

Honduras – a musical journey, part 3

An Interview with Pavel Nunez by Warwick Fry

I first heard of *Cafe Guancasco*, Honduras' leading rock band, in 2010 when police violently broke up their concert with water cannons and tear gas (the audience thought at first that it was part of the special effects), trashing \$30,000 worth of equipment. It made the international news, and I contacted their lead singer, Pavel Nunez (known to his friends as 'Pavelin') to do a phone interview on 2Nim-FM.

A few weeks ago I met up with him personally in Tegucigalpa, and we sat down with a beer and a microphone.

Guancasco started off doing poetry, travelling to neighbouring El Salvador to poetry events where they did performance poetry with El Salvadoran poets involved in the revolution at that time. From there he says, they moved on to music. He also taught mathematics at the National University, but he and others were dismissed after the 2009 coup.

Pavel says it is virtually impossible for *Cafe Guancasco* to work in Honduras today. No one will hire them equipment since the violence of 2010, and both the venues and musical performers are heavily taxed.

We started talking about Pavelin's best known songs. "I liked the chorus of 'The



Busdriver' ('Hang on tight... we're going to blow!') I told him. "It made me think of the way Honduras society is heading".

He laughed. "I like that interpretation. A lot of our songs have embedded political references. It's interesting, because when the album came out, 'El Busero' appeared to be the only song that wasn't political. The thing about protest songs is that sometimes the reality of the life of the worker is forgotten. You can't always be sending the same message.

"When it came to writing 'El Busero' we wanted to dignify the work of people like the bus driver who gets out of bed at five in the morning to clean the bus, has a coke and a cigarette for breakfast (the opening lyrics of 'El Busero') and deals with the craziness and chaos of Tegucigalpa. Try driving in the traffic in Tegucigalpa. Try getting directions in Tegucigalpa... and this is a reflection, on a social level of

the insanity of this country."

"A while back we were in Venezuela, at a huge music festival. We were played on Radio Maracaibo during the election campaign of Nicolas Maduro, and it became one of the campaign songs. (Maduro started his working life as a bus driver and began his political career in the transport workers' union). Imagine a million people singing 'El Busero,'" he laughs.

He tells the story of the composition of another hit; 'El Club de Los Idiotas' ('The Idiots' Club'), that was the top ranking song in Honduras for 20 consecutive weeks in 2006, and later became the hymn of the Resistance after the coup of 2009. "I think it was back in 2004 I was working with a communications company as a technician installing security systems. One job, I was blindfolded and taken to a room where we were setting up the system. When I looked around I realised that I was in the headquarters of the



Pavel and Warwick

National Party." A description of that room forms the setting for 'El Club de Los Idiotas' – a scathing attack on the men who run Honduras.

"People have said that my songs are prophetic, but if you look at history you don't have to be a prophet."

Another big hit of *Guancasco* is 'El Amor esta en tu Boca' ('Love is in your Mouth'). I told him it had a kind of 'hippy' feel about it, something of the style of John Lennon. He laughed delightedly.

"Thank you. I'm a great fan of John Lennon. I can tell you a bit about the history of 'El Amor esta en tu Boca'. All the songs we have been talking about were written before the coup of 2009. A lot of them

were taken up as songs of the Resistance. 'El Amor esta en tu Boca' was written in 2007 when everyone was asking me why I hadn't written any love songs.

"At that time I was in a relationship with a girl from one of the 'elite' families. We had a lot of shared sentiments, and I learned a lot from her. She was an artist, and I told her that there was more in life for her than to be in charge of a thousand employees. That her words and her thoughts were beautiful, that she had much to say, that there was love in her mouth. But in the end don't ever forget that there is also love in the hills, where there aren't enough beans, in every mother, in every

child... I could go on. I was saying this to an upper-class woman... well (he laughed) the relationship ended.

"The coup had a little bit to do with it. We had slightly differing positions, and now she has children with a good surname," he chuckled.

