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Mid-winter garden party

by Jenny Martin

Another successful acknowledgement of all the wonderful seniors and carers in our communities and the official opening of our new garden area unfolded in the glorious sunshine on Thursday 18th June.

Local businesses, community organisations and volunteers generously donated raffle prizes, their time, delightful entertainment and necessary equipment, ensuring a wonderful party was had by all. The 'Queen' graced us briefly with her regal presence, Rainbow Power Company presented a hose system for the garden and Mayor Jenny Dowell officially opened the new garden area with a thoughtful and inspiring speech.

The edible garden project at Bottlebrush Studio was kicked-started with an LCC Grant resulting in a

shaded patio area, a raised salad bed for our NACRS social lunches and a raised herb-tea garden for soothing brews. NACRS worked in partnership with Djanbung Gardens Permaculture College, and in particular student Sam who designed the garden area using permaculture principles following consultation with clients, staff and community centre workers.

Thank you to everyone who contributed to making Garden Party such a success, helping us to raise over \$400 towards Nimbin NAIDOC 2014 celebrations. Thanks to the Aboriginal Cultural Centre for the loan of their BBQ, Stringworks for their PA and Summerland Credit Union for their marquees.

We would also like to thank the following businesses for their generous



Christine, daughter & grandson

gifts: Hummingbird Bistro, Armonica Café, Pot of Gold Café, Spangled Drongo Restaurant, Contented Tummy Café, Phoenix Rising Café and Reka Café.

See our Nimbin Aged Care & Respite Services Facebook page for more information about our social support services for elders, disabled people and all carers in our communities.

Triage

by Noelle Lynden-Way, Community representative

Many people's first encounter with a hospital is through the Emergency Department. This can be a dramatic, emotional time either as an incoming patient or escorting a friend in pain or an anxious family member. There is no exclusion criteria – people who are visiting an area and who live elsewhere can attend any Emergency Department at any hospital in Australia.

One can enter ED at the MPS by ambulance which means you have been picked up by Paramedics and driven there. This means that you will be taken into ED by medical staff.

Or you can arrive by yourself. The first thing then to do is to present yourself, friend or relative to the reception desk at the front of the hospital. This will ensure that the nurse on duty in ED will know you are coming in and why you are there.

The procedure that is followed in all Emergency Departments for order of attention is called Triage. It is a process of determining the priority of patients' treatments based on the severity of their condition. The term comes from the French verb "trier" meaning to "separate, sift or select". It was used to divide victims into categories during World War 1 by French doctors treating the battlefield wounded at the aid stations



Urbenville MPS ED staff

behind the Front.

In our hospitals triage is done by a specialised Triage Nurse as soon as possible after a patient arrives in ED. Patients are triaged on the basis of the speed with which they need medical attention. The Triage Nurse allocates a triage category to a patient based on the statement: "This patient should wait for medical assessment and treatment no longer than..."

There are five Triage Categories that are listed in each ED Department, or you can read them on the internet at: www.health.nsw.gov.au/hospitals/going_to_hospital/triage.asp

Here is some information from that website about what to ask and tell the Triage Nurse.

Can I eat or drink anything?

Sometimes you should not eat or drink anything while you are waiting to see a doctor because you may need to have a test or an operation which requires your stomach to be empty.

Can I get some pain relief?

Tell the Triage nurse if you are in pain while waiting or if you feel your

condition is getting worse.

Medications

Let the Triage Nurse know what medications you are on and when you need to take them.

Can I contact anyone?

Ask the Triage Nurse if you should contact family, relatives or friends to let them know you are in Emergency.

Interpreters

The staff can arrange an interpreter for you if necessary.

Can I smoke?

All NSW Public Hospitals are smoke-free environments.

General information

Remember to call the Health Advice Line if you have a health issue. It's a 24 hour 7 days a week free service on 1800-022-222.

A Registered Nurse will speak to you and assess whether or not you need to go to the Emergency Dept. at your local MPS. Read more information about this service on: www.healthdirect.org.au

Nimbin Hospital Info

Child immunisation clinic

For 0-5 year olds. Held second Tuesday of every month. Next clinic: 14th July. For appointments phone 6620-7687 (Lismore Community Health).

Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment (through Lismore Community Centre).

Women's Health Nursing Service

Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next clinic: 16th July. For appointments, phone 6688-1401.

Nimbin community nurses

Monday to Friday 8am to 4.30pm. For assessments, wound care, referrals, advocacy. Provision of Palliative Care in the home. Provide and co-ordinate Aged Care Packages.

Free health checks

Now in front of the Neighbourhood Centre, every second Friday, 11.30am - 1.30pm. Run by a Nurse Practitioner and a Registered Nurse. Cardiac, diabetic and stroke risk assessments, weight, blood pressure, oxygen sats, BSL, cholesterol levels, referrals if required.

Free respiratory clinic

With Specialist Respiratory Nurse and a Nurse Practitioner. Second Thursday of each month. Next clinic: 9th July. For appointment phone 6688-1401.

Free diabetic clinic

At Nimbin hospital, every third Thursday of the month. For appointment phone Leanne Boothe 6630-0488.

Nimbin NSP opening hours

Will be open on Mondays and Thursdays, 9am-noon. Arrangements can be made to see a health nurse through NSP.

Cannabis clinic

Every Monday at Nimbin hospital. Confidential counselling. Phone 1300-664-098.

Drug and alcohol counsellor/psychologist

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

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 10th July.



Sustainable Housing for Life Design competition opens

The Sustainable Housing for Life Design Competition 2015 is now open to residents, architects, designers and young people in the Northern Rivers. Interested people can find more information and enter at: www.sevenonsibley.com/shd2015

“The world’s first carbon-positive prefab home has only just hit the market in Australia, and people are loving it,” said Event Coordinator Alice Moffett from Self Seed Sustainability.

“Called the Archi+ Carbon Positive House, it’s been on display in Melbourne’s City Square and it’s so efficient it can put energy back into the grid.

“With all the hype for easy to build, modular sustainable homes, we thought we’d bring it to our local designers and sustainable home lovers,”

Last year’s design competition saw 50 entries that were enjoyed by over 1,000 viewers. The 2015 Design Competition will culminate in a Showcase Awards

and Expo at Lismore City Hall on Saturday 19th September – so residents will be able to view the entries, meet the designers and vote for their favourite design.

“This year the designs will demonstrate ecological, social and economic sustainability – it’s a triple bottom line approach that speaks volumes for the future sustainability of our region and it’s contribution to the planet,” said Vanessa Tallon from Lismore City Council.

Byron Shire Mayor Simon Richardson said last year’s competition generated great local conversations. “It stimulated ideas and demonstrated ways we can live sustainably in a small space. With rising housing affordability, looking at best practice housing designs that have a light environmental footprint is an outcome that many families are aspiring to achieve,” he said.

