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Come and see what the Nimbin Spirit has created
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Santa comes to Nimbin

Photo: Chibo Mertineit

Santa Claus and his trusy elf arrived at the Big Community Christmas Lunch in his usual style, to be greeted by a horde of children, each later receiving a gift from Santa, which, like the generous buffet lunch, were provided by the Nimbin Neighbourhood and Information Centre.

Tasty treats at Triple-O Community BBQ

by Eugenie Stephans PCCC Secretary

Nimbin police and community united on Saturday afternoon, 14th December over a delicious donated BBQ meal.

Despite the drizzly weather, about 100 people visited Allsopp Park. In attendance was the newly appointed Sergeant, Ian O'Rourke and three other officers.

Ian worked full-time on the grill, cooking up delicious snags and onions. Unfortunately, officer Steve Buchanan could not make it due to a family commitment and he sends his best wishes to all for the holiday season! All in attendance had a good time meeting everyone and sharing stories. Tourists were also made welcome. It was important for all to unite, to express gratitude over a delicious meal.

Meat, bread, vegies, drinks and condiments were donated

by police and the Nimbin Emporium. There was a table laden with tasty salads made by Lucy.

Thank you to Nimbin Hospital and the Hemp Bar for the drinks and equipment. It was good to have Janet Soward representing the rural fire brigade too, and the volunteers did a tremendous job as well.

The BBQ abruptly concluded with monsoonal rain, but regardless... all had a good time!

The Triple-O Community BBQ was suggested by representatives of the Police & Community Consultative Committee (PCCC). They meet quarterly on the first Thursday of the month.

Next meeting will be on Thursday, 6th March at 2.30pm. The community is most welcome to table any correspondence at these meetings as well.

Hope to see all at the next BBQ!



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Jungle Patrol: A community legacy and new beginnings

by Diana Roberts and David Hyett

Officially established in 2001 as part of a safer streets initiative, Jungle Patrol evolved over the years to focus significantly on Nimbin's street cleaning.

Unfortunately, the non-profit organisation was dissolved after unsuccessful negotiations for a new contract with Lismore Council.

This difficult decision reflected an inability to sustain operations under the Council's proposed terms.

While the Council has taken over the street cleaning duties with its staff, it remains to be seen whether this has led to actual budget savings.

We know that the amount the Council was willing to pay Jungle Patrol would have



necessitated an unacceptable reduction in services – a compromise the committee felt was unacceptable and would not meet community needs.

As part of the winding-up process, long-serving staff members were compensated, and the few assets owned by Jungle Patrol were sold in accordance with non-profit regulations. The remaining funds must be distributed to a similar not-for-profit organisation.

After thoughtful

consideration, the committee decided to allocate these funds to the development, management, and maintenance of Aquarius Park, pending approval from New South Wales Fair Trading.

Aquarius Park, owned by the Nimbin Community Centre, is a vital community asset supported by many groups since its acquisition.

This decision ensures that the funds will continue to benefit the community and alleviate financial pressures on the Community Centre, which faces the challenge of maintaining many aging buildings.

The new Community Centre Committee has been grappling with managing Aquarius Park and other responsibilities and this contribution will help ease the financial burden for

years.

We extend our deepest gratitude to all those who supported Jungle Patrol over the years. To the staff who worked tirelessly to maintain clean streets and a well-kept skate park, your dedication has significantly impacted our community.

Although Jungle Patrol will no longer operate in its previous capacity, it will continue its highly valued role during the managed events organised.

As we close this chapter, we look forward to seeing the legacy of Jungle Patrol live on through its contributions to the community centre and Aquarius Park.

These spaces align with the values of collaboration and care that have defined our organisation from the beginning.

Protests over war in Gaza

by Julie De Lorenzo

Two weeks before Christmas, on Wednesday 11th December, a group of gentle souls walked through Nimbin in a silent vigil to grieve for the people of Gaza, particularly babies and children, and to honour the Palestinians brutally killed by the Israeli genocidal regime.

Eight men dressed in black and 14 women dressed in white, wearing Keffiyahs (Palestinian scarfs) gathered at the Imagine circle in Allsopp Park, in silence and in peaceful presence.

Megan James read a deeply moving poem expressing the harsh realities faced by women, children and families.

'Write My Name,' the poem by Zeina Azzam, (a Palestinian American writer/activist) speaks from a child's voice of ways to inscribe names on their legs as a way to identify the bodies of babies and children if and when they are killed. (Read the poem on page 8.)

From there a very slow, sombre walk began, spaced apart, heads down in single file circumnavigating the whole town of Nimbin, passing almost every business.

Every few minutes a bell was sounded, the line halted, and a sign was held up inviting the public to pause to honour the deceased.

A stop was made outside the Farmer's Market at the newly grassed area. As the group gathered in a circle there, the shrouds were laid on the ground and wailing and crying was heard.

The whole vigil lasted over an hour and continued throughout the town while the maintaining of silence created a sacred space for viewers to consider and contemplate the suffering and erasure of fellow humans subject to brutal violence, genocide and ethnic cleansing.

One man (Chibo Mertineit) led the vigil, followed by a line of women who cradled white shrouds covered in imitation blood to represent babies and children who have been killed by Israeli weapons and starvation.

The other men followed at the back of the line, supporting the women.

They represented the men in Gaza who support and protect women and children, and when they cannot protect them from bombs, they are faced with retrieving their loved ones' dead and injured bodies from the rubble every single day.

They also represent the doctors, emergency workers, animal rescue workers, fathers, grandfathers, uncles, brothers and sons.

This action was inspired by a group of women in Mullumbimby who performed a similar vigil last month, coming together to unite in their grief in public.

In Byron on 17th December and Lismore on 23rd, Northern Rivers Friends of Palestine organised 'Santa Doesn't Slay' events, intended to foreground the atrocities in Gaza to Christmas shoppers.

