

Plant of the Month

Hoop pine

Araucaria cunninghamii

by Richard Burer

Happy New Year to all our readers. I thought it a great way to start the year with a very symbolic tree to the Valleys of Nimbin and surrounds, the Hoop pine, a native conifer that occurs in the rainforests of NSW.

This large tree to 50m can be identified by its green branches, crowded in spirals that are somewhat spiky or tapering to a sharp rigid



point. The trunk is usually cylindrical with rough scaly bark.

The Hoop pine has male and female flowers which

flower in the summer months Nov- Feb. This tree is most common in the dry riverine rainforest types of the Lismore to Nimbin area, and it is no surprise to learn of its importance and significance as a totem tree to the Widjabal clan of the Bundjalung nation.

To grow your own, collect the fresh brown papery seeds towards the autumn months and sow in a well drained seed raising mix. Seedlings grow to a planted tree in around a year and why not grow next year's Christmas tree that you could plant on New Year's Day of that year... wait for it... 2014.

Say No to Smart Meters

by Neil Howe

Recently in the Byron Echo a pro Smart Meter paid info article appeared, paving the way for their rollout into this region, which did not mention the health and economic risks of this device. A smart meter is an electrical meter that records consumption of electric energy in intervals of an hour or less and communicates that information at least daily back to a biller like Origin Energy for monitoring and billing purposes.

Smart meters enable two-way communication between the meter and the central system using a transmitter. Unlike home energy monitors, smart meters can also gather data for remote reporting and information on how you use your electricity can be sold to other companies or government bodies.

Health Risks

They are not subject to government regulatory health codes. The "Smart" meters use wireless technology that produces Radio Frequency Electromagnetic Radiation 160 times more powerful than mobile phones to pass information back to the power

companies. The exposure received from this is involuntary and continuous. The radiation also moves in and through you and travels up to 2.5km! This means each person is not only exposed to their own meter, but also everyone else's within this range.

Immediately after installation, many people within 10 metres from the device begin to experience: constant headaches, dizziness, sinusitis, sleeplessness, body aches, irritability, ringing in ears, elevated blood pressure, fatigue, skin irritations, and other EMF sicknesses.

Long term exposure may lead to cancers! Be alarmed, they are banned in some countries.

Increased Bills

Electricity companies are able to impose different tariffs at different times of day. This could mean they charge more for peak times, leading to higher electricity bills. Electricity companies are able to remotely 'read' the meter through electronic means. This could cause RFI (radio frequency interference) to radio equipment and computers.

Electricity suppliers can use the meters' built-in switching to

remotely turn the power on or off to a premises. Consumers in Melbourne are reporting electricity bills rising by two to threefold since their smart meter was installed. In effect, consumers are financing these new smart meters. It is absurd how suppliers will be reaping huge revenue increases from the peak usage tariffs, and yet pass the installation costs onto the end user. In fact, it is extremely unfair, because the meter is owned by the electricity company and not the homeowner, yet it is the homeowner who ultimately pays for it.

The Victorian Opposition is calling for a halt to the Advanced Metering Infrastructure (AMI) project, accusing the Government of bungling the rollout of smart meters in the state.

The Liberal-Nationals Coalition has cited the November 2009 Auditor-General's report into the project which found the cost of the project had blown out from \$800 million to \$2.25 billion and had suffered delays, poor functionality and poor risk management.

Customers on pensions and the elderly stand to be most disadvantaged from the smart meters. These are the customers that will use most of their electricity during peak times, when suppliers will have a higher tariff in place.

"Victorian families have to pay through the nose for the meters even if they don't have them, then pay again through massive increases in peak charges when the meters are installed," Victorian shadow minister for energy Michael O'Brien said in a statement.

Don't let this happen in NSW!

How emotional preparation helps you birth



by Kirrah Holborn

B. ClinSc (complementary medicine)
Traditional Wisdom

How do you prepare for something like giving birth? Some women feel comfort in reading lots of books or searching online, some delve into it by watching movies or films and others hear stories from friends and family.

It's a pretty important day in the life of a woman and her baby (and her partner if she has one). Birth is something that will affect you for the rest of your life (not just you, but your baby and those people around you too).

I've heard of the amount of time, energy and money that women can spend on planning their weddings. Compared to this, birth preparation probably looks easy!

So, what are some options to help you emotionally prepare for birth?

Find a pregnancy group!

Look in your local newspaper or search online to see what pregnancy groups are meeting in your town. Connect with other pregnant women (ideally with a facilitator that knows about birth) and start to hear how others are preparing for their births. This may give you some ideas for what you would like for your birth, for example; having a water-birth, using a birth photographer or therapeutic use for your placenta.

These prenatal groups can help you make new friends that may continue into parenthood (where more choices and options will arise that require discussion!). In Nimbin, Birth & Beyond meets on Fridays 11am-12.30pm and in Lismore a new Birth & Beyond group is meeting on Tuesdays 9.30am-11.30am at Nurture, upstairs at 115 Keen Street.

Hire a doula!

Having a doula is a fantastic way to help you prepare for birth. Many offer several prenatal sessions to help you discover what it is you want for your birth, what options are available and generally helping you to feel better about birthing your baby. And, of course, they are advocates for you during the birth process. Whether you are planning to birth at home, birth center or hospital; they



can be an incredible ally for you.

Join an independent antenatal class!

