disposal.

Ragweed is here to stay in the Northern Rivers. If you don't already have it on your property, keep an eye out for the appearance of new seedlings. Timely removal may prevent entrenchment of another invasive weed with bad side effects. Happy sneezing, sorry, weeding.



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View from the loo by Stuart McConville

Bamboo cure

A cool morning breeze blows freely over the tops of the bamboo grove, sending yellowed leaves fluttering down to cover the earth below. There is something very serene about a bamboo grove, the soft mulch underfoot, the squeaking and scratching sounds the culms make as they move against each other. It all adds up to a meditative peacefulness reminiscent of Asian wisdom and philosophy.

I've been growing and using D. latiflorus and D. asper bamboo on my Northern NSW property for 10 years now, harvesting culms over two years old in the driest time of the year, using Copper sulphate to purge them by standing them in a drum of 10% by weight solution and leaving them as long as possible. This technique worked but I found it cumbersome and difficult moving and standing the bamboo in the drums. One night the wind blew and a lot of bamboo fell over spilling my curing solution all over the place. I needed to find a better way and I called on my bush regeneration experience



and came up with the following technique, which after two consecutive harvests, appears to work extremely well.

Select the culms you wish to harvest by assessing the age of the Bamboo in the usual way, making sure that you have a bit of space around the base of the bamboo to swing a cordless drill. Drill 8mm – 12mm holes at the bottom of a section just above the node you will cut below to harvest. The holes should be offset above and below each other all the way around the base so as the vascular bundles in the bamboo are mostly all compromised. Then rasp off the holes so that the swarf from the drilling is removed and there is a smooth surface around the culm. Drill another hole in the top of the section, on an angle and large enough to get a small funnel into. Then simply glad wrap the holes you have drilled in the base of the section, sealing them off completely and fill the section with as much 10% by weight CuSO₄ solution as you can fit in it. You'll see the solution come out the holes and come into contact with the vascular bundles in the bamboo. From there on, let the bamboo continue to drink up the solution, topping it up again on day

two. After a week or so, you can come back and observe the change in colour above the curing holes. When it has darkened sufficiently evenly enough, harvest the culm and lay it out to dry in the shade, turning regularly.

I've used a selection of similarly cured bamboo in a number of small building projects and as yet (the oldest is only a year) there is no sign of deterioration. The clumps do not appear to have suffered for the copper, in fact I'm pretty sure not much of it finds its way down into the root system as the cure discolouration appears only above the holes. Using my technique, you can be sure that transpiration processes will continue for as long as possible whilst curing takes place.

After a direct cut and drum cure, the plant will go into shock pretty quickly and transpiration reduces to nil considerably. Using my cure, some vascular bundles will still be intact, the plant ought not shut down translocation of water and nutrients so quickly and it's possible to cure the culm over a longer time period, ensuring excellent penetration and maximum displacement of sugars.

For more info check out www.poohsolutions.com or call Stu on 0427-897-496.

On the technology treadmill

Biodiversity conservation and the limitations of broadacre farming

by Geoff Dawe

Biodiversity conservation and sustainable gardening agriculture are linked by the acceptance that conventional, industrialised agriculture has its limitations and cannot continue indefinitely.

Agricultural technologies, in common with all technologies, are based in superstition, for all technology is the physical manifestation of the belief that nature is imperfect or inadequate. In fact, the long-term effects of any technology are more damaging to the environment than any short-term benefits.

The failure to acknowledge this has created a roller coaster of negative environmental effects. Professor of Geography and Physiology at UCLA, Jared Diamond, in his book, *Collapse: How Societies Choose to Fail or Succeed*, says, "All our current problems are unintended negative consequences of our existing technology..."

"What makes you think that as of [some later date] for the first time in human history, technology will miraculously stop causing new unanticipated problems while it just solves the problems

that it previously produced?"

The possibility of it being a hopeless race was noticed by Frederick Engels as early as 1876. He said: "Let us not ... flatter ourselves over much on account of our human victories over nature... Each victory, it is true, in the first place brings about the results we expected, but in the second and third places it has quite different unforeseen effects which only too often cancel out the first."

Nevertheless, the economic sustainability of broadacre agriculture continues to be dependent on each farmer keeping up with the latest technology.

