

Jatropha – the Bio Diesel Tree

by Wayne Wadsworth

We have used approximately half the world oil reserves, what's left will be far more difficult and expensive to recover. Price hikes in fuel costs are inevitable as demand increases and supply decreases.

Fossil fuels are also largely responsible for our rapidly increasing Greenhouse problems. A major depression may see fossil fuels last longer than current predictions but other imperatives such as the Greenhouse effect and land and water degradation, demand that we take early action to head off a rapidly looming global ecological collapse.

Oil and coal have very high embodied energy values, as do some high seed bearing trees such as Jatropha, Oil Palm and Moringa. In particular, the Jatropha tree has the capacity to grow on tropical and sub tropical marginal, poisoned and degraded land, producing large volumes of Bio Diesel while taking up carbon in the atmosphere, making the plant eligible for carbon credits.



Energy efficiency

Water and land required to grow bio fuels can often exceed the net value of the fuel when it is used. In other words more energy and water has been used to make the fuel than you get back making it a net energy loser. However plants are very efficient solar collectors for converting solar energy into usable solid and liquid fuels. The key is to find plants that can grow on marginal wastelands that produce large amounts of Bio mass and Bio fuel.

The Jatropha tree is such a candidate, because it:

- Helps restore soil fertility.
- Provides glycerine for soaps and cosmetics.
- Combats desertification and sand encroachment.
- Grows on marginal sub

tropical and tropical lands.

- Requires minimal water and will grow in areas of low rainfall.
- Provides organic fertiliser as a by-product of Bio Diesel production.
- Grows on land that has been exhausted by overuse and chemical poisoning.
- Provides fuel close to where it is used, especially for remote rural communities.
- Has very high quality Bio Diesel with minimum energy input for converting seed to oil.
- Produces 2 to 9 tons of seed per hectare per year, depending on soil fertility and irrigation.
- Can be used in alley cropping for crop farming, protecting soil from wind and water erosion.
- Has transportable refinery

technology capable of producing 22,000 litres of Bio Diesel per day.
• Provides local employment for planting, maintaining, collecting and processing seeds for Bio Diesel!

The Jatropha Plant

The Jatropha tree is a bush-like tree up to 5 metres high. It has a life span of about 50 years and grows on tropical and sub tropical sandy or clay loam soils. Jatropha can handle marginal, saline and polluted land. Jatropha is not heavy frost tolerant, although it can survive light frost and cool night time temperatures. It is highly heat and drought resistant.

The Jatropha tree seems to have originated in Mexico and spread around many tropical and subtropical countries by sailors and travellers. It is quite common in Africa, Asia and the Indian continent. It has traditionally been used as a hedge plant to keep large animals enclosed and to keep animals out of agricultural crop areas. The leaves are not eaten by animals, making it a good plant for live fencing.

Jatropha has also been used medically for skin disorders. It requires a minimum of

300mm of rainfall with higher rainfall or irrigation producing larger yields. Jatropha has a deep root system making it the ideal plant for alley cropping to protect soil and crops such as cotton, hemp, canola, corn etc. Planted in rows 20 metre apart and at 2 metre centres would supply a crop farmer with 1000 trees per hectare and a biodiesel crop of 1000 to 1500 litres per hectare, + organic fertiliser + organic glycerine for cosmetics and soaps..

Growing and Processing Jatropha Seed

Jatropha can be direct seeded into soil, grown from seeds in nurseries or grown easily from cuttings. The plant starts producing seeds after the first year and reaches full production after about three years. D1 Oils has mobile biodiesel plants capable of processing 8 million litres of biodiesel per year. These biodiesel plants run on the biodiesel produced on site making the plants very versatile and highly suited for localised production of biodiesel.

D1 Oils plc has carried out detailed analysis for Jatropha supplying Bio Diesel to EEC countries. The Jatropha

biodiesel meets the EN14214 standard for use as a pure or blended automotive fuel for diesel engines.

The President of India, A. P. J. Abdul Kalan is supporting the planting of up to 5 Million hectares of Jatropha on marginal Indian land to supply 20% of the country's diesel needs.

Growing Bio fuels

There is not enough land on earth to grow fuel at the rate of which we currently use it. Indeed developing sustainable cities and farms will demand that we use public transport, bikes and micro electric vehicles in large cities and Tree diesel for moving heavy vehicles and farm machinery.

Tree diesel could and should be grown on farms, thereby supplying farmers with fuel for their own machinery and fuel to sell for heavy transport use. Tree diesel can also play a key part in protecting soil and lowering the water table to stop land salinity while giving a healthy return to the farmer.

For more information contact me at Sustainable Cities & Farms, email: wadzyone@yahoo.com.au or phone 0417-841-057

Have you seen this giant dragonfly? (*Petalura Gigantea*)

By Chris Herden

190 million years ago, enormous dragonflies lived in swamps and bogs on the ancient continents including Gondwana. Their fossil remains, readily recognisable by a unique wing formation, have been found at sites in Europe and the former USSR.

The dinosaurs came and went, mammals radiated, birds discovered flight and plants invented flowers. On swamps and bogs across the newly-formed continents of America, Eurasia and Australasia the Petaluridae family of giant dragonflies lived on. Today the family is much reduced in range but essentially unchanged in form and habit from those early days.

Nine widely scattered species survive: four in Australia, one in New Zealand, one in Chile, two in North America and one in Japan.

Of the Australian species, two live in the rainforests of north

Queensland and one inhabits bogs near Perth. But the best-known species in the whole family, *Petalura gigantea*, is found in NSW along the eastern seaboard and there have been reported sightings in our local area, Nightcap Park and Fraser Island. With a wing-span of just under 140mm, a body as thick as a finger, and heavier than a fairy wren, this brown and yellow giant is one of our rarest dragonflies.

All nine surviving species are threatened by human activities. *P. gigantea* is a very unusual dragonfly, even apart from its great size. It is listed as endangered and subject to a NSWNPWS Recovery plan. Adults are poor flyers and hopelessly bad at dispersing. Emergence takes place in late October and the flight season continues until January. At night they roost in trees at the swamp edge. During the day they settle on the swamp itself where they perch on top of low vegetation or hang vertically from a branch.

