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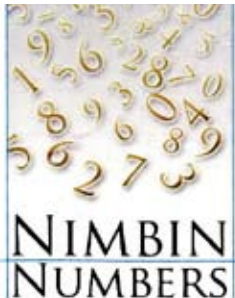
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by Mark LeBars

Zac McDonald is our local lad who has been flying the Aussie Flag in America over the past two years.

Racing commentators have been highlighting Zac at the beginning of his races by warning other drivers and the audiences that Zac Mac from Nimbin, Australia in car number 51A is on the track and to watch out for him.

Zac has been racing his V8 Dirt Modified on many iconic speedway tracks in America like Outlaw, which is where he got his first of few wins in America and is his second favourite track. Land of Legends, with

Weedsport Raceway being his toughest tracks.

Other tracks include Skyline, Bloomsberg, Fulton, Brewerton, Mohawk, Canam, BAPS, Woodhull, and Pencann, as well as Georgetown, 5-mile Point, The Hill, Thunder Mountain, Port Royal and Bristol.

Bridgeport is his favourite track, because it was nice and wide and especially fast, and your elbows are up throwing slide jobs.

While in America he has been able to gain so much valuable experience in driving and how to set up V8 Dirt Modifieds for certain tracks, surfaces and conditions.

Setting up the car means being able to adjust things like shocks, spring rates, wedge, tilt, balance, weight distribution, bar angles and tyre pressure etc.

Zac spoke to me about how challenging the competition is over there. For some series races there would be over 100 cars arrive to race and they would only qualify 24 and if you didn't qualify through your heat race you'd be going home with your tail between your legs.

But he qualified for most series races and is so happy that he was able to chase his dream and is keen to go back again knowing who and what he knows now.

He has acquired a new chassis which is, at the moment, in a container in a freighter headed for here, home. When it arrives, he will spend many late nights constructing his parts into a car.

Hopefully he will have it ready to finish the 2022/2023 V8 Dirt Modified racing season.

This is where it gets personal for Zac: he would like to start fresh with his new knowledge and focus, and gain some sponsorship so that he is able to get back to racing in his local area once again.

He is looking forward to meeting up with all his friends and cheering squad at the track and kicking some arse.

So, if you want your name on his car and see it race around the race track, please sponsor him, he would be most grateful. Email him on: zacmac51@hotmail.com

Exhibition of flood mitigation strategies

Living Lab Northern Rivers opens their new exhibition 'Working with Nature' this week in their Lismore shopfront space, giving visitors the chance to learn more about flood mitigation strategies.

The timing of this exhibition is no surprise. Soon after the 2022 floods the Federal Government announced \$11.2m in funding for the CSIRO to build detailed hydrodynamic models for the Northern Rivers catchments, and the Living Lab believes that it is critical for our community to understand this process and be invited to participate.

"While we know that the 2022 floods took many things away, we recognise

that they also bring new opportunities," said Dan Etheridge, Director of Living Lab Northern Rivers.

"One such opportunity is the chance to rethink how we manage our landscape to mitigate the natural flooding events that have always been a part of the Northern Rivers. The CSIRO models will be a powerful tool that will help us better understand how to mitigate flood impacts in our region."

Visitors will have the opportunity to learn about the types of flood mitigation strategies available, and a range of local and international case studies.

The exhibition combines local knowledge with technical expertise, and



Photo: Elise Derwin

has been created through collaborations with UTS Sydney, Landcare Network Australia, Jagun Alliance and Richmond River Keeper. Working with nature is open each week Tuesday to Thursday, 1 – 4pm, through

until the end of July at 11 Woodlark Street, Lismore. In addition to the exhibition the Living Lab Northern Rivers will also be hosting a series of talks and day field trips. For more about these events, visit: lnr.com.au



Free pantry opens in Lismore

by Chibo Mertineit

Around the time of the first anniversary of Lismore's biggest flood event ever, a pantry was established where the 'Food not Bombs' cafe was feeding hundreds

of flood victims for months after the flood.

While Australians throw out 2.5 million tonnes of food annually, this seems to be a great idea.

With hundreds of flood victims

still waiting for information about their homes from the NRCC, who seem to have no community or communication skills, more and more people are drifting into poverty and starting to cut back on food.



Nimbin Newsagency & General Store



Bulga Forest logging 'Suspended'

Late in March the Forestry Corporation changed the status of a contentious area of Bulga Forest from 'active' to 'suspended'.

Save Bulga Forest spokesperson Jarra Hicks said, "We are really pleased that the immediate threat to Bulga Forest has receded somewhat.

"While the area can be made 'active' again at a moment's notice, the fact that after three months of our campaign, this change has been made on the website, suggests that the Forestry Corporation has backed off for the time being as a result of community pressure."

"As a result, our big post-election meeting at camp yesterday resolved to pull down our camp at the Ellenborough Falls reserve in Elands, on the understanding that should logging resume, another camp will be established.

"Since we took our first blockade action on 20th December last year, there have been less than two days logging activity in Bulga forest. We're calling that a win. For now.

"We understand that Bulga forest



Protestors camp at Elands

won't be safe, until all the native forests on public land are safe, and the forests are no longer being logged. The new Labor Government has not committed to do that as yet.

"However, we hope that they will be more open to the scientific evidence, which is mounting every day, that shows the logging needs to stop.

"Last week there was a new report showing the devastating impact logging is having on hundreds of species. We know too that the carbon, capture and

storage function of forests is impaired by logging.

With increasing extreme weather events, older, larger trees are better able to stabilise the catchment. And economically, the people of NSW would save money if the logging were to stop.

"With a new Government there is an opportunity for reason to prevail. Save Bulga Forest will be using all available means to convince them of the need to act, and do so urgently, before much more forest is lost," Dr Hicks said.

Settling and supporting refugees

A new group – Lismore Region Refugee Settlement (LRRS) – has been formed to sponsor and support refugees settling in our area.

LRRS works under the umbrella of the Community Refugee Integration and Settlement Pilot, and is also a part of 'Sanctuary', a local organisation that helped to successfully settle and support African refugees a decade ago.