Modern farmers are bound to a treadmill where they are obliged to take on the current technology to remain economically viable, and obliged to remain so to take on the next technology. In *The House on the Hill: The Transformation of Australia's Farming Communities*, Neil Barr writes that an agricultural economist, W. F. Owen, suggested in 1966 that, "The commercial family farmer under the dynamics of a traditional competitive environment (is) forever reaching forward for new

technologies in order to keep from losing position on the reverse elevator of declining income ... the best he can hope for is to keep in the lead."

By being the first to buy the latest technology, one ensures one's produce hits the market at a comparatively lower price than that of farmers who cannot yet produce at the lower price for want of this latest technology.

Meanwhile the side effects of the race to industrialise agriculture include soil erosion and degradation, groundwater contamination, chemical residues in food and the loss of family farms and rural communities.

Despite Frederick Engel's and Jared Diamond's warnings, advocates of industrialised farming remain convinced that problems will be overcome with more of the same – science and technology.

George Main writing in his book, *Heartland: The Regeneration of Rural Place* says that in the 1980s and 1990s in Australia, agriculture became

"productionist". George says sociologist Geoffrey Lawren suggested the term is used to describe "the system of agriculture in which efficiency and productivity are privileged over environmental and community-based desires and concerns".

In becoming productionist, industrial agriculture lost any hope of sustainability.

Triple bottom-line sustainability can be envisioned as a stool with three legs separately labelled economic, social and environmental. When the legs are of equal length or balanced, the society is sustainable.

In Western culture, because of excessive emphasis on the economic, the economic leg is far too long, overturning the stool. In farming, attention to the environment and community-based desires is exactly what is required to carry it to sustainability.

In effect, broadacre farming currently demands unsustainability to keep going in the short term. There is no long-term plan. A mass gardening culture is not just a requirement of biodiversity conservation, but a need for long-term food and fibre security.

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Nimbin Hospital Information

Childhood Immunisation Clinic

For 0-5 year olds. Held in Nimbin Hospital on the second Tuesday of the month. April clinic: 9th April. For appointments phone 6620-7687. (May clinic: 14th May.)

Women's Health Clinic

Held in Nimbin Hospital every third Thursday of the month. April clinic: 18th April. Confidential service includes Pap smears, breast checks, contraceptive advice, postnatal checks and general health information. For appointments phone 6688-1401. (May Clinic: 16th May)

Community Registered Nurses

Available Monday- Friday, 8.30am - 4.30pm. For assessments, wound care, referrals and advocacy. We provide palliative care in the home, also provide and co-ordinate Community Aged Care Packages. Wednesday morning drop-in health check clinic at the NSP rooms. Phone 6689-1288.

Physiotherapist

We regret our physiotherapist has moved on to greener pastures. We will let everyone know when we have a replacement.

Nimbin United Hospital Auxiliary

Alva Joy Sandor, a long-standing devoted member of the N.U.H.A sadly passed away in February. Alva's wonderful friendship and fundraising efforts will be dearly missed.

Perhaps there are new members out there who can help with fund-raising for the hospital.

Our next fund-raiser will be a Nutrimetics Party at the Bowlo on Thursday 18th April at 10am, \$5 entry. Morning tea provided, raffles and lots of prizes to be won.

February Street raffle winner was Deb Guest, thanks for your support Deb! The Hospital basket raffle winner was Patricia Vidler, thank-you Patricia!

The next Hospital Garage Sale will be held on 8th June. Meetings are held in the Conference Room at the Nimbin Hospital at 10am on the 2nd Friday of each month. Next meeting will be held on the 12th April. New members are needed – please do come along and join us!

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How to spare the rod (and stay sane)

What is the one job that most people do with no formal training or recognition, yet is one of the most important endeavours they will ever undertake?

Parenting.

It has never been an easy job – but it's about to get a lot easier. Parenting guru, Darmin Cameron (*pictured*), from Youth Connections North Coast, is going to explore these issues in a once-a-week, seven-session course called Stress-less Parenting, to be held in Nimbin in the coming months.

