



Birth and Beyond

by Kirrah Holborn,
'Traditional Wisdom'
Birth Worker

they will cope. Some other common worries include; feeling rushed or fear of taking too long, being judged for making noise, being separated from the baby and having medical interventions.

In the *Birth From Within* book by Pam England, there is a quote from a childbirth psychologist who says, 'Worry is the work of pregnancy'. This may come as a surprise to some because we often believe that the women who appear relaxed and confident are the ones that birth normally.

Pam England states that in all her years of midwifery practice, it's the "over-confident first time mother" that worries her the most now. She worries that this mother will not be truly prepared for what awaits her.

What effect does fear have?

Most of us would be familiar with what happens in our bodies when we feel fear. Our heartbeat quickens, our

breath becomes shallow and our muscles tense. It's known as the fight-flight-freeze response and is combined with the release of adrenalin.

During pregnancy, repeatedly worrying can mean our muscles tighten and we may begin to hold tension in our hips, pelvic area and muscles surrounding the uterus. This can make it more difficult to open during labour.

During labour, fear will release adrenalin and this inhibits or slows the release of oxytocin (the hormone needed for birth). Labour can slow right down and even stop. Our bodies respond to adrenalin and will stop labour until it is safe to continue. Imagined fears create the same response as real threats. We may not have actual 'tigers' in our birth space, but the 'tigers' (worries) in our mind make our body respond the same.

If a woman approaches labour with unresolved fears, her body releases adrenalin and she may not easily go into labour, or labour may be long and slow. Her muscles will hold more tension, and it will be harder for her uterus to contract effectively, making things more painful.

Are you worrying?

- Are you trying to control everything, researching lots and creating a strict 'birth plan'?
- Are you avoiding 'reading that chapter' and/or avoiding listening to negative birth stories?
- Are you only listening to 'experts' and/or not wanting to have expectations or hopes?

If you identified with any of the above behaviors, then it's likely you have some worries and it would be beneficial to explore them a little.

Holistic preparation involves being ready for surprises and being brave enough to identify fears so that solutions can be found.

What can you do?

Move from fear to being free by examining your worries and finding some solutions. Take time to do the following exercise. Write down all your secret worries and pay particular attention to the worries that create tension in your body. Now, explore each worry by using the following questions (from *Birth From Within*):

What would you do if this worry/fear actually happened? What do you imagine your partner or birth attendant would do/say? What would it mean about you as a mother if this happened? How have you faced crisis in the past? What can you do to prepare for or

even prevent what you are worrying about? If there's nothing you can do to prevent it, how would you like to handle the situation?

The good news is, I can help, too! I am holding birth workshops where you can be gently guided through a process of 'taming your tigers' and overcoming birth worries. See below for details.

Birth & Beyond February schedule

Now MONDAYS 4.30pm-5.30pm

3rd Feb: Find out what you need to know to give birth

10th Feb: Overcome any birth worries

17th Feb: Breath Awareness for birth

24th Feb: Natural remedies for birth

3rd March: Benefits of bellydance for birth

Birth & Beyond meets every Monday from 4.30pm-5.30pm. 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. The schedule can be found online at: www.traditionalwisdom.com.au



We all have things we are trying to avoid, things we are hoping won't happen. It's a normal part of facing the unknown, of preparing for a big event and transitioning. In fact, it is healthy and normal to feel afraid sometimes. It motivates us to learn new things and really prepare for all the changes and challenges that are coming our way.

When it comes to pregnancy and preparing for birth- it's the same! Birth is a big event and most people want to prepare as best as they know how. Usually a few worries or fears will pop up along the way.

In fact, pregnant women all over the world worry! They worry about pain, their baby's health and how

Nimbin Hospital Information



Immunisation clinic

2nd Tuesday of the month, for 0-5 year olds. Next clinic 11th February, phone 6620-7687 to make an appointment.

Early childhood nurse

Every Tuesday, for mums and bubs. For appointments, phone 6620-7687 (Lismore Community Health).

Women's Health Nursing Service

3rd Thursday of every month, next clinic 20th February. Pap smears, breast checks, general health information. Phone 6688-1401 to make an appointment.

Nimbin community nurses

Monday to Friday, assessment, treatment, advocacy, referral, co-ordination of Aged Care packages, school health and Palliative Care in the home. Leave a message on 6689-1288 and we return call ASAP.



Nimbin Hospital Auxiliary

Nimbin Hospital Auxiliary meet on the second Friday of each month in the hospital conference room at 10am, our first meeting for 2014 will be on 14th February.

We now have three money boxes situated around town at the chemist, hotel and bowling club - please donate!

Volunteers to help with fundraising are always welcome. Come along, join us and support your local hospital.

Pregnancy and Bowen Therapy

It is common knowledge, although not usually spoken of, that women have a power, which allows them to do, think and feel many things at once, whilst patting their head and rubbing their stomach simultaneously.

It is not usually spoken of, because having babies, looking after children, loving a partner (if one is lucky,) running a household and these days, also holding down a job has never been considered particularly skilful.

In fact, since the seventies there are some who believe that apart from holding down the job and perhaps the partner, such skills are so demeaning they should be eliminated from the world of women and donated to the world of robots, who don't care if others see them as less than intelligent.

It seems that women have always faced a chequered career during their participation in the game of life, and getting it right is a bit like dancing on a barbed wire fence in bare feet when one is out of band aids and disinfectant.

When I birthed my son in the early sixties in New Zealand, long hours of birthing labour were admired because as the nursing sister happily told me after 45 hours of heavy breathing, "Ladies always have long labours."

Apparently it separated us from those peasant women who worked in the fields and needed to drop their babies in a hurry so that they could return to serving the recognised status quo as quickly as possible.

Hospital stay after birthing was fourteen days then, which

fitted in well with the expected, long arduous birthing process. However, new mums only saw their hard earned, brand new little angels for one hour four times a day, after which bub was shunted off back to the big room to continue their education in community behaviour with other similarly deprived bubs.

Breast feeding was severely discouraged. Apart from the belief it was a potential for shared disease, it was judged as a most unseemly behaviour for a lady to show more than a titillating cleavage and slight hint of a garmented nipple in public - misdemeanours which I'm sure were enthusiastically criticised by the likes of Nestles and their less than integral milk products.

Babes that cried more than normal due to food allergies, or a sad case of colic due to the stress of birthing were viewed sympathetically by the nursing sisters of mercy for their misfortune in ending up with a mother who was obviously doing it wrong. Often there was no further support available, other than a severe lecture accompanied by stern frowns of disapproval.

And last but certainly not least, post natal depression was reserved for malingering, selfish women, and if they were really good at it they might earn themselves a trip to a mental institution for a dose of electric shock treatment in order that they learn post haste how to behave themselves.

Single mothers, of which I was one, were called some very unattractive names as were their offspring, and families were expected to swallow their pride



by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranik Healer

and allow the miscreant and the physical evidence of their sins to return to the family home after the embarrassing public exposure. Preferably to be kept behind closed doors.

There was no single mothers' benefit and little child care support, so if the family was not forthcoming with compassion, many babies were fostered whilst mum worked to pay for quarters that were often less than optimum, due to lack of funds and a damaged reputation.

I am not speaking of the dark ages here, this was New Zealand in 1965, less than 50 years ago.

These days, due to the magic wand that created the short, but very sweet hippy movement, which left its imprint of glorious wisdom behind in more ways than many realise, single mothers and their children are generally accepted as well as everyone else. Nevertheless, motherhood is still a potential barbed wire fence, whether one is single or not.

