

The new economy of water scarcity and the need to yield more food from less irrigation

by Thom Culpeper

Open gardens without secure water supplies at this time are a losing effort. Insulated container propagation may be a 'get-through' survival strategy. Future predictions by the BOM and so forth for rain in our region are looking profoundly and unusually pessimistic.

Many of the regional residences are fully dependent on rain as a source of water. The wise are increasing their storage capacity, if capital allows. Others will quickly learn to harbour their limited water resources.

Utilising all water to useful production is imperative. The primary production resources are going to be also water-stressed, so prices of fresh food will escalate. A wise move is to attempt to become as self-sufficient in as much as can be managed.

Fast-growing root vegetables and those of which all of the plant, tops and roots, can be utilised, is well worth attention. The radish family, the (*Rhaphanus* group), is one that is eminently worth attention. Radish and fast-maturing sweet turnips and beets require less water than leaf-veg (lettuce, in the main is little else than water). The bold brassica take four to five months to mature, necessitating loads of water.

All of the smaller radish family can be managed in standard poly-form containers. Make it a labour, get as many as you can. White, inert-foam, they have to be condemned by regulation NOT recycled due to risk of contamination. They have little sun effect (low heat on roots), full water utilisation, NO weeds watered, ease of sequential planting (5-10 days for re-sowing), economic pest management with recycled insect screens, no corporate-chem-merde.

A little copper or sulphur may be needed for fungi, both allowed in organic-ag. Euro-moth-grubs succumb to 'Bacto' thurgensis, a biological form of control. This bacteria has no effect on Oz-native lepidoptera, gut pH being the imperative, and is totally harmless to humans. A cousin of this German form is found naturally in Australian soil.

So to the radish. The common fast-maturing radish sets its soul as a back stuff in Euro salads. Taken raw as an adjunct, it is often invisible: time to revive it. The East treats it as a glory, the Japanese sculpt them into a myriad of flower and animal forms.

The magnificent Daikon is ubiquitous in most Eastern Kimchi recipes. The coloured Euro-radishes have their place on the tables of Europe and the Middle-east. The ancient Greeks, the



Romans and others adored them. They all seemed to know of the radish as a ferment.

Radish lacto-fermented with dill

Ingredients

2 bunches of coloured-radish, red, white, black and green-topped (about 12-14 bulbs)
1 large bunch of dill (100-125gms)
6 cloves of garlic
3% cooking salt (not domestic modified)
Gas-vented fermentation pot to suit

Method

Use a glass 'FermiPot' or other salt-proof fermenting vessel. Place some dill at the bottom of the pot. Section the radish into 5-10 pieces, pack into pot by layers with dill, garlic, radish and salt. Add some filtered water to cover the radishes. Weigh down if you can with a clean stone or a glass weight.

Ferment for 3-5 days, check the 'sour' each day, if OK, put it in the Coolgardie or in the fridge. Watch the ferment and don't leave it on any of your precious surfaces, cedar table or fine-hooked, op-shop-harvested, crocheted tablecloth. It

stains and is salt-corrosive.

Wash the outside of the fermentation vessel, to rid it of extraneous salt, as this preserves the lid clips from rust.

Green radish-leaf pesto

The re-invigorated (in water), peppery, green leaves of the radishes can be used to make a spicy 'pesto'. Use as a traditional basil pesto on roast/broiled fowl, pasta, roast veg or fish.

Ingredients

4-500 gms radish greens (tops), soaked an hour or so
4-5 cloves garlic
Juice of one lemon plus 3-4 gms of citric acid
100 gms coarsely chopped pine nuts, macadamia, cashew or slivered almonds or a nut mix
100 gms fresh grated Parmesan or Pecorino 'antico'.
80 mls virgin (green) olive oil (more if needed) to make up to a sauce-like consistency.

Method

Blend on 'pulse' setting. Add salt and spices to taste.

This green-leaf 'pesto' can be frozen, leaving out the garlic and cheese until served.

Utilise all that is harvested, you have watered the product, so enjoy all of it.

For 'FermiPots', airlocks and fermentation stuff, email: FermiPots@greenmail.net
thewholeearthveg@garden.com

Deconstructing depression

by James Alexander, PhD

While undertaking my post graduate studies in psychology during the 1980s, the 'new generation' antidepressant Prozac was released, the first of the Selective Serotonin Reuptake Inhibitors (SSRIs).

Due to previous research, I knew that the hype around SSRIs would settle once the long term data came in, as has been the case with all other 'wonder' psych drugs.

SSRI antidepressants were promoted on the basis of a chemical imbalance theory. Although created decades earlier, by the 1980s research had revealed that the brain chemical, serotonin, was implicated in a range of experiences such as mood, appetite and digestion, sleep, memory, and sexual desire and function.

When the drug companies learnt that serotonin had a relationship to mood, the marketing executives decided to brand SSRIs as antidepressants, and literally created the theory that depression resulted from a serotonin deficiency.

Billions of dollars poured into marketing this theory was outrageously successful – it became the conventional wisdom in regards to depression. Every 'well informed' person just knows that not enough serotonin causes depression, seeing the prescription rates of antidepressant drugs skyrocket in the last decades by hundreds of percentages.

Before Prozac, depressed people

were twice as likely to be treated with psychotherapy/counselling than with antidepressants. Today, for every one person receiving psychotherapy/counselling for depression there are four people taking antidepressant drugs.

The problem for the drug companies is that the science does not support their theory. From reviewing the current state of evidence, Lacasse and Leo concluded in *PLoS Med* in 2005, "There is not a single peer-reviewed article that can be accurately cited to directly support claims of serotonin deficiency in any mental disorder, while there are many articles that present counterevidence."

