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Nimbin Aquarius Foundation activities

by Benny Zable

OM around the World

Wednesday 11th November is Armistice/Remembrance Day with a commemoration in Allsopp Park. After the ceremony, gather around the IMAGINE circle to OM for world peace.

Nimbin NAIDOC celebrations

On Friday 13th November at 10am, gather at the hospital for a procession down to Allsopp Park for a welcome to country. Celebrations will follow at the Wai-Bal Aboriginal Community Centre and surrounds. Please be aware that Covid-19 regulations will be adhered to at this event.

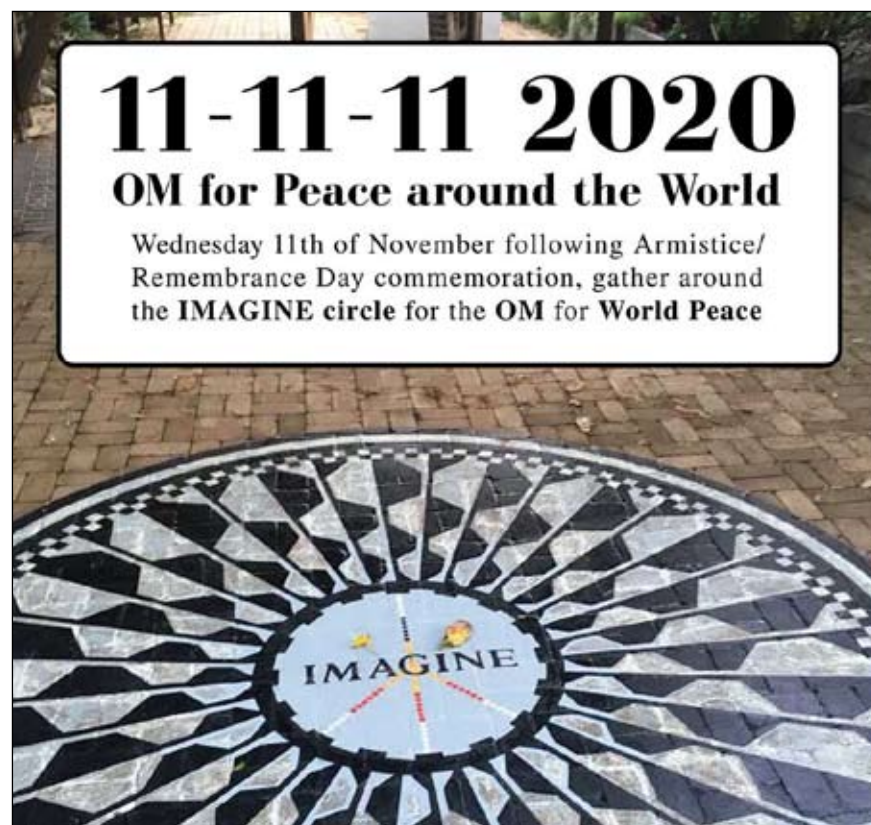
The Nimbin Emporium mural

A rainbow heart mural was created and installed above the Nimbin Emporium to celebrate the memory of Peter Jackson, aka Roa Dart.

I wish to thank Bob Dooley for choosing the site above the Nimbin Emporium; Sue Stock for photographic documentation; Marsha Silvestri for helping out with the design; Sue Churchill the manager for endorsing the design and financing the project; the Nimbin School of Arts; the people who added their art and comments on the back of the panels; and Michael O'Connor, who installed the mural with a little help from the street friends.

While installing the mural, I noticed the bad shape of the facades on either side of the Nimbin Emporium. The overhead power lines attached are ugly, a fire hazard and a danger to the people in the street. This issue has been raised many times since I was involved with painting murals here. There was infrastructure for power lines built under the road, when it was being remade.

I also participated in a protest to point out the dangers while new sets of power lines were being strung up across the road. It came to our attention then that Lismore City Council had misplaced the plans.



In an age of unpredictable extreme weather, these power lines are likely to come down as they have in the past, when downed live electricity lines lay on a wet road. Luckily no-one was electrocuted. The ageing rotting facades which carry these lines need rebuilding.

Thankfully with the Nimbin Emporium we have a great model for the future. with solar panels covering their roof. With the help of the

Rainbow Power Company expertise and planning, all these overhead wires especially those crossing the street can be replaced with safe clean renewable technology. Was it not the purpose of the Nimbin Community Solar Farm Project?

PS A personal thanks to all who organised and came out for a surprise party to honour my 75th birthday last month.