Despite his fragile appearance, Pavel has a robust stage act. In his public performances of 'Love is in Your Mouth' he works the crowd with a police whistle and workman's cap. It's worth watching the YouTube video of a concert in Los Angeles where he has the whole audience jumping and then howling for more. Just do a YouTube search of *Cafe Guancasco*. It will find you.

Seize your political opportunities

by Ken Jones, Rainbow Power Company

It is often difficult for small and medium regional businesses to have their voice heard by government. Opportunities are rare and must be seized when they present. Rainbow Power Company has recently had such an opportunity.

With this year's tightly contested Federal election, RPC was a popular destination for campaigning politicians in April and May. We had visits from the Greens' Senator Lee Rhiannon and Shadow Environment Minister Mark Butler, both with local candidates in tow. Acting Prime Minister Barnaby Joyce invited us to a breakfast meeting with local candidates.

A Position Paper was prepared at short notice, outlining our industry perspectives and policy priorities. It highlighted issues including: the need for certainty in the renewables market; protection of small-scale generators against predatory behaviour by established dominant players; transparency in advertising claims for renewables contracts and finance; and a federal incentive scheme for the uptake of batteries.

This was a valuable opportunity for input at the highest level of government. Something tangible for candidates and ministerial minders to take away is important.

While miracles seldom occur, this approach does mean that regional business can have its voice heard.

Some of our policy priorities even made it into official Party Platforms.

Power Meters

Essential Energy has recently confirmed that they will only approve the rewiring of dual gross/nett power meters.

Enova Energy has confirmed that they are offering smart meters to their customers who opt for one. This is at no up-front cost, in line with industry practice.

Guest is God – the hospitality code

by Krista Schaefer

In Denmark the saying goes: "A guest shall not stay longer than three nights." I am pondering on that statement as I have had numerous guests, and the way people treat you in your own home can vary widely.

I love to have guests but with hindsight I wonder sometimes why I put myself through allowing folk into the privacy of my sacred space; though I constantly do. It's a tricky business! I consider myself a sociable person and the thought of inviting somebody interesting into my house to stay is exhilarating and wonderful and most of the time it is a wonderful experience, be it probably not what was expected.

There are guests who arrive and are feeble and shy. No matter how much ease is given to them, they cannot relax and wait around nervously for instructions. Tea time, going out, going to bed! It's all up to you, and they follow. It is quite stressful when they remain standing nervously and you have to excuse yourself to get around them! Do you know what I mean? Or is it just me? I wonder? I have had the experience of being caught out in the rain when timid guests are too timid to enter the building until you instruct them to!

Other guests are the bolshie, overly confident guests who make themselves at home in your home very quickly and with extreme comfort and a strange familiarity. Pretty soon after arrival they have slipped into dual living space syndrome and it was as if they always lived in your space. They are relaxed and

help themselves to whatever they need from your stuff, but then return the favour in other ways. Some guests don't return the favour.

Oh, I love the ultimately generous guests with the coffee-shop stops, with cake as well. Their arrival comes with a fridge full of goodies and a warm heart of appreciation.

There are guests who make no effort at all! They are in your space, but they have not come to visit you. These guests have usually arrived to visit a member of the household so they are not technically your guests! However they are living in your space and feeling relaxed and at home, helping themselves to everything that is around. Fresh organic coffee, hair conditioner and even the pillow where you lie!

There are times when I have felt like the 'great provider'. Somebody stayed at my place and played her part in the running of the household by simply washing her one fork and plate and then silently slipping outside to smoke a fag without a "Thank you" or "How's your father?" I have felt like part of the furniture.

I remember a time a particular lovely guest seemed to spend most of his time with his hands in the kitchen sink! I really appreciate somebody washing up in my house, but there are certain utensils that need to be hanging around. Cup of coffee for one! That morning coffee that I never finished, because it was always drying out on the draining board, all washed and squeaky clean. Incense holder! These should not be washed! Funny that the image I get of

him when I remember him, is his happy smiling face and hands in my kitchen sink!

It's good for me to have this experience of living with other people, as I am very content with my own company in my own space. It's a lesson in tolerance, acceptance and communication. The act of sharing and accepting with a benevolent attitude is challenged due to the individuality of each and every one of us. Some people love company, others love their own space, it's just the way we are. It's easy having guests, because most of them leave!

