



Friends of the Koala's contingent at Lismore's anti-CSG Rally

Koala Kolumn



by Lorraine Vass

Koala conservationists of the Northern Rivers, take a bow. Thanks to everyone who wrote to Minister Burke, lodged a submission supporting Lismore's Koala Plan, phoned a pollie, wrote to the paper, planted a koala food tree, registered a koala sighting with Friends of the Koala or just kept their fingers crossed for the koala.

May 2012 might prove to be a turning point in koala conservation, not just in our region, but throughout NSW and perhaps the nation.

Coinciding with Minister Burke's limited listing of the koala under Federal legislation was NSW Minister Parker's reaffirmation to koala conservation. She announced a community koala summit to be convened later this year in conjunction with the Nature Conservation Council of NSW and the allocation of \$700,000 over three years under the new Priorities Action Statement.

The Feds hold the purse-strings on the real money and at the end of the same week Minister Burke had further opportunity to demonstrate his koala credentials by announcing the first round of Biodiversity Fund grants. In NSW alone over \$13m went to projects which will assist koala habitat recovery. Tweed and Byron councils were winners. They will receive over \$2m for linking koala habitat and EECs across both shires during the next five years.

Lismore City Council's adoption of the Draft Comprehensive Koala Plan of Management for South-East Lismore was a heart-stopper. Although 64% of the 905 submissions from the public supported the Plan, when it came to the vote it just scraped in: six votes for: Mayor Jenny Dowell, Dep. Mayor Isaac Smith, Cr Simon Clough, Cr Vanessa Ekins, Cr David Yarnall and Cr Ray Houston; five votes against Cr Graham Meineke, Cr. John Chant, Cr Neil Marks, Cr Peter Graham and Cr Gianpiero Battista.

A rescission motion was anticipated but did not eventuate. The Plan is being reviewed by the Department of Planning & Infrastructure. We hope for a prompt turnaround.

The week following Lismore's decision, Tweed Shire Council agreed to appeal to the NSW Scientific Committee to have the Tweed-Brunswick Coast koala population declared

'endangered' under the NSW Threatened Species Conservation Act 1995. If supported the status change will officially recognise the very high risk of extinction being faced by the coastal koala population, prompting a higher level of protection for them and their habitat.

Bob Brown also had something to say. While acknowledging the breakthrough in Canberra he reminded us that left to its own devices the Feds would not have listed. The Senate committee pushed the re-think but, Bob asks, "What difference will it make? None, unless [Burke] and his successors put money into a recovery plan aimed not just at stopping the decline in numbers but to have the koala populations increasing once again. None, in Victoria and South Australia, where Burke's listing does not apply. None, unless the minister polices his listing and is prepared to stop developments such as open-cut coal mines and coal seam gas drilling that destroy woodland habitats. And certainly none under plans both Labor and the Coalition to cut "greentape" by the watering down and palming off of federal environmental laws to the states."

By the end of the month the Greens had announced the introduction, in June, of a Koala Protection Bill "...in the spirit of the US law of 1940, which brought the American bald eagle back from the brink of extinction by protecting it from human predators." Watch this space.

The considerable data supporting Minister Burke's listing included current estimates of the nation's koala population. The total figure provided for NSW at 2010 was 21,000 compared with 31,400 in 1990. Confidence in the estimate ranged according to region (in the North East, for example the 2010 estimate of 7,500 over 10,500 in 1990 was offered with moderate confidence).

Data provided by the six licensed wildlife rehabilitation groups which deal with most of the koalas brought into care across NSW indicate annual admissions are running at around 1,000 animals, approximately 4.5% of the state's remaining koalas.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline on 6622 1233. This number can also be used for information about koalas, their food trees, and other ways in which you can assist the koala conservation effort on the Northern Rivers.

Also visit: www.friendsofthekoala.org or email info@friendsofthekoala.org or follow us on Facebook.

To report environmental incidents, including removal of koala habitat, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-15-55.

Until next time, happy koala spotting.

From little things big things grow

'Small and slow solutions' is one of the permaculture principles that inspired the theme of this year's annual Open Day at the Permaculture College of Australia. Taking place in the grounds of Djanbung Gardens, Saturday 9th June from 9.30am to 4pm, the students of 2012 studying Accredited Permaculture Training (APT) are organising the event.

Including locally-grown organic food at the Djanbung cafe, tours of the permaculture gardens, a variety of not-to-be-missed workshops, informative displays, permaculture goodies for sale, live entertainment and plenty of fun.

"We can hardly wait to share some of the great knowledge we've gained through the Accredited Training. That's what it's all about! Living sustainably and fair share..." student Phil Bromley said of the day. Phil will be presenting a demonstration on food storage.

In total 13 workshops are on offer with highly practical,



Jess, Sofi and friend at 2011 Open Day

simple and best of all, easy ways of leaving a smaller footprint on the earth for our future generations.

Revel in the fun of the compost display with Johnny Evolution and Lauren Jardine. Tommy Wellham discusses how to start a Transition Town movement, while Sangye Christiannson explores engaging youth and the nature of education. The resourceful Gudren puts your palm leaves to crafty work, and don't miss German import, Jens Quetsch and his amazing vertical garden!

Cafe opens at 9.30am with

yummy refreshments and delicious lunches 12-2pm featuring local and garden produce. Please stay on to enjoy some music and chai to wrap up the day, featuring local talent and students.

All proceeds from the day fund student resources at the College which operates as a not-for-profit educational and vocational organisation.

It's the change everyone's talking about, so don't miss out on this fun and practical educational event.

For more info phone 6689-1755 or visit www.permaculture.com.au



by Rob Carroll, President

Coal/CSG

The coal/CSG industry and government departments must be tried and convicted for knowingly poisoning the land water and air. But who do you tell when the people's elected governments are partners in the crime?