One thing I remember well during my pregnancy was the excruciating back pain I suffered in the last five months

of pregnancy and how agonising my labour time was, due to the accompanying screams of a back in dire need of rebalancing long before the happy event.

I have to confess that it may have had something to do with this tart insisting on wearing high heels until the bitter end, being that in those days I liked to keep people happy by acting out in a manner they expected from the likes of me.

Most pregnant women today are far smarter and discard the high heels until later, or altogether. But it is said by "them who know" that for every extra kilo carried on the belly, the extra weight on the spine multiplies by seven kilos. So if the spine and its associated muscles are already compromised, a growing baby can certainly take its toll on the wellbeing of an expectant mother.

After birthing can also create back pain, which may stem from the coccyx or sacrum being forced awry by an enthusiastic angel who can't wait to try out their new earth wings.

Fortunately these issues can usually be rectified, before and after birth.

I use a mix of remedial massage, kinesiology and Bowen Therapy to assist mums to be, or new mums, back to a feeling of physical and emotional comfort, and I assure you from personal experience that the barbed wire fence is far easier to negotiate if your physical and emotional state is one of balanced good health.

I am in clinic in Nimbin, Wednesdays and Saturdays. Phone for appointment 02 6689-0240, mobile 0439-724-420.

Returning and re-mem-bering

Now drifted up, sideways, down, through bare birch branches, drifted to ground, thickening there. An explosion of seagulls burst upwards, a fountain of birds: an indelible evocative sight, numinous really.

This is the landscape of the park opposite the Soviet built flats in which my aunt and uncle live in Tallinn, Estonia. This could have been the landscape of my mother's early life. This could have been the landscape ... but for the location. My mother was born in Pskov in Russia, of Estonian father and Russian mother. She was schooled in St Petersburg, Russia and then Tartu, not Tallinn, and then only a short time. My mother and her brother came to Australia on a ship in the mid-1920s. They were immigrants, boat people.

It was Australia Day recently: when Australians celebrate with the welcoming of new Australians and the drinking of beer and explosions of fireworks. My heart was heavy and the Ozzie Ozzie Ozzie refrain just left me cold. I had only been back a week from Estonia, this land of my mother's. The memories and remembering somehow didn't sit well in barbecues, and so I stayed at home.

Re-mem-bering, note the way I write it, is the putting together of things half imagined, half-recalled. Re-mem-bering joins the dots. The story, my story, is situated and relational. This story is situated in place and it is relational to circumstance, place, time, people and the teller herself. This story of my mother, and thus me – to a degree – starts in 1909 with her birth into a disputed land. Of interest to everyone, wedged between the Baltic Sea to the north and west, Latvia to the South



by Dr Elizabeth McCardell
M Counselling, PhD

and Russia to the East, Finland, across the bay, and Sweden, over the Baltic to the North-West; sometimes claimed by Germans, sometimes Finns, the Russians, the Swedes; Estonia, of interest because of her precious port in the capital, Tallinn.

This port is remarkable. It doesn't freeze over, because of warm currents. It opens frozen northern Europe to the world.

So this little country, with its rich cultural history, its opera, ballet, and theatre companies, its artistic and musical history, its unique language (related not to Russian, but to Finnish and Hungarian), is attractive to larger countries that want to expand their borders. In 1909, Estonia was annexed by Russia. She gained a short lived independence in 1918, but soon she was gobbled again, this time into the Soviet regime, gaining independence again in 1989. Now she is dirt poor and propped up by the economy of Sweden (a dominance of another kind). She is poor but not down and out,

despite a minuscule population of only 1.42 million people and a workforce that moves beyond her boundaries into Scandinavia.

I am always interested in clear boundaries and I now compare this with Estonia's fight for independent and clear boundaries from others surrounding her. I feel keenly the pressing in of others desires and needs and I know – in my bones – the richness of my own space. As one of my friends describes me, I am Elizabeth of Estonia. I know the sinews and bones, and the cries of the children, of an ancient land, as if they were my own. This land, strewn with the moss and snow covered ice boulders of Finnish granite that twisted and turned and travelled across the frozen Baltic Sea, is unique. Granite is from the Finnish landscape; Estonia is all wetlands and sandstone – and so much of it unsettled countryside. I know it in the very marrow of my bones, the presence of others and my own unique integrity. It is in this knowing that the personal and the professional meld together, for this is my gift (received, lived, and given again).

I am, via my mother, a new Australian. Via her, I know what I give and receive and give again, in my life and my therapeutic work. This being in me, this land of my mother's ancestry, is me being Australian and me being present for the presence of others and present for myself. I don't think I am all that different from others who cross the oceans to this place.

My story is like snow flakes dropping, rising, drifting and bursts of birds in silent crofts of trees. My story is merely musing, really. A seeking for sense; a joining of the dots.

Insomnia

by Brigid Beckett

As anyone who has suffered from insomnia knows, this is an extremely frustrating and often intractable condition. Sleeplessness can be caused by hot weather, but for some people the problem won't just go away with cooler nights.

In Chinese medicine, consciousness and sleep are associated with the shen, which resides in the heart. All elements of our body are seen as qi. Shen is the most rarified form of this. Because it is so light and rarified, it can easily be disturbed, and needs to be anchored by denser more material forms of qi such as yin and blood. If it is not anchored, or locked in or agitated, insomnia will result.

Subgroups of the shen reside in different organs.

The hun is the form associated with the liver. It is disturbed by anger, resentment and repressed emotions. The insomnia in this pattern typically involves waking between 2 and 4am. It is often worse with stress. Sleepwalking sometimes occurs in hun disorders.

Other symptoms that may occur at the same time are tight neck and shoulders, dizziness, headaches and irritability. Sufferers may feel frustrated and trapped at some level. Or they may just be lacking time to relax and unwind.



Acupuncture is effective in treating this type of insomnia. The main treatment is moving of qi which has become restrained, which acupuncture is very good at.

The shen associated with the spleen is termed the yi.

Insomnia caused by a spleen deficiency typically will be one of difficulty falling asleep. The

spleen is responsible for producing blood from food. If this is deficient, the shen is not anchored.

Often palpitations, anxiety, poor memory, dizziness and fatigue will be present.

Emotional problems associated with the yi can be obsessiveness, lack of focus or either over- or under-eating.

This type of insomnia is the one seen in chronic fatigue, anaemia, post partum insomnia, or insomnia during menstruation. Sufferers will feel tired all the time but be unable to get a satisfying sleep.

This pattern responds well to acupuncture along with care with diet.

The zhi is the shen associated with the kidney.

If kidney yin is deficient, heart yin will often become deficient as well, leaving the shen unanchored.

This type of insomnia will involve frequent waking, sometimes feeling hot and sweaty. There may also be heat in the palms and soles,

palpitations, dry mouth, agitation, forgetfulness, tinnitus or lower backache.

It is possible for this pattern to develop after trauma or following a long or febrile illness. Or it may occur with aging or in those who have worked a lot of shift work. Caffeine and smoking will make this pattern a lot worse.

The yin is replenished at night, especially between 11pm and 2am. So continuing insomnia will worsen or cause this deficiency.

The pattern generally responds well to acupuncture and herbs, although for lasting results, a longer treatment may be needed.

