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# Fostering connection in the west

New to the area (or an 'old timer') and unsure how to connect with local services? Always missing out on those fabulous events in the hall in the next valley? How to advertise your class/social group? How do I get in touch with a local tradie? How can we publish a magazine/newsletter celebrating and publicising our cherished localities?

These were some of the issues raised by the West Community Panel (a residents' representational group set up under the auspices of the Lismore City Council's 'Community Engagement and Partnership Program') when constructing a plan to foster communication across the region encompassing Booerie Creek across Blakebrook, Goolmangar, Coffee Camp, Jiggi, Georgica, Rock Valley, Larnook and through to Tuncester/Leycester.

The outcome of these discussions was the formulation of a plan to initially set up a website with a monthly e-newsletter and follow this up with a printed version to connect with residents who do not use the internet.

A website was established: [livingoutoftown.org](http://livingoutoftown.org), and is an ever evolving entity as more of the local



community engage with and utilise the site. The website is a forum for articles across a wide range of subjects as well as free promotion of local events, classes and service providers.

Do you want to advertise on our website? Come along and have a chat about what we can do for you.

To celebrate and officially launch the West Community Panel website, a 'community get together' is being held on 26th May at Goolmangar Hall from 11.30am to 3.30pm.

This event aims to foster connection between local residents and space for stalls promoting local groups, businesses/growers/producers, activities and classes are available for free (please book).

There will be a free sausage sizzle, jumping castle, face painting, activities, games for the kids and other performances that showcase our local community.

For more information contact Desley 0400-148-336 or email: [livingoutoftown@gmail.com](mailto:livingoutoftown@gmail.com)

# Northern Rivers community crochet coral reef

by Meggan Jack

If the Adani Carmichael Coal Mine is given Government assistance to build its railway line and other gratuitous assistance to set up and operate, there would be a massive increase in large bulk coal tankers, with an ever increasing risk of Reef threatening accidents like the Shen Ning 1, which severely damaged the Douglas Shoal in 2010.

Douglas Shoal was left with a three-kilometre, 250-metre-wide scar and tainted with the highly toxic anti-fouling agent tributyltinpaint (TBT).

Recently, while Adani was fined \$12,000 for unauthorised release of sediment stormwater from the Abbot Point coal terminal, with sediment amounts more than eight times the level it was licensed for, thirteen Protectors protesting the issues, have been fined collectively nearly \$80,000 with individual fines up to \$8,000.

While appealing their \$12,000 fine, Adani submitted a report detailing the nature of the spill, but it is understood to have omitted the original lab report, which found even worse pollution than had been earlier alleged.

With all this in mind, when a friend suggested we could set up a local Crochet Coral Reef to help Stop Adani, I



took the idea on and have since thought, what a great way to contribute towards much needed fundraising for the dedicated Frontline Protectors.

I envisage an event showcasing the wearable/useable creations, being auctioned off to the highest bidder, to contribute to the above, and future possible fines of other Protectors.

I have received a number of contributions from crocheters from around the country, keen to contribute. I have now set up a demo crochet reef five times, using various coral creations I have made over the years, for inspiration, inviting others to get their

fingers working on their contributions.

It doesn't have to be crochet. You can Knit or Needlefelt/Wet Felt wondrous sea creatures and corals or even Oil Spills and Coal Tankers (like my first attempt that I am currently working on).

I plan on making other coral encrusted clothing also, to go together with the coral encrusted sun hats already made, as they provide a wonderful 3D height to other sections of crochet reef, sewn on to small crochet rugs.

The Crochet Reefs were originated in 2003, by two Australian twins, Christine and Margaret Wertheim, and their Institute For Figuring (IFF), born in Melbourne, raised in Queensland, now living in Los Angeles.

They discovered Hyperbolic Crochet from Latvian, Daina Taimina, who has a degree in Mathematical Computing. Many crochet reefs have since been created around the world, bringing together such diverse groups of people, transforming those who might not have given

environmental issues much prior thought, into fervent activists.

It is one way for those not able through health, age or other commitments, to contribute to our current opposition to the Carmichael Mine and all the related impacts to our environment.

Contributions of any textile, reef related, creations can be delivered to me at The Rainbow Chai Tent, at The Channon Market, second Sunday of the month, where you can see and feel crochet coral, and learn how to crochet hyperbolically. Or you can send them to me via Tyalgum Post Office, 2484.

There is also a page set up on Facebook for inspirations, contact and info for the eventual displays and auction.

All ideas this article may spark, ie. venues to exhibit our reef, or event for fundraising auction, are very welcome, it takes a community to bring about change.

See: [www.facebook.com/CrochetReefStopAdani](http://www.facebook.com/CrochetReefStopAdani)



# Progressive councils lead way managing waste

Progressive councils across Australia were already pushing the boundaries on managing municipal waste even before the China import ban, and since then several exciting initiatives have been announced.

Earlier this year, China stopped importing much of the recyclable waste generated by Australia as part of a drive to better deal with its own growing waste issues.

The crisis this has caused in Australian recycling may in fact be precisely the opportunity we need to reboot the way we handle waste, says Pete Shmigel, CEO of the Australian Council of Recycling. "We shouldn't resent the Chinese for what they've done – we should emulate them," he said.

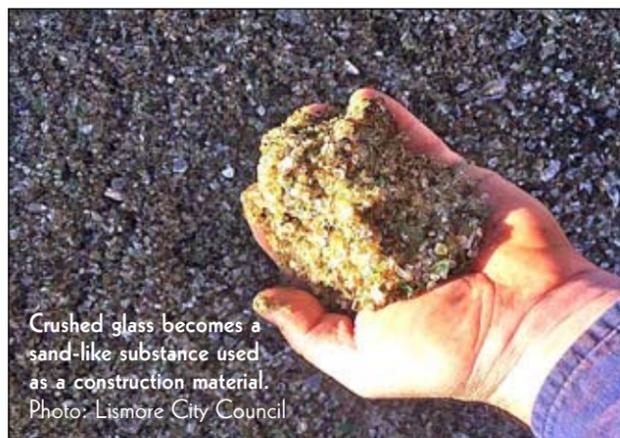
Progressive councils across Australia were already pushing the boundaries on managing municipal waste even before the Chinese decision, and since then several exciting new initiatives have been announced.