Drugs which result in decreases in serotonin levels (also promoted as 'antidepressants') are seen to achieve the same results as drugs (SSRIs) which result in increases in serotonin levels – these observations are mutually exclusive, and render the serotonin theory logically implausible.

Antidepressant advocates typically respond with, "but the drugs work..." and for some people, this is appears to be true. There are many reasons why this could be, the most likely being the placebo effect.

Kirsch analysed complete clinical trial data sets and demonstrated that across populations, antidepressant drugs reduce symptoms of depression on average by 1.8 points on the 53 point Hamilton Depression Scale – a reduction which is statistically

significant, but not clinically significant, ie. not enough of a difference to make a felt difference in the person's life.

Of course, there are always differences to the average response, with some people reporting that the drugs made a huge difference to them, and others reporting that the same drugs drove them to increased suicidality, increased anxiety and panic and worsening despair. The study of pharmacogenomics can provide some of the explanation for these radically different responses.

So, if there is no actual scientific basis to the assertion that depression results from a chemical imbalance, what is depression actually about? Is it really an "illness" at all, or a reflection of what people have been through?

Many decades of research evidence supports the proposition that depression results from adverse life events, most notably a large study which began in 1980s conducted by the American Centre for Disease Control and Prevention, the Adverse Childhood Events study, in which 17,000 people reported their life events, including 10 types of childhood trauma.

The 15-year follow-up revealed the reality. Growing up with no adverse life events resulted in an 18% chance of experiencing depression by middle age. Having just one adverse life event in childhood boosted that risk by 50%. Having two adverse life events in childhood boosted that risk by 84%. Having five or more adverse life events in



childhood boosted that risk by 340%.

The data showed that two thirds of all suicide attempts were related to adverse life events during childhood, with people who had experienced seven or more forms of trauma being 36 times more likely to attempt suicide than those with no such experiences.

The results are stark, and hugely informative. We are sensitive animals, and will suffer emotionally from traumatic experiences. The causes of depression are not mysterious or obscure, nor are they to be found in the genes or in a test tube – they are 'hidden' in plain view for all to see, and always have been.

Subsequent Canadian research has demonstrated that all 'psychiatric disorders', not just depression, are related to adverse childhood events. This research, as well as studies conducted in the UK and the US demonstrate that both bipolar and schizophrenia are also

related to childhood trauma – the more adverse life events experienced during childhood, the more likely people will show symptoms (having five traumas increased the risk of having symptoms of schizophrenia between 53 and 160 times).

In addition, these experiences are also related to increased risk of substance abuse and addiction, heart disease, stroke, cardio-obstructive pulmonary disease, and diabetes to name just a few.

Persistent low mood results from traumatic history or current stressors, and usually a combination of both. As with most problems, prevention is better than cure. Trying to ensure that children are protected from adverse life events makes the most sense, as does supporting them if they are traumatised.

Strategies which address the emotional consequences of adverse life events logically follow on from an awareness of the role which trauma plays in problems in living.

Taking the community with you

by Greg Bork

Basil Cameron (pictured) restores rainforest on his property in Goonengerry at the headwaters of Byrangerry Creek. With two steep gullies to manage, regenerated rainforest now stabilises the soil from erosion and drives seed source down the catchment.

“Because of my role as a Byron Shire councillor and before that as someone always involved in community, as an informal educator of sorts and as a practitioner, I hope that what I do has a measurable impact on the environment,” Basil said.

“You can measure the increasing health of this little part of the world here, this little block. But it’s also about: are you taking community with you?”

“You can learn how a forest can look after itself, and you can let it look after itself. You can be the one that nurtures or cultivates that but you don’t necessarily have to be in there gardening. I guess to a lot of people they’d look at this few metres in front of us and go gee, that’s an untidy little bit of ground isn’t it, look at all this broken wood falling all over the place. That’s just beautiful to me; I love it, I love coming in here and seeing all this because it looks like real forest. Rainforest doesn’t look all neat and tidy and ordered.

“Regen’s become a bit of an industry in a sense, or a profession if you will, in my time here. I used to work in employment services when I first came to this part of the world, in the days of the last recession in the early 1990s, and there was an awful lot of unemployed people but there was also that emerging environmental consciousness. There was a lot of chat in those times about how do we get jobs for people to do regen, at the time it wasn’t considered any sort of real job at all. Over the last 20 or 30 years it has evolved.”

Basil played a role in saving the forest at Goonengerry National Park in the early nineties. “It’s about a three hundred hectare plateau, and was privately owned by the Banana Growers Federation. They used it to grow timber, and planted it out with a few species that wouldn’t have been there to make all the boxes for bananas.

“Back in the 50s and 60s, huge areas of land here were taken over by bananas, so they needed a lot of boxes. By the time we came along the banana industry had pretty much



disappeared from here, so it was surplus to requirements. The regional forest agreement allowed us to negotiate directly with the state minister for environment, and we were ultimately successful.”

“I got a respect for trees when I was still an urban kid, from a fellow who was a member of a group called Men of Trees, a group for people who love trees. I remember thinking that’s a bit unusual at the time, but I’ve often reflected back on the passion that fellow showed as I’ve grown to love the trees in the forest.

“There’s nothing so incredible as walking into a fully formed rainforest and coming across massive trees that are hundreds if not thousands of years old, and to realise that they’ve been there all this time and there’s probably been many generations of people who’ve lived and hunted and foraged and all sorts of things underneath them for centuries and centuries; and they’ve just kept on being there.