“We gotta stop doing stupid to our land”

by Ashoka Joblin

Githabul Elder, Auntie Gloria Williams, Cultural Officer in the Githabul Working on Country Program, put a call out for help recently in regard to Bandahgan, which includes a Githabul women's sacred site.

Bandahgan is the Githabul name for a small area of land at the Tooloom Falls National Parks campsite on the banks of the Tooloom Creek. The Githabul Nation Aboriginal Corporation hold Native Title on this area, a short distance from Urbenville. The campground is currently closed due to Covid.

A small group of women were invited to Bandahgan on Thursday 29th October, including local Githabul women and some interested local women, representing groups including the Nimbin Environment Centre, the Knitting Nanas, Nimbin Branch CWA, the Peace Valley Women's group and others. As was stressed on the day, it doesn't matter where you are from, who you represent, it was time for women to come together and stand strong in protecting water.

Impressed upon us was the importance, the sacredness of water from a First Nations women's perspective. We were told the story of Dirrdarnghan, the woman whose story



Women's circle

is interwoven with the Clarence River; Bandahgan being at the headwaters of the Clarence.

The concerns felt by the Githabul women were the disrespect to the site and the destruction of habitat within and surrounding this important part of country. They shared their experiences of the site when younger, and the heartbreaking rapid deterioration of this land within their lifetime.

With recent clearfelling of the Yabba State Forest pine plantation all along one side of the Tooloom Creek, and the likely summer's wet season, soil will be washed down into the Clarence, polluting it. The Forestry Department has not done proper consultation with the Githabul Nation in regard to changes in logging practices.

The level of the creek has shrunk considerably over the years, with the recent drought contributing, but long-term felling of the original forest undoubtedly playing a major part in the shrinking of the water table.

Also contributing is the water theft currently occurring, with tankers coming in and filling up from the creek.

As Auntie succinctly expressed, “We gotta stop doing stupid to our land.” The site itself needs restoration and protection from further damage, and plans are afoot to begin to address this.

With the on-going destruction of sites and trees of significant First Nations cultural heritage elsewhere in Australia and globally it is time for governments and exploitative companies to be truly held to account.

NAIDOC Day – always was, always will be

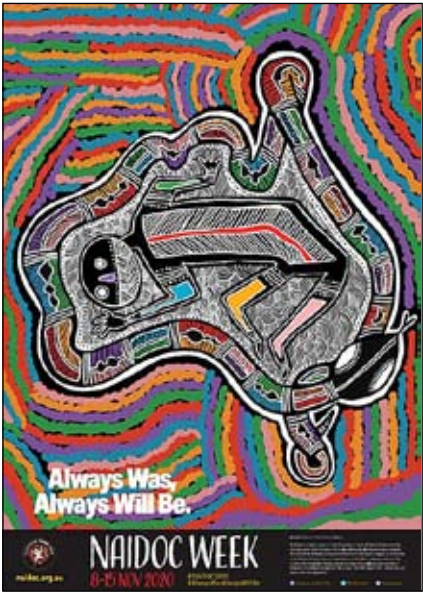
by Teresa Biscoe

This year, our normal NAIDOC celebration was postponed due to the Covid restrictions in place at the time. Fortunately, we are able to join the celebration on Friday 13th November in our own Nimbin NAIDOC event.

We will still have to consider and abide by current Covid restrictions, so there are some limits in place that we have to consider on the day. We will still have our march at 10.30am from the Nimbin Hospital carpark down Cullen Street to the entrance of Allsopp Park.

Due to Covid safety restrictions we will only have 20 people marching, and we ask others to show their support by lining the street and cheering the march.

We are still having a smaller gathering (100 people limit) after the march in the heart of the Nimbin Community Centre grounds, behind the Aboriginal Cultural Centre. There is a Welcome to Country, Smoking Ceremony, Indigenous dancers, an Indigenous Art exhibit at the Cultural Centre, music,



a stall with native plants from the Ngulingah Nursery, kids activities run by the Nimbin Holiday Club, story-telling, food, drinks, raffles and games and much more. All are welcome to come and support and enjoy.

We have applied for and received a grant from the NAIDOC funding for the event, but still rely on contributions from the community for all the activities planned for the day. This event is heavily supported by the community and we would like to thank the Nimbin Aboriginal Cultural Centre and the Artists working from the Centre, Nimbin Aged Care and Respite Service, Nimbin Community Centre, Nimbin Neighbourhood and Information Centre, Nimbin Community School, the CWA Nimbin Branch, Rainbow Power Company, the Hemp Embassy, Jungle Patrol and Nimbin Police Service for all their work and support to help make this event happen.

