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Let it go

We are blessed with a pair of kookaburras in our garden whose raucous laughter reminds me to lighten up and see the funny side of life – even if the laugh's on me.

I buy many goldfish. I feed them daily and enjoy seeing them swimming zen-like in my Quan Yin water feature. It usually soothes me. Except when the kookies swoop down and grab their tasty prey. I was looking out the window one day and watched the capture and subsequent digestion of Spot, my favourite fish.

At this point I feel it is good to heed Quan Yin's advice and let it go. Just because I spent money on the fish, feed them, and foolishly named them, doesn't change the way of the world. And the kookaburras have two babies to feed.

My dominant paradigm shifts to understand I am stocking my pond

The world according to Magenta Appel-Pye

for these kingfishers and I choose to go with the flow of nature and enjoy watching their skillful hunting.

As the year comes to an end it is a good time to review life and let go of that which is no longer working, or that which I am working for, without any sense of enjoyment. Yes, it can be hard to change one's trajectory, especially if you've have been travelling down that path for a long time, but it is liberating to clean out the old and make way for the new.

As one door closes, another opens; just don't stay in the hallway for too long. Sometimes those new doors need to be knocked on, opened and maybe even kicked down if you really want to go there.

Quan Yin reminds us to "release judgments about yourself and others, and focus on the love and light that is within everyone."



Nosin' around with PAC



This carpet python was sunning itself in the early morning at 9am on 1st September 2015

Dear SSHS,
My new boyfriend and I come from different religious backgrounds. My family traditionally celebrates Christmas and his doesn't. What should we do? – Mary

She says

Uncle Norm and I have the same issue. I was brought up in the Christian tradition with the tree, pressies, feasting, and even though I am not a Christian, my upbringing means I have a deep-seated psychological expectation that on the 25th December something special happens.

My Jewish husband does not. After a few disastrous Christmases he asked me, "What do Christians do at Christmas?" I tell him that traditionally the women rest, to make up for their over-doing and over-giving the rest of the year and that the men are expected to clean the gutters and do all the house repairs they have been procrastinating over all year. I tell him that these loving acts of service prove his worth as a husband. Unfortunately, it only worked one year, then he wised up.

My advice is to be smart and use this situation to your benefit. It also gives you a good excuse to avoid the silly season festivities which, let's face it, usually cause more stress than joy, by saying to each family that you have converted to the other's religion.

Then do the traditional Aussie thing and pack a picnic and go to the beach.

"To fall in love is to create a religion that has a fallible god."
– Jorge Luis Borges 1899-1986

He says

Interestingly, my cheese and kisses and I are similarly culturally challenged. She comes from some sort of Christian background

She says / HE says with Aunty Maj and Uncle Norm

(though she's reaching cult status herself) and I'm a lapsed Jew. Jesus however, unlike me, was a good Jewish boy, so it's likely he wouldn't celebrate Christmas either if he was still around.

For me, Christmas is an annoying interruption to normal life. I get no work, I run out of money, everyone's on holidays happy and cheerful (spew) and everything's closed. Boring! Or should I say, "Bah humbug!"

It took a couple of Christmases together before I understood I'm supposed to buy her a present, and not something cheap either. She tried to tell me that traditionally men have to do all the odd jobs around the house over Christmas. I'm not stupid, so I played the Jew card and told her that it's Hanukkah and Jews are forbidden to do manual labour over this period. This, of course, is rubbish. Hannukah, by the way, is pronounced as if you are gobbing up a huge bogey.

Your boyfriend, like me, will have to accept that in this country when Christmas comes around, everyone must bend over and take it no matter how much it offends your moral sensibilities. At least you do get to pig out on rich, unhealthy food and get the odd present. Plus there's plenty of cricket on telly, and it feels so good when it's all over.

Perhaps you could take your boyfriend to the desert, away from all the bullshit. You can't get any more spiritual than that. So I'm told.

We would like to thank our readers for sharing their intimate quandries with us and for all their encouraging feedback. See you here in the Nimbin GoodTimes next year!

– Magenta and Norm

Send your relationship problems to Norm and Magenta: normanappel@westnet.com.au

Help healing trauma

by Dr Jacqueline Boustany

It has only been very recently in medical history that PTSD (Post Traumatic Stress Disorder) and even more recently Complex Developmental Trauma have been classified as recognisable disorders, let alone the application of effective treatment.

As we learn more about the disorder we are finding out why people get 'stuck' in PTSD, when their hippocampus is overwhelmed by stress hormones and their limbic system connections replay the same alert signals repeatedly, leading to ongoing flashbacks and nightmares.

This keeps the person in a 'fight, flight, freeze, appease' state of repeated trauma as if the events are happening in the now and long term memory formation is impaired. We are just starting to understand the connections between mind and body and can only postulate as to the effects of such trauma on the physical and psychosocial being I'm sure most of us can understand how severe and repeated trauma can cause unconscious beliefs like "I'm not good enough" or "I am not safe" or "It's all my fault" etc.

It is believed that it is these thoughts that perpetuate the experience of trauma as we create our reality from these belief systems in a sort of self-fulfilling prophecy. Indeed, quantum physics confirms that thoughts carry vibration and the observer's opinion affects the outcome of the research, such as the placebo effect.