“Maybe that’s why I describe it as a cathedral: that grandeur, that height, that sense of stability, and being there forever. Every bit of space and light is taken, plants stacked on top of each other trying to get up to light.”

Listen to the full ninety-minute interview with Basil at: reciprocalrestoration.org where he talks more about the history of the local rainforest, permaculture land management principles in rainforest regeneration, and how the ecosystem informs his politics as a councillor for Byron Shire.

The Emperor has no clothes

by Yagia Gentle

In the children’s story *The Emperor Has No Clothes*, everyone submits to the Emperor’s reality that he is wearing the finest clothes, but in actual fact he is not wearing any, and is exposed by a simple young country girl. The Emperor has been shown to be a fool.

Earlier in the year a 16-year old girl, Greta Thunberg, addressed the United Nations and told them they are chasing a fantasy by choosing endless economic growth over the real concerns of climate change and environmental degradation. The United States president and all the world leaders walked out pretending they didn’t hear her.

But we all know they are really naked, insecure men chasing an economic fantasy, one in which the double entry bookkeeping method, tax dodges, scams and corruption, place companies as responsible citizens.

The judicial system is the guard dog that keeps the protesters away, supported by the Murdoch press, that paints people with the moral courage to object to mining and development sucking up unsustainable resource by presenting them as bad, or weird people, certainly the type to stay away from, and they push Australians to vote for polities who comply with that view.

The consequence is that we now have a prime minister who, having brought a block of coal into parliament to show his support of coal mining, then went to low-lying Pacific islands and told them he wouldn’t do anything about global warming, so their country has to die. Sorry about that.

Well, Prime Minister, this week there was another prick in your fantasy bubble. The world watched in horror as fire ravaged the East Coast of Queensland, NSW, and near Perth, WA. In our little corner of the Nimbin world, everyone is pulling together to save people, animals, and houses. Exhausted fire crews are putting out bushfires in subtropical country that normally has one of the highest rainfalls in NSW, and the dry is set to continue as the new normal.

Many factors are to blame, the most significant being logging and mining. Our NSW government encourages logging practices right up to the borders of national parks. That means no trees to bring rain. Rainforests dry out. Rivers get full of dead fish. Whole ecologies die.



Meanwhile the newly-approved, controversial Adani coal mine is moving a total of 12 billion litres of water by rail twice a day from a local river, thus supporting a non-sustainable industry that significantly adds to global warming.

These are the results of policies that put profit before the environment. Policies that stifle press freedom, and give out jail sentences to whistleblowers and people who protest against mining companies, cruelty to animals and bad decisions. The organised support of environmental activism is constantly being undermined by those in power. So what to do?

The children around the world screamed at the politicians and they won’t listen. Voting in an election is a good, though Scott Morrison repeating “How good is Australia?” got the votes last time. And writing letters and being socially active works to a point.

One of the ways to change direction is to support organisations like the Environmental Defenders Office (EDO). Started by the Whitlam government in the 1970s to give the public support in fighting for justice for the environment, the EDO has been successively starved of funds to the point where it is now depending on the goodwill of the public. It is a bunch of lawyers who fight against polluters and big companies. They have a very good track record in winning complex court cases. Please send a donation to them at: edonsw.org.au/contact



View from the loo
by Stuart McConville

It was back in 2027 when the first wave hit. Unfortunate residents in the low lying areas near Bondi beach were overwhelmed by a wave of untreatable sewage that had reached epic proportions.

A wall of slow-moving turds had escaped the sewage treatment plant (STP) and crept silently towards houses in November, just as the weather really started to warm up. By Christmas eve, stockings were full, but not of the normal kind of crap. The stench was unbelievable.

Poonami part 1 – The turdal wave

No one could get within 5km downwind without dry retching and turning green. This was obviously not a natural phenomenon but no-one yet knew why or how it had been created.

Machinery had been used to try to move it, but the stuff was like a Newtonian fluid, the harder you pushed against it the harder it pushed back. It moved slowly under its own weight but force could not deter it. Eventually huge reinforced concrete barriers turned its path down to Bondi beach, where even the waves and salt water could not break up the mass.

The real problem though was that the Poonami was still coming. Every flush toilet in Sydney was contributing a donation to the stinky swell. The Bondi cigar had taken on gargantuan proportions.

This was just the beginning. Soon nearly every STP in the country was experiencing something similar, if not on the same scale as that in Sydney. Aussies were literally drowning in their own shit.

Finally in January 2028, there was a breakthrough. Just prior to the un-natural event, a multinational food manufacturer had released a high protein simulated meat alternative onto the market. It was such a success due to the high levels of MSG and another patented top secret additive, not to mention its super-low price, that the food vendors all started buying it. It tasted so much like meat that no-one who consumed it could tell the difference, apart from a subtle craving for more.

The meat alternative had been approved by all the relevant agencies in record time. Protein was super-expensive to grow naturally and since the worlds grazing lands no longer received adequate rainfall there really was a dire need for cheap protein. In their haste to test the Simeat, no-one had thought to test the excrement of the consumers to see if the humanure could be broken down by normal sewage treatment plants. It could not!

Meanwhile, near Nimbin, research into the human biome had been in progress for over a decade. The CSIRO quickly realised that ground-breaking research was needed to stimulate the organic decomposition of the Poonamis, and a team of scientists began working on the first prototype of a Super Poo, at the Nimbin HQ of Pooh Solutions.

Using a range of genetically modified sentient bacteria, amoeba and helminths (worms) and some very interesting diets, the team was finally ready to trial the first sentient, self-propelled turd ever produced.

Stay tuned for the next chapter: Super Poo Does Bondi.