If you are planning to attend, please respect the advice and direction provided by the Covid safety marshals, who will be working on the day to ensure that we all have a safe and enjoyable experience of the celebration of the original people and culture of this wonderful country we all love.

Fire-stick burn in Nimbin

by Binnah Pownall

The heat of summer is upon us again and the spectre of climate change returns to over-shadow perhaps even the Covid pandemic.

A cultural fuel reduction burn was carried out on a small property on Falls Road in Nimbin recently to clear an area of lantana and invasive weed litter that turns to fire fuel if allowed to build up – particularly in times of little rain.

The fire-stick burn was done by Githabul man Robbie Williams of Fire Lore, based near Woodenbong, and was arranged through the landowner in conjunction with Ben Grose and Max Osborn from the Nimbin-based Natural Design Research Institute and the regional RFS, through exceptional support from Regional Manager Peter



Fitzsimmons.

Volunteers from Hanging Rock and Tuntale RFS were invited to assist and witness a cooler and culturally different way to reduce the threat of fire.

Robbie Williams has worked for a number of years with the renowned author and fire-stick burn expert Victor Steffenson from the Gulf

country. Some patches of big grass in the Northern Rivers were burnt by the Original inhabitants on the edges of the Big Scrub forest and further out.

The recent Royal Commission into last summer's firestorm has recommended fire-stick burning to be incorporated into the overall burn reduction plan.

With large tracts of paddocks between the remnant forests, and many new farmers and landowners unsure of what to do to reduce fire litter, it is important that the community has a united focus and uses all methods available to keep our homes and families safe this fire season.

We may have something to learn from these traditional ways of 'cool burning'.

For more information, contact Rob at Fire Lore on 0436-029-793.

Remembrance Day 2020

by Matt Brumley

Remembrance Day is pretty simple; it's a time to stop what you are doing, clear away other thoughts, and reflect upon the sacrifices of all those people who committed so much for their country, family or friends in a time of conflict.

Sacrifices come in many forms. While preparedness to willingly give one's life is arguably the greatest sacrifice, there are many current and former service women and men who continue to bear the wounds of their sacrifice. Their wounds may be physical injuries or the invisible scars of their experiences that remain etched in their memory.

Our humble acts of remembrance serve first to honour those who have died, but also, they extend to those still

among us, whether serving or retired, as a simple gesture of appreciation; a way of saying we have not forgotten, and thank you.

In 2020, although many of us found creative ways to commemorate ANZAC Day, our traditional large public gatherings, which are powerful symbols of gratitude, were greatly missed, so we are fortunate to be able to gather for Remembrance Day. Accordingly, at the 11th hour of the 11th day of the 11th month, we pause to remember more than 102,000 Australians killed in war, but also those whose injuries or torment took them to the grave after the guns fell silent.

The disaster and heartbreak of war is no better illustrated than through the story of the unknown Australian

soldier, who has become a centrepiece of remembrance. He represents all Australian soldiers killed in war but is also a salient reminder of the more than 35,000 Australian soldiers from the First and Second World Wars who have no known grave or whose remains were recovered and are still unidentified.

A visit to Thiepval, France to see the British Memorial to the Missing of the Somme, inscribed with 72,315 names (these are just the British and South Africans missing!), or the Menin Gate in Ypres Belgium, with its 6000-plus Australian names, certainly brings home the scale of the catastrophe.

Tragically, these perpetual reminders offer lessons that still too often go unheeded.



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Petition protests prosecution

by Gareth Smith

A petition with 4,291 signatures was posted to Attorney-General Christian Porter from the Byron Bay Post Office on 29th October, to protest the prosecution of Canberra lawyer Bernard Collaery and his client, whistleblower Witness K. They publicly exposed Australia's unscrupulous bugging of the Timorese Parliament so that it could gain an unfair advantage over the Timor Sea oil and gas negotiations.

Nine supporters, with placards calling on the Attorney-General to drop the charges against both men, stood in the post office forecourt.

I was in Timor Leste in 1999 as a district electoral officer, and experienced the acute poverty and bravery of the people who sacrificed so much to help Australia during WW II.

There is a cairn erected by Australia outside Dili as a gesture of thanks to the Timorese, but its message now rings



Petition supporters at Byron Post Office. Inset: Bernard Collaery

hollow and hypocritical.