The members of the new group say they are keenly looking forward to welcoming and hosting one of the many



Some of the LRRS committee members: Maree Beek, Marie Scholes, Bridget Carr, Anne Tuart, Margaret Bruce, Sylvie Veneque

refugee families that are desperately waiting to get a chance to make a new start with their lives.

Current LRRS members are

a diverse group of concerned citizens from Lismore and surrounding villages and towns.

Anybody who is interested in supporting this initiative

or just would like some more information, please call 0427-003-609 and leave a message.

The first goal of the new LRRS is to raise enough funds and find suitable local accommodation for a refugee family from South America.

Look out for fundraisers being held in your community.

Any way you can support this initiative and any donations large or small are greatly appreciated.

Donations can be made to LRRS: BSB 728 728; ACN 2234 0056.

Peace event for ANZAC Day eve

by Sabina Baltruweit, RaH co-ordinator

Lighting a candle for peace on the eve of ANZAC Day will be held on Monday 24th April, 5.30-6.30pm at St Andrew's Anglican Church, 10 Zadoc Street, Lismore.

The ceremony will remember all who have suffered through war, on all sides.

At the same time it will express the wish for non-violent conflict resolutions in a peaceful future.

Over the past 14 years, this

ANZAC Day peace event, organised by North Coast peace group – Remembering and Healing – has become a local tradition.

RaH patron and MC, former Mayor Jenny Dowell will host the event with speakers and local musicians from our very diverse community.

Speakers of different backgrounds and affiliations who will bring their perspectives on a more peaceful world will also take part in the event.

This all-inclusive,



Last year's gathering

multicultural, multi-faith gathering will be followed with refreshments.

The event is cost-free and

everybody is invited.

For more information, please contact Sabina on 6688-6214.



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Bringing it all together for Nimbin Aquarius50



by Benny Zable,
 NAFI president

There will be a community meeting held at the Nimbin Town Hall on Friday 28th April at 6pm.

This will be a chance for community members and groups to meet organisers preparing for Nimbin Aquarius50.

Anyone wishing to help in any way prepare for this meeting please contact me, phone: 0427-149-237.

It will be good for your business to help us finance this historic visionary event: Aquarius50 offers businesses which donate above \$1000 plus, to display their logo on the front page of the website.

For sponsorship enquiries please contact: info@aquarius50.com.au

Fantuzzi

I'm pleased to announce that Fantuzzi, a 21st century Rainbow global troubadour



Fantuzzi with Paul Joseph

will be arriving in Brisbane on 28th April on the way to be with us over MardiGrass and Aquarius50.

As described in his book, Love at First Bite, Fantuzzi's music and life defies

categorisation. For over 45 years he's travelled the globe bringing joy, passion, dance and an unending source of vibrant energy to people in



venues ranging from huge outdoor concerts to intimate house gatherings. Latin, Afro beats, Reggae, Salsa... all accompanied by amazing musicians who gather to the call that is Fantuzzi.

In every country and venue there are people who have played with, danced with, sung with, loved with and lived with this energy vortex called Fantuzzi; he whirls around the globe spinning magical webs of joy – a constant delight in life and living."

He was an inspiration for many of us in the Northern Rivers Rainbow region. Among them, Paul Joseph, the song-man during the 1973 Nimbin Aquarius festival.

"May the longtime sun shine upon you, all love surround you, and the pure light within you guide your way on."

Aquarius50 Organisers Update

by Jeni Kendell

As a young teenager, I used to dream about the Age of Aquarius, the New Age coming to us with peace and joy, and for me that is why I have become involved in helping with the Aquarius50 Festival as a way of a last ditch stand!

Bit of a lonely position to be in until I read the newsletter from the Dhamanhur Community in Western Italy – Google it!

It said: "The reawakening of human potential... may sound absurd but we created this path because we are running out of time. Humanity is at a turning point. Either we change or we risk collapsing together with an old society. We are in front of the rise of a new era that brings new lifestyles, new energies and another level of awareness. Now is the time to be reborn."

"Now is the time to take charge of your life. Now is the time when the human being dies to rise renewed and ready to live the frequencies and characteristics of the new time. This new era in our philosophy is called the Age of Aquarius. And every Age needs its pioneers. It needs sensitive, attentive, courageous people who are committed to laying the first bricks of this new great house."

"Get involved and starting from yourself, change the world! Your future travel companions."

So, for the organisers and volunteers helping with the Aquarius50 Gathering and Festival (May 12-21), the marathon is on with its meetings and arrangements and fundraising, with the event only five weeks away.

We need help: people to be venue and media co-ordinators, bus drivers, tent raisers, speakers, decorators, cooks, interviewers, security, people willing to billet guests, pick people up, create a friendly atmosphere, keep things clean, do their "thing" with joy.

Please contact us if you can help now or at the Festival. Tell us about

yourself at: www.aquarius50.com.au

We still need dollars to pay for all sorts of things from garbage skips to insurance, music to venue hire. So if anyone can help us, please donate to our bank account or through the Australian Cultural Fund which gives tax deductibility. See the details below. A huge thank you to all of you who have donated, your names are on our website.

There will be a Youth Film Competition with prizes of \$500 donated by the Hemp Embassy. The theme is 'This is who we are, this is where we live'. Entries are to be submitted on USB by 28th April. Email to: paulandjeni@icloud.com

There will be tours to Dhamananda, 7 Generations, Rainbow Power Co. ACU Misty Mt. Channon Market, Local Ecology Tours, First Nations Tours. Workshops by Carol Perry, Judy Atkinson, John Seed, 7 Sibley St, Djanbung Gardens, Weavers, Greg Sheehan Body Percussionist, visual artist Michael Strum, tents at Rainbow Power, and an Open Day at Tunttable Falls Co-op. Also, Wrapped in Nimbin 2 Fashion Parade, Films, Photographic Exhibitions, and Archives.

On the last morning there will be a Children's Naming Day, which is a copy of one held in Nimbin in 1979 with John Fox and Sue Gill, elders and holy people. Children named, songs sung, gifts, tree planting, expressions of thanks and good wishes by the whole community.