Sanctuary magazine, a publication by the Alternative Technology Association is



Committee members (left to right): Dave McDonald Lismore City Council, Kerrie Bowtell North Coast TAFE, Alice Moffett Self Seed Sustainability, Nat Meyer Nimbin Neighbourhood & Information Centre.

currently profiling twelve of the best modular and prefab creations on Aussie soil. Stating that Australia has been relatively slow

to embrace the pre-made dwelling, a growing number of designers are now offering prefab alternatives to meet the demand for affordable

and hassle-free housing. The designs are stylish and pretty fabulous!

Now the Northern Rivers is invited to join the movement and show their best by designing the most sustainable modular home designed for the sub-tropics.

With a share of over \$5,000 in cash and prizes, interested entrants are encouraged to visit: www.sevenonsibley.com/shd2015. for more information and to download the Competition Guidelines. Entries close 4th September.

The Sustainable Housing for Life Design Competition, Showcase Awards Event and Expo is a joint project by Self Seed Sustainability, Lismore City Council, Byron Shire Council, Tweed Shire Council, The Green Building Centre, Nimbin Neighbourhood & Information Centre, North Coast TAFE, Rous Water, Byron Community College and Dorrroughby Environment Educational Centre.

In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

www.nnic.org.au



Emergency Relief vouchers
The Consortium of Neighbourhood Centres Far North Coast (CONC) Emergency Relief program commences on the 1st July. NNIC is a CONC member and will continue to be an outlet for ER vouchers and material aid for people in need in Nimbin.

Assistance with food
Because there is less money available for Emergency Relief due to funding cuts, we will be increasing our capacity to provide food and meals from our own pantry. Donations of non-perishable food will be gratefully received.

Sibley Street update
We are still trying to get hold

of gutters so we can secure the integrity of the old house. We recently applied for funds for a shipping container so we can start storing tools and materials on site. The recent rainy weather has been holding up progress on the old back deck.

Sustainable House Day 2015
The Design Competition is now open. This year’s theme is “Housing for Life”. We are looking for people in the Nimbin area who are interested in opening their sustainable homes to the public on Sustainable Open House Day on 13th September. Check out the Sibley Street website for details including competition entry

form and guidelines: www.sevenonsibley.com

Top 5 reasons to become a member of NNIC
Memberships are now due and here are some great reasons for renewing or joining. Nimbin Neighbourhood and Information Centre:
• Has been operating for 37 years.
• Assists up to 40 people every single day, 5 days a week.
• Is currently delivering 15 services and projects in Nimbin.
• Is committed to working towards a Sustainable Nimbin in the face of peak oil and climate change.
• Needs your support.

Becoming a member shows that NNIC has the support and buy-in of the local community. This in turn helps us to attract funding and philanthropic support.
Membership is Tax Deductible and a mere \$5.50 (inc GST) per year.

NAIDOC week
5th – 12th July 2015. See our Facebook page for local events. (See also story p.32)

Other dates for your diaries
• Next Nimbin CDAT meeting: Thursday 23rd July at 1pm at NNIC.
• Saturday 19th September: Sustainable House Day 2015 – featuring Trade Expo, Speakers and this year’s design competition

entrants. For more info see: www.sevenonsibley.com
• 26th and 27th September: Nimbin Country Show 2015 - featuring Sustainability Alley.
• 6th-8th November: Domestic Violence and Animal Abuse conference –Byron Bay.

About to pay tax?
You can ease some of the pain by choosing to move some of your tax across to your favourite charity. Nimbin Neighbourhood and Information Centre is a registered charity and donations of \$2 or more to us are tax deductible.
To donate on line go to: Summerland Credit Union, BSB: 728-728; NNIC Gift Fund, Acc: 22205341 and send us an email so we can send you a DGR receipt. Or else drop in at 71 Cullen Street Nimbin. We use these funds to provide material aid to people in need, and to

support activities such as the Nimbin Soup Kitchen.

Your Mental Health Tip for July
“Exercise your mind for free with neurobics. Neurobics are exercises that develop and enhance the five senses. For example, try buttoning your shirt or tying your shoes with your eyes closed. Try eating with your non-dominant hand, or using the computer mouse with your left hand instead of your right”. www.livestrong.com/article/135492-free-brain-exercises-seniors/

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: www.nnic.org.au

Kyogle Council notebook



by Cr Danielle Mulholland, Mayor of Kyogle

Fit for the Future continues
By the time you read this, the public meetings at Bonalbo, Woodenbong and Kyogle concerning the IPART rate increase, the Long Term Financial Plan and our submission to the State Government’s Fit for the Future process will have been held,

and your views gathered for further consideration. I’d like to thank all those people who attended, asked questions and took the time to let us know how you’d like to proceed. Council is here to listen to and represent your views to the State Government about how you see the future of our LGA, so it’s important that we get an accurate idea of where you want to go. The public meetings are a valuable part of that process. The intention is to lodge our submission by 30th June, as per the State Government’s requirements, and await the determination of the appointed Panel of Experts due out by 15th October. What happens after our submission is lodged will be in the hands of the State Government and whatever the final result, you can be sure that we’ll let you know as soon as we hear anything substantial.

ALGA
I attended the Australian Local Government Association (ALGA) conference, held in Canberra from 14-17th June. The conference represents an important opportunity to hear, and learn from, councils across Australia about the challenges and issues confronting them and how we can better represent the views of our constituents to the Federal Government and its respective Ministers, to ensure that we get the best deal possible for our residents and ratepayers. It’s a hectic few days of the formal agenda program, as well as before and after hours meetings with various representatives. I always go to these conferences with great hope and an open mind, and I think that we will see the dividends



from building networks at all levels of government begin to bear fruit in the near future.
Community Strategic Plan
Meeting of our various focus groups has continued as we aim to have the objectives and strategies for the Community Strategic Plan (CSP) completed by August. In case you didn’t know, the CSP is a document that all Local Government Areas in NSW were required to develop as part of the State Government’s Integrated Planning and Reporting requirements. It is a strategic document that reflects the community’s priorities and aspirations. It outlines what the communities that make up our LGA have told us that they want and the current plan has six key strategic areas. One of the roles of the focus groups is to review these areas, amend them to be in line with the key focus areas and expand/embellish/enhance them

as needed. Sounds exciting doesn’t it? Stay tuned, as there’ll be more to come next time.

Out and About
May and early June have been a blur of meetings and commitments too numerous to mention individually but I would like to thank the tireless ladies of Quota for their kind dinner invitation on 9th May. I greatly enjoyed the dinner and it was wonderful to hear the great work that these dedicated ladies do for our community. You may also have seen that Leah Hobbs, Sam Elley and myself took part in the 100km challenge for May to raise funds for the earthquake victims in Nepal and our own victims of domestic violence. A big thankyou to everyone who participated and donated. We raised \$1000 for each worthy cause. You can be sure the money raised is both welcome and desperately needed. Until next time, all the best.