The people, the land dwellers can, have and will stop these parasites by simply doing no business with these lying life-destroyers. The coal mining industry have admitted that they are toxic people, agreed that their coal extractions have very serious cancer and other disease carrying capabilities. The facts about coal and cancer have been well known around the world for a long time. Cancer levels in every coal town are at extreme levels. Good people are raising funds to find a cure for cancer when, as I see it, the cause is the cure. After researching the coal seam air pollution in the valley at Ulan near Mudgee, there were 21 poisonous chemicals in the atmosphere and nine of those had cancer-causing capabilities.

Think of the accumulative effect of every coal/CSG/power station in NSW, QLD and every other state in Australia and the rest of the world and you must see that poison water/ air and no food growing capabilities as a larger than life part of your future. When the law aids and abets this crime, the

people are responsible for the change. And change won't come unless you say no more power from life-threatening sources.

New committee

New President Philippe Du Puy has stepped up for the position of President, and I am confident he will keep the NEC stable and active. Signing off as former President and welcome to all new Committee members.

'Back to the Garden' film night



In 1988, filmmaker Kevin Tomlinson filmed and interviewed a group of back-to-the-land "hippies" – living off-grid, insulated and isolated from mainstream culture. In 2006, he tracked down his subjects again to

find out what had become of their families' utopian plans and dreams. The film captures a time-lapse view of these back-to-the-landers told with moving personal stories of non-conforming tribal families with lots of freedom but little cash, of unflinching political activism in the midst of small-town, rural America, and hippie kids who today ask whether free love was really free.

This film will be shown at Birth and Beyond on the Friday 22nd June, with Highlights of MardiGrass 2012 from 6.30pm. There will be acoustic music and also delicious local food, chai and cakes available on the night.

This fundraiser goes towards the NEC campaign to help traditional owner Uncle Kevin Buzzacott stop the expansion of Olympic Dam Uranium Mine.

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by Triny Roe

Motorists may have noticed in the month of May, the pretty purple flowering Silver-leaf Desmodium, *Desmodium uncinatum*, proliferating along Nimbin roadsides. Or perhaps you have this attractive creeper with its distinctive trifoliate leaflets striped with silver in your garden or along the driveway. Also known as Velcro or Glue Weed, it has hairy hooks on its stems, leaves and seed pods. These sticky hairs can be hazardous to wildlife. They can trap tiny frogs and small birds who venture into the tangled, scrambled vines. The sticky seed pods cling to clothing and animals and are carried to new locations.

Silver Leaf Desmodium was introduced to Australia from Brazil as a fodder species in 1962. As a legume with nitrogen fixing capability it can improve the nutritional quality of pastures, though it requires inoculation with a specific Rhizobia to be most effective. But like many other introduced plants it

escaped from the paddocks and now has weed status. It is considered a naturalised species and found along roadsides in northern NSW and SE Qld.

Silver-leaf Desmodium can also be left behind after grazing properties are turned into 'lifestyle' real estate and hobby farms. Without the cattle to eat them the vines grow madly, scrambling for several metres and smothering other vegetation. Silver-Leaf Desmodium loves the high rainfall, fertile soils and mild climate in the Northern Rivers region. A deep taproot gives it drought tolerance helping it survive dry spells and makes it difficult to manually remove. Ironically it does not persist under heavy grazing pressure.

Though it has a reputation for out-competing other vegetation, Silver-leaf Desmodium has some useful properties. It produces insect repellent chemicals and alleopathic compounds which prevent weed competition. It is used as companion planting in maize and sorghum to prevent stem borer moth and suppress witchweeds. *Striga Spp* which parasitise cereal crops. The nitrogen fixing properties are another bonus.

A number of other pasture legumes introduced into Australia have also achieved weed status. A study by WM

Lonsdale found that of 463 exotic grasses and legumes intentionally introduced to Northern Australia from 1947 to 1985, 60 of them were listed as weeds! Some of these 'weeds' are still useful pasture species but 43 of them are listed as non-useful, not even suitable for grazing.

Other pasture legumes gone feral include Glycine, *Neonotonia wightii*. This aggressive creeper can grow 10 metres or more up and over trees smothering and eventually killing them. It is often seen infesting rainforest margins as is another legume on the loose, Siratro, *Macroptilium atropurpureum*.

Siratro is also prolific along waterways and on coastal sand-dunes. Green-leaf Desmodium, *Desmodium intortum*, Silver-leaf's dowdy and not so hairy cousin is another with a reputation for fleeing the farm and overgrowing native vegetation.

Creepers and vines native to the Northern Rivers area include the Silkpod – *Parsonia straminea*, Richmond Birdwing Vine – *Pararistolochia praevanosa* and Scrambling Lily – *Geitonoplesium cymosum*. Native Soybean or Love Creeper – *Glycine tabacina*, is a native legume. Its tuberous roots have a licorice flavour and were chewed by Aborigines.

Stu's view from the loo

by Stuart McConnville

I confess to using a flush toilet lately. I feel a sense of guilt as I flush it all away and strangely even more guilt if I let it linger. Such is the dilemma. Pity the human condition or the condition of the environment...

Mum's just passed away and I'm down here in Melbourne dealing with life and death and all the philosophies are flowing thick and fast around the family dinner table. It's a healing time and wonderful to be a part of this clan of mine.

A while ago, when I was on a real dunny, I began considering the possibility that the transition from human to God was occurring directly below me. This apparent apotheosis from human DNA in my scat, to being a part of the earth for evermore, fits nicely with my idea of God being everything that there is everywhere (bit like having a bet each way).