Stuart McConville runs Pooh Solutions, compost toilets and wastewater consultants: 0427-897-496, web: www.poohsolutions.com

JUSTICE FOR JULIAN!

Mr. John Shipton father of Julian Assange
international campaigner for justice for Julian & press freedom.
John is building an international movement to have his son released
and recognised as a hero of modern democracy.

Supported by **Ciaran O'Reilly** lifetime peace activist & organiser
of demonstrations outside Ecuadorian Embassy & Belmarsh Prison

NIMBIN TOWN HALL, Cullen Street, Nimbin

Thursday
12th Dec
7pm-9:30pm

Entry by donation
Help John bring Julian home!
Profits to Free Assange Campaign





Help John save Julian: Assange solidarity meetings

by John Jiggins

John Shipton, Julian Assange's father, who is campaigning to build a world-wide movement to save his son, will speak in Mullumbimby at the RSL on Sunday 8th December and at the Nimbin Town Hall on Thursday 12th December.

John Shipton has recently returned from visiting Julian in England, and from Europe where he has been rallying support, and he will report on Julian's prospects of being dragooned to the US to face espionage charges, and on Julian's health, which has become a major concern with many supporters feeling he may die in prison.

This week a group of 60 doctors wrote an open letter to the British Home Secretary saying they felt Assange's health was so bad they feared he could die in prison and requested he be transferred from Belmarsh Prison to a university teaching hospital.

They based their views on the way he looked at his most recent court appearance, as well as a report by Nils Melzer, the UN Rapportuer on Torture, which said the arbitrariness and ongoing judicial abuse Assange had been subjected to by the US, the UK and Sweden amounted to legal torture and could end up costing his life.

Recently James Ricketson, an Australian journalist/filmmaker who was imprisoned in Cambodia for 15 months, expressed these concerns powerfully in a public letter to Prime Minister Morrison, urging him to intervene to save Julian's life. His letter began:

"Julian Assange Dies in Prison Cell. This is a headline that I am sure you do not wish to read in the near or distant future. It is a headline that you have it within your power to prevent from becoming a tragic reality. I speak from experience. As a journalist/filmmaker I spent 15 months in a Cambodian prison on espionage charges that the Australian government knew to be politically motivated. Then prime minister Malcolm Turnbull intervened on my behalf to secure my release.

"You can pick up the phone, Mr Morrison, and speak with whoever the United Kingdom's next prime minister is; requesting that Assange not be extradited to the United States to face the very real possibility, if not the certainty, that he will die in prison... Would you approve the extradition of an Australian citizen to China or Saudi Arabia under the

circumstances that prevail in Assange's case?"

"If Assange does die in prison will you, with a clear Christian conscience, be able to inform the Australian public, in all honesty, that you did all within your power (and more) to protect Assange's legal and human rights?"

James Ricketson wrote about the rising tide of voices being raised in support of Australian government intervention in Assange's case, and he called on Labor and the coalition to unite to intervene to save Julian. John Shipton is hoping to build on these concerns.

Speaking with John Shipton will be Ciaran O'Reilly, a Catholic Worker and Ploughshares activist who has served time for his anti-war protests in the US and Ireland, disarming US bombers on their way to bomb Iraq in the First and the Second Iraq wars. A supporter of Assange, he has been an organiser of demonstrations outside the Ecuadorian Embassy and Belmarsh Prison.

As an ex-prisoner, O'Reilly said: "The prison system is designed to isolate, demoralise and defeat the resister. In the case of Julian Assange, the British government has double downed placing him in a Category A prison, initially serving a sentence for a bail breach of which there was never a charge!

Within Belmarsh Prison they have moved Julian out of general population into isolation and 22-hour daily lock-down. He is subjected to "control moves" to avoid any contact or fellowship with other prisoners. These confinement policies are designed to breakdown the mental and physical health of Julian Assange."

O'Reilly encourages supporters to write to Julian in jail: "I know from my own two years' experience of being an anti-war prisoner in the US, Europe and Australia that the only anti-venom is the sense of solidarity and community we can muster for the prisoner on the outside. I have been with Julian in the Ecuadorian embassy when he opened solidarity mail and witnessed the nourishment it brings him. I encourage everyone to write to Julian Assange in Belmarsh Prison.

"Julian Assange is in there for us. We're out here for him!"

NB: Because Assange is in prison, it is important to address your card or letter the correct prison way, which is:

Mr Julian Assange, DOB: 3/07/1971 HMP Belmarsh, Western Way, London SE28 0EB, United Kingdom.

Practical permaculture solutions for a changing world

A Climate Action Camp will be held next month at Djanbung Gardens Permaculture College, Nimbin.

The camp has been designed for people to learn practical skills and develop personal resilience to prepare, adapt and restore a world in rapid climate and ecological breakdown.

Hands-on survival skills, practical earth care, climate literacy, disaster preparedness and response, low-tech solutions and community building will be packed into five action-filled days from 10th to 15th January.

The program is aligned to the rhythm of mid-summer, with outdoor activities in the cooler morning and late afternoon hours, retreating to the shaded indoors for the heat of the day to explore



head, heart and creative space.

Who should join the camp? Anyone from 18-35 years of age concerned about what is happening who wants to practical skills to make a difference as an empowered change-maker.

The fee of \$495 includes full catering, camping, all activities and special guest

instructors. For enquiries and registration, phone 0429-147-138 or go to: www.permaculture.com.au

"Magic happens when the power of one, the power of community and the power of nature work together in a meaningful and creative way through deep adaption and cultural regeneration."

It's been quite a month up at Pipes camp with one long track the only way in and out.