The problem is most of our beliefs about ourselves and the world are formed in the early years of our development, before we get to choose them and are layered in the unconscious so we don't have to be bothered about them in our daily experience.

This is meant to be a time for learning how to deal with the world and beliefs are based on keeping us safe. But if we don't feel safe as a child for example, or even in severe

trauma as an adult we will create belief systems that do indeed keep us safe but also hold us back from achieving our conscious goals. Most of us will relate to this as our 'second nature' that we don't seem to have much conscious control over. This can be not only be frustrating but also lead to the perpetuation of trauma as "hurt people, hurt people".

I believe that these underlying belief systems have significant effect on how we treat ourselves, others and the world around us. Most of us are still reacting out of our unconscious mind even when we don't want to. This has led humans to study ways to become more conscious of our thoughts such as meditation, yoga or even CBT (cognitive behavioural therapy) instituted by most psychologists. The problem with PTSD is that talking therapy seems to be limited in its effect and can feel like walking over the same wounds repeatedly.

This has led to the development of more body-based psychotherapy like EMDR, neurofeedback and Hakomi and trauma specialists like Peter Levin 'Waking the Tiger' etc and Dr Van der Kolk 'The Body keeps the Score', where experiencing the trauma as a somatic or physical sensation seems to be more helpful at allowing access to these belief systems and changing our relationship with them.

Reinforcing our sense of empowerment around the trauma seems to be crucial to the development of a long term memory where we feel safe and can move forward into a new reality. The body, which seems to hold these subconscious thoughts as cellular memory, needs to know that it is safe and the trauma is in fact over. This is obviously impossible if the person is still experiencing the trauma and a mixture of therapy including decision making support, CBT, DBT, ACT and any of the above may be needed.

I am writing this specifically to invite you to help me learn a specialised trauma process called the Richards



Dr. Boustany

Trauma Method and bring this to our community. It has been shown to be a highly effective 3-step process using hypnotherapy to access the subconscious, empower the person around their trauma and change the subconscious belief systems with absolute intention from the client. Just for a little homework, imagine how that would feel, starting now!

Anyway, it costs \$6600 plus GST to attend the course and the next intake is February 2016, so I am asking for help from my community to get there. As part of my function applying focused psychological strategies this would be available on any Mental Health Care Plan in incorporation with other psychological strategies employed by me and/or our other local psychologists.

It is thought that PTSD affects 6.4% of the general population but figures on complex developmental disorder often starting in childhood would be difficult to estimate so we need all the support we can get. I believe this to be crucial to our emotional growth as a community and indeed as a human species on this planet as we co-create more consciously.

If this resonates with you, please check out the following link and help support the inner child this Christmas, although pledges don't need to be in until the 24th January.

<https://ozcrowd.com/campaigns/healing-trauma/>

You can check out the process further at: judithrichards.com or on Facebook at Judith Richards Hypnotherapy.

Or link via Jacqueline Boustany on Facebook. Thank you in advance.

Wishing and a-hoping

by David Ward
Life action coach

You no longer have to wish or hope that you can lose that weight, lift that darkness, stop that smoking or reduce that drinking.

With Vital Choices you can break that unconscious hold, take full responsibility and regain control, achieving all these things and more. Just make the firm decision that this is what you want and then apply the proven practical aspects of the program together with the abundant support available. The results can be yours, if you believe in the possibility.

Redesigning your world can now be an absolute reality, and the best place to start is with your personal sustainability, your health, freeing yourself of all the habits that undermine your wellbeing. It's the ultimate in manifestation. Your new-found ability to

adjust your reality becomes irrefutable evidence that this process can be applied to other areas of your life, emotional wellbeing, career, relationships, parenting.

Potential gains go way beyond simply letting go of cigarettes, curbing your alcohol intake or losing that weight, these wonderful advancements are just the beginning.

The time to act is now, those tired reluctant lungs, that burning stomach, those unexplained sharp pains in the chest, the clenched fists and teeth, the pulling of your hair, those dismal thoughts, these are all messages that the current method is not working, and that things are only going to get worse. So, if not now, when?

The building blocks of life and our primal human needs are non-negotiable, although our present day capitalist system strives to



convince us that they are unrealistic and inconvenient, that there is a better way. The dire consequences of this approach threaten to overwhelm us: the medical system is bursting at the seams and the pharmaceutical industry thrives on being our main hope for survival.

We act surprised when

drugs like ice evolve, when really they are just evidence of people's desperation to survive and function, just another predictable symptom of our lifestyle.

Finding freedom from addiction can be like an opportunity to experience your next life, within this life.

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Nimbin Bushwalkers' End of Year

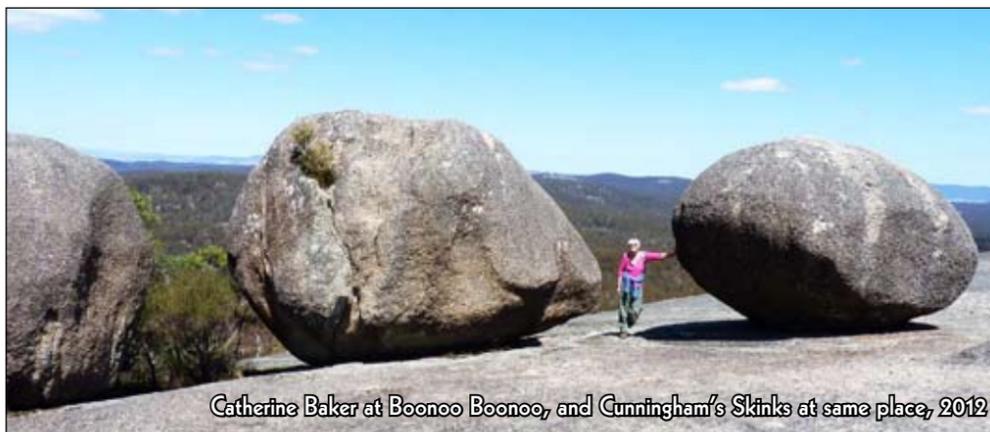
by Catherine Baker

Sunday 15th November saw our AGM, at Brunswick Heads.