Just how low can you get when you diddle the Timorese, the poorest people in the world?

And the men who exposed this contemptible swindle are now being viciously calumniated by a rotten government and face imprisonment.

Shame, Australia, Shame!

Sign the petition here: www.change.org/p/christian-porter-drop-the-charges-against-bernard-collaery-witness-k

Abstraction driving us to destruction

by Aidan Ricketts

There is no doubt that our culture is in the grip of several different streams of collective psychosis.

Unbridled greed, conspiracism, denial of science and evidence, destruction of the planet we rely upon, racism and abuse of human rights. All of these things being signs of a culture in decay.

We need to dig deep to find the roots of our current malaise. Clearly we are disconnected from reality, disconnected from nature and from our human empathy to others.

This collective psychosis is a place of confusion, isolation and increasingly fear. We are seeing a descent into fascism in so many places, driven by a desperate search for some certainty.

But we can't find certainty in more fear, more hate and more division, so where should we be looking? How do we reconnect?

One of the deepest problems our culture faces derives from trying to place mind above matter.

Whether it's the insane assumption of late capitalism that economic growth can be unlimited on a finite planet, or the stupidity of anthropocentrism (thinking humans are above nature) or living in a virtual mindscape of ideas: virtual reality, gaming, distraction and overstimulation; or whether we are lost in a desperate search for social identities, we seem lost in a world that has less and less to do with the actual world.

Even in our so-called spiritual communities there is an abundance of mind over matter ideologies on offer. How often do you see statements like "everything that we are arises in our minds", "our minds create our reality" and so on. It's time to call bullshit on these bypasses.

Matter matters.

This universe is bigger and older than humans. It formed and swirled and produced life long before any new age self-mastery guru 'manifested' anything. It can exist without us as well and the way we are going it might end up doing just that. We are not the centre of the universe nor its creator, not as individuals, not as a species.

The disembodied conceit of thinking we are manifesting all of this is unfathomably insane. We are not that important as individuals; we are not even all that important as a species.



Our 'Western' philosophical tradition is riddled with elevation of the mind over the body. Premises like: "I think; therefore I am" elevate the mind beyond our already physical existence. I would prefer to say: "I am part of the universe so I need not question my existence."

And then there's post-modernism, challenging the idea of truth and helping to land us in the post-truth world in which every disembodied mind gets to believe its own set of facts.

Our society, our culture and our economies have become abstracted, they have loosened their connections to the life-world and as a result we have a world run by abstractions such as corporations, a growth economy, artificial intelligence, algorithms and virtual reality. It may all be very interesting and clever, shiny and dazzling, but it is terminal and it is folding in on itself.

This is also why we need to listen to the wisdom of indigenous cultures, for they have memories and roadmaps that can help us reconnect out of our madness.

Don't get me wrong, our minds are fantastic things, but they work best when they are embodied within a whole human being, complete with emotions, senses and vulnerabilities, breathing air, contemplating and experiencing mortality and feeling humbled by the universe and nature.

Divorced from our bodily awareness, our minds become capable of great delusion and sociopathy.

So how do we avoid getting carried along in the collective psychosis of late capitalism? Honestly I don't know the full answer to that, but what I have learned is that disconnection is the disease and reconnection is the path back to wholeness.

We are physical, we are nature, we are of this planet, we are animals, we are

bodies. Our minds are an emanation of our bodies not vice versa. Our bodies hold intelligence beyond that contained by the thinking brain, and animals and plants possess forms of intelligence that we have scarcely begun to recognise because it often appears so very different from our own.

The tyrant in our heads, so desperate to elevate us above our bodies and our emotions and to control our inner and outer world produces the tyrants in our boardrooms and presidential palaces. All these disconnected minds running our society are driving us off the physical cliff, and into sociopathy, racism and environmental destruction.

Be a body, in nature and look back at human culture and see the madness there. The first step is to become whole again, from there we can begin to reconnect with other humans and understand and respect our equality and our interconnectedness, and then to respect other species and ultimately to have the wisdom to redesign our societies, economies and ultimately our legal systems to align with the governance principles that already exist in nature. Things like the laws of physics and nature.

The spiritual and the material are inseparably combined, this material world is the place where the rubber hits the road. The fact that we are facing global environmental catastrophe is no mere error, it is clear and present proof that how we have been thinking about ourselves and the world is misaligned with how we and the world actually are.

Nature, the physical world, our bodies and this glorious planet are ready and waiting to welcome our restless, lonely wandering, disembodied minds back as soon as we are ready to have the humility to return.