I liked the idea so much that I began considering the possibility that compost toilets are actually God recovery and regeneration devices and not 'waste' management facilities after all. I mean, we deposit human by-products and receive compost, so where is the waste in a compost toilet anyway? It's only a definition in the Local Government Act that defines them as such.

The same regulation that every local council uses to determine whether you are allowed to build your own 'God production facility' or not, can be interpreted in many ways by councils. Let me try to explain how I see it:



Section 41 of the regulations to the Local Govt Act says that you can't have a sewage management facility unless the design (not the product) is accredited by NSW Health. There are however, three exceptions to the rule. Where the facility:

(a) is to be installed or constructed as a model for

the purposes of testing (this means in conjunction with a well-thought-out and paid-for testing regime), or

(b) is designed, and is to be constructed, by the owner or occupier of the premises on which it is to be installed, (i.e. you must provide drawings and build it yourself)

(c) is designed, by a person other than the owner or occupier of the premises on which it is to be installed, specifically and uniquely for those premises. (i.e. you can order one from me for your unique installation or adapt a set of plans that already exist on my website)

Lismore City Council and Kyogle Shire Council get the thumbs up for the most rational approach to approving compost toilets. Byron Shire has over-complicated things with another layer of bureaucracy that I'm not entirely sure is legal, and Tweed Shire and Richmond Valley Council are still in the dark ages, hopefully with a renaissance on the horizon.

Or you can just build your own 'God production facility' and leave it in the lap of the Gods. As long as it's done properly, God won't mind, but council will.

Stu runs Pooh Solutions compost toilets and consultancy, For more info check out: www.poohsolutions.com or call Stu on 0427-897-496.

Use of privet and making idols of nature

by Geoff Dawe

A friend described a situation of privet colonising land immediately alongside a creek and said, "How do you get rid of them?"

The first question is not how to get rid of them, but what is the land to be used for? My friend said it had no particular use so it could be reafforested. I suggested then that there was no good reason to remove the privet because it is holding soil in a creek wash-area and to remove it would be to endanger the soil, something that white fellas have surely had enough of. Privet generally is an understorey plant so is not a competitor for a treed canopy above it. That is, if it is wished, native trees can be planted in among it, or, one can merely wait for natural regeneration of native trees to occur; the situation is already perfect given existing conditions.

My friend said some native trees were already existent in the area. I suggested that one could examine how conditions had changed because of the privet and add other native plants, to the area of the privet and existing native trees, to take advantage of the new conditions provided by the privet. This examination might show that shade at ground level had increased more than if just the trees had existed, and, the privet could act as a stabiliser of shade tolerant *Lomandra Hysterix* if it was planted amidst the privet. Since this is a creek area, the chances of *Lomandra* seedlings being washed away in heavy rain conditions is reduced with the existence of the privet. The privet under these conditions can be seen not



only as a plant preventing movement of soil in a watercourse, but as an aid to regeneration of native *Lomandra*!

Plants and animals move worldwide primarily because of changing environmental conditions, particularly with soil and climate, in this period, largely caused by humans. There is nothing 'wrong' with plants and animals moving to areas where conditions are right for them. The privet in the watercourse is not the problem. It is merely doing its job. If there is a problem it is the comparative absence of native plants in the ecosystem and the problem is not fixed by removing the privet. Plants that are willing to take up positions in watercourses are particularly valued because they restrict water flow causing sediment and plant residues such as branches and leaves to be deposited, so that when the water retreats, organic matter has been laid down into which seeds

of plants have more chance of germinating. The name of the game in an environment of climate change and reducing soil organic matter, is to increase biomass worldwide.

Privet, even though it often colonises without a canopy, functions as an understorey plant. Given the huge workload the Euro-Australian culture gives itself, there is generally not energy to consider understorey whilst most of Australia remains without a native canopy. The abovementioned *Lomandra* planting is only recommended for people with concern for the overrunning of natives who feel they should do something directly to aid the native component.

At a level beyond that of the idolatrous relationship many people have with native species, nature has the environment in hand and always had; beyond the relationship where humans become rubber-kneed in the presence of a wild nature that humans feel markedly divorced from, is human separateness from its own natural abilities. Humans are able to sleep soundly on concrete floors or the ground without any form of mattress. Their feet will toughen automatically without the use of shoes. They are able to healthily consume protein without it coming from animal sources and to eat their food raw. They are also able to produce internal body heat with what is now a Yogic technique called g tummo. It is the loss of abilities such as these that contribute to the environment crisis and to perceived disfunctionalities in nature that in reality do not exist. Idolising nature is a means of putting off the need to re-member human natural abilities.

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PLANT OF THE MONTH



by Richard Burer

The Cabbage Tree Palm is quite the palm like the emblem of Australia. *Livistona spp* is widespread and common on the East Coast and adjoining ranges and in the desert gorges of the interior. Its fan of palm fronds extends out of the canopy gracefully reminding us of the beautiful vegetation of this fine land.

With a long history of human use, the eating of the growing heart of the palm is well documented. Aboriginal people also used the fronds for thatching and weaving.

Some years ago I went into the jungle of Timor with some friends and collected a large trailer-full to replace a roof of a dwelling of some elderly family members of

Cabbage tree palm *Livistona australis*

some friends. I was amazed at this resource and its availability and then the ease of the people to replace the roof and rely on the use of leaves to withstand the elements of this harsh climate, and it looks great too!

Growing up to 20m, this handsome palm is found in moist areas, often in rainforest, wetter Eucalyptus forest and swamp sclerophyll forest. Whilst it is more common on the coast, such as in Byron Bay, there are still remnants as individuals and small colonies in the Nimbin area. Stony Chute's Cabbage Tree Creek was reportedly a valley of cabbage tree palm and associated vegetation such as swamp box in times past, and remnant trees can still be spotted today. I've also seen large specimens at Mountaintop, Barkersvale and close to Nimbin village.