A few of us gathered prior to the meeting to walk part of the management trail/ beach loop for an hour or so – an easy, part-shaded walk, good in the warmer weather.

The AGM was mercifully brief, with only one change in officialdom. Judy remains president, Bill West vice-president, Michele secretary, Christine treasurer, and Bill Potter walks program co-ordinator.

After over three years of doing the publicity



Catherine Baker at Boonoo Boonoo, and Cunningham's Skinks at same place, 2012

in the NGT, I figured that was enough. Bill West and Leonie have stepped in.

I have already thanked the NGT editors Sue and Bob for all their quiet co-operation and professionalism while

I've been doing this. I'd now like to thank them publicly. They do a great job.

Have a happy Christmas, and may the world's troubles lessen to something resembling peace in the New Year.



by Mookx

Every year I get asked to kick the crap out of Santa... which I have done for laughs in the past. An obviously popular sentiment. However... I'm not amused by the Santa thing any more. It's time he went!

Of the total world population of 7.3 billion people, about 20% are children. That's nearly 1.5 billion kids. That's like 1,500,000,000 kids. That's a fair mob of sleeping brats for a geriatric old fucker like Santa to visit in one night... by reindeer and sled no less... especially when there's hardly a freekin' chimney in sight these days. He has to carry untold factory loads of toxic, breakable, plastic crap and lollies so the kids can get sugared off their trollies and smash the shit to pieces... before their siblings and neighbour kids can smash theirs. A sackful for every kid (if they've been good! Hah!) That's a lot of junk to whack into your average sled! How many Barbie Dolls and Transformers do you reckon Rudolph and co. might put up with having to haul around the world before going on strike? "Reindeers Have Rights!" sign hanging off the North Pole and the red-nose chappy holding stop-work meetings and organising the rest of the team to use Santa's front doorway as

the tribal toilet.

By the way, "Santa's Little Helpers" are not Gnomes and Elves either, but millions of exploited, deprived Asian children kept working as slaves to make the whole Industrial Machine super profitable.

As for Santa... Once he gets to Oz, or Brit... Europe, Asia, Indonesia, Africa or the Americas, he's gotta get into every house where there are kids (dunno how he tells), dole out the junk, drink a glass of milk, munch a cookie, fart and then on to the next house. All this without tripping over rugs, cats, fairy light cables, drunken uncles, festooned pine trees and angel effigies... whilst managing to deal with cranky, carnivorous canines that fancy a big fat red steak or two for a midnight snack! And all that milk... where does he pee?

All of that is likely to take an hour or two when multiplied by one and a half billion

Honestly, it's such a heap of ill-conceived, laughably implausible parrot poop that it's a wonder it doesn't put kids off ever believing anything ever again... once they find out the truth. Here's a few lines on the subject:

"Various psychologists and researchers have wrestled with the ways that parents collude to convince young children of the existence of Santa Claus, and have

wondered whether children's abilities to critically weigh real-world evidence may be undermined by their belief in this or other imaginary figures. Consequences can include everything from the erosion of parental authority and trust to turning a child into an atheist. For example, Jay defended Santa's existence in front of his whole class on the mere basis that his "mother wouldn't lie" to him, only to read the encyclopaedia entry on Santa in front of the whole class and simultaneously discover that she indeed would. When little Tennille realised that the reason she didn't always get what she asked Santa for was that he didn't exist, she figured that God's non-existence was the best explanation for why her prayers also went unanswered. Encouraging your children to literally believe the Santa lie is the last thing that encourages critical thinking and effective reasoning in children. Think about what many parents do to keep kids believing. When a child brings doubts, parents often encourage the child to stifle those doubts and continue believing. They will sometimes plant false evidence, or show terrible fake "scientific" documentaries that do so, make up faux ad hoc explanations, or... worst of all... just say "he's magic." (Wikipedia)

At home, being smart-arse hippies, we quickly debunked the Santa thing with our kids, but stupidly let the Tooth Fairy exist... glitter trails across the floor and all! (shudder of guilt). It's possible our daughter has never forgiven us. Don't tell lies to your kids, let alone build them into their lives. It's a dumb thing to do!

Santa is really the only cultural icon we have who's male, does not carry a gun, and is all about peace, joy, giving, and caring for other people. It's a pity he's turned into a laughable old freak who deals mainly in plastic and poison, killing the air, land and sea, polluting the planet with unthinkable amounts of toxins produced in the manufacture of all that useless shit the kids get bombarded with. Not to mention (like most celebratory occasions) the idea of continually, regularly giving kids overdoses of sugar-as-reward-treat... setting up patterns and conditions that usually weigh heavily on health... now... and certainly in later life.