There are also other Chinese Medicine diagnosis causes of insomnia. One example is blood stagnation, which can be caused by head trauma or other long-term untreated patterns. Often this is a chronic problem with associated pain. It can be treated but will likely need a fairly prolonged treatment regime.

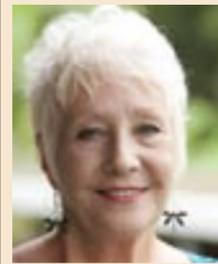
In summary, there is relief to be found for this extremely frustrating and unpleasant problem.

Leaving it untreated will worsen the problem. Deficiencies will get worse with lack of replenishing sleep. And with lack of sleep, there is less ability to deal with stress and less likelihood of insight when it is needed. Acupuncture will get reliable results.

This also applies for people using Western sleeping medication, which can decrease as the treatment takes effect.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

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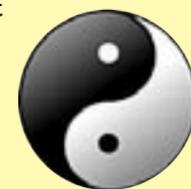
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Herb of the month – A Mexican fandango



by Thom Culpeper

Poblano: *Capsicum annum*, Ancho (dried form). Related: Mulato, Chilaca. Passila or chili negro (dried form), Guajillo (dried red).

This grand family of Mexican glories are, together with the fiery little Pequin, the triptych of Mexico's gift to the plate, the *Moles*, the sauces at the heart of Tex-Mex and Mexican fire-food.

Mole sauces are described by some as having the taste of chocolate, underscored by maraschino cherry with a dash of Havana's best and a hint of liquorice.

Sailfish, monkfish, snapper or tuna steaks flashed on the coals and smothered in a mole, backed up with a *Relleno* and a true salsa, based on giant Tomatillos, just about beats sex... equal if washed down with tequila or the Kickapoo's maguery Pulque!

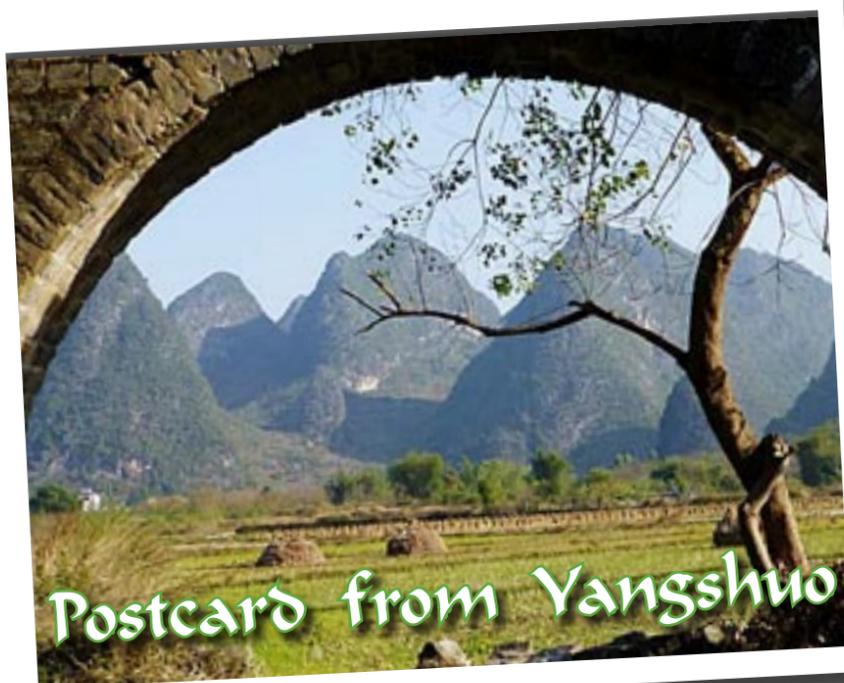
The Poblano Moles are pepper sauces for all seasons, with a heat range 1000-1500 scoville units, (*Poblano*) 1000-1500 (*Passilla*), 1500-3500 (*Mulato*) plus a small amount of Pequin 100,000-350,000 – the true taste of the peppers is allowed to be expressed. Made well, it never dominates the base.

Roasted, maize supplemented, free-range fowl, dressed with a Mole, is a culinary knock-off; spit-done, buck-goatling has few plate equals; and roasted lamb, avec mole sauce defies description.

The Poblano is the creation of the natives of Puebla, Mexico. The pepper attains a dark maroon shade that deepens to near black. Dried and sometimes roasted or smoked and peeled, it becomes known as Ancho, which is dried and ground to a fine powder and is the base of the Moles.

The dried whole form is 'relaxed' in water and 'forced' with goat cheeses and ground blue maize meal, pumpkin seed and tarragon. This is coated in beaten whole egg and fried, to make the dish Capeado. Another dish known as Chiles en Nagada is commonly served on the day of the national festivity of Independence – the dish usually sports the colours of Mexico, red, white and green. Chile relleno is another national dish incorporating the Poblanos.

Culpeper has sourced a wide range of these chillies, which he grows in containers. Nimbin will see them shortly, so fatten some pullets and cockerels, source some capreto (goat) and fatten the lambs for winter... Bon appetito.



by Bob Tissot

OK, It's 7am (what a respectable hour) here in Yangshuo and it's quite bloody nippy. I'm all rugged up in my thermals, beanie and jacket. (Yes, yes, I know I said we wouldn't need them but hey, being wrong once in my life won't kill me) and I'm sitting outside our mudbrick guesthouse (the Outside Inn for anyone who's planning on following us) watching the sunrise over the karsts. Diana has been up and out for the last hour or so, trying to capture the perfect dawn picture. She's gone down to the river to watch it rise and just getting there is a bit like a Dr Seuss tale. Out the gate, down the track, over the road, past the water buffalo, around the pigsties (what a rich, fecund smell a pigsty produces), through the vegetable gardens, between the rice paddies, all the way to the river. I expect her back before nightfall.

We left Guilin a few days ago and made our way down here on the public bus system. Now, in our trip research we'd been warned about this particular bus and how the driver will try to drop you off at a servo before Yangshuo, where all the taxi and tuk-tuk drivers are waiting like piranha to devour unsuspecting tourists like us. But we were ready for them. Oh my goodness me yes. I was fully psyched up and had spent the two-hour trip

down practising my gruff, no-nonsense voice. Sure enough, right on cue, the bus pulls in to the aforementioned servo and outside we can see the sharks circling.

"Yangshuo," says the conductor to which I reply in my most stentorian tones "No, no... bus station!" A rapid exchange of consternation takes place between the driver, conductor and the predators outside.

"You get off here," they all say. "No no, bus station," I very firmly insist. Crestfallen, the driver continues for maybe 100 metres and stops again.

"Get off here. Bus station," he says. We look around. This doesn't look like a bus station.

"No, no, keep going," I insist. He shrugs and continues and as the bus pulls out, turns a corner and starts to leave town I notice the bus station hidden behind some buildings. Bloody hell! He wasn't bullshitting.

"Stop! Stop! This will do!" I shout, but the bus continues on out of spite for maybe 500 metres before stopping. Frantically I grab our bags and in the process I manage to whack Diana in the head with one, knocking one of the lenses out of her glasses and rendering her half blind and fully annoyed. Well, then we have the whole bus out of their seats

searching everywhere for the missing lens. Seats are pulled out, kids crawl under others until it's finally discovered five rows forward. (It was quite a whack I delivered.) Exiting the bus, sweat pouring off my brow, we count the bags. 1... 2.... Where the hell is number three?