The families and friends stated their



commitments of unconditional love and care, support and encouragement respect and responsibility they wanted to continue to provide the child.

Just by holding a Naming ceremony, we express the importance of the occasion as our child takes its place in the community. By taking the time and trouble to create a special ceremony, we convey our commitment to the next generation.

If you want to take part, please register the child or children so that fitting names can be chosen by the elders prior to the Event. Email: paulandjeni@icloud.com and tell us about this child, and a photo would be good!

Benny Zable and Phillipe Petit are going to finish the last day with a 'Tug of Peace'. It is the last event to take place on the oval. The Nimbin tug-o-war team, with a selected group to hold the rope steady and taut so that Phillipe Petit can mount and juggle on the rope as he did 50 years ago. This then morphs into a human peace sign and will be photographed from above.

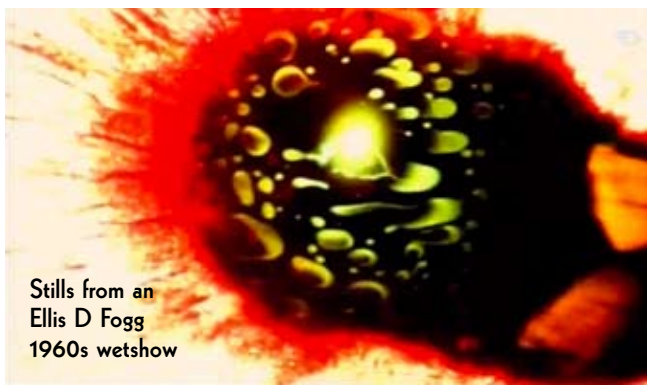
Benny Zable will direct this process. He has been a participant in Yoko Ono's human peace signs, and has organised human peace signs with others both in New York and Australia in the past.

We have one more public meeting planned in the Town Hall, Friday April 28th from 5.30pm, although we will be open during the day. Weekly meetings are every Thursday at 3pm in the Comskool room at the Community Centre. Everyone is welcome.

Help us keep the dream alive.

Donate to: Summerland Credit Union, BSB 728-728; Account: AQ50; 2234-0378

See more Aquarius stories:
 Birth & Beyond page 9
 Aquarian Archive page 22
 '73 Festival Chronicle page 23



Stills from an
Ellis D Fogg
1960s wetshow



Ellis D Fogg lightshow for Aquarius50

by Chris Richards and Roger Foley-Fogg

Roger Foley-Fogg aka Ellis D Fogg is producing a major Lightshow Concert Happening for the Aquarius50 celebrations in May.

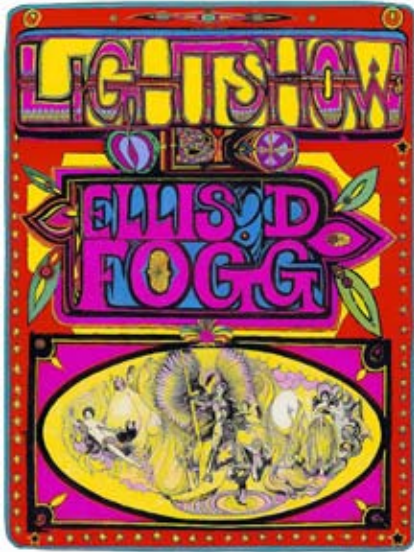
He was an early proponent of the Australian Counterculture movement in Australia and SE Asia, 'Ellis D Fogg Lightshows' becoming a popular 1960s phenomena inspiring a Global Village of young people connected through Rock & Roll, and lightshows designed to produce a total worldwide experience, an expanded awareness, 'the oneness of the world' and the start of the Symbiocene – the Age of Aquarius as we evolved forward.

Foley FOGG has recorded and filmed the history of the Counter Culture, including the 1973 Aquarius Festival, which he uses in his performances and events.

In 2019, Fogg began a commission to illuminate the colourful buildings of Nimbin. He completed a large section of the Western side of Cullen Street which has been in operation every night for nearly four years maintained by John Ridley.

Most recently Fogg has performed at Byron Bay Bluesfest 2022, and last year accompanied Ross Wilson's performance at Lou Bradley's Nimbin Roots Festival.

Roger says, "Serendipity really works for me. I was contacted by Neil Pike out of the blue a couple of years ago and found him to be an amazingly multi-talented artist. Similarly Tim Parry, Karen Minami and Yao Mikami contacted me 18 months ago when they were developing their Liquidelic show."



"I was amazed that Yao had developed a new style of analogue Liquid show, so I quickly gifted her my Liquid Lightshow equipment and we have worked together ever since. When Peter Noble asked me if I could recreate 60s Liquid Lightshows for Bluesfest 2022, I said not only do I have all the filmed Lightshow effects from the 60s but we are also right up to date with the work of Yao Mikami."

"Peter then kindly financed the latest control equipment from New York and with input from the best Lightshows in America, Europe and Argentina, and my collection of over 100 historic Actuality Movies, we are able to present the very best Multimedia about 1960s Counter Culture, which we will be using for Aquarius 50 in May."

All this and more will be mixed in with the wonderful performers in our show on May 13th, featuring Moppy Chiring Chuden and Oshia Drury, with

the Healing Voices Choir run by Peter Lehner.

"Yao's friend Mico Sundari caught my eye when she was in the audience for a Liquidelic show. While enjoying a cup of Japanese tea in her yurt, I remarked to Miss Yao, "you had a very spiritual girl in your audience the other day." To my amazement the very girl stepped into the room. Mico Sundari is a teacher and healer using Shinto-influenced vocal mantras, so we have to have her open our show, together with Mico's partner, sound man Papa Richie.

That reminds me, Miss Yao had not worked in a major Rock & Roll Festival before she worked with us for Bluesfest. She was blown away and had a psychedelic revelation, an epiphany experiencing the centre of the cyclone of several thousand people all moving to the music. "I witnessed the energy when everyone, musicians and audience, became ONE and sang together one song. It was special," she said

"What I felt here was the pure consciousness and energy of the people at that time, people who love freedom and continue to shock society and everyone's hearts through cultural movements," Yao said.

