O pen 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 move to area water resources. Utilising all water to useful production is imperative. The primary production resources are going to be lake water, so prices of fresh water will escalate.

A wise move is to attempt to become an ‘informed’ as much as can be managed.

Fast-growing root vegetables and those with a high percentage of the plant, tuba and roots can be utilised. Fast-growing radish and fast-maturing sweet turnips and beets require less water than leafy greens (lettuce, in the main is little else than water). The bold brassica take four to five months to mature, necessitating loads of water.

Deconstructing depression

by James Alexander, PhD

W hile undertaking my research strategies in psychology during the 1980s, the ‘new generation’ antidepressant Prozac was released, the first in a series of Selective Serotonin Reuptake Inhibitors (SSRIs).

Due to previous research, I knew that the ‘balanced’ serotonin system would settle once the long term data came in, as has been the case with all other antidepressant drugs.

SSRI antidepressants were promoted on the basis of a chemical imbalance theory. Although created decades earlier, by the 1980s a large body of research had revealed that the brain’s 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 into marketing this theory was outrageously successful – it became the ‘new science’ behind 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 no 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 counter-evidence.”

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 ads advocate typically respond with, “but the drugs work, right?” Their ‘proof’ is that they are still being sold. ‘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.

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Taking the community with you

by Greg Bock

Budding lawyer Paul Cameron (picture) restores enthusiasm for his property in Goonengerry at the headwaters of Byrangerry Creek. With two steep gullies to manage, regenerating rainforests not only utilises 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 absurd to say you are taking community with you!”

“You can learn how a forest can look after itself and learn how to work with it. You can be the one that nurtures or cultivates that but you don’t necessarily have to be in there every day. I love coming in here and seeing all this and knowing that I’ve been part of it, it’s an untidy little bit of ground isn’t it, look at this broken wood walking all over the place. That’s just beautiful to me! I love going in and seeing all the different types of plants,” Basil said.

“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 and I used to go into this little world, in the days of the last recession in the early 1990s, and there was an awful lot of unemployment and poverty and that. Then there came the 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. 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 it a forest. It’s about creating the place. That’s just beautiful to me; I love coming in here and seeing all this. That doesn’t look all neat and tidy and ordered. It’s what I enjoy being part of here, this little part of the world here, this little block. But it’s absurd to say you are taking community with you!”

View from the loo by Stuart McConville

It was back in 2027 when the first wave hit. Unfortunately residents in the low lying areas near Bondi beach saw the waves, overwhelmed by a wave of untreatable sewage that had reared its head the previous year. A wall of slow-moving turds had escaped the sewage works and low-tech STP (sewage treatment plant) crept silently towards houses in November, just as the world was starting to warm up. By Christmas eve, stockings were full, but not of the normal kind of crap.

The stench was unbelievable.

No one could get within Shokenwoovidian without dry retching and turning green. This was obviously not a natural phenomenon but no one knew 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 the Poonamis. The Poonami was still coming. Every flush toilet in Sydney was contributing a donation to the stinky swell. The Bondi cigs had a new gossamer proportions.

No one knew why or how it had come into existence.

The Poonami 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 left hanging, drowning in their own shit.

Finally in January 2028, there was a breakthrough. Just prior to a natural and controversial 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 a 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, and the public relished the 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 world’s grainlands no longer received adequate rainfall there really was a dire need for cheap protein. In their haste to treat the Smeat, no-one had thought to test the excrement of the consumers to see if the humane could be broken down by normal sewage treatment plants. It could not!

Meanwhile, near Nimbin, research into a new type of Poonami 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 Doo, at the Nimbin HQ of Poo Solutions.

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

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

Stuart McConville runs Poo Solutions, compost toilets and wastewater consultants:
0427-897-896, web: www.poosolutions.com

The Emperor has no clothes

by Yasia 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 chusing an economic fantasy, one in which the double entry bookkeeping method, tax dodges, scams and corruption, play companies as responsible citizens.