The female inserts eggs one-by-one deep into the mat of sphagnum and roots which covers the swamp. Second, the larvae are very slow growing, very long lived and, for a dragonfly, have very peculiar habits. Most dragonfly larvae are fully aquatic but those of Petaluridae are semi-terrestrial. At night and in wet weather they roam the surface of the swamp in search of insects and other arthropods to eat.

The rest of the time they retire to a permanent burrow, a long chambered passage with its opening above water level but extending deep into the swamp. Each year the burrow is made longer. The larval stage in *P. gigantea* is known to last at least 10 years but estimates based on burrow lengthening make a time-span of 20-30 years quite likely. It is this combination of poor dispersal ability, long larval life and an absolute need for permanent swamp with a stable water-table which makes *P. gigantea* so susceptible to



Petalura gigantea, its body as thick as a finger, has a wing span of 140mm

human interference.

Draining, mining, flooding or infill destroy the larvae in their burrows, leaving no adult population to recolonise the swamp. One way to ensure that the 190 million year history does not stop right now would be to preserve all

known habitat - it wouldn't take much effort, there isn't much to save. A State-wide search, including Northern Rivers area for unknown populations has commenced in order to better assess the situation.

Another very worthwhile activity, though potentially long term, would be further study of the larval stages to identify habitat requirements and better estimate the time from egg to adult. As with so many of our native invertebrate animals there is much we do not know about this unique dragonfly. We need to start finding out before it is too late.

Petalura is subject to a NSW National Parks Wildlife Service Recovery plan and I am seeking community support to locate this animal in this area. If you think you have seen this animal/would like confirmation of a sighting or would like to help in any way please contact me on 6689 1832 or email Christopher.Herden@studentmail.newcastle.edu.au

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Summer fires – be aware!



Worrying signs. The view that no-one wants to see – this fire at Koonoran was quickly extinguished by the local RFS brigade.

from Tony Belton
Community Safety Officer
NSW Rural Fire Service

The Northern Rivers area experienced a number of significant fires in October, and we had a local fire going at Mackellar Range, near Larnook that burnt for a number of days in mid November.

It is a timely reminder that summer is with us. The current storms and scattered showers, while welcome, are fairly insignificant in terms of fire risk, as the high temperatures and winds are drying it out almost as soon as it falls.

Hazard Reduction

This is an opportune time to reduce hazards around your home in the lead up to summer conditions.

- If you haven't already, start mowing/ slashing/ brush cutting, around your assets (houses, farm sheds, stables etc). Cut it short and rake the fuel away.
- Reduce the branches and foliage on trees and shrubs that are close to your assets, and clean out your gutters of autumn leaves.
- Make sure under your house is free of any dry loose materials.
- Check your extinguishment measures. (dams, pumps, hose lines and fittings etc)
- Be aware that water is your main extinguishing agent. Do you have enough, or do need to get more?
- If you are solely relying on

mains power for your water pumping, you will need to have an alternative pump.

- Make sure your access onto your property, is cleared on both sides to allow for fire trucks to easily negotiate, if necessary. (road width + 6 metre vertical clearance of overhanging vegetation)

I can't emphasize enough, how important it is to ensure that your road or driveway is clear of vegetation, on the sides and overhead. It might be fine for your car, but you must consider that it might be a fire appliance that may need to get in. As an example, these trucks can be the size of a tip truck, or a council garbage truck, and have sophisticated radio equipment on board, with external aerials (up to a metre long) on top, so additional allowance needs to be made. Allow a full 6-metre vertical clearance, as crews might be "reluctant" to drive in, if there is risk to our trucks and antennas!

Allow for passing bays if your driveway is long. Trying to negotiate a passing vehicle, on a long or windy driveway with a fire bearing down, could be life threatening.

Permits

We are now well into the bush fire danger period and permits are required for any fire that is lit out in the open. Permits don't cost anything, and are easy to apply for, through your local brigade, and add another layer of safety through the bush fire danger period.

Please read and comply

with all the conditions on the permit. There are severe penalties for lighting a fire without a permit. Check local weather forecasts, and time any burns to suit favorable conditions.

Permits are automatically suspended on days of very high to extreme fire danger. It is the permit holder's responsibility to check on this information before lighting a fire!

Check with your local Council to ensure you are permitted to light fires in your area (you may have to take garden waste and vegetation to your Council tip)

- Keep any piles of vegetation and garden refuse small and manageable. We are often limiting permits to 12-24 hour burning duration. Light only one at a time.

- Separate earth from vegetation, as partially buried vegetation can smolder for weeks.

- Cover piles (or part of the pile) so there is always a dry area to light. Too often, piles are left uncovered (exposed to rain), and people wait till it dries out, by which time it is often too dangerous to light a fire.

- Pile burns are ideally lit in drizzly or rainy conditions.

Comprehensive information and advice can be found on the Rural Fire Service website at www.rfs.nsw.gov.au or contacting your local Fire Control Centre listed in the phone book under Rural Fire Service.

Cannas: an attractive, easy to grow plant for your garden

by David McMinn

Cannas were originally native to the tropics and subtropics of Asia and the Americas. Their horticultural potential was quickly recognised and they were first introduced into Western Europe over 400 years ago. In his book The Herbal, John Gerard wrote in 1597 about Canna being a popular garden plant in Italy and "...many other places of those hot regions".

At the time, Cannas were new to Europe as "There is not any thing set downe... of this Flourishing Reed, either of the Ancients, or of the new or later Writers". Canna cultivars are now commonly grown worldwide, as they offer a showy display of tropical colour from November through to May.

Cannas have banana-like leaves along the stem and may be one to two metres tall depending upon variety. Foliage colour varies widely from green hues to a reddish-purple and bronze. Some cultivars even have a very attractive variegated striping on their leaves. Cannas have



distinctive flowers in various bright colours, including red, yellow, pink and orange, as well as various intermediate shades. Propagation is very easy and cheap - just obtain a few tubers from your friends and plant them in your garden with good waterings and fertiliser.

Many people will be surprised to learn that the Canna tubers are edible. Archaeological evidence dating back over 3,500 years ago showed that Canna edulis and Canna indica were eaten by the Incas and earlier peoples in the Andes. Tubers of both species are still sold in the markets of Peru today.

The ornamental cultivars

have not presented a weed problem in my garden. I just mow around the clumps in our lawn, which keeps them well under control. However, some Canna species (C edulis and C indica) can be invasive and should be avoided. Canna indica infested our house garden and was beginning to spread through our farm

at Blue Knob. Fortunately, the bush turkeys discovered that the tubers were edible and promptly exterminated the plants, apart from a few clumps around the house.