## Glass sand

While mountains of unwanted glass are rising across Australia, Lismore can't get enough of it, even importing it from neighbouring shires.

It crushes about 6000 tonnes of discarded glass every year into a sand-like construction material. The sand is used by council to build road bases, for backfill material and as bedding for water pipes. It is also being trialed in blends with concrete and other materials.

The glass processing plant is situated at the



Crushed glass becomes a sand-like substance used as a construction material. Photo: Lismore City Council

Lismore Materials Recovery Facility, which processes 15,000 tonnes of recyclables annually. The council decided to build its own facility after previously sending the region's recyclables across the state border to Queensland.

Last year, Lismore won the Civil Contractors Federation NSW Earth Award in June, for its use of the crushed glass sand as backfill material in the construction of a sewage pump station.

Lismore City Council is a waste processing leader in other ways too. It recently installed an optical sorter at the Recovery Facility which allows it to sort and separate the two main plastic streams – PET and HDPE – making it easier to find a market for them than it would be otherwise.

## Plastic roads

The Gold Coast City Council is considering making road surfaces out of recycled plastics.

The technology transforms household and commercial waste into pellets which can replace much of the bitumen in the asphalt mix used to surface roads.

The plastic pellets bond

well with the tar as they are both petroleum products, and the resulting blend reduces landfill, as well as the consumption of fossil fuels.

British manufacturers claim the plastic road surface can bear a higher load than regular asphalt, reducing potholes and increasing road life.

The Gold Coast council is also looking into using recycled tyres to help bulk up the road surface.

Gold Coast already has a great track record in using waste for road projects. In 2016, it won a prestigious industry award for its innovative program to recycle asphalt from old roads into new road surfaces.

## Flexible packaging

Residents of Brimbank, in Melbourne's west, will soon be able to recycle more and waste less under a new council strategy that aims to expand the range of items to be recycled at the council's Resource Recovery Centre in Keilor Park.

Brimbank City Council will negotiate with its sorting contractor to accept flexible plastics – the fastest-growing but least recycled form of

packaging in Australia – as a recyclable product. This follows a successful trial by the Victorian city of Darebin.

Brimbank also proposes to extend the range of products and materials accepted at the Resource Recovery Centre to include bicycles, plastics, electrical appliances, cardboard and clothing.

The council's innovative approach to waste management also incorporates a drive to better educate the community on waste reduction and on illegal dumping, which costs ratepayers hundreds of thousands of dollars a year in clean-ups.

Brimbank's draft strategy has been put to the community for feedback.

## Waste to energy

An average household's wheelie bin contains enough waste to produce up to 20% of its weekly power needs. Now several councils, including in Western Australia are tapping into this power source while reducing landfill.

A state-of-the-art waste-to-energy facility currently under construction in Kwinana, a local government area in Perth's south, has signed agreements with eight local governments to supply up to 400,000 tonnes of residential (post-recycling) waste a year. Once complete in 2020, the facility will supply over 30MW of power back into the local electricity grid.

With such innovative local governments tackling refuse management head on, Australia is well placed to meet the challenges of cleaning up its own waste.



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# Nightcap Monuments project underway

by Trevor Reece

The 40th anniversary of the Terania protests, which initiated actions that lead to the creation of Nightcap National Park, occurs next year, but there is much to be done before the anniversary period in August 2019.

The project plans to have a display at the 45th Aquarius celebrations during May, and is continuing with its displays at the Channon and Mullumbimby monthly markets. A major project meeting is also planned with National Parks early May.

An artists' brief is still under development for the projects monument

concept and design, and will likely be ready for regional artists and sculptors in late May or June.

Part of the project is also to collect and archive heritage and historical materials surrounding the rainforest logging protest period. Some excellent material is coming forward and this is being professionally managed between the Brunswick Valley Historical Society Inc. and Southern Cross University Lismore.

If you have old photographs, slides, recordings, documents or publications from the Terania and Mt Nardi protest periods please bring them forward. They can be scanned and copied and returned

or donated to the growing historical archive.

A short movie has been made based on old images, and the Mullumbimby Museum is preparing a screening area for this with its existing display from the period within the museum, and will also screen at the Nimbin Aquarius celebrations.

Volunteers are sought and welcome to assist with the project displays and other elements of the project. For further information, contact the Brunswick Valley Historical Society Inc: bvhs84@yahoo.com.au phone (02) 6684-4367, or email the project co-ordinator: treece545@gmail.com

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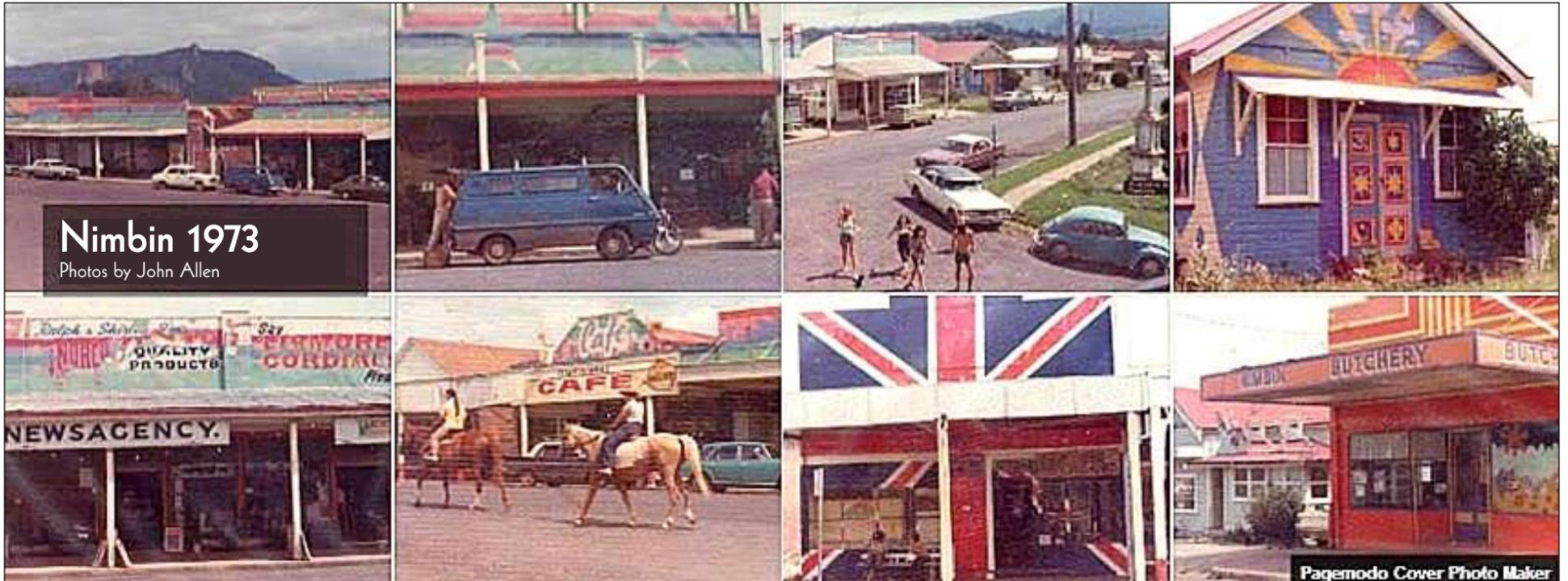
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# Nimbin Aquarius 45th Anniversary 'A Celebration of Colour'