The events also used bloodstained shrouds and a grieving Santa (pictured), who handed out pieces of watermelon.

Statistics

Since 7th October 2023, the Ministry of Health states that over 45,000 people have been mercilessly killed. This accounts for 70% of women and children, including 17,000 children.

More than 4000 amputations and 2000 cases of spinal and brain injuries have been recorded.

1.9 million people have been repeatedly displaced amid relentless



bombardments, with no safety even in "safe" zones.

As winter edges in, insufficient medical supplies and facilities, lack of food will mean that freezing, starving or suffering to death is likely imminent especially for babies, mothers and the elderly already suffering.

There are presently 8,000 pregnant women in Gaza alone! This is exclusive of 73,000 pregnant women in the West Bank.

These are numbers, but those lives are not.

Fundraiser

Our dear friend T will be travelling to the West Bank to document human rights and abuses with the International Solidarity Movement (ISM), a Palestinian-run non-violent direct action group.

T declared, "By taking my body to the front lines, providing solidarity and amplifying the voices of Palestinian people, I aim to shed light on the brutal consequences of a system designed to erase Palestinian existence and history."

Please search the following link to read more about her brave mission and to make a donation: <https://gogetfunding.com/support-ts-journey-to>



the-owb

All funds raised or donated will contribute to her travel expenses, camera equipment and living costs while away.

We may not be able to do it all, but if more of us contribute, every little action counts towards creating the change we need to see in the world. Nimbin Friends of Palestine, united with Northern Rivers Friends of Palestine, stand in solidarity and advocate for the rights of Palestinian people.

We welcome anyone who wishes to support the fight for humanity, truth, equality and a Free Palestine.

If you feel you'd like to contribute in any way at all, please contact me via messenger or email: juliedelorenzo@hotmail.com or comment through our FB pages.

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Resilient Lismore annual report released

Executive summary

The floods that devastated Lismore and the Northern Rivers in late February 2022 may be the worst natural disaster in recorded Australian history.

Across the region, more than 20,000 homes affected with the damage cost estimated at \$5.4 billion. People across the Northern Rivers lost their houses, their possessions, their memories, their businesses, and their sense of safety and security.

Schools were closed, some permanently. Tragically, five people died. The damage done to lives, homes, businesses is far reaching and two and a half years later, the region is still deep in on-going recovery.

Resilient Lismore emerged out of the disaster to assist the many people who were affected by the floods. The immediate focus was to establish 'Repair to Return' – its initial triage response directly following the flood, which sought to ensure that residents were safe, secure and warm.

With the support of The Winsome, the Diocese of Lismore, Joel Jensen Constructions, the Reece Foundation and many more trades and donors, Resilient Lismore extended the scope of its work to the restoration of kitchens, bathrooms, and essential plumbing to flood-affected houses.

In March 2023, Janelle Saffin MP for Lismore secured \$5 million from the Minns Labor government, which allowed Resilient Lismore to further extend its 'Repair to Return' program to more people in need by engaging more local contractors and tradespeople. So far, the program has enabled the repair of 195 properties.

The funding also enabled the development of robust systems and procedures to manage the complexities of multiple concurrent jobs. Many households still need assistance, and the program fills a significant recovery gap by providing housing repair to those who are ineligible for the NSW Reconstruction Authority's 'Resilient Homes' program.

Resilient Lismore delivered nearly \$4.5 million worth of volunteer aid, including more than 15,800 volunteer deployments. It has completed more than 4000 jobs, ranging from cleaning up to fixing stairs and windows to rebuilding bathrooms.

It has delivered around 657 significant property repairs, assessed more than 1600 sites, and conducted more than 4000 well-being home visits, appointments, or phone calls.

Resilient Lismore has made a significant difference in the lives of many people who have been affected by the disaster. There have been more than 35,000 walk-ins at the Resilient Lismore Community Hub, with around 1400 general referrals made to other services.



More than \$900,000 in brokerage support has been distributed into the community, including 1550 instances delivered via vouchers, Givit applications or other brokerage.

The work extends beyond Lismore to the heavily impacted downstream communities of Coraki, Woodburn, Wardell, Broadwater, Bungawalbin and reaches further afield to Casino, Kyogle, Chinderah, and Ballina.

Although the 'Repair to Return' program is perceived as its core work, Resilient Lismore's diverse range of activities includes building a strong community service sector to mitigate the impacts of disasters in disadvantaged communities, and to support long-term recovery, resilience and preparedness to future natural hazards.

Training has been conducted for more than 462 local and visiting volunteers. More than 1500 community members have attended 11 events and 180 have participated in over 20 skills workshops.

Since 2023, workshops with approximately 110 participants have been carried out in partnership with local organisations and providers across a variety of locations to enhance accessibility across communities.

Resilient Lismore is now a vital part of the Northern Rivers recovery and preparedness ecosystem, playing a key role in coordinating and training other community organisations, with the goal of building a strong network of groups who learn from their experiences and effectively prepare for the next disaster.

To this end, Resilient Lismore commenced its pilot project 'Disaster Ready Together'. The organisation secured funding for it through the NSW Council of Social Services (NCOSS). The 'Disaster Ready Together' project has been successfully refunded through the Federal Government's Disaster Ready Fund and

will be delivered in 2025–2027.

Resilient Lismore is committed to advocacy and has met with the Premier, the Minister for Emergency Services, Minister for Planning, Minister for the North Coast, Minister for Planning and Public Spaces, the Federal Minister for Emergency Management, the CEO of the National Emergency Management Agency, and the CEO and Executive of the Reconstruction Authority.

Resilient Lismore's Executive Director, Elly Bird, has also presented at numerous disaster sector conferences and gatherings around the country which has given Resilient Lismore national recognition as an exemplar of community-led disaster recovery within the growing disaster resilience sector.