These can be an incredible eye-opening experience that can help you understand your options and prepare for how your birth may look. We can never know the details of how a birth will unfold, but having some tools to help you along the way will make you feel a lot better about your experience. Women who take an active role in the decision making process generally feel better about their birth outcomes (even if this is different to what they envisioned).

I hold regular Birthing From Within prenatal classes. In these workshops there is a greater focus on emotional and spiritual preparation. There is also some focus on the physiology of labour (like how your hormones help you labour and exercises that will assist your body to open). The personal exploration gives you a wider perspective and helps you gain confidence in your birthing abilities. It can also give your partner (or birth companion) more confidence to know what to do in the midst of labour.

Let's face it, who wouldn't want to do all they can to make this journey as smooth as possible? Birth preparation is an essential part of being a responsible pregnant woman. You owe it yourself and your baby!

Birth & Beyond January Schedule

11th January: Birthing From within process

18th January: Pilates for mums (a DVD)

25th January: Opening movements/dance

for pregnant women/mums

1st February: Discussion on attachment

parenting

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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Future of medicine within reach

Therapeutic lasers that once cost more than \$100,000 have been used for decades in conventional medicine, but the technology is evolving to bring them within reach of the average person, according to local naturopath Deanna Kiger.

Deanna, who practices in Uki, is one of only a handful of people in Australia to have her own scalar low-level laser therapy device.

She says it is the future of medicine as it is portable, non-invasive and easy to use for anti-inflammatory, pain relief, regenerative or wound healing purposes.

"Cold lasers were invented in 1964 and particularly in the past 20 years

they have been used by veterinarians, dentists, gynaecologists, beauticians, chiropractors and even by NASA and in sports therapy for Olympic teams," Deanna said.

"Basically, lasers work a bit like sunlight on a garden. Just as the sun delivers energy to plants, cold lasers donate energy in the form of photons to our cells, helping us to build healthier cells.

"Research has shown them to be effective in treating a range of conditions from chronic pain to arthritis, tinnitus, herpes simplex, acne, sprains and lymphedema and many more."

Deanna says cold lasers have

evolved to become more precise, enabling practitioners readier access to them as they become more affordable and useful in treating a variety of ailments, rather than being specifically targeted to one.

She says the device – which combines multiple wavelengths and infrared and UV light – has been approved by the Therapeutic Goods Administration and is particularly useful for animals, older people and people in chronic pain who were wary of being touched, as it is non-invasive.

She says she discovered the device by happy coincidence.

"Because of my background in aged-care, naturopathy and massage, a friend of mine asked me to come over to Hawaii to assist him while he

was caring for his mother who was dying," she said.

"He had purchased a laser, and I was so impressed with how it helped with his mother's pain relief that I started using it on myself, as I have occasional periods of lower back pain since a car accident some years ago."

Deanna says she found the device so effective that after doing some research she decided to invest in one for her own health and to use in her practice, as an adjunct or complement to her naturopathic and massage therapies.

"I see this as a great device to help people become more free in their body, to clear stress and to get on with their lives without ailments to hold them back," Deanna said.

For a limited time, Deanna is

offering free 15-minute introductory sessions in Uki on Fridays and Saturdays for anyone who would like to try laser therapy. Phone 6679-2110 or email: heartofnaturaeapothecary@gmail.com to make a booking.



Nimbin's Mystic Fair

The Nimbin village is holding its second mystic gathering over the January long weekend, with the Sun in Aquarius and Full Moon in Leo.

Which is appropriate according to one of the event's organisers, international clairvoyant and Tarot reader Jazmin.

"We are in the process of entering a new age and consciousness based on the astrological sign of Aquarius. It's a new age of enlightenment and self governance and freedom where we will become our own spiritual leaders," she said.

"We are leaving behind the Age of Pisces which represents belief and moving into Aquarius which represents knowing. It's a time for people to get off the fence and find out who they really are."

Jazmin is well known in Nimbin, and has been a psychic/tarot reader since 1968. She has travelled around the world with her skills, and in the last decade has become a recognised and consistently needed psychic medium at all major psychic events in Australia.

Readers and clairvoyants of every kind, palm readers,

tarot readers, face readers and crystal ball gazers amongst them, will be travelling from Sydney, Canberra and Brisbane and setting up for the weekend in Nimbin Town Hall.



The fair will run on Friday 25th January from 4pm-9pm, then Saturday 26th and Sunday 27th, 10am-6pm.

For more information and to book stalls contact Jazmin on 0427-822-128.

Nimbin Hospital Information

Immunisation Clinic

For 0-5 year olds. 2nd Tuesday of the month. Next clinic 8th January at Nimbin Hospital. For appointments phone 6620-7687.



Womens Health Clinic

Every third Thursday of the month. Next clinic 17th January. For appointment phone 6688-1404. Service includes PAP tests, breast checks, contraceptive advice, postnatal checks and general health info.

Physiotherapist

Available Mondays and Thursdays at Nimbin Hospital. For appointments phone 6688-1401.

Nimbin Community Nurses

Monday to Friday 8am to 4.30pm. Assessment, wound care, referral and advocacy. Palliative Care in the home. Provision and co-ordination of aged care packages. Wednesday morning clinic at NSP room. Phone 6689-1288.

Singing and the Therapeutic Process



by Dr Elizabeth McCardell
M Counselling, PhD

Singing is 90% mental, so my singing teacher tells me. Of course, practically all of human existence is carried out in the mental realm. What is wonderful about singing, though, is that the very act of doing it brings into sharp focus the wiliness of the mind and the slipperiness of intention.