In the garden and on the farm, this is a good palm for most positions, but beware of the thorns on the stem of the palm frond. Growth rates are reasonable with moist rich, well-drained soil. Collect seed now and it should come up in a few months.

Nimbin Hospital Auxiliary fundraising helps patients

Nimbin Hospital Info

Immunisation Clinic

At Nimbin Hospital, second Tuesday of the month. Birth to five years. By appointment through Lismore Community Health, phone 6620 7687. Next clinic: 12th June



Womens Health Clinic

Nursing service, free and confidential. Every third Tuesday of the month. For appointment phone 6688 1401. Next clinic: 21st June.

Nimbin Community Nurses

At Nimbin Hospital Monday-Friday. Assessment, referral, advocacy, treatment (home visits) and palliative care in the home. Phone 6689 1288, leave a message. We return calls ASAP. Also assessment for Aged Care packages.

Physiotherapy at Nimbin Hospital

We do not have a physio at present.

The Nimbin Hospital Auxiliary is looking for new members to assist with its fund-raising activities. The funds are used to provide items that provide safety and comfort for patients.

The Auxiliary has raised more than \$30,500 for equipment over the past two years.

Purchases have included: a recliner chair, air mattresses, a centrifuge, blanket warmer, shower chairs, portable oxygen concentrator, low beds, three wheelchairs, temperature and blood pressure recording equipment and a television set.

The funds were raised by selling raffle tickets in the community, with a monthly prize of \$100 in vouchers redeemable at nominated Nimbin businesses. Hospital staff also assisted by organising garage sales, trivia nights and their own raffles within the hospital.

The Auxiliary meets in the hospital's Conference Room at 10am on the second Friday of each month. For further info, contact the secretary Mrs Lola Johnston on 6689 1370.

The Auxiliary would like to thank the community for its continuing support.



Mums 'n' Bubs Month



by Kirrah Holborn
B. ClinSc (complementary medicine)
Traditional Wisdom

Holly & Zehra and their babes

Have you ever wondered what happens behind the colourful doors of Birth and Beyond?

Well, on Friday mornings, pregnant women and mums 'n' bubs meet to share stories and information. We sit on cushions in a circle and have a topic for the morning that we delve into. Sometimes birth stories are shared, at other times, guest speakers come in to share their knowledge and there are always interesting conversations about pregnancy, birth or parenting.

If you haven't yet been to the beautiful birth and beyond space, now is the time to pop in and say hi. It is a casual get together and everyone is welcome. Babies love meeting other babies too!

I think that it's important to make time to connect with other like-minded people. Sometimes we can hide away in the hills and feel like we are the only ones doing what we're doing. Having a beautiful communal space, like Birth & Beyond, allows us to get-together and realise that others are having similar experiences. By sharing our collective wisdom, we can gain insight and perspective on issues that come up in our lives. It's worth making the effort to get out and connect with other community members.

If you're looking for some reading to do through these cooler months, come and check out the Birth and Beyond library. We have been very lucky to inherit some pre-loved books from Lisa

and Anna. These have been added to our growing collection of pregnancy, birth, breastfeeding and parenting books available for loan.

I am now holding regular birth preparation weekend intensives. Birthing From Within birth classes offer a unique way to help people emotionally prepare for birth. During the course people increase their confidence, deepen their understanding and awaken their intuition. It brings couples closer together and allows them to feel more ready for their journey ahead.

The next local course will be held over the weekend of 16th/17th June. Check out www.traditionalwisdom.com.au for more details.

With the chilliness of winter upon us, Birth and Beyond now meets a little later. We start at 11am every Friday. The whole month of June has been dedicated to mums 'n' bubs. Bring your babies and connect with other mamas in the area.

Birth & Beyond June Schedule

8th June: Baby wearing
15th June: Co-sleeping
22nd June: Baby-led weaning
29th June: *What Babies Want* DVD
6th July: Attachment Parenting

Nimbin Birth & Beyond meets every Friday from 11am to 12.30pm. Sessions are run by donation. For more information phone 0429-308-851 or email: kirrah@traditionalwisdom.com.au To be added to the mailing list, just send an email or text.

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The Green Bank is an exciting new centre for healthy lifestyles in the Nimbin area. Located at 1/39 Cullen St (opposite the Nimbin Visitors Centre), the Green Bank merges a stylish retail space stocking ethical and sustainable health and lifestyle products, with a new venue for the healing arts. With an emphasis on the individual, our practitioners offer healing for the body, mind and soul. We are proud to introduce our team of practitioners to you.

Dr Jacqueline Boustany MBBS. Dip Paeds. MPH. Medicine Woman
Jacqui explores feeling Realisation in emotional health.

Moment to moment mindfulness of the body allows emotional mastery and higher self realisation. This direct communication with the unconscious provides a much-ignored avenue for healing the body and the mind. I am thoroughly honoured to be facilitating this process, when we can actively listen to your deeper needs and formulate a holistic health plan together. This may also include biochemical, nutritional and hormonal analysis, psychological strategies and medical treatment.

Jacqui is consulting from the Green Bank healing space on Mondays, between 9.30am and 3pm. Initial consultation requires payment of \$120, with Medicare rebate available of about \$100, for a one-hour consultation.

Tina Featherfoot

The treatment you will receive with Tina will take you on a journey to the core of your being. Tina has extensive training and experience in the field of KaHuna, Lomi

Lomi, Reiki and Pranic healing, combined with her deep love for Mother Earth and the rhythmic cycles of our lives. Tina will work intuitively with you to invoke healing and deep release from within. She works on the physical, mental, emotional and spiritual bodies, to co-create wellness. Also specialising in pregnancy massage and deep women's issues. Gift vouchers are available.