There is a huge amount of work to do to reconnect humanity to itself, and one way it can begin is inside our own bodies, as that is where we can always find nature within. From our bodies we can realise that we evolved here, that we are part of it all, we are all equal and that our survival depends on that connection and not upon trying to override it.

From there we can hopefully find the clarity to embark on the multitude of regenerative projects needed to restore sustainability. See you there, vulnerable humans.

New Stop Adani film events coming

You're invited to see a new film *People Power vs Adani – The Fight of Our Times*, cataloguing recent actions by the Wangan and Jagalingou to rouse Adani from country, including an interview with Adrian Burragubba.

A mermaid (Janie Gibson) who locked onto a cattle grid blocking Adani's rail workers from potentially rilling coal to her Great Barrier Reef home will tell you about her experience.

Plus other Northern Rivers locals who have enjoyed camp Bimbee, explored Adani's proposed coal mine site and camped on Moray Downs will answer your questions.

In August 2010, billionaire mining giant Adani bought a license to dig the biggest coal mine in Australia's history,



in central Queensland on the land of the Wangan and Jagalingou people. Adani planned to start shipping coal out through the Great Barrier Reef in 2014 and burn it in their Indian power plants. 10 years later, Adani is yet to dig a single lump of Australian coal.

The film explores what people power has achieved in

stopping Adani so far, how we can stop Adani from here, and why winning this fight is more important now than ever before.

Money raised by donation at this film screening will go straight to the Wangan and Jagalingou family council to help them fight Adani with us all. Find out how Galilee Rising can help you get to



Camp Bimbee.

The film dates and venues so far are:

- Nimbin: 5-6.30pm, Friday 13th November at Birth & Beyond, 54 Cullen Street.
- Kyogle: 10-11am, Saturday 14th November at KMI hall.

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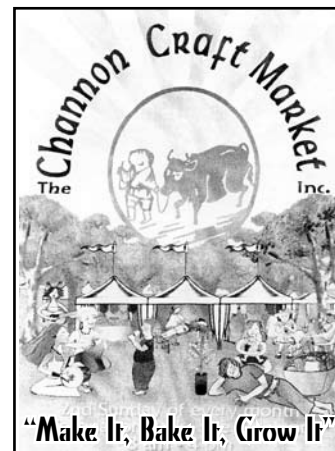
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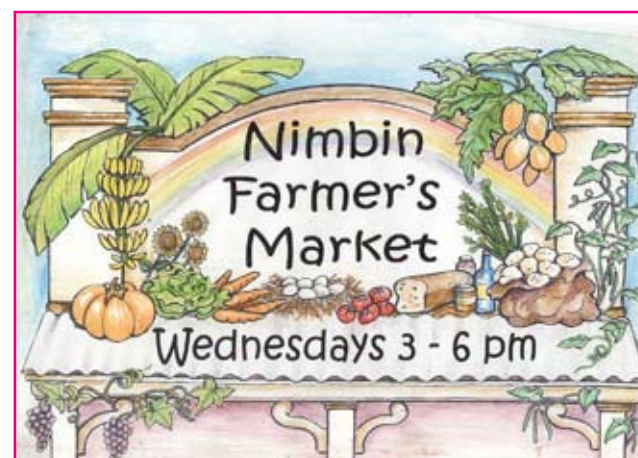
The market will operate under Covid restrictions, with no bands, buskers or drumming.

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NIMBIN ENVIRONMENT CENTRE NEWS

by Scott Sledge, president

By the time you read this we should have results of the American political contest, described as the "Battle for the Nation's Soul."

I sincerely hope we haven't been duped by the forces of darkness and greed. We could be celebrating the triumph of kindness over the egomania of a self-styled king.

Despite its many foibles, the American dream of liberty and justice for all is still preferable to the corrupt power of money. The world is in a crisis situation of our own making, and humanity must puzzle a way out of it. We certainly have the smarts to create sustainable solutions, but do we have the will?

I fear we have become so complacent and demoralised that the global system of capitalist organisation I call the Corporatocracy will continue to rule until our amazingly complex and beautiful world is burned up and finished.

The recent results in New Zealand and ACT elections have given me hope, but I fear that deep-seated racism may carry the vote in the USA, leaving an irrational, hateful regime continuing to Make America Grate Again for another four years. I am not sure that we can survive that.

NSW has got the Beri-Bari government back again. The Premier (Berijiklian) doesn't look into the finances of everyone she bonks, and her Deputy (Barilaro) is back from mental health leave after the Liberals rolled over to allow the Nationals a "compromise" that saved the Coalition.