Kyogle Council: 6632-0214. Danielle. Mulholland@kyogle.nsw.gov.au

A mysterious affliction



by Gi Linda
VideoArt

The recent death of ten massive (60-70 foot) endangered fin whales near Kodiak Island in Alaska, and mass deaths of walruses and seabirds, adds to an already horrendous loss of marine life in the North Pacific Ocean. American media ‘experts’ attribute the cause of the fin whale deaths to a “mysterious affliction”.

The irreversible loss of marine life in the Pacific is heartbreaking and will inevitably get worse. Deadly radiation from the Fukushima Daiichi nuclear power plant, damaged in a multiple-meltdown four years ago, is silently heading for Australia, blowing in the wind and carried by ocean currents that interlink all the world’s seas. The real extent of this nuclear disaster has been suppressed since 2011, as the New York Times confirmed by publishing secret US government documents containing standing orders that the results of all radiation tests in the Pacific Ocean must be kept hidden from the public to avoid mass panic reactions.

Yet despite the silence of the sheep-dipped, it is increasingly evident that bioaccumulation of radiation is causing these extensive marine die-offs, from the tiny krill at the base of the food chain to the magnificent whales at the top. Creeping across oceans and spreading inland, wiping out insects, mutating crops and contaminating everything with pulsating radioisotopes Fukushima’s invisible tendrils also heat the oceans, releasing methane gas from frozen methane hydrates on the seafloor.

Independent researchers using Geiger counters to measure radiation are reporting very high levels of caesium 137 all along America’s West Coast and far inland. Journalist Yoichi Shimatsu has tracked another major Pacific Ocean radiation plume to the



dumping of nuclear waste from NASA’s secret nuclear weapons laboratory at Hiramachi in Japan. Since the Fukushima meltdown Japan’s birth rate has been declining, with a major increase in miscarriages and deformed fetuses. Stunted growth and thyroid problems in children are also greatly increased while Japan’s death rate is soaring from increased cancer.

It takes only one hot particle to trigger cancer, but sociopaths in pinstripes, proficient in slick deceptions, camouflage their crimes with faux science and media management to keep the asleple entranced and impotent.

Imagine what would happen if the Obama Regime should admit that an uncontrolled flow radiation is accumulating off America’s coast from California to Canada? Prime California real state would plummet from the stratosphere to the gutter in the exodus.

The convergence of contrived catastrophes; the poisoning of air, water and food with carcinogenic toxins; war without end; pharmacide and engineered pandemics; weaponisation of vaccines; the impending collapse of the global casino – all combine with dumping down of the asleple, pacified by TV mind control and fluoridation. Agenda 21 is the United Nations’ blueprint for population reduction and global governance. According to the Fabian Society our civilisation must first be brought down by a sudden strike to enable global takeover. Filmmaker Jay Weidner has analysed a recent modification to the Georgia Guidestones suggesting the depopulation agenda of this criminal cabal

of soulless banksters, militarists and generational satanists is on schedule for 2015.

With the launch in the US of Jade Helm 15 military exercises for the elimination of dissidents and

failed assassination attempts on whistleblowers Stew Webb and Jeff Rense, the alternative media began buzzing with speculation that the Jade Helm exercise may go live with imposition of martial law at the next false-flag trigger. Pogo knew: “We have seen the enemy, and he is us!” That the conflict is not between nations, tribes or creeds, but is a silent war of deception, exploitation and attrition against ‘We the People’ is seen clearly in the failure of globalist governments to protect their people from the omniscient danger of Fukushima radiation.

The Fukushima cover-up by corporate puppeteers is a Crime Against Humanity. It is Treason, though few dare say it, and a violation of Common Law, founded on biblical principles that establish a right to life; to eat, drink, sleep and self medicate without corporations and governments committing high crimes as they lie and exploit people for profit. Pseudo-Christian leaders and muted “Green” parties are complicit by silence.

Unless we re-establish our rights under Common Law, most people will continue to pretend that radioactive food imports are healthy, and that chemtrails lacing the skies are just Brisbane-Sydney flights taking a scenic route, and so bury their heads in the sands of stupor without a whimper of protest as the genocidal globalist agenda takes its toll.

Rense.com and enenews.com provide extensive updates on the Pacific Ocean disaster.

To discuss possible strategies for rejecting the ‘Law of the Brute’ and taking back our power, a Common Law Workshop will be held in Nimbin on Sunday 19th July.

Nimbin Food Co-op news

by Phoebe Torzillo

By joining and shopping at the Nimbin Food Co-op, you’re taking real, practical steps towards a more sustainable way of life.

The Co-op is community owned, which means more equitable distribution of resources and capital. We buy organic and locally-grown produce, supporting sustainable agriculture and industry. We are volunteer powered and member run, strengthening community connections and building local skills.

The Co-op belongs to you – love it up, get involved, and feel excited every time you Shop – you’re changing the world!

Calling all Nimbin’s amazing artists! Check out our Logo Competition. For details email: thenimbinfoodco.op@gmail.com or drop into the shop, or check out our Facebook page. Entries close 1st August, and the selected design will be rewarded with a \$300 store credit to load up on amazing, organic, premium foods and goodies.

Recently, we’ve been developing a management structure to work with the unique needs of the Co-op. The Steering Committee meets fortnightly on Monday nights at 6pm in the shop. Members are encouraged to attend to observe how decisions are made, and if you have a particular issue, we can put it on the agenda and raise it at this meeting.

We’ve recently introduced Co-op Co-ordinator positions to take responsibility for the day-to-day management of the Co-op. The Co-op is still run by a very small number of dedicated individuals, but we are seeking to grow this team, and we have a number of co-ordinator vacancies. Our



co-ordinators will collaborate to create and manage a vibrant, thriving community food hub.

Passionate, creative individuals are wanted to help shape, drive, and evolve our co-op. If you are interested in applying and building your management, collaboration, communication, and community-building skills, now is a great time to get involved. Positions are available for Bulk Foods Co-ordinator, Administration Co-ordinator, Cleaning/Maintenance Co-ordinator, and Shop Co-ordinators (2) (Mon, Tues, Fri).

We’ve farewelled the wonderful Clare Ridsdale as Volunteer Co-ordinator. Many thanks for all her efforts. Taking over is Lisa Green, who many will know from the Nimbin Environment Centre. Please join us in welcoming Lisa to the role – we’re blessed to

have such a legend of community spirit on board. You can contact Lisa about volunteering by emailing: volunteer4nimbinfoodco.op@gmail.com

Volunteers are always needed in the shop. Everyone who serves you at the counter or restocks a shelf is a volunteer. Volunteering for three hours a week entitles you to a standing 20% discount, anytime you shop. After receiving training, you can also do a casual, drop-in 3-hour shift and receive a one-off discount to use immediately. Our training days are Thursdays and Saturdays with Neil.

Are you an electrician or handyperson? We have a light that needs fixing above the bulk foods area. Please drop by the shop and leave your details in the co-ordinator book, or email us at: thenimbinfoodco.op@gmail.com

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Help make the Bentley doco



The events at Bentley are now described as the Eureka Stockade of our time.

