### John Adams\* & ASSOCIATES

\*a.k.a. Síndhu

Lawyers www.johnadams.com.au



Open to dine in and take-away PH 0404 322 914 Wed to Sat 12-8pm Sun 12-4pm 3/45 Cullen St Nimbin Hosting Nimbin storytellers meet last Wednesday of every month from 5pm





Judy Atkinson (pictured) was made a Member of the Order of Australia (AM) for her services to the Indigenous community, to education and to mental health.





## Has Oz Day lost its relevance?

#### by Bob Dooley

There were no flags along the street, no themed entertainments, not even much of an Aussie BBQ to be had throughout the whole long weekend in Nimbin, despite a well-attended Smoking Ceremony with local Elders at the Bush Theatre.

Even the Bowlo, that bastion of Aussie values, in past years bedecked in Australian flag bunting with Celtic folk music playing, put the date back a day this year to fit in with their social bowls schedule, merely adding a waterslide on the Sunday, and closed Monday.

Perhaps it is a reflection of the scepticism that now appears to surround the date of 26th January, which has only been our national day since 1946, or 1935, whatever, it seems pretty arbitrary.

Perhaps it is due to the on-going resistance to the commemoration by the First Nation communities, who rightly point to the barbarity of the British invaders. The new names: Invasion Day, Survival Day, clearly underscore the offensive nature of the celebrations.

Not even the annual Nimbin Pool Olympics fundraiser held on 26th January, which includes a fashion parade, had any hint of nationalistic badging.

Perhaps no-one wants to be associated with the views of the Aussie rednecks at the Cronulla or St Kilda beaches. Wearing an Aussie flag could lead to some difficult conversations, and possibly unwanted new friendships.

Then again, maybe it was just too hot to be doing anything other than heading to the beach for a dip.



# 2010 POOL OLYMPIC

#### by Sue Edmonds

This year's Nimbin Pool Olympics was a resounding success, with more spectators and competitors than ever.

They could hardly squeeze into the BBQ shelter to get their refreshments after swimming up and down, walking backwards and forwards, pushing and pulling crocodiles and floating.

The quality of the marathon float was raised to another level, people must have been in training all





For a broad range of new and new seconds at very competitive prices

A/H Ralph Mob: 0429-048-808

Ph: 6689-1206

Hardwood Decking & Flooring **Pine Framing Roofing & Guttering** Doors & Windows Cement Sheeting Architrave Plywood LVL's/Smart Beams Hardware

Poly Pipe & Fittings Structural Steel Sand & Gravel Cement Plumbing Stock Feed Granite & Marble Gardening & Plants Elgas Supplier **Geohex Supplier** 

Delivery Available sales@nimbinbuildingmaterials.com.au www.nimbinbuildingmaterials.com.au

Page 2 The Nimbin GoodTimes February 2019

summer, floating in any water they could find.

Michael, Sue and Biko won the Fashion, and Mandy won her first trophy ever for Duck Hula (pictured). The pool was sparkling, crispy clean and clear. John, our precious maintenance worker, was awarded a special trophy to acknowledge his hard work.

Thanks to all our generous sponsors, the Emporium, the Bakery, the Artists Gallery, and the spectators for their contribution to our morning of fun, and to the competitors without whom there'd be no Olympics.

nimbin.goodtimes@gmail.com

Bunjulung Elders Cecil Roberts and Charlie Harris have given permission to share secrets due to the need to stop Byron Bay Council from turning "Australia's Stonehenge" into a housing development.

This site is of importance to all Original people and a site of great worldwide significance. Boogelbear – Thank you for sharing with us.

This sacred site was built by the Seven Sisters who were tall, attractive, white women who travelled around Australia long ago with their mother. They sang beautifully and shared wisdom – especially with the women.

They shaped, engraved and moved hundreds of tonnes of basalt and sandstone to create the 184 Standing Stones carved with thousands of pre-Egyptian glyphs on the mound.

The Astronomical stone circle, similar to European ones used in Neolithic and Bronze age times, shows equinoxes and can predict the position of the sun, moon, eclipses and stars – useful knowledge for sailors.

Although this site was thought to be destroyed in the 1940's, most stones have been found and the name of each rock and the translation, knowledge of positioning and of the "Dance of the Stone Arrangements (Story of Life from Birth to Death)" is retained and taught at ritual of high degree.