"Wait!" I scream at the departing bus, but the bus spoke no English and quickly disappeared into the inscrutable east carrying Diana's crochet hooks, silk yarn, 12 red silk hearts (the work of many hours), four bananas and our water...

So there we stood, on the outskirts of a strange town in what would politely be described as a state of great mutual agitation, debating exactly whose responsibility that third bag was (admittedly I was carrying it but hey, it wasn't my crocheting) and wondering which direction to head in now.

Eventually found a tuk-tuk (well more like a bike with a ute tray on the back and a plank of wood to accommodate humans) and convinced the driver to

give us his phone so we could call our landlord, who informed us that they were closed due to an outbreak of Black Death (or something similar) and he suggested we try the place we're currently domiciled in.

Lucky us. Apart from the outbreak of bubonic dysentery at the place we'd booked, there was also major road construction going on right outside, and anyone who has ever been in the vicinity of a large, un-muffled diesel generator knows exactly what I mean. The guesthouse we're in now is located in a tiny village whose name appears on no maps or road signs, about 7km outside of Yangshuo, and is exactly what we'd hoped for in terms of rural isolation.

The next day, we grabbed a couple of pushies and rode off down the road to see a couple of ancient arched bridges. Naturally, we missed the approved turnout and would probably still be pedalling north if it wasn't for a beautiful local woman who realised we were lost (we didn't) and pointed us to a small track. "This way," she said, and soon we found ourselves biking along a wall between rice fields, through more tiny unnamed villages, and buggar me, we got there.

Heading back to Hanoi tomorrow and then over to Cat Ba Island... Another major day of travelling; this time we're going to try the Chinese rail system.

Childcare for the unvaccinated?



by Lee-Anne Young

On 1st January 2014 a change in NSW legislation became effective by which it became necessary that, for a parent to enrol their child into a childcare centre, they must produce documentary evidence of vaccination, or a medical contraindication form, or an Immunisation exemption conscientious objection form (obtained from Medicare/Centrelink/GP and signed by an 'authorised practitioner').

Previously, just as it was and still is with a primary school, a childcare centre was to only ask for documentation showing the child's vaccination status (whether the child was vaccinated or not). There was no requirement for the parent to provide any

such documentation to the childcare centre, and the centre was prohibited from refusing enrolment of a child because of vaccination status.

Under the new legislation, a parent who does not vaccinate can still enrol the child in childcare. However the parent will now have to produce (unless the child is already enrolled in primary school), a medical contraindication form or a conscientious objection form, with respect to which there can be difficulties.

In particular, it is increasingly difficult to find a medical doctor who will co-operate with signing the conscientious exemption form.

Parents may therefore be able to submit instead a Statutory Declaration (signed and witnessed by a JP), certifying that the parent has experienced such difficulty but an "authorised practitioner" has explained, or the parent has been informed, of the benefits and risks of vaccination.

When parents have had difficulty finding a medical doctor who will sign the conscientious exemption form for the claiming

of the Commonwealth Government Child Care Rebate or Family Tax Benefit (Part A), a Statutory Declaration has been accepted instead, and it may likewise be accepted by a childcare centre.

For more information or assistance, you may contact: Vaccination Information Service 02 9144-6625, www.vaccination.inoz.com

Wholistic health is the best



such as teething, childhood illness and communal diseases such as lice. Acute homoeopathic treatments can save the moment when a temperature soars spontaneously. Medical care is close by when illness becomes unmanageable.

Leandrah (pictured) is a Naturopath and runs SONMATA (School Of Natural Medicine & The Arts), from Wiangaree during Autumn and Spring: www.sonmata.org She offers complementary and alternative therapies to vaccination and runs courses in Homoeopathy that inform and discuss wholistic treatments which can be used as an alternative or complement to mainstream medical treatment.

Contact Leandrah on 02 6636-2356 for an appointment in either Nimbin on Saturdays at Nimbin Apothecary, or in Wiangaree at The Turquoise House. Wiangaree is 10 mins north of Kyogle.

safeguard against any disease. Important elements include: non-chemical sanitation, clean drinking water, whole foods, locally grown and made foods, fresh air and doses of sunshine.

Constitutional homoeopathy supports people through normal milestones in growth,

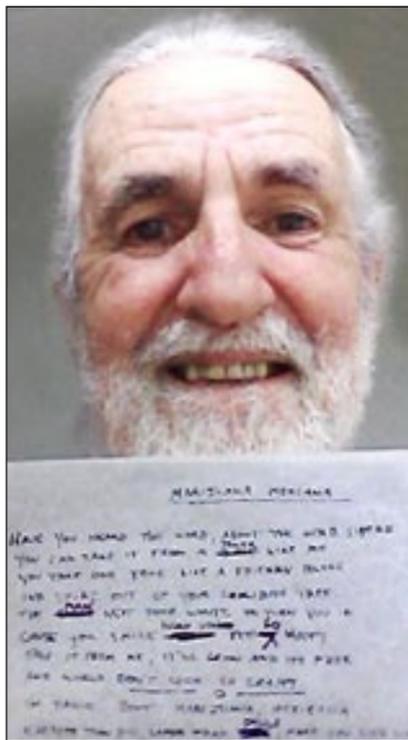
IP trial by social media

I've just been involved in a 'trial by Facebook' over the theft of one of my songs by a guy who calls himself The Tasmaniac. Not a very bright Tasmaniac at that! Of all the songs he chose to pinch, it had to be the only one of mine that ever 'went anywhere'... having been turned into a cult hit by the Bushwackers several decades ago. I've got hundreds of other songs he could have stolen and nobody would probably ever know.

My daughter, Nuro, contacted me a couple of years ago telling me that she had stumbled upon a pirated version of *Marijuana Australiana* on Facebook on The Tasmaniac page. Sure enough, there he was on FB/YouTube, sitting in an Irish pub singing my song very badly, with some of his own shoddy lyrics shoved into the verses here and there as a thin disguise. He called it the *Marijuana Song*. The blog said it was his most popular song, blah blah, and the comments below the clip were full of praise and applause.

Everyone yelled at me to "report it to APRA" (Australasian Performing Rights Association), which of course I did by immediate email. I got told that as Mr Kevin O'Grady, aka The Tasmaniac was not a member of APRA there was nothing they could do about it... reminding me that APRA's job is the collection of royalty payments from public performance of intellectual property, not policing copyright infringements.

I spoke to a local lawyer who told me that there was no point considering suing or other expensive legal manoeuvre unless we knew he had assets, and that he had in fact sold lots of copies of my song. To this end, I was told, it might be helpful to let him run a bit and sell the song around... so that we



Mookxamitosis

by Brendan (Mookx) Hanley

have something to build a case on.

So I just let it slide. Then a few weeks ago Paul Joseph posted 'The Tasmaniac sings the *Marijuana Song*,' a Youtube clip, on my timeline with a dry remark about how far my song had travelled.

I responded by posting a picture of the Bushwackers record label with my name underneath the song title as writer with this text, "I wrote this song in Middle Park, Melbourne in March 1975." It says so on the original piece of grey paper it was written on, which I have in my hand right this minute. I am happy to scan and post it on here if you want me to. The Bushwackers

recorded my song in 1981. They came to my home and asked permission to change it from *Marijuana Mexicana* to *Marijuana Australiana* and to record it with my old friend Trevor Lucas from Fairport Convention producing it. Trevor was later to also record it back in England at the last FC get-together before he died.

