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**Beyond the Rainbow**  
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by Dr Elizabeth McCardell

I was going to title this piece, 'The Personal is the Professional' but realised I wanted to go a bit further into the encounter of therapist and client and beyond that to being real throughout work and beyond.

I cannot sit back, detached, uninvolved, impenetrable, spouting stock phrases, when I work with a client. I am engaged, I feel, I think, I occasionally share; I act ethically and responsibly as I create a space for the client to speak of what they wish to speak about, and yet I am impartial.

This genuine regard for the other flows from my own life choices and how I live my life. I seek an economic, intentional, honesty in my life. If I was duplicitous and led a life of wild debauchery while promoting economy, intentional and ethical honesty, I would be at odds

# Being real

with myself and would come across as a fraud, which indeed I would be.

I make mistakes, I don't know some things, I assume stuff every now and again, I have biases, but I work towards presence and realness in the same way as I encourage my clients to explore.

There is some difference between how I am in work and outside work. Doing psychotherapy requires particular skills to be employed, just like any other work practice. There are, however, some basic themes running through both.

I have to be engaged, but I have to be impartial. I cannot declare myself powerful and infallible and yet be open to what is said and not said to me (to listen to the quality of silences between).

I need to be able to hear the painful accounts of other's lives, and yet also be relatively impartial and balanced. Being impartial means setting aside my own ideas of how things work and actually listening acutely to how things are for the other person.

I need to be inventive and appropriate, in order to enrich my encounters (as

much for me as being with others). The conversations I have with my clients are not like any other ordinary conversation and therapy is more than conversation, anyway.

There may be experimentation, journaling, drawing, music making, dream work (which I do a lot of), hypnosis, building, or not, the transference, challenge, etc.

Whereas a conversation with friends and/or family depend heavily on partiality and the mutual feelings from a shared past, the therapeutic relationship doesn't. In my own life, I'm endlessly experimenting with choices and strategies for the best outcome. In this way, how I am in session and outside is very similar.

I need to be real in who and how I am. Irvin Yalom asserts that the gift a therapist brings is her/his own humanity and this allows deeper and deepening encounters. With this process an intimacy builds that is born from a solid bond of trust.

It is in this space that a client's intimate revelations can be spoken of, felt through and through, cried with,

and be responded to by the therapist in an attitude of actual empathy.

The personal is the professional and the professional is the personal. This is a truism, but there is risk here. The therapist needs to be able to finish at the end of the working day, prepare a meal, relax, exercise, socialise, or whatever, and get on with their own life; in essence to "forget" the other lives shared during the day.

To maintain a professional integrity – being true in work with others, requires a right intention for the same in a therapist's ordinary life. If they are at odds, then, I think, the practitioner is in trouble. This is one very good reason to maintain a practice of regular clinical supervision and peer conversation.

The therapeutic work only works when the therapist healthily maintains connections with others outside their work. We're human, after all.

Aiming to shoot straight the arrow of integrity, mindfulness and realness through work and beyond suits me, because I like the imagery of the archer and I aim to be an archer of life.

## What's the deal with belly binding?

A woman's belly goes through an immense transformation to grow a baby. After giving birth the belly can feel quite soft and vulnerable. Women have described this feeling as "your insides being on the outside" or feeling as though everything might fall out.

Sometimes there is even separation in the abdominal muscles called 'diastasis recti'. The internal organs move during pregnancy to make space for the expanding womb and afterwards they can be supported to return to their pre-pregnancy position.

A technique to assist this process is 'belly binding'. Belly binds are also known as wraps, bands, belly belts, girdles etc. The practice of binding the belly is common across many cultures.

Belly binding is an effective and important part of a mama's recovery after birth. The belly wrap helps provide back support, improve posture, stabilise loose ligaments and assist the organs to return to their original position. This helps reduce strain when lifting your newborn and provide postural support when breastfeeding.

One of the main reasons women enjoy binding is because it can feel really good as the binding is supportive and grounding for the nervous system. For the more complicated binds like the Bengkung Bind (pictured) there is a sense of reverence and ceremony around applying it too. This is especially so if warm oils, herbs and spices are used as well. The act of taking a few minutes to put it on can be a very nurturing and poignant process.

In our contemporary world, with less time on our hands, the more simple binds can be very handy. Women can use a simple tubular bandage that they

can slip into and use under clothing. 'Tubigrip' bandages can be bought from pharmacies or ordered online, size K tends to be a good fit for most. Postpartum 'Spanx' shaping underwear can feel good to provide support. Look for the high waisted extra supportive sort.

I've recently come across 'belly bands' which are stretchy and use velcro to fasten. They can be great, particularly for women recovering from a Caesarean. They are comfortable and can be quite customisable.

One of the traditional binds is my favourite, the 'Bengkung Belly Bind'. This bind is made from cotton and is about 10-12 metres long. It looks like a cotton corset and with a little practice is quite easy to put on.

The bind starts at the hips and provides support all the way up the torso to just under the breasts. It can be used within a few days after a vaginal birth, but if the woman has had surgery she should wait around six weeks before using this bind.

It's very supportive and differs from other bands because it covers the full torso and can be tightened more as your belly starts to flatten.

How often you wear your bind will probably be dependent on your comfort and how much time you have. For some



Birth and Beyond

by Kirrah Stewart

women, they like to wear their bind a few hours a day, others love it so much they wear it constantly for weeks, only taking it off to shower.

Traditionally the first forty days is when particular attention is paid to massage, binding and warming the mother. I think this is a nice time frame but you need to find what works for you.

You may find you like to put your bind on when you're going to be on your feet a bit or carrying your baby lots and need the extra abdominal and back support. Using the belly bind can aid the body to recover in a shorter period of time, normally six to eight weeks.

Kirrah Stewart runs a free postpartum planning class at the Lismore Birth House every third Saturday of the month.

To book visit: [www.doulawisdom.com](http://www.doulawisdom.com) or phone 0429-308-851.



# 'Wondo' - A refuge in the Leard

by Leannrah

In early February 2018, the multinational mining company Whitehaven was planning to dump their overburden from an open cut coal mine in the partially destroyed Leard Forest, onto a travelling stock route. This is Gamilaraay (Gomeri) Land... always was, always will be! This block affects

natural systems that make up an ecosystem of pristine, critically endangered white box woodland as habitat for local koalas and many species of microbats and birds.