Tina is available on Tuesdays at the Green Bank, as well as for home visits.

Vanessa Myles-Taig

Vanessa has been working as a clinical psychologist in Nimbin since 2006, and with the Mid Richmond Neighbourhood Centre and Byron Youth Service prior to this. She has extensive experience in working with children, teenagers and families, in addition to providing individual psychological evaluation and support. She loves living in Nimbin, and providing an eclectic and arguably eccentric range of individually-tailored services, creatively, sensitively and intelligently designing better outcomes with anyone brave and cool enough to participate in therapy.

Vanessa is consulting from the Green Bank on Wednesdays and Fridays between 9am and 1pm. Medicare and health fund rebates available.

Zuela Christie

Polarity Therapy is a gentle, respectful form of hands-on bodywork that will help to bring the body, mind and soul into harmony. Zuela works directly with the energy circuitry, releasing energy blocks to restore the self-healing process. She works wholly in vibrational medicine, supporting Polarity Therapy with Australian Bush Flower Essences. This service is \$40 per hour, and a full general balance initially takes two to three hours.

Zuela shares her skills from the Green Bank healing space, on Wednesday and Friday afternoons from 1.30pm.

Kylie Cain

Kylie's gift to you is 16-years' experience as an intuitive energetic and body worker. Offering sessions of one-and-a-half hours, Kylie pampers your entire body in a massage purely for relaxation, or deeper for remedial or maintenance work. Kylie is also a gifted Reiki practitioner of many years' experience. A treatment with Kylie eases muscle tension in your body, restores balance to your mind and nurtures your spirit, releasing old patterns that no longer serve you.

A full-body massage costs \$80, and Reiki sessions are by donation. Or try one of her total pamper packages of a full-body scrub, mud wrap, mini facial, finished with a massage, this experience incorporates her signature range of Naturally Nourished organic skincare products and is a two-hour treatment costing \$100.

Kylie is working from the Green Bank on Thursdays, from 9.30am until late. Gift vouchers are available.

Anne Walker Dip AROM CertIV RM Cert RFLX

Anne has extensive training and experience working with Aromatherapy, remedial and relaxation massage, and reflexology. An aromatherapy massage is a deeply relaxing and meditative experience, which uses an individual blend of essential oils and specific relaxation massage techniques, to benefit the entire body and mind. Reflexology is a non-invasive way to help treat many acute and chronic health conditions, using pressure point techniques on the feet. As a trained therapist, Anne also offers massage for relaxation, or remedial, to benefit stress, tension, aches and pains, tight and stiff muscles and joints, headaches, blood pressure issues, nerves, anxiety... the list is endless.

Treatments range in price from \$55 for a one-hour massage or reflexology session, through to a full body, one and a half hour aromatherapy massage for \$95. Or why

not enjoy an aromatherapy facial and foot massage for \$75. Gift vouchers are available for that special someone.

Anne works her magic from the Green Bank healing space on Saturday afternoons from 1.30pm, and is available for home visits also. Anne's range of aromatherapy products is also available at the Green Bank, and includes nit treatments, personal and room deodorisers.

Manu

Manu's interest lies in the Shiva Process. Through techniques of the Shiva Process meditations and conversation, you can uncover unconscious patterns that create disempowerment. The process helps you dissolve the inner obstacles that arise and will help you meet the challenges of all aspects of life – relationships, career and health. It reveals the empowering thoughts and feelings that lead to greater energy, strength and love, and directs the mind to the inner Self.

The Shiva Process helps you to:

- Ask empowering questions
- Identify your true feelings
- Uncover the reasons behind your blocks
- Eliminate negative thoughts
- Communicate with truth and compassion
- Build the confidence to achieve personal goals and success.

Additionally, Manu offers deep tissue and myofascial release. To experience either of the above, book with Manu on Saturdays, between 9am and 1pm.

So why not take some time out to sample the Green Bank experience. Sip a complementary cup of Tea Medica tea while you browse the wares on offer. Kids are welcome, and catered for with a kids' corner where the littlies can draw a masterpiece or enter a fantasy realm with our resident tree house. The Green Bank is open Monday to Saturday, and is contactable by phone on 6689-1881 or email: thegreenbanknimbin@gmail.com

The potency of dreams

by Dr Elizabeth McCardell
M Counselling, PhD



Elements of dreams are wise. They bring abiding problems into useful, albeit often odd focus and give us insight and sometimes a solution.

Dreams are potent and sometimes portentful, that is, they practically foretell how something will turn out. I say this advisedly, for I don't want to argue for a fatalistic position. I do intend to say that dreams graphically illustrate where things psychological may be headed. Dream elements are usually multifaceted, however, and so the dreamscape provides other ways, other paths, that can be chosen instead of a single inevitable direction.

Dreams are creative and sometimes provide an understanding that was not previously there. I'm thinking

here of the discoverer of the chemical structure of the benzene ring, Friedrich August Kekulé (1824-1896), who dreamed of the structure as like the form of the ouroboros, the serpent or dragon consuming its own tail.

Of course he had to translate what he saw in the dream into a chemical language. Others dreaming of the ouroboros would interpret their dream differently. Here we recognize that there isn't a single way of understanding dream images. This is an important point, and one I

shall develop further on.

Carl Jung, the Swiss 20th Century analytical psychologist, placed a great deal of emphasis upon dreams and their interpretations. It is unfortunate that his ideas spawned a great library of populist dream dictionaries and an idea that dream symbolism has a one-to-one correspondence to otherwise hidden meanings. I don't believe he intended that. I've read a lot of his writing over the years, having studied at the Jung Institute in Zurich, Switzerland and in Australia with some of the foremost Jungians around, and I don't think he meant for this simplistic approach to understanding dreams to dominate how we work with them. Jung was a curious man, and I mean this in both senses. The way his mind worked was often quite subtle. He was a pioneer in a realm

that seemed quite mystical at times, as he sought a firm footing in a mind-space that was less than sure.