## The Channon celebrates Aquarius

by Harsha Prabhu

Sunday 13th May is the 45th anniversary of the Nimbin Aquarius Festival, and we will be marking the day with a program of music, dance, speeches and an exhibition on the Aquarius legacy at the Channon Market.

It's also Mother's Day, so it's right that we celebrate the Mother of all Festivals in the region – the Nimbin Aquarius Festival, the festival that sparked the alternative scene in the Rainbow Region of Australia and seeded the sustainability movement.

Cultural ambassadors from Woodstock, Nimbin's Sister Village, will also be there, as will Aquarian elders.

The program will start at the Rainbow Chai Tent at 10am with a sitar and tabla recital by RAASA, followed by solo guitar by Juan Salvador, a hip hop performance by SistaGurl and dance by the Bollywood Sisters.

Talk time at noon will feature Graeme Dunstan, director of Nimbin Aquarius 1973, Nathan Koenig and Shelli Lipton, Woodstock ambassadors and Natalie Meyer, Nimbin Community & Information Centre.

The entertainment continues with the Nightcap Jazz Duo, Nimbin's original hippie band the Pagan Love Cult and Byron band, Babe Rainbow.

There will be Dances for Universal Peace, a ceremony honouring Aquarian elders and a Welcome to Country. The finale will be a performance by Ghanaian master drummer Gabriel Otu who will lead the Channon Market drum circle in a Big Drum Up for Aquarius.

The Rainbow Dreaming exhibit that toured the US for the Woodstock 40th anniversary will also be on show. This exhibit maps the legacy of Aquarius. Copies of the Rainbow Dreaming book will also be for sale at a special, discounted price. See more at: [www.rainbowdreaming.org](http://www.rainbowdreaming.org)

It's all a fundraiser for the Nimbin Aquarius Foundation via magic hat donation, to fund some of the events in Nimbin over the anniversary.

Brought to you by the Rainbow Collective, supported by Byron Neighbourhood Resource Centre (BNRC), The Channon Market and Sustainability Research Institute.

## Aquarius Anniversary Program

Nimbin Aquarius Festival 45th anniversary program for the Merry Month of May.

Display – Nimbin Bowling Club

11am; Renew Fest preview, 2pm

### Thursday 3rd May

- Lismore Aquarius Night – Starcourt Theatre: film screenings, 2013 anniversary highlights, music with Peter Jaeger

### Thursday 17th May

- Dance Movement Workshop – Nimbin School of Arts Hall with Benny Zable, film screening: 'The Sixties Revelation'

### Wednesday 23rd May

- Media Class Day 2: 'Colourful Spaces' Speakers – Nimbin School of Arts Hall, 10am; showcasing and serving Nimbin good food, 11am; Aquarius 1973'ers with Nathan Keoning and Shelli Lipton, 2pm.

### Sunday 13th May

- Mother's Day Morning Tea – Nimbin School of Arts Hall, 10am to noon, \$20 with Endangered Species Display by Friends of the Koala
- Official launch – The Channon Market, Rainbow Chai Tent

### Friday 18th May

- Film screening – Mingle Park, Nimbin: 'Intentional Communities', 'Endangered Species Day', Live music

### Thursday 24th May

- 'Sculpture Not Scrap' Arts Waste Challenge – Nimbin School of Arts Hall
- Film Series – Nimbin Bush Theatre: 'Woodstock DownUnder', 'Woodstock: Can't Get There From Here'

### Monday 14th May

- Film Series – Nimbin Bush Theatre: 'Woodstock DownUnder', 'Nimbin Aquarius Festival 40th', Q&A with filmmakers Nathan Keoning and Shelli Lipton

### Saturday 19th May

- Film and Animated Installation – Nimbin Bush Theatre
- Tribute Show Dinner – Nimbin School of Arts Hall
- Live local music – Mingle Park, Nimbin

### Friday 25th May

- Film Series – Nimbin School of Arts Hall: 'Woodstock DownUnder', 'The Bride of Frankie'; 'Sculpture Not Scrap' exhibition opening
- Lighting Jam and Drumming – Mingle Park, with Roger 'LSD Fog' Foley and Kaleidoscope Chris.