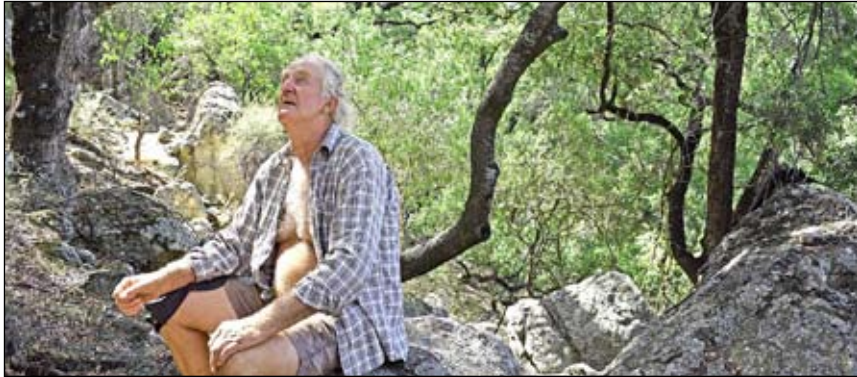
My concern was, blocking the stock route also blocks the wildlife corridor permanently, as regeneration would not be possible with hundreds of tons of immovable gravel and rock. Ancient songlines keeping the life energy flow through the entire region are also affected by a massive pile of gravel surrounded by a gaping hole in the landscape. Scar trees and rocks channel the songline. The minerals and crystals from the ground and deep earth are more important to the flow of life energy on our planet and universe than we understand.

So, I went on walkabout back to Gamilaraay Land, my ancient grandmothers' country, to investigate. I followed the roads along the songlines. I discovered after driving through historical farms and seeing bora grounds and rings of ancient scar trees, that miles to the east of the mine over the Nandewar Range, the stock route was inaccessible. A locked gate with warning signs and surveillance cameras were there to greet me. How rude!

I then found the Leard Forest Road, which leads into the Whitehaven mine. This is where the Leard Forest protectors were based for several years until the mine took over, destroyed the forest, locked the gate, erected high fences and put in place surveillance with cameras and security guards... to dig out coal, more than 80m into the earth. The Leard Forest Road was also an ancient songline, and is now blocked completely by the mine and is impassible.

What gives the mining company permission to bully us off our public roads and block our movement through our own country? The travelling stock

route directly to the east of the mine is with high fences, there does not appear to be any plants for the animals to be able to inhabit and travel along and the road goes through it. The stock route could not possibly serve as a wildlife corridor in this circumstance. Every approach to the mine was heavily fenced and under surveillance. Smile, you're on candid camera!



My circumnavigation of the Whitehaven mine investigating its activities was bothersome to them. Why do they need such security if they have nothing to hide? Whitehaven is trying to hide their contentious and immoral mining activities which are creating not only destruction of endangered wildlife and its habitat, but also high levels of light, noise, dust and water pollution.

This coal mine is unlikely to be economically viable in the long run, and Whitehaven is desperately clutching at straws to be able to qualify their investment. One part of coal is harvested from 10 parts overburden. Their technique of operation is full-speed-ahead, blasting the way through, and bullying or paying off anyone who gets in the way. They are relying on obscuring and stalling legal and environmental actions so there will be nothing left to fight for by the time the law catches up with them.

The Environmental Protection Authority (EPA) is inadequate as an authority to act upon environmental breaches reported to them. That is why it is up to new groups such as the local Wondo Scientific and Cultural Researchers run by the community, to observe and report scientifically measured data from the environment of the mine, such as: wildlife activity, wind quality, temperatures, rain, water quality, ion levels in the air, noise and light levels, presence of beneficial bacteria, phytonicides, dust and erosion rates, etc.

There is a growing movement of land owners like local farmer Cliff Wallace,

(pictured) managing their properties to make microclimates for plant and animal habitat and the protectors of their land. 'Wondo' is Gamilaraay for the ancient Ooline tree, *Cadellia pentastylis*. Cliff's farm is home to the second largest natural forest of wondo trees in the world and his next door neighbour has the largest. Recently, this neighbour has been observed destroying wondo forest to make way for cropping. This myrtle dates back to a wetter Australia, at least 600 years ago and possibly to the megafauna age 40,000 to 60,000 years ago. Due to extensive forest clearing, it is now considered a rare plant.

Cliff is concerned that if the neighbour's wondo forest adjoining is depleted, his will suffer as it protects the overall forest's climate. Cliff has planted windbreaks around his cropping and pasture areas. He believes that trees are water storers and magnets, hold and condition the soil, cool and pacify the winds. Among a pharmacopeia of bush medicines, four species of kangaroo and up to 50 species of wallaby on Cliff's farm, is a wedge-tailed eagle, who presides over his kingdom on 'Wondo'. His nest, six feet wide, sits up on the ridge at the top of a white box tree.

I dreamt while I was there that old Cliff was the eagle man. He then confided in me that when he dies his spirit will transform into the wedge tailed eagle and continue to preside over the land. In life, Cliff visits his wondo forest daily for rejuvenation from the sweltering heat, harsh winds, constant maintenance of fencing and the strain of pumping up the subterranean water for domestic and farm use. As yet, Cliff's water has not been polluted as surrounding farms have by the local mining activities.

Upon visiting the wondo forest, untouched by the destruction of white men, I felt that this was a place of rest and recuperation for the first peoples of this land and will, with hope, continue to provide a haven for indigenous flora and fauna and the protectors of the forest.

Leannrah (Lee-Anne Young) is a Naturopath with 15 years' experience, her clinic is in Wiangaree, phone 0439-198-977 for appointments.



A peaceful national demonstration rally advocating family law reform is being organised in the capital cities, calling for an immediate review and significant change in current family law and child support legislation which is leading to stress and suicide and deeply affecting our children and families.

The Australian Fathers Rights Movement in conjunction with the Australian Women Fighting for Fathers Rights and Dads Who Care are inviting you to join them on 4th March to stand for fairness and parental equality, for our children to have real meaningful access to both parents.

The groups want to have discussions with government to convey stories and effect change by impressing on them the negative effects of delays and reforms over the

past 40 years and to share experiences of just how badly the current legislation is failing and harming and costing families.

The rally proponents are seeking the following:

- 50/50 custody as baseline on separation;
- heavy penalties for false abuse allegations;
- proper investigation of abuse allegations;
- heavy penalties for contempt and contravention of parenting orders;
- for Parental Alienation (PA) to be recognised as child abuse.