To put one's intention squarely on the act of music making, in the production of

sweet notes is to be present in the art of it.

I am reminded again and again of the way in which we set ourselves up for failure by concentrating on past problem stories in a recursive back-peddling that really gets in the way of fresh and decisive being right here, now.

I love what I'm learning about myself in my singing practice. I'm enjoying being able to watch how and what and why I trip myself up. Watching, too, what it feels like when fully present. It is the difference between unadulterated clear musical notes and the murkiness, and blockedness, of my inner stories. I am no different from anybody else in this regard.

Having singing lessons is like having good therapy. Therapy isn't just about finding ways to lessen feelings of anxiety,

depression, grief, etc; it's also for bringing awareness to what we do to perpetuate our difficulties and thus find other ways of doing things. There is, of course, just the pure pleasure of participating in the making of incredibly beautiful music. And this, too, is coupled in the therapeutic process. How so, you might ask? The therapeutic conversation is often intense, but this is interspersed with soaring moments of insight where the dialogue becomes incredibly beautiful.

I'm thinking of a fairly recent example where a client realised his overly lenient behaviour towards a disrespectful relative was paralleled in his extremely generous gifts to a person in his employment. He realized in an instant that both behaviours were both similar and inappropriate, as well as extremely costly emotionally

and financially. He had not seen a connection before, and, seeing the connection, allowed him to reconsider what he was doing; the first step to altering his behaviour. It was an 'Aha' moment, just like the making of a clear, pristine note, the beginning of a lovely melody.

I am endlessly curious about the way I, and the people I work with, get in the way of myself/ourselves. Why do we do it? Again, I'll refer to my singing lessons to attempt to trace what happens to me so that I can hint at what I think happens to other people, recognizing that my processes are both unique to me and similar to others, as far as my studies and experiences have indicated.

At my last singing lesson I was having difficulty singing a particular phrase. I wondered about it, and remembered then a

conversation I'd had with an acquaintance who'd said, as he sat down to speak with me for the first time, that men and women were as different as apples and pears. I'd said to him, that we were still fruit (!) and in my life I'd come to realize we were not really as dissimilar as some had made out, and clear delineations between men and women was problematic. He then went on to say that really women were inferior and needed men to survive. That got my goat, and in that instant, I realized why my throat felt stuck. I told my singing teacher of this event, and then set about singing the phrase again. This time, my throat opened and I sang clearly. I'd stumbled on my own indignation, upon my fury at some lingering social arrogance regarding the supposed differences between men and women. I've had to carve my path through a lot of this cultural nonsense throughout life,

and some of it still has the power to seize my throat. In the above example, I trace a bit of my internal processes, pointing to a way in which recursive thoughts tripped me up. When I'm working with a client, I can hear the old ideas that trip him/her up. I can also hear, much like my singing teacher hears when in the presence of a student, the beautiful quality of their, as yet, not fully realised inner voice (their unique me-ness). Talking about what it is that gets in the way of speaking, hearing, and acting on the integrity of their being really helps, for singing and in therapy. Singing is creating beauty in process. Doing and receiving therapy opens us – in a process of the therapeutic conversation – to our own beauty and less problematic modes of being. Ah, to find our clear note of awareness, our simple unique voice.

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Devised by the Nimbin Bowlo's Quizmaster, Marty

Questions

1. Who was the famous hairdresser who died in 2012?
2. What is the capital city of The Maldives?
3. Name any 3 of the 16 major reservoirs that form the Snowy Scheme
4. To what party does the President of France elected in 2012 belong?
5. What common word is derived from the Greek for "Writing about prostitutes"?
6. Which Shakespearean character killed his wife Desdemona?
7. What is the common name for Japanese horseradish?
8. What is the sum of all the Charles, Williams and Henrys who have been king of England?
9. In Greek Mythology, after being spurned by Narcissus, which heart-broken nymph pined away until only her voice remained?
10. According to the World Meteorological Organisation, the hottest capital city in the world (average yearly temperature) is known in the native language as Krung Thep Maha Nakhon. We know it better as what?

Play Trivia on Saturdays,
7pm at Nimbin Bowling
Club, resuming 12th
January

- Answers**
1. Vidal Sassoon
 2. Male
 3. Tallbingo Dam, Lake Eucumbene, Blowering Dam, Gechi, Tumut, Pond Reservoir, Lake Jindabyne, Tooma Reservoir, Island Bend, Tumut 2, Tantaragata Dam, Jounama, Murray 2, Guthega Dam, Happy Jacks Pondage, Deep Creek, Khancoobany
 4. Socialists
 5. Pornography
 6. Othello
 7. Wasabi
 8. 2 + 4 + 4 + 8 = 14
 9. Echo
 10. Bangkok

Merry Christmas Smoulder



It was Nimbin local Vic Florey's idea to give Rikki Fisher's superb drawing of Smoulder to him.

Vic had little trouble collecting donations to buy it, such is the understanding and widespread fondness in the Nimbin community for 'Our Smoulder'.

Nimbin Market takes off



Nimbin Market is going from strength to strength with some stallholders reporting their most successful trading days ever over the Christmas market.

Market co-ordinators Harmony and Peace Freeborn would like to take this opportunity to thank stallholders for their continuing support of this iconic tourist attraction, which is once again becoming a feature event for the Nimbin community. "We'd also like to thank the performers for their generous gift to the community of time and effort in return for very small rewards," said Harmony. "The talent around here seems never ending."