Another secret we can now know is that one of the Seven



Sisters had a son here named Byami. He and his sons taught many skills including making fish traps in rivers using rock walls.

The Seven Sisters and their son Byami are important in Women's and Men's Lore/ Law all over Australia. This site has great significance for both women and men and more than one culture.

From the earliest years, anthropologists could see a lot of similarities between the Seven Sisters, who are associated with the Pleiades star system and honey, in both Greek and Original people "mythology".

In the Greek "myths", their parents were Atlas and Pleione, grandparents Iapetus and Clymere and their Uncle was Prometheus. One sister, Maia, was the mother of Hermes/Thoth, and another Merope was married to King Sisyphus of Corinth. Pharos Island, now submerged, off the Nile delta is thought to be "Atlantis".

There are also Indian and Puka Puka North Cook Islander "myths" about these Seven Sisters. They were collectively called the Pleiads. Plei means "to sail" and the Pleiades was an important star system for sailors.

Gavin Menzies, author of 1421 – the year China discovered the world, and has written The Lost Empire of Atlantis – History's greatest mystery revealed, speaks of Pharos Island having the largest port in the Southern Greek and Islander Alliance of a vast shipping trade. He proves they sourced copper from Lake Superior in America through the purity of the copper in the

Mediterranean and the DNA of people in America. He shows trade was happening globally in ancient

times and this empire was powerful before wars and natural disasters. They were capable of sailing here.

I hope women and men of many cultures will share this sacred place of global significance in a beautiful way, respectfully and appropriately, after we save it together.

Please email the manager and representatives at: *council@ byron.nsw.gov.au* and sign the petition at: *www.change. org/p/Australian-Heritage-Protect-Australia-s-Stonehenge.* Letters and emails count. Please ask for a reply from our representatives.

Steven and Evan Strong have been advocating for years to restore this site and have a wonderful website with many links for more info / involvement and Facebook: *Forgotten origin out of Australia theory.* Biggera Garama – Together with respect.



Ph: 6689-1010 fax: 6689-1210 email: nimcand@bigpond.net.au



High Resolution 2d and 3d mapping of your property Aerial Photography / Videography 0427 889 815 www.aerialpunkin.com

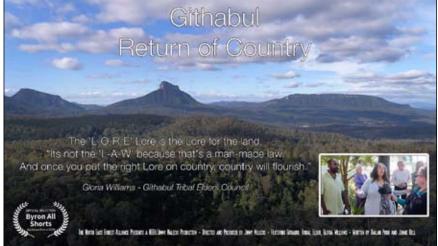


## Greens announce Githabul Rangers forest recovery initiative

NSW MP and Greens environment spokesperson Cate Faehrmann and Greens candidate for Lismore Sue Higginson have announced \$31.5 million over ten years, as part of a plan to transfer care and control of 29,700ha of State Forests north of Kyogle to the Githabul Tribe.

The announcement comes after Ms Faehrmann and Ms Higginson travelled with Githabul Rangers to see their ongoing work rehabilitating and repairing the Toonumbar State Forest.

In 2007 the Githabul were granted Native Title over 1120km<sup>2</sup> in nine National Parks and 13 State Forests in the headwaters of the Richmond and Clarence Rivers. After years of watching Forestry Corporation continue to destroy their forests, in 2016 the Githabul blockaded, and logging has not



This new short film, written by Dailan Pugh and Jennie Dell, directed and produced by Jimmy Malecki, was Highly Commended for the Stories of Consequence and Social



### Dreadlocks Naturally

nimbin

Mobile service available Uki - Lismore Dreadlock Maintenance \$40 / hour Dreadlock Creation - fixed price by quote & Kelly 0405 760 422

recommenced in the area.

The Githabul Rangers program has been operating for over 10 years and has made significant inroads to address alarming levels of Bell Miner Associated Dieback in eucalypt forest and rainforest areas due to intensive logging.

Greens candidate for Lismore Sue Higginson said, "It is clear that the Githabul love their lands and are deeply connected to them. This plan is about recognising and supporting the incredible work they are already doing to repair and regenerate their Native Title Lands, improving ecological and cultural connections across the region. Greens MP and Environment spokesperson Cate Faehrmann said,

#### Impact award at the Byron All Shorts film competition on 26th January.

"Many of the forests in the headwaters of the Richmond river are in a terrible state due to years of unsustainable logging and weed infestation. It was inspiring to see the positive progress of the Githabul Rangers to rehabilitate these forests, and I urge all parties to step up and commit to funding this plan."