Stand up for the rights of your families and children/step-children on Sunday 4th March, 11am at 2A George Street in Brisbane, or 12-3pm Belmore Park, Haymarket, if you can get to Sydney. Email: [NSWRally@outlook.com](mailto:NSWRally@outlook.com) or [qldrally@gmail.com](mailto:qldrally@gmail.com) for more info.

Keeping your ex from seeing their children causes a lot more damage than you think.



As a practitioner of Chinese medicine and having patients who appreciate this modality, it can be a surprise to hear it being mocked by the medical establishment. There has recently been a discussion on changes to the Therapeutic Goods Administration (TGA) labelling of alternative medicines. The discussion does highlight some misunderstandings.

On Radio National's *The Roundtable*, the Chair of the College of GPs, Cameron Loy strongly opposed including the traditional Chinese indications for traditional medicines on their labels. He ridiculed terms such as kidney essence or middle burner as being meaningless and unscientific.

Chinese medicine has been developed using a particular world view, and to understand and use Chinese medicine it is necessary to know and use this world view. Juxtaposing another system on top of it is not helpful. Some terms used do not have a direct equivalent in Western science.

It is may easiest to explain looking at a particular formula. Xiao Yao san, also known as Free and easy wanderer pills, is a formula that is commonly used. Its action described in Chinese Medicine is to soften the liver, regulate liver qi, nourish the blood, strengthen the spleen, harmonise liver and spleen. The aforementioned GP would no doubt mercilessly ridicule concepts such as spleen strengthening or liver softening. But this is a translation of Chinese terminology, and does not refer directly to the organs as understood by Western medicine.



by Brigid Beckett

## Chinese medicine

The liver's role is to move qi. The formula promotes smooth flow of qi which enhances digestion, regulates menstruation, prevents muscle tightness especially of the upper body, benefits mood and sleep. To list every possible symptom that may be treated on the label of this formula would be confusing and inaccurate. However, using it

appropriately to treat the common pattern of liver qi constraint is extremely useful.

In the same way, looking at acupuncture points in isolation leads to misunderstanding. They are used in combination to treat patterns rather than specific symptoms.

There have been numerous trials involving Chinese medicine, many proving its benefits. However, they will only be useful if used in the context of Chinese medicine diagnosis. Using trials of Xiao Yao San for headache or depression, for example, would only be useful if the participants had been diagnosed with liver qi constraint, as there are other patterns that can cause the same symptoms. These are not one size fits all medicines. Treatments need to be individualised.

The Western medicine fraternity needs to consider that in Chinese hospitals both Western and Traditional Chinese medicine are used. Many doctors have qualifications in both, taking 9 or 10 years of study in total. In China traditional

medicine is not dismissed as quackery, nor are the many benefits of Western medical diagnosis and treatments appreciated any less than they are here. Australian acupuncturists are registered with AHPRA along with physiotherapists, dentists etc. Degrees in Chinese Medicine are offered at universities such as RMIT and include Western scientific subjects such as physiology and anatomy as well as Traditional Chinese medicine practice and theory. We do not deserve to be dismissed or mocked.

Some (not all) Western practitioners seem to still be stuck on the outdated reductionist mechanistic view of life, accepting only what can be measured with their instruments. A deeper understanding of the way things are, borne out by more advanced and less simplistic science as seen in quantum physics, bears out that we are not machines, to be measured and assessed by other machines. We are more than a package of chemical reactions.

Back to the TGA, we are lucky to have this organisation. Contrary to some claims, the medicines it registers do require evidence of effectiveness. However, its main role is to ensure quality of manufacture with freedom from contaminants or potentially harmful, or unethical substances and to ensure accuracy of labelling. Any product with an AustL number can be used with confidence in these regards.

Contact Brigid Beckett at Lismore Community Acupuncture on 0431-702-560



# TAKE A PILL



**Ironically Yours**  
by Dionne May

Maybe it's my age (I turned 50), maybe it's the destruction of our community, but whatever it is, a prevailing sense of gloom can't be shaken and what once was, now seems so much better than the present day.

So I went to a psychologist. I talked about Nimbin. How all her colourful characters have died or moved elsewhere in search of peace. I explained to her what it is like to go into town now. The emptiness, the quiet as opposed to the colour and community that was.

She suggested I try antidepressants. When I asked her if she is happy, if she has a fulfilling community and family life, she replied, "I work a lot" with a wry look on her face, a sad half-smile.

Get a job, take a pill and get over it! Hmmm, I'm pretty sure this has been the great Australian recipe for unhappiness.

However, talking to this psychologist crystallised for me the core of the gloom. Without our community who are we and what will become of the only alternative culture in Australia if the government and the NSW Police won't let up? What happens when what's left of the old hippies disappear and all the new residents have no clue about alternative living? I tell you it's depressing watching the flood of clueless tree changers arriving and figuratively and literally chopping down trees.

Well this old hippie isn't prepared to give up.

I chose Nimbin. I chose this lifestyle when I saw the world around me crumbling as shopping centres and McDonalds replaced and redefined community, making time spent with family and friends a monetary burden and

community spaces rental commodities.

This choice was never easy but land was still cheap enough sixteen years ago to achieve a dream. Now as our town wallows, I have my simple home and garden and am grateful for that choice, but I always needed community, always knew that if I was feeling overwhelmed or down that a trip to Nimbin would be the panacea to the pain.

But this is not the Nimbin of 2018 and the ghosts of the past still fill the empty street.

The locals I did see were either working in local shops or working hard at not being depressed! Maybe it was a self-fulfilling prophecy, but nearly everyone I talked to felt defeated, and pharmaceutical drugs are replacing cannabis.

Never before has Nimbin faced such a concerted if not ignorant attack on her culture and ethics with burgeoning real estate prices effectively slamming the door in the faces of any new alternative lifestyles. With the old school separated and divided, and no Lane Way Boys, who do we turn to? Who rallies for Nimbin and what she truly represents to authentic locals? Who cares that we are all being breathalysed and swabbed daily in town?

Plenty of people want to now stand up and shout the glories of medical cannabis, but who gives a shit that pot smokers are still a joke, still criminals, that our young men have been slammed yet again by the outside press as gangsters and that locals are being relentlessly pursued by the police whose present expensive and hostile presence in town is beyond belief?

It seems Nimbin lost her heart in the fire and lost her soul to the many committees juggling for social power, but has she lost her voice as well?