They weren't so worried about the fires like I was, it was the trees gasping for water that had the whole camp on edge. The trees are the big love affair up in the mountains, and the inch or so of rain this week was celebrated like nothing else. Even the hermits from the caves further up came down for the party.

There's an ancient ganja faerie who lives alone deeper in the forest, Ruby she's called, and the kids love her. When I say ancient, she can't be more than seventy-five, but her matted hair and crinkly sunburnt face is kind of timeless.

She reckons this little dry patch, as she called it, is only a warning. "We're in for a big kickback from our Naturegirl," as she calls it. "Ninety percent of the trees have been cut down and the land clearing just goes on," she says quite casually, but looking straight at me.

"They just don't get it do they Beth, it's all economics to them isn't it?"

"Blind short term economics at that," I reply, but I know she expects me to somehow do something about it when I'm called to Canberra.

Last time I was down in Scomolund I tried to talk to him about the drought but it was all about Dutton, who I realise Scomo is haunted by. The man who wants his job is obsessed with data collection, he tells me.

"Bethany," he confides. "Our friend next door has everybody on his giant computer now and face recognition is nearly complete. The picture on your drivers licence is the beginning and they build

STREET SHUFFLE

Journal of the North Coast's longest serving covert

from that. Soon he'll know just what you spend your money on and where you are at any moment of the day. Or that's his aim anyway. Nobody can be trusted he says, on and on, like a mantra he goes. Nobody can be trusted."

I wonder how many faces he has as me. And unda what name!

"I get what he's trying to do," goes on Scomo, "but damned if I want everybody knowing what I do every minute of the day. Next minute it'll be front page how many minutes a week I spend praying. Or even worse, not praying, but just getting time out. Dutts (can you believe it he calls him Dutts) reckons he'll be able to tell soon exactly what you're doing, even what you're thinking."

Thinking of Ruby's expectation, I ploughed on with Scomo and launched into a hemp rant. How it could replace cotton and help save the river systems, how you can build fire-resistant houses from hemp bricks, how it replenishes the ravaged soil and they used it around Chernobyl to suck up the toxins, how it can replace wood chipping and it's the trees Prime Minister, the trees! We need more trees to draw the rain back.

He stared at me wide-eyed, but listening. "Time you went back to the hippies Bethany," was all he said. Turns out he's furious about the Greens enquiry into weed, so I stopped talking about it then, for a while anyway.

There's undacuvass

everywhere and spies in every cupboard in Canberra, and the proof is Big Gina was on the phone to Scomo minutes after that convo and it was all about her proposal to dam the Fitzroy river and build the southern hemispheres biggest irrigation property for grass for beef.

Almost twice as big as Cubbie station, Scomo tells me when he gets off the phone, sweating and flushed.

"Beef is at record prices, I can't say no to her," he's almost crying. "People have no idea of the pressures in this job. She can have me out and Dutts in tomorrow if she wants."

I think he's forgotten who he's talking to at this point. I've got my greying almost silver wig on and a conservative Christian frock and small heels. Perfect dressing to make him feel safe.

"She is the richest person in the country, I have to keep her happy."

"Sir, I do undastand, you need to keep her happy." But he crawled like a lowly servant to a queen on that phone call and that's how it works in the Big House, I realise yet again.

Ruby disappears early every morning at the camp and comes back with handfuls of berries, so the day starts well. I told her about Gina's call to Scomo, but she encourages me to keep on the job.

"Someone's got to do it Beth, and you needn't worry, I've seen the future and we'll all be allowed to grow our own weed soon, I just can't tell when."



Home-grown weed

by Michael Balderstone

While Australia sleeps down under, the rest of the planet is waking up to the burgeoning global weed market.

South American and African countries especially are doing the maths and figuring out they can make a fortune at current cannabis prices. It's not called weed for nothing, proclaimed one excited president!

There's half a dozen countries aiming to get in early in the green race, but the big surprise is Thailand where the Health Minister Mr Anutin says he is speeding up changes to the laws so households can grow up to six plants to earn a bit of extra cash.

"To increase supplies for medical products," he said. "We have high confidence that marijuana will be among the major agricultural products for Thai households."

A couple of months ago Mr Anutin declared, "In the near future families will be able to plant cannabis trees in their backyard like any other herb."

As well as home growing Thailand says it has built the largest industrial scale medical marijuana facility in Southeast Asia.

On 2nd September, Maejo

University researchers planted 12,000 seedlings in Northern Thailand.

The seedlings were provided by the government's Department of Medical Service! The plan is to harvest enough to make a million bottles each containing 5ml of oil.

The Uni will be a centre where ordinary people can learn how to plant and grow good quality cannabis, he says.

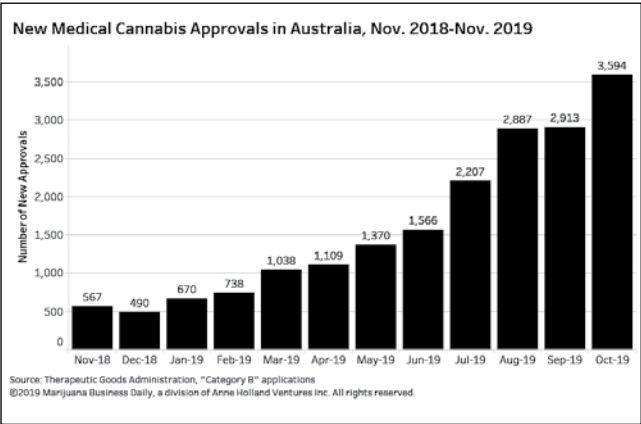
"Cannabis is not an issue of politics, it is a product that can benefit peoples health," said the Health Minister we wish we had.