"My name (B. Hanley) appears under the title on their 7" vinyl EP. It has been registered with APRA since then. I asked APRA to enforce my ownership of this song upon you but they said you were not an APRA member and there was nothing they could do. Now what do you reckon is a fair thing?"

He replied basically by telling me he was doing me a favour. A furor ensued. A lot of my friends and fans of the song attacked him from every angle. I got a lotta laughs. The loyalty and support for me was often so strong I had tears in my eyes.

He continued to lie and deny, saying that some tourist had videoed him in the pub and whacked it up on Youtube. I replied with a list of sites he was advertising or selling it on, including iTunes, Youtube, Reverbnation, E-Music, Facebook of course, Rhapsody and Amazon. Who knows where else?

In the end my lawyer friend sent me some text to post on his page demanding a compensation payment and insisting that they remove the song from all sites. I also wrote to all the sites themselves and in order of co-operation, sometimes difficult, they advised me one by one that the song was gone from their websites.

I'm not expecting this character to ever pay me for my song, but it was an interesting exercise in cyber-tribal interaction. Trial by Facebook.

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Six months of bushwalks

by Catherine Baker

Nimbin Bushwalkers' Club walks resume in February, starting off with our former Secretary Len Martin leading us round the Mount Matheson Circuit on the 16th. Len, now enjoying his ninetieth decade, promises us an easy walk (Grade 2) through some impressive rainforest (see Walks Program at left).

A list of proposed walks from March onwards has been drawn up by our new and valued Walks Program Manager, Bill Potter. This is a list of walks most likely to happen on the given date. The committee thought it a good idea to publicise this for the benefit of walkers who like to plan ahead further than one month.

However, the list is still provisional. For example, longstanding Club member Don Durrant proposes a Grade 4 walk for 2nd March in Richmond Park National Park. But as Don is very involved in the CSG campaigns, he may have to cancel that walk at short notice.

In case of cancellation a substitute walk would be put up on the website - if there's time. In the end, it's always a good idea to phone the walk leader a few days in advance, to check that the walk is still happening and to let them know you'd

like to join. Walk leaders' phone numbers appear the month before in the Walks Program, a regular feature of our monthly report in the NGT.

Having said that, here are the (provisional) walks 'til the end of June:

- 2nd March as described right.
- 16th March: Michele Alberth leads a Grade 2 coastal walk at Suffolk Park to the lookout beyond Broken Head, followed by a swim in Taylor's Lake.
- 30th March: David Holston and Rob Oliver lead a Grade 2 walk at Wooyong Beach.
- 13th April: Mebbin National Park, a Grade 2 walk with Judy Hales leading from Cadell Road through extensive palm groves to the two lagoons.
- 27th April: a Mount Jerusalem Grade 3 walk with Bill Potter, descending Chowyan Creek through a series of pristine rock pools to falls with a 50-metre drop.
- 10th -11th May: a weekend camp in the Border Ranges National Park, where Michele Alberth and Catherine Baker will lead a series of circuit walks, most notably the Grade 3 Rosewood Loop.
- 25th May: Bill West will lead a Grade 3 walk at Hell's Hole, Commissioners Creek, Mount Jerusalem

February Walks Program



Sunday 16th February Mount Matheson Circuit

Leader: Len Martin (6689-0254).

Grade 2. 3km return, 1 hour. Easy walking on a shady formed track through World Heritage rainforest. If it has been wet there could be leeches, so spray the ankles beforehand. Could take more than 1 hour as we enjoy the beauties of nature. If agreed on the day, we could also indulge in a side trip to Pholis Gap. Will go even if rainy. Meet 8.30am Nimbin carpark or 9am Mt Nardi carpark. Bring morning snacks and water.



Nimbin Bushwalkers Club Inc.



National Park.

- 15th June: Bush Rangers' Cave, Numinbah Valley, with Bill Potter leading a Grade 3 walk from the Queensland border gate up to caves screened by waterfalls.
- 29th June: Catherine Baker will lead an easy Grade 2 walk from Mill Road in Goonengerry along the

escarpment of Wanganui Gorge to the head of the falls, with panoramic views over the Gorge.

It's a very varied program. To get the best from it, please remember to phone the walk leaders shortly beforehand to confirm.

Photos taken by Michele Alberth during the camp at Boonoo Boonoo and Bald Rock



Power of vision

by Marilyn Scott

The big times continue... supporting us in our evolution and change... the transformation from the old to the new.

January's been power-packed with two 'super' new moons, two super new beginnings in what is shaping up to be an outstanding 2014. January's finale, Chinese New Year, welcoming the year of the yang wood horse - a time of new growth.

"A generative cycle, powerful bursting buds of wood's new growth fuelling the joyful outreach and passions of fire and the beginnings of earth's fruitful harvest.

"This will be a Promethean year, the beginning of all beginnings. Full of uplift, optimism and compelling inspiration, we will be guided into purposeful action of the most elegantly simple and powerfully fruitful kind."

- The Year of the Yang Horse, Western School of Feng Shui.

The last day of January celebrated both the Chinese New Year and the super new moon in Aquarius, beginning new cycles for both the month and the year. The magnificent time of change is here. Our job is to vision... to vision the world we wish to create. The power of vision is being

understood more and more. We have power, the power to create. Our thoughts, our focus - those pictures and words that meander and wander across our thinking space, create our world.

"Reach for the sky. Call up your vision, fuel your plans, find a fresh path and pace yourself well."

It's time for me to do therapy work again. It's been a while, a lot has happened over these last few years. I had a vision, a picture that kept appearing in my head. It was of a house, the details specific. I knew it had a purpose in my future. I saw this vision many times over a number of years. I even drew it.

That vision appeared. It's the place where I now live. 'Mahalia' I called it, meaning 'gently powerful'. My reasoning was that I wanted to create a sacred healing space in a rural setting. But I was being called to take my skills and knowing to another level, and of course to heal. As always, we never quite know how the details will unfold.

I'd already created a healing centre in the city, my partner and I renovated this old humble cottage into a stunning beauty. It felt magical. People would comment when they walked through

the door, saying, 'It feels really nice in here'. I put my heart and soul into that place I called it 'magick moments'... so many magick moments we experience. I really believed in healing and I was drawn to participate.

We create the vision. It's not for us to work out how. We just need to trust and believe. Magick moments in the city came to an end, it was time for the journey to continue. The big times were approaching and I was hearing the call... it was 2008.

The call brought me here, and yes, I have learnt so much, more than I thought possible; and in a way I would never have expected. After three months preparing Mahalia for her birthing, as a sacred healing retreat space, life had other plans, I became ill. So these last three years have been a sacred healing journey for me.

I feel so incredibly grateful for being led here. I believe it's saved my life. And the things I've seen, experienced and observed have blown me away. Life is magick indeed... more that we could ever imagine. Life truly rules.

This body is made from earth matter, so will one day return. Our time here is finite, the body gradually moves from one cycle to another. But I believe in healing, it's happening all the time. I believe everything can improve, we just need to find the right alchemy for our specific needs.

Life is full of vibrant healing energy, we just need to tap into this and so much can happen. I'm feeling really excited about this year. I'll pace myself, my body has moved on. I need to always honour her needs. She's been so very good to me.

I wish you all the most amazing year, time to be who we really are.

What a gift!

Nimbin Garden Club



by Gill Jones

The Nimbin Garden Club is pleased to be able to donate some of our funds to help the Nimbin Stony Chute Fire Brigade operate into 2014.

Garden Club members are extremely aware of the signs of the changing climate and the reliance which we all have on our fire volunteers to help us battle the risks of these more prevalent extreme conditions.