Throughout the protest actions, Brendan Shoebridge, Susie Forster and a small crew were there, cameras rolling, as the spectacle unfolded, and are now producing a feature film that documents the extraordinary events that led to the suspension of the mining company's licence.

'The Bentley Effect' will tell the story of the community's stand against the gas juggernaut and the extraordinary social movement that began in the Keerrong Valley, built momentum at Glenugie and Doubtful Creek, and ultimately forced a crucial tipping point at the global phenomenon that was Bentley.

Director Brendan Shoebridge said, "My goal is to make a powerful documentary that will educate and entertain audiences in the fight for democracy and a safe, clean future. After following the story from its early beginnings in 2011, I am now able to tell an incredible tale of courage and determination. It will pose the question 'What is truly valuable?' and hopefully inspire global audiences for years to come."

However, creating a cinema quality movie does require substantial finance. To do justice to this incredible story, the filmmakers need a small amount of help from a large amount of people.

They have launched a crowdfunding campaign on the planetfunder website until 31st July, with a target of \$87,800, of which over \$33,000 has been raised so far.

Brendon said, "We're incredibly grateful for the support we've received so far. We are only a small team and time is short, so we need your help to reach our target."

Donations can be made at: <https://planetfunder.org/projects/the-bentley-effect-movie>

Thinking about acid and alkaline forming food

The most common question I have been asked from my previous article (NGT June 15, p.19) is regarding which foods are acid and which are alkaline.

It is confusing because all food has an alkaline or acidic effect on the system. And it becomes even more confusing to discover that the effect is dependent upon the biochemistry of the individual. However, it's easier to understand if you consider the acid or alkalising 'forming' tendencies of various foods.

A food's acid or alkaline 'forming' tendency in the body has nothing to do with the actual pH of the food. There is a common misunderstanding that all vegetables are alkaline, even coffee and sugar, because they come from plants. But, again, the acid or alkaline forming tendency has nothing to do with the pH of the food. For instance, lemons are very acidic, yet the end products they produce after digestion and assimilation are very alkaline, so therefore, lemons are an alkaline forming food in the body, even though lemons themselves are an acidic food. Meat will test alkaline before digestion, but it leaves very acidic residue in the body, so like almost all animal products, meat is very acid forming in the body.

Every body is different. And biochemistry is completely individual. Some people feel far better eating a completely plant-based diet, while others



by Robin Stein
Homeopath

do better eating more protein and animal fat. So it is your pre-existing metabolism that determines how a food or nutrient will behave in your body, not the pH of each food eaten. These facts of metabolic individuality are fundamental to the understanding of how nutrients will behave in a body.

For example, potassium is an alkaline mineral that can be alkaline forming for those who can utilise plant food more efficiently, yet the same mineral may be acid forming for those whose body can utilise animal protein and fat more efficiently. Each response is dependent upon the biochemistry of the individual body.

This brings me straight back to my comments about coffee, alcohol, red meat, refined sugar and flours, and cooked brassicas being acid food. Their pH may be alkaline, but each has the capacity to

be acid forming in the body, plant-based or not. Each food contains the enzymes required to digest it, but everything changes once a food has been heated to cook it, because heat destroys the enzymes needed to digest and assimilate that particular food.

If the food has been refined, like white sugar and flours, or over-cooked and salted with sodium and chemicals, like take-away food, the enzymes in that food have also been diminished and the food is not digested as well.

This is totally true for me personally. For instance, if I eat raw, fresh, organic brassicas, my digestive system has no problems. But if brassicas have been cooked, they become acid forming in my body, which suffers accordingly. This means that my metabolism clearly has acid forming problems with some cooked plant food, namely, cooked brassicas. So I have learned through my own experience to avoid the food that is acid forming in my body.

Sodium bicarbonate has been used for a long time as a relatively natural preservative and it is in all carbonated drinks. As suggested, it is perfectly safe way to alkalis the blood if you don't do it too often, because it has been shown that sodium bicarbonate can indeed make a person too alkaline, with symptoms of low stomach acid, allergies, wheezing, diarrhoea

and fatigue.

If you are uncertain which foods are acid forming for you personally, it is easy for me to determine because I diagnose saliva, allowing me to treat people worldwide.

I believe that knowledge should be inclusive, not exclusive. Knowledge needs to be shared so all of us can benefit, whether practitioners or interested members of the community. So I will always spend extra time explaining things to people if they let me know they have not understood. I am also more than happy to give talks on health topics of interest. We learn and grow when we can share our comments on the subjects we are learning more about.

There is no doubt that an acidic body is an unhealthy body. So if bad habits have moved your blood pH into the acid range, it is recommended that you should eat 60-80% of raw, alkaline forming foods daily to rebalance and heal your body. Many websites have lists, which may vary slightly. There are too many to list here.

If you are serious about alkalis, please drink plenty of water and cut out coffee, refined and takeaway food, including sugar and salt, and alcohol. Many also do better on any clearing/healing diet if they give up wheat and yeast altogether.

Robin Stein can be contacted by email: Robincstein@gmail.com

terra.

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- Steve's cheesy-chili garlic bread \$6
- hot home-cut crispy chips & sauces \$6.5
- white fish cocktail & chips \$7
- marinated tomato bruschetta \$7.5
- smoked mushroom cheese bruschetta \$9
- Brooklyn bruschetta sopressa salami \$10
- Classic minestrone \$8.50
- French onion soup \$10
- beef, barley & sweet potato stew \$12

kid's corner :)

- grilled cheese & salad sandwich \$5
- "mini-strone" soup & toast \$6.5
- beef burger & chips or salad \$8
- battered fish & chips or salad \$8

salads, baguettes & burgers

baguette sandwiches and salads include cucumber, tomato, onion, mesclun and honey-lime dressing

- smoked salmon salad \$16
- baguette \$13
- Mt. Warning ham salad \$14
- baguette \$11
- apple & brie salad \$14
- baguette \$11
- home-made bacon salad \$15
- baguette \$12
- grilled rump steak salad \$16
- baguette \$13
- please specify for sweet caramelized onions*
- big beef cheese burger (200g) \$15
- spiced lamb & bacon cheeseburger (150g) \$14
- beer-battered whitefish burger \$14
- grilled Aussie chicken burger \$14
- bbq tofu cheeseburger \$14

please advise our staff of any dietary restrictions or allergies and we will be happy to find an alternative solution.

from the grill

served with seasoned vegetables & crispy chats

- marinated BBQ tofu \$17
- boneless pork loin chop \$19
- yearling grass-fed rump steak \$22.5