Nimbin Market has begun a targeted advertising campaign, drawing larger numbers of tourists to the village as a whole. It is really putting Nimbin's unique ambience out there for the world to enjoy.

The next market is on Sunday, 27th January, and will once again feature a variety of live entertainment for the whole family.

Nimbin Market: great food, great music, great community. See you there!

Be Yourself!

by Daniel Keszler

Dear Reader,

First, I want to wish for everyone to continue on their path of fulfillment, as we have entered the 'Beyond 21.12.2012'. Most of us seem to have survived the apocalyptic date and have transitioned smoothly into the new energy. I am sure someone is soon going to propagate the next prophecies for what lies ahead.

For me, one message that can be utilised from this 'little' transition is: We write our own history, we actually manifest our own presence, we can choose to have a blank canvas of life and it is our very own individual decisions that will paint the pictures of our lives. No religion, culture, social conventions, race or nationality is needed in our decision making. We can base our decisions on our own inner truth and become self directed and self supported.

This was always the case, and with a new beginning in our environment, we can use this as an impetus to create and apply a new contract between us and the world. It is up to every single individual to do this and if one does not feel inclined to change anything, then that is his/her way of individual choice. Even



if we choose not to choose or do not believe in choice, we are right. I think it is an excellent time to recognize that we can believe whatever we want and that will be our truth and who ever agrees will subscribe to it too, but everyone else has the same right to his/her own truth. In this way we can respect each other and from there we can find common ground, if we want to share our time. This is beautiful, but is not necessary so and then we will not meet, and this is ok too. Yet we can live in peace with everyone if we allow this awareness to accompany us.

From my perspective, I can only be (come) myself, keep finding out who I really am and where I am coming from. Consequently this will lead me somewhere already, I work with what I've got: my 'self', and I invest all I've got: the 'self'.

To be yourself, is truly an individual journey, no one is any more or less themselves than another, as we can not

compare two individuals. As we stop to compare, we can cease to judge, ourselves and others, we can stop to praise or blame ourselves and others and this allows anyone to relax a little more and come to peace with oneself. As we relax and feel a little more peaceful, we can feel ourselves better and deeper, our awareness can expand and refine itself and we may catch another new glimpse of ourselves and can feel more whole, more healed within ourselves.

I believe the timing is perfect for humanity to support itself a little more by allowing the understanding, of individuality and the interconnectedness of everything, to dance together and weave a rich tapestry of a new era to slowly manifest.

I am available for treatments in Nimbin on Wednesday, Thursday and Friday, and in Coffee Camp on Monday, Tuesday and Sunday. My new treatment room in Coffee Camp is finished and I'll be happy to welcome you.

I am also continuing to teach Tai Ji Quan and Qi Gong at the Coffee Camp Hall on Monday morning 9-11.15am, followed by a 45-minute Shaolin class.

On Tuesday nights I am leading a practice group for Aikido and I am open to also having children in the class.

...love and peace

Bush Theatre screen previews

Reviewed by
Belinda Marsh

Love Story

Friday 4th & Saturday 5th January, 7.30pm, \$10

On a New York train station, Florian meets a mysterious woman holding a piece of cake. This docu-movie sees him ask strangers on the streets of New York what this could mean. The pair begin to act out a love story film, with each scene suggested by the people Florian interviews. Rated M.



Searching For Sugarman

Friday 11th & Saturday 12th January, 7.30pm, \$10

In the late 1960s, a couple of Detroit producers loved Rodriguez's music and recorded an album. His records didn't sell, so he disappeared. But some bootlegs of his music made it to South Africa where they became a phenomenon. This docu-movie follows two fans who are trying to track down their hero. Rated M.



Love Is All You Need

Friday 18th & Saturday 19th January, 7.30pm, \$10

Two very different families are brought together for a wedding in a beautiful old Italian villa. Ira, the bride's mother, discovers her husband has been unfaithful, and decides to travel to the wedding alone. At the airport,

she meets Philip, the father of the groom. They are forced to travel together, even though they dislike each other intensely...at first, that is... Stars Pierce Brosnan and Trine Dyrholm. Rated M.



The Intouchables

Friday 25th & Saturday 26th January, 7.30pm, \$10

This beautiful, touching and funny movie has been nominated for an Oscar. The Intouchables is based on the true story of Phillippe, a rich quadriplegic who employs a personal aide in the form of Driss. The two become very good friends, with ups and downs along the way, and the disparities between rich and poor in France. French with English subtitles. Rated M.



Sightseers

Friday 1st and Saturday 2nd February, 7.30pm, \$10

A very odd couple, Tina and Chris, set off on a caravan tour of the West Midlands. Along the way, they come across people who annoy them greatly, and decide to do away with them. This is a very black English comedy, brought to you by the producers of Hot Fuzz and Shaun Of The Dead. Rated MA.



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Sunday Gig Guide

January 2pm start

6th Jordan McRobbie & Wayfarer

Wayfarer takes audiences on a journey from slow, emotionally uplifting ballads through to stompin' high-energy roots music

13th Steve Tyson

With touring partner Dave Parnell, this is Music with roots that goes down deep...

20th Agency Dub Collective

From radical ragga-rap to desert-surf instrumentals their music is above all great to dance to

27th Chris Fisher

Beautiful guitar & magical song craft, creating a special presence

February

3rd Dinkum Bohos

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Police Force schizoid

by Warwick Fry

The Fitzgerald Inquiry into police corruption resulted in gaol terms and sackings of Queensland state government ministers and senior ranking police. It proved a forensic equation between police power and politics. Ethics on both sides of the equation were sidelined to pragmatism.