Of the 2,000 or so women working in emergency situations in Australia and New Zealand, Elly Bird was recognised in October 2024 by the Australasian Women in Emergencies network, who awarded her for outstanding leadership and for building community resilience.

Results from multiple evaluations of Resilient Lismore's work have demonstrated the breadth of the organisation's impact. Resilient Lismore is widely recognised as a key pillar of the community, trusted for its support, integrity, and inclusive advocacy.

It is an outstanding example of the power and strength of communities that gather in a coordinated effort, and demonstrates the critical importance in disaster recovery of initiatives that are both connected to, and part of, the community.

The organisation is acutely aware that a significant need still exists, particularly for those flood-affected residents who, for various reasons, are not eligible for existing Government support and are thus identified as those who are 'falling through the cracks.'

With many other programs finishing in 2025, Resilient Lismore is working hard to secure further funding to continue to support recovering households.

More detail about Resilient Lismore's achievements are available in their annual report: <https://resilientlismore.org.au/publications/annual-report-2024>

Stepping up to Stepping On

by Gail Pierce

Falls are very common, with 1 in 3 people over the age of 65 falling each year. A fall can lead to injury, loss of independence and confidence.

A fear of falling can prevent us from joining in on activities that we enjoy. When we age well we are confident to go out, socialise, exercise or go for a walk.

The 'Stepping On' program increases the awareness of the causes of falls and in

turn helps people gain more confidence in knowing how to prevent them.

'Stepping On' aims to reduce risks of falling or suffering serious injury by practising balance exercises and learning how to avoid falls.

It is an evidence-based program that is effective and has been proven to reduce falls by 31% in the community.

'Stepping On' is free to attend and is supported through funding provided



Stepping On class members

by Northern NSW Local Health District's Promotion Unit.

If you are interested in attending a course in Nimbin, or would like more

information, please contact Gail on 0409-452-620 or Jacintha on 0499-109-371.

Or visit: <https://www.activeandhealthy.nsw.gov.au/home/stepping-on>

33rd MardiGrass planning meetings start

by Michael Balderstone

Meetings to organise the 33rd annual Nimbin MardiGrass cannabis law reform gathering will begin in late January as usual, in the HEMP Bar on Fridays from 4.20pm, also as usual.

The website is freshly sorted, and anyone who wants to be involved should register their interest there.

As a musician, performer, market stallholder or volunteer, or anything else you want to include in the protest weekend, 2nd, 3rd and 4th of May this year.

Thirty-three years is a long time saying the same message over and over again. Even if some things have changed in that time, some things have very much stayed the same for us cannabis users.

Stigma is one of them. It may have lessened a little, but in reality it's thriving like racism. Illicit drug use is not good. Pharma drugs and alcohol are of course OK, but if it's illegal you are understandably judged by the rest of the population. And wanted by the police.

The first change we got was cannabis cautioning. In NSW you can be caught with less than half an ounce and the police can choose to give you a caution instead of going to court. They can choose to if they want to, but not if you have prior convictions.

It stopped the courts being clogged with minor offences and prevented a lot of criminal records happening to innocent youth whose careers were being tipped upside down.

Finally after decades of absolutely ridiculous lying about cannabis having no medical benefits, they had to roll over after the media exposed wonderful stories of cannabis stopping epileptic seizures in children.

No-one could argue against



Finals of the Artistic Roll category of the 2024 Hemp Olympix, under the watchful eye of chief steward and remarkably unbiased adjudicator, Alan Glover. Below: The unredoubtable Ganja Faeries.

that, and I credit Tony Bower from Mullaways for getting the ball rolling.

Years later, they finally allow limited cannabis use for medicinal purposes in a Special Access Scheme. That was 2016.

Only eight years later, the legal medical cannabis system is wild and out of control. Most doctors know little about the plant.

Every country growing legal weed is trying to get in on our market. Half is coming from Canada, but a lot from Africa and Europe as well. None from the USA because federally cannabis is still illegal there.

Prescriptions are a cinch over the phone now in Australia, and providers are fighting for your business like any other product. Except this is new and we all know it's a river of green gold. Billions of dollars in sales are sure to follow, as is happening in America.

Virtually all our legal cannabis is grown indoors, not organic, imported and therefore irradiated. It's infuriating we're still not allowed to grow our own.



Photo: Vyking Photography

The doctors have been cunning designing their own system of acceptance into the legal medicine world and they weren't going to let cannabis escape their clutches. Who would have believed when we started MardiGrass that weed would get legal but through a doctor and coming from Canada? It's like a bad joke.

MardiGrass helps to stifle the stigma a little and it's a great gathering for cannabis

lovers and a celebration of the most useful plant on the planet. I honestly believe if we're to save our future we need to change our attitudes to each other and the Earth, and cannabis can help that!

Please put the first weekend in May in your diaries for 2025 and book your all weekend pass and three nights camping for \$150 at: nimbinmardigrass.com

We're still doing it real in Nimbin.

Afterlee Ecovillage approved at last

by Shane Sylvanspring

After three years of planning, the Afterlee Ecovillage has received approval from Kyogle Council.

This unique land-sharing initiative encompasses 65 homesites located in the former Afterlee township and aims to restore elements of the former township including the historic Afterlee Primary School and local RFS facilities.

The sprawling 700-acre site will blend community life with nature and regenerative farming.

The Afterlee Ecovillage takes a novel approach to multiple-occupancy development. The land is owned by the shareholders of the Healthy Living Community Co-operative (HLCC), who shape the village's design, features, and development, with support from experts, including project founder, ecovillage planner and educator Shane Sylvanspring of Planning Regenerative Communities.

The co-operative offers affordable smaller homesites near its central hub, the 'village centre', as well as larger



acreages.