The judicial system is the guard dog that exposes by a simple young country girl. The Emperor has been shown to be a fool.

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 our 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 went deaf.

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: edo.org.au/contact

Poornami part 1 – The turdual wave

For over a decade, the Poornami has been considered an ocean phenomenon, occurring only in the waters off Sydney. But now, it seems the Poornami may have found its way into the mainstream of Australian society.

The Poornami phenomenon has been studied for many years by scientists and researchers. It was first observed in the early 1990s off the coast of Sydney, and has since become a regular occurrence in the region.

The Poornami consists of large, slimy masses of material that float near the surface of the water. These masses are composed of a mixture of sewage, debris, and other organic matter. The Poornami can reach a length of several meters and a width of several centimeters.

Scientists have been able to track the movement of the Poornami using satellite imagery and underwater sensors. They have found that the Poornami tends to migrate in a southeasterly direction, driven by the prevailing winds and currents.

The Poornami has a significant impact on the local marine ecosystem. The large masses of debris can smother marine life, and the smell of the Poornami can be overpowering for nearby residents.

Despite the growing concern, the Poornami has yet to be fully understood. Scientists continue to study the phenomenon, hoping to uncover the secrets of this mysterious marine phenomenon.
Help John save Julian: Assange solidarity meetings

by John Jigges

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 dragged 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.

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-vomits 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. 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 to the correct prison way, which is:

Mr Julian Assange, DOB: 3/07/1971 HMP Belmarsh, Western Way, London SE8 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-winter, with outdoor activities in the cooler morning and late afternoon, with sheltering to the shaded indoors for the heat of the day to explore head, heart and creative space. What 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.”

The Nimbin GoodTimes

December 2019

Page 16 The Nimbin Goodtimes

nimbinfoodtimes@gmail.com

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The Nimbin GoodTimes

December 2019

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**Home-grown weed**

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 six households can grow up to six plants to earn a bit of extra cash.

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

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

**Lismore rises up again**

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 Red Quad in Lismore. The party will be a toast to the future.

On Saturday 21st December at 4pm at the 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. The 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 ‘Asarai’, which means independence, a one-to-one chd/the 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 black market 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?

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**By Ruth Rosenhek**

**By Michael Balderstone**

**www.nimbingoodtimes.com**

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**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.

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**Consider Cannabis**

If unsatisfied with the movement you receive for these ailments you reommend you contact your local MP and ask them for info you can’t grow your own for yourself and save us all a fortune in hands costs!

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**Did you know?**

All our links are clickable in the web edition.
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 to see some return, like the fabulous sculptures) go to Xanadu), the Sunday street parade, and the amazing (and very high calibre) energy.

There were acts who transmitted complete joy, like the Solomon Islands Kaumakongoa, and South Africa’s utterly transcending Sibusile Xaba; others who took you on a journey, like the UK’s sublime psychedelically-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 Kaumakongoa and Nando Stren). Also great to see local ensemble Druuzesky 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 concerts in the festival village, and the amazing (and very high calibre) Ingenuity Sculpture Festival. A couple of minor quibbles – one I’ve 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).

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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).

Yes, another Mullumfest success despite the edginess over-hanging 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).

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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 20th 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 it was when it first staged.”

The show on Friday 6th December will have Auslan interpreters. Bookings can be made at: www.lismoretheatrecompany.org.au

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

NIMBIN BOWLO

25 Sibley Street Nimbin. Phone 6689-1250

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

LIVE ENTERTAINMENT THIS MONTH

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

Lunch & Dinner Wed – Sat

Sunday lunch specials

Catering for functions of all budgets and tastes

The 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 Carnow 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, $20/315/$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

Harmonies on the hill
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.

“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 naivy 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 narcisstic 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 we 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 the 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.

It’s 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;

Saturday 11th Jan: Nimbin Bowlo

Sunday 12th Jan: Lennon Bowlo

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