### Tuesday 15th May

- The Real Nimbin Showcase – Nimbin School of Arts Hall
- Film Series – Nimbin Bush Theatre: 'Sister Villages'

### Sunday 20th May

- Nimbin Aquarius Festival 1973 – Nimbin School of Arts Hall with Roger Foley, damagedART by Tedi Davis, Macadamia Pie Tasting at 2.30pm
- Live local music – Mingle Park, Nimbin

### Saturday 26th May

- Film Series – Mingle Park: 'Woodstock DownUnder' director's cut; live local music,
- Nimbin Aquarius 2018 Ball: Over the Rainbow – Nimbin School of Arts Hall

### Wednesday 16th May

- Nimbin Media Milestones Exhibition – Nimbin School of Arts Hall: 1973 Photography, 'Thorburn Art Prize' Landscapes exhibition, Nightcap Protest Exhibition, 'Nimbin Good Food' Launch
- Nimbin Pioneer's Image

### Monday 21st May

- Exhibitions continuing: Nimbin Pioneers, Media and Nightcap Protests

### Tuesday 22nd May

- Media Class Day 1: 'Colourful Spaces' Speakers – Nimbin School of Arts Hall 10am; showcasing and serving Nimbin good food,

### Sunday 27th May

- Closing Celebrations – Nimbin Markets, Bundjalung Tribal Dance Rites



Read reminiscences from new settlers on pages 34 and 41

# Great turnout for Nimbin's ANZAC Day

by Paul LeBars

Thanks to all who attended both services. The rain stayed off for the dawn service, with nearly 70 in attendance. It was an intimate service started off by the kookaburras in the trees of the Community Centre dead on 5.30am.

Thanks to Scott Ford for the heartfelt commemorative address. The service was followed by a Gunfire Breakfast put on by the Nimbin Bowling Club thanks to Don, Patty and crew.

The morning ANZAC March, led by piper James Alexander with veteran family members, local veterans, Nimbin Central School and Coffee Camp Public School students and many others, was well received by the gathered crowd on the street who then joined the service at the memorial.

The Call to Commemoration and service was conducted by Max Pike, giving the crowd a stark and captivating military family history of his father and grandfather. Rev. Grant Andrews gave a very heartened Prayer of Remembrance on the tragedy of war and the price of peace, and Amy Pope read the Lord's Prayer in Maori (wonderful), followed by the poem 'In Flanders Fields' read by Bob Dooley.

The Commemorative Address was read by our ex-Lord Mayor of Lismore, Dr Jenny Dowell OAM who gave a wonderful look into the history of women in the Australian Armed Forces from the Boer War to the present day, including those women presented on the 'Century of Service: Women at War' stamps issued by AusPost last October.

It was a wonderful speech that left us all in reflection of her words on the 'By The Left' movement fostered by women ADF veterans. Jenny also spoke of the need for recognition of the Frontier Wars in future Remembrance events.

During the service, three wedge-tail eagles were seen soaring in circles above the proceedings, and this has happened more than a few times now at ANZAC and Remembrance Services.



Read into it what you may, but I'm sure the spirits are proud of our respect, and remembrance.

On the Pipers Lament, wreaths were laid on the memorial in memory of those now lost to the vagaries of war. The 'Last Post' and 'Rouse' were performed by bugler Petria Dean, and the service concluded with the National Anthem. It was followed later with two-up at the Nimbin Hotel.

Thanks to those who read at both services, and to Marc, AJ, Farren and Emerald for their help in setting up, and the Nimbin Hotel for logistic support. Thanks also to Heidi and the traffic controllers for keeping the crowd safe – the authorities were requested months prior but failed to attend.

Finally, thank you to the Nimbin

and surrounding communities. What a respectful and strong community we have, and that was evident on the day. I hope we continue to strive for peace and the freedoms that were written in the blood of a generation.

100 years ago the ANZACs entered their fifth year of war. Try to imagine what that would have felt like as a soldier, a mother, a father, a brother, a sister or a good friend. Take that feeling you get when you hear the bugle play 'The Last Post' and carry it in your heart through the year.

Today we have many in our community who are veterans, some are OK, some do it tough. We owe it to them. Let's not forget their service and sacrifice, and offer help when needed, even if it's just a cuppa and a chat.

"Lest We Forget."

## NIMBIN ENVIRONMENT CENTRE NEWS

by Cath Smith, President

What an incredibly busy month it's been (and will be in following months) in the world of environmental awareness and activism. The topic on everyone's mind is of course, Adani.

The Galilee blockade and FLAC (Front Line Action against Coal) protesters each got fines of \$8,000 for locking on to a conveyer belt at Abbott Point and on the railway line. See the Facebook page for more details. The Nimbin Environment Centre (NEC) has donated \$1,000 to FLAC for legal fees.

NEC has also donated \$500 to NSW Environmental Defenders Office (EDO), which has done incredibly helpful work in assisting protectors with legal representation. Unfortunately, the Lismore office is closing.

NEC also sponsors Nim-FM for \$550 per annum.

The government wants to roll over the destructive Regional Forest Agreements (RFAs) for another 20 years, necessitating media to raise awareness in the community.

Logging at Limpinwood has received



Gito, one of our helpful shop assistants

a stay so that Northern Rivers NEFA is trying to convince the government of the importance of the wildlife corridor from Wollumbin to the Border Ranges. Dawn Walker from the Greens will take politicians into the bush to see first-hand. People are standing by to blockade further logging if required.

There will be a screening of *Sacrifice*

Zone, a compelling and informative documentary about the fight against CSG mining in the Pilliga, at Birth and Beyond in June. Watch this space in next month's *GoodTimes* for the date (most probably on a Thursday at 6pm).

The Beyond Coal and Gas Jamboree, a national conference on the Sunshine Coast from 31st May to 3rd June will cost \$200 for the event plus \$75 for accommodation. See staff in the NEC shop for more information, or come to the next meeting on 9th May.

Put World Environment Day in your diary – NEC will share a stall with Northern Rivers Guardians (NRG), at Knox Park in Murwillumbah.

And finally, come in to visit the NEC shop – new products include beautiful beeswax wraps: leave plastic behind! There are also quirky handmade toys made by ex-prisoners in Pastor Pete's workshop. Vegan nail polish makes a great self-treat or glamorous gift, and the usual organic products such as rice, coffee and honey support the great work of the NEC and its activists.

And finally, don't forget the NEC AGM, 9th May at 5pm at the Community School Room at the Community Centre.

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# Nimbin Community Centre News

by Teresa Biscoe and Inez Price, Co-ordinators

The year seems to be flying by, with MardiGrass already upon us. The Co-ordinators and Centre Staff have been busy finishing off and completing reports for several grant projects we have been managing.