So like I said up top there somewhere.... F@\$K XMAS!

PS: SATAN wears red and is often called "Old Nick"... SANTA wears red and is called "St. Nick"... Just Sayin'!

Nimbin Bushwalkers Club November-December walks program

Fri-Sat-Sun, 4th-6th December
End of Year Weekend Camp

Koreelah Gorge (West of Woodenbong)

Leader: Don Durrant (ring 6633-3138 after dark, or Michele 6632-1214)

Meet: Friday 4th Dec, 4pm, at car park behind Kyogle Visitors Centre. Drive in convoy to camping area and set up camp. For people who may prefer to come Saturday morning – please let Don know. Activities include: platypus watching, swimming in beautiful water holes, walking along the creek (includes some rock hopping (grade 4) and generally enjoying the beautiful setting. Here is the link to Koreelah camping ground: www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/koreelah-creek-campground

Bring: Food, water, mosquito repellent, hat, sunscreen, camping gear, possibly firewood

Directions: Drive west from Kyogle past Woodenbong, turn right at Old Koreelah onto White Swamp Road, drive for another 12km and you'll see the campground on your left.

Please note: There are no further events scheduled for December or January.

Over the airwaves



with Bob Tissot

Hello and welcome to On Air... silent radio that won't wake the baby. It's great to have you tuned in again.

Well, it's been an absolutely flat-out month this month but finally, I can proudly report that our Primary Studio Upgrade (PSU) is about 95% complete! The new carpet is laid and the new Hawk 12 broadcast desk is installed. Phew! All that remains is to install the circuitry that puts the telephone onto the desk enabling you, the listener, to give us a call and have your say.

In fact the installation may even be completed by the time this program goes to print. Many thanks must go to Chris for his help in the carpet laying and Matthias for the electronic support. And of course to all the presenters who displayed admirable patience during the change-over... Cheers.

I'm afraid that all my soldering skills has caused my totally inadequate grey matter to pretty much drop everything else it was supposed to be doing which has resulted in the recorded Spotlight interview being in a totally different place to me, and the deadline for publication is only minutes away. So you'll have to wait until the New Year to get



into the kitchen at *The Gumbo Shack* (Tuesday and Sunday 7-10am for breakfast with a return for Tuesday lunch at noon) and meet the chef.

OK, some great new Indigenous music out this month. Kev Carmody has released a four-CD boxed set called *Recollections... Reflections... (A Journey)*. It's full of stories, music, politics and history. It was recorded in a converted shearing shed in Queensland and even though I've only just scratched the surface, I've been loving it!

And somebody else that I've been loving is Emma Donovan and the Putbacks, who has just released a two-track single of *Black Fella / White Fella* as well as a stunning version of *Down City Streets*, which she does with Archie Roach. On the title track she's joined by Tim Rogers of *You Am I* and Joelistics. It's just such a great single and it supports SOS Blak Australia, an organisation standing up for Aboriginal communities in remote WA that are facing threat of closure.

OK, I'm out of here. I'll see you in the New Year. Ciao.

Dominance?

by Suzy Maloney B.Eq.Sc.

Dominant, dominate, dominating, dominatrix! There's no doubt about it, this is a dirty word.

It conjures up images of disregard and cruelty, and can send shivers down the spine of many gentle horse people. However, there is a big difference between being dominating and being dominant.

A lot of equine folks use brute force to dominate a horse, with the view that it is necessary if they are to work with and sit on a 500kg flight animal. They will disregard what the horse is saying to them and use cruelty if necessary to dominate the horse and gain control. Usually the end result is a horse suffering from learned helplessness, or a horse that

fighters back.

Is it necessary to dominate a horse and is there another way? The answer to both these questions is yes.

Horses are horses, they see the world through an equine mind and with equine social rules. In the horse world the herd hierarchy is super important and is decided and maintained in such a manner that all parties are clear where they stand. When a horse interacts with a human they don't become human, they remain a horse, and seek to fit us into the appropriate spot in their herd hierarchy.

This is done with a plethora of subtle and not so subtle body language messages. When a human doesn't understand these messages it is very easy for them to give an incorrect response and so send a message to the horse that they didn't intend to.

This can lead to dangerous situations where the horse feels the need to take the dominant role. There is then the possibility that the human with their small body can inadvertently be hurt by the larger dominant animal.

So is there another way to achieve the dominant position within the herd without being brutal? Absolutely yes. If you learn equine language and the horse realises you understand them then the communication channels between the two of you open up wide. The horse will grant you dominant status of their own free will without you having to be the least bit aggressive, a much better way to achieve it.

The horse would actually prefer you to be dominant, because then it's your job to fight off the lions and tigers and they can just relax and eat grass knowing you will look after them and keep

them safe. A horse that is dominant over a human is only doing it because they think they have to. The majority of horses love it when you step up and be a clear, consistent, safe leader for them.

Basically anyone who takes the dominance role instead of being granted it, is being a bully. It is not OK to treat any animal in such a way, and it is not necessary. When a horse makes this choice, instead of having it forced on them, it opens up the possibility of a horse-human relationship that is based on two-way respect and trust. This is the goal of all horse lovers, and allows us to become true friends with our equine partners.