In the 21st Century, cyberbullying is a problem, and there is a plethora of drugs that were just not as readily available years ago. Children have rights and they're not afraid to voice them. They have become experts who absorb new media and have

access to a multitude of gadgets and information from Social Media, Facebook, mobiles, iPads, iPods, iPhones.

The role of parents has been turned upside down.

The dramatic social changes that started in the 1960s and continue to present day have stripped away traditional strategies for the discipline and control of children. In the old days it was acceptable to beat wayward children with a stick, as long as it was no thicker than a finger.

Thankfully things have changed! But what can modern parents do to navigate through the tricky passages of child-rearing? Can we come out the other end reasonably sane and with happy healthy kids?

Over the seven three-hour sessions of Darmin's course,



parents will explore together the reasons children misbehave, how to set boundaries, alternatives to punishment and discipline, effective communication strategies, conflict management, and how to stay calm.

Darmin has been running

parenting programs for more than 10 years in a variety of settings; he has worked with hundreds of parents and families and seen positive results in most cases. He has trained with psychologist Kate Birch creator of the P5 Pleasurable Parenting Program and has taught the Positive Parenting unit of the Indigenous Masters Degree at Southern Cross University.

For more information or to book a place, contact Darmin on 0428-337-088 or: darmincameron@gmail.com or Lisa Doherty at the Nimbin Youth Centre 0431-242-232.

Stress-less Parenting begins on Wednesday 24th May at noon and runs until Wednesday 12th June at the Nimbin Youth Centre. The program is free and lunch will be provided.

Would you eat placenta?

by Kirrah Holborn
B. ClinSc (complementary medicine)
Traditional Wisdom

Did you know that most mammals eat their placenta straight after birth? One of the most familiar and popularized theories as to why this happens is related to nest hygiene (the mother wanting to keep the birth space clean and avoid predators).

However, this theory is easily discredited for a few reasons:

- Animals with very few predators will still eat their afterbirth.
- Non-nesting species will remain at the birth site (even after their young can walk) to ingest their placenta.
- Some primates will spend hours eating the afterbirth (when it would be quicker and cleaner to drop it out of the tree).
- Birth fluids are not consumed or 'cleaned up' even though these could attract predators to them.

Possible evolutionary benefits of placenta ingestion

The mother's immune system is affected by the fetus during gestation. There can be problems if the mother forms antibodies to the antigens present in either fetus and/or placenta (as in the case of Rh-incompatibility).

Interesting research has found that eating the placenta can help prevent the formation of these antibodies. It is like an immunization against the antibodies. So, eating the placenta may well be 'nature's remedy' to increase the chance of healthy young in future pregnancies.



Two other evolutionary benefits of placenta ingestion are:

- Benefiting lactation, increasing milk production and flow.
- The placenta is packed full of nutrients that help the mother get off to a good start and therefore increases her ability to nurture her young

The link between iron deficiency, fatigue and postpartum depression

Amazingly, iron deficiency is the most common single nutrient deficiency in the world. Being low in iron generally results in fatigue, lethargy and less vigilance in performing tasks. Postnatally, iron deficiency can effect a woman's moods, ability to care for her children and ability to engage in household tasks.

Due to the demands of looking after a newborn, women often report an increase in fatigue during the postpartum period. Research has found that severe postpartum fatigue can be a predictor of postpartum depression.

Early education and nutritional interventions to help reduce fatigue may help prevent depression



developing. Obviously extra physical and emotional support is also very helpful in the postpartum time. Another early intervention that could be considered is placenta ingestion, because as much as 33% of the placenta by weight, is iron.

In Traditional Chinese Medicine, the placenta has been used medicinally for thousands of years. Placenta ingestion or placentophagy is becoming increasingly popular due to the huge benefits mothers are feeling. Because iron deficiency is linked to fatigue, and fatigue is linked to postpartum depression, it makes sense that supplementing with iron (or placenta) can help prevent iron deficiency and therefore help prevent postpartum depression.

A happy and energetic mother will have a better time in the crucial postpartum period (and so will her baby)!

So, now how to do feel about eating your placenta?

Birth & Beyond April schedule

12th: Birthing From Within Taster
19th: Mums 'n' Bubs talk sleep
26th: Not on
3rd May: Benefits of bellydance

Nimbin Birth & Beyond meets every Friday from 11am-12.30pm. Sessions are run by donation. For more info (or to hold a session): Phone 0429 308 851 or Email: kirrah@traditionalwisdom.com.au To be added to the mailing list just send an email or text.