I continue to enthusiastically invite guests to my place. I love meeting interesting people who share a common interest and yes, it would be lovely to spend more time with you. That doesn't necessarily mean living together 24 hours a day for a few days/weeks! It's a strange paradox between love and hate. To be or not to be (alone). To share or to hoard?

In India they say "Guest is God" and therefore as a guest you are treated extremely well and they seem very happy to have you! This makes me feel like a selfish old fool as I dance around my kitchen uttering pleasant affirmations out loud, just because in the privacy of solitude I can.

I have heard Aboriginal people have the most generous hospitality code, meaning no-one gets turned away. I humbly wish I could be more like that. What a decent culture, to look after each other. What has happened to the people like me? In search of a better path but never truly allowing the ego to step down.

Respecting elders in their twilight years

by Rosie Shaw

Our Elders deserve our honour and respect... the years of service and love they give to a community, and the wisdom they have gathered and shared should allow them to relax in their final years and feel confident that they have spawned the next generation as a loving one.

I dream of my twilight years being surrounded by friends. We could all live together or nearby, and visit each other often, yoga to keep us bendy, cook dinners together, talk and laugh lots, help each other, be in the garden, have our pets nearby. We would have lots of support: many visitors and friends, children and grandchildren, local nurses popping in for those who needed it, and live-in carers about the place. The Elders' opinion would be held in high regard.

There would be fabulous music and a great collection of films to watch, roaring fires in winter and shady trees for siestas in summer. It would be a pleasure to be there, and we would notice if anyone felt blue. We would do group ceremonies to harness the Elders' wisdom and channel it into a happy future for the community.

It's not that I want to hasten towards being old. I just want to envisage it being great – then it's a comforting thought, not a terrifying one.



But bring the subject up at any gathering and most folk will shy away from talking about their final ten years. I get it. No-one wants to think of themselves as old, infirm, or short-circuiting from years of mismanagement, and that we must enjoy the now and not worry.

Well, I'm not worrying, just giving myself a rosy picture to aim for. Like anything in life... if you know what you want and put some detail into it, it makes it easier for the Universe to give it to you. Indeed, when I was looking for a husband, I had a list

of qualities I was searching for, and would change it frequently until I felt I had the perfect list... and I got him. It has been my most successful relationship ever, because I thought it through and knew what I wanted/needed for my life to be smooth.

Imagine my horror then, upon visiting my neighbour in an old folk's home, to find her curled up in a ball on the bed and sobbing to leave. She had tried to escape a few times, and every time the nurses had frog-marched her back and locked her in her room.

It was lunchtime, and the food smelt sickly. Her little dog, who had been at her side for 15 years, had been taken away (not permitted at the home). Her bedroom window opened only a crack, and the place was all air-conditioned. She was used to being in her garden every day, and breathing fresh mountain air. Now she overlooked a shopping centre in a city, and felt terrified, alone, bored and unloved. I suddenly thought, please don't let that be me in 40 years' time! Let's plan my glorious dream twilight situation now!

Nimbin is very good at coming together about matters of the heart, and our Elders are a huge piece of the puzzle for a successful community. Mulgum House is no longer an old folks home – it is being operated by MultiTask for physically disabled people. The only other communal place for our Elders is a wing of the hospital. There is space for 11 residents who are behind mirrored glass and rarely seen.

It's refreshing, and a sign of a healthy community, to see all age groups mixing together freely. Kids bringing the bounciness, Elders telling wise, gentle stories to the kids, youths bringing the cutting edge of cool, and relaxed parents with more headspace. Nimbin town would definitely benefit from an alternative old folks home as soon as possible.

Three BIG changes

by Russell Lean

I always attempt in my dealings with businesses to demystify complex issues that arise regularly with Google and the internet. I do that as well when I do in-house training with businesses, and also in this column. People generally don't understand that Google do approximately 5,000 experiments in search on the internet every year. That's about 100 a week.