In my youth I went along with the idea that symbols did have a one-to-one correspondence with meanings; these days, however, I more willingly enter the darkness that Jung, I believe, fumbled around in as well. I go into unknowing. In a session with a client, we worked on a dream of hers where there was an unusual body of water that had a small wave that followed at the same speed moving vehicles driving along beside it. I initiated a therapeutic conversation with her taking the part of the body of water, personifying it, and I asking questions of it, of her.

We discovered that the answer to one of the problems brought to the session was similar to how the body of water saw itself: it just was. It had no emotional stickiness, it was neutral and simply followed. It wasn't because of pressure nor direction

from others, it was because it was. This clarified much for me and I was able to offer guidance towards letting go, letting be, rather than resisting with fears of what might be. The dream image was wise. Had I stuck with a dream dictionary interpretation I would have got sidetracked, led down a drainway slopping over with ideas of water bodies representing "the unconscious" and I would have missed entirely the central truth that this was not a threatening water; it was benign.

Reading the ouroboros, as I've noted, as a benzene ring, and not as a serpent eating its own tail, or a symbol of eternity, or the soul of the world, or he who lacks nothing, or any of the other meanings, gets its meaning from what is required by the person evoking it in a dream. This is where dreams become really useful. They bring focus to the actual situation of the dreamer; they are not, I believe, to be usefully

used to lead the person away from themselves (as seeking meaning for actual truths via a dictionary). I am interested in actual meanings, actual psychological truths pertinent to right now. This is why I often ask my clients to keep a dream journal so that we can more clearly see what's going on, how we might uniquely understand it, and also be equipped – through that dream wisdom – to organize how and where to go next in the therapeutic journey.

Darkness gives rise to the dream and it is in darkness that we can return in order to bring intuitive understanding to what is only partially understood; intuitive understanding that can change how we live from now on, but only if we speak directly to the dream and not stand back and poke at it with the utensils of a manual. The richness of possibility, of pertinence and potency to the dreamer is in finding personal meaningfulness. That's where the work has to be.

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On 5 May, people around the world joined in solidarity for Climate Impacts Day in order to connect the dots between climate change and extreme weather. One such place was this year's Mardi Grass in Nimbin. For pictures from other parts of the world, visit: www.climatedots.org

Talking Tea with Rebecca Ryall

Ginkgo Biloba

Ginkgo Biloba is one of the oldest known plants on earth. It has no living relatives, can live as long as 1,000 years and grows to a height of 120 feet – all good clues as to this plant's clinical applications. This is a herb for ageing, and for the conditions associated with ageing and poor circulation.

Conditions which relate to blockages and hardening of blood vessels, such as Raynaud's phenomenon (a condition causing extreme pain in the hands and feet after exposure to the cold), intermittent claudication (which causes extreme pain in the legs when walking), formation of blood clots and general restriction of blood flow, may benefit from the action of the terpanoids found in Ginkgo Biloba.

Some eye diseases, which are related to circulation to the eyes, may also be improved – such as glaucoma, and age-related macular degeneration. Ears also, are impacted on through the use of ginkgo, with improvements in cases of tinnitus, vertigo, cochlear



deafness and other hearing and balance disorders.

Ginkgo Biloba has long been studied for its effect on sufferers of Alzheimer's disease and vascular dementia. Research has focused on improvements in thinking, learning and memory, as well as improved social behaviour, and participation in activities of daily living. It has also been observed to be of benefit in the depression associated with these, and other age-related cognitive disorders.

Whilst ginkgo is mainly used to treat conditions of ageing, it has also been

reported to show improved memory and speed of mental processing, when taken by healthy and younger individuals.

All of the above information relates to using the leaves of the Ginkgo Biloba plant. Some sources also provide information about the uses of the seeds, but these have vastly different constituents, and fresh seeds are incredibly toxic, whilst the dried seeds, if taken in excess, can cause breathing difficulties, loss of consciousness and seizures – definitely not recommended for the home herbalist!

Ginkgo works by dilating the blood vessels and reducing the stickiness of the blood's platelets – it's a blood thinner. Therefore, if you take any regular prescription medication, you are strongly recommended to speak to your pharmacist regarding any potential drug interactions. Also, anyone awaiting surgery or dental work should avoid ginkgo prior to any procedures, due to a risk of excessive bleeding.

Ginkgo Biloba is an ingredient in Tea Medica's Focus Blend, an invigorating blend of herbs to help with learning, memory and clarity of thought.

The Tea Medica dispensary is located at The Green Bank, at 1/39 Cullen St Nimbin, and is open six days. Come and sample a complementary Tea Medica tea, discuss a custom blend, check out the stylish teaware and our ever-expanding range of ethical and sustainable health and lifestyle products.

Breathe in consciousness

by Zuela Christie

"Every life is but the relationship of the unit to its Source." – **Dr Randolph Stone, Founder of Polarity Therapy.**

The Polarity Principle is the creating law of Nature that governs the flow of energy and thus the expression of all Life.

The Chinese call the Source, the Tao; and the polar opposites which enable movement from the Tao and back to it, Yin and Yang.

Energy flows from its Source outward via a positive, electro yang expression; and returns inward via a negative, magnetic yin attraction. It is the Source which generates these polarities which underpin all Creation. If there were no opposing forces, such as high and low, day and night, front and back, active and passive – there would be no movement and no life forms. Establishing balance between the opposing forces is vital for Life's full, healthy expression. This triune nature of Tao, Yin and Yang or neutral, positive and negative is the Way of all created things, and that which is referred to in Christianity as the Holy Trinity.