Cannas are very dependable and low maintenance, producing masses of colorful flowers throughout the growing season every year. These plants are easy to grow if they are given good soil, plenty of water and full sun. Cannas may be cultivated anywhere in the Nimbin valley, including frosty creek flats where they will die back in winter but quickly re-sprout in the following spring.

Composting kids

by Nicole Brugmans

Students at Nimbin Central School are getting seriously into compost, and are over the moon about getting a composting wheelie bin for their school's agriculture plot.

The compost bin looks somewhat like an ordinary green garbage bin, but apart from being blue, it has several other important features. A fine grate underneath allows for nutrients to soak through to the soil below. The student vegie garden has already benefited from this.

It also has a small door at the bottom to allow the decomposed compost to be taken out. The compost bin



It's great! Members of the student representative council with farmhand Alan Wright and the innovative bin.

is handy for the disposal of weeds and can be moved around the garden with ease.

Nimbin Central School would like to thank Robbie

Green from Earthmakers, Nimbin, for donating this mobile compost bin, which will be used and appreciated for many years to come.

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ASTROLOGICAL TRENDS FOR DECEMBER 2005



by Bev Murray -
Insight Astrology

BIRTHDAY - Sagittarius

These individuals love a challenge and their eyes are always directed to the future and new projects! They are optimistic, good-humored and honest. Boring or repetitive work does not suit them and they need to spend their time in pleasant and expansive environments. They are not particularly ambitious and are more on the lookout for an adventure than for success!

Give them: Sporting equipment, good wine, a great party, anything new and sparkling of adventure.

What December holds...

Sagittarius

This month is full of hard work for the usually fun-loving Sagittarians. Plenty of attention to rest and relaxation may be in order. It is a good idea to leave things flexible for the first week as changes and confusion are probable.

Capricorn

Your energy is quite depleted for December and a good portion of January. You will need to learn to pace yourself. Don't let frustration make you cranky, just except less of everything and everyone! This is a slow month, don't try to speed it up because it just can't go faster!

Aquarius

You are in caring and compassionate mode but you can get all muddled and emotionally confused! Others could find you very hard to understand this month. Moon in Aquarius on the 6th and 7th of the month gives you plenty of opportunity for fun and laughter.

Pisces

Anything that involves doing good deeds for others is favoured this month. In fact you will look for the opportunity to help out! This has been a great few months at the end of 2005 and heralds a good 2006. Be happy, Pisceans are blessed at present.

Aries

Money, promotion, responsibility, all of these are offered to you in December. Go easy on the partying and the rich food and drink or you could suffer for it later. Mars on the 11th goes direct again and allows you to act more like yourself than you have in the past few weeks!

Taurus

Venus begins the month in Capricorn and forces you to concentrate on all the practicalities of life! No matter how hard you try, just relaxing and letting go will not come easily this month! The 12th and 13th are your best days so plan parties for then!

Gemini

Mercury goes direct on the 5th and frees you from all those communication hassles you've been having. Full Moon in Gemini on the 15th is right up your alley and adds some fun to romance and friendship! Work can be busier than usual but you'll handle it well.

Cancer

Nostalgia and increased sensitivity could well be on the cards for you this month. Try to stay on the positive side even if those around you are being difficult...get away if you can and indulge yourself a little! Your best days will be 17th and 18th.

Leo

You are quite charismatic this month and will be in demand for all those pre-Xmas parties! Watch your energy levels and get rest when it is indicated! It is actually a good time to start a course of vitamins or similar because your immune system is a little impaired this month.

Virgo

It has been quite a busy and full on few weeks for you and you may not be quite up to the festivities of December. Try and make it easy on yourself and don't be such a perfectionist. Children can be difficult this month too.

Libra

Mid-month is possibly your best time this December. Group activity and dealings with large organisations are particularly favoured. Romance is highlighted for the 24th to the 27th. Play it low key in the final week as not much that is progressive will be happening anyway!

Scorpio

You are restless again and looking for some adventure! It is a great time for travel or short journeys. Time spent by the ocean can rejuvenate you. Keep an open mind when it comes to those younger than you and try to be patient!

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Dr. Oscar wins National Award for radio program

Dr Oscar Serrallach of the Nimbin Medical Centre has won a high profile award from the National Primary Care Collaboratives Program, in recognition of "innovation in patient access" for his weekly program on NIM-FM. The *Health is Wealth* program examines the latest developments in orthodox and complimentary medicine, and examines a different topic each week.

This award, awarded to Nimbin over hundreds of regional and metropolitan GP practices all over Australia, not only wins recognition for the Nimbin Medical Centre, but also for the Northern Rivers Area Health Service, under whose auspices the Nimbin service is provided.

Topics covered recently on the program include Mens' Health, Aboriginal Health, Diabetes, Hepatitis C, Osteo-Arthritis and Schizophrenia. The program also provides the opportunity to give general updates on the Nimbin Medical Centre, as well as the Nimbin Hospital where Dr. Serrallach is on-call for half the week. In Nimbin, where

doctor shortages have been a constant problem in the provision of adequate health care, and where GP appointments are in high demand, the program helps to keep the channels of communication open, and also reaches people who are unable or not inclined to visit a doctor about health matters.

Dr. Oscar welcomes feedback from listeners, and is interested in any suggestions for topics to be covered on the show in future. Messages can be left at the Cullen Street medical centre, or via telephone on 6689 1410.

Health is Wealth is presented each week as

part of a regular program called *The Village Voice*. Hosted by Caroline Cowley, the program aims to keep residents of Nimbin updated on community issues. Other regular guests include David Hallett, Cultural and Economic Development Officer, and Sue Boardman, co-ordinator of the Nimbin Physical Activity program. Tune in to NIM-FM 102.3 on Tuesday mornings, from 10am - 12 noon. *Health is Wealth* is usually presented at around 10.15am.

Reiki

by Lynne Oldfield

For those who think Reiki is all a bit weird, I'd like to quote Dr Edward Bach of Bach Flowers fame, who said "Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material. What we know as disease is the end product of deep and long-acting forces."

When someone is treated with Reiki, he or she is brought back into a state of unity with the harmony of

the universe. This harmony, which is able to reach him in his smallest of cells, makes him whole and healthy again, thus encouraging the natural ability of the patient to health himself or herself.