- rosemary & oregano lamb loin chops (2) \$24

sauses: garlic & white wine cream, red wine & black pepper, or caramelised mushroom

main courses

available at dinner time only

- smoked Jamaican chicken \$17
- "catch of the day" \$20
- Cooper's Green battered whitefish. \$18
- fettucine alfredo a'la terra. \$17
- add grilled chicken breast \$5, add smoked mushrooms \$4*

extras & sides

- slice tasty cheese \$1 – feta cheese \$2
- caramelized onions \$1
- smoked mushrooms \$2
- grilled home-made bacon \$3
- garden salad \$4
- hot chips & tomato sauce \$5.5
- garlic aioli \$1 – brown gravy \$2.5



ENTERTAINMENT

Friday 3rd July, 6-9pm

Jolanda Moyle

Saturday 4th July, 6-9pm

Kobya

Friday 10th July, 6-9pm

Sarah Stando

Saturday 11th July, 6-9pm

Sara McCafferty

Wednesday 15th July, 7-11pm

Open Mic Night

Friday 17th July, 6-9pm

Neil Pike

Saturday 18th July, 6-9pm

Doug and Biskit

Friday 24th July, 6-9pm

Mon Shelford & Janardan

Saturday 25th July, 6-9pm

The Pepper Boys

Wednesday 29th July, 7-11pm

Open Mic Night

Friday 31st July, 6-9pm

Brommers

Saturday 1st August, 6-9pm

Rob Bruce

PHONE 6689-1473

www.facebook.com/terra.nimbin



The driving, diamond rough, corner of the bar sound of The Demon Drink is music that swills round the bottom of your glass.

Whether it be covers like Gillian Welch's 'Tear My Stillhouse Down', a skunkish string version of 'Nutbush City Limits' or any number of savoury/ sweet original tunes, this band wrings plenty out of all kinds of material.

Featuring former members of bands like The Big Brass Bed, Shatterspeed and Mexico City, it's a band that comes with plenty of pedigree.

In various incarnations, these gentlemen have been climbing onto Brisbane stages in bands, trios, duo and solo for well over a decade and tote a songbag full of favourites and curiosities alike.

You might get a plunkin' banjo led version of Beefheart's 'Plastic Factory', you'll hear a snaking slide guitar, trilling mandolins and a bluesful of mouth harp all sprawled over kick drum and electric bass.

The Demon Drink are coming to Nimbin Hotel on Friday 17th July, from 7.30pm. Free entry.

Jay Hoad

Jay has spent the last eight years touring throughout the Caribbean, Southeast Asia, Bali, Fiji, India, Canada and America performing at some of the world's most prestigious festivals as well as supporting such artists as Bob Marley's The Wailers, Jeff Martin of The Teaparty and The Temptations.

This unique one man band show is a very funky and high-energy performance that sees Jay in a cockpit of instruments including didgeridoos, weissenborn lap steel, dulcimer, dulzitar, cigar box guitars, wine box bass, ocarina, percussion, loops,



djembe, voice and more.

Mouth, hands and feet work in harmony as Jay fuses many genres and unusual instruments to create a sound that's hard to believe comes from just one person.

Hoad's most recent album *Home is Where the Heart is* was written in some of the most exotic locations around

the world, recorded with renowned producer Craig Portails (Gun & Roses, Terence Trent D'Arby, Diesel, etc.) and featuring many specials guests, including premier Fijian artist, Knox.

Catch this remarkable musician at Nimbin Hotel on Sunday 19th July, from 4pm.



Sydney three-piece Narla pride themselves on a unique sound stemming from mixed elements of Rock, Roots, Blues and Prog, with an ability to change style and

atmosphere.

The differing musical influences within the young band make for songs with depth. Narla have created a serious dent on

Narla

the Sydney music scene and as the winners of the 2014 Sydney Uni and NSW Uni Band Competition, are earning the attention and respect of audiences and musicians alike.

NARLA are hitting the road this July for a short NSW/QLD run in promotion of their new EP which includes headline gigs at the Stag and Hunter (Newcastle), Frankies Pizza by the Slice (Sydney) and Fitzroy Hotel (Western Sydney) as well as multiple Qld venues of note.

Catch them on Thursday 23rd July at Nimbin Hotel.

KABARET RAGS TO RICHES

Supporting Inclusive Artists for Social Change! Hosted by Realartworks.Inc and sponsored by FNC Ability Links, the most inclusive Kabaret, now in its third year, is an evening of emerging and professional cabaret acts from around the region, celebrating Circus, Dance, Projections, Poetry and Music.

The word 'inclusive' means that some of the performers of the Kabaret identify with being marginalised through age, race or disability. The focus of the night is to provide a professional environment and opportunity for local performers of various abilities to celebrate and advocate for inclusiveness.

Lydian Dunbar, an artist at this year's Kabaret, is excited. "I'm a musician with the band Tra La La Blip. I love it on stage playing music and everyone clapping and dancing. Last year I dressed up as a werewolf. I can't wait to play at the Kabaret, it makes me very happy to play music with my friends!"

The event venue, which is fully accessible and has Auslan signers, is a night of fantasy and fun! Come dressed in glamour sourced from your favourite second hand shops and use your purchase receipt to be in the running for some fabulous door prizes.

With a free photo booth, glamour parlour raffles and more, it's an evening of entertainment and inspiration the artists promise it's an event to support the diverse local talent in our region and advocate for

social inclusiveness by "flipping your switches!"

The Kabaret will be held on Friday 21st August. Doors open at 6pm, Show at 7pm at Lismore Workers Club Auditorium, MCs Jimmy Willing and Mae Wilde.

Early Bird tickets are on sale now until Monday 29th June. \$15; children under 16 gold coin donation. Contact: sunita@realartworks.org or phone 0428-076-703.

The project between local arts organisation Realartworks.Inc and The NRSDC Ability Links is an exciting collaboration that reflects the commitment both organisations have for community capacity building and social inclusion for people of varying abilities.

Realartworks.Inc a Lismore based organisation have a solid reputation for fostering and supporting the work of emerging and professional artists who identify with disability.

The Ability Links Program successfully works with people with disability, their families and carers across the regions to help them plan for the future, build on their strengths and skills and to develop networks in their own communities to do what they want with their lives, outside the traditional disability service system.

The Kabaret is just one of the community projects promoting inclusiveness that FNC Ability Links are supporting this year.

Get involved! By contacting your local Ability Linker: www.fncabilitylinks.org.au

Dillion James

The Dillion James band will be bringing their reggae-soul-funk-blues grooves to Wadeville Woolies on Saturday 4th July at 7.30pm.

Special guest on the evening will be Mulga Mick

from Far North Queensland – actually Dillion's father – whose finger-picking folk style was honed by years of touring in the '70s, before settling down and raising 12 children. Well worth a listen!



Cake, coffee (or tea) and musical conversations

Come and join Luke Vassella and Georgina Pollard in a comfortable, cosy lounge room for a concert where you are most welcome to wear your Ugg boots and bring your favourite blanket.

Luke Vassella is an exquisite songwriter, storyteller and atmosphere changer. His voice is emotive and expressive, stirring both the spirit and soul. Luke accompanies his singing with beautifully crafted



guitar work.