Change has come to Nimbin, which is inevitable but I won't be taking the advice of the psychologist, I won't be popping a pill. Australia and indeed the world does not need Nimbin to pop a pill, does not need another bland country town, what we need is our community back and some respect!

So I took to the streets of Nimbin to gauge the feeling in our town. Maybe it was self-fulfilling prophecy, but the reactions were all fairly similar.

# Revolution of the push bike: The one true calling

by Grimm Culhane

To live is the peaceful sleep before a more meaningful journey. To live while riding your push bike is a more meaningful journey made even better!

The benefits of being in such a transcendent state of push bike bliss are both life-affirming and limitless. What significance could life really have if we couldn't hurl ourselves down a local path or roadway on a push bike? I daren't think of it.

It goes without saying that the one true calling in the new revolution will obviously be that of a push bike mechanic. The burden of responsibility of those who choose to "take up the wrenches and jump in the trenches" is a great one, but it is one that can be eased by anyone willing to learn push bike basics and get their hands dirty. A simple pre-ride inspection of your push bike is a good place to start and can help you and your ride arrive safe and sound.

Here is a simple checklist for a pre-ride inspection:

**Tyres** – Always make sure tyres feel firm and not too soft. The correct tyre pressure will be marked on the outside of the tyre. Check for any visible wear or damage to the tyre, rim or spokes.

If needing inflation, make sure the tyre valve is perpendicular to the rim and not damaged.

Punctured tubes can be fixed with a patch. Once a tyre has three or more patches (give or take) it may affect



the smoothness of the ride. If the ride becomes overly bumpy on smooth roads, you may consider replacing the tube. Spin the wheel to check for true (straightness) and ensure there are no wobbles or rubbing.

**Brakes** – Test the brakes for stopping power before riding. Brake pads should align with wheel rims and not show significant wear or damage. Check for brake cable wear, overly rusty bits and fraying cables. Be sure that brake levers are adjusted correctly for your hand position.

**Pedals** – Crank arms and pedals should spin effortlessly. Check for cracks and damage, especially in plastic pedals, and for any wobble in the crank arm.

**Saddle** – Correctly set the angle and height of the saddle for maximum comfort. Make sure the saddle is tight in the seat post and in no way loose.

**Handlebars and Stem** – Adjust the handlebar angle and height until it is correct for you. Be sure that brake and

gear levers are correctly adjusted and secured and that handlebars and stem are also secured.

**Chain** – A clean, well lubricated chain needs only basic maintenance. Make sure it is neither too dry nor too caked in gunk. A firm brush or old toothbrush is excellent for brushing out chain links. A decent chain lubricant will help the longevity of the chain. Be wary of over lubricating for this actually attracts dirt.

**Derailleurs** – Derailleurs are used to "derail" the chain and change from gear to gear. Removing any buildup of dirt and other debris as well as checking how easily the cable lever moves are two ways of maintaining the derailleurs. Fine tuning a derailleur, setting limit screws and barrel adjusters, can be a tricky procedure, but with continued experience your ability to handle such challenges will grow greatly.

This is a basic pre-ride checklist and is by no means a complete list of things that can affect the functionality of a push bike. A more thorough "hands on" way of getting to know the workings of your push bike is available through the Nimbin Community School's Open Learning Program. Hope to see you there.

*Grimm Culhane is a push bike mechanic and enthusiast who also fixes sewing machines and other small appliances. He and his push bike stand can be seen set up outside the NNIC most Fridays and at the Nimbin Market every 4th and 5th Sunday of the month. Please contact Grimm at: nobigtuna@gmail.com*

# The Standing Stones and Saddle Road

by Steven and Evan Strong

When first gaining permission to spend two days at the Standing Stones Complex, I promised the recently deceased owner of the farm that the location of this sacred site would never be revealed.

Despite the broken promises, endless red tape and constant passing on to another department, I held fast to my vow of non-disclosure. But not anymore, I am literally forced into revealing its general location, simply because as things will soon stand legally, the entire site will be gazetted as residential and destroyed forever.

In December we attempted to hold a community meeting at Mullumbimby that had an agenda revolving around strategies designed to reclaim the Standing Stones site.

Many Original Elders, Custodians and others with knowledge of this sacred place were to speak on the night, but due to the direct intervention of the Mayor

the entire presentation was cancelled.

Undeniably, there was still one tribal association that was concerned that secrecy should prevail under all circumstances, but the discussions to find a compromise were still progressing.

That all came to a shuddering halt once the Mayor took over and posted his take on proceedings on the official Council website. Speaking on behalf of all Councillors, he made it clear we were "peddling" "false information" and that the meeting was offensive to the local Original Custodians.

The Standing Stones Complex is, in our opinion, the most important Original archaeological site in the country and was given ceremony from Elders and Clever-fellas from all over Australia. Even speaking about it is serious business and must take place in an atmosphere of respect and calm reflection.

After that media release, which was also sent to every

ratepayer in the Shire, that reverence was no longer possible, and people may have believed this criticism and protested in or outside. The possibility of unrest and strife left us no option but to cancel.

It all seemed so utterly unfair, to be questioned about the honesty and authenticity of the content when those criticising knew nothing of what we were presenting is galling enough, but knowing all the volunteers were motivated to honour this site and revive its presence, we still can't see how such intentions are offensive to any culture.

In what only compounded the injustice and duplicity of what took place through official channels, a few days later at the next Council meeting, the Mayor was the principal advocate of a motion proposing that a cluster of five farms on Saddle Road be rezoned for a high intensity residential project that will eventually accommodate no less than 475 houses. Plans

and submissions have been formally presented, but amongst all the considerations the absolute fact that the Standing Stones site is firmly positioned on one of these farms has been lost in the race to develop and profit. At the very least, the owners of the relevant property are aware that the Complex is on their land, and we have no doubt they are not alone in this refusal of acknowledgement.

Once the properties are rezoned, they average out at 95 residences per lot, which of itself is a dreadful state of affairs, but what only adds to the distress is that the property with the Complex on-site is primarily low-lying and swampy. The best building sites are on the elevated mound, which is higher and has magnificent views, and because of this will be a more efficient location to drop septic pits and level out for home sites.

If the Council is successful, the site will be destroyed and can never be put back together, ever.