The Nimbin Garden Club is pleased to offer friendship and support to help us all develop gardens which are beautiful and which support our environment to survive the changes ahead. We look forward to welcoming new members this year, even if you don't have a garden which you would like to share, we are happy to share the various gardens which we have lined up this year.

Our first visit is on 15th February and involves a bus trip to a variety of gardens in the Uki and Condong region. Lunch is a BYO picnic held at Uki Park and finishes at Elizabeth



Andrew Barton presenting a \$250 cheque to Tony Gibson, Stony Shute Fire Brigade

Rix's Kunghur garden at 2pm near the Byrill Creek turnoff. The garden is a quirky one which has a creative selection of sculptures, natives, herbs, fruit trees and flowers on the banks of a small creek on the Murwillumbah Road.

We leave Nimbin Post Office at 8.30am. Please call Denise on 02-66 89-9324 if you would to join us for this day. The cost is \$25. Please bring a picnic, chair and a cup for tea.

The March visit is up Mountain Top road and the April visit is at Gondwana Nursery, which is one of the largest native plant nurseries on the

East Coast. Gondwana Nursery is not generally open to the public, so this is a great opportunity to come to Creagans Road in Barkers Vale and join us on a tour of this proficient nursery. We will be able to purchase plants and share the wisdom of Joy, the nursery's business owner. Gondwana employs 12 people locally, and is one of the few local nurseries left in our region supplying top quality plants well suited to our area.

We look forward to our club growing this year, so please call Denise to add your name to our email database. All welcome. nimbingardens@gmail.com

Hemp building opportunities

Klara Marosszky has developed an affordable hemp lime building material for Australian conditions using local resources, with a goal to address social housing needs.

The material is suited to both owner builder and commercial construction and uses simple monolithic design to construct thermally efficient, low carbon footprint homes. Klara is currently a program manager for Ecologically Sustainable Initiatives for TAFE North Coast institute, where she is also a teacher.

Klara will be facilitating an upcoming workshop on building with hemp, the focus of which is very specifically on building with hemp (not growing).

Participants will be building hemp walls for a 3m x 2.7m freestanding building 15 minutes from Nimbin, and will get hands on practical experience with making hemp masonry, operating the mixer, building formwork and using the material.

Participants will leave with a construction manual and an understanding about the council compliance and building code associated with hemp building.

Klara is donating her time and all money raised from this workshop to go towards



7 Sibley Street, Nimbin's Sustainable Living Hub. This is a community-owned and operated premises-in-the-making that will be used to promote education and exchange of Nimbin's broad range of sustainability experience. Find out more about 7 Sibley Street at: www.SevenOnSibley.com

The cost of the weekend workshop is \$320 per person / \$295 concession, which includes two lunches, dinner and camping. The workshop will run 9am-4.30pm on 1st and 2nd March and is limited to 15 places.

Action on the ground: Building soil carbon with bamboo biochar



Kerrie loads the raw materials into the cart

A quiet revolution is occurring in the hills of Northern NSW. Kerrie O'Neill of BambooBusy at Jiggi has been capturing CO² by growing bamboo on her pastureland.

After attending Biochar workshops run by Paul Taylor of Biochar Solutions and Professor Stephen Joseph, Kerrie decided to invest in a low emissions biochar kiln that could convert bamboo, animal residues and other biomass such as grasses into high quality, plant-effective biochar.

She engaged Biochar Solutions to develop the two-cubic-metre kiln, in close collaboration with Stephen Joseph. The project was completed without government funds, and involved a lot of volunteer consulting and labour by local people and the designers.

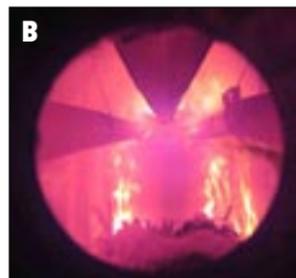
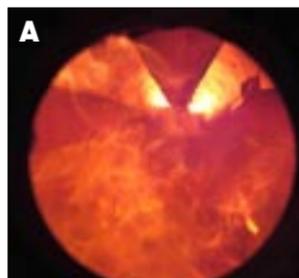
The basic design for the kiln came from work that Stephen Joseph had done in Chile. The kiln design was

specially developed with several features and benefits in mind:

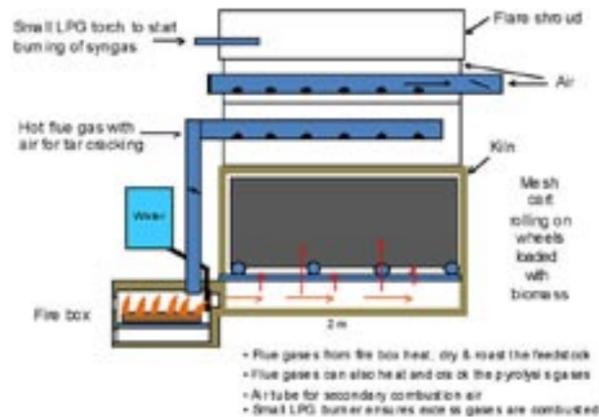
- The ease with which the kiln can be loaded and unloaded via a cart on rails;
- The ability to control the rate at which the biomass is heated to produce either a hard or soft biochar;
- The use of water mist to both control the temperature and activate the surface of the biochar; and
- The use of specially designed secondary combustion air to completely burn all the pyrolysis gases.

Production of biochar in the kiln is straightforward. Bamboo is stacked vertically and chicken manure is placed into the hollows of the bamboo and around the outside, which enhances the nutrient value of the bamboo. Dried leaves of the bamboo are placed atop the bamboo canes and the cart is pushed into the kiln.

The kiln door is attached to the cart, and seals against a rope seal with compression



2 m³ KILN DESIGN FOR COMPOSITE BIOCHARS



latches. A fire is started in the external firebox and the combustion gases are channeled underneath the cart to slowly heat the kiln to 150°C and dry the biomass.

Applying a torch to the top leaves then ignites the top of the cart, and air from a blower is distributed into the kiln above the cart. After combustion on top of the bamboo and chicken manure is well established, air laden combustion gases from the stove are diverted from underneath the kiln to above the kiln and pyrolysis proceeds in the cart.

To ensure very efficient combustion and uniform temperature on the biochar, a

fine mist of water is injected via three spray nozzles every minute or so. This increases the concentration of H₂ resulting in a very clean plasma arc-like bluish flame.

Fig. A is taken through an inspection port located at the door end of the kiln, looking towards the fire box end at the level of the two flue gas manifolds above the cart, and below the larger secondary air manifold. It shows the pyrolysis gases lazily burning in the generally reduced oxygen environment inside the kiln, as well as flaring at the air inlet jets of the secondary air tube.

Fig. B is the same picture just after the water sprays



Quenching the biochar with a hose

have cooled the combustion, and generated steam and hydrogen on contact with the char. This has quenched and cooled some of the kiln-filling flame and hydrogen is burning with a bluish flame.

A thermocouple monitors the temperature at nine locations throughout and above the bed, and frequency of operating the spray jets is adjusted to maintain the desired temperature.

To produce hard charcoal, this drying, steaming and conditioning process is carried on for two to three days. For soft charcoal the kiln can be raised to 150°C in 2-3 hours and maintained there for 1-2 hours. For example, kiln thermocouple readings may show 180°C above the bamboo and 150°C in the middle of the bamboo in the cart, and 100°C at the bottom, with the lower temperatures rising over the final time.