I believe that on the planet we are, in fact, passing through an epidemic or cataclysm of disharmony and the one real way to help is to harmonise oneself, one's environment and one's family and friends. Through that, the energy of the ever-increasing harmony will gradually absorb the disharmonious.

Negative experiences frequently condition our attitude to life and our behaviour. This kind of

unconscious programming makes us attract the same distressful experiences over and over again, almost in confirmation of our worst hopes. It is often very difficult to free ourselves of such ingrained patterns of behaviour, even when we know the causes. The Karmic Release method can help clear these patterns as well as connections to people and situations that are best moved on from.

Lynne and Mia are channelling Reiki and Seichim energy on the back verandah of the Apothecary on Monday afternoons, for those who wish to partake of a treatment. Money is not the object. Payments by donation.

Chinese medicine offers remarkable results

by Carol Hu

Aches and pains, skin problems and hormone imbalances are among the many conditions that respond well to Chinese medicine, say practitioner George Pan from Chineseway Health Centre.

Almost everyone has experienced pains such as headache, neck and back pain, stomach ache and period pain. George says these are caused by meridian channel blockage, which he treats with acupuncture, massage and various herbs.

"The results are very good for most of the cases. We use herbs to clean toxins from liver and kidneys' meridian channels; most patients can recover quicker."

In summer, a lot of people suffer from skin problems. Chinese medicines have remarkable results in treating skin disease. George has many years of experience in treating problems such as acne, eczema and fungus infection, and he said there are many success stories in the clinic.

He also treats problems such as bronchitis,

chronic fatigue syndrome, gastrointestinal disorders, diarrhoea, menopausal syndrome and ovarian cyst.

George Pan is a member of Australian Acupuncture and Chinese Medicine Association. He will be available at 8 Cecil Street Nimbin every second Sunday (4th and 18th December) and the 1st and 15th January 2006.

Treatments are covered by most private health insurance funds. For appointments contact 0413 424 157 (Mon-Sat), 0416 007 378 (Sun).

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Scientists identify corporate structure as bad for public health

Corporate power is a major cause of health problems, according to the October/December 2005 special issue of the International Journal of Occupational and Environmental Health. Contributions to the issue reveal how corporate structure results in pressure to influence science and place the public at risk from pesticides, lead, asbestos, toxic municipal sewage sludge, and other harmful substances.

"Occupational and environmental health diseases are in fact an outcome of a pervasive system of corporate priority setting, decision making, and influence," state guest editors David Egilman and Susanna Rankin Bohme. "This system produces disease because political, economic, regulatory, and ideological norms prioritize values of wealth and profit over human health and environmental well-being."

Skip Spitzer, Program Coordinator at PAN North America and a contributing author to the journal notes that, "In market economies, private corporations play such a decisive role in the economic sphere that they are often able to secure more rights than people. Corporations deeply influence politics, law, media, public relations, science,



research, education and other institutions. It's no surprise that corporate self interest routinely supersedes social and environmental welfare."

In his article "A Systemic Approach to Occupational and Environmental Health", Spitzer describes how corporations are part of a "structure of harm", meaning that the very way in which corporations are structured produces social and environmental problems and undermines reform. The pressure to compete in the marketplace and create demand for their products creates incentives for corporations to shape the political system, the mass media, and science for commercial ends. Corporations use this power to avoid taking responsibility for the larger environmental and social impacts of their actions (or "externalities"), including the public health impacts of developing dangerous new technologies. Spitzer quotes Reagan administration economist Robert Monks

describing the corporation as "an externalizing machine, the same way that a shark is a killing machine - no malevolence...just something designed with sublime efficiency for self-preservation, which it accomplishes without any capacity to factor in the consequences to others."

The editors conclude that corporate corruption of science is widespread and touches many aspects of our lives, as indicated by the range of articles in the issue. In "Genetic Engineering in Agriculture and Corporate Engineering in Public Debate", Rajeev Patel, Robert Torres, and Peter Rosset analyze Monsanto's efforts to convince the public of the safety of genetically modified crops. Other articles describe how industry pressure on government agencies such as EPA have influenced cancer research and resulted in approving toxic municipal sewage sludge as crop fertilizer.

Source: International Journal of Occupational and Environmental Health, www.ijoeh.com/

Organic farming tackles global warming

Agriculture is responsible for approximately 30% of global warming, mainly through carbon dioxide (CO₂), methane (CH₄) and nitrous oxide (NO_x) emissions. It is generally agreed that about one quarter of the main greenhouse gas (CO₂) stems from agricultural sources.

According to the UK government and others organic farming avoids the very significant carbon dioxide and nitrous oxide greenhouse gas emissions involved in manufacturing, transporting and spreading nitrogen fertilizer and pesticides. Numerous studies have shown that carbon dioxide emissions from organic farming are 40-60% lower per hectare than conventional systems. This is mainly because organic farmers do not use synthetic nitrogen fertilizers.

Research has found that the very nature of organic farming not only makes it less of a contributor to greenhouse gas emissions but it can also act as a valuable sink for carbon dioxide. Vegetative material decomposes and adds to the soil organic matter levels in

the soil, thus storing carbon dioxide. Soil contains about twice as much carbon as the atmosphere. However, this level is reducing and research has shown that soils have on average diminished in organic matter content by about a 50% in the past 20 years.

In the US conventional farming adds 419 billion kg of carbon dioxide pollutant to the atmosphere each year. Agriculture is the main land use in Australia and soils under conventional farming management have, as in the US, been contributing to increased atmospheric carbon levels in recent decades.

Every kg of carbon locked up in soil organic matter is one less in the atmosphere. If only 10,000 medium sized farms in the US converted to organic production, they would store so much carbon in the soil that it would be equivalent to taking 1,174,400 cars off the road, or reducing car miles driven by 14.62 billion miles.

The full article including references was published in Qld Conservation Council newsletter Spinifex vol 26 ed 2. www.qccqld.org.au/

Marijuana links to cancer going up in smoke

Source: Amy Norton, Sydney Morning Herald, 29th October, 2005

Although marijuana and tobacco smoke are packed with cancer-causing chemicals, other qualities seem to keep it from promoting lung cancer, an American report says.