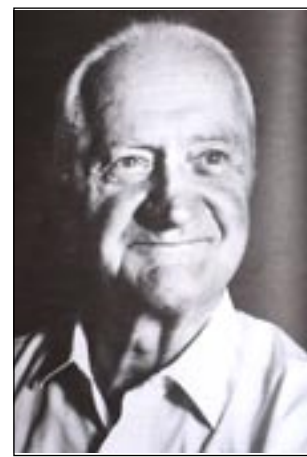
With the Venus Transit of the sun on June 6 in Gemini, and other astrological configurations around this time – the current climate is all about the reconciling of opposites within us. Containing and embracing our inner polarities is one of the most human experiences of all, and each one of us will be influenced differently. Very powerful energies are being released to enable transformation – for the masculine and feminine principles within us to harmonize. Past hurt, resentment and built-up frustrations will bubble up to the surface for clearing. It may be crunch time for negative habits and compulsions, but the energy is bringing with it a new way of being. The conflict between good and evil, between love and hate will be exposed to be confronted and released; then the void can be filled with a higher form of Love.

Life's loving intelligence is what created us in the first place and that alone which can heal us in the present moment. Human life is the soul's journey into matter and its expression through the mind and senses. It is a sea of pulsating centers, fields and pathways. If there is a block to the free flow of energy anywhere in the body, everywhere else will be affected. The intention of Polarity Therapy is to free trapped energy and thus to enable the soul to continue its journey of involution into matter (to fully incarnate); and evolution back to spirit.

This hands-on healing approach works with three crucial levels of energy – the energy field itself; the nervous system; and the body structure.

Einstein was able to open the Western mind to the fact that all energy is matter vibrating at a relatively slow rate that gives rise to a dense form that can be seen by the human eye.

In the human body, the Chakra System embodies the conscious energies which step



Dr Randolph Stone

themselves down to create human life. Each chakra vibrates at a lower rate than the one above it. These spinning vortices act like two-way electrical transformers, stepping down the rate of vibration of each centre into the lowering intensity of the elements, or up into the higher realms of spiritual essence. The chakras receive, store and transmit information – they translate the blueprint of who we are and emit it via their currents into the nervous and endocrine (glandular) systems – and from there into each

and every cell in the human body.

The chakras carry with them memories from past lives which can affect the way we handle incoming data in this life. They each govern a particular sphere of mental, emotional and physical activity. According to their frequency, they resonate with different colours, sounds, crystals, flower essences, homeopathy, and other forms of vibrational medicine – and can be influenced by them for healing through the Law of Resonance. Energy vibrating quickly gives rise to lighter forms, though energy always follows the same basic principles throughout Nature. The Polarity Principle pulsates Life everywhere. Polar opposites, being the complimentary forces that enable function, are parts of a whole. They are not actually separate entities. They describe relative aspects of the same phenomenon. They enable totality.

The universe itself is one almighty breath of expansion and contraction. The act of breathing is a vehicle for oxygen, which is a vehicle for prana (or life-force), which is the vehicle for consciousness. Prana is the vital essence we need from our food, air and water. It is the true nourishment for each and every cell.

"It cannot be stored, but must be gathered anew, every morning and every moment, with every breath. It is the radiant energy which keeps the body buoyant, vigorous and healthy."

– Dr Randolph Stone

The Sanskrit words, Ida and Pingala, represented by the two intertwining serpents of the caduceus currents (as in the hermetic symbol for medicine) are the two major pranic or breath currents in the body. They meet and change polarity in each of the chakras below the brow centre, activating them with their life-giving forces.

Poor health results when the body's energetic intelligence and life breaths are impeded. The body then behaves in an unintelligent, counterproductive and sabotaging way. A sick body is a body starving for its life-force.

The central core energy pulsations of the human body are the pranic life breaths that create, sustain and transform human life. It is this loving, intelligent conscious energy that can restore our health and happiness once we have become unbalanced.

We can consciously breathe in consciousness.

Zuela Christie is a Polarity Therapist working at The Green Bank.

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"First, do no harm."



Business on the move

After 16 years, Nimbin Building Materials is moving from its original home at the Recycling Centre to the Nimbin Mill Farm, 50 Gungah Road.

Proprietor Andy Kindermann said, "I established the business from scratch here with a \$5000 loan from my brother-in-law, back in July 1996."

"I'm looking forward to the move – it's a good spot over there," he said, adding that great specials are on offer during the transition period in June.

The last day of trading at the Recycling Centre will be Wednesday 27th June.

Trading hours at the Mill Farm will be extended to: Mon-Fri 8am-4pm; Sat 8am-noon. It will have improved loading facilities for sand and gravel, and an increased range of hardware.

The Mill Farm's popular range of produce will also be maintained, which includes animal feeds, hay and mulch, potting mixes, fertilizers and composts, and a new range of plants in the new nursery.

The wide range of building materials available includes flooring, decking, weatherboards, pine framing, lining boards, hardwood sawn, hardwoods kiln-dried and dressed, architraving and skirting, windows, doors (new seconds and new), roofing, guttering, PVC pipes, steel, landscaping timber, cement, and lots more.

The business' customers and friends are invited to celebrate with Andy, Gunter and Darren at the Grand Opening at the Mill Farm on Saturday 30th June, from 8am.

Bowen Therapy and water

by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranice Healer, Advanced Cell Electrolgy Kinesiology

I remember a time, before we realised we might run out of this precious fluid that is water, when actually drinking it was potentially an unattractive subject.