Twenty-three years later, and what has changed? Perhaps the corruption is not so blatant or flagrant. Perhaps there are a few more ethically aware and socially sensitive officers with the Force'. The Fitzgerald Inquiry and other inquiries have perhaps achieved something. But it seems a lot more political clout will be required before our society will move on from the absurd situation of police investigating police. What we need is 'accountability'.

Just in the last few months, and going back a few years we've seen:

- The brutal beating that killed an Aboriginal on Palm Island.
- Taser killings.
- The shooting of an unarmed junkie in Queensland. Police claimed they were threatened by a weapon. The kid was shot in the back. The 'weapon' was a toy pistol that did not have the fingerprints or the DNA traces of the victim.
- The shooting of a suicidal youth in Sydney. His father called in paramedics after the boy started slashing himself. Police arrived

and ordered everybody out of the room. The father came back in the room as the boy went to the sink to recover a knife left there and started cutting himself again. A female police officer shot him, claiming that he was attacking a fellow officer with the knife. By their own evidence, the police officer allegedly under threat was nowhere near the victim at the time.

• Shooting in Victoria... enquiry going nowhere...

The list goes on. But it appears that some elements within the police still have a 'Dirty Harry' attitude. The investigations are there for the face wash, but impunity seems to rule. Impunity is what gives fascism free reign.

There was a long delayed recognition by the Fitzgerald Inquiry that proactive work in the community towards crime prevention should be valued above reactive rapid response to criminal acts. (What was described in one study as the cops and robbers mentality.)

It has taken decades for this 'alternative' cop culture to take. Police involved in community work were ignored, slighted, and sidelined for 'just doing tea and scones with Neighbourhood Watch'.

There has since been a slow and grudging recognition that crime prevention (and community intelligence) is of far greater value



Question of judgement: Armed police at the Glenugie anti-CSG protest

than post facto investigations and interventions and reactions to criminal incidents. The rapid response squads were eventually forced to acknowledge that the cops more connected with the community knew more about what was going on than they did.

There was some recognition of the positive aspects of police culture. Loyalty, solidarity, mateship... But when it comes to exploiting community values, based on the same principles... do you cover for a copper 'mate' when he's doing a rip off? Do you cover for someone who panicked and shot an essentially harmless victim because he, you, or she, didn't know how to handle the situation humanely? It's a big question.

Nevertheless the old guard is still out there, shooting car thieves in Redfern, who knows

why... shooting him so that the car mounted the footpath and injured people on the pub's footpath that the car ploughed into.

There are too many stories like this one. Some require investigation others, an enquiry. But if the symbiosis of law enforcement with government is not sorted out soon, we're going to have some serious political problems on our hands.

The incidents mentioned above tell us more about the police culture than the corruption allegations. It shows us how it can so easily lead to corruption. None of the enquiries over the last 20 years has led to any serious castigation, despite the Fitzgerald Inquiry. Even the travesty of the Palm Island death of an Aborigine in police custody, simply resulted in the transfer of the offending officer to a new post.

The police woman who shot the

suicidal boy in Sydney a couple of years ago is still on (was never taken off) active duty, even though she had been shown to have lied in the transcript of the enquiry and that enquiry is still going to this day – with Police Commissioner Scipione represented by a lawyer.

And the father of the junky shot in the back in Queensland has sent a dozen unanswered plaintive letters out, asking how his unarmed son could have been shot in the back when the officer who shot him claims that he shot in 'self-defence' – the officer's mantra: "I felt threatened". The father of the boy (and others) is seeking answers.

Do those who should be answerable deserve to remain protected by the closed ranks?

Community Engine Giveaway helps local groups

Social commerce website Community Engine is helping to raise money for Nimbin groups through their Community Engine Giveaway. Just under \$27,000 has been given already and there is over \$73,000 left to give.

Every time a person clicks to "follow" a group on Community Engine, that group gets \$1. After signing up to the giveaway, up to \$5,000 can be raised for each not-for-profit group.

Community Engine offers a web presence, email, social media and networking at no cost. For more information go to: www.communityengine.com.au phone 1300-266-686 or email: helo@communityengine.com.au

Bowen Therapy and Colloidal Minerals

by Tonia Haynes

Dip Bowen Therapy,
Cert Remedial Massage,
Advanced Pranac Healer,
Advanced Cell Ectrology
Kinesiology



Summer is a time of heat and humidity and is often accompanied by a display that elicits emotions ranging from secret feelings of lust, to inward shudders of nausea.

In polite society, this situation heralds no less than three titles of explanation; to glow, if one is a lady, to perspire, if one is a man and to sweat, if one is a horse.

Whatever one calls this fluid, with its debatable perfume, which insists on exuding from our pores at oft times, inopportune moments, its positive effect is to keep us cool. Conversely it has a negative effect, in that leaches the minerals and water from our body, leaving us dehydrated and low in energy.

The bushies will say, 'replenish your energy with salt', but generally we imbibe more salt per day than the body needs and it is minerals such as calcium,

magnesium, manganese, potassium and trace elements, which are lacking when our muscles feel weak and tired,

A body that contains a balance of minerals and trace elements and is suitably hydrated with water has an efficient electrical system that is not subject to the control of electrical companies, or the size of our wallet,

It will naturally keep us cooler in summer and warmer in winter because a body replenished with electrolytes, or essential minerals keeps the water and acid content balanced in and around the cells, assisting in the effective use of the vitamins, protein and carbohydrates needed, in

order to cope efficiently with the variations of our external and internal environment..