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# Nimbin Trivia Time

by Sue Stock

## Questions

1. What is a doppelganger?
2. Where do Koels fly to in March?
3. When did Nimbin MardiGrass begin?
4. What is believed to be the origin of the name Mullumbimby?
5. The longest official place name in Australia is Mamungkumpuranguntjunya Hill. What state is it in?
6. Which year did Australia first participate in the Winter Olympics?
7. In which city was the Aboriginal flag first flown?
8. The sapphire is the official gemstone of which Australian state?
9. How many team squads were in the AFL in 2017?
10. Which two AFL clubs include birds in their names?



- Answers**
1. An apparition or double of a living person.
  2. Koels migrate to New Guinea and eastern Indonesia.
  3. 1993.
  4. It is believed to refer to a small round hill on Main Arm Road. The name of this is derived from the Bandjalung-Yugambel dialect 'mullumbba' (pertaining to a native fern which grew there).
  5. South Australia
  6. 1936
  7. Adelaide
  8. Queensland
  9. 18
  10. Two – Sydney Swans and West Coast Eagles

# Should women play didgeridoo?

“I thought that women did not play the didgeridoo.” This statement is often heard by Aditya Bellah Moon, a Northern Rivers resident, who asks instead: “Why shouldn’t women play the didge?”

There is a cultural taboo against women playing the didgeridoo, yet women still play the didge, facing controversy by doing so. Aditya’s journey to become a didge player started about 20 years ago, following her vision of a long-haired blonde woman.

Aditya says, “I was going to meet the person who will give me the name which will carry me for the rest of my life.”

A year later in Adelaide, Aditya met that vision in the shop where she was working. Isira Sanada (an Australian woman now a Tibetan nun) gave Michelle the name of Aditya (Sanskrit for Sun).

The two then embarked on a vision quest, eventually ending up in the Northern Rivers. Aditya feels that “If my spirit guides give her the right signs, then my path is clear and I will follow it.”

After a meditation at Minyon Falls, Aditya had her first sign about the didge, a vision of an indigenous elder man who handed her the instrument. This led her to buy her first local didgeridoo, which has paintings on it including a dog.

The dog, Aditya found out later from a male Larrakia elder of Darwin, was her totem: another sign, amongst many, to Aditya.

Aditya’s daughter is part of the Larrakia mob, who with the Yongul mob, discourage women playing the didge. According to Aditya, that taboo arises from beliefs like



by Aniko Papp

“It will make a woman infertile” or “It will kill women elders.” Or: “It encourages sexual desire in women.” Some have said to Aditya: “The didge is the man’s penis ... it is just disrespectful.”

The taboo against female didge players is present and real. Aditya has been sent a message stick (in the form of a woman) from Yolgnu elders, asking her to stop playing.

A fundraising concert in Mullumbimby in 2016 ended in half the audience leaving in protest. But then there are elders who do support Aditya, but quietly so as to avert ostracism by their mob.

A party of indigenous women stayed at the fundraising concert in Mullum,

including Auntie Nelly, playing her clapsticks. Lois Cook (Northern Rivers elder) and Jingke (Broome elder) have publicly supported Aditya playing the didge. There are mobs in the NT and WA where women play the didge.

Then there was Bardi man, Bruce Wiggin of One Arm Point near Broome, who said of her didge playing, “Looks amazing, why you stop?” (days before Aditya mastered circular breathing).

Why keep playing in light of the anger from many members of the indigenous community? Aditya explains, “This is not about right or wrong. I believe that women playing the didge amplify energies that hold the world in unconditional love. It’s part of the paradigm shift that not only does away with the patriarchy but the matriarchy before it. There will be a reunification of humanity. The star people dreaming. Men cannot do it on their own, unless they are fully in touch with their feminine side.”

Aditya believes “The didge creates energetic vibrations. It’s the instrument of creation. In the new dreaming, we will not be limited by gender.” Aditya likens the taboo to “Like women being priests. Cultures and beliefs have to change for us to move forward. It’s never easy. It is challenging.”

Aditya has noticed a softening in attitude from outright hostility to gradual acceptance of change. An indigenous man recently said to her, “I was told women can’t play the didge. I don’t know anymore. I see what you do and I am confused.”

Aditya concludes, “I didn’t choose to play the didge: the spirits, the ancestors and the ancients chose this path for me.”

Coming back to wholeness, integrating those lost lonely places, releasing long stored memories blocking natural flow in our sacred bodies; reclaiming our sovereignty.

Tears, sadness – a heavy anchor pulls inside me; feeling so alone... ah yes, I know the invisible folk are there. I’ve seen them – and there were many times I relied on their presence when the outside felt lonely and just too scary.

This week in my counselling training we’re exploring those deep dark spaces hidden inside our body... stored away for possibly millennia. At least many before us have nurtured and carried these heavy loads, as they soldiered on.

It’s Trauma Release week in my training and gosh does it feel tender. So why would I do it? Face those deep, dark monsters... that block my path and love to torment? Oh yes they can disguise... coming simply as procrastination, self-sabotage, failed relationships, inability to feel, cut off from our body, eating disorders, over-use of substances that blur the senses, creating a nice safe hideaway.

Yes, there’re lots of ways these critters can disguise.

We’re not broken – the stats for trauma are alarming. We’re actually incredibly resilient... we carry such a natural drive to keep moving, keep exploring, keep learning and growing. But we feel the weights, those intruders always poking their heads in... tripping us up, getting in our way, blocking our path. Relationships splattering in a



by Marilyn Devlin

heap, non-commitment and intimacy issues, avoidance strategies, emotional freeze... living in our heads; choosing the same thing/person/ situation again and again.

“Why?” we lament. Those pesky neural pathways – worn so deep, soil encrusted, hard like rock, hurting your feet... but we keep on tramping up that dusty road.

There is another side to this journey – and you know the saying ‘better out than in’. We seek release, healing and integration ‘cause we want to fly (not literally)... to reach that mountain top. To have what we need, what our heart so desires. It’s about feeling alive... inspired and energetic, full of vitality. It’s about welcoming each day, ready and willing to explore the multitudes of opportunities life brings to our door.

It’s loving our self... every tiny, weeny bit. It’s feeling that vital force surge through our veins. It’s feeling great to be alive. It’s that smile on our face... from ear to ear. It’s the love in our heart – so full, so overflowing that knows only sharing. It’s the dance in our step, the joy in our eyes. It’s the love you feel for everything. It’s the gratitude that fills

your every cell. It’s being alive – it’s believing in you... it’s playing your part and being the amazingly unique and gorgeous human you are. It’s being happy, feeling a part and not separate. It’s honouring who you are... what you know and feel; and it’s knowing deep down you truly belong.