A key focus is on aesthetics and holistic building practices that can bring our community in closer harmony with nature and the land.

In round one, 31 shares were sold; and round two is now open with 30 additional shares available, offering affordable housing options to new members.

With approval secured, Afterlee Ecovillage will begin developing essential community infrastructure, a community hall, work sheds, and recreational

facilities, with current discussions around a pool, a plant nursery, orchards, walking trails, a café, and the revitalised school.

For more information, visit: <https://afterleevillage.au> or attend one of our upcoming information sessions:

- Kyogle, Saturday 1st February, Banquet Hall (downstairs KMI Hall), 2-5pm;
- Lismore, Saturday 15th February, City Bowling Club, 2-5pm;
- Mullumbimby, Saturday 1st March, venue TBC, 2-5pm.

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The Channon
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Gardens CLOSED Dec 21-Jan 9
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In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

Happy 2025 everyone!
We hope you had a relaxing
Xmas period.

Big Community Xmas Lunch

The community lunch
was held on Friday 20th
December at Nimbin Town
Hall.

Thanks to the many
helpers who made it happen:
Nicole, Gail, Tash, Lil,
Narelle, Alison, Gillian,
Chris K, Steph, Rachel,
Vince, Paul, Kerry, Christos,
Heidi, and Julie for cooking,
prep, set up, serving and
pack up.

To Santa and his helpers:
Jenny, Finn, Laura, Kerry,
Heidi. To Marcus from our
local RFS brigade for the
dazzling truck deco; to our
raffle sellers Rain, Darren
and Freya and to all our
raffle prize donors: Nimbin
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Materials, Emporium,
Nimbin Village Pharmacy,
Nimbin Homeopathics,
Sibley Bistro, Hemp
Embassy, Nimbin Food Co-
op, the Green Bank, Blessed
Botanicals, and Le Petit
Aromatique Apothecary.

To the School of Arts
for the use of the Hall.
And most of all, thanks to
everyone who came along to
enjoy the festivities.

Nimbin Women's Dinner
Save the Date: Thursday 6th
March 2025 – the program is
coming together.

Seeking women with RSA
certs to help on the bar. Also
seeking women to help us
organise it and run the gig on
the night. Email Nicole at:
ccn@nnic.org.au

SMART Recovery Group
This group is commencing
in January. SMART stands
for Self-Management and
Recovery Training.

This is more than an
acronym: it is a transformative
method of moving from
addictive substances and
negative behaviors to a life
of positive self-regard and

Help needed! We need you!

We have lots of different volunteer jobs and roles at NNIC
and also at 7 Sibley St to suit all sorts of people and skills
and interests. These include:

- Food Pantry Assistant Co-ordinator
- Front Desk Assistants
- Community Care Team members
- Head Gardener 7 Sibley Street
- Shop Assistants 7 Sibley Street (commencing February)

Plus a new lawnmower person for 7 Sibley Street – Rik
our fabulous mower man for the past five years is finally
retiring.

We are also looking for a new Secretary for the
Management Committee.

Any help is helpful – you can contribute as little or as
much as you choose.

Send expressions of interest to: admin@nnic.org.au or just
drop by and talk to Nicole at our front desk.

Are you a local accommodation provider?

The Nimbin Disaster
Resilience Group has
developed a brochure for
visitors to Nimbin with key
information they need in the
event of a disaster such as
flood or bushfires.

Accommodation providers
are encouraged to add this
brochure to their visitors' info
folders. To get an electronic
version to print out OR to get
some hard copies printed out
to collect – contact: admin@nnic.org.au

Sustainable Nimbin Community Plan (SNCP)

The new edition of the
SNCP is available to view
or download it on-line at:
<https://nnic.org.au> or hard
copies available for viewing
at NNIC. We are now
implementing the strategies.

You can get involved in
the Nimbin Food Security
group or the Nimbin Arts
Collective, or the Nimbin
Water Collective. Join the
appropriate Facebook group
or contact: sibley@nnic.org.au

willingness to change.

SMART recovery groups
are an alternative to AA or
NA groups, and have a more
flexible approach. If you
want to address your drug or
alcohol issues in a supportive
and non-judgmental
environment then this is the
group for you!

For more info contact
Nicole at our front desk on
(02) 6689 1692 or: ccn@nnic.org.au or else call (02)
6687 1111 or email: intake@buttery.org.au

Nimbin Recovery Support Service

Sadly, the RSS finally winds
up at the end of January.

If you still need assistance
with flood recovery issues,
make an appointment with
our Community Worker at
NNIC.

Many thanks to NSW
Reconstruction Authority
for funding the Nimbin RSS
since September 2022.

Even though the RSS
will be gone, NNIC is still
here and always will be, to
provide on-going support as
much as we can. We are well
aware that recovery is on-
going for our community.

Nimbin Big Map exercise

Speaking of recovery, the
Reconstruction Authority
will be hosting a community
Big Map exercise and BBQ

in January. Watch out for
the promotions around town
and on social media.

The 'big map' scenario
model and disaster planning
workshop helps to overlay
the community's vital local
knowledge with aerial
imagery and data mapping
technology, empowering the
community and its leaders to
proactively reduce disaster
risk and identify local
solutions to help improve
resilience over time.

Nimbin Aged Care and Respite Services

We assist frail aged people, NDIS
participants and carers to stay living at home
and connect socially.

All NACRS support workers are
qualified, certified, experienced, police
checked, Covid-safe trained, insured and locally based.

SOCIAL CENTRE with veranda – Monday-Friday 10am-
2pm. Drop in for a cuppa, support services, info and computers.

DEVICE ADVICE – Wednesdays 9.30am-1pm. Seniors can
book for assistance with phone, tablet or laptop issues.