The Greens plan to expand the program includes:

- Transferring care and control of 29,700ha State Forests for which Githabul Native Title rights are recognised, from the NSW Government to the Githabul Tribe.
- Transferring the care and control of

Crown lands around the Tooloom Falls Aboriginal Place to the Githabul Tribe. • Provide \$30m to implement a

comprehensive 10 year plan to rehabilitate this land including arresting and repairing Bell Miner Associated Dieback – this is additional to \$1.4m pa of Commonwealth Caring for Country funding.

\$1.5m for the establishment of a Githabul Cultural and Tourism Centre on Githabul land at Roseberry Creek.
Assistance in the preparation of a comprehensive Plan of Management to safeguard conservation and cultural values and prioritise rehabilitation works.

#### www.dreadlocksnaturally.com.au



#### February 2019 The Nimbin GoodTimes Page 3

www.nimbingoodtimes.com

## Great tenants at Community Centre

**by Therese Biscoe and Helen Lynne,** Co-ordinators

ELL BE MOVING THROUGH A GENTLE FLOW: STRETCHING, UNWINDING RELAXING AND HAVING FUN. COME JOIN USI BEGINNERS WELCOME

Hatha flow

BIRTH AND BEYOND

CULLEN ST. NIMBIN

930-1100 SATURDAY

\$13/\$11

**Adam Behm** 

Electrician

0481 091 815

LICENCE: 1964120

IT MIGHT BE SMALL, BUT

IT STILL GETS NOTICED!

For a limited time, you can buy this space for only \$35.

Email: nimbin.goodtimes@gmail.com

BE SEEN IN 16,000 COPIES MONTHLY

NIMBIN NEWSAGENCY

EFTPOS

Art Supplies

Local Postcards

Everyday

Groceries

Office and

School needs

Newspapers

and Magazine

Prepaid Phone

and Internet credit

CENER

SORE

The Nimbin Community Centre was originally created in order that community service organisations, small community not-forprofit groups and the wider community would have affordable and accessible tenancy for a range of community activities.

They are the backbone of who we are as a Community Centre, and this month we would like to highlight the wonderful services offered to the community by our tenants, both permanent and casual.

The Nimbin Neighbourhood and Information Centre offers many really essential community services including counselling, advocacy, the food bank, a Centrelink agency, printing and internet access just to name a few and also the coordination of the 7 Sibley Street Sustainability House Project.

Nimbin Aged Care and Disability Respite Service offers a comprehensive support service for the elders and carers of our community, and they work hard to advocate for the aged and disabled sector of our community.

The Nimbin Early Childhood Centre and the Family Support Centre provide much needed services for all the children and families in our community.

We also house some great local not-for-profit groups including the Nimbin Community School, which offers adult education courses at very reasonable cost (under \$70 per course), courses vary from term to term according to availability and enrolments.

The new program begins on Wednesday 6th February and includes tai chi, creative writing, ukulele, and conflict resolution.

There is also a special course at the Aboriginal Culture Centre, by Judy Kay Knox, a Goomeroi woman who is teaching about trauma, recovery and cultural healing. Other community groups

Other community groups include Nim-FM Community Radio, the *Nimbin* 



*GoodTimes* Newspaper, the Nimbin Environment Centre, the Nimbin Aboriginal Culture Centre, and the Nimbin Aquarius Foundation. All these groups contribute substantially to the rich cultural life of our community.

They all welcome volunteers and members to help do the great work they are doing for the community, and I would encourage anyone who would like to get involved to contact them and ask how you can help.

Jungle Patrol, Nimbin Computer Support, the Nimbin Music Co-op, Nimbin Tax and Accounting and the Hemp Club are also part of the centre community, and offer some great individual services to the village.

We are also fortunate to host several tenants who offer a range of alternative healing modalities. At 54 Cullen Street (Birth & Beyond) we have the Nimbin Apothecary with its front herbal dispensary and back treatment room, and the Healing Collective who operate out of the treatment room downstairs. At the main Community Centre complex, we have the Healing Arts Collective,

the Healing Arts Collective, the Remedy Room and the Nimbin Herbs Dispensary. The Healing Arts Collective offer a free community

clinic day once a month for community members. The next clinic is Monday, 4th February at the dance studio in the main centre complex between 11am and 3pm. This is a drop-in service.