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"First, do no harm"

Get the vibe and go with the flow

You are earth – you are water, Part 1

by Zuela Christie

Masaru Emoto and his images of frozen water crystals (*at right*) are becoming well known.

His technique has proved a simple and inspiring way of making vibration evident to everyone. Energy is vibration, atoms vibrate, your heart is vibrating, and when it stops, you're dead.

That may be why the Japanese character for the word "to beat" is found in the middle of the character for "life". Hado is the word Masaru uses for the subtle energy that exists in all things – the native Americans know it as Orenda.

All that exists in the universe vibrates at a unique frequency.

Frequency can be modelled as waves, a fact easily supported by quantum mechanics. The words we speak or write or pictures or photos all emit their own frequencies, and water is affected by all these.

The problem is that the vibrations of organic matter can't keep moving automatically. Resonance is the phenomenon that

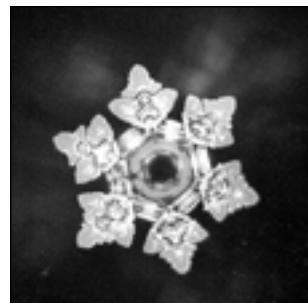
creates continuous vibrations. Resonance is made possible where there is a sender and a receiver of Hado information – when there is a match in vibrations.

All life within the envelope of Earth's vibratory influence attempts to "match" base frequencies to that of the Earth – to move into resonance with the higher vibration.

It would be possible to entrain the cellular heartbeat of the physical body immediately if it were not for variables that provide resistance, such as belief systems. The primary tool of adaptation is life itself, complete with the bundle of emotion, attitudes, perceptions, fears and beliefs that provide the framework for the challenges of life.

One key factor in this process is the willingness of the individual to achieve balance, using the tools of Choice and Free Will. These are the basic tools used to release limiting patterns of belief, lifestyle or relationships and adapt to new, more balanced patterns. When successful, this is the process of Healing.

All life flows like water,



and water is always flowing with life, purifying what it encounters as it travels. It carries with it the nourishment necessary for sustaining life, while also carrying away impurities.

Only humankind breaks this fundamental law of Nature with their greed, lust, pride, arrogance, loathing, apathy. These are distortions or blockages of the natural ways.

The solution is circulation – a return of the human race to finding happiness, spreading Love, restoring peace and protecting this jewel called Earth. That is our responsibility.

"There's no need to resist the flow. No need to be afraid of moving forward. And the reason is that you are water."

– Masaru Emoto.

For more about Masaru Emoto, see: www.spiritofmaat.com/archive/aug1/consciouswater.html

Love and differentiated intimacy

I've been thinking quite a bit about couple relationships recently. Why do some work really well, and why do some fail miserably? I know only a handful of couples which continue to flourish. Others are couples no longer, but single people reeling from lots of pain, anguish, fear, and disharmony. What's going on here?

Is it magic, or is there something else at work?

I've written previously about intimacy as a fundamental drive borne in all animals and present from birth. Now I want to take my thinking to another level. I want to explore it in terms of something beyond closeness where two people remain separate but somehow together, thus the title of this article.

Intimacy, I need to be clear about, is not about sex, though sex may and may not be part of it. Intimacy, as I've described elsewhere,

is a substantive relationship between two or more individuals of equal status. It is a deep reciprocal closeness and it is like a bridge over the silence of the universe joining people on either side.

When we fall in love we mostly do it blindly and we tend to fall for something in the other person that is familiar to us. Now, whether this familiarity is the basis of what we may call falling for a soul mate (someone who apparently speaks to our inner core), or responding to a projection of some part of ourselves onto the other person, is a matter of interpretation, though the modus operandi is frequently the same.

When two people are in blind love they do not see each other clearly. Each projects an image (just as movies are projected) constructed in their own minds that conceals the real face of the person they're looking at. Of course, each

person's hormones are working overtime as well, so there is a lot of desire mixed in there with unowned expectations, needs and judgements. The other person suddenly seems to have all those admirable qualities that oneself probably has too. You may discover later that the other person really doesn't have those admired qualities at all. In one relationship I had years ago I discovered this for myself. He was a talker, and I'd assumed a listener as well. It took awhile to realize that I'd assumed he was a listener, because I was listener. He, on the other hand, just talked.