SENIORS SOCIAL GROUPS – booking and fees apply

- Nimbin Tuesday morning tea, 10.30am-1pm. Tea/coffee, conversation, music and snacks, weekly \$5
- The Outsiders Group 1st and 3rd Thursday, 11am-2pm at various rural cafes, self-funded plus donation to NACRS
- Wise Ones at Koonorigan Hall/Dunoon 4th Monday, 11.30am-1.30pm, bring a plate to share
- Bus outings – 2nd and 4th Tuesday. Scenic drives, cafes for morning tea & lunch (you pay), bookings essential, fees apply.

Phone **6689-1709** or visit NACRS at Bottlebrush Studio,
the rainbow building at Nimbin Community Centre.

www.nacrs.com.au



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OPEN MONDAY-SATURDAY at 6am

Phone 6689 1769

Nimbin Hospital information

Child immunisation

By appointment, please phone 6630-
0400.

Early childhood nurse

Every Tuesday. Baby checks, weighs,
post-natal support. For appointments,
phone 6630-0400.

Women's health nurse services

Third Thursday of the month, next is
16th January. Phone 6688-1400 for
an appointment.

Wound clinic

Monday, Wednesday and Friday
from 8am. For self-referral, phone
6688-1433. Referrals also from
Nimbin Hospital and GP clinic.

Drug and alcohol counselling services available

For an appointment, please contact
6620-7600. A trained professional
will ask you a few confidential
questions and will provide you with
an appointment time.

Nurse practitioner clinic

Diabetes clinics: Third Thursday of
the month, next is 16th January.

Community Registered Nurse

Monday to Friday, 8am-4.30pm.
Assessments, wound care, referrals,
advocacy, provision of palliative care
in the home, medication support.
Phone 6688-1433 – leave a message,
will return call swiftly.

Nimbin NSP

Needle and syringe
program open Monday to Thursday.
Arrangements can be made to see a
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 the month,
9.30am in the conference
room of the Nimbin MPS.
New members always welcome.





CWA Nimbin Branch opens its doors for 2025

by Sage Bryant, publicity officer

Happy New Year! We are re-opening on 8th January for our first Open Day of 2025.

CWA Open Days are held on the second and third Wednesday of each month, and we serve nutritious and affordable \$5 lunches.

It's the perfect opportunity to pop in and have a chat with our members, to see how the CWA contributes to the community, and you might want to participate. We'd love to meet you!

2024 Donations

Nimbin CWA extends our sincerest thanks and appreciation to Bidfoods Lismore and their Branch Manager for the generous donations, including a bag of scone mix and sugar.

These ingredients will be used to make delicious scones that we serve with our homemade jam and cream on Market Days.

We would also like to extend our appreciation and thanks to the following local businesses for their generous donations and continued support throughout 2024: Nimbin Valley Dairy, Sibley's Bistro, Nimbin A&I Society, Peter Robinson, Daizy, Nimbin Candles, Black Dog Honey, Nimbin Building Supplies, Nimbin Servo, Nimbin Newsagent, Nimbin Emporium, Farmer Charlies.

And finally, we would like to thank our fellow local community organisations, and all of the Nimbin community for their on-going support. We look forward to serving you in 2025.

Dates to remember

- Open Days: 10am-3pm, 2nd and 3rd Wednesdays of the month, pop in for lunch and a chat.
 - Op Shop Days: 10am-3pm, 1st and 4th Wednesdays of the month.
 - Community Market Days: 9.30am-3pm, 4th and 5th Sundays of the month.
 - Street Stall: 10am-12pm, most Saturdays outside the newsagent.
 - Branch Meeting: 5pm, 2nd Monday of the month, new members always welcome!
- The CWA room is located in Figtree House, 81 Cullen Street, Nimbin (next to the firehouse via Sibley Street)
- For all general enquiries please phone: 0461-412-831 or email: secretary.cwa.nimbin@gmail.com

Public Speaking Workshop

Public speaking: for many, it's the stuff of nightmares.

Sweaty palms, racing hearts, and the sudden inability to string two words together. But fear not, the upcoming Public Speaking Workshop in Nimbin is here to change all that – with professionalism, kindness, and a dash of fun.

Facilitated by Tony Kirton, a nationally recognised facilitator with more than 15 years' experience in public speaking, this interactive workshop is designed to help you gain confidence, sharpen your communication skills, and learn the art of engaging your audience.

You'll discover practical tips and tricks, gain insights into your vocal image and non-verbal cues, and have plenty of opportunities to practice and

receive constructive feedback in a supportive environment.

And in true Nimbin spirit, your participation helps our local arts and storytelling thrive.

bringing people together through the magic of first-person storytelling.

Thanks to the generous support of the Nimbin Chamber of Commerce,

without which this wouldn't be possible.

So, whether you want to conquer your public-speaking jitters, wow a crowd, or simply feel more at ease sharing your voice, this workshop is for you.

It will be held on Thursday 27th February, 9am – 3.30pm at the Nimbin Bush Theatre. Grab your ticket today – your future self (and

Nimbin) will thank you!

For info and tickets, go to: www.nimbinaustralia.com.au/event-details/public-speaking-workshop



Meditation and mindful living

by 'Doshin' Rachel Whiting, zen meditation teacher

How can we use mindfulness practices and meditation teachings to reduce stress, improve our daily life and overall sense of ease and well-being in this wild life we find ourselves in?

This is the main question that drives me to hold space for a local weekly personal well-being group in Nimbin.

I have practiced mindfulness and meditation successfully for over 20 years now. When I say "successfully", I mean it has actually worked! Worked to transform the way I parent, the way I communicate, the quality and health of my relationships with others, how I make choices and prioritise.

I find myself more response-able, resilient, loving. Less judgmental, less self-punishing. These skills/understandings have reduced the amount of hurtful 'accidents' that I am responsible for (of all sorts).