The compromise was in fact a complete betrayal of the government's commitment to save what is left of the state's koala population, which is reduced to about 30% of its numbers only 20 years ago. #Koalakiller is a suitable hashtag for Beri-Bari and the Minister for Agriculture Adam Marshall.

Their Bill to amend the protections has removed the ability for local Councils to enforce E-zones to protect rare and sensitive landscapes while giving landholders the absolute right



GDF infestation on Mulgum Creek. Photo: Triny Roe. Inset: Scott attacking a GDF. Photo: Jordan

to decide on development. Nothing much

to do with farmers, though ostensibly the motive for change was to allow farmers to do whatever they like. That may be good for boosting the Nats' electoral prospects, eh?

Gladys says that it is the "perfect balance." But what is left for the koalas and other wildlife? A balance might be 50-50, but these amendments seem to give prerogative over everything (100%) to moneyed interests. What will be left for the rest of the natural world?

Environmentalists will continue to push for preservation of trees and wildlife habitat. The only way to moderate extreme climate events is to conserve nature. We need to protect our water and expand at least some native forests, not cut them down. Land clearing has not stopped extreme wildfires in recent years. Only reducing planetary warming can do that.

Locally, we continue to protect certain plants while learning how to remove/control invasive weeds. NEC hosted another Community Environment Project on Mulgum Creek on 18th October. Attendees enjoyed the free session learning about local weeds and native species on site, as well as networking with others.

The group did some hand-weeding and planted several bottlebrush and lomandra along the creek bank. Many thanks to everyone who helped. These workshops have been made

possible with funding from the Federal Government.

Another one is planned, date TBA, and in the meantime, informal peer run sessions will be held on the first Sunday of each month from 8am to 10am. Get hands-on practice in identifying both weed and native species, and join in a working bee to help maintain the area.

Email: nimbinenvironmentcentre@gmail.com to get directions and let us know you are coming, or leave a message in our Cullen Street shop with your contact details.

My own attention has been taken by the giant devil's fig (GDF), which has nasty thorns all over the plant and tough roots that send up new shoots pretty much everywhere if left in the ground. Why don't the relevant authorities remove the GDFs growing along our roads? Rous County Council sometimes removes weeds, but many residents object to their drive-by poison spraying.

The plant has been declared "noxious" with a requirement to eradicate it, except in the "core infestation area" where: "Land managers should reduce impacts from the plant on priority assets" whatever that means. See: <https://weeds.dpi.nsw.gov.au/Weeds/Details/311>

It may be that the NSW government believes we should try to live with it. If that is true, I respectfully disagree. The GDF seems quite capable of taking over our paradise and causing serious injuries.

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Nimbin Neighbourhood and Information Centre News

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Centrelink: Mondays - Thursdays 10am-2.30pm, Fridays 10am-2pm.

Physical distancing, hygiene and other safety measures continue to be in place at the Centre. See our website for other Covid-19 updates and community info: www.nmic.org.au

Nimbin Pool

Thanks to everyone who has signed up so far as Covid Marshall volunteers for the Nimbin Pool. Council, NNIC and Friends of Nimbin Pool are working towards an opening date for the pool. Volunteer training is likely to happen in the second week of November.

We still need some more willing volunteers. All volunteers will need a Working with Children Check which is free for volunteers. To register, email: admin@nmic.org.au with your contact details and WWC number if you have one.

Nimbin Holiday Club (aka Vacation Care)

We are pleased to announce we received transition funds to keep this service going until June 2021 in order to investigate a new model under which parents would be eligible for the Child Care Subsidy.

In order to make this transition, we need to find out more about what parents may need from a vacation care program. We know that the limited hours have not suited many working families and this is our opportunity to



expand the program to more days during school holidays and for longer hours each day.

But we need to hear about whether this is really needed, and whether we can in fact make the program viable.

Parents/carers of kids aged 0-12 years in the Nimbin area, please do our survey which is available in paper form at NNIC, or can be found online at: www.surveymonkey.com/r/Z9WCY86

Got unpaid fines? Struggling to pay them?

We know you are out there. The stats indicate that there are around \$280,000 worth of unpaid fines in the Nimbin area, with the average debt being around \$1800.

Unpaid fines attract fees and penalties and over time can become an overwhelming financial burden.

You may be eligible for a Work Development Order so that you can pay off your fines via volunteer work at NNIC, also at 7 Sibley Street. There are lots of different things you can do to help us out.