Unfortunately, Oz soil generally lacks certain minerals and trace elements and if they aren't mixed into the soil where we grow our food, including organic food, the resultant fodder lacks the minerals we need. Plants do not make their own minerals and trace elements, they can only draw on what is already available.

I personally am a passionate advocate of daily doses of colloidal minerals. They are obtainable in a few different brands from health food shops and some chemists and will fill the gap of any minerals or trace elements one may be lacking due to diet, the side effects of medication, alcohol or other recreational substances.

Make sure the shop assistant gives you colloidal minerals and not colloidal silver, or gold. Colloidal in the

simplest term, means 'easily absorbed'.

The body can only benefit from minerals if they are easily absorbed through the cell wall, so stay away from mineral supplements in tablet form unless they have been specially chelated, or designed for full absorption. Otherwise you will be paying good money for expensive urine and may as well chomp on a chunk of basalt, rich in minerals, but are not available to us in rock form.

If you are an avid gardener, Nutri Tech, an agricultural company that began its days in Eumundi, Queensland has thoroughly researched the benefits of adding minerals to Australian soil, both for home and agricultural gardens. Their products all break down easily, giving full benefit of return, without compacting the soil.

The products can be bought on line, or acquired from rural buying services.

It has been reported to me by those who have included

colloidal minerals in their daily diet that they no longer cramp, menstrual stress and pain has lessened, legs and feet no longer swell up in the heat and their nails and hair are stronger.

From my point of view as a therapist, whose desire is to eliminate back, neck, and limb pain by using a combination of bowen therapy, massage and spinal realignment techniques, a client who is fully fueled with essential minerals and trace elements responds more

quickly to treatment and is more inclined to retain the benefits long after treatment.

In the meantime I am in clinic in Nimbin on Tuesdays and Saturdays, and the removal of sciatic pain is of particular interest to me. The mixture of Bowen Therapy and other spinal and muscular realignment therapies that I practise can go a long way to assisting you towards a pain-free existence.

Phone for appointment 6689-0240, mobile 0439-794-420.

Nimbin Market

Sunday 27th January

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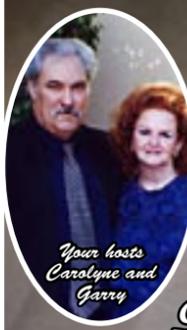
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Astrology, healing and flower essences

Medical astrology is an ancient art and science that has been used for centuries as a valuable tool for preventative health. It teaches that each sun sign has certain physical vulnerabilities. This is useful information to know in advance as it allows lifestyle adjustments and preventative steps to be taken with the aim of avoiding or minimising potential health problems.

Everyone sees life differently and this is due to a combination of your genetics, your cultural background, your family patterns and your life experience. Another filter is your sun sign, which has a powerful effect upon the way you think as well as your emotional leanings.

Aries, for example, are high energy people who tend to be impulsive. Their natural tendency is to act before they think and to dash through life, becoming impatient if anyone or anything slows them down. Emotionally, this can emerge as frustration, anger or rage. They can also be prone to accidents due to their hasty, poorly planned actions. Aries leaps in where angels fear to tread, so they can find themselves in risky situations more often than most, and may even become "adrenaline junkies".

From the Australian Bush Flower Essences range, some essences that are helpful for Aries with these characteristics include Mountain Devil for anger and frustration, and also Black-eyed Susan for rushing and impatience.

Traditional Chinese Medicine links certain



Linn Wiggins

emotions with specific parts of the body. More recently, Louise Hay brought this concept into mainstream western culture with her book *You Can Heal Your Life*.

Naturopathic philosophy believes that in your attitudes and emotions have an effect your physical health and uses remedies from nature to help restore you to balance in a holistic way. One form of natural medicine that is enjoying renewed popularity is flower essences, remedies made from flowers that act as mood medicines, to maintain or restore emotional equilibrium. They are very easy to use and self adjusting, making them perfect for home use.

You can learn more about Astrology and Healing in a one day seminar being taught by Linn Wiggins, co-head of Training and Education for Australian Bush Flower Essences, at the Castle on the Hill in Uki on 16th February. Cost is \$199, or \$175 if pre-paid by 25th January.

For more details or to enrol, contact Tina Mews on 6689-7413, mobile 0457-903-957 or email: star-loom@hotmail.com

ASTRO FORECASTS BY TINA MEWS YOUR MONTHLY REVIEW OF WHAT'S HAPPENING IN THE HEAVENS

January

We entered a new chapter of humanity's evolutionary journey during the Galactic Alignment of last month. Times of deep transformative changes are evolutionary drivers that challenge us into finding new creative ways for solving the many problems that are affecting humanity now. Dec 21, 2012 can therefore be regarded as the birthday of a major paradigm shift, the historic turning point where we collectively have spiralled onto a new level of awareness. Once we understand that our shared beliefs are shaping our reality we can take responsibility for our shared future and embrace the new archetypal frequencies that are entering our planetary field. For all those individuals amongst us who feel overwhelmed by the many changes that everybody is experiencing, it might help to remember that the birth of a new era is not an easy process.