And, most incredibly, after a past filled with its own all-too-familiar human sufferings and challenges, I find myself now experiencing much more calm, ease, joy, and a deep love of life and every 'thing'/being in it.

Of course, nothing and



no-one is 'perfect' as we understand this word, but the freedom lies in growing the capacity to 'be' with life as it is, as it unfolds, with all its pain and joy.

Yes, the old metaphor of "riding the waves of life" rings true for me – we've got to learn how to surf. First the small waves, then the larger ones, and eventually we can brave those huge tidal waves with confidence and courage, knowing that even if or when we do fall off that surfboard, we won't actually drown.

We can come to realise and know deeply the great relief of relaxing in the depths of the ocean, while the waves smash about around us and perhaps at times within us.

So, I'm here offering you all a space to come and rest. A space to come and explore this art of surfing the waves, this art of diving deep and experience ease, true ease.

Yes, it takes time, but my way of supporting this process is gentle, loving, kind, and easeful in itself. You can just turn up and lie down. You can even have a snore, if that's what nurtures you most.

There are no 'late' arrivals to this group, just turn up whenever you can. No rushing to meditation! We meditate laying down, or sitting up, or with a slow restful walking practice.

I will read you a 'bedtime' story to inspire you, to reflect upon, and together to explore what it means to 'Pause, Calm, Rest and Heal' as Thich Nhat Hanh so lovingly puts it.

Please come along and spend some time resting with us, learning some simple but powerful techniques to help you in every day of your life to relax more, to manage stress, to slow down just a little, bit by bit, to make different choices that will eventually change your lifestyle into one that is sustainable for you (and therefore your loved ones) in the long term.

With much love and best wishes for the easing of suffering in our 'selves' and each 'other'. May we come together and realise how inter-connected we truly are.

Call me on 0427-778-837 to enquire or register your interest.

Lismore U3A Open Day

by Margaret Bruce, for the committee

Well, 2025 is upon us, what are you going to do with your leisure time this year?

If you are reaching maturity or thinking about retiring from the work force, Lismore U3A may be your answer.

This University of the Third Age offers many interesting courses to keep both the brain and body active.

From Genealogy to Qi gong, Book clubs, History, Science and Singing; there is something for everyone, over 30 courses in all.

We also have an active social club with functions each term.

You may have some special talents and would like to lead a course of your choice. We operate on a voluntary basis, from the committee to our tutors, and welcome new ideas.

You can find information about Lismore U3A on our website: www.lismoreu3a.com.au Or you can call our secretary, Pat on 6622-7408.


Why not come to our Open Day where you can meet all our tutors. This year it will be held on Wednesday 22nd January at the Goonellabah Sports club on Oliver Ave from 10am to 1pm.

The U3A singers will entertain us, as will our La Fontanella recorder ensemble.

It is open to our returning members, new members, or the interested public, and we would love to see you there. There will be facilities for you to enrol on the day.

For new members the cost for the year is \$65 which includes a badge, or \$60 for returning members. It will entitle you to join any or many classes for the whole of 2025.

We welcome you to join us.



NIMBIN'S SUSTAINABLE LIVING HUB
7 Sibley Street

January What's On!
For bookings, email: sibley@nnic.org.au
\$20 unless otherwise noted

Workshops: Gold coin donation

- **Tues 7th, 10.30am: nimBIN CHICKENS** – Learn more and join our plastic recycling project.
- **Wed 8th, 10.30am: Spinners and Weavers**
- **Tues 14th, 10.30am: Knitting and crochet**
- **Wed 15th, 2pm: Nimbin Water Collective**
- **Wed 22nd: 10.30am Crafters** making Dorset buttons

- **Sat 24th: nimBIN CHICKENS** – Using the Injector Mold with shredded plastic lids, making pet and key tags.
- **Community Tools Library:** Every Wed and Sat, 10.30am – 2pm. For home repairs, garden tools, food and craft equipment. Join at NNIC Mon-Fri.
- **Tools Reair and Sharpening service:** Rusty, blunt, broken handle? We'll bring your old tools back to life.
- **Basketballs & pump available:** \$5 deposit.

CSG signs

In 2012, this community recognised the toxic industry that was trying to come into this area – Lismore and surrounds.

A number of us in the Lismore area toured the Queensland gas fields. The farmers up there were really under extreme pressure and were really at a loss as to what to do about their farms, with the water, air and land pollution that was occurring.

This peer-reviewed report is proof that people were (and are) getting sick from this industry, and is the reason we were fighting to keep CSG out of the Northern Rivers: www.tandfonline.com/doi/full/10.1080/00207233.2017.1413221

The community of Lismore rose to the challenge and Bentley became the decisive victory. The signs '87% Voted NO to CSG' are about an historical event which happened in our region.

If people want to take them down now, they just want to undermine our good work. It makes me wonder about Lismore Council.

Is our Council concerned about the environment, I wonder? The community here stopped this highly polluting industry from getting in this area. For that reason, this should be celebrated.

Who would want to live in a gas field? They want to treat each community member who stood up and stopped people in this region from getting sick from toxic Betex chemicals.

It would be nice to receive some recognition for good work done by the community.

Gwilym Summers
Eltham

Democracies not perfect

I welcome John Scrivener's letter 'US Imperium' (Letters NGT December 2024).

A good example of the US defining international law to suit its needs was the illegal invasion of Iraq in 2003.

At the time we protested 'no blood for oil' but were largely ignored and even derided by the media and public opinion.

Now, years later, this invasion is seen for what it was, a disaster based on a lie. Even the hawks of 2003

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 Nimbin GoodTimes.

are apologetic about the Iraq War today.

Corporate America has way too much influence in US politics, and self-interest often overrides international law, as we saw in Iraq.