Once the pyrolysis gases

have abated, the spray jets are kept on continuously to cool the char to 100°C at which time it is safe to remove the cart. The biochar is then further quenched with water, and the nutrients are captured in a trough below the cart to be used in the garden.

Kerrie will use her biochar for production of bamboo and build up her soil carbon, break down her clay soils and improve her yields in her vegetable garden. Over a period of years she will turn her clay soils into dark terra preta-like soils. Kerrie is part of a growing community of smallholders who are making biochar both to improve soil fertility and capture carbon.

BambooBusy offers seasonal, organic, fresh edible bamboo shoots, both raw and value-added, grown in biologically active soil, fed from compost made on site. Farm gate sales: 1183 Jiggi Road, Jiggi, phone 6888-8306.



El Salvador elections headed for run-off poll

Text and photos by Warwick Fry

“We didn’t lose!” It won’t be official at the time the *GoodTimes* goes to press, but El Salvador’s Presidential candidate for the leftist FMLN, el Salvador’s minority government, Salvador Sanchez Ceren, was 0.5% short of the majority needed. It means a run-off in early March against the right wing ARENA party candidate, former Mayor Norman Quijano (famous for having removed San Salvador’s street vendors with bulldozers) who gained 38% of the vote.

The campaign lines were clearly drawn. The FMLN ran a ‘clean’ campaign, avoiding attacks on the opposing parties, emphasising social programs and concentrating on the free school lunches, study materials and school uniforms (including expensive shoes) for schoolchildren, with an extremely successful campaign ad featuring a children’s choir.

The ARENA party ran with ‘law and order’ (as rightists do), playing on the public fear of the ‘gangs’. Gang violence is a problem endemic to Central American countries (with the notable exception of Nicaragua).

When polls showed the FMLN leading with 57% approval, ARENA played its last shot. It used the FMLN’s support for the efforts of police and Church to set up negotiations with rival gang leaders. This was depicted by ARENA as ‘collaboration’ with the gangs. Realistically, this led to an immediate halving of the homicide rate and prevented the collapse of El Salvador’s overstressed penal system.



ARENA’s law and order campaign is ironic, given that the party was founded by Roberto D’Aubuisson in 1981. D’Aubuisson was responsible for the notorious Death Squads of the 1970s and 1980s, and the assassination of Archbishop Romero. His son was killed a few years ago in a shoot-out with a rival Guatemalan drug gang.

It is a history you would expect the ARENA party and its supporters would rather forget. Publicly they say it is all in the past. But at the end of the day, while watching the count at the last of the five polling booths I visited, the apparent harmony of the left and right in peaceful and transparent elections was disrupted.

A loud argument broke out between the scrutineers over a disputed vote in the final

count. Suddenly the ARENA scrutineers began a chant invoking their founder Roberto D’Aubuisson. “D’Aubuisson Presente para La Patria!” (“D’Aubuisson. Present for the Fatherland!”)

Not physically, but certainly psychologically frightening. It was a bit like seeing Hitler come back to life when you thought he had been safely buried.

A group of FMLN supporters outside the voting area responded with “Assesinos, Assesinos!” (“Murderers! Murderers!”)

As in Australia we retired to watch the results come through on TV with a few beers. As it became clear the FMLN candidate would not get the clear 50% majority to avoid the run-off, my Salvadoran FMLN companions were already planning



An enraged ARENA supporter outside the polling booth

their strategies.

My FMLN comrade had a ‘designated driver’ come round to take myself and other celebrants home before we became too involved with the litre bottle of Nicaraguan rum he pulled out to console us for the disappointing results coming through.

As we were getting into the car, the driver casually mentioned that he had shared a prison cell with the FMLN Presidential candidate for six months in 1979. On the trip home his ancient car boiled over four times. I caught a taxi with an illegal muffler to get me home in time for the *GoodTimes* deadline. The driver was a supporter of the FMLN and insisted on only charging me half fare.

I’m starting to understand why I keep coming back to this place.

Jewish peace activist to speak on Israel-Palestine situation

by Jenny Bush

Vivienne Porzolt, spokesperson for Jews Against the Occupation in Sydney, will be in Nimbin on Friday 28th February. She will be speaking about her recent three-month visit to Israel-Palestine.

Vivienne has worked for a just peace in Israel-Palestine for over 20 years, and has visited the area many times. She says, “I work for Palestinian rights because this is an issue of social justice. As a Jew, I cannot abide what Israel is doing to the Palestinians, supposedly in my name. I oppose the way the Zionist movement is using our past terrible history to bolster the support of both Jews and others for their project.

Does this build a safe place in the world for me as a Jew? How can my safety be bought at the expense of the dispossession and oppression of another people? How can a state like Israel which privileges one people, the Jews, among its citizens be a sanctuary for me? I work and look forward to a time when Palestinians and

Israelis can live side by side in peace, equality and security. As the founder of Zionism, Theodor Herzl, said, “If you will it, it is no dream.”

Vivienne has engaged in a number of international actions to draw attention to the injustices in Israel-Palestine. She joined the 1996 international vigil in Israel for the Israeli nuclear whistleblower, Mordechai Vanunu, imprisoned for 18 years for revealing Israel’s nuclear weapons program to the world. She joined the 2003/04 International Women’s Human Rights March through Israel-Palestine.

She was in Gaza on the 2010 Gaza Freedom March to break the blockade of Gaza and in the following year on the Gaza Freedom Florilla. With Sylvia Hale, former NSW Greens MP, she was detained in Israel in 2011 for saying her purpose in entering Israel was “to visit Palestine”.

Daughter of refugees from the Holocaust, Vivienne’s parents got out of Prague the day the Nazis marched in. They migrated to New Zealand where Vivienne grew

up. She says her activism springs from her secular Jewish background and brings her considerable satisfaction both in Australia and globally. “I meet the best people in collaborating on this work,” she said.

Vivienne focuses these days on getting the word out at a grassroots level. She said, “I particularly like cottage meetings. Here I can converse with people who may know little about the subject but who are interested and feel comfortable in that face-to-face environment. It can often be much easier for people to engage in this more personal context in a friend’s home.”

Vivienne recently spent three months in Israel-Palestine and had an in-depth experience of life both in Israel and the Occupied Territories. She joined the Freedom Theatre Bus Ride, stayed in Israeli and Palestinian homes,



picked olives, joined both Israeli and Palestinian demonstrations, lived in a Palestinian village in the West Bank International Women’s Peace Service and had an unusually intimate experience.

The Nimbin Environment Centre will be hosting Vivienne at the Birth & Beyond building on Friday 28th February at 6pm. She will be

speaking about her experiences in Israel-Palestine, illustrated with pictures. She offers a close-up glimpse of life ‘on the ground’.

For more information, contact Lisa Green at NEC on 0435-318-335. For further information on Jews against the Occupation, go to www.jao.org.au or Facebook: *Jews Against the Occupation Australia*.

Nimbin Dreamers in a thriller

by Sam Dowsett

What seemed like a distant pipe-dream a year ago has become a reality with the meteoric rise of the Nimbin Dreamers basketball team.

High on the back of a solid ten-game winning streak, we no longer felt like the underdogs by the time the finals rolled around.

The B grade final was a thrilling, physical match, desperate and sloppy at times, as neither side would give in.

Despite a couple of talented ring-ins for the opposition, Boomshakalaka, we managed to claw our way back from being behind most of the game to a convincing win in the end, 47-44.