This includes the Allsopp Park Mural, the Waibal Indigenous Art & Culture Grant, the repainting of the Rainbow Building for Nimbin Aged Care and Respite Service, installing a disabled toilet for the Cultural Centre and completing roofing and drainage work around the Casuarina building.

We are still managing the Light Up Nimbin Project and are seeking grants for improving infrastructure in the Centre grounds.

We have been reviewing the co-ordinator's role and have decided to restrict the office hours as our new co-ordinators are struggling to fit all the work they are doing into each week.

The office will now be open between 10am-2pm, Monday-Thursday. This will give the Centre staff more opportunity to do the important administrative and community development roles without sacrificing accessibility for the community.

We are currently looking for a volunteer to work in the office with the co-ordinators. They will be answering phone calls and queries, filing and copying documents, and doing research as directed by the co-ordinator.

We are looking for someone who has good people skills, presents neatly and can take direction, office skills are desirable but not required.

As we are registered with Centrelink, Nortec and ECT, this role may be good for those being required to find volunteer time in



Nimbin markets are held every 4th and 5th Sunday at the Community Centre

Nimbin. This a great way to get to know the Community Centre and its tenants and to learn what we are doing in this fantastic community asset.

Unfortunately, the staff and tenants of the Community Centre have been dealing with some ongoing antisocial behaviours at the Centre. We have had numerous complaints from tenants and from clients who come to the Centre to access the services offered here. We are particularly concerned about people smoking, drinking, taking and dealing illegal substances and acting out around the Family Day Care Centre.

This has resulted in the children who attend often being unable to use the outside play areas, as they are moved inside when anti-social activities are occurring. Parents and staff who have asked people to take their activities away from the Day Care Centre have been subjected to rudeness and abuse, as have Community Centre co-ordinators. Community Centre Staff also deal with ongoing rubbish removal and discarded syringes and belongings left all over the Market Stage.

The Centre Committee has agreed to a number of strategies to attempt to deal with the issues, and has asked Lismore City Council to consider adding a camera to the public camera surveillance system to monitor activity around the public toilets and carpark area. They have put this request in the new LCC budget for next year.

We are installing a comprehensive security surveillance system throughout the Centre grounds for all other areas. Centre co-ordinators will inspect the grounds every morning, and possessions left on the Market Stage will be cleaned up and discarded every Wednesday. The Nimbin Police have also been requested to increase the regular foot patrols through the grounds.

The presence of dogs in the Community Centre grounds is once again a problem. The doggy deposits left all over the area are making the job of the Centre groundskeeper and her team of dedicated volunteers, very unpleasant and difficult. Handling doggy doo is not in the job description for any volunteer or staff member.

The Community Centre

Management Team would like to remind visitors that it is a DOG FREE site. This includes Market days or any special events in Centre grounds. Apologies to all those well-mannered pooches and their owners but rogue individuals (some dog owners) have forced the issue. We ask all visitors with dogs (unless they are a disability dog) to keep their pets outside the grounds when visiting.

We are still working towards having a Community Centre 20th Anniversary Celebration on 8th and 9th September. We would love any input from the community for this. Please send any photos, videos and ideas to the Centre email: [ncci@nimbincommunity.org.au](mailto:ncci@nimbincommunity.org.au)

We have been discussing a film night, a community open day, a Nimbin Gardens exhibit, a pop up gallery and/or a photo display in the main hallway, performances from local choirs, and a community picnic.

If anyone has energy to volunteer to help organise this event, we would love to hear from you. Community celebration is a team effort, and needs all of us to make it a success, so we look forward to hearing from you.

## Nimbin Hospital information

### Child immunisation clinic

For 0-5 year olds, held on second Tuesday of the month. Next Clinic: 8th May. Phone 6620-7687 (Lismore Community Health Centre)

### Early childhood nurse

Every Tuesday. Baby checks, weighs, post-natal support. For appointments phone 6620-7687.

### Women's health nurse services

One Thursday a month. Confidential service, pap smears, breast checks, contraceptive advice, post-natal checks, general health information. Phone 6689-1400 for appointment.

### Wound clinic

Monday, Wednesday and Friday from 8am. For self-referral, phone 6689-1288. Referrals also from Nimbin Hospital and GP clinic.

### Cannabis clinic

Every Monday. Confidential counselling, Phone 1300-664-098 or 0427-465-708.

### Drug and alcohol counsellor/psychologist

Every Thursday. For appointment, phone 6620-7634 or mobile 0428-109-474.

### Nurse practitioner clinics

- Diabetes Clinics: third Thursday of the month, next is 17th May.
- Respiratory Clinic: second Tuesday of the month, next is 8th May. Phone 6630-0488 for appointments.

### Community Registered Nurses

Monday to Friday, 8am-4.30pm. Assessments, wound care, referrals, advocacy, provision of palliative care in the home, medication support. Phone 6689-1288 – leave message, will return call swiftly.

### Nimbin NSP

Needle and Syringe program open Monday to Thursday. Arrangements can be made to see Community Registered Nurse.

### Health advice line

Phone 1800-022-222 if you have a health issue. 24-hour, seven days a week free service. A Registered Nurse will assess whether you need to go to an Emergency Department.

### Nimbin Hospital Auxiliary

Meetings are held on the first Wednesday of each month at the hospital, at 10am. Next meeting: 6th June. New members welcome.



# Influenza months are ahead

by Noelle Lynden-Way

You may have noticed that influenza (flu) is around again in our communities. It can occur throughout the year, but usually peaks in winter.

What actually is influenza? Well, it's a contagious respiratory illness caused by an influenza virus. Most people recover after a few days but for some people it can be fatal.

You may have realized from your own experience or heard the news that 2017 was a particularly bad year for the number of people who contracted the flu and some twice or three times.

The influenza vaccine may be recommended to you by your doctor or nurses at the local Multi-Purpose Services (MPS/s) as the best protection against the virus.

At the present time the Federal Government is working to make the flu shot mandatory for hospital and Aged Care staff caring for vulnerable patients and residents.