It’s dissolving those blockages that seem to always appear... same place same station the recording repeats its hypnotising message. It’s rejuvenation, it’s true inner healing... it’s coming alive to

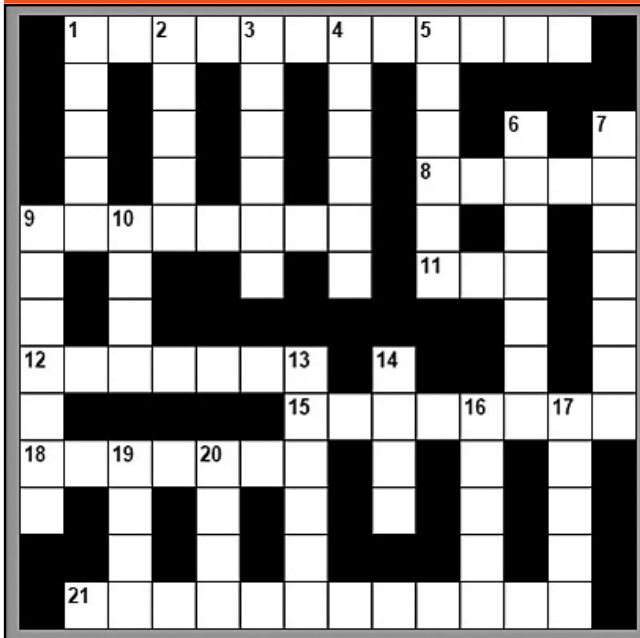
you – here and now. Trauma has plagued our civilizations for a very long time... woven into our DNA and repeated generation after generation. I’m not a trauma specialist... but I know how it feels to be traumatised. I know how it feels to want to isolate and remove yourself; and I’ve known those deep dark places too. But I’ve also had many moments of incredible love, sacred bliss and soooo much gratitude. We’re human beings, we feel it all.

We all deserve and need to be held in a deeply loving, gentle and safe place. To feel those loving warm arms around you... holding you with such deep and genuine kindness. We need the strength and power of love. We need our life back... the one we had before all the deposits were made.

And yes, inside – we can be sparkling new again.

# Nimbin Crossword

2018-03  
by Sync



## Across

1. (And 8 across) Surfers Paradise Olympiad this year (12,5)
8. See 1 across.
9. Last stop
11. Bowled
12. Amphibians
15. Of mystic lore
18. Wrote Lolita
21. Opposite of 6 down.

## Down

1. Cut (soft snow or meat)
2. (Very) short musical note
3. Royal house, sides with the rebels against the dark side

4. Marine family, mostly bright reef fish
5. (Music) played at a leisurely pace
6. Does it for love, not money
7. Medium
9. Trying? Quality Assurance
10. Queensland soccer team
13. Rugby at (1 across).
14. The aim at (1 across)
16. Consumed?
17. Goal of espionage?
19. Ill-mannered person
20. THC Crystals (sometimes silk-screened bud trimmings)

Solution: Page 33



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7.00am	7.30am	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
		4.10pm	4.30pm
		4.30pm	5.15pm
		6.05pm	6.35pm

\* Mondays & Thursdays Only

No Public Holiday Service  
Wheelchair access available  
Some buses connect in Nimbin for operators to Murwillumbah



**Aries**

You might be searching for new ways of self-identification. Keep in mind that too much expansiveness may be corrected by the serious vibes of Saturn/Mars, especially from mid-month onwards. The Mercury retrograde period (from March 23) is important for reflecting on how you like to project yourself in your surroundings.

**Taurus**

Contemplate on what is realistic and achievable and what kind of dreams, desires and wishes are better put on hold at the moment. Take a down-to-earth approach and you can accomplish a great deal. Use the Mercury retrograde period (March 23 – April 16) for sensitising yourself, for moving within and initiating your spiritual renewal.

**Gemini**

This is the time of the year where things find their natural culmination point. You might have to carry more responsibility that you are wishing for. Know your strengths and weaknesses and do not overextend yourself. There might be misunderstandings with friends and associates during the Mercury retrograde period (March 23 – April 16).

**Cancer**

This is a time when you could make interesting connections with people who share your dreams and like to assist you in furthering them. Nevertheless, take particular care with your communication during the Mercury retrograde period (March 23 – April 16) because misunderstanding could lead to unnecessary frustration. Know when to commit yourself.

**Leo**

In your personal yearly cycle this is an important time of self-inquiry. What is really important to you and who or what do you deeply care about? During the Mercury retrograde period take some time to examine what you believe about the world and how you envisage your future. Your beliefs create what you experience.

**Virgo**

The Full Moon in your Sun sign on March 2 is urging you to stay grounded while the world around you might feel a bit chaotic and overwhelming. Avoid being involved in other people's drama and remain the quiet observer. Use the Mercury retrograde phase for finishing old business and clearing your mind (March 23 – April 16).

**Libra**

This is a great period for working on your relationships and interpersonal communication. You have the courage

# March

March is a month of seasonal change. However, before we reach our Autumn equinox on the Southern Hemisphere on March 21, marked by the Sun's entry into zero degree Aries, we still have three weeks of swimming through the cooling and elusive Piscean waters. Pisces is the last sign in the zodiac and marks the end of the cycle. Being a water sign makes it difficult to define boundaries, since water is formless and can take on any shape or colour of its environment. Thus, Pisces is like a psychic sponge that absorbs - mainly unconsciously - the moods and vibes of its surrounding. On a lighter note, the Piscean individual has a vivid imagination and can excel at dance, acting, music and many other forms of creative self-expression. Equally, many of them are gifted healers or dedicated health and welfare workers. Chiron, the mythic wounded healer, and Neptune, planet of dreams, imagination and empathy are still in Pisces (Chiron 2011 – mid April 2018 and Neptune 2012 - 2025) emphasising our awareness of the suffering that is going on in the world at the moment.