The practitioners can be booked at other times. Please

make a note in the diary outside their treatment room or collect a business card.

#### **Casual hire spaces**

As part of ensuring community access to the centre, we offer some casual hire spaces to the wider community.

The spaces for hire are the dance studio located in the NCCI main building at 71 Cullen Street, and the Birth and Beyond Meeting Room located at 54 Cullen street behind the street-front shops. The grounds of the NCCI main building complex are also available for hire.

Current and future bookings can be accessed via the online calendar, at: www. nimbincommunity.org.au

Dance studio bookings are marked green, Birth and Beyond bookings are marked brown, and grounds bookings for event hire are marked in blue.

We host a large number of community classes and events through our casual bookings, and we are proud to be able to host the diverse activities and groups who use our Community Centre.

Classes offered include yoga, tai chi, chi gong, flamenco, NIA dance, children's dance, ballet, and belly dance.

It provides a regular meeting space for support groups including Alcoholics Anonymous, and Narcotics Anonymous (both groups have a weekly meeting over the weekend at Birth and Beyond, and NA has started a second midweek support group) and community groups like the Nimbin Environment Centre, the Nimbin Chamber of Commerce. Our grounds are also hired for a regular monthly craft and produce market, the Nimbin MardiGrass and the Nimbin Roots Fest.

#### Volunteering

Unfortunately, a couple of our valued volunteers have recently moved on.

This has left our remaining volunteer working on his own to support the gardener and maintenance worker in the grounds of the Centre and at the Birth and Beyond building.

We would love to have more volunteers working with us. We are registered with Centrelink as a suitable organisation to take volunteers, so if you have some time to spare or are required by your service provider to do some volunteer work and would like to do it in Nimbin, please come and see us at the Community Centre.

We are looking for independent people who like to work in a team and would like to contribute to their village community. If you have particular skills, you wish to share, we would love to work with you to find a way to utilise those skills.

Drop in to the office during office hours if you want to explore the volunteering options with our coordinators.

#### Leasing

We still have a couple of rental spaces available for new tenants this year. We have three small spaces suitable for an office or studio and a large space, with a sink and toilet attached, that would be a great workshop/business space for the right enterprise.

We do have variable rental rates that favour not-forprofit groups and community service organisations, and we welcome and will consider all expressions of interest.

Please direct any interest to the NCCI office coordinators and they will show you what we have currently available. Please phone 6689-0000 or email: ncci@ nimbincommunity.org.au Office opening hours are 10am to 2pm, Monday to

### BARCOO PLUMBING PTY LTD



Bunjulung Jugun Ngali na jugun

Thursday.

#### **PLUMBING & GAS FITTING SERVICES**

### Ċ

#### OFFERING PROMPT, RELIABLE AND QUALITY SERVICES TO THE NORTHERN RIVERS REGION AND BEYOND.

• GENERAL PLUMBING & MAINTENANCE • BLOCKED DRAINS • ROOFING & GUTTERING

• SEWERAGE & STORM WATER DRAINAGE REPAIRS • HOT WATER SERVICES

• BATHROOM & KITCHEN RENOVATIONS • RAINWATER TANKS & PUMPS • GAS INSTALLATIONS & REPAIRS

#### IAN HARDIE 0427 445 555

**KEERRONG RD, THE CHANNON** 

barcooplumbing@bigpond.com / barcooplumbingservices.com

LIC NO. 320695C

Ngali garima mala jugun Wana janjma mala gunu gala jugun Ngali wana janja mala jugun Ngali na mala jugun Bunjulung Country We belong this country We look after this country We look after this country We look after this country We don't harm this country here We belong to it this country Bunjulung Elders

Page 4 The Nimbin GoodTimes February 2019

nimbin.goodtimes@gmail.com

### **Terania protestors celebrate 40 years**

by Trevor Reece, project co-ordinator

2019 celebrates the 40th anniversary year of the historic Terania rainforest protection actions and logging protests of 1979.

