



THE NIMBIN GOOD TIMES

FREE

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Watch yourself...

by Alex Charles

The incidence of drink spiking is on the increase around the country, and Nimbin is no exception.

It is estimated that between 3,000 and 4,000 cases of drink spiking occur in Australia every year, the vast majority of cases not being reported to the police. The Australian Institute of Criminology reports from a national investigation that 4 out of 5 victims are female, with 20 to 30 per cent of reported cases involving sexual assault. Spiking may also occur with men as test subjects for the drug, offering the offender less chance of being caught.

Drink spiking in general is equally as likely to be perpetrated by a stranger as by a known acquaintance, whereas incidents involving sexual assault are more likely to occur with a known offender. Drink spiking is not necessarily confined to licensed premises, and may occur at parties, doofs or any social get-together.

Drink spiking substances include prescription drugs such as benzodiazepines, barbiturates and

muscle relaxants such as Serapax, Valium and Rohypnol, whereas illicit drugs such as ecstasy, LSD and GHB and special K or ketamine have been known to be used.



Byron Peace Carnival Spectacular

Byron Bay is to host a three-day Peace Carnival in September and organisers expect up to 10,000 people to attend the event.

Skydivers will fly in from 7,000 feet with a spectacular 20-metre 'dove of peace' flag to herald the start of the Carnival's signature event, a colourful street parade on Sunday 18 September.

A live webcast of international peacemakers from around the globe will also be projected onto big screens for the crowd and images of the event will be beamed out to the world on the internet.

Spokesman, Paul Joseph said this cutting edge use of internet technology gives Byron Bay's local event real global significance.

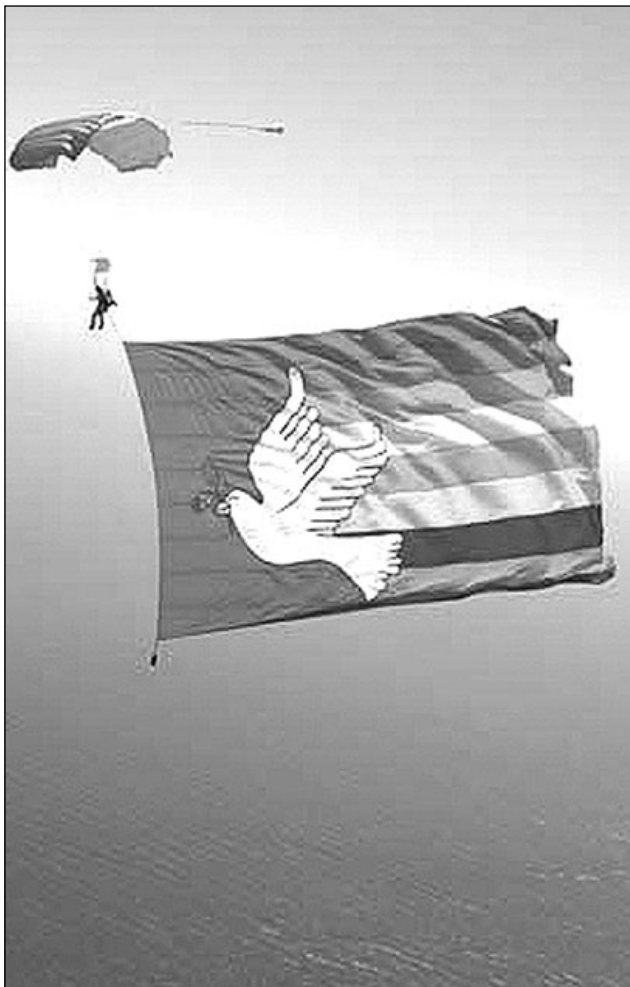
Australian actor Jack Thompson will speak and the final scene of a new film about reconciliation that he is narrating will be shot at the event.