The Full Moon on March 2 in Virgo falls opposite a Sun/Neptune conjunction in Pisces. Additionally, Mercury, Venus and Chiron transit this water sign while simultaneously forming a square with Mars in Sagittarius and a flowing trine with stationary Jupiter. As often during Full Moons, we might feel a pull in different directions: the Moon in earthy Virgo contains an invitation of being pragmatic and staying grounded in the here-and-now, while Mars in Sagittarius enthusiastically seeks adventures and the distant lands. The line-up in Pisces prefers the world of dreams and imagination, while Jupiter in Scorpio adds a dimension of depth and intensity to the mix. This can be a very healing time for our relationships, a time where we can reinforce our shared dreams, passion and vision and synthesise differences into a larger perspective. On the downside, we might witness a lot of restlessness, emotional irritability and insecurity about the right path to follow. The energies of the Full Moon are best channeled into creative endeavors, especially music, poetry and dance.



Stationary Jupiter turns retrograde on March 9 and will be in retrograde motion until July 10. Whenever Jupiter turns retrograde we enter a period where it is important to reflect on the way we view our world and interpret our experiences, which in turn determines how we feel about it. Our perception is coloured by our language and beliefs that are culturally and socially conditioned. Jupiter has the function to integrate information for reasoning; when retrograde it provides a marvellous time for gaining deeper insights into the meaning behind our actions and feelings. Instead of expanding further into the world, we are more inclined to reflect, review and consolidate our latest experiences.

The New Moon in Pisces on March 18 closely conjoins Chiron and squares Mars on the last degree in Sagittarius, just before the warrior planet enters earthy Capricorn. It marks an energetic shift in our motivation and the way we apply ourselves as Mars in Capricorn has discipline, is ambitious and wants things done perfectly. New ways have to be found for dealing with longstanding problems. Optimism and enthusiasm (Mars in Sagittarius) are replaced with a deeper reality check: what we can and cannot do, what is achievable and practical versus which course of action may be futile and has no future. Mercury becomes retrograde on March 23, two days after our Autumn Equinox (March 21). The first Mercury retrograde phase of the year ends April 16 and offers us time for reflection and reviewing of plans. Mercury, the messenger planet spends a prolonged period in fiery Aries (March 7 – May 14) preparing the ground for heated and more edgy conversations. Conflicts and power struggles between different leaders and authority figures can be expected during this period. On a personal level, discussions about different points of view can be positive or negative, depending on how we deal with the issues at hand, as conflict is a precursor for change.

**Navigation by the Stars:**

*Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2018; contact Tina on 6689-7413 or 0457-903-957, or email: star-loom@hotmail.com*

**New Weekly Classes in 2018:**

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and clarity to say what you need to say especially after March 7. Your written and unwritten contracts and arrangements with others are under review from March 23 until April 16.

**Scorpio**

You have had a great run with starting new projects and expanding your sphere of influence. Now, with Jupiter being retrograde until July, your focus will be more on reflecting, reviewing and consolidating the experiences of the last four months. The Mercury retrograde phase is best used for attending to health issues and re-establishing a good balance between body and soul March 23 – April 16).

**Sagittarius**

Mars is still in your solar 1st house until March 18, kindling your desire of action, expansion and freedom. The energies of the Full Moon might support or upset your drive for fulfillment, depending on your degree of openness to see the other side of the coin. Use the Mercury retrograde period for creative play and go with the energies wherever they may take you (March 23 – April 16).

**Capricorn**

Mars and Saturn will be in your solar 1st house during March 18 – May 16. This combination promises a lot of determination and sustained effort in the pursuit of your goals. The Mercury retrograde period (March 23 – April 16) may ask you to step back and rethink to make sure you are really on the course you intended. Rock your own boat before others do!

**Aquarius**

This is a period when you might want to reflect on your true sense of values and are focused on your material affairs. This Mercury retrograde period is especially important for keeping your car and electronic devices in good working order. Be aware that communication can be difficult and make sure that you really have understood the other person's point of view before making any judgements (March 23 – April 16).

**Pisces**

The Full Moon energies are particularly powerful for you and it might prove difficult keeping the feet on the ground. Pay attention to your dreams, as your perception will be sensitised. However, remain as realistic as possible about what you can and cannot do or achieve. The Mercury retrograde period is helpful with keeping your accounts in balance (March 23 – April 16).



Kids at Bolgaun school  
Photo: Rosie Cubis

by Ella Wood

As a young person, traveling to Nepal had an incredibly influential and awakening impact upon me.

Not only was it the first

foreign country I have visited, but also the first culture and way of life I have deeply immersed myself in.

I experienced and was exposed to so many exquisitely, extreme,

## Ella's reflections on visiting Nepal

intertwined aspects of Nepal's non-stop rhythm, from the tumultuous thrum of Kathmandu to the ever-present peace of Tadopani.

Perhaps what struck me the most was the contrasting environment within the country: the chaotic clusters of cities and preserved pockets of calm, natural tranquility co-exist in a balance. Consequently, I grew to appreciate each one in its entirety as one offers what the other does not.

To me Nepal is an expanse of vast variety, and as a result it taught me many lessons throughout my three weeks there. I met countless warm,

wise people; travelled by multiple modes of transport (by foot, rickshaw, taxi, 4-wheel drive bus and the back of a truck); devoured plentiful plates of dahl baht each day and really resonated with the raw vibrancy of it all.

Some experiences simply wouldn't have been had without the individuals who accompanied me. Among them my mother Rachel, and dear friend Jo who each added individuality to the adventure, Mick, Jane, Olivier and of course Helen who not only gave guidance but provided us with the opportunity to participate in the construction of Earthbag

earthquake-resistant homes for the families of the remote mountain region.

Learning about and participating in the implementation of such a smart, sturdy construction method means that local Nepalese people know of and can benefit from the durability, strength and safety of the Earthbag technology and find comfort in the fact that they will always have a house to return to.

Experiencing the bright individuality of these resilient, radiant people was truly so special to me, and being able to establish homes for such spirited men, women

and children was one among many reasons I long to return to Nepal.

Funds are still needed to build houses 11 and 12 at Bolgaun village. For anyone wishing to donate, the Nimbin Nepal Relief Fund is with the Summerland Credit Union BSB 728-728 Account No. 22305642. Receipts can be given, so don't forget to leave your name.

To date, 25 volunteers from Nimbin and surrounds have gone to the village. If you are interested in being involved in this magical experience, email: [helensim7@gmail.com](mailto:helensim7@gmail.com) or phone (02) 6689-1417 leave a message.



# Finding balance in standing alone

by Guy Stewart,  
Rainbow Power Company

Just like in life, off grid systems are all about finding the right balance. Here are some of the common imbalances that we regularly see.