Mr Anutin led his Bhum Jai Thai (Proud to be Thai) party's campaign during elections earlier this year, promising people that each house could grow six cannabis plants and the government would buy them for medicine and pay a couple of grand each for them as well.

The average Thai annual salary is about eight grand, so it was quite an offer.

His Proud to be Thai party is now part of the ruling coalition, and he predicts fully legalised marijuana will be bigger for Thailand than any other agricultural crop, and he has a secret weapon.

The Maejo University has developed a cannabis strain called 'Issara', which means independence, a one-to-one



cbd/thc cannabinoid mix.

In Africa, a tiny nation of two million people, Lesotho is cashing in by licensing American and Canadian companies to grow weed, charging them 30,000 Euros for a renewable annual licence.

The weed is grown in giant greenhouses high in the mountains and flown out in choppers.

Locals are still growing for the blackmarket like they have for decades, but missed out entirely on the legal market.

The global medical cannabis industry is estimated by Barclays Bank to be worth around \$150 billion today, and growing fast.

Remember our health minister telling us a year or so ago how we were going to supply the world too, same as Portugal, Columbia and a few others announced recently, all wanting a big chunk of the green gold excitement.

In Australia, more and more

people are finding their way to legal access though they're still not allowed to drive, of course. Just allowing us to home grow would bring about such significant social changes, instead of building new jails and still hunting us like ordinary criminals while licensing giant corporations to grow the legal crops.

Six plants would be a great start, like Thailand, and California. Who would we be hurting?

Dreadlocks Naturally

NIMBIN
Mobile service available Uki - Lismore

Dreadlock Maintenance \$40 / hour
Dreadlock Creation - fixed price by quote

Kelly 0405 760 422 | dreadlocksnaturally
www.dreadlocksnaturally.com.au

SEPTIC TANK PUMPING

GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
OILY WATER PROCESSING
NIMBIN & ALL SURROUNDING AREAS
Local Since 1932

RICHMOND PUMPING
6621-7431 After Hours 0407-433-405

Did you know?
All our links are clickable in the web edition.

Lismore rises up again



Benny Zable and friends

by Ruth Rosenhek

Around 200 students and community members gathered outside National Member Kevin Hogan's office in Lismore on Friday 29th November.

Red Rebels walked silently along the roadside to the tune of passionate speeches, as others signed petitions and painted placards.

Inside Kevin Hogan's office, students held a sit-in as they wrote letters sharing their

heartfelt concerns and demanding action.

Outside a chant rose up: "When our planet's under attack, what do we do? Stand up, fight back!"

Emma, a nine-year old proclaimed, "This is a climate emergency. We need to act now!"

Extinction Rebellion, the global movement that demands government tell the truth was in attendance and announced a solstice party on Saturday 21st December at 4pm at the Quad in Lismore. The party will be a toast and dance to the future.



Cindy Roberts addresses the rally

NIMBIN HEMP EMBASSY
presents
A MEDICAN WORKSHOP

At the Nimbin Bush Theatre Jan 18/19 2020
from 11a.m. till 4:20p.m. both days

A weekend medical cannabis workshop
with healers, users and makers.
Educate yourself!

Speakers include-
Carol Ireland- CEO Epilepsy Action Australia;
Dr Andrew Katelaris; Dr Deb Waldron;
Dr John Teh from Plant Med;
Steve Bolt with legal advice:
Gardener & healer Malcolm Lee will do
a seed breeding workshop on sunday;
Michael Balderstone &
Andrew Kavasillas from the
Nimbin HEMP Embassy;
Radic Al giving extraction classes;
Disco Sista.

Entry by donation

If you suffer from ANY
of the ailments listed here,
you really should
CONSIDER CANNABIS.

If unsatisfied with the treatment you
receive for these ailments and you'd like to
try medical cannabis we recommend you contact your
local MP and ask him or her why you can't grow some
for yourself and save us all a fortune in health costs!

0266 891842
www.hempembassy.net

MEDICINAL CANNABIS
MAY BE USEFUL
IN THE TREATMENT OF

- *ADD *ADHD *Aggression *Alcoholism
- *Alzheimer's *Anorexia *Anxiety
- *Acquired Brain Injury *Arthritis
- *Asperger's *Asthma *Autism *Cancer
- *Child Birth *Crohn's Disease *Dental Pain
- *Depression *Diabetes *Domestic Abuse
- *Drug Dependence *Dysfunction
- *Endometriosis *Epilepsy *Focus
- *Fibromyalgia *Glaucoma *Heart Disease
- *Hepatitis C *HIV/AIDS *Hopelessness
- *Immune Deficiency *Inflammation
- *Insomnia *Leukaemia *Libido
- *Loneliness *Lupus *Lyme's Disease
- *Lymphoma *Menstrual Pain *Migraine
- *Morning Sickness *Multiple Sclerosis
- *Nausea *No Sense Of Humour *Obesity
- *OCD *Opiate Addiction *Osteoporosis
- *Pain *Parkinson's *Psychosis *PTSD
- *Spasticity *Stress *Tourette's
- *Trigeminal Neuralgia

Lic No. 91548 Ins# CMC-CPE335703

KOKER CIVIL
CIVIL CONSTRUCTION AND PLANT HIRE

QUARRY SUPPLIES & EARTHMOVING

- All Rural Earthmoving
- Service Installation
- Subdivisions
- Dams
- Dry Hire
- Road Construction
- Site Preparation
- Retaining Walls

0447 10 2026 • james@kokercivil.com.au

ROADBASE
\$350
Delivered



Alysha Brilla



Kaumaakonga



Will and the People

Mullum Fest a big hit

Story and photos by Mel Williamson

I was somewhat uneasy heading off to one of my fave music festivals in the midst of a bushfire crisis, while our hills in between Nimbin and Mullum were still burning (and still are). But, music truly is a balm and a (temporary) distraction.