The sign Capricorn and its traditional ruling planet Saturn are concerned with the building and maintenance of structures and systems. Capricorn is symbolised by the goat. Slowly but surely, a goat climbs the mountain. Once they have established a solid and secure base Capricorns move through life, achieving success slowly but surely. Strength of character is also associated with Capricorn and in some ways it is the most materialistic and spiritual sign of the zodiac. Esoteric astrology teaches that Capricorn is the sign of the 'initiate' whereas in medical astrology Saturn (Capricorn's ruling planet) is associated with the base chakra, the point where spirit and matter meet to create physical form. Capricorn is an Earth sign; in alchemy, Earth represents form and solidity and the foundation that nourishes an entire system. When we separate Spirit (the divine) from Earth (matter) we destabilise and weaken the very foundation that we are dependent on for survival and growth.

Pluto, the cosmic destroyer, rebirther and regenerator whilst in Capricorn (2008 – 2024) keeps reminding us that natural resources are deteriorating and that unsustainable structures on all levels have to be eliminated or transformed into sustainable economies. Our task is to think holistically and act locally. Saturn travels through emotionally intense Scorpio until October 2014 demanding accountability and a serious clean-up of our personal and collective mess. Saturn and Pluto are in harmonious alignment until the end of March empowering us to be the changes that we want to see in the world. The New Moon in Capricorn on January 12 offers great opportunities for setting our long-term intentions for the year. Let's download new programs and replace old habits. The Full Moon in Leo on January 27 might find us making a choice between having fun or addressing problems that need urgent resolving. Maybe we can combine work with play or maintain a playful and happy attitude when attending to our obligations. According to Dr Patch Adams, "the most revolutionary act one can commit in our world is to be happy". Jupiter, the planet ruling laughter and humour turns direct on January 31. Keeping a positive mind will be essential for dealing with the many different challenges in the months to come.

For Personal Astrology Consultation contact me on 6689-7413 or 0457-903-957, via e-mail: star-loom@hotmail.com or visit my web page: <http://nimbin-starloom.com.au>
One-day-workshop: Astrology and Australian Bushflower Essences with herbalist and astrologer Linn Wiggins on 16th February. No prior knowledge of astrology is required. Contact me now for more information.



Aries

Your creative mind is activated right now. However, be careful with becoming obsessive about certain projects by remaining in tune with the well-being of the whole. Balance expansiveness with healthy limits during January 6 – 10. Take on a leadership role in community affairs.

Taurus

Venus, your planetary ruler enters self-reliant Capricorn on January 10. Money and relationship issues might become more important which could challenge your need for comfort and harmony especially during January 12 – 18. Try to remain open-minded but listen to your own truth.

Gemini

Jupiter, the planet of good fortune and expansion remains in your sun sign until end of June. Make use of the next 6 months by exploring new ideas. Work on the bigger picture and be willing to donate your energy for an important cause. However, take care of your body and its needs!

Cancer

Especially Cancerians born between the 30th of June and July 3 might experience significant changes in their relationships right now. Get in contact with the "Dark Feminine" or Shakti-energy that has the power to give or take life, heal or destroy. Find your most essential truth!

Leo

Follow the call to adventure, but do not get frustrated about the stumbling blocks that need to be removed first. Pay particular attention to the needs of others and work through relationship problems with awareness and sensitivity.

Virgo

New opportunities are coming your way and you are supported in following your calling. Use the energies of the New Moon (Jan 12) for contemplating your long-term goals. Set your intentions and plan your next step.

Libra

Your energies are focused on transforming your home environment into a place of

beauty and harmony where family connections can be deepened. Nevertheless, during January 12 – 18 you might have to address control issues in your most important relationships balancing your urge for freedom with security needs.

Scorpio

Pay attention to the little, more 'insignificant' things in life right now. Use prudence and caution while putting things into their right place. Recognise hidden correlations and enhance their flow. Be aware of the power of your thoughts and create coherence between your beliefs and your experience of reality.

Sagittarius

People who are entering your life right now might be beneficial to you. However, do not misread their intentions. You might find that your own need for stability, security and application is eroding if you over-estimate other people's degree of commitment. Focus on your own work and creative expression.

Capricorn

Venus, the archetypal field of harmony and beauty, journeys through your sun sign during January 10 until February 3. Work with the Law of Attraction and Manifestation and be conscious about what you like to attract into your life right now. Elevate the frequency of your thoughts and visualise what you desire.

Aquarius

Mars, the archetypal field of personal drive and aggression, travels through your sun sign between December 27 and February 3. Channel your energies in championing humanitarian causes and scientific innovation and remain flexible not fixed on certain ideas. During January 6 – 10 you might have to confront old fears that need to be processed and released.

Pisces

It is essential to clarify for yourself and become conscious about the most important goals and causes that you believe in. Develop strategies how to realise your objectives. Once you know what you really want to accomplish you will gain the support that you were hoping for.

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Nimbin Artists Gallery

by Peter. P

Think you need to leave Nimbin to see first class artwork? Nope.

Our own Rikki Fisher won First Prize at the recent Caldera Art Prize, and the Silver Prize and People's Choice awards at the Wildlife Art Society's Wild Art Awards. And we currently have for sale her original drawing "Morning Munch", which won the Wildlife category in the 2011 TURSA Art Prize.



'Echidna' by Marie France Rose

Long-time contributor and member, Donna Sharam, is fresh from a very successful showing at Art Expo Sydney where she achieved a number of sales and commissions. And I hear that success has followed her with further sales resulting from the Expo. She has new work in the gallery.