However, at least the US and its Western allies are transparent. Democracy isn't perfect, but we can question and protest without prison or worse.

John paints the USA as the world's bogeyman responsible for all the world's problems, but fails to mention that there's far worse options on the planet.

The only nation that beats the US record of invading others is Russia. He is wrong to insinuate that conflict with Russia is some kind of American creation.

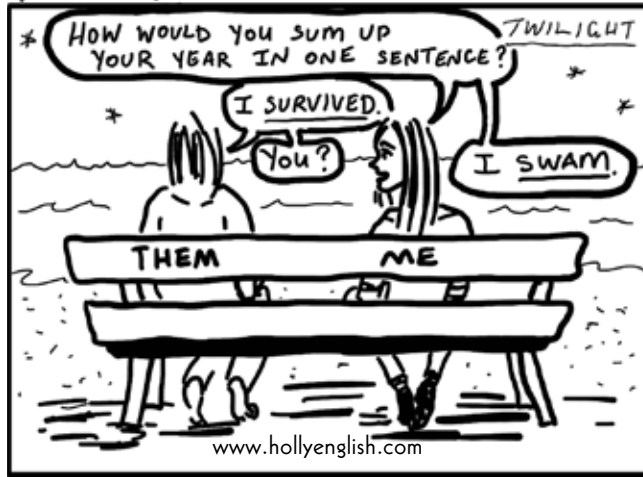
Russia invaded Ukraine, not America. Russia illegally occupies Ukrainian territory, not America. Russia kidnaps Ukrainian children, not America. Russia is colonising occupied Ukrainian territory, not America.

The Russian assault on Ukraine isn't much different to the German invasion of Poland in 1939. It needs a response. And yes, just like the American invasion of Iraq in 2003, Russia's invasion of Ukraine is all based on lies, bankrolled by corporations and oligarchs, and supported by a subservient domestic media.

The big difference between these two wars is in Russia anyone opposing the war or the government has been murdered, imprisoned or exiled whereas I, and the protesters from 2003 are still here.

Simon Alderton
Ballina

Probably The Best Moment of Xmas



Write My Name

Write my name on my leg, Mama
Use the black permanent marker
With the ink that doesn't bleed
If it gets wet, the one that doesn't melt
If it's exposed to heat

Write my name on my leg, Mama
Make the lines thick and clear
Add your special flourishes
so I can take comfort in seeing
my mama's handwriting when I go to sleep

Write my name on my leg, Mama
and on the legs of my sisters and brothers
This way we will belong together
This way we will be known
as your children

Write my name on my leg, Mama
and please write your name
and Baba's name on your legs too
so we will be remembered
as a family

Write my name on my leg, Mama
Don't add any numbers
like when I was born or the address of our home
I don't want the world to list me as a number
I have a name and I am not a number

Write my name on my leg, Mama
When the bomb hits our house
When the walls crush our skulls and bones
our legs will tell our story, how
there was nowhere for us to run
– Zeina Azzam

Cry For Gaza

*Systematic subjugation of one whole nation
trying to blow them to smithereens
and the pain keeps coming
no amount of praying for peace
this is base blood lust of a heartless, robotic kind
which one can only surmise is going to breed more genocide
Where are the hearts in those generals
where is the love
just lost in another bombardment of killing
of humanity's flesh and blood
the pain for feeling humans is unbearable
to even contemplate
But there it is, in my face
to make the case for ceasefire
How years of oppression leads to rusted on God like superior
that has gripped the perpetrators to self made prisons of hatred
without regret, just stealing innocence from children
whose lives have barely begun
No day in the sun
No day without trauma
No day without anguish
Mother earth weeps at the contempt
and blatant disregard for humanity
A whole nation is starving and brought to their knees
We must rise out of our own indulgent distractions
and at least stand on the side of the obvious oppressed
on their knees, under siege
Hungry for food and water they run from indiscriminate bombs
entwined with grief in their hearts
at losing loved ones and babies*

– Gwilym Summers

**Remembering
Sea Shepherd Adam**



by Corey Sumerton

Fourteen years ago, at a Bob Brown talk at Byron Bay High School, Lisa, Rob and I approached Adam Shostak from Sea Shepherd (pictured), to ask if we could sell their merchandise in our Nimbin Environment Centre (NEC) shop.

This is a not-for-profit volunteer-run business dedicated to the planet. We feel strongly about the oceans, just as we do about the forests and the land.

Thankfully, Adam jumped at the chance to spread the word, and provided us with the merchandise in bulk to sell to provide funds for Sea Shepherd ships at sea, fighting whaling, shark-finning and more.

Saving the balance and biodiversity of the oceans saves us all: if the oceans die, we die.

All of the shop's volunteers, committee and NEC members, together with the local Nimbin population, were very excited to be a part of this great movement in town.

Customers from around Australia and overseas were also impressed with the shop, which drew people inside to spend over the years thousands of dollars to support the work of Sea Shepherd.

Every week we were placing new orders directly to Adam, phoning him on his landline at home, and he would have them delivered promptly without fail, mostly by himself, driving them over from Mullumbimby.

Over MardiGrass, Adam would arrive in his van, laden with boxes of goods to sell, and rattle the donations tin outside the shop, then sleep on the floor of the shop at night. What a legend!

Thanks so much Adam, we loved having you with us, and enabling us to help Sea Shepherd in such a big way.

Sea Shepherd ship captain Adam Shostak died on 20th November aged 85, after a slow decline from various health issues. Nimbin Environment Centre is still the only retail shop selling Sea Shepherd merchandise.

Vale Graeme Cook

With much love, we want to share that our dad, Graeme (Cookie), passed away peacefully on 30th December.

In true Cookie style, and with thanks to the community of Nimbin, he managed to give himself a few extra innings.

Dad lived a number of lives – wharfie, activist, both a builder and a demolisher, and athlete (boxing, cricket, snooker, golf, bowls).