"At the same time, for the past two years, by overcoming the pandemic and creating multi-dimensional expressions such as music and video, we can transcend time and space. We can always connect and resonate here now.

"I was convinced that I could do it... I am very excited to be able to celebrate the brilliance of our lives through art. A big thank you to Roger Foley Fogg for leading this wonderful show," she said.

Miss Yao gets it. We'll show you on Saturday 13th May at Aquarius50.

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Tuntable Falls Community event



Early meeting in the unfinished hall building



Wedding on the community

by Mandie Hale

Join us for a day to celebrate the rich history of the Tuntable Falls Community and the influence of the Nimbin Aquarius Festival, which generated the many ideas that have resonated across the Northern Rivers and further.

Learn how like-minded people came together historically, and are still coming together today to create and sustain one of the biggest fully-functioning communities in the world.

Listen to members tell of its history and culture. Listen to some of the amusing stories from the early days.

Learn how the governance has overcome some of the challenges and consider how Tuntable might face some of the challenges of the future.

Finally, learn why some of the younger generations have returned to live an intentional community life.

Come and enjoy a tour of the photo gallery, the creeks

and buildings, including the community school, and feast on delicious food while listening to some music from our local talent.

This is a fundraising event and all monies raised will go back to the community for the much-needed restoration of the Tuntable Hall. Please see ticketing for program.

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In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

How are you going with your flood recovery journey?

If you are still struggling, you are not alone. Recovery Support Services are available to support you across the Northern Rivers region.

The Nimbin and District Recovery Support Service (Nimbin RSS) develop a recovery plan; applying for grants and financial support; linking with key services, suppliers and expert advice; housing support/solutions and disaster-proofing your life and wellbeing.

You can contact our RSS staff by emailing: nimbinrss@nnic.org.au or call/text 0488-144-647 or drop by 7 Sibley Street, Monday-Friday 9am-4pm.

NOTE: applications for the NSW flood recovery Back Home grant close on 20th April.

Nimbin Community Disaster Plan finally published

The final version of the revised Plan is now available for viewing or downloading on our website (Disasters page).

The results of the Plan Feedback Survey conducted in November-December 2022 are also published on our website – go to: *About Nimbin – Survey results.*

Food Pantry Raffle

Thanks to the Nimbin businesses who donated raffle prizes in particular the Hemp Embassy and Perceptios, and to everyone who bought tix. \$194 was raised towards our food pantry costs.

Nimbin Gnarwalls

This Sk8 event held on 4th March at Nimbin Skate Park.

Thanks to Lismore City Council for supporting the costs of the event, including NNIC's costs of holding the free sausage sizzle (and healthy home-made

ice blocks too), which was much appreciated by all who attended.

Community Care Team

Training is now commencing for CCT members. More CCT members are needed. To register your interest please complete the EOI form which can be downloaded from our website (Disasters tab) and send it back to us. Or you can pick up a hard copy from NNIC.

7 Sibley Street update

The revised Draft Concept Plan is being circulated for comment, and community consultation sessions were held on Sunday 26th and Monday 27th March.

We will collate the outcomes of those consultations and circulate them also ASAP via Hook Ups, NNICs Facebook page, our website and via hard copies which will be available at NNIC.

Three self-soothing techniques for anxiety in adults

Self-soothing is an emotional regulation strategy used to regain equilibrium after an upsetting event.

Most of us are familiar with soothing others when they are upset or afraid, especially if we have children.

However, when we are triggered as adults, it can be difficult to regulate potentially disruptive emotions like anxiety, anger, fear etc.

1. Focused breathing. Exhale more slowly than you inhale to soothe anxiety quickly. Simply breathe in for a count of 3, hold your breath for a count of 4, and breathe out for a count of 5.

2. Self-soothing touch. Try self-soothing touch. Put your right hand on your heart and your left hand on your belly and focus your attention on the rising and falling of the breath.



3. Mindful walking. Get grounded by moving your body mindfully. Try a short awe walk for 15 minutes, preferably in nature or a beautiful park or garden, taking in your surroundings mindfully with all five senses. Awe is a powerfully uplifting and soothing emotion of wonder that puts stressors into perspective while increasing vitality (Bai et al., 2021).

For more information, see: <https://positivepsychology.com/self-soothing>

Nimbin Gnarwalls Sk8 Event

Did you know?

NNIC is a registered DGR charity, which means that donations to our charitable activities, or bequests in your will, are tax deductible.

Your donations help us to help and support our local community

www.nnic.org.au

www.facebook.com/pages/Nimbin-Neighbourhood-and-Information-Centre

Nimbin Aged Care and Respite Services

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SOCIAL CENTRE with Veranda – Monday-Friday 10am-2pm. Drop in for a cuppa, access support services, info and computers.

DEVICE ADVICE – Wednesdays 9.30am-1pm. Seniors can book for assistance with phone, tablet or laptop issues.

SENIORS SOCIAL GROUPS – booking and fees apply

- Nimbin Tuesday Morning Tea, 10.30am-1pm. Tea/coffee, conversation, music and snacks, weekly \$5
- The Outsiders Group 1st and 3rd Thursday, 11am-2pm at various rural cafes, self-funded plus donation to NACRS
- Wise Ones at Koonorigan Hall/Dunoon 4th Monday, 11.30am-1.30pm, bring a plate to share
- Bus outings – 2nd and 4th Tuesday. Scenic drives, cafes for morning tea & lunch (you pay), bookings essential, fees apply.

Phone **6689-1709** or visit NACRS at Bottlebrush Studio, the rainbow building at Nimbin Community Centre.

www.nacrs.com.au



Nimbin Hospital information



Child immunisation

By appointment, please phone 6630-0400.

Early childhood nurse

Every Tuesday. Baby checks, weighs, post-natal support. For appointments, phone 6630-0400.

Women's health nurse services

Confidential service, checks, advice, general health information. Phone 6688-1400 for appointment.

Wound clinic

Monday, Wednesday and Friday from 8am. For self-referral, phone 6688-1433. 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 clinic

Diabetes clinics: third Thursday of the month, next is 20th April.