They also regularly "update the algorithm" – or put another way "program the artificial intelligence that is Google to do things in a different way". Over the years from 2009 until now, Google have rolled out major algorithm changes with titles including Caffeine, Panda, Penguin, Hummingbird – their new search engine, Pigeon and Mobilegeddon.

Panda – which is to do with measuring quality content on your website – is still running, and has had 28 updates to date. Penguin is still running and had its last official update in 2015. I say official because everyone in the online marketing industry are calling the very big one that happened in September Penguin 4.0, as it had hallmarks of other Penguin updates. Google are nodding in agreement but not saying much as yet.

The Penguin updates are about web spam, and in particular links to your website. In the old days you could trade links, or buy links from anyone. Links are one of the ways



Google assess quality of websites and authority in a niche or industry. These days only natural links matter – for instance a lawyer getting links from a law journal online or the law faculty of a university. Or a real estate agency getting links from a real estate directory or site like *RealEstate.com.au*. If your site has what are called "unnatural links", you will be penalised and your rankings will drop significantly. Fortunately Google also provide a tool that can assess all your links and highlight the bad ones and even a "disavow tool" so you can easily mark the bad links and ask Google not to include them in your ranking signals (the signals that assist the algorithm to place you in search results).

If you look at the full web address of your website, you will notice it commences with `http://`. Google are now insisting that all websites move over to `HTTPS`. The "S" refers to *secure* or another way to say it is *encrypted*. Due to the fact that many websites large and small are being increasingly hacked, Google want us all to have encryption built in to stop the hackers – basically.

A secure site can still be hacked,

but it is harder. SSL (Secure Sockets Layer) is the standard security technology for establishing an encrypted link between a web server and a browser like Firefox, Safari or Internet Explorer. This link ensures that all data passed between the web server and the browser remains private. Google are going to highlight your website with a big red X shortly if you are not secure.

The third BIG change that Google have come up with is that they have introduced a protocol for all websites called *schema markup*. Schema is a relatively old form of web code, it has been around for five years. You put it on your website to help the search engines (Google, Yahoo, Bing) return more informative results for users. I have noted that with the implementation of Schema into websites, rankings of those websites have immediately improved.

Fortunately for websites built on Wordpress website builders, there is a brilliant plug-in that is easy to use and cheap to implement that creates *schema markup* for the website automatically.

If we can assist you with identifying bad links, encrypting your site or implementing schema into your website, please call me. All of these things will mean you are not penalised by Google and retain or increase your precious rankings.

Contact Russell Lean on 0468-382-600, email: web2trafficstrategies@gmail.com

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NIMBIN TO LISMORE & THE FAR NORTH COAST

by Rachel Whiting

The Family Support Network run a supported playgroup on Tuesday and Friday each week during school terms, based in the purple Lilly Pilly Building at the Nimbin Community Centre, and offer a range of parenting programs to help people with young families.

Over Term 3, the children had months of fun and creativity exploring crafts, music, dance, child yoga, and lively story times where they got to take part in the stories. Parents, grandparents, relatives and carers enjoyed sharing the free delicious and healthy morning tea during each playgroup and making new friends.

The children have loved singing and exploring making rhythms with the musical instrument collection. Sometimes musical and creative parents have led the fun on guitar, drums, and an accordion!

During craft this term, the children made pinch pots to contribute to Child Protection Week celebrations in September. Pinch pots were also made by local schools and other organizations, and these pinch pots, along with our own, were used to create an art piece.

A new long-term project has started, making fairy homes from natural (mostly) objects which will be placed around the Community Centre for locals to discover and enjoy. Keep an eye out in the trees near Lilly Pilly place for our first house completed. Feel free to offer the fairies some flowers and love!

The playgroup was visited by Martina from the Healthy Living team, who discussed the topics such as helping our children to eat well, and managing fussy eaters. Karen from Summerland Early Intervention came out to share her



knowledge of childhood developmental stages, and put many a parent at ease around what is considered to be within the 'normal' range of development for children, taking into consideration unique personality traits and genetics. This was a very interesting discussion!