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Suzy and Rumpy the brumby

Discover fitness Ocean pool one step closer



Discover Fitness is pleased to announce that the gym will now be open Saturday morning from 7-10am.

We would also like to welcome to our team our new trainer Steve McMullen.

Steve has twenty years experience and loves helping people set and achieve their goals. Specialising in self-defence, body sculpting and writing personal programs that produce amazing results, he'll be there each Saturday to help get you started.

To book a Personal Training session or personalised gym program on Saturday mornings, please call 0428-439-526.

There is a wide range of group

Chrissy Schyff, Cassandra Jefferys, and Steve McMullen

fitness sessions available, including Circuit, Pilates, Bootcamp, Yoga and Zumba.

Gym programs especially tailored to suit your goals.

Personal training and rehabilitation, specialising in correcting knee biomechanics. If your knees are giving you trouble and preventing you from exercising, commence rehabilitation now.

Combine this with a pilates class and turn your life around.

Make a booking to discuss your fitness needs by phoning Cassandra on 0428-439-526.

Otherwise, entry is \$10.

The movie is *Far From Men* (France, Drama, 102mins, 2015, M), a drama about the Algerian War of Independence, starring Viggo Mortensen.

Daniel Soler will be speaking about his personal experiences in this war on the night.

Join our facebook page (Nimbin Flix) and join our email list at: nimbinflix@gmail.com

There is no film in January.

by Cr Jeff Johnson
Ballina Council

The Ballina Ocean Pool Committee was formed about six months ago, and has been busily working towards gaining approval for a world class ocean pool to be built on the rock shelf between Shelly and Lighthouse Beaches.

At a recent meeting of Ballina Council's Reserve Trust, the majority of Ballina Shire Councillors supported the ocean pool committee's proposal and gave delegated authority for the preparation of the necessary planning reports.

This is another important step forward in making this community driven project become

a reality.

It's worth noting that Ballina Council hasn't allocated any funding towards this project, so it is being progressed by a group of dedicated volunteers who feel that an ocean pool in Ballina would be a great addition to our coastal reserve.

There are over 50 ocean pools in NSW, with many of them being built up to 100 years ago and requiring little maintenance. There are some that haven't been as successful, and we will most certainly be learning from others' mistakes and poor design options.

Our group has been overwhelmed with offers of support from a range of local professionals including university

professionals, State Government officials, engineers, surveyors, construction companies, planners, builders, plumbers, etc who all see the value and benefits that an ocean pool would bring to our community.

Not only would an ocean pool be free to use all year round by families/children, the elderly, those with injuries, the frail, and everyone in between, it would also be a wonderful draw card for tourists, and as a result, provide a welcome boost to businesses and our local economy.

The rock shelf between Shelly and Lighthouse beach has been chosen because it would allow the pool to be interactive with the ocean (tidal flushing) and the close proximity of local infrastructure already in place (car parking, two surf clubs, cycleways, two cafes, toilets/showers, etc).

With so many local professionals volunteering their time, our aim for a world class, low maintenance, aesthetically pleasing ocean pool should become a reality. We will be working hard to deliver it sooner rather than later.

It is also our belief that State and Federal Government grants, along with local sponsors and partnerships will cover the full cost of construction.



Ballina ocean pool could look like this



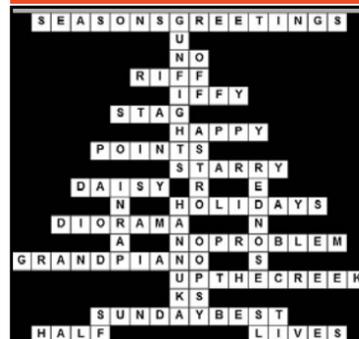
The next film night will be on Saturday night, 12th December, 7pm for a 7.30pm start, food and drink available.

We now have a half-price special on memberships until May, so only \$25.

www.nimbingoodtimes.com

Crossword Solution

From Page 27



Changing our Economy – to stop climate change

This Changes Everything, Capitalism vs. the Climate
by Naomi Klein, Penguin Books, 2014

Reviewed by Janine Kitson

Naomi Klein believes it is absolutely possible to turn the crisis of climate change around and end the war against Nature. But to do this we need to tackle the underlying economic causes of the climate crisis – global neo-liberalism corporate capitalism.

Naomi Klein eloquently argues that a major reason why we have failed to take action on climate change is because we have failed to tackle dominant global corporate capitalism that demands endlessly insatiable growth, is extractivist, anti-Nature, and widens the gap between the rich and poor. Multinationals continue to push hard for global deregulatory

'free trade' agreements that send emissions soaring. Their carbon emission profits remain more important than cataclysmic climate collapse.

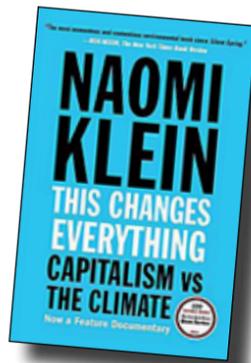
Naomi Klein argues that governments no longer have the will to say no to the powerful fossil fuel industry. Instead they are pressured to demand austerity, budget cuts, privatisation, and deregulation that transfers public wealth to private profit. These short sighted economic policies are causing havoc to our planet's life support systems. Strong investment is needed in public services to buffer climate catastrophes. We can no longer afford to downsize government funding to education, health, public transport, emergency services, food security. Nor should we be so eager to privatise publically owned lands, assets

and buildings and subsidise fossil fuel companies.