Kudos to all the locals who still performed, worked at, and supported the festival – the absence of those who would have been there was felt.

It took a little longer than usual for me to feel the Mullum magic – but it made its way through (thanks to Dereb The Ambassador for being the first band to pull me into the music and out of my fire funk).

For those of us who are long time regulars there was a bit of (past festival) repetition in the acts – but also good to see some return, like the fabulous Tek Tek Ensemble (much bigger venue needed for them), and Australia's best soul singer Emma Donovan & The Putbacks (who have a new album out early next year).

There were acts who transmitted complete joy, like the Solomon Islands Kaumaakonga, and South Africa's utterly transfixing Sibusile Xaba; others who took you on a journey, like the US's sublime psychedelic-laced Steve Gunn, and the always delightful Greg Sheehan (with various guests at his gigs, and himself popping up as a guest with the likes of Kaumaakonga and Nano Stern).

Also great to see local ensemble Dustyesky make it to a main stage, and people who attended their 'Sing in Fake Russian' workshop told me it was the highlight of their festival!

The biggest surprise highlight for me was the UK's Will and the People – tight, genre blending, and high octane energy.

There were of course all the additional (to the music) delights – like the roving lollipop ladies (love them), and The Cassettes (channelling some Xanadu), the Sunday street parade, and the amazing (and very high calibre) Ingenuity Sculpture Festival.

A couple of minor quibbles – one I've had for a few years being some venues

have too many chairs/tables making for an uncomfortable squash-fest – particularly on sell-out Saturdays.

And, while it's good to try different things, usually the late night Village Vanguard is much anticipated for a last funky groove-jam – so at a festival full of musicians having disco DJ's was... weird (the vegetables were fun though).

The relaxed nature of Mullum Fest imbues everything, including the musicians, who often tell me how much they love just being able to hang out at the festival and have casual interactions with fans.

And Mullum punters are some of the best at crowd participation that I've ever seen at any festival – if you want them to sing along, clap a rhythm, dance a certain way they're straight onto it (and really really good at it).

So yes, another Mullumfest success despite the edginess over-hanging it: music doesn't conquer all, but it certainly helps.

For the full photo album (including those fabulous sculptures) go to Facebook: *Nimbin Music*



Sibusile Xaba



Greg Sheehan



Kashmir Miller

The Vagina Monologues

by Jenny Dowell

After a sell-out first weekend, *The Vagina Monologues* is expected to play to full houses for the last shows on 6th, 7th and 8th December at Rochdale Theatre.

This award winning play consists of a selection of the many monologues written by Eve Ensler after interviewing 200 women of varying ages, backgrounds, cultures and experiences.

The 12 monologues chosen by Director Sharon Brodie for Lismore Theatre Company's latest production are delivered by 10 local women actors and includes deeply personal accounts of pleasurable and violent sexual experiences.

'My short skirt' is a powerful piece delivered by Kashmir Miller, the youngest member of the cast.

Her piece, she says "is

very important to everyone young and old who has had assumptions made about how they look and act."

The individual stories are accompanied by group pieces where the actors provide the responses to questions such as: "If your vagina could speak, what would it say?" and a list of the very funny names women call their vaginas.

There is also brief bridging narration with lots of facts that will make audiences laugh, feel sad and reflect.

This is the fifth time over twenty years that LTC has produced *The Vagina Monologues*, and as long-term stage manager Jos Wright says, "It's as relevant today as when it was first staged."

The show on Friday 6th December will have Auslan interpreters.

Bookings can be made at: www.lismoretheatrecompany.org.au



Harmonies on the hill

The a cappella group Isabella A Cappella (pictured) was formed in 1984 by the late Isabel Atcheson and has seen a passing cavalcade of students and graduates from Southern Cross University.

The group is holding a house concert on Wednesday 11th December, 6.30pm in the rolling hills of Boat Harbour.

Harmonies On The Hill will be a night to remember. Arrive at twilight and be greeted with a glass of sparkling wine, complimentary nibbles and the sweet soulful sounds of Isabella A Cappella, with supporting local artists Dylan Curnow and Luke Vassella.

Isabella A Cappella will be donating 20% of proceeds from ticket sales towards those directly affected by bushfires.

Tickets are available through Eventbrite, \$20/\$15/\$40 family, and can be bought at: www.facebook.com/events/2429082123996826

For more details, phone Grace on 0432-980-855 or email: Isabella.acappella@gmail.com

NIMBIN BOWLO

25 Sibley Street Nimbin. Phone 6689-1250



Home of the Big Bowler

BISTRO -AND- LOUNGE

25 Sibley Street Nimbin. Phone 6689-1473

What's On in December?

- **Saturday 7th** – Visiting club: Burringbar
- **Sunday 15th** – Kids Xmas party 12pm
- **Open Mic Night** – Wed 18th, 7pm
- **Wednesday 25th** – Closed
- **Thursday 26th** – Bowls & BBQ
- **Courtesy Bus** – Enquire at Bar



First-timers and novice bowlers welcome



LIVE ENTERTAINMENT THIS MONTH

- **Friday 6th, 6pm** Sarah Stando
- **Friday 13th, 6pm** Nightcap Jazz
- **Friday 20th, 6pm** Brommers
- **Friday 27th, 6pm** Nina Lotus

Lunch & Dinner Wed – Sat
Sunday lunch specials

Catering for functions of all budgets and tastes

Taking the piss?