Community Registered Nurse

Monday to Friday, 8am-4.30pm. Assessments, wound care, referrals, advocacy, provision of palliative care in the home, medication support. Phone 6688-1433 – 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

Monthly meetings are held on the 1st Wednesday of the month, 9.30am in the CWA room. New members are most welcome.



by Scott Sledge, president

Coincidental maybe, but World Forests Day on 21st March also marked the release of the latest new report from the Intergovernmental Panel on Climate Change (IPCC) into the climate crisis – the last due before 2030.

The conclusion could be called “chilling,” except it is about warming. The IPCC says we have little chance of reducing emissions enough to turn the ship around, so limiting the world’s climate increase to an average increase of 1.5°C is not going to happen.

Cate Faerhmann NSW Greens MLC, said: *“If political leaders don’t change course now, we not only won’t stay below 1.5 degrees warming – the point at which irreversible feedback loops of destructive heating unleash – we could be barrelling towards 2.5 or even 3 degrees.*

“That will mean entire island nations under water. Entire species wiped from the planet forever. Countless deadly natural disasters. Hundreds of millions of people displaced.”

If you think she’s being melodramatic, think again!

Studies suggest that we might be able to take enough carbon out of the atmosphere

to start reducing the increase in 10 years, but we’ll need new technologies well before then to sequester CO₂. Currently the most effective way to capture carbon is by planting more trees and safeguarding what forests we still have.

The former seems hopeful, but the NSW government is reluctant to stop the devastating and costly logging, despite Forestry Corp being government owned and heavily subsidised. It is not making a profit, but makes regular losses and it relies on subsidies and the protection of state police. Some of the money that was allocated to rebuild/repair NSW roads has been diverted for logging tracks.

Double Duke forest walk-in

NEFA called for a public walk-in to Double Duke SF on 16th March which attracted more than 80 citizens, but six police cars and a van marked ‘Police Rescue’ stopped us from entering a publicly-owned forest.

They were just doing their job, as Forestry had declared the land “closed” to the public, but police refused our request to stop the loggers from vandalising our ancient trees.

It was like being stopped from going to

your house while vandals trashed it. The animals whose homes are lost every day by logging are some of the most endangered in the world: gliders, owls and koalas.

These loggers are not hardy lumberjacks with chainsaws, but well-paid operators of heavy machinery sitting in air-conditioned cabins careless of the destruction they cause. I was shocked by their disrespect for nature: many trees that are not suitable for “harvesting” are simply removed because they are “in the way”.

So, what’s to be done? I reckon that when the dust has settled over the March 25th State Election, NSW can join WA and Victoria in outlawing destruction of public native forests.

The foresters will continue to cut trees on private land, but payments promised for new tree plantings may slow the crazy rush to clear natural habitat that has been reducing biodiversity since the Coalition government changed land-clearing regulations in 2017.

Presently landholders are allowed to self-assess, and prepare a plan which could possibly be looked at by Local Land Services, but LLS rarely bothers as no environmental assessment is required anyway.

The new government in NSW needs to address this lack of accountability quick smart, especially as the Feds have decided it is too much to ask fossil fuel companies to stop expanding their pollution or refrain from opening new areas for coal and gas mining.



NEC President Scott Sledge calling for an end to native forest logging at Doubleduke State Forest in March. Photo: Tori Bail

Could this mean we are doomed because the electoral system relies on corporate donations?

I find it hard to believe that politicians who have families don’t care a fig about the future environment their descendants will have to live in. Perhaps we can change the system so that every candidate has an equal chance of being elected without resorting to pay-for-influence donations we have now.

One might say governments are effectively bought by their donors: after all, he who pays the piper calls the tune.

Weed ID workshop

Nimbin Environment Centre, in association with Gungas Road Valley Landcare, will present a Weed Identification Workshop on Saturday 15th April, 9am – midday, led by bush regenerator Tristan Mules, Holistic Habitats. The event includes a plant identification workshop

(weeds and natives) and hands-on hand weeding practice – bring your gloves and hand tools.

Register your interest with Nimbin Environment Centre, email: nimbinenvironmentcentre@gmail.com or phone 6689-1441 during opening hours, 10am – 4pm, or come into



NEC shop at 54 Cullen Street and leave your contact details.

Clear and present danger



by Sue Page, Kyogle Environment Group

“We’ve got a history in Kyogle of a strong timber industry, and the fact that it is still functioning today is a testament to generations past and present and how well they are managing their land. Why would we get in the way of that?” Mayor Thomas stated to the ABC in November 2022.

Yet in February 2023 the Environmental Protection Agency, after investigating a Private Native Forestry operation carried out next door to the Border Ranges National Park, fined Urbenville-based logging company Rojech Pty Ltd \$15,000, issued an Official Caution for breaches under the Local Land Services Act, and issued the landowner with an official warning for not adequately ensuring compliance by the logging contractor.

Interestingly, in November 2022 Kyogle Council voted to drop the dual consent for development applications for Private Native Forestry just as the State government rescinded a motion to remove the requirement for dual consent.

As a consequence of Council’s decision to remove dual consent they wrote to all landholders who have received approval to

conduct PNF on their land. They also wrote to forestry operators.

This letter stressed that “...if a landholder received a PNF approval from LSS after 13 February 2013, and they have also not obtained development consent from Council, native timber cannot be lawfully harvested from the property.”

Tori Bail, Chair of The Kyogle Environment Group, who reported the breach to the EPA suggests that this breach was just the tip of the iceberg. “How many other environmental breaches and damage to community infrastructure have gone unchecked?”

Ms Bail stated, “Regulation without adequate compliance is basically useless. We may never know what unchecked damage has been done to our local forests from this bureaucratic neglect.

“Not one DA has been submitted, as required by Kyogle Councils Local Environmental Plan. Now this council has voted to drop its requirement for PNF consent even though the State government has retained this as a requirement. This is a tragedy for nature and a failure of public duty.”

Australia leads the world in biodiversity loss, so clearly Private Native Forestry needs more regulation, not less.