While the National Parks project team is busy, there are also some other associated events to look out for. There is a photographic exhibition of historic photographs of the protest by David Kemp at the Lismore Art Gallery in March, and a public talk on the protest by Hugh Nicholson at the gallery also on 2nd March.

Check the Lismore Regional Gallery website for the program dates and times for these and any program date changes.

The Northern Rivers Bushwalkers Club are planning a special commemorative walk into the Terania rainforest basin, and later picnic in the public park in August in Nightcap National Park. You can check their website for times closer to August. Other events are also in the planning.



The project has had a small administrative setback, however and we are overcoming this. We are now however in a race with time to achieve all that we hope to achieve with the project.

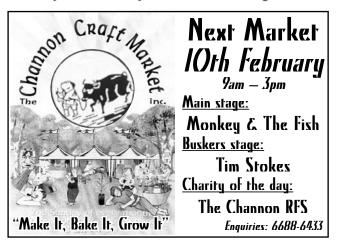
We encourage all from the regional community to support and join in the celebration and the National Park approved project for this anniversary of the Terania protests and also recognition for the Mt Nardi protests which together brought about the creation of World Heritage listed Nightcap National Park.

We are always looking for helpers. The project is now planning a special commemorative sign at the start of the Protestors Falls walk within the National Park. Even these do not come cheap. Our project target month is for August. We would love help, in particular to assist with a planned crowdfunding for the project and with some social media platforms. The Brunswick Valley Historical Society Inc is supporting the project, and has an account for tax deductible donations.

To engage with the project, you can contact Robyn or Jo at the Channon Markets (admin@thechannonmarket. org.au); the BVHS (bvhs84@ yahoo.com.au) or the project co-ordinator: treece545@ gmail.com



Handcrafted, Retro, Recycled, Fair trade, Locally made, Pop-up Art Gallery, Workshops, Music, Fashion, Food, & Family Fun! 8am- 3pm nimbinmarkets@gmail.com













#### by Scott Sledge, President

We have entered a dangerous period. Climate change threatens our future and we must prevent mass extinction of species due to human folly. Is it too late to save the Great Barrier Reef? Can we get trains back on our tracks, and maybe have cycleways as well ?

We need good representatives at all levels of government. All too often, governments become dominated by vested business interests with serious consequences to the homes and lives of ordinary people. I note a widespread perception that most politicians tend to look after themselves, and their mates in big political parties, agencies and corporations, with negative effects on communities and environments. The concept of service needs to be resuscitated and a new era of cooperation started.

The Nimbin Environment Centre shop is a good example of cooperation: no one is paid, all volunteers work for the greater good and things run well...not exactly clockwork, but with a friendly vibe that visitors notice and locals enjoy. There is usually space on the shop roster for new reliable volunteers who can spare



from your least favourite party (I suggest you put the Liberal/National parties Coalition last this time) and work backwards to those you hate least, and write 1 beside that candidates' name. Simple? Yes, for the few names on the Lower House ballot, but the Upper House (called the Legislative Council in NSW) ballot can have so many candidates listed that you may want to vote above the dark line which separates the list of candidates from their group ticket box. In the NSW state election (23rd March), you can number 1 beside your favourite party or group and then continue to number the remaining boxes above the line, or you can vote for 15 candidates "below the

area. Do we build more dams or conserve water resources? Do we allow water mining, which profits a few but could devastate others? Are the rivers to be saved? Will we allow our forests and wildlife to be destroyed? How will we fund aged care and health services? What can we do to help the homeless? Do we want to abandon building height restrictions to allow Gold Coast style development? Can we organise a UN Heritage-listed Biosphere conservation zone to promote nature-based tourism? And how can we get better roads and train transport while preserving threatened species such as koalas?

Vote to promote a sustainable future for all and resist the mounting inequality in society.

Refusing to vote helps the same type of person get elected and we get more of the same bad decisions and increasing corruption. The time is now to stand up for a bright new vision. Stand up for the environment, especially threatened species such as koalas. The NSW election is on 23rd March and the Federal election due sometime before June. We deserve better government.

Get ready for the National Forests Uprising in Canberra on 13th February. Check the Forest Embassy website for details: https://theforestembassy.org/ national-forest-uprising-2 If you want to be involved in local events to demonstrate support for sustainable management of forests. please contact the NEC shop and leave your details. We also intend to hold a rally in Lismore on World Wildlife Day Sunday 3rd March. This is three weeks out from the State election and a great opportunity for various groups to come together on the theme of wildlife. The management of water is already a big issue and forests management is key to combating climate changes and drought.

a few hours on a regular basis. If you want to help come in on a Wednesday and talk to Triny or Daniele.