We need to get off the treadmill of economic growth before it locks us into irreversible dangerous climate change. We need to leave the last remaining fossil reserves under the ground.

Despite 97% of scientists confirming the crisis of climate change, Naomi Klein exposes how the multinationals have funded journalists, scientists, lobbyists and policy makers into discrediting action on climate change and transitioning to renewable energy.

Record breaking summer temperatures continue because



we continue to mine, burn more and more fossil fuels in places that were once no-go zones. Now no place is safe from the appropriation of environmentally sensitive areas, agricultural lands and water catchments for the last gouging of the fossil fuel age.

The battle between climate change and capitalism has been occurring for the last 30 years and "it wins every time the need for economic growth is used as the excuse for putting off climate action yet again, or for breaking emission reduction commitments already made. It wins when Greeks are told their only path out of economic crisis is to open up their beautiful seas to high-risk oil and

gas drilling . . . It wins when a park in Istanbul is slated for demolition to make way for yet another shopping mall . . . It wins every time we accept that we have only bad choices available to us: austerity or extraction, poisoning or poverty" [page 22-23].

The book asks us to think big, go deep, and break away from our iron grip obsession with market fundamentalism that is now the greatest enemy to planetary health.

If we don't get emissions down by a rather terrifyingly close 2017 the door will be closed forever. Our fossil fuel economy will "lock-in" extremely dangerous warming with brutal fires, floods, droughts, and extinctions.

Naomi Klein positively embraces the crisis of climate change as an opportunity to create a better world where we live in vibrant local, green energy communities. Something we all must champion as we enter "Decade Zero" of the climate crisis.

Frisky fairies spotted in gardens around Nimbin

A sweet and dainty backyard buddy in Nimbin proves you just can't judge a book by its cover. As breeding season kicks off for cute little fairy-wrens, so begins their long list of illicit affairs.

Backyard Buddies is a free program run by Australia's Foundation for National Parks & Wildlife. Each month, you get a Backyard Buddies email (B-mail) with tips to make your backyard inviting and safe for native animals. Superb Fairy-wrens feature in the October B-mail. Sign up for B-mail and download a free factsheet about fairy-wrens at: www.backyardbuddies.net.au

There are nine species of fairy-wrens found across Australia that are currently partnering up for the breeding season. NSW is home to five of the nine fairy-wren species. The most common wrens to look out for are the Superb Fairy-wren, the Variegated Fairy-wren and the Splendid Fairy-wren.

"Fairy-wrens are super cute with beautiful feathers and have delightful personalities, so it's no wonder that the Superb Fairy-wren was voted Australia's favourite bird," said Ms Susanna Bradshaw, CEO of the Foundation for National Parks & Wildlife. "But behind their fluffy appearance, there lies a tangled web of torrid affairs and deceit."

"From the outside these birds look like they have the picture-perfect family unit. Mum and dad appear busy rearing their young each year, with some of their offspring even sticking around to help out with feeding the next brood of chicks."

"Dad will go to great lengths to protect the family territory from other males, while also sharing child-rearing duties. However just before dawn, the illusion of family duty and marital fidelity is shattered."

"Both mum and dad will often disappear to neighbouring territories, before the sun rises, for romantic forays with other fairy-wrens. Mum may seek out a suitor who recently gave her a pretty flower as a gift, while dad fairy-wren may disappear to court other females."

"This unashamed infidelity isn't just a one-off, it is so common that up to three quarters of all the fairy-wren broods can be sired by other males," said Ms Bradshaw. "It's not surprising that they have the title of being the most unfaithful birds in the animal kingdom!"

"You hear a lot about birds mating for life, but being unfaithful in the bird world is a lot more common than many people realise. It also has its benefits. Laying lots of eggs fertilised by different males can increase the genetic health of the fairy-wren population."

Why the Fairy-wren should be your new best friend:

- Despite their tiny size, these little birds have a voracious appetite for insects and will eat up large quantities of garden bugs for you – you're welcome!
- Fairy-wrens are arguably some of the cutest birds in Australia but when the temperature drops, their



Superb Wren Photo: PAC

cuteness factor increases exponentially as they huddle together on branches for warmth.

• Male fairy-wrens may not look that tough but they're actually very brave. When most bird species hear a predator birds calling they will go quiet and try to work out whether they need to take cover. However the male fairy-wren decides that this is a great time to loudly sing his own song, probably because he knows that more birds will be listening.

• Fairy-wrens are incredibly smart. They can learn to recognise the alarm calls of many other species, and flee to safety. Scientists liken this to the birds being able to understand multiple foreign languages.

"If you want to see more of these cuties in your own garden and watch their Kardashian-style lives play out in front of you, there are some simple things you can do," said Ms Bradshaw.

Tips for encouraging fairy-wrens into your garden

• The very best thing you can do to make your garden friendlier to fairy-wrens and other small birds is to keep pet cats inside or install an outdoor cat run. Cats sadly kill and eat many Australian fairy-wrens, even if they're well fed and not hungry.

• Plant dense bushes in a corner of your garden to offer fairy-wrens protection from predators and a safe place to nest. Some of their favourite protective plants include Lemon Bottlebrush, Lemon-scented Darwinia and Hakeas.