The difference rests in the often opposing actions of the nicotine in tobacco and the active ingredient, THC, in marijuana, said Robert Melamede, of the University of Colorado, who reviewed the scientific evidence supporting this contention in a recent issue of the Harm Reduction Journal.

Whereas nicotine has several effects that promote lung and other types of cancer, THC acts to counter the cancer-causing chemicals in marijuana smoke - it "turns down the carcinogenic potential", Dr Melamede said.

Laboratory research indicates that nicotine activates a body enzyme that converts certain chemicals in tobacco and marijuana smoke into cancer-promoting form. In contrast, studies in mice suggest that THC blocks this enzyme activity.

Another key difference, he said, is in the immune-system effects of tobacco and marijuana. Smoke sends irritants into the respiratory system that trigger an immune-regulated inflammatory response, which involves the generation of potentially cell-damaging substances called free radicals. These are thought to contribute to several

diseases, including cancer.

But cannabinoids - both those found in marijuana and the versions found naturally in the body - have been shown to reduce this inflammatory response, Dr Melamede said.

Another difference between tobacco and marijuana smoking involves cells that line the respiratory tract.

While these cells have receptors that act as docks for nicotine, similar receptors for THC and other cannabinoids have not been found.

Dr Melamede said nicotine appears to keep these cells from committing "suicide" when they are genetically damaged, by smoking, for instance. When such cells do not kill themselves off, they can become tumours. THC, however, does not appear to act this way in the respiratory tract.

This backs studies that have failed to link marijuana smoking with a higher risk of lung cancer, although there is evidence that pot users have more problems such as chronic cough, and frequent respiratory infections, he said.

If marijuana does not promote lung cancer, that could be a factor in the debate over the medical use of marijuana. Dr Melamede believes "marijuana has loads of medicinal value", from conditions such as multiple sclerosis, to chronic arthritis pain, to nausea caused by cancer treatment.

Pot good for Rheumatoid Arthritis

By Anita Bong

After all the bad press our favourite drug has been getting lately, I thought there should be some good news.

In a randomised study, cannabis-based medicine (CBM) was found to significantly ease the pain associated with rheumatoid arthritis (RA) and retarded the progression of the disease. It was the first trial to assess CBM as a treatment option for RA sufferers.

The UK study was led by David Blake from the University of Bath. In the double-blind trial, 31 patients received the CBM and 27 the placebo. The CBM was in the form of a mouth spray that patients could easily self-administer up to a maximum of 6 doses a day. The doses were taken at night prior to retiring, thereby minimising any possibility of intoxication.

The CBM consisted of two key therapeutic constituents derived from cannabis: THC and cannabidiol. Previous studies on mice had shown that

these compounds had anti-inflammatory properties.

The adverse side effects were usually mild or moderate and involved dizziness, light-headedness, dryness in the mouth and nausea. Importantly, no patients had to withdraw from the trial because of adverse reactions to CBM.

The researchers established that the benefits of CBD were small and variable in the 56 patients assessed. Even so, the findings were statistically significant and a larger trial was warranted to investigate fully the potential benefits of CBM.

Prevalence of RA in the general population has been estimated at about 0.5% in men and 1.8% in women, but after the age of 65 these figures rise to 2% and 5% respectively.

Dr Robson believed "The element that can cause the 'high' in cannabis - THC - also has valuable pharmacological activity. It is thought to be an essential therapeutic component and therefore it can't be removed from the medicine. However,

the method of giving the doses, via the mouth spray, and the principle of self-titration, where each patient gradually determined their own optimal dose level up to a maximum of six doses a day, minimised the risk of intoxication."

He considered that CBM was unlikely to be abused by patients wanting to get stoned. "It seems that in practice this is a very rare event. More than 1,000-patient years of treatment with Sativex (a CBM drug) in clinical trials have been accumulated and to date there has not been a single documented case of abuse. The fact is that the motivation of medicinal users of cannabis-based medicine is entirely different from recreational users: the former simply want symptom relief and the ability to go about their normal lives, and for them intoxication would be a distinct disadvantage; for the latter, smoking marijuana is infinitely more intoxicating than Sativex and is still easily available."

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Congratulations Podcasters!

NIM-FM's podcast "nimbinradiomedia" has just received the 5-STAR-AWARD from the Podspider Directory, one of the world's largest podcast databases with over 20,000 entries.

Podspider reviewed NIM-FM's podcast submission and approved it for listing in the Podspider Directory.

New and existing listings in the Podspider Directory are constantly reviewed to help identify podcasts that stand out from the crowd. Based on that review, Podspider decided to confer NIM-FM's podcast with the Podspider 5-Star-Award.

The criteria for the award are continuity and technical



On air. Warwick Fry, NIM-FM's own podcaster

operativeness, as a guide for podcast listeners.

NIM-FM's podcasts have developed a large regular download rate, from listeners

around the world, especially Europe and northern America. You can find the podcasts, access the whole archive and check out the design of the site at <http://nimbinradiomedia@libsyn.com>

Based on the 5-Star-Award, in 2006 Podspider will start an international contest and award the best podcast from all 5-Star-Award podcasts. Given the acknowledged technical excellence of NIM-FM's podcasts to date, expect to see them amongst the finalists.

You can learn more about Podspider Free Edition at www.podspider.com/free-edition.

Nimbin on the Web

Nimbinweb is a website which aims to place the magic of Nimbin in the virtual world of the Internet.

Creator and webmaster, Alfredo Bonanno, said "The website's destiny is to grow into a showcase portal, where anyone can explore the many and beautiful happenings that make this village so unique."

"NimbinWeb offers many different levels of interest and information, catering for the artist, individual, business and organizations. Displaying history, culture and natural heritage, it is a website for Rainbow region residents as well as for newcomers and travellers."

NimbinWeb has a section dedicated to the Widjibal tribe of the Bundjalung nation, which will expand to cover culture and the arts of local aboriginal artists. There are slide shows on Nimbin's impressive murals and artistic visual landmarks, and currently a number of pages containing history, information on local, state and federal governments, emergency contacts, regional markets and bus services.

For local business, artists and community organisations, NimbinWeb has an online directory to

promote all those activities that enrich our local economy and culture.

The NimbinWeb online directory offers a basic free listing where contact details, including live links to email, websites and a short description of the activity are displayed. An extended activity description and two images (logo or photo) can be included for \$30 a year.