Many people ask what they can do to help preserve the world for their children and grandchildren. Unless you have the resources to buy political favours, your best option is to vote for good people and vote the bastards out. How? In most elections (federal, state, council) number the boxes beside candidates listed on a ballot. Start numbering with those you like best to least. If you don't like **any** of the candidates start with candidates you like least: If there are 8 candidates, for example, write 8 beside the candidate line." You can number as many as you want but must mark at least 15.

Voting below the line allows you to determine who gets your vote in order of your own preference. Voting only 1 above the line allows party power brokers to manipulate preferences. It is hugely important which of the major parties gets your preference vote ahead of the other. Often preferences decide the outcome. These elections will decide our future. Put the Coalition last. In the next four years, NSW will make important decisions such as whether to build a large hospital on State Significant Farmland at Kingscliff, and a new high school in the Pottsville

## 2 High Street Nimbin www.greygumlodge.com stay@greygumlodge.com 02 6689 1713 – 0408 663 475



All our links are clickable in the web edition. Visit www.nimbingoodtimes.com and click away!

#### February 2019 The Nimbin GoodTimes Page 5

www.nimbingoodtimes.com



Vision Exercises to correct *binocular*, visual *processing* and *development* issues.

66 Cullen Street Nimbin Next to Real Estate



#### Javne E. Alleman Adv.Dip.Acc., Dip.Acc., Tax Agent 98777003 12 years

experience BAS electronically lodged with MYOB/

Quickbooks

Phone 0457-497-011 Email: jayne@nimbintax.com.au

(including cloud based versions)

## Nimbin Bakery

#### **52** Cullen Street

- Nimbin's own Aguarius Loaf baked fresh daily
- · Sourdough bread and rolls including white
- A range of Spelt breads baked daily
- · Huge range of pies and pastries, including vegetarian varieties
- · Salad rolls, sandwiches and hamburgers made fresh all day
- · Quality Botero coffee served all day, every day
- · Loads of cakes, slices and treats
- Order your birthday and special occasion cakes

### **OPEN MONDAY-SATURDAY** at 6am Phone 6689 1769





## **Nimbin CWA reinvents itself**



by Moksha and Terri

Women interested in re-commencing a Nimbin Country Women's Association (NCWA) have surpassed our expectation with 30 women stepping forward on what was a special day of interested women gathering on 21st January. Each woman had a chance to have her say, and all women heard one another.

Auntie Faye Scherf, a well known Nimbin local, turned up with enthusiasm.

She is our Elder Auntie and her eyes shone and twinkled with love for Country and love for us women.

New beginnings in our much loved Nimbin Village/Country. Our first official meeting as the Nimbin Country Women's Association will be held on the verandah at the Nimbin School of Arts Hall on Monday 18th February, at 5pm.

Much love to all women who came to our initial gathering to determine interest. We hope to see you all, along with other new women again soon.

## In your neighbourhood... Nimbin Neighbourhood and Information Centre News

#### 7 Sibley Street updates

The 7 Sibley Street Summer Workshop series continues in February 2019, many thanks to Steph Seckold. See the workshops timetable on page 25 of this edition of NGT, or see our website for the program. We are currently

fundraising towards getting the electricity connected. Donations and fundraising endeavours hugely appreciated!

#### **Nimbin CDAT**

New members are always welcome. The next Community Drug Action Team meeting will be held on Thursday 21st February at NNIC. The pill testing issue will be on our February agenda.

#### Women's Dinner

Thursday 7th March at Nimbin Town Hall Featuring award-winning musical comedian Sarah Gaul (pictured), as seen on ABC's Tonightly with Tom Ballard, winner of the Australian National TheatreSports



Championships in 2016 and recently returned from New York City where she performed to sold-out shows at the Gotham, Broadway and Greenwich Comedy Clubs. Also featuring the hilarious Mandy Nolan, plus Maire Barron, Vanessa Larry-Mitchell, Katie Cooper-Wares, and much, much more. Tix available from 1st

February at NNIC -\$30/\$25 for dinner and the show. Not to be missed.