• Small, insect-attracting flowers are great for the male fairy-wrens who like to offer pretty petals to females they are trying to woo. These plants also attract insects for them to eat. Croweas, tea trees and dwarf flowering gums are some great insect-attracting plants for fairy-wrens.

• A birdbath placed near dense bushes will also entice these pretty birds into the garden. They like the bath to be close to bushes so they have somewhere safe to quickly fly to if they see a predator.

• Avoid planting lots of tall trees, surrounded by open spaces as this favours predatory and aggressive birds such as butcherbirds and noisy miners. These birds will chase fairy-wrens away.

Last morning on Tuntable

by Gloria Constine

The light has arrived, and I wrap up and sit on my beloved veranda.

The morning chorus is in full throat with a multitude of whip birds calling and responding. There's a "chip chip" and the prolonged chattering of the honey-eaters. It's impressive.

There is a red hue in the sky and the wind adds its voice as the tall quandong trees sway and drop nuts that bang like gunshots on the roof below. They kept me awake last night, my last night here.

After a while the intensity decreases. Even the red sky has disappeared, but the wind gusts and whip birds still pay homage to the morning, as do the honey-eaters.

I've known this place for 33 years and delight in its changing seasons, the summer visitors adding their charm to the dawn chorus. You cannot miss the electronic-like utterances of the spangled drongos or the whampoo sound of the dove.

A bush turkey just walked by. It took a while for me to stop feeding them and realise they really are a nuisance, hanging around and digging up whatever I plant. My favourites are the frogmouth owls – watching the inquisitive white bundles learn to fly, while the parents escort them to wherever they land. It gave me an inkling of how it is for free creatures who don't need a home to go home to, unlike us.

Sometimes our proximity is sought. It enabled a wallaby to stay close to recover in safety or a baby bush turkey, which you barely see as a dark blur, to die in peace after being found on the path in front of the house. They seem to know this is a safe place for them.

It is still now. The birds still call, and answer; but I notice now the unmistakable calls of the drongos, late-comers to the morning, newly arrived from their epic journey from their winter life.

I won't be here after today. The sorting of the junk and useful is nearly over as projects not yet started or finished are crossed off my to-do list. Most of the building materials were used though as I orchestrated the building of my home.



Tawny Frogmouth Photo: PAC

I cherish the many willing workers who came over the years to help me and share my life, and bring me tales of theirs.

Someone else will sleep here from now on and appreciate this particular patch of land and its inhabitants.

I'm not sorry to leave though. My life here made untenable due to my allergy to a not-so-humble ant. But I'll always remember the many adventures that this place enabled me to have. And I'll try to forget the disappointment and stress from locking horns with a few people over the years. I could have been much more comfortable elsewhere, but the hardship and discomfort is nought to the interesting life I've led here.

Ahh! The sun is now shining on some of the trees; their leaves glistening on this now still morning.

Not too long ago I would write Gloria's Rave in bed for the now defunct *Nimbin Magazine*. My long career as a volunteer; interspersed with trips with my very own 'Dr Who', as his companion on his quest to save the world. He'd already helped save the forest.

I can hear stirrings in the tent nearby, my son is waking. We have to finish today, load up the accumulated detritus of my life.

Tomorrow starts a new chapter for this place. A son of the valley, now returned with energy and inspiration, will remodel what I've created to fit his dreams. Whatever changes are made, the one constant here will remain. The birds and animals that also live here will wend their way as usual and try, as usual, to inhabit whatever we build. Nothing will take away the beauty of this place.

It must be time to put the kettle on.

Ever the activist

by Wendy Sarkissian

A few weeks ago, on 26th October, a small group of activists and a documentary film crew concluded three days of poignant commemorations near the South Alligator River in Kakadu National Park.

We met at a place once fondly known as 'Camp Concern'. The founder of the Camp Concern anti-uranium protest camp at the gates of what was to become Kakadu World Heritage Area, Strider, is also remembered in Nimbin for his activism related to benefits for unemployed people in our region.

I joined Strider and other activists to reaffirm my support, patronage and participation in this courageous, symbolic venture. I visited the Camp in 1976 and 1977, after hearing Strider speak at a national planning conference in 1976. We became close friends.

The peaceful, non-violent protest camp operated for four years, welcoming over 2000 visitors to their spot just off the Arnhem Highway. The conditions were rough and dangerous. Feral water buffalo were an ever present threat. In the Thunderstorm Bioregion, when it wasn't insufferably hot and dry, it was hot and raining cats and dogs (averaging 1355 mm in three months of the Wet). The mosquitoes were as big as your fist.

Protestors lived in tents

or makeshift houses, guests in tents or under tarps and mosquito nets. The protestors had only patronage for support, as there were few local jobs and most were tied to the proposed Ranger mine. Food shopping required a 400km round trip.

When the Ranger uranium mine was approved in 1979, the camp (which had often only Strider, his dog and one or two others as a core residential group) disbanded. At that time, Strider (and the rest of us) sadly accepted that the campaign had been a failure.

Now, sharing a bottle of champagne beside the glittering 'One Flower Lake' billabong in blast-furnace Build-Up heat, we view it differently. We chronicled forty years of environmental and anti-uranium activism that sounded the death knell of the proposed Jabiluka and Koongarra mines (with Koongarra added to the Kakadu World Heritage Area in 2011).