NSW forests gone, koalas homeless

by Douglas Thron

New research estimates more than half of NSW’s forests and woodlands have been destroyed since 1750 – 29 million hectares, an area the size of New Zealand.

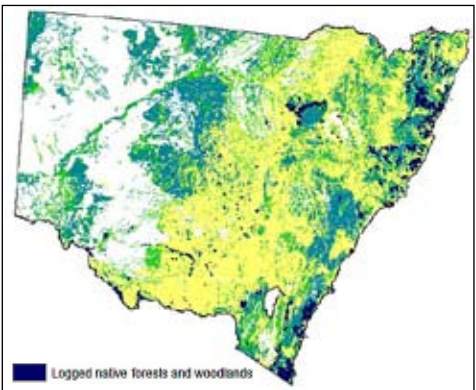
Of the 25 million hectares of forest and woodland left in, 9 million hectares are degraded.

There are 244 threatened species that continue to have their habitat logged. Of those, 25 are listed as Critically Endangered, 79 as Endangered, and 140 as Vulnerable.

These include the mountain skink, regent parrot, superb parrot, Bell’s turtle, grey snake and the alpine tree frog. Two species, the Sloane’s froglet and Mueller daisy now have less than 10% of their NSW forest and woodland habitat remaining.

Conservation scientist with the World Wide Fund for Nature-Australia and lead author, Dr Michelle Ward, said, “Logging advocates often claim logging has minimal impacts, but this does not take into account the amount of habitat already destroyed or degraded.

“As our study shows, when this factor is considered, most threatened species can ill afford to have what remains of their forest homes further degraded by continued logging.



Australia is experiencing an extinction crisis.”

Between January 2000 and August 2022, logging occurred across 435,000 hectares of NSW.

Co-author James Watson, a Professor of Conservation Science at the University of Queensland, said, “Species with the largest area of remaining NSW habitat that overlaps with logging include the koala (400,000 hectares) and the south-eastern glossy black-cockatoo (370,000 hectares).

“The choice is simple: lock in extinction by continuing rampant logging or lock in species recovery by working with land managers to do the actions needed to secure these species.”



NIMBIN'S SUSTAINABLE LIVING HUB

7 Sibley Street

April What's On!

\$15 unless otherwise noted

Bookings: text 0475-135-764 or email: sibley@nnic.org.au

Workshops: 10.30am – 1.30pm

- Sat 8th: Make your own flow-forms** – in-situ terra-forming, \$15.
- Sun 16th: Make a marionette (string puppet)** – with recycled materials, \$15.
- Tues 18th: Knitting with Sue** – by donation
- Sat 22nd: Mycoregen** – Growing edible mushrooms while regenerating native eco-systems, presented by Pierre Loiseau from Weforestearth. Full-day

practical workshop \$150 including lunch, bookings essential.

- Sat 29th: Make a sleeping pod** – Waterproof, light-weight, portable. \$15.
- Wednesdays: Weaving circle** – Bring a project and join like-minded crafters.
- Community Tools Library:** Every Saturday, 10.30am – 2pm. For home repairs, garden tools, food and craft equipment. Basketballs & pumps available, \$5 deposit.



Shop 1, 66 Cullen Street
New stock always arriving – check in often

Assistance needed

For some years now, a small group of Nimbin residents have been assisting Ab/Original Elders and family in the area. It has now been decided to formalise the process and to put the call out for added help from the community.

Many of the Original custodians of this land we now call home, are often in housing crisis and have trouble making ends meet.

We are asking for residents (skilled or not) to give time or donate money to set up a fund to help supply necessities that can make their lives easier in present-day conditions.

You are encouraged to help by giving your time and energy. If you cannot give time, we request that you donate to a central bank fund which can be used to help local Ab/Originies to remain or become self-sufficient on their own land.

Also, with the Aquarius 50th Anniversary coming up in May, we wish to help some Elders from interstate attend the gathering. Travel money is always a problem in this great country. Please pass this information on to those who you think may be wanting to help in this initiative.

All donors and others directly involved will be kept informed of our progress on the Facebook page 'Nimbin Ab/Original Elders Support Group'. More information can also be found there.

Please help us by donating to Summerland Credit Union: BSB 728728, Account No 2234 2076.

Binnah Pownall
Larnook

Consciousness

The Nim-FM presenter Doug Moffett (NGT March Letters) obviously didn't consult the dictionaries' definition of the word 'consciousness' where it is described as "a state of awareness, and or perception of the totality of a person's thoughts and feelings."

Like the 16th century philosopher who proposed: "What is mind? No matter. What is matter? Never

NGT welcomes letters and other contributions received by email or post prior to deadline. Letters longer than 300 words may be edited for length, and articles for accuracy. Please include your full name, address and phone number for verification purposes. Opinions expressed remain those of the author, and are not necessarily those of Nimbin Good Times.

mind", he overlooks the obvious, that without the flesh and blood brain, or matter, consciousness doesn't and can never exist!

Even if AI eventually becomes sentient, it too will require some form of physical technology, or matter.

Maybe some people just can't accept the fact that there is no invisible supernatural mythological entity, and all any of us are flesh and blood animals with, hopefully, highly developed brains.

Azan Mann
Evans Head

No 12-Volt?

I am writing to express my disappointment with our local solar company.

I have lived here for almost 50 years, and as I am not on the grid, I have supported them and purchased my entire system from them.

When I went to get some more 12-Volt light bulbs, I was told that they don't do 12-Volt anymore!

How sad and inconvenient for all of us who did rely on them.

Seppie Edmunds
Nimbin

The acid /alkaline quandary

I lived for many years on Tuntable community near the rainforest. Also living there were jumping ants, among other creatures, that I became allergic to.

One of the suggestions to stop the burning and swelling was to apply vinegar to the bite which helped with the burning, but unfortunately not my burgeoning allergy which blossomed into anaphylaxis.



During my time there I would make jam and chutneys that I had to sterilise jars for. On one occasion I poured boiling water down my inner arm which immediately went pink and burned.

Intuitively, I poured vinegar over the burned place, and to my surprise it immediately stopped burning and became normal again. I was delightedly surprised. It set me thinking as to why.