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
  - cough, sore throat and runny or stuffy nose
  - muscle aches, joint pains, headaches and fatigue
  - nausea, vomiting and diarrhoea (more common in children than adults)
- Medical advice is to see a doctor if the illness quickly becomes worse or if any of the following occurs:
- shortness of breath or rapid breathing
  - chest pain
  - confusion or sudden dizziness
  - persistent vomiting.

Influenza viruses are mainly spread by droplets made when an infected person



coughs or sneezes. It can also be spread after touching surfaces where infected droplets have landed.

Adults with influenza are infectious from the day before their symptoms start until 5-7 days later.

Young children and people with weakened immune systems may be infectious for longer.

The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains.

Regardless of whether you get the flu vaccine this winter, to stay healthy during this influenza season and all year round:

- Get plenty of sleep
- Exercise regularly
- Drink plenty of fluids
- Eat nutritious foods
- Manage your stress levels

Here are some ways to avoid contracting the flu and preventing the



spread of germs to others.

- Avoid close contact with people who are sick. When you have the flu avoid close contact with others to protect them from getting sick too.
- Stay home if you are unwell from work, school, daycare and errands. You will help to prevent others from catching the flu.
- Cover your mouth and nose with tissue when coughing or sneezing and put it in a rubbish bin. If you don't have a tissue cover your mouth and nose as best you can or sneeze into your elbow.
- Wash your hands often for at least 10 seconds or use an alcohol based hand rub especially after you cough or sneeze to prevent germs from spreading.
- Avoid touching your eyes, nose and mouth. Sickness is often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose or mouth.
- A mask to cover your mouth and nose can be purchased from your local chemist.

Thanks to Belinda Parker (Child & Family Health Nurse/Infection Control Coordinator, Kyogle Memorial Community Health) for providing various NSW Ministry of Health sources for this article.

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## In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

### Sustainability Alley

Shout-Out to possible speakers, workshop presenters, and stall holders.

2018 will be the 99th Nimbin Show and this year Sustainability Alley will feature the "Conversation Café" – a café space where the workshops and talks will be held.

We are looking for people to run workshops or do talks or set up displays about anything to do with Sustainability.

Please contact Guy at: [guy@nnic.org.au](mailto:guy@nnic.org.au) or Nat at: [admin@nnic.org.au](mailto:admin@nnic.org.au) to register your interest in participating in the 2018 Sustainability Alley.

### Sibley Street update

The weather has been holding up the building works and in fact we think the commencement of the works triggered all the rain we have been having (an even better rain-maker than hanging your clothes out on the line it seems!).

### Nimbin Community Drug Action Team (CDAT)

Captain Competent and the Superhero Wranglers went along to Kyogle Youth Week Fair and Crankfest in April.

You can catch them in

action during Mardi Grass so keep your eyes peeled and make sure you get a selfie with the Captain to share on social media.

### CONC Food Recovery Project

Since commencing in August 2017, almost 25 tonnes of food destined for landfill across the region has been recovered and redistributed to people in need, either directly or cooked up into healthy meals by our wonderful volunteers and by the Mullumbimby Grub Hub crew.

Food Recovery deliveries are made to Nimbin on Wednesday each week. There was a short break while the Commonwealth games were on, but deliveries have now resumed as per the usual schedule. For more info and updates see: [www.foodrecovery.org.au](http://www.foodrecovery.org.au) and [www.facebook.com/foodrecovery](http://www.facebook.com/foodrecovery)

### Struggling with household bills?

Got unpaid fines? We may be able to assist with electricity and telephone bills, and you may be eligible for a Work Development Order enabling you to pay off your fines via volunteer work. Phone us on

6689-1692 or just drop in to make an appointment with Vicki our Community Case Co-ordinator.

### How to Prevent an Anxiety Attack

Breathe deeply in through your nose and out through your mouth.

Slowly look around you and find:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 emotion you can feel

This is called 'Grounding' – it can help when you feel like you have gone too far in your head and are losing control of your surroundings.

Nimbin Neighbourhood and Information Centre (NNIC) is run by locals for locals and our job is to support people in need and the community in general to achieve their aspirations. Everyone is welcome at NNIC. If we can't help we probably know who can. You can also find lots of useful local and other info on our website. For appointments, phone 6689-1692 or just drop in between 10am and 4pm weekdays. [www.nnic.org.au](http://www.nnic.org.au)

## THE ADVENTURES OF Reckless Rita, Freddy Foolhardy & Captain Competent

#5

Hey Freddy! I can't believe you knocked that poor dude out when you punched him last night.

It's no biggie Rita. I didn't mean anything by it. I was drunk and didn't know what I was doing!

BUT WAIT FREDDY!  
BEING DRUNK IS  
NO EXCUSE!

Only YOU are responsible for your actions. You can be arrested and charged for violent behaviour & any injury or damage you cause, even if you were drunk. Avoid the regrets and stay in control of you. Only ever drink what you know you can handle.

Brought to you by Nimbin Community Drug Action Team (Nimbin CDAT)  
c/- NNIC P.O. Box 20168, Nimbin NSW 2480. [www.nnic.org.au](http://www.nnic.org.au)

**Speedway jollies**

I'm tired of those tree-hugging hippies complaining about the raceway in Lismore! I mean, who are they to protest my right to burn fossil fuels for recreational jollies?

What better way to contribute to the future than going round and round in circles, and impacting the whole community with noise and smoke pollution?

What right have they got to question my mindless disregard for the environment, or my love of guns and bacon?

If this world is going to end, then why not drive it off the edge and have some fun in the process?

Holden rules!

R J Poole  
Lismore

**Border Ranges Rally**

Kyogle is a gateway to rainforests that emerged during the Jurassic period. The Border Ranges are inhabited by animals and plant life forms that are more than 200 millions years old.

The flora and fauna surviving in this place are an irreplaceable asset to the Northern Rivers and the nation. It is important that Kyogle Council actively protects this unique environment.

It is astonishing that Kyogle Council would, even for a moment, consider allowing a motor rally to drive through this beautiful mountainous and heavily forested country. This is a special geographic region – the whole region is unique and a national treasure.

A vocal minority in this shire are interested in motor rallying, but there are many who would like to see council enrich the shire and the environment by promoting such activities as eco-tourism.