NimbinWeb's purpose is to link the community together and to this effect there is an impressive listing of local and beyond the region sites that relate to Nimbin and its philosophy. NimbinWeb local events page makes it possible, by prior arrangement, to give access to organisations or event managers to download info in a specific section of the events calendar. In this way information can be updated and/or photos uploaded on the events page at any time.

NimbinWeb has an entire section devoted to our resources, representing Nimbin's rich culture and unique activities. If you don't have a web site you can have a page inserted into the resource section, which will be specifically designed to reflect your activity. This page will attract a one-off

\$100 fee and doesn't have a time limit. For further interactivity, online enquiry form or a noticeboard interacting with your own database, assistance from the webmaster would be available.

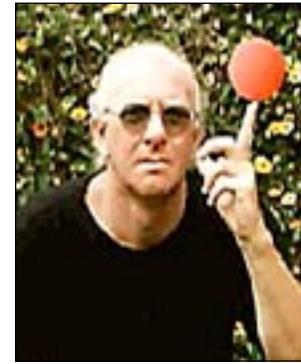
NimbinWeb is not funded by government grants and is not affiliated with any organisation; the only income is generated by support from the community. NimbinWeb is seeking sustainability within the community and your support is appreciated. If you have material appropriate for the website contact alfredo@promotionbites.net.au.

Web page winners

In July 2005 NimbinWeb was officially launched in our village and a special promotional offer of 5 single web pages was given away free to five businesses/activities.

As a result, this promotion has been offered to: Hannah Pearl (songwriter), Annie Heitmann (craft/artist), All Good Organics (business), Nimbin School of Arts and Nimbin Community Garden (community organisations).

Surveillance by Google Earth



Technofreak - Speak!

by Rob Harle

When the high-tech surveillance cameras were recently installed in Nimbin Village, many people were concerned with invasion of privacy, Big Brother style control and the whole issue of being tracked, without consent, by others.

Regardless of your position on this question of local prying eyes, there is a much more interesting and important phenomenon concerning global spying eyes which you should perhaps be concerned about.

Let me introduce Google Earth (earth.google.com). Google Earth is a piece of very sophisticated, high-tech software which enables any person to look into the backyards of anyone, anywhere on this wonderful planet. You're kidding right? No, unfortunately I'm not and what's more the software is free, and takes only a few minutes to install after you download it from the net.

There is a small hitch: this software requires pretty much the latest computer equipment and a broadband Internet connection of minimum speed 128kbps. Google Earth is only available for Windows-based PCs at present, running Windows 2000 or Windows XP operating systems. They must have a fast processor, plenty of RAM, 1024x768 screen resolution and a 3Dx16mb graphics card. I understand a version for Macs is being developed but I'm not sure about Linux at

this stage.

Broadband and high-powered computers are a wonderful luxury that conservatively speaking, sixty percent of the world's population cannot afford. It bothers me that this sort of computer technology considerably increases what is known as the digital divide.

When you fire-up Google Earth you see an image of the earth, blue as ever, as viewed from a communications satellite. Click the Fly-To button, type in Australia and hold on to your ergonomic chair as you scream over South America, New Zealand and hover above our

years which is expanding rapidly.

Web cams

Checking out exotic locations around the planet is available in a more limited sense without Google Earth, in the form of web cams. What's the surf like at Kirra, who is partying in downtown Amsterdam and who is sitting in the Nimbin Hemp Embassy having a coffee? Really! Didn't you know there are two web cams in the Embassy? Just about any old computer will give you these real-time views, refreshed every thirty seconds or so.

It seems to me that Google Earth has the potential to be used for serious spying on groups and individuals, for whatever purposes. Were the public ever consulted about this software? Is its

availability and use a breach of privacy laws or an erosion of civil rights? Perhaps a legal person might enlighten us on this aspect of the Brave New World.

Surveillance cameras have been the subject of many serious studies and one rather robust theory is that the more cameras we have the less we will actually be spied upon. There simply is too much information being stored on video or disk for any organization or individual employee to scan thoroughly and continually. The only time this stored data will be accessed is when a serious crime is committed.

I find it rather amusing when I see tourists in Nimbin taking photos beside the Welcome To Nimbin sign. They probably have no idea they could be seen on a home computer screen, with Google Earth watching the surveillance cameras watching them take photos of each other taking photos. Smile!

Before you get too paranoid, Google Earth does not run in real-time, but from a huge database compiled over the last few



island home. Google Earth starts by default in the USA, of course!

You may then type in latitude and longitude co-ordinates of the desired location or use scrolling/zooming buttons to drop down onto a landmark like Byron Bay lighthouse. I never realized until I had a bird's eye view from about 200 feet (USA still uses imperial units) that Nimbin's western most Cathedral Rock was so thin!

As with most things this amazing tool is a two-edged sword. Activists could check out just how much logging is going on in the Amazon Basin, how much industrial development is taking place in downtown Kalimantan. Conversely, if we can see our neighbours' vegetable garden, what else might we be able to see? Hmm!

Before you get too paranoid, Google Earth does not run in real-time, but from a huge database compiled over the last few

Nimbin on the Web

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Good things in small packages

By Heather Kimber

Blue Knob Hall Gallery's latest exhibition *Many Mini Micro* is a big show of exquisite small artworks.

The theme of 'miniature genre from many angles and with different media' has brought together a stunning array of artworks ranging from miniature paintings, photography, felt, jewellery, ceramics and a range of miniature rooms by Carolyn Scott-Brydges and Francine Witton – complete with lights and a burning fireplace!

We are also fortunate to have on display a crowd of mini people – puppets from the well-known Gypsy Rollers Puppet Theatre. Works have also come from as far afield as the Australian Society of Miniature Art, with some stunning prints by Angela Gill.

Shanto's wall pieces using kimono silk, wool and beads are a visual feast of intricately woven 'tapestries' depicting our environment, and Liz Stop's ceramic 'Micro Observations' are truly a mastery of porcelain and decals. There are many more fabulous miniature works from local artists Hayley Hillis, Suellen Howarth, Shirley Miller, Len Martin, Gordon Petherbridge, Robin Moore, Ruth Sutter, Christine Robinson to name a few.



Mini-mob. Dr Helliwell told the opening crowd, "The thriving arts scene here is the yin that balances the yang of the street scene..."

Local identity David Helliwell opened the exhibition on Friday 11th November of to a crowd of some 60 guests and Gerard provided some lovely piano music as a backdrop to the great food provided by our cafe volunteers.