I've used this over time to stop the occasional burn and it set me to thinking that maybe a burn is an acid/alkaline problem.

Someone stepped on a hot ember, burning his heel, which ballooned out like a tennis ball. Being helpful, I poured vinegar on it and his skin snapped back onto his foot immediately. Again I noticed how the acidity of vinegar corrected the skin injury to normal.

Just recently while talking with my son, he complained that he'd burned his arms with a chemical called VENOM, a cutting compound. It burned continually, making for a painfully sleepless night. Not knowing whether VENOM

was acid or alkaline, I suggested for him to dilute some vinegar and apply to a small part of his arm first.

He noticed that it soothed it better than the aloe vera he'd been using, so applied vinegar to the injury on his arms. This enabled him to sleep that night, and the next morning his arms showed no signs of a burn.

This was a chemical and more than 24 hours after the burn, so this particular substance must have been alkaline, normalised by acid. You'd think that a burn would still show damage but no, it was as though the burn never happened.

Another well-known instance is when working with cement ungloved, and the extreme dryness of your hands afterwards, coming back to normal after an application of vinegar. It seems the action of vinegar on alkaline chemicals or burns could be restorative or corrective.

I wonder, if thinking in terms of whether a substance or malady is acid or alkaline, could help with other afflictions?

Gloria Constine
Brunswick Heads



The newly renovated Winsome dining room

Winsome history project

I am a resident, volunteer, and manager at the Winsome Soup Kitchen.

After the devastating floods, we are now up and running, better than ever.

I have now taken on a project to document and record interesting stories from the history of the Winsome Hotel.

I would be delighted to hear, and record any great historical stories.

These stories could be uploaded to YouTube and linked to the Winsome Soup Kitchen.

Many thanks in advance.

Tony Batchelor
Lismore

Reconciliation

Reading the January edition of NGT concerning the granting of Native Title to the Widjabal-Wia-bal people of the Bundjalung Nation, I had tears in my eyes.

It's been a long time coming for the First Nations people to be granted reconciliation of their connection to this land of the Northern Rivers.

For the past 230 years since invasion, the English have a lot to answer for, being responsible for the

dispossession of First Nations people.

I want us, black and white, to be as one mob as a sovereign nation with an Indigenous Voice to Parliament. That would be a step in the right direction.

Paul Brecht
Evans Head

Puppets

At the end of Simon Chance's letter (NGT February), he encourages us all to contact our political representatives and demand that they do something about global warming.

As far as I'm concerned, that would be a waste of time.

The Liberal/National and Labor regimes are just puppets to a higher order – a One World Order. If the Greens have the balance of power with independents and other minor parties and introduce legislation, the higher order won't let that happen. They have their agenda and it's not ours.

The amount of destruction going on throughout Mother Earth is being orchestrated by the higher order on an agenda of world destruction.

Paul Brecht
Evans Head

Notices

Annual General Meetings

- **Nimbin Environment Centre Inc.** AGM, Wednesday 12th April, 6pm at Community Centre School Room, 81 Cullen Street Nimbin. All welcome. Nominations for executive and committee members will be accepted from the floor. Must be a financial member to vote. Note: Monthly meeting will be held at 5pm before the AGM.
- **Tuntable Falls Early Childhood Centre** AGM, Wednesday 10th May, 9.30am at the Tuntable Falls Community Hall Verandah, 117 Upper Tuntable Falls Road, Nimbin. All welcome.

Free notices

Keep it short and of interest to our readers, get it to us by deadline, and we'll run it here for free.

About us

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The Nimbin GoodTimes acknowledges the Bundjalung people, the traditional owners of the land and waters on which we work and live, and pay our respects to the Elders both past and present.

Bookkeeper Martha Paitson

Web www.nimbingoodtimes.com
And find us on Facebook

NGT is published by the Nimbin Aquarius Foundation, 81 Cullen Street, Nimbin.

NEXT DEADLINE:
Friday 21st April

Email nimbin.goodtimes@gmail.com or put stuff in our pigeonhole at the Nimbin Community Centre.



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We are the Festival – Birth and Beyond

by Jeanette (Raintree) Krohn

After Nimbin's 1973 Aquarius Festival, many people migrated to the Northern Rivers.

In the 1970s many people had marched in anti-Nuclear and anti-Vietnam demonstrations; we were seeing our planet through mass media for the first time, and saw that our world was in deep trouble.

We wanted to break from the imperative of traditions that held humanity in the grip of fear, racism, hatred, prejudice, religion and wars.

Since the late 1960s surfers had already found the waves at Byron Bay and hippies had discovered the hills and valleys of the hinterland. The Northern Rivers looked a lot like Tolkien's Middle Earth and the 'Back to the Earth' movement was in full swing. The Aquarius Festival was the harbinger of the changes and chances we needed to be able to create a better world.

Mira (Carol) and Tansen (Norman) Stannard came to the Aquarius Festival in 1973. They were healers and acupuncturists who practised from their home, before opening the 'Healing Centre' in Cullen Street, Nimbin.

They had travelled the hippy trail in the early 1970s meeting world teachers like the Dalai Lama, Krishnamurti, Vimila Thaka, and Papaji. This spiritual awareness they applied to their healing work and to birthing.

After the birth of her fourth child, Mira vowed that "One day, I'm going to help women have better births than this." Women began asking them to attend child births because birthing had become over-medicalised, and unnecessary interventions were the norm.