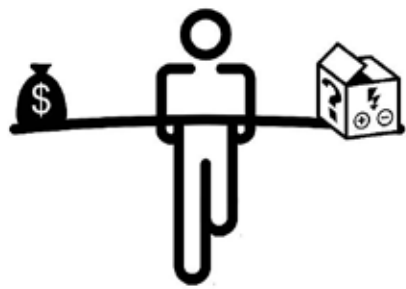
## Batteries too small for inverter

Using poor quality batteries that are too small is the easiest way to save money in stand alone power. These are often small 12V batteries, connected in many parallel strings. It works great out of the box, but leads to all sorts of imbalances that shorten the life of the battery bank. In the worst case, it can lead to fires if the battery strings are not correctly fused.

This sleight of design can be glossed over in system marketing by emphasising a big inverter. But the truth is that if the batteries aren't big enough, they won't be able to provide enough current to get the full potential out of the inverter and may even do damage.

## Inverter too big for system volts

This is another symptom of the previous problem. Some less reputable manufacturers will inflate the claims of their inverters, so you might be lulled into thinking that you only need a 12V system to run a 3000W inverter. This is a very bad idea, it will not comply with Australian Standards and will



typically come along with incorrect wire sizes and fusing for the 300A that this would require. Remember Watts / Volts = Amps.

## Inverter too large for loads

It can be tempting to get the biggest you can afford, but if your actual requirements are small then you are usually better off getting an appropriately sized inverter.

Inverters are not very efficient when they are running at a small fraction of their potential. If you get an inverter that is too large, it may end up being the biggest energy consumer in your entire system.

We have seen some cheaper, oversized inverters consume as much electricity per day as a refrigerator!

The inverter size should be matched to the loads, better is more important than bigger. A well designed system will meet your needs without unnecessary waste.

## Low quality batteries

Even low quality batteries can last several years. And by the time they fail, support may have disappeared.

Be careful of using batteries that are designed for cars or trucks in stand alone systems. These batteries are designed to crank out a lot of amps to start a vehicle, but perform poorly when the lights are left on.

Stand alone power systems are expensive upfront, but if they are built right they should last a very long time. It's important to think about the total cost over the lifetime of the system. This includes not just the financial cost, but also the inconvenience of an unreliable power supply and the environmental impact.

## Solar array too large for batteries

Big numbers sound better. A lot of customers are sold on how many kW their system is. But the truth is the solar array is one of the cheaper parts of the system, and the most easily upgraded.

Getting the system fundamentals right in the first place is a much better investment for something as long lasting as a stand alone power system. This means time spent on the load design, layout, as well as electronics and good quality batteries.

If you would like help balancing up all the options in solar power systems, give Rainbow Power a call on (02) 6689-1430, or come in to see us at our showroom workshop at 1 Alternative Way, Nimbin.

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# Refrigeration for stand-alone power systems

by Peter Pedals

I can tell you from my experience as a stand-alone power system designer that in 99% of cases the fridge was by far the biggest energy consumer of stand-alone power systems.

Partly this is due to modern fridge design. If I was asked to nominate a product for good design principles, I would never nominate the modern fridge.

What the fridge looks like and how much space it takes up appear to be two of the primary design considerations. Caring for the environment gets little consideration and energy consumption does not appear to be given very high priority.

A standard domestic fridge has exactly 25mm of insulation as if there is a law forbidding a manufacturer to provide more insulation. The standard insulation used is polyurethane. Thicker insulation will require less energy to cool the contents down and it will stay colder for longer without the compressor motor running.

Not only do standard fridges now all have the same ludicrous lack of insulation, they have the condenser (heat exchanger) on the outside of the insulation and just under the metal skin. Thus, the insulation also has to cope with the extra heat produced by the condenser. Then you also have the problem of the cold air falling out every time you open the door of an upright fridge.

A fridge needs to run many hours of the day to maintain a working temperature and it is this that needs to be considered for both the solar array size and the battery storage, if the fridge needs to run when there is no sun shining on the panels.

These days, in most cases, the battery bank is one of the biggest up-front costs and the biggest ongoing cost to maintain and replace. Thus, in designing a solar power system, I make the battery cost a primary consideration. If you want the



fridge to require a smaller battery bank, then you need to get one with better / more insulation.

If you have a fridge with enough insulation, you can avoid it needing to operate at night, which may allow the fridge to run on produced solar energy only rather than battery storage, thus saving hugely on battery cost. The fridge itself would thus become an energy storage device in its own right, rather than just another energy consumer.

So I would recommend that you buy a fridge with more insulation. But where can you get one? You can buy a hand-built Trailblaza from Norcoast refrigeration in Caloundra with 125mm of insulation. These are very good but quite expensive.

They may be worth your consideration because with that much insulation they never need to run at night if used as a fridge which means it can run off solar power directly while the sun shines and not require battery storage for night time running. Solar panels are relatively cheap these days and have quite a long life expectancy. The Trailblaza has a 12V/24V DC compressor motor that will run off the battery bank without requiring an inverter.

I imported some Chinese-made solar

fridges a few years ago that had 110mm of insulation and were also 12V/24V DC. These worked out at about half the price of a Trailblaza, but I could not sell enough of them to make it a worthwhile importing business.

The least cost option which I would recommend is a freezer converted into a fridge. This works out much cheaper than any fancy fridge and will outperform any refrigerator from a white-goods store. I keep reiterating that a standard fridge has only 25mm of insulation as opposed to the standard freezer which has 75mm of insulation. So if you operate a freezer at the same temperature as a fridge, it stands to reason that it will outperform any standard fridge because it has three times as much insulation.

But rather than going to the trouble to replace a freezer thermostat with a fridge thermostat, which can often lead to unforeseen complications and extra cost, I leave the freezer thermostat in place and instead plug the freezer into a 240V power socket which is turned on and off with an external electronic thermostat which has an electronic temperature sensor which I place inside the freezer.

This is a very neat solution because there is no modification required on the freezer and it will still operate as a freezer if plugged into a normal power point. All you have to do is score yourself a cheap freezer and get a thermostat controlled power point off me.

A chest freezer is usually cheaper, is more energy efficient with no cold air falling out when you open it, and is less reliant on a good door seal. Find yourself several baskets to put everything in, which then means just lifting the top basket to get what you want from the bottom basket.

If you want to follow through and get a more energy efficient fridge, you can email me at: [peter.pedals@bigpond.com](mailto:peter.pedals@bigpond.com) or message me on Facebook or leave a message on 0448-065-922.

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