If you are expecting a baby, or have a child aged under three years, Family Support Network can organise for one

of their Start Together team member to come to your home and discuss your child's development while playing with some of the age appropriate, fun and engaging resources.

For further information on this, or any other of the programs available, please phone 6621-2489. Playgroups begin again in Term 4 for more fun and creativity!

Research and experimentation at preschool

by Richard Finch

"The art of research already exists in the hands of children acutely aware to the pleasure of surprise." – Loris Malaguzzi.

During a game of super heroes, a discussion began about the design of robots and androids and the difference between them and humans. "Androids don't bleed. They have electric circuits not blood!" Lorian said emphatically. "And they have batteries and need electricity like solar," Charlie added.

Much discussion followed before the children continued with their play. The following week when the children arrived, we presented them with some broken stereos and screwdrivers and we encouraged them to start unscrewing them and to pull them apart and see what was inside. "I know how to do that," Rubi said, "I always help my dad do this kind of work."

Soon the covers were off and everyone could see inside. "Wow this is so cool!" Tahne said, "Now what are we going to do?" "I know, let's build a robot!" Sebastian said without hesitation. "That's going to be a lot of work," Charlie said, "but we can do it." "They are so tiny you've gotta be really careful and turn it the right way," Goldie said. "Yeah, let's do it guys," Tahne said. "Get to work team."

Soon most of the pieces were separated. Indiana and Frankie quickly discovered that the speakers were magnetic. "We can stick them together then," Charlie said, and tried. "Hmmm," Charlie pondered, "They don't seem to go together. It's an invisible force like in *Star Wars* there's an invisible force. So that can happen you know." Unable to explain magnetism or polarity myself, it seemed like the best explanation. The children though quickly grasped the concept and soon mastered it. "If you hold them like this then you can feel the invisible force," Lorian explained, "but if you turn them around then they stick. See like this." Demonstrations ensued and everyone wanted a turn.

With the deconstruction finished, we kept the pieces we wanted to use in our robot and then began drawing designs. Taking inspiration from pop culture and nature, a variety of ideas were expressed. It needed a grabbing arm (Sarafine). It's an owl robot, so it can do everything humans need when they are asleep (Indiana). It's Iron Man and these springs can be his night vision (Charlie). We need a bird-scaring robot,



Charlie pulling the stereo apart

so the birds don't get our lunchboxes (Tahne). Mine's just a super strong robot that can do anything (Haan). I think it should make fire (Ari).

Concepts beyond teachers' explanations were quickly embraced and explained by the children. From imaginative play to discussion. From working, to discovery. Experimentation and then planning and drawing their ideas, the children embraced the challenges the project provided, conducting their own research and feeling the pleasure of surprise in their discoveries.

The project continues, with the next stage being the construction of the robot.



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Tunable Falls Community School goes to Black Rocks

by Mandi Raval

Tunable Falls Community School is feeling spring in the air. The kids are growing like weeds and so is our garden, producing lovely fresh veggies and salad for our lunches.

The kids and teachers enjoyed a camp at Black Rocks campground, in Bundjalung National Park. Lots of long walks, beach and creek swimming and delicious camp dinners followed by giggling long into the night.

The kindy kids and their families were

introduced to the fun of the camp with their mum or dad along. For the older kids, it was an opportunity to develop their independence and resilience in a supportive environment.

Our 'Night of Nights' performance allowed the children to contribute to every aspect of putting on a show, from writing scripts to making props and costumes. Every child was a star on the night.

See you at our Fete and Open Day on Saturday, 22nd October, 10am-3pm. Try out our famous waterslide, tasty treats, bric-a-brac, clothes and book stall, and more.

Celebrating Bundjalung Day

by Gaill Hart

Nimbin Central School had a wonderful celebration of Bundjalung Day on Tuesday 16th August. This year's theme was 'Songlines', which was woven into workshops throughout the day.

Gilbert Laurie performed a welcome to country with Lewis Walker. The day was filled with amazing performers, Sean Choolburra and Blak Boi, as well as Indigenous workshops and food.

Norm Sheehan from Southern Cross University conducted a powerful workshop on making strong connections with people, place and history. His Connected Art workshop was interesting and well received by students.