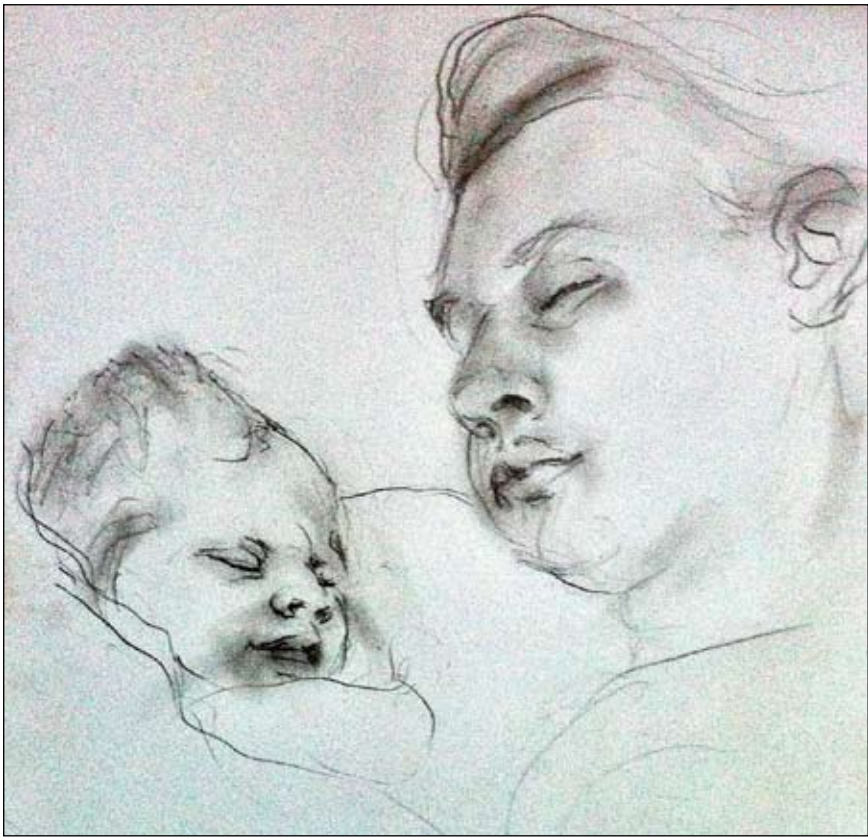
To attend an early birth they carried their birthing kit through swollen creeks and roads in torrential rain. When a woman in labour had to go to hospital, Mira and Tansen were forbidden to enter. Lismore's medical fraternity were up in arms. They felt threatened by women wanting different ways to birth their children, anticipating a return to high infant mortality rates.

There was so much interest from the community however, that in 1976 Mira and Tansen and others, purchased the Media Centre building in Nimbin, and established Birth and Beyond.

Initially the Community Nurse helped with pre-natal examinations, but as the circle grew and changed other women nurses from the community came, as well as midwives and attendants. Dr Harry Freeman always offered medical support, as did Dr Rod Muir in those early years.

We built a library, held weekly birth education sessions for parents, pre-natal examinations, pre-natal yoga, and weekly circle, led by Mira, where we could talk, discuss, learn and share with each other.

We wanted mothers and fathers to understand their birth process, the transformational time that it is, and to be supported in surrendering to the natural rhythms of breath, movement



Lisa Lucken with day-old Elliot, drawn by Bernard Rooney

and voice during expansions and contractions. To draw from the ancient purity of instinct of woman again. To de-identify from the personality and find trust in the presence and authenticity of their consciousness. To move beyond fear and draw strength from the nature around them and of which we are part, and to be able to make their own informed decisions.

In *Birth Matters* (1986), Mira writes "Every woman has the information about having babies stored inside her. Having babies is instinctive, they are grown instinctively and can be given birth to instinctively. Every woman can, during her pregnancy and birth, tap into a kind of universal or collective unconscious of womankind giving birth to human beings throughout the ages, a tremendous reservoir of strength and energy."

There was a woman in labour who didn't have a partner and lived in a community in the hills. When Mira and Tansen arrived she was screaming and curled up in a corner. Community members were very concerned. Mira intuited that the woman had not been mothered in her early life and was reluctant to birth her child.

Mira sat down by her and held her to her breast and sang lullabies to her until she was soothed and confident enough to give birth to a happy, healthy child. We wondered what would have happened to that mother in a hospital situation.

The power and beauty of receiving children into the world this way is sacred. Each mother and each baby is a unique individual, manifesting through birth their magical, distinctive contribution to the Universe. Children held in love at birth by parents can bond deeply. This develops into being more emotionally connected in life, able to form healthy attachments to others.

Hold boundaries. Know love.

In *Birth Matters* Mira explains: "It is my belief we make decisions about ourselves and the world around us when we are in the uterus, whilst we are being born and after the birth. These decisions are very much the product of the experiences we have – whether one of fear and terror, one of warmth, connection and reassurance after the struggle, one of separation or being on one's own. These experiences repeat themselves in our lives and in our relationships with other people and in our relationship with work, sex and money."

More people were exploring new, more sensitive ways to give birth, including water births. In 1977 Mira invited Ina May Gaskin from the USA and co-author of *Spiritual Midwifery*, to Nimbin. A wonderful exchange occurred as they visited several communities and talked with many parents. In 1978, Jeni Kendall and Paul Tait made their *Birth and Beyond* movie of the birth of Willow Raintree. It was shown locally, throughout Australia and overseas – wherever Mira and Tansen travelled. In 1987 Mira addressed the First International Conference on Home Birth, at the Wembley Conference Centre, London.

We propose that these pioneers of birthing influenced the building of purpose-built Birth Centres near hospitals all over Australia.

We also propose that that much of the data collected from 50 years of alternative birth approaches has not been applied, and levels of medical interventions during births are still very high.

Statistically, 5% of births require medical assistance, so we must persevere in restoring birth to women and babies because the future of the planet lies in the hands of its children! Independent Midwives cannot be insured in this country! There is still some work to be done!

As part of Nimbin's Aquarius 50th Anniversary (May 12-21) we invite everyone – midwives, attendants, doulas, doctors and nurses, parents, pre-natal Yoga practitioners, pregnancy belly dancers, and everyone who is interested, to participate with us in a Circle for 'Alternative Health, Healing and Home Birth' events on Sunday 14th May.



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Aquarius Youth Film Competition

As part of the Aquarius50 celebrations, a youth film and photo competition is being organised by veteran local film-makers Paul Tait and Jeni Kendell.

The competition theme is 'This is who we are, this is where we live'. All young people under the age of 18 are invited to submit their work, and there are prizes to be won!

It's a wonderful opportunity for local kids to have a go and get creative.

The closing date is 28th April, so not long. See poster on page 19 for more details.

Any queries, contact: paulandjeni@icloud.com