Phone us on 6689-1692 or just drop in to make an appointment with Peter for more info.

NEW!! Regional Youth Art Competition

Cash prizes to be won! 1st prize of \$500 in both age divisions. Entries close on 23rd November and must address the competition

theme "Wild". Brought to you by Nimbin Community Drug Action Team (CDAT).

For details including Entry Form, see our website: www.nmic.org.au

2020 Big Community Christmas Lunch

Sadly, Covid-19 restrictions mean that we have been forced to cancel this annual event for the first time since it began more than 20 years ago.

There are rumours that Santa and his elves may still be making a special appearance on the streets of Nimbin on Friday 18th December, so keep an eye out for them.

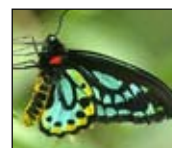
Xmas hampers and gifts

We are looking for donations towards Xmas hampers for families and gifts for children. Donations of cash preferred but we will gratefully accept donations of quality, new gift items.

Richmond Birdwing Butterflies

We are now on the lookout for Richmond Birdwing Butterflies in our catchment area, in the hope that they survived the Mt Nardi bushfire event, when they all fled the forest en masse exactly one year ago.

If you see them, please



email: admin@nmic.org.au with location and a pic if you manage to get one.

Some sightings have so far been reported, which is a very encouraging sign. Please keep a close look out for them. Usually they are only seen on the fringes of the forest areas.

Mental Health and Accessing the NDIS

If you have long term mental health issues and have been wondering if you might be eligible for NDIS, or how the NDIS works and what types of supports might be available, or need help working out how to apply for the NDIS, drop by or call us on 6689-1692 to book an appointment with Peter.

Struggling to make ends meet?

Have you lost income as a result of Covid-19?

Are you either a) not eligible for Jobseekers or Job Keepers? Or b) eligible but you are still left with a reduced income and unable to pay your bills?

We may be able to help with some of your expenses, including electricity bill relief, food vouchers, Telstra vouchers, food or other material aid.

All services are confidential... don't struggle through this all alone. Call us on 6689-1692 or just drop by to make an appointment.

NNIC AGM 13th November

The 2020 AGM will be held online via Zoom, due to Covid restrictions. Any member who has not received an invitation and the Zoom link and who wished to attend, contact: admin@nmic.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: 10th November. Phone 6620-7687 (Lismore Community Health Centre)

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 19th November. Confidential service, checks, advice, general health information. 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.

Drug and alcohol counselling services available

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

Nurse practitioner clinics

- Respiratory clinic: second Tuesday of the month, next will be on 10th November. Phone 6630-0488 for appointments.
- Diabetes clinics: third Thursday of the month, next is 19th November.

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 a message, will return call swiftly.

Nimbin NSP

Needle and Syringe Program open Monday to Thursday. Arrangements can be made to see a Community Registered Nurse.

Health advice line

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

Nimbin Hospital Auxiliary

The Auxiliary is suspending all fundraising activities until further notice.

Monthly meetings of the Auxiliary have also been cancelled for now.



Mosaic honours memory of Peter Smith

by Myfanwy Stirling

Last year, quite unexpectedly we lost our local meat farmer Peter Smith.

Peter, Lee, Hayden and Jorja from All Natural Meat Company had been part of our local Nimbin Farmers Market for about six years when Pete suddenly passed. He can be remembered by his constant affirmation of 'living the dream' but also his and Lee's generosity within our local community, with regular donations and fundraising to local charities. One in particular was the Nimbin Hospital Auxiliary.

In memory of Peter, the Nimbin Farmers Market made a substantial donation to the Auxiliary thinking they might buy a much needed piece of equipment. It turned out however that the Auxiliary really needed a beautiful place for our aged care residents to enjoy. We think Pete would be thrilled!

So the journey began... in consultation with the Nursing staff and residents of the Aged Care Unit the idea for a beautiful mosaic was born. They selected the Tree of Life from many designs put forward by artist Suzanne McGauley. After many hours of work, the mosaic has been completed and erected on a wall in the courtyard of the Aged Care Unit; stunning!



To complete the brief, a water trough was sourced and a substantial discount was offered by the Lismore Garden Centre. Nimbin's Rainbow Power Company kindly donated the solar panel and pump so residents can hear the healing sound of running water!

With the upgrade of the courtyard; 12 months in the making, the area is now used and enjoyed by the staff and residents. Lots of planting has taken place – flowers, shrubs, fruit trees

and vegetables. The latter are being used by residents when preparing their meals in the kitchenette.