Blind love is a theatre of projections and here what is required is to bring conscious awareness and an attitude of differentiation to the relationship, for then, only then, can true intimacy be achieved.

"For now we see through a glass, darkly; but then face to

Herb of the Month – Chervil

by Tom Culpeper

Anthriscus cerefolium. Syn. Garden parsley, Garden chervil, French parsley, Gourmet's parsley.

Chervil, the delicate, spicy-sweet, mild-anise-liquorice-flavoured herb is beloved of the French Culinists.

Naturalised throughout Europe, it owes its presence in the kitchen gardens to the Romans, who spread it widely within their empire. France took it to the table with enthusiasm, making it one of the imperative 'Fine' herbes' of delicate sauces and stocks served with fish, veal, eggs and the yard fowls.

Pliny mentions it as an anti-plague botanical.

Two interesting mentions of Chervil occur in the Carolingian Polyptyques, the manor and church estate lists and obligations due to the peoples under Charlemagne, The Frankish King.

The Capitulare de Villis, (clause 70) list all the garden plants including Chervil, The Brevium Exempla, lists it in the gardens of the crown estate of 'Treola' on the island called Staffelsee.

The Great Soviet Encyclopaedia (1979) lists



Chervil as a member of a broad family of plants of Caucus origin, also mentioning the rare root Chervil, *Chaerophyllum bulbosum*.

This plant is prepared in the same manner as root Parsley and Celery, steamed and served in a light mustard and sour-cream-sauce or a soured in a delicate meat stock with wild fungi.

The classic 'bouquet garni' is composed of Chervil, Chives, Parsley and Tarragon (French) bound with stems and is tossed amid the stock meats.

The 'Fine' herbes' of the above is de-leaved and fine chopped, for addition, at

service, to salads, soups, omelettes, soufflés and savoury crepes. Chervil is also the core herb ingredient in Ravigote and Béarnaise.

Chervil Vinegar adds a gentle piquant to salads bases on miners lettuce (*Claytonia perfoliata*), Purslane, (*Portulaca oleracea*) and Corn salad, (Marche), (*Valerianella locusta*)

Chervil is a hardy annual, growing to some 1.5 metres. It is a late summer planted herb that grows well in winter. Grown in tall pots that are wet-dished, on decks gives a fine reward. Fresh seed is imperative; planting direct is best as Chervil has a long fine taproot. Chervil thrives in partial shade, giving the best results.

Feeding with N (nitrogen) helps to obtain a higher leaf yield, pruning the centre stem encourages extra leaf production. Re-seed every 14 days for continuous fresh young leaves.

Isolate some plants, letting some material bolt to seed – applying some additional P (potash) helps the white flowers to bloom and produce the black seeds.

Culpeper is at the Nimbin markets with Nimbin Delicious.

coupling here.]

True differentiated intimacy is not for the faint hearted. It is a growth path where conflict is neither avoided nor becomes a platform for a power struggle, but worked on realistically. The goal is aliveness, spark, and passion borne from a mutual commitment to self and the other person. It is part of a spiritual process and an owning of each person's self worth.

To own your self worth, and not to project it elsewhere, is the key. Appreciating self worth is not egotistical, it is putting judgments and values about others back where they arise, within oneself. Ask yourself, Does what you see in others really belong to you? Is your vision clear, or clouded by what you want to see? Knowing your own self worth then allows you to see the other person more clearly, and if, all being well, love the other deeply and appreciate them more really.

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by Dr Elizabeth McCardell
M Counselling, PhD

needy and clingy, and the other one provides. There is no equality here. Yes, our society promotes such unbalanced relationships with the idea that the man provides and the woman, if she is a true and ideal woman (whatever that means), gives up herself and submits. Society is less supportive of this idea when it is taken to extremes and becomes just plain even kinky, where power is handed entirely to the man, and taken entirely from the woman. [Though I'm speaking of couples as male-female relationships, I include same-gender

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