Activism by conservationists and local Indigenous people subsequently stopped expansion of the calamity-ridden Ranger mine. Only mined ore is now being processed there. No further mining will occur.

Effectively, 40 years on, we have put an end to uranium mining in Kakadu National Park!

While we stumbled through the forest and smiled at

the detritus of rusted filing cabinets and roofing iron where the houses had once stood, we waited to experience a visceral connection with our powerful landscape of memory. But the truth is that neither Strider nor I could recognise the place that meant so much to us.

We concluded that a severe cyclone and four decades of heavy-handed 'fire management' by Park authorities had turned the already sparse dry sclerophyll forest into a barren and unrecognisable place. (Strider contrasted that wasteland with the shady spots on his 20-acre property at the Solar Village, Humpty Doo, where the residents have sought to exclude fire since the 1970s.)

The water buffalo that roamed, wallowed and ruined the Camp Concern landscape (especially the billabongs) forty years ago are all but gone and we spotted only a few feral pigs. Significantly, the billabong, now a sanctuary for birds, is adorned with flowers.

Our Camp Concern visit was not without its ironies, with



Strider, now 72, explaining to journalists that he'd recently had two strong doses of radiation to treat a serious cancer.

Strider reminded us that larger battles still beckon. We're not finished with uranium yet, he cautions. It's an ever-present danger, as news reaches the Top End of the first diagnosed case of leukaemia in Fukushima, where the nuclear reactor was damaged following the earthquake and tsunami of 2011.

"That's just for the mining of uranium at Kakadu," he gestures in the direction of the Ranger mine.

"The reactors are still in business elsewhere in the world and we won't be claiming victory until those are closed down, thanks very much."



Camp Concern in the 1970s

forward into the new world presenting. Am I brave? Of course I am. Vast horizons twinkle ~ glow with radiance ~ call with sweetness ~ promise wholeness. We are more than we think ~ what we ask for arrives. This great world of existence ~ Life ~ only knows to give. We could do well to seek her tutorage.

As this robust year draws the final curtain we may be feeling a little fatigued ~ we've travelled many miles, opened new doors, glimpsed new horizons and faced our vulnerability. We're ready, we're prepared ... we've learnt and grown ... time to take the next step. Life is for living, exploring new horizons ... so much awaits us.

The gorgeous Gemini Full Moon (as I write) ~ what a magnificent show. Nothing can compete with Mother Nature ~ sublime, unique and filled with such wondrous beauty. She wows us every time. The New Moon in Sagittarius on December 11th completes the new moon cycles for 2015 ... culminating and illuminating on the 25th. New journeys ~ expansion and adventures ~ travelling beyond the limited, opening to the vast expanse of knowledge; shaking off the shackles, opening the mind to unlimited possibilities. This is just the beginning ... we've made our way through the brambles and seemingly impenetrable walls of resistance ~ we understand our strength, how great we are ... how much we know, what we are capable of. We have a wealth of knowledge and understanding ... we are ready to undertake this new journey. We know we'll find what we're looking for. What a great month to finish this great year. Lotsa love to you all....



New horizons

by Marilyn Scott

Here we are ... the last month of 2015. The last lap of this vast oval ... can sometimes have us dragging our feet. We may feel a little weary ... it's been a significant year. So much opportunity ~ time to take stock and plan for our future. The times are concentrated ~ so much is possible. Time for stepping into our new life ~ a new world awaits us all.

There are moments when we can feel as if we're flying free and others as if we've sunk to the floor of a swollen river ~ like a heavy stone. It's certainly not a time to be asleep. Time to be awake, arms open, accepting the multitude of gifts. We've worked hard to be here and now ~ time to recognise our strengths.

A multitude of experiences present as we walk these last steps ~ the propulsion is vigorous ... so much is culminating ~ finishing off, new beginnings ~ presenting new ideas and visions ~ all approaching simultaneously. There's an urgency

about ~ to get on with life; to get on with what's important ~ to give birth to the life you've dreamed of. Goodness exists as does happiness and joy ~ kindness is all around. We need to take our eyes and ears away from the doomsday prophets. Peace is possible ~ if we can experience it within our self then we know it's real and that world peace can be a reality. We need to be grounded ~ we need to be solid ~ anchored in truth.

It's as if two worlds exist side by side ... or maybe there are many; light and dark ~ symbolic terms to describe presence and absence, conscious and unconscious, understanding and ignorance ... good and 'evil'. The world I hear about in snippets of 'news' ~ so full of drama, pain and suffering ... is far away from the world I exist in. Yet I know it's there. And as a human being my heart grieves for those who suffer.

I can become overwhelmed by the foaming waves of change. New vistas beckon ~ can I leave behind all I believe is possible ... can I step



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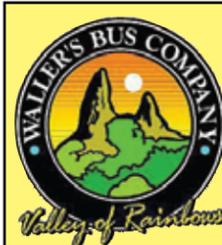
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7.00am	7.30am
8.00am	8.45am
12.00pm	12.35pm *
2.35pm	3.10pm
3.20pm	4.15pm
5.30pm	6.00pm

School Holidays

Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)
8.00am	8.30am
12.00pm	12.35pm *
2.35pm	3.10pm
5.30pm	6.00pm

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
4.30pm	5.15pm
6.05pm	6.35pm

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

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