Nimbin has dodged a bullet in the ‘Shit Town Showdown 2019’ semi-finals, hosted by the popular Facebook page Shit Towns of Australia.

The Facebook page began as a joke between two mates that “quickly got out of hand” and has sparked a loyal following, plenty of anger across dozens of regional communities and now a book.

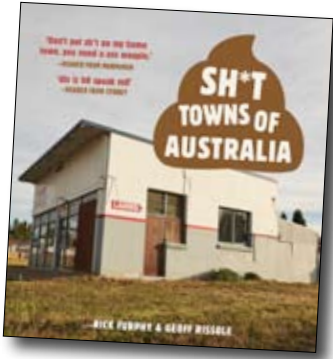
The brainchild of Rick Furphy and Geoff Rissole, the page publishes a ‘power ranking’ of the 10 shittiest towns each week, with locations getting a gong for various indiscretions – typically bizarre crimes committed by locals.

“Do not engage with the Nimbinese, do not share their weed, and whatever you do, do not purchase their tacky T-shirts or home-crocheted bong cosies – this will only encourage them to peddle more pointless crap and discourage them from having a shower and getting a job,” the pair wrote in their review of Nimbin last November.

“It’s written very tongue-in-cheek. It’s meant to be over the top and a bit cartoonish. Some people just don’t pick up on that context,” Rissole said.

Back in June, Shit Towns pitched Nimbin against Lismore in round two of the Showdown with Nimbin ‘winning’ with 56% of the vote to Lismore’s 44%. But Nimbin has recently been scratched from the contest after losing to Dubbo.

Sh*t Towns of Australia and Sh*t Towns of New Zealand are available now in stores and on-line. Visit the page at: www.facebook.com/shittownsofaustralia



Austen Tayshus & Mandy Nolan’s 2020 Vision

The yin and yang of Aussie comedy come together with Austen Tayshus and Mandy Nolan presenting their 2020 Vision show to herald in a brand new decade.

The combination of these two fearless feature acts offer a relentless ride that is both hard and soft, traverses the nasty and the kind, the dangerous and the gentle. Both Tayshus and Nolan are known for their incisive and often outrageous social comment, and for their shared bill on 2020 Vision you can expect nothing less than satirical explosions of genius, outrage and narcissistic self interest.

Austen Tayshus, the infamous, great white shark of Australian comedy, is cutting and dangerous. Mandy Nolan, mother of five, is caring, warm, and insightful. Two of Australia’s most respected and experienced comedians back to back taking us on a journey through the highlights and the lowlights of the last 10 years.

What better way to download the decade?



The hilarious Mandy Nolan is a shining star in Australia’s stand-up comedy galaxy. Mandy has been performing standup for almost 30 years at every place you’ve ever heard of and plenty you haven’t.

Hailing from Wondai but now a long term resident of Mullumbimby, Mandy Nolan gets a crowd laughing like they’ve not laughed in years.

Irreverent, honest, insightful and most of all hilarious, Mandy’s comedy is wide ranging and boundless where everything is open to ridicule, commonly herself and the many ways the world and society has us doing, thinking and saying the most ridiculous things.

Comedy superstar, Austen Tayshus, is a name we all know... but really, how well do we know Austen Tayshus, aka Sandy Gutman? He’s dangerous, he’s scathing, he takes no prisoners and he’s used to making victims out of his audience.

Tayshus is brilliant. He’s polarizing. He says stuff you’re not supposed to and doesn’t care what you think. Like any large predator, he can smell fear so wear black, stay calm and try not to make eye contact.

He’s politically astute, scathing of cultural and social mores. His material digs deeply into the very flawed identity of what it means to be Australian – shining the light on they hypocrisy of the so-called Lucky Country.

The son of a holocaust survivor, race and religion loom large as themes that underpin much of his act. Unrelenting, side-splitting, and larger than life.

The man in the raybans is very much Australia’s most iconic



comedian – as confrontational as Bill Hicks, but a lot more alive!

Don’t miss this hilarious night when two of Australia’s most respected and enduring comedians, Austen Tayshus and Mandy Nolan go back to back for a night of deep belly laughs that you’ll remember all year.

Its a whirl-wind tour... six shows in seven nights, at these local venues:

- Monday 6th Jan: Byron Services Club
- Wednesday 8th Jan: Regent Theatre, Murwillumbah
- Thursday 9th Jan: Evans Head RSL;
- Friday 10th Jan: The Saraton Theatre, Grafton
- Saturday 11th Jan: Nimbin Bowlo
- Sunday 12th Jan: Lennox Bowlo

Tickets are \$30, and available at: www.mandynolan.com.au or at the door.

B I N G O

742272577

BINGO EVERY MONDAY 6PM

Live Music Thursday to Saturday from 7pm

December 2019

TUESDAY 7PM TRIVIA NIGHT

Friday 6th 7pm Mark David Express

Thursday 12th 6.30pm Bones River

Friday 13th 7pm Anarchy Hearts

Saturday 14th 7pm Death by Carrot



Thursday 19th 6.30pm Sticky Rock

Friday 20th 7pm Broken Levee Band

Thursday 26th 6.30pm Brommers

Friday 27th 7pm Mrs Hippy & The Lovehandles

New Years Eve Tuesday 31st 7pm Is Man Kind

Poker Night Every Wednesday 6pm

Joker Poker Every Thursday

POOL COMP 10-WEEK TOURNAMENT PLAYED EVERY SUNDAY 5PM

THE MENDED DRUM BISTRO

SERVING UP GREAT MEALS FROM 11.30AM - 3PM

53 Cullen Street Nimbin NSW (02) 66891246