Many Mini Micro is well worth the short trip out to the Gallery where you can reward yourself perusing this fabulous exhibition, followed by a relaxing coffee and cake on the veranda. This exhibition closes on 11th December. Gallery opening hours are Saturday and Sundays 10am-4pm.

Steiner School Exhibition

Blue Knob Hall Gallery is again hosting the Steiner School end of year show, which opened 23rd November and runs to 7th December. The Rainbow Ridge school students

are showing the fruits of the year's art/craft classes, and this includes a huge range of works by budding artists.

Artist Talk

The next artist talk will be given by Christine O'Brien – landscape painter, on Wednesday 11th December at 2pm at the Blue Knob Hall Gallery.

Yoga, Art and Breakfast

This popular new initiative for all ages and is a great way to start your weekend. Saturdays from 9-10am, Suellen Howarth takes us through an hour of relaxation yoga techniques. Then while you're waiting for your cooked breakfast to be served, you can enjoy the latest exhibition.

For more information on any of the Gallery's programmes, please contact 6689-7449.

Tight, taut and terrific

The recent NORPA production, *Taut*, held at Lismore's Starcourt Theatre on 11th November, was an eye-opener to the creative diversity happening in local dance, physical theatre and multimedia.

While the production showcased some of the region's more established artists it also gave the opportunity for emerging artists to perform and participate in the professional arena.

Events such as this are co-ordinated by NORPA Dance Action, which is supported by the NSW Ministry for the Arts and the Australia Council. NORPA Dance Action runs an annual program of dance activities, focusing on the development of professional and community opportunities, skills and dance networks in the Northern Rivers region.

With such a range of creative and talented Nimbin dancers and performers shown in events it would be great to see Nimbin make



Nimbin newcomer Jade Worthington performing her "double image transition" as part of the NORPA taut dance production.

its mark within the wider Northern Rivers dance community, through the inclusion of Nimbin-based activities in NORPA Dance Action's programme for 2006.

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Cat Empire at Thursday Plantation



Thursday Plantation stage. "What a spectacular place to have a gig," said Ryan from Cat Empire. "Let's hope they make gigs on this stage a more regular thing."

by Olivier Maxted

The night that never ends. That's what they called it, and that was what it was like. Bring on The Cat Empire, the rockingest, swingingest band this side of the Wallace line.

Ballina's Thursday Plantation has kicked off a season of open-air gigs in great style on 12th November, with this consummate nine-piece band.

Before they took the stage however, and after a very cruisey warm-up set from

King Curly, it was time for The Space Cowboy, the Deep Throat of street performers.

His rib-tickling sword swallowing antics had the audience alternately amazed and repulsed, but certainly impressed. A big round of applause and then we're into it: "Hi, we're the Cat Empire and we're from Melbourne."

And so began a couple of hours of Latino, Ska, mixing, big band, you name it, they can play it.

The band has recently returned from a sell-out tour in the US and they are a very polished outfit indeed.

They played the audience supremely well too, building us up and then chilling us out. Conrad Novak joined the band on stage as guest guitarist and he played a novel version of Simon and Garfunkel's 'Still crazy after all these years' as a bit of a hiatus in the night's proceedings.

Another brief break in the music saw another bizarre ingestion. The space cowboy illuminated his throat from the inside. He swallowed a two-foot long red neon light tube, now that's the kind of skill you don't see every day.



Pot song comp

Have you got the best pot music in the world? Check out www.marijuananmusicawards.com to enter the 2006 Global Marijuana Music Awards. Entries close 1st May 2006. The 2006 Global Marijuana Music Awards will be held at Weed World's UK Hemp Expo on 29 July 2006 at 4.20pm local time. The Awards will be presented at the Ricoh Arena in Coventry, with pot poet Paul Bullock from Texas as MC of the event.

A Glimpse from the Brink

By Gerald Taylor

A hippie invariably believes the sun shines eternal from their own personal arsehole. We can't help it, it's a spiritual thing. I think it began with transcendental meditation and progressed on through to gardening with herbs. But possibly it was the other way around.

This illuminated insight we hippies share regarding our own importance and place in the universe might very well be a spin-off from worship of the mother herb: cannabis.

All drugs, herbal ones included, have a specific signature. For junkies it's pinned eyeballs, itchy nose and a complete absence of morals while alcoholics display their addiction with burst blood vessels, staggers and a propensity to tears and violent rages. The signature for cannabis, I've discovered after a lifetime of study, is a soft vagueness about the eyes, forgetfulness during the act of remembering, and selfishness. It's this pot addicts' self absorption that give us hippies our special insights into life, the universe and everything.

This selfish meditation we share, to some extent, is a self fulfilling prophesy. When the first hippies spilled from their exhausted kombis into the Byron hinterland, the place was as far away from civilisation as you could get and not be in a desert. The capital was, as it still is, 800 kilometers away and to Brisbane from Nimbin, and if the traffic snarled through the Gold Coast, could take 8 hours. Splendid isolation. But we smoked and while we lay stoned the planet changed. Roads became quicker and cities grew closer. Things that the hippies always said would come to pass came to pass. Temperatures rose and with them the seas. Forests were felled and rivers, the Mothers arteries, scabbed over. And while all this came to pass our outpost became a centre.

Now the north coast of NSW has become a political hothouse. While Nimbin and the Channon vie for the title



of highest percentage of green voters in the country, Byron shire voted in a local green council. When Charles Blunt, then leader of the federal National party, was ousted from his safe seat it was by us hippies and Helen Cauldicott and not the Labor party, although it was the stinking Labor party that won the seat with treacherous National and Liberal preferences.

The powers that we tried to escape from all those years ago have finally caught up with us and we are going to have to make a stand. We are going to have to kill them because power will only be rested from their cold, dead hand. They've proved with two hundred years of stupidity that their stubborn ignorance will not die quietly. But we're ready now, we have our weapon and we've learned how to use it. We're going to stone those straighto bastards until their destructive appetites, like our rivers, dwindle and dry.