Kyogle is close to densely populated Brisbane and very near urbanised coastal regions; visitors from these places will bring wealth to the Northern Rivers that will be constant and sustainable and if properly managed will do no harm to our country.

A motor rally, using rural and residential roads around Kyogle, is an increasingly risky event and does little for the local economy. And there is a cost to the shire.

Residents will be locked in or out of their properties on the rally day. There will be a deleterious impact on unsealed roads which council must repair. The impact on the environment and wildlife, including endangered animals, has not been assessed or considered by rally organisers or council.

Before allowing a motor rally to take place, a full environmental impact study should be done to assess the

NGT welcomes letters and other contributions received by email or post prior to deadline. Letters longer than 300 words may be edited for length, and articles for accuracy. Please include your full name, address and phone number for verification purposes. Opinions expressed remain those of the author, and are not necessarily those of NGT.

risk to native species. An impact study is essential – it is possible we will lose rare species that can never be regenerated. We do not know what damage this event will do.

Small monetary gain, the thrill of diversion and entertainment, do not justify the hurt motor rallying might do to our beautiful country. The risk has not been assessed. The risk is too great.

For these reasons I urge councillors to vote against the rally at the Kyogle Council meeting in May.

Michael Brooke  
Kyogle

**Dire developments**

Stop it now before it's too late. Our council is considering turning good rural land into residential development once again. Are we not a village?

The two farms in danger are Nimbin Valley Dairy, 392 Tuntable Falls Road and the old slaughter house at 20 Gungas Road, which both join onto each other. Both are up for massive development by big time investors. Not only will this have a devastating effect on our small village, it also forces pressure on our wildlife corridor.

This story only gets worse. Both these sites have had toxic dip yards on them and to my knowledge have only just been filled in, and all traces of them being there were removed. I remember this as I have saved many animals from those toxic dip yards and I have fallen in a few times doing so.

These yards need to be removed properly as they are an environmental disaster.

Our rural land owners need to start considering who they sell to these days, as these types of developments are not wanted here by most locals and land owners.

Our council have made it very hard for land owners to cut off a few blocks for their children but on the other hand have no problems letting big time investors come in and buy our rural land and turn it into massive housing estates.

Bradley Davey,  
Nimbin



**About us**

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And find us on Facebook

NGT is published by the Nimbin Aquarius Foundation, 81 Cullen Street, Nimbin

**NEXT DEADLINE: Wednesday 30th May**

Email [nimbin.goodtimes@gmail.com](mailto:nimbin.goodtimes@gmail.com) or put stuff in our pigeonhole at the Nimbin Community Centre.

**Water use**

I read the story "Don't ask what your planet can do for you" (NGT April 18) and was puzzled by how a cow can use so much water. They don't have swimming pools or showers.

The article said: "For every one litre of milk, 1,000 litres of water was needed." Some cows at peak yield 24 litres a day, which would mean 24,000 litres of water per day. What cow could ingest that volume of water, in grass or from a trough?

As a young bloke I stayed on a dairy farm and it did not irrigate, just using rainwater. Are people complaining about the rain making the earth lush and green? That does sound silly.

Rain falls on the ground, the grass grows, the cows eat it and make milk. It is part of nature: the water doesn't disappear, it keeps circulating round and round.

Apparently Irish cows only use six litres of water to make a litre of milk. Clearly, they are environmentally aware cows. It rains plenty in Ireland too.

Rice and cotton are both high water-use products. Are people trying to boycott them? It takes some 1,400 litres of water by evaporation and transpiration to produce one kilogram of paddy rice.

It can take more than 20,000 litres of water to

produce 1kg of cotton. Hopefully bamboo clothing uses a lot less water.

Meanwhile Eli Creek in Queensland releases 96 million litres of fresh water into the ocean every day, and that is just one creek. Are we going to ban creeks?

Al B.  
Alstonville

**Plant-based diet**

Many thanks to Bernadine Schwartz for her article on the importance of a plant-based diet ('Don't ask what your planet can do for you' NGT April 18). It's the single most important thing we all can do to help the beautiful planet we live on.

There are so many substitutes for meat, dairy and fish easily attainable that there are no excuses, especially because these alternatives are delicious and much healthier for you (no growth hormones, saturated fat etc).

There is good news for those who are concerned about the Bering Sea losing ice – according to Google Earth the ice went next door to Okhotsk Sea within just 12 days. Bering Sea lost 173km<sup>2</sup> of ice and Okhotsk Sea gained 185 km<sup>2</sup>. In a month it will be freezing season anyway. See <https://tinyurl.com/AlaskanIce>

Not everyone believes in anthropocentric global

**Notices**

**Kyogle soup kitchen**

Come and enjoy a FREE cup of delicious soup at 8 Geneva Street, Kyogle, every Monday from 10am to 1pm. Everyone is welcome. A project of Kyogle Family Support Services

**Skills in the hills**

Nimbin Agricultural & Industrial Society is seeking more active members. The pool of agricultural and industrial skills amongst the current members is impressive, and they're willing to share them. They meet every Wednesday, 10am-3pm at the Showgrounds.

**Information wanted**

Seeking any information from anyone who knew Ben (Bevan) Turner, a former patron of the Freemasons Hotel Nimbin and long time resident of Tuntable. Ben passed away in 2002 in Nimbin and is buried at Tuntable. Please contact Marianne De La Motte at: [zyeera@yahoo.com.au](mailto:zyeera@yahoo.com.au)

warming. According to Forbes et al there has been no global warming since 1999, unless you are concerned about one degree Celsius warming per century. See <https://tinyurl.com/Forbes-no-warming>

For those who don't, there is still the very real threat of pollution to groundwater, rivers and oceans, air, soil erosion, deforestation and biodiversity loss due to the livestock industry combined with human overpopulation. The film *Cowspiracy* goes into all the negative impacts of livestock farming on the environment in great detail.

The rest of her article is spot on. I encourage readers to start incorporating plant-based meals into their day. I wonder how many readers are willing to give it a go?

Viva la revolution!  
Menkit Prince  
Uki

**Kitchenware**

Shock and horror, Mr Assad is using chemical weapons. As disgusting as this is, let us

look at our best friends. Depleted Uranium in shells launched against Iraq in operation Desert Storm; the Mai Lai massacre in Vietnam and many others using napalm; the concentration camps for starving out women and children in the Boer War; the attacks on Ireland, India and wherever these friends went; the burning of China's Summer Palace.