A storytelling and language workshop was informative, immersing students in local culture. The fig tree near the art room was a dividing place for men and women many years ago.

Solid Mob from Ballina ran a wonderful obstacle



course revolving around anti-smoking for Years 4 to 8, and handed out awards to enthusiastic groups.

Primary focused on making

a wonderful mobile that will hang in the library, a Dreamtime story and dance workshop and wallaby spearing skills.



Coffee Camp Public School still has a few places in their kindergarten to year 4 classes next year (class 5/6 is full).

With about 60 students, three teachers and two support teachers, we offer small classes with the resulting benefits in learning opportunities and individualised programs that cater for each student's needs.

We have a proud history of quality educational outcomes, with a focus on basic literacy and numeracy skills. Our peer support program promotes teaching of social skills and results in positive interactions between students and staff.

Our students take pride in our 'bully free' school and learn to recognise and resolve conflict. We have a strong focus on student wellbeing, and promote a sense of belonging and engagement.

Based on the well-researched and established importance of a positive transition into school, we are offering a longer transition for our 2017 kindergarten students. A successful start to school is linked to positive educational and social outcomes.

We invite parents/carers to our kinder orientation at 4pm on Wednesday, 19th October.

Pre-kindergarten students are invited to join our kinder class from 9.15am to 1pm on five Fridays (21 and 28 October, and 4, 11 and 18 November) to engage in activities to prepare them for their first year at school in 2017.

Please contact us on 6689-9259 or email: coffeecamp-p.school@det.nsw.edu to find out more.



by Susan de Wall

One of the great bonuses of home education is that we can take advantage of quiet times in campgrounds and other places of interest. In mid-September, when the weather had warmed up but the campgrounds were still empty, some twenty-five home educating families from our region gathered at Woody Head for the inaugural Rainbow Relaxed Camp. There were over fifty children and teens but it was hard to count them as they were so busy hanging out and having fun.

Our camp was born of an idea that our kids are great at self-organising and that if we put them in a rich, natural environment they would need little input from adults to direct their own activities and enjoy each other's company. We took equipment such as bikes, rope swings, sporting equipment, games and even some LED fire-twirling gear.

Kids spent the week free-ranging between camp and beach, engaging in a list of activities that is too long for this article but included volleyball, badminton, sword fighting, tree-climbing, imaginary play, card games, rock pool explorations, fire-lighting, swimming, tipi building and endless bike riding. Adult input was welcomed but minimal, allowing our kids maximum opportunity for self-direction and independence.

Some of the thoughts of parents who attended the camp:

"For me the best part was watching the children 'hanging around', interacting, having fun, forming connections, joking around and having in-depth discussions. What an amazing group of young people. Mine have come back energised and with many new ideas. They spent the camp being active, funny, intellectual, emotional, sharing ideas

and experiences with other children and adults, and through it all getting to know themselves."

"I really feel there's a lot at a deep level that many homeschoolers share in common ... primarily really caring about our children's happiness and allowing our kids to be themselves, to thrive and blossom through their own inner-led guidance and readiness to engage with what and who they're interested in at the time. I came away with the really pleasant feeling that I've found 'my kinda people'."

"I loved experiencing the brilliant and seamless way the kids self-organised; I loved being in close but not overwhelming proximity to other parents so that I could connect or have the space to myself as I wished; I didn't want it to end, none of our family did."

Parents were able to deeply connect with each other. We choose home education for a wide variety of reasons and we each approach it in a unique way. The common thread that runs through is a commitment to our children's and our family's wellbeing. This was very clear in the conversations around campfires, on long beach walks and under shady trees.

It was also clear in the solid support that we gave each other – whether it was lending forgotten essentials, sharing meals or offering a cuppa and a compassionate ear. Home education does not happen in isolation – it happens in a caring community that we have built ourselves.

Home education is on the increase in Australia and worldwide as people recognise the need to nurture a lifelong love of learning, to create an education unique to your child's needs and allow them to fully explore their talents and passions. Please contact us at: rainbowregionhomeschoolers@gmail.com