In this time of isolation and lockdown, the courtyard has provided a wonderful outdoor space for the residents. A very big thank you to the Nimbin Farmers Market, Suzanne McGauley, Rainbow Power Company, Lismore Garden Centre and the Auxiliary volunteers who have helped transform this space for the aged care residents to enjoy. Mission complete!

Swimming pool tours, part 4



by Sue Edmonds

This swimming pool tour has demonstrated how a pool reflects its community.

This became very clear in Singleton after Denman, where hundreds of locals relaxed in and around the two pools, swimming, picnicking and socialising.

Singleton has an aquatic centre with pools, pools, pools and a gym upstairs. The place throbs. Every sort of swim wear and paraphernalia is for sale in the foyer, once you've paid up and got through the turnstile. Flippers, masks, snorkels, towels, bathers, gym wear, all jostle for space. A bit of shopping therapy before taking the plunge.

We decided to stay dry and talked our way in by explaining this research study into local pools. We entered their haven. It was busy with people of every shape and age, decked out in the latest gear in classes doing a "zumba in water", doing vigorous laps, busy, busy, not much relaxing going on.

After 15 minutes of stickybeaking, the research was completed so we moved on to an op shop, which specialised in vintage stuff. It was a pleasant change of reality.

Next was the shared pool of the twin towns Branxton-Greta. A nice pool with shady areas for relaxing in and on. It was another sharp contrast to Singleton. The East Maitland pool is tiled, the first on this tour, with huge change-rooms with oodles of hot water in the



shower. The sign out the front proudly proclaims it's solar heated. The pool had waves, created by a big wind, another tour first. We had the pool to ourselves, enjoying every minute.

Next were the fabulous ocean pools in Newcastle and Merewether. They're huge. An attendant explained the big ones were 100 yards long (double the usual public pool size) and "were built before metres were invented". Newcastle even has a large, round ocean pool for kids; the only round one in this tour.

This swimming pool tour was cut short by the bushfires, so we scurried home to rake leaves and join up hoses. We retraced our journey along the New England highway as fires had closed parts of the Pacific Highway.

The pools from Newcastle to Ballina wait for another tour, and Nimbin waits for our precious pool to be filled and opened. It's painted blue and ready to go, go, go.



Visual Multi-media ART COMPETITION

WILD

Theme:

Get your **CREATIVE BRAIN** into gear and
WIN CASH PRIZES!!!

IMPRESS YOUR FRIENDS (AND US)!!!

Open to **ANYONE** aged **14 - 24 years** who lives
ANYWHERE in the Northern Rivers.

Two Age categories = 14-17, and 18-24
1ST PRIZE = \$500, 2ND = \$300, 3RD = \$200!

You can enter as a team or an individual.

You can enter a poster, cartoon strip, short film, drawing,
board game...any kind of visual art or media about anything to
do with the **THEME**


The winners will be announced at an Online Awards Event in
December 2020.

Entries close: **Monday 23rd November 2020.**

For more info and entry form see: **www.nnic.org.au**

Or contact Nimbin CDAT on admin@nnic.org.au or 6689 1692

Brought to you by the Nimbin Community Drug Action Team.



NIMBIN'S SUSTAINABLE LIVING HUB

7 Sibley Street

November Workshops Program

\$10 unless otherwise noted
Bookings: text 0475-135-764
or email: sibley@nnic.org.au

Tuesdays

(starts 10.30am)

- 10th Nov: **Wild Weavers.** Basket-making techniques with natural fibres.
- 17th Nov: **Processing silk cocoons.** Bring your own or sample with ours.
- 24th Nov: **Building a split-bamboo star dome.**

Wednesdays

- Community Tools Library: 10.30am-2pm
- Nimbin Harvest Exchange. Bring your excess produce to swap, share or sell.
- Garment Mending: 2-4pm, Atelier Smith.

Thursdays

- Community Gardens:** Weeding, feeding and mulching. Light work – wear hat, gloves and sensible shoes. Donations of edible, medicinal and culinary plants welcome!

Saturdays

- Community Tool Library: 10.30am-12pm.
- 28th Nov: **Making and building with weed blocks.** \$25, bookings essential.

Enquire about volunteering to pay off fines!



Shop 1, 66 Cullen Street
Children's Clothes, Soft Toys, Hemp Food, Body Care, Clothing Products



FREE CAR BODY REMOVAL

LOCALLY MINDED

0439333910