"You need to drink more water, your body is quite dehydrated," I would state tentatively to clients in my clinic, knowing full well that such a request might just be enough to send them away to another therapist who was more compliant with their lifestyle.

Inevitably their eyes would glaze over with boredom, or else I would be speared with a furious and willful glare, as though I had just sentenced them to a life time of heinous torture.

"I loathe water! It tastes terrible! I drink copious amounts of tea, coffee beer and wine, etc. That's more than enough water for me," was the usual and often sniffy reply while they surreptitiously checked my certificates on the wall to make sure I definitely was not one of those airy fairy, hippy people that practice witch doctory.

Patient explanations of why we need to drink plain old water to stay healthy, usually falls on deaf ears, particularly the ears of the elder and supposedly wiser, who might answer with a self satisfied air.

"My grand-dad was a ringer, Northern Queensland. Lucky if they got a cup of water a day out there. Bred em tough, then. They didn't need water. But take away their cuppa and you'd see some fighting in the ranks."

These and similar stories are usually related with a self satisfied undertone that is supposed to put me and the rest of us soft-winged marionettes back in our silk velvet music boxes.

The fact that grand-dad had skin with which one could safely cover a saddle that has a thirty year guarantee, and

died at 55 from breaking a calcified and crumbling hip, causing him to fall from his horse into the path of stampeding cattle, apparently has little to do with whether or not we drink water.

Well, I can be as self righteous as any elder so decided to embark on a little experiment that shows why plain water rules.

My experiment involved 12 plastic phials thoroughly washed in distilled water and 12 nasturtium leaves of similar age and size.

I could have used white rats with snorkels but the fairy queen was reluctant to relinquish her teams of pair four and green plants have a chlorophyll type blood that is very similar to human blood apart from one atom, which you can check on the web.

Into each of the phials, one fluid per phial, went cask white wine, a good shiraz, a good sauvignon blanc, a popular beer, instant and also perked, ground coffee, ordinary black and green tea, c-cola, tap, rain and ground water.

On Monday 21st May at 9am the phials, carefully documented and labelled, were placed in a cool and shaded spot on the verandah.

The results have left me staggering with confusion. True to form, the nasturtium leaves in all the wine and the beer phials were suitably demised within 24 hours. The tea and coffee nasturtiums were still vaguely upright at 48 hrs, although they looked as though a botox treatment might be in order. By Saturday 27th May, they looked very crook.

All three water babies were still healthy, although interestingly enough, the groundwater nasturtium was looking a little yellow. So far, all results were happily proving my hypothesis that water is best.

Except for the c-cola. Ordinary, rot your teeth and bones, cleans blood stains off the pavement and needs to be transported in toxic hazard containers – c-cola. The nasturtium leaf loved it! By 27th May, this leaf

looked like it had been given a full face lift, plus a nip and tuck on the difficult to get at saggy bits. Its bloom of green good health was absolutely iridescent.

It had absorbed all the coke, so I took it out of the phial. As I write this on the 30th May, it is still green and relatively healthy, although beginning to feel a tad limp to the touch. It has not seen a drop of liquid for four days.

I frantically searched the web. C-cola has a ph around about 2.8, which says it is acid to the extreme. Nasturtiums thrive in soil between ph 6.3 and 7.2. Healthy human blood is about ph 7.3

What is this?! Have I unwittingly found the Holy Grail? The secret to immortality? Is Masaru Emoto's theory correct? That because so many people the world over love c-cola, our thoughts have turned it into a super juice?

I smack my lips with greed as I mentally create the marketing blurb and count the dollar return.

"Soak your feet for five days in the Cola Clean foot spa with arch support and you will live forever. Buy in the next ten minutes and receive a new set of toenails for free."

My more humble friend is talking of using it as a garden fertilizer, so any written input to the GoodTimes from the public as to this scientific conundrum would be gratefully received.

Back to our old friend,



water. The body is made up of about 70% water. Even bones need 8% water, or they are inclined to break like a dead branch on a green tree.

Dehydration causes tissue to stick to flesh which brings potential injury and disease because the poisons can't leave and the good stuff can't get in. Tea coffee, soft drink and alcohol dehydrate the body.

We lose about three litres of fluid a day during normal bodily functions and it needs to be replaced, daily.

Raw fruit and vegetables contain up to 95% water, meat and fish up to 70%, but much of that is lost during the cooking process.

So, in order to stay young without having to spend thousands of dollars on my fabulous foot spa, drink water: about 6.5 large glasses per day.

Add a splash of fresh lemon juice and a sprig of mint and you will love it.

I am in clinic in Nimbin Tuesdays and Saturdays. Bowen Therapy is very efficient at alleviating sore backs, shoulders, necks and limbs and increasing a feeling of wellbeing throughout the body and mind. Phone for an appointment on 6689-0240 or mobile 0439-794-420.

Cook's Corner with Carolynne



Chocolate Fudge Brownies

This recipe is based on one by Jamie Oliver, and makes a great dessert.

Ingredients

250g unsalted butter
200g dark chocolate (70% cocoa)
150g sour cherries
150g chopped nuts (optional)
80g cocoa powder
65g plain flour, sifted
tsp baking powder
350g caster sugar
4 large free-range eggs
zest of one orange

Method

Pre-heat oven to 180°C. Line 30cm regular baking tin with greaseproof paper. Melt butter and chocolate in basin over hot water, stirring until smooth. Add cherries and nuts.



In a separate bowl, sift and mix together cocoa powder, flour, baking powder and sugar, then fold into butter and chocolate mixture. Beat eggs until silky and add.

Pour mix into baking tray and bake for 25 minutes – do not over-bake. Allow to cool in tray before cutting into 3" squares.

"Til next month enjoy, Carolynne.

For information call Carolynne at the Coffee House Nimbin, phone 6689-0590.

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