#### Art in the Park returns

Art in the Park is recommencing on Friday 1st February at 11am in Allsopp Park. Anyone is

welcome to come along and join in. Lots of art materials and equipment to cater for a variety of dis/abilities. No specific artistic experience or ability necessary!

#### Friday soup kitchen

From 1st February, the soup kitchen team is back every Friday on NNIC's front veranda serving healthy food to hungry peoples. All welcome.

#### **MO 'Think Tank'**

An outcome of the ongoing conversations happening via the Nimbin MO Think Tank has been the identification of the need for a peak body to represent the rural land sharing community's issues at local/state and federal policy levels.

We are looking for current residents of RLCs who may be interested in convening a group/representing their Local Government Area, for the following LGAs: Tweed, Kyogle, Richmond Valley, Clarence and Ballina.

If you are interested, please contact Nat on: *admin@nnic*. org.au – please let us know

#### which RLC you live on, and the relevant LGA.

#### Surely it will rain soon?

While we all wait and pray for some decent rain, remember to leave some water around for our wildlife friends. Ensure the water is kept clean and fresh, and provide exit 'ladders' such as sticks to prevent critters from drowning in water containers. Make sure any bird baths are positioned so they are as inaccessible to cats as possible.

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

## Nimbin Hospital information

#### **Child immunisation clinic**

For 0-5 year olds, held on second Tuesday of the month. Next Clinic: 12th February. Phone 6620-7687 (Lismore Community Health Centre)

#### **Drug and alcohol counselling** services available

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

#### **Nimbin NSP**

Needle and Syringe program



### LASTERIN'NIMBIN 0427 891626 **Gyprock walls and ceilings New work or renovations**

Lic. No. 100169C



Page 6 The Nimbin GoodTimes February 2019

#### Early childhood nurse

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

#### Women's health nurse services

Third Thursday of the month, next is 21st February. Confidential service, checks, advice, general health information. (See story at right.) Phone 6689-1400 for appointment.

#### Wound clinic

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

an appointment time.

#### Nurse practitioner clinics

- Diabetes clinics: third Thursday of the month, next is 21st February.
- Respiratory clinic: second Tuesday of the month, next is 12th February.

Phone 6630-0488 for appointments.

#### **Community Registered Nurses**

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

Thursday. Arrangements can be made

to see a Community Registered Nurse.

#### **Health advice line**

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

#### Nimbin Hospital Auxiliary

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



nimbin.goodtimes@gmail.com

## Showcasing the Nimbin Agricultural & Industrial Society

This year will mark the 100th Nimbin Show, an event that continues to play an important role in Nimbin life.

Regular visitors to the showground will be aware of the extensive improvements that have occurred in recent years.

At a time when many show societies are struggling or folding, it is timely to examine what has contributed to the success of the Nimbin Agricultural & Industrial Society (A&I).

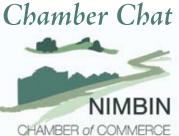
The A&I's ownership of the site sets it apart from many other show societies in NSW that rent or lease their sites, and allows it to operate all year round.

While much of the land was donated by the Stewart family early last century, a further parcel of "community land", created as part of the subdivision of Jarlanbah and other properties in the '80s, has been maintained by the A&I for more than 30 years.

Known as Bellevue Park, this land was home to the former Nimbin Demons Aussie Rules club.

It has considerable sport and recreational benefits for Nimbin, and we need to support the A&I's negotiations to acquire it from council, thereby ensuring it remains within the community.

The decision to open the showgrounds to MardiGrass camping a number of years ago was a turning point for the



by Diana Roberts, president

organisation and led to a yearround camp site, providing a permanent income stream.

The \$10 per person/per night fee in a beautiful location has also increased overnight stays in Nimbin, and benefitted local businesses.

Camping facilities have steadily improved, with a second amenities block, along with a camp kitchen including fridge, sink, microwave and an electric barbecue being added in recent years.

Two caretakers alternate management of the facilities, together with a dedicated committee and a pool of volunteers; as few as six on any Wednesday workday and more than 100 during show time.

The Showground is also home to the Nimbin Preschool which pays a nominal rent and enjoys the free use of additional land for the children's vegetable garden.