The carnival begins with the "Peace Lovers Moon Dance" at the A&I Hall in Bangalow on September 16 where the new Byron Peace Carnival CD will be launched and contributing artists will showcase their works.

A major feature of the event is the installation of the World Peace Flame (WPF) – a permanent flame of peace that will burn eternally, on display in Byron Bay's Community Centre. Plans are underway for a 'light spectacular' to welcome the flame to the region with a candle-lit procession and indigenous ceremonies taking place at sunset on the night of September 17.

This will be followed by an all night prayer vigil that includes a multi – denominational lighting of the flames ceremony, affirming the spirit of peace.

On September 18 international peacemakers carrying a World Peace Flame torch will lead a colourful parade with singers, drummers, and hundreds of rainbow peace



flags through the streets of Byron Bay. The parade leads to the Butler St Peace Park where there will be music, peace talks, market stalls and festive activities that express the culture of peace that has flourished in this region.

The Byron Peace Carnival will also incorporate community forums including the Thursday Plantation sculpture exhibition opening and will link to the opening ceremony of Earthdance 2005 from California with possibly a live address to Byron by Michael Franti. Paul Joseph said he hopes this new family event will re-brand the nature of peace activism in the area.

"The northern rivers region has had 35 years of peace in action", he said. "But it is time our community now became a modern living example of peaceful relating. We want to inspire the rest of the world with the joy of a thriving culture of peace."

For more information on the event please call Paul Joseph on 6684 7579 or visit www.byronpeacecarnival.com

Drink spiking dangers

by Mandie Hale

Have you ever woken up feeling uncomfortable and disorientated, with memory blanks about the night before?

Have you felt intoxicated and confused even though you know you didn't drink any more than usual?

Have you felt sick or dizzy after having a drink?

Has there been a time when you've woken up with something feeling not right about your clothes or your body, and suspect that you've been sexually assaulted but just can't remember?

It may be that your drink has been spiked, and drink spiking can leave you at risk of sexual assault.

Sexual assaults have been

happening to women in Nimbin, and it is thought that drink spiking may have been involved in some cases. If it has happened to you, please talk to someone about it. There is help and support out there.

It's hard to deal with something that you aren't even sure happened, but there are some things you can do.

As some of the drugs used by drink spikers pass quickly out of the body, a urine test needs to be done within 24 hours if you want to know if you were drugged.

If you think you were sexually assaulted and want to preserve the evidence, get a medical examination before you wash.

And most importantly, don't

bottle it up; you can talk to the following people:

Rape Crisis Centre: 6247-2525

Lismore Sexual Assault Service: 6621-8000 (24 hours) or 6620-2970 (business hours)

NNIC Welfare Workers: 6689-1692

We need to stop this disgusting crime happening. Talk to your friends about what's happening and look out for each other. If you know someone this has happened to, support her to get help.

If it has happened to you, you're not to blame. No-one deserves to be abused in this way. If you feel able, report it to police. Nimbin Police: 6689-1244

How to avoid drink spiking:

- Don't accept drinks from strangers.
- Don't leave drinks unattended.
- If you're unsure about your drink, leave it.
- If you feel dizzy or unwell, ask someone you trust to take you to a safe place. If you're by yourself ask the bar staff for help.
- Don't go home with a stranger.
- Watch out for your friends. If anyone seems disoriented, keep an eye on them. If a friend collapses, call an ambulance or get them to hospital straight away, and don't leave them alone.
- Be aware of the effects of drinking a

spiked drink. These include dizziness, vomiting, loss of coordination and slurred speech, muscle spasms, difficulty breathing, lowered inhibitions.

- Don't think that someone can just sleep it off. Some drugs such as GHB are very nasty and can even cause death.

To be safer, be aware of how much you are drinking, sometimes we can underestimat how much we've been drinking, and the effect it's having. Also mixing alcohol with other drugs can increase the speed at which you can get drunk, or may increase your chances of passing out.

Inside:



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