Georgina Pollard is a Lismore Vocal Coach who takes great pleasure in writing songs and telling



musical stories about the ordinary things in life. For example, one of Georgina's newest songs is called 'The Garden', discussing the joys

of weeding and mulching.

The house concert will be held on Sunday 26th July, 3-5pm at 34 Clarice Street, East Lismore, \$25 per person. Coffee, Tea & Hot Chocolate provided; BYO drinks and a plate of food to share/

For tickets, email: SingwithGeorgina@gmail.com or phone Georgina on 0417-640-369. Numbers are strictly limited to 25 people... so first in, best dressed!

Ophelia thinks harder



Following an amazing performance at Star Court Theatre in May, The producers of the 2013 Vagina Monologues present *Ophelia Thinks Harder* by Jean Betts and William Shakespeare, directed by Sharon Brodie.

This is a feminist rewrite of Hamlet, where we explore what would have happened in Denmark if Ophelia had thought a bit more and realised she could live without Hamlet.

Betts uses many Shakespearean quotes to feed and complicate the story – Romeo and Juliet, Macbeth, and others are drawn upon skillfully to provide a very different perspective and a surprising outcome.

While this play is billed as a comedy, it stands as a more serious piece of theatre interwoven with great comic and dramatic twists.

This is a thought provoking play for both men and women alike, and comes at an interesting time when debates about the equality of and respect for women often seem to disappear from sight. We have added an additional twist by having an all-female cast.

If you are a Shakespeare fan, *Ophelia Thinks Harder* may make you rethink his portrayal of women in general, and if not it is a good entrée to exploring his work.

Warning: contains language and adult themes. This is a fundraiser for Heartfelt House, a peer support groups for Adults Sexually Abused as Children.

Two performances will be staged at the Nimbin Bush Theatre:

- Saturday 11th July – Dinner at 5.30pm and Show starts at 7pm

- Sunday 12th July – Lunch from 12.30pm, Show at 2pm

Cost: \$20 for Show or \$30 for Dinner and Show (Saturday)

Tickets can be purchased from the Nimbin Bush Theatre website: www.nimbinbushtheatre.com/events

Lismore jazz club presents

JAZZ in eXTENSO

JAZZ in eXTENSO is a sharp ensemble, improvising the full gamut of jazz styles of the last 50 years – Mainstream, Bossa Nova, Be-Bop, Swing and Jazz Rock.

Led by Royden Ainsworth (saxes), with rhythm section Ben Rogers (guitar), Thierry Fossemalle (bass) and Scott Hills (drums), the quartet delivers soulful, improvised jazz at its best.

Special guest jazz / blues vocalist Laura Nobel will add another dimension. No stranger to the big stage, Laura is currently performing regularly with Jim Kelly in various line-ups, and the Northern Rivers Big Band.

Don't miss this Lismore Jazz Club presentation at Lismore City Bowling Club on Sunday 5th July, 2pm-5pm. \$15 / \$10 members.



Magic songcraft

North Coast singer-songwriters Chris Fisher and Marcelle Townsend-Cross, aka Monkey & the Fish, create a special vocal harmony and presence.

Their songs tell personal and universal stories with engaging and evocative lyrics that resonate themes of love and respect for family and the natural world.

In their 15 years of collaboration, they have received many accolades. For recorded work they have won a total of nine Dolphin Awards. Performance highlights

include several Woodford Folk Festival gigs and a UK tour.

Live sets draw on material from four studio albums and new material, including the recently released single 'Hand In Hand', inspired by the Bentley Blockade and community opposition to CSG, as well as interpretations of songs by Crowded House, John Mayer, Paul Kelly, Tracey Chapman and others.

Catch their entertaining and uplifting performance at Sphinx Rock Café on Sunday 19th July from 1pm.

Beautiful natural setting next to Mulgum Creek

PHOENIX RISING CAFE

July Gigs

Sat 4 th July	Freowin Harper	12-4pm
Sun 5 th July	Brommers	12-4pm
Sat 11 th July	Barkers Vale Brothers	12-4pm
Sun 12 th July	Cruise Brothers (Jazz)	12-4pm
Sat 18 th July	Bo Kahn	12-4pm
Sun 19 th July	Mish Songsmith	12-4pm
Sat 25 th July	Jolanda Moyle	12-4pm
Sun 26 th July	Ruben Garcia	12-4pm
Every Sunday	Cosmic Bliss	10am-12noon

(see www.phoenixrisingcafe.net/events for info regarding individual performances)

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sphinx rock café

3220 Kyogle Rd, Mt Burrell NSW 2484 P (02) 6679 7118 www.sphinxrockcafe.com

Sunday Gig Guide

July 1pm start

12th Cheynne Murphy Duo
Cheynne is a folk alt-country rocker hailing from the alternative never-lands of Byron Bay.

19th Monkey and the Fish
Singer/Songwriters Chris Fisher and Marcelle Townsend-Cross create a special vocal harmony and presence, performing masterful arrangements of popular songs and emotive and evocative originals.

26th Young Murphies
A two-girl folk jazzy pop outfit that has been playing festivals and gigs around the North Coast for about a year now; harmonies and strings are their thing.

August 2nd Matt Stillert
An alternative blues onslaught, branching deep into lyrical poetry.

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

July Gigs

Friday 3rd	7.30pm	The Lockhearts
Saturday 4th	6.30pm	Kellie Knight
Sunday 5th	4pm	Jock Barnes
Thursday 9th	6.30pm	Mr Troy
Friday 10th	7.30pm	Blue Skillet Rovers
Saturday 11th	6.30pm	Holycow
Sunday 12th	4pm	Coast and Ocean
Thursday 16th	6.30pm	Gavin Doniger
Friday 17th	7.30pm	Demon Drink
Saturday 18th	6.30pm	Darklight
Sunday 19th	4pm	Jay Hoad
Thursday 23rd	6.30pm	Narla
Friday 24th	7.30pm	Thrillbilly Stomp
Saturday 25th	6.30pm	Rob Cass Duo
Sunday 26th	4pm	Adam Brown
Thursday 30th	6.30pm	Surf Report
Friday 31st	7.30pm	Pinc Zinc

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Amsterdam's coffee shops

by Sue Stock + photos

Nimbin *GoodTimes* recently explored the 'coffeeshop' scene in Amsterdam.

First-time visitors to Amsterdam or its coffeeshops may be confused by the terms used for different establishments. A licensed seller of cannabis products is always referred to as a coffeeshop. A koffiehuis (coffee house) sells coffee and light meals. A café is a casual restaurant and/or bar. NGT was initially a little confused, but told you look for a green and white sticker in the window, a license which designates the establishment a coffeeshop. So no, they are not called cannabis cafes. Coffeeshops do not sell alcohol either. While they were never really known for being pub-like, some did sell beer. But in 2007, the Dutch laws changed and dictated that a shop may either sell alcohol or cannabis products. Under the Dutch drug policy, the sale

of cannabis products in small quantities is allowed by licensed coffee shops. The majority of these also serve drinks and food. Coffeeshops are not allowed to serve other drugs, and risk closure if they are found to be selling soft drugs to minors, or hard drugs. The idea of coffee shops was introduced in the 1970s for the explicit purpose of keeping hard and soft drugs separated.