The Discover Fitness gym is housed in the main pavilion and is patronised by many community

Others regularly use the grounds for a range of activities

including dog-walking. Future projects include rebuilding the show-ring fence, which is in a poor state, and gradually replacing the Camphor Laurels surrounding it with appropriate native species.

But the big project in coming years will be restoring the main pavilion.

Built in 1926, the existing building needs restumping and part of the roof replaced, with possible demolition and rebuilding of adjoining sections.

The committee has engaged consultants with a view to agreeing on a design, drawing up plans, obtaining quotes and actively seeking funding for the restoration.

The A&I Society is currently setting up a new website at: https://nimbinshowsociety.org.au and is keen to link campers with local businesses.

If your business is interested in this, or if you are interested in involvement in any of the above contact them at: *nimbinshow2@ y7mail.com* 

The Nimbin Chamber of Commerce committee meets on the first Monday of every month. If you would like something on the agenda, please email to: chamber@ nimbin.nsw.au or contact Diana on 0427-886-748.







Examples of refundable recyclables that are collected from campers

### Focus on women's health

#### by Noelle Lynden-Way

The four Multi-Purpose Service (MPS) facilities (Nimbin, Kyogle, Bonalbo and Urbenville) are very fortunate to have a community nurse who specialises in women's health.

Maree Eastman (*pictured*) is a Clinical Nurse Consultant (CNC) working for the NNSW Local Health District and offers a free confidential nurse service for women.

All that is required is your Medicare card.

She starts at 9.30am on a specific day at your local MPS each month. The appointments are 45 minutes long, and she usually has up to six appointments a day.

Maree is a Registered Nurse who has midwifery and women's health post-graduate certificates and has been working with women for the past 35 years.



programs.

In Maree's brochure it states, "Women have special health needs which are determined by their reproductive, sexual and social roles in society." She does treat people who

have a disability. Pap smears are no longer performed. They have been The following are other tests and assessments she can conduct on the day she is at your local MPS:

- Breast checks;
- Pregnancy testing and advice;
- Postnatal checks;Post termination checks;
- Continence assessment; and
- Sexually transmitted
- infection screening.
- Information can be provided about:
- Sexual health;
- Reproductive health;
- Menstruation;
- Menopause;
- Osteoporosis;
- Continence;
- Contraception; and
- Relationship and lifestyle issues.

Below are dates when Maree Eastman, women's health nurse, is at your MPS. No referral is required to see a women's health nurse.

#### • Bonalbo MPS every

## 16th Annual Nimbin Women's Dinner & Comedy Gala

Nimbin Town Hall Thursday 7th March 2019

STARRING

### Sarah Gaul

as seen on ABC TV's Tom Ballards's Tonightly

### & Mandy Nolan

Sound & lights by Disco Sista

She moved from WA to Casino in 2000 and now travels to the four MPS in our area.

The role of a community nurse in women's health is to work in partnership with other health professionals and women to promote and maintain health.

She can refer you to a doctor or other health services or give information about health education resources, support groups and community

replaced by the Cervical Screening Test. If the virus is not detected, it is a five-yearly screen rather than the two yearly pap smear test. This new cervical cancer screen program commenced in December 2017. It is recommended that if you are a woman between the ages of 25 and 74 years of age and have ever been sexually active, you should have a Cervical Screening Test every five years. All results from tests go to your doctor.

second Wednesday in the new building, next date: Wednesday, 13th February. Appointments: 6664-4100 • Nimbin MPS every third Thursday, next date: Thursday, 21st February. Appointments: 6689-1400 • Kyogle MPS every fourth Thursday, next date: Thursday 28th February. Appointments: 6632-1522 Urbenville MPS 4 times a year on fifth Wednesday, next date: Wednesday 29th May. Appointments: 6634-1600.

#### **Biskit and Jane**

Katie Cooper-Wares

Maire Barron

**ALSO FEATURING** 

Vanessa Larry Mitchell

#### NEW Hearty MENU Gluten-Free and Vego options available.

#### Tix /bookings via NNIC, 71 Cullen Street, Nimbin Phone 66891692 \$30 includes entry and dinner (\$25 concession) Doors Open: 6.30pm SHOW Starts: 8pm

Brought to you by Nimbin Neighbourhood & Information Centre www.nnic.org.au or see our facebook page

#### February 2019 The Nimbin GoodTimes Page 7

www.nimbingoodtimes.com