Now where did that saying "Gunboat Diplomacy" originate? Pot... kettle!

It appears that the barbaric British, French and Americans have not gone 10 years in the last 200 without a war. Perhaps Australia should choose its company more carefully.

Yes, I am from the first generation to ever tell its government to go to hell, not going to your war, stick your conscription.

Blessed are the peacemakers... thou shall not kill.

Claire De Ellae  
Urbenville



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## Revenge of the Loon

by Laurie Axtens

It's that one weekend of the year for Nimbin. MardiGrass weekend. And as the township becomes the focus for law enforcement agencies so is the weekend book-ended by arrests of its citizens.

And marijuana is important to this township – indeed it's a marvellous medicine that the world needs to embrace but it holds even more importance to Nimbin.

Believe it or not... the whole alternative experiment of the Aquarius Festival has been cash rolled by marijuana. Even a conservative estimate of the moneys that have poured into our region from drug sales would be eye-bogglingly, breath-takingly, astronomically humungous. It has been the single most powerful economic force behind the purchase and development of lands in and around this township, bar none.

While the rest Australia suffered through the recessions we had to have, Nimbin has been living in a quietly booming economy. A boom driven by the illegality of a substance, that cost \$10 a gram at the moment not because it's hard to grow but because of the risk of imprisonment for those who dare to grow it, sell it or consume it.

The MardiGrass has been at the forefront of the battle to legalise the herb. However complete legalisation implies a host of changes, changes you may not have considered – the imposition of taxation on its production, large installation production by seriously large investors and an even bigger suppression of cottage production; as we see with all other forms of drug production such as opium and tobacco.

In short, legalisation may not end the imprisonment of local producers, sellers and consumers, but it would inevitably bring an end to our cottage industry boom and possibly even the end of the alternative experiment in a generation or two. Our heroic black marketeers would be reduced to workers in the hemp drug factories of the future – far from here – gardening or manicuring for \$25/hr in hygienic hot houses.

Chances are the price would stay the same – and the government would make some serious tax dollars... and given the nature of our politics those taxes that would likely be turned into tax refunds and concessions for big business.

The MardiGrass, like most projects, contains the seeds of its own destruction. If we succeed in legalising our cash crop, we will succeed in losing it to big business and big government.

There are other ways to stop the imprisonment and harassment without whole scale economic development, but don't forget it is that very risk of imprisonment and persecution that keeps the drug at a premium price and keeps our region booming.

Sobering thoughts, or just bitter cynicism? I'll leave that to you.

## Community uproar over Telstra tower

by Mark Hill

The proposed Telstra tower at the Lillian Rock Road school bus interchange is continuing to unite local residents in what some describe as the 'fight of their life'.

Following the Information Kiosk event held by Telstra at Hanging Rock Hall when Telstra arrived nearly two hours late, local residents submitted 46 submissions opposing the tower. In response to submissions, Telstra published a Consultation Report which locals claim is 'incomplete', in that it fails to even mention more than 500 people opposing the tower in online and paper petitions.

The report also fails to directly address concerns of local residents and Telstra refer to 13-year old science to reassure residents that the technology is safe in what appears to be an attempt to manipulate the reader. Despite 88% of submissions against the tower, Telstra ignores locals and the tower has now been approved.

Shockingly, Telstra claim that a school bus stop is not a 'community sensitive site' and Planning at Kyogle Council have failed to respond to questions asking Council to clarify their position on this. Given this site is also at an intersection with the busy Kyogle Road, with three near-blind approaches, the development poses a hazard to road users who are inherently going to be distracted by a 50m tower 3m from the edge of the road. A road accident at the school bus interchange would be catastrophic.

Telstra also claim that this tower is important for emergency communication, yet many locals are not aware that Telstra have an obligation to provide every household in Australia with a landline (or satellite) connection, reducing the need for mobile phones often deemed unreliable in emergency situations. Telstra's Regional Manager informed residents of this fact, and some were shocked as they had heard locals had been denied landlines at their



properties. Telstra also provided no guarantee that the tower would address any mobile blackspot and told residents that the tower was important to Telstra for improving their network coverage across the region.

Whilst the mobile blackspot might not be fixed, as has happened in Kunghur, more alarming is that the tower will make an excellent lightning conductor. Being situated within one metre of the sensitive telephone exchange, if the tower were struck local residents may lose landline and internet connection as well as mobile reception. If this happens in an emergency situation, residents could be left with no form of communication. It is irresponsible and negligent for the tower to be situated near communication infrastructure that local residents rely on in emergency situations. In bushfire situations, landlines may be the only reliable source of communication.

Across Australia, scientists

and citizens unite in questioning whether Australia's advisory body on electromagnetic radiations emissions, ARPANSA, are actually legit scientists concerned with the safety of Australians, or whether they are a bunch of ill-qualified policy makers paid by the Government to produce standards which allow harm-causing Federal policy to fly under the radar.

Professor Mary Redmayne, Department of Epidemiology and Preventative Medicine at Monash University sums up this sentiment well when she says: "There is much high-quality research showing biophysiological effects from permitted electromagnetic exposures; these findings are not nullified by research which fails to find effects. To claim that the 'weight of evidence' does not support these effects (even if it were true) is misleading. To infer that this means no precautions are needed is illogical and non-scientific."

How can we trust Government when ARPANSA are failing to report current science and appear to be manipulating science. Aside from the health risks associated with electromagnetic radiation, local farmers are worried about effects on bees and other pollinators, which media reports have warned are already under threat globally, and emerging research shows these organisms are much more sensitive to the effects of RF EME than larger organisms such as humans.

If you're thinking this doesn't concern you just because you don't live near Lillian Rock, think again. Mobile and NBN towers are spreading like wildfire across the Northern Rivers. Just this week new mobile base stations and towers have been announced for Jiggi and Eureka, while both NBN towers in Nimbin are getting new equipment to double their current EME output levels. In time we will all face this issue, as the march of the towers rolls ever onward...

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