A Dutch judge has ruled that tourists can legally be banned from entering cannabis cafes, as part of restrictions that were implemented in 2012. This ban does not apply to the city of Amsterdam.

NGT went to one coffeeshop near the railway station that is also a hotel where you can stay. We spoke with owners Travis and Mr Anonymous about cannabis generally, the scene in Nimbin (MardiGrass, Cannabis Cup, police etc). They knew of Nimbin and would love to visit and checked out the *GoodTimes* website.



Travis (pictured) explained, while partaking of a large joint, that there is an ongoing contradiction, as a coffee shop is allowed to buy and sell cannabis within the legally tolerated limits, but its suppliers are not allowed to grow or import it, or to sell it to the coffee shop. Most pot, he said, is hydroponic due to the short growing season. He sells mainly organic marijuana and the increasingly popular 'veganic', where no animal fertilisers are used. Medical marijuana is legal by prescription only, he said, but there are only two varieties which are grown by the government. Travis was of the view that it was irradiated. Still better than nothing, he said.



Tourism in Amsterdam is the great beneficiary of cannabis culture there, though numbers have dropped slightly due to improvements in policies in Colorado and in Spain, according to Travis.

The place was packed with tourists, young and old. NGT also spoke with Rhett from Kansas City, who was partaking of a large bong and willing to share. He loved the scene in Amsterdam, has a Dutch wife and was a regular visitor.

A travelling companion of NGT bought six large Buddha sticks of the 'light' variety for his girlfriend back in Germany. It was all very relaxed and friendly and *GoodTimes* could have stayed longer. Next time...

The future of hemp in Australia

by Dionne May

The floodgates are opening. June's edition of the American *National Geographic* features a twenty eight front page story "WEED: The New Science Of Marijuana."

Hampton Sides writes, "The science of cannabis is experiencing a rebirth. We're finding surprises, and possibly miracles, concealed inside this once forbidden plant." Editor-in-chief Susan Goldberg says, "The timing couldn't be better. The disconnect between the willingness of some states (in the US) to regulate, sell and tax marijuana and the federal reluctance to allow research to progress leaves an increasing number of people without the knowledge to make informed, science-based choices."

Nolan Kane, who

specialises in evolutionary biology, states: "Cannabis is an embarrassment of riches."

Nothing we don't know and haven't been saying for a long time here in Nimbin, Australia's home of all things hemp. With medicinal cannabis demanding media attention, five highly successful local forums and Australia's hemp industry in a precarious balance I'd like to introduce you to some of the quiet, quirky and dedicated people working behind the scenes in our town/country, the people of hemp and cannabis in Australia 2015.

In my history as an independent H.E.M.P activist, I have been inspired by these passionate people who truly want supported access to medicine and research, lower carbon emissions in Australia by

utilising hemp crops (a bio-remediator), hemp-crete and all manner of hemp based products locally made, to truly lead a green economy in Australia. Of course, an environmentally ethical government willing to support research and discussion about the cannabis plant for the Australian and world environment and health and well-being of every human nutritionally and medicinally, can make this happen.

I will begin my series with Klara Marosszeky who is chairperson of the newly formed Australian Industrial Hemp Alliance, a national body created to govern the Hemp Industry of Australia. Most of us locals know her for her ground breaking work with hemp-crete as a building textile, but most would know very little of her dedication, drive and above all sincerity. With a background of 25 years in the tertiary education sector, coupled with a scientific research licence she attained in 1999 for agronomic research, her work with Greening Australia, forest conservation and water management all led Klara to the hemp plant.

"Everyone working with the environment back then was, and still are, highly concerned by the global warming predicted increase of 2% and most of us have been trying to re-vegetate since then. Carbon Farming is pivotal in Australia for a healthy environmental

future, in fact any future at all," Klara declares. So began her research into bio-mass alternatives and hemp.

In 2000 at the Tocal Agricultural College Small Farms Field Day in the Hunter Valley, Klara first launched her product, hemp fibre stalks for building. With 50 leaflets in hand and warned not to bring hemp to the grounds, Klara was completely edified by the reaction of more than 200 farmers, many European, who remembered how hemp was processed back home and were incredibly keen to hear Klara talk and excited by the prospect of growing hemp again.

Klara's own heritage is Hungarian. In Hungary resides one of the oldest functioning hemp spinneries in the world, and Eastern/Central Europe researchers talk about native hemp from pre 900AD, when what is now Hungary was inhabited by Slavic people. Klara still has old remnants of hemp clothing from her grandmother, a remarkable woman with a rich history of social conscience. In the 1930's and 40's she gathered embroidery of the disenfranchised cultural groups of the time and sewed them to the clothing of the wealthy, making a huge social and political statement at the time. Together with her husband, the then secretary for the state minister for culture and the arts, they



Klara Marosszeky with farmers Connie and Lonnie Minos who have been growing the industrial hemp crop at Ashford

hid hundreds of Jews in their stately residence during Hitler's reign of terror.

Klara sees a way forward for a Hemp industry operating in NSW despite all the fear. An ethical, regulated industry working for local farmers, hemp and ultimately the planet. She sees the Australian Hemp Alliance as a body that could really work effectively with the government and sees the biggest block to the hemp industry in Australia as people not prioritising the Earth enough.

"All these other fatal relationships with big companies (fossil fuel industries) are literally killing us. Misinformation and our government being totally unprepared to engage in meaningful dialogue with the industry is creating a situation where other lobby groups such as the police, who are not well informed, to be able to influence the government. And under the surface we have big European companies trying to BE the Australian Hemp Industry. Already they

are trying to secure deals to flood the WA market with cost price hemp fibres for building, creating their own industry and effectively wiping out local growers yet again in Australia.

"A regional model is what is needed," says Klara. "Sustainable local farmers controlling the industry, not one or two massive corporations. We need to play a new ball game that works for us. A group of ethical investors to boost the hemp industry would be fantastic."

"Hemp is a gift to the planet. It is a bio-remediator, positively improving and cleansing the soil. Research after Chernobyl undertaken by the Belgium Nuclear Institute has shown that Hemp fibre could be farmed and in many cases utilised when grown in irradiated soils. Hemp harvests more carbon per hectare than any other plant in a shorter timeframe, equivalent to carbon uptake of new growth plantation forest. It truly is a sacred herb to mankind. It is a time of huge change, yeah."

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H8 Hashish dish winner

What a spread!