And it's hardly worth mentioning, but I will, that we shipped off one of Rod Johnston's sandstone pieces to Tassie the other day. Indeed, Rod's sold so much work we may have to open a new quarry outside town to keep him in

stone... did I say that?

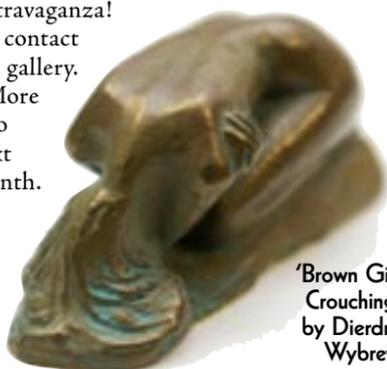
There are of course many outstanding artists in the hills around Nimbin who have won awards and whose work is eagerly sought. I think our latest showing is as strong as ever.

There's still a couple of weeks to go until we refresh the gallery, so come and have a look at the 3D glass work and bronze and hebel sculptures by our guest artist, Dierdre Wybrew, as well as other inspiring work by our regular contributors.

Finally, you can check out our website, www.nimbinartistsgallery.org for information on this year's Autumn Arts Extravaganza!

Or contact the gallery.

More info next month.



'Brown Girl Crouching' by Dierdre Wybrew



'Gauldis Potters Cottage' by Donna Sharam



'Dusk At Modanville 2' by Janet Hassall



'Art Deco Girl' by Dierdre Wybrew

Blue Knob Hall Gallery



'Freedom' by Ian Fitzsimons

Blue Knob Hall Gallery's current show 'The Artist's Choice' is still running at Blue Knob Hall Gallery and Cafe until 10th February.

A 16th Century French Tapestry piece that has been on show called 'La Dame et l'Unicorn' woven by Denise Hoban has had a lot of interest. It is one of only 50 copies that were printed from the original canvas hanging in the Louvre. It has been beautifully re-created using original thread coloured with food dyes in three shades of each colour.

The artists have shown work of their own choice in this show rather than working to a theme and it has produced a great variety of original artworks by many local artists which includes sculpture, installations and painting.

The new studio build at Blue Knob Hall Gallery

is coming along in leaps and bounds with a lot of volunteer help making this all possible.

The Gallery and Cafe will be open during the usual trading days over the holiday period. Thursday – Sunday, 10am to 4pm.

Artists and Friends lunches will continue in the new year starting in February.

We wish everyone all the best for the coming year and look forward to seeing you in 2013.



'Channel' by Sue Boardman

Congratulations Mac McMahon!



The Nimbin Community Centre and Nimbin Chamber of Commerce have been running an online photo competition 'Nimbin Landscape' via the new Nimbin Community Web Portal (www.nimbin.nsw.au). The competition was designed to raise awareness of the new community website and enhance the online profile of the web portal. We were also hoping to create an online photo gallery that showcases Nimbin's wealth of natural beauty and amazing local landscapes.

The competition ended on 1st December with 25 fantastic photographic entries. Thanks to all the entrants into the competition, we greatly appreciate your time and the wonderful photos you have shared with us all.

However, there can only be one winner, and the winner is: Mac McMahon for this amazing photograph titled 'Reflections of a Nimbin Sunset'. Congratulations Mac!

Mac was presented his \$100 winner's cheque by Peter Wise of the Chamber of Commerce and had the following to say: "When you have an ideal setting it should be easy to capture a special image of a Nimbin landscape. I have taken hundreds of this particular scene, but this is the one that stood out and

I knew was something special. However the quality of other entrants in the Nimbin Web Portal's photo competition did not lead me to think I had a winner. So humbled and surprised to win!"

The competition was judged by Darmin Cameron who determined this photo to be the winner for the following reasons:

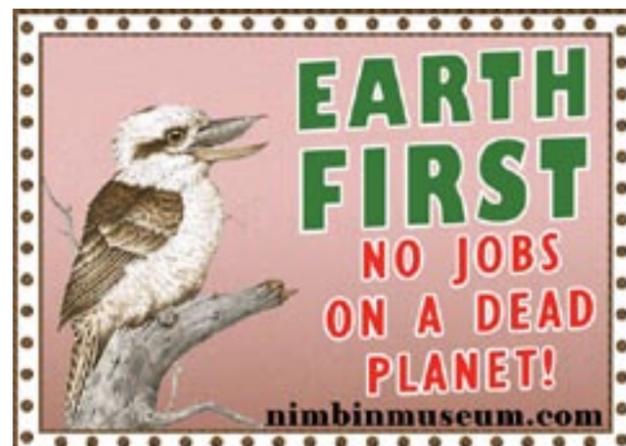
1. It is a landscape photo ie. no people or animals in it.
2. It is 'Capturing the Magic' on a number of levels, the timing – the photographer had to be there at the right time in the right place – there is a symmetry to it that is appealing, the rocks in silhouette are less clichéd than other shots and looks quite mystical, the colour and light in the clouds contrasted with the black darkness cutting through the middle.

Thanks go to Nimbin Community Centre staff, the Nimbin Chamber of Commerce for providing the \$100 prize, Paris Naday for designing the competition and work on the web portal, and Darmin Cameron for judging the competition. Thanks again to all who participated!

To see all the entries please visit www.nimbin.nsw.au and click on Photo Comp 'About'.



Mac (right) receiving his \$100 Winner's Cheque from Peter Wise, President of the Nimbin Chamber of Commerce



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