He was a green thumb (of all kinds) and perhaps you even enjoy the shade of one of his Channon market rainforest tree boxes.

He was a social soul to the very end (he really loved people and their stories) and he was still making new friends in his final days.

We'll be laying Cookie to rest at Nimbin Cemetery on Friday 10th January at 3pm,



and holding a celebration of his life afterwards at the Nimbin Bowling Club. We'd love for you to join us to share stories, tears and few laughs.

With love,
Tess, Rose, Nicole and Summer

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And find us on Facebook

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**NEXT DEADLINE:
Friday 24th January**

Email nimbin.goodtimes@gmail.com or put stuff in our pigeonhole at the Nimbin Community Centre.

The Nimbin GoodTimes acknowledges the Bundjalung people, the traditional owners of the land and waters on which we work and live, and pay our respects to the Elders both past and present.

Cancer and exercise, my story

by Derek Skingle

Many of us will encounter cancer during our lifetime, either through affected friends, relatives, loved ones or personally.

It's the diagnosis we all dread, as much for the treatment as the disease itself. And let's not mince words, the treatments – chemotherapy or radiotherapy – are brutal. But they are often the only tools currently available for today's specialists.

Back in 2016 I watched an ABC *Catalyst* episode featuring an exercise program developed by the Cancer Care Centre in Perth that provided benefits for patients undergoing chemotherapy and radiotherapy.

Apart from the increase in well-being felt by patients, survival rates following treatment were also improved.

At the time, I was so impressed with this inspiring and instructive program that it stuck at the back of my mind for years, little thinking I would one day put those very practices to use for my own welfare and health.

This is my story of how I dealt with a cancer diagnosis using the exercises I had seen in the *Catalyst* program.

My background is in science, but I have no medical or allied health qualifications. I simply hope that others may benefit from using a similar approach.

Early in 2024 I was diagnosed with Non-Hodgkin's Lymphoma. During my initial consultation I was disappointed that the word 'exercise' did not arise.

Naively perhaps, I had assumed that major hospitals treating cancer patients would have taken on board the evidence for the benefit of exercise during chemotherapy. Following that consultation, I realised I would have to prepare a plan of my own.

For over three years I had been attending a Live Longer, Live Stronger (LLS) strength and balance program for older people at Nimbin Gym.

Gail Pierce runs the LLS program and gave



me generous guidance and support following my diagnosis. Above all, her faith in me was invaluable.

Gail put me in touch with an exercise physiologist, Micaela Griffiths, working from rooms at the old dental clinic in Nimbin, who devised an exercise routine that I could work on at home, as well as at the gym with Gail's guidance.

I also booked local massage with fitness instructor, Cassandra Jeffreys prior to each chemotherapy treatment.

I had the best skills available to me locally and doubt I could have received better in a capital city. Throughout the chemotherapy, I religiously followed the exercise program.

Exercise was my key component for dealing with this cancer, but it wasn't the only factor I had to consider. I took a holistic approach and considered my diet, my mental health, social supports available to me, and my poor sleep pattern.

I knew from the outset that chemotherapy can have devastating effects for many patients and approached my treatment sessions with a conviction that rigorous exercise was going to be my salvation.

Immediately following

hospital treatments my friend who drove me home from hospital would drop me off a kilometre from my house so that I could walk the remainder. In the first week between each chemo treatment, I experienced a bout of low energy, but by the third week my energy level had picked up at close to 100%.

Apart from that, I had negligible side effects, some partial hair loss, some disturbed sleep, but no nausea, and my appetite remained normal so no weight loss. I also kept a daily health log in which I recorded my estimated energy level, appetite, exercise routine, weight, and any relevant issue I thought worth recording.

This became reassuring, as I knew what to expect each cycle. This also bolstered me because I could see with each chemo treatment that I was not getting a worse reaction.

I had been a vegetarian for about 40 years, occasionally eating fish. During treatment I had cravings for foods I had not eaten in years, including meat.

I took this as my body telling me that I needed more protein. I finally settled on organic chicken and continue to enjoy it post-treatment.

A cancer diagnosis can have a distressing effect on one's emotional well-being. I decided to try and eliminate as much negative input in my life as I could.

I filtered the daily news, I gave up watching TV dramas, and had to ask friends to stop telling me of other people's experience – I had enough to deal with handling my own.

At the initial consultation with the specialist, I was given a dossier of the

treatment. There was nothing I could do with this information, only worry about it. I had already resolved that I would create an exercise program based on what I had learnt from the *Catalyst* program.

To improve my sleep I resurrected some meditation recordings I had made a few years earlier. And I started taking collagen before retiring.

This not only increased my protein intake but also was recommended for improved sleep. Along with stopping screen time early in the evening, I achieved minimal success.

And finally, there was humour. According to American academic medical centre, the Mayo Clinic, a good laugh can release neuropeptides that can enliven your mood and relieve stress, so I aimed for some comedy most days.

On-line, I found recordings of old radio comedy shows that I loved many years ago and listened to them whenever I could.

After nearly five months, the day after I reached my 86th birthday, I received the best present I could have wished for: I was clear of cancer.

Now I face the challenge to ensure it doesn't come back. Currently I continue with my gym sessions, I maintain the same diet and activity, and feel just as I did before this nightmare arose.

I remain convinced that the intense exercise I undertook was key to my recovery.

Exercise may not be for everyone who is facing cancer treatment, but it worked for me.

The Catalyst program can be accessed at: <https://youtu.be/ffgAVrANmS4>



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2025 Annual General Meeting will be held Tuesday 14th January, 6pm at the Secretary's office at the Showgrounds.

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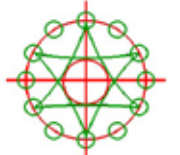
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