Overall winner
Rainbow Shiva

Best indoors

Hemp Headlines

HEMP Party ready to roll again [nimbinhemp.com]

The Help End Marijuana Prohibition (HEMP) Party has passed the AEC review of registration and will be on the Senate ballot paper again for the next Federal Election.

No evidence that medical marijuana legalisation leads to increased use in teenagers, says study [Independent]

A nationwide study in the United States has found no evidence that legalising the use of marijuana for medical purposes leads to increased use among teenagers. The study, published in *The Lancet Psychiatry Journal* showed no significant difference in adolescent marijuana use in 21 states with medical marijuana laws before or after implementation of these laws.

Australian couple donates \$33.7 million for medical marijuana research [Mashable Australia]

A couple has made a whopping A\$33.7 million donation to an Australian university for research into medical cannabis. The generous gift by Barry and Joy Lambert is the largest donation ever received by Sydney University, and the couple hopes it puts Australia at the forefront of medical cannabis research. Their eyes were opened to the possibilities of medicinal cannabis through their granddaughter who suffers debilitating epilepsy.

Colorado court rules fired medical marijuana patient can't get job back [The Guardian]

Cannabis consumption is cause to be fired in Colorado, the state's supreme court has ruled, despite the drug's legal status and the appeal of a quadriplegic man who was fired for using medical marijuana. Six judges unanimously ruled that Brandon Coats was lawfully fired for failing a drug test in 2010. Coats's former employer, Dish Network, agrees that he was never intoxicated while at work, but maintains a "zero-tolerance" drug policy.

Vancouver becomes first Canadian city to regulate growing marijuana market [The Guardian]

Vancouver has approved new rules to license and regulate illegal marijuana stores, making it the first city in Canada to attempt to control the burgeoning market – and setting it on a collision course with the country's federal government. After four days of public hearings, the city council approved regulations that will set zoning controls and hefty licence fees for Vancouver's many pot shops: the city of 600,000 is thought to have more marijuana stores than its 109 Starbucks locations.

Protect pot doctors, AMA tells Congress [US News]

The American Medical Association is hardly a pioneering advocate of more liberal marijuana laws, but this week the largest organization representing U.S. doctors asked Congress to grant immunity to physicians who participate in state medical marijuana programs. The association has not yet endorsed marijuana's use as medicine, but it has urged research into the drug's potential to treat a wide range of conditions and supported "unfettered" patient-doctor discussions that do not "subject either party to criminal sanctions."

Five things seniors should know about how medical marijuana can help them [Cannabis Today]

1. You don't have to smoke it. 2. You don't have to get "high." 3. You might be surprised at the scientific support. 4. Your body may thank you. 5. You won't be alone.

Delaware is 18th US state to allow possession of recreational marijuana [The Guardian]

Delaware governor Jack Markell has signed into law a bill decriminalising possession and private use of small amounts of marijuana. The move follows the lead of nearly 20 states that have eased penalties for personal consumption, state media reported on Thursday. Individuals in Delaware will be allowed to possess up to an ounce of marijuana, and to use it privately without facing criminal sanctions.

Archaeologists discover 2,400-year-old solid gold 'bongs' used by kings to smoke cannabis at ceremonies [Daily Mail UK]

Archaeologists have uncovered two 2,400-year-old pure gold 'bongs' that were used by tribal chiefs to smoke cannabis, when an area of land was dug up in Russia to make way for power lines.

The Boss is beginning to understand he's working for Big Pharma, and it's his wife who's the messenger. Two of her friends from the CWA have had chemo while using the good oil and had terrific results, and no nausea to boot. It's increasingly confusing for the Boss, especially when one of them tested positive in her saliva. Easy enough losing that paperwork but it won't be the last time he realises, as the road patrols sent from Sydney move in on his patch.

In this new war on ice, which his men insist on confusing with Isis and he never knows if they are taking the Mickey or not, they were desperate for a black unda. Lets face it they're always desperate for b's as they're called in the trade, black trackers. But blackfellas don't betray their own so easily these days and I'd smoked so much that morning my training slipped and I'm prepared to admit my judgement was astray and a bit reckless. Plus I was fascinated just to do it. So I lent them my body for a whole night and woke up looking like a local. The flattened nose freaked even me out when I first looked in a mirror. They did it with a bone insert they promised to remove when the job was done, but the colour! Unbelievable. I was aboriginal, and stared at myself naked in the full length mirror for a very long time.

They brought the Boss to see me, and he jumped when I flashed an angry look at him. I should have read that warning but missed it. The orders were simple. I was from out west with a wad of cash in a dusty old car and I was here to score a decent bag of ice to take home to the mob. I tried to tell them they had no idea what they're asking and with that story I'd get sprung straight away.

STREET SHUFFLE

Journal of the North Coast's longest serving covert

"They'll want to know what family I'm from. Why am I on my own? Who I'm related to, where I'm from. They'll nail me in no time. They know each other as family." Their reply: "Don't talk then Davis (the name they wanted me to use), play dumb and dumber."

It's an old trick where you hardly say anything which is my usual character anyway and normal Undacuva routine. You'll never see or hear Unda's chatting away, they're not that sort of people. Generally the less you expose yourself the better, so we're trained at sitting in the corner taking hours to read a newspaper and drink a coffee. Little has changed since the cold war days. Stupidly I agreed to give it one try, but instead of heading into cow country which I expected, they sent me to the patch I know.

Apparently at HQ there's a map to show where the saliva testing hotspots are developing and the little red dots are piled high on all roads leading to the Bin. There's only one coloured dot, doesn't matter what drug it is they all get a red pin. So it's no surprise I'm pulled over within ten minutes on the increasingly deserted road as the hippies slowly lose their licenses or stay at home. And what happened next shouldn't have surprised me either.

The saliva test never happened, but the car was searched to the bones and of course I lost all the cash. And when I tried to save their white

arses by telling them who I was, they thought that was a great joke and worthy of another slap or two.

Back at the station, even when they knew I was Unda some couldn't help themselves. Old habits die hard and so I found out first hand how racism is spelt: f-e-a-r. Walking around the CBD was similar. Not everyone, but most averted their eyes. Except the local blackfellas who all kept wanting to talk. Then I was the one dodging connection, playing dumb. Ironically I was saved from the mob by the highway patrol bullies. If I had made it to the Bin I'm sure they would have sussed me out even before I started to turn orange, which started to happen later that day when I was hanging out in the sun. Back to the drawing board I told the make-up team when they took the bone out of my nose.

HipiLeaks: HQ Memo to Road Patrol Ice Task Force, May 2015. Roadside saliva testing random selection guidelines. This point system is only a guide compiled to assist officers in deciding who to test in the random pullovers and applies to passengers as well. Remember anybody and everybody could be an illegal drug user and a danger on our roads.

Last century car 4 points; dirty car 2; greenie, anti CSG, or hippie stickers on car 4; beard long 6, short 2; long hair male 8, female 2; dreaded matted hair 10; coloured clothing or hat 3; roof racks 1; on road to known drug area 10.

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