This year we hope to have a shot at the fiercely competitive A league. We are looking for sponsors to help with uniform, registration and court costs.



Scott, Luke, Chilo, Koker, Frond, Sam (and Billie Jean) with their prizemoney

Anyone who can help, please get in touch.

Anyone keen for a few shots or a muck-around game is welcome down at the outdoor school courts from 4pm onwards on Fridays.

We are also keen to gauge community support and hopefully source some

funding to resurrect 1/3 of the old court down at the skatepark, as I feel it would get more use than the dilapidated school courts and complement our legendary skate park.

I will post the idea on Nimbin Hookups, or feel free to contact me directly at: bottledswamp@gmail.com

Georgia on song for championships

Georgia Callaghan (right) has dreams of representing Australia, and her parents approached Cassandra Jefferys (left) at Discover Fitness to see if personal training could help give Georgia the edge in the water and improve her swim times for the upcoming NSW state age championships.

After a fitness assessment, Cassandra designed and selected appropriate bodyweight exercises to give her more power in the water and improve her lactic acid tolerance.

Georgia is extremely committed, and is working very hard with Cassandra to improve her upper body strength. Her commitment and dedication has shown in her times at the recent NSW age championships, where she shaved over one second off her personal best in every event she competed.

Georgia will continue to work with Cassandra to prepare for the NSW country championships on 22nd February and NSW open championships on 28th February, and her goal is to make the qualifying times for the age national championships in April.

Georgia is now only 100ths of a seconds off the qualifying times for age national championships in 50mtrs freestyle, 100mtrs freestyle, 200mtrs breaststroke, 200mtr backstroke and 200 and 400 individual medleys. She has already qualified for 100m breaststroke.



Georgia trains ten times a week, two hours per session at the Trinity Lismore swimming pool under coach Ken Malcolm, and will train with Cassandra twice a week.

Georgia is extremely pleased with her results so far, and eagerly awaits the February competitions and the opportunity to make the qualifying times for the age national titles.

Spontaneous lock-on to save ancient tree



Susie Russell locked on to the heritage tree in Leard State Forest

Continued from page 4

I wanted my action to make a difference. I wanted people to hear this tree fall. I wasn't going to just get up and let them get on with it. I had seen other people cut off similar locks and thought I could handle that. I was certainly prepared to be arrested. A small price to pay to gain some attention for the wanton destruction of our life-giving land and water that was happening all around me.

A man from the mining company stood at the edge of the hole and ranted at me. There was talk of the edge of the hole collapsing and that the tree was about to fall. I didn't think it was going to fall - it had been resisting their efforts to knock it down and dig it out. I felt the tree was my friend and the earth was my mother and they would look after me. I tried to stay calm but I knew it was a dangerous situation and I was scared.

After about two hours, the policeman said police rescue was unavailable but had authorised the local SES or VRA to 'do what was necessary'. Marg was told to leave, but said she couldn't

leave while there was nobody to look after me. She asked an ambulance officer to look after me, but she said she couldn't come into the hole.

The police said the local SES would look after me, and they proceeded to put a ladder down the hole. So, with that commitment given and thinking that she would be allowed to leave the site without being arrested, as was stated earlier by the police constable, she climbed out of the hole and was immediately placed under arrest. I yelled, "That was unfair..." and someone said, "So you can speak". I asked for water and they did nothing. Eventually they sent an SES man down the ladder to check if I was actually locked-on. I again asked for water. After about 20 minutes without water the SES man gave me two bottle caps of water and then stepped back.

Someone spotted a black snake and there was general banter that they would throw the snake into the hole with me. Someone threw a rope to the SES man and told him to tie it around my leg - they joked about trying to pull me out. Then one of them said to tie it around another exposed tree root. They said, "It's for

when the tree falls, the rope will tell us how far to dig to find your body." These guys were part of the mining club. I wanted to get out. Shortly after someone appeared with the key to the lock.

A police constable unlocked the lock and helped me to my feet, at the same time telling me I was under arrest. I was light-headed and unsteady. I slowly climbed the ladder and was checked over by the ambulance officers.

The tree was bashed to the ground by the excavator. My only consolation was that more people heard it fall because of my spontaneous and somewhat rash action. Sitting in the back of the ambulance I started to sob. Tears of relief for me and pain for the tree and our amazingly beautiful planet

that is being hacked and fracked to death.

We drove to the Boggabri Hospital. The nurses on duty were kind and professional - thank goodness for the public health system that the earth destroyers would also like to dismantle. My throat was bruised and swollen. I could only take shallow breaths and small sips. My blood pressure and pulse were high. I was given painkillers, an ice pack and examined by the doctor.

After a while, and still dehydrated, I was put in the back of the paddy wagon. At Narrabri police station Marg was in one custody box and I was in the other. The custody officer was friendly and the police who were working on the charge sheets were respectful. No-one complained about the

protests or its effect on policing resources.

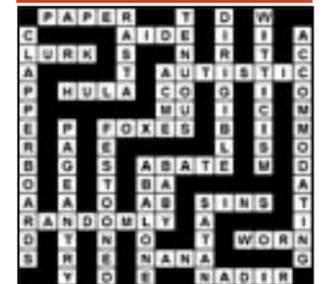
After about three hours we were fingerprinted, our mugshots taken, our possessions returned and our charge sheets and bail conditions handed over.

We were charged with hindering the working of mining equipment and given bail conditions that stop us entering Leard, Pilliga or Jack's Creek forests (where the CSG protest camps have been operating). We are not to approach or enter any Boggabri Coal easements

or infrastructure and were given 24 hours to gather our possessions, say our goodbyes and leave the Leard forest.

Xword Solution

From Page 22



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| 7.00am | 7.45am | 8.00am | 8.30am |
| 8.00am | 8.45am | 12.00pm | 12.35pm * |
| 12.00pm | 12.35pm * | 2.35pm | 3.10pm |
| 2.35pm | 3.10pm | 5.30pm | 6.00pm |
| 3.20pm | 4.15pm | | |
| 5.30pm | 6.00pm | | |
| | | Leaving | Arriving |
| | | Nimbin - Main St. (Park) | Lismore Transit Centre |
| | | 9.00am | 9.35am |
| | | 12.45pm | 1.15pm * |
| | | 3.25pm | 4.10pm |
| | | 6.05pm | 6.35pm |
| | | | |
| | | Leaving | Arriving |
| | | Nimbin - Main St. (Park) | Lismore Transit Centre |
| | | 7.52am | 8.50am |
| | | 9.00am | 9.35am |
| | | 12.45pm | 1.15pm * |
| | | 3.25pm | 4.10pm |
| | | 4.25pm | 5.00pm |
| | | 6.05pm | 6.35pm |

* Mondays & Thursdays Only

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Some Buses connect in Nimbin for Operators to Murwillumbah

JANUARY 26 IN NIMBIN

It may be called different names by different people – Australia Day, Invasion Day, whatever – but it certainly meant an interesting Sunday out and about in Nimbin.

Whether it was the reconciliation BBQ in Allsopp Park, the Nimbin Pool Olympics, a stroll around the markets, a game of bowls at the Bowlo, or just chilling out at the pub – there were plenty of options for a great day out in Nimbin.

And, as usual for Nimbin, there was live music everywhere. Altogether, a prize-winning day for the village.

Photos: Paul Guthrie, Ian McDonald, Zeppelin Chester & staff



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