Think about it. If we'd stoned Joh Bjelke Peterson would he have had the demonic energy to clear fell all those acres of woodland to grow peanuts? I think not. He, like the rest of us would have sat in front of the telly and selfishly ate more mars bars. Would a stoned Howard have been able to pull his head from Bush's bum long enough to order the troops into Iraq and would the stoned troops have been able to find their way there anyway? Again, I think not. Stoned and selfishly misguided love would cause the demented goblin to super glue his tongue to Bush's sphincter and our troops, never the sharpest tools in the shed, might get as far as

Bali before getting forgetful, confused and hungry and laying their anti-personnel devices in the soft sand of Kuta beach before tucking into chicken satays with nasi goring. Do you see the fiendish cunning of my plan? No.

Well it's a plan anyway and as my almost sane father used to often say 'a bad plan well executed is far better than no plan at all'. This being the case and snivelling Phil Ruddock, special minister for fascism and drowner of refugees being scheduled to visit his friend, Ian Causley in Lismore, don't you think we might spring the bad plan into action? I propose we stand down wind from snivelling Phil as he arrives and fill his air space with spliff smoke. He's a weasely little runt and his tolerance won't be up. We can waylay him again on his way out after he's eaten the hash cake he won't be able to resist when his dopey friend Ian offers him a piece. If we can get him stoned enough he'll throw himself from the plane on the way back to Canberra or Mordor or wherever it is he's heading to next. A stoned conscience will do that to the limp little prick.

Its not foolproof I know but then I've always thought foolproof was just another silly challenge but it is something. And something my friend is a whole lot better than nothing. So see you Monday morning, 8.30 outside Causley's office and don't be late. Oh! and bring a spliff. If for some reason we can't get through to snivelling Phil we can at least get ourselves selfishly stoned, talk shit and bask in each other's drug induced solar



Inspired justice

by Noel Gospers

Contrary to popular opinion, the law is not always blind, policemen not all bastards.

The following story is true and reveals another, more human, side to the administration of justice.

A few years back, Queensland was Joh's country - very straight and obedient; and his police force had a reputation for vigorous prosecution of anyone tainted with 'evil' - like pot-smokers, and gentle gardeners of the good weed. Never one to shirk a challenge, I moved to Atherton, west of Cairns, built a nursery, and raised up seventy-six plants in pots. They were a metre high and heading when the cops called one otherwise pleasant day.

"Aha, Noel," gloated the Detective Sergeant. "We've got you. You'll go to gaol this time, for sure. Come on, help us pull this lot up."

"Do it yourself," I said grimly. "I plant them; I don't 'pull them up.'"

They didn't talk to me all the way to Atherton Police Station, where they rolled my unhappy fingers on an ink-pad and made pictures of my lines, for cheiromantic analysis, I'm sure.

Then they locked up the key and threw me away. You know what I mean. And I sweated in the cage for days before they took me to court.

"Caught red-handed, your worship. A large crop, worth

thousands of dollars on the streets. Bad record. Put him away, your worship."

"Do you have anything to say before I pass sentence?" asked the beak.

"Yes," I answered, suddenly inspired. "Your worship, my wife and I are missionaries to the hippie communities around the country. I have found that, of all introductory gifts, marijuana is most appreciated at the houses we visit. To walk in and throw a bag of home-grown pot on the table is a sure way to get respect and attention. While the smoke is being shared, I talk to those present about spiritual matters, which can be a big help to people who have turned their backs on respectable society and its mores. I grow and use marijuana to help me in my work, not to make money on the black market."

"Well," said the magistrate, "well, I've never heard anything like that before. Is this true?" he asked my wife who had accompanied me to court. "Yes," agreed Helen, picking the ball up quickly and running with it. "I go with my husband, Sir, to isolated communes, and teach the young women what I know about child-bearing and rearing. And I make suggestions about health and hygiene, and home management."

"This is very unusual. You have broken the law, so I must punish you, but in view

of the explanation of your motives, I propose to impose a fine of \$200. Can you manage that?" Stunned and slow to reply, I barely heard him add, "With three months to pay?"

"Yes, Sir."

"Right, \$200 fine, with 3 months to pay - you can go now."

As we left the court, thankful and light-headed, the Man called me back. Leaning forward over his desk, he said earnestly, if not conspiratorially, "Keep up the good work. And, Mr Gospers," he added, "please try not to break the law."

What a wise man. He gave us a perfect example of justice tempered with compassion. Even the police were amused. We met the Detective Sergeant and his cobbler on the street next day. Big smiles all round. "Hey, Noel," he said. "Get up to the Atherton Show and check out the orchids."

So we did. A large display of magnificent tropical orchids gave pride of place to a pair of unusual plants at the front - vibrant, almost iridescent plants, glistening with resin, standing proudly in their pots, and identified by a nearly printed label: *Cannabis Sativa* - aka marijuana.

The exercise had been well worthwhile. I figured that \$200, and time to pay, was a reasonable fee for a spot in the orchid pavilion at the Atherton Show.

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are the only Steiner-based bookshop outside the southern capitals, and have for eight years been publishing and distributing books mainly for Steiner communities, but also for carers of children with autism, Asperger's and other syndromes.

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Weight for age, a great catch

by Pixie

One of the big fish of the year, caught by schoolboy-cum-fisherman, 14 year old Virgil Ellis of Stony Chute. Virgil caught this massive Spanish mackerel on Swanes Reef off Queensland, while out fishing with his father Clint.

The fish weighed in at 24kg and took Virgil around 15 minutes fighting the fish. With the fish making run after run and the arms aching, sweat running down the back, Virgil asked to be relieved of the rod, but no one came to his aid, so he had to do it all on his own and loved the end result – one he won't forget! Great catch Virgil!

On the local front there has been some big snapper out wide still being caught from Lennox Head to Evans Head. Around the Ballina rock wall has seen some nice jewfish at night on live bait, and further up river around Pimlico on high tide some big whiting are being caught. Shelly Beach has also been providing some big jew and a bit of tailer, and the rivers are starting to provide some big mud crabs.

It seems fishing is good at the moment, so get out there and catch some fish.



Let's get physical

From Sue Boardman

Super 8 Cricket Gala Day & Headers Sports Club Fundraiser

Sunday 26th February 2006
Are you a true-blue Aussie? Then join in the fun and make up a team of eight players with your mates. Only four teams can be included in the event. This is an early warning so that you have time to hone your skills and develop your tactics over summer. Prizes & family fun for all. For more information contact Sue (see below).

Nimbin Bushwalkers Club Inc

Yes we are officially an incorporated association! Next meeting will be 10am Saturday 10th December at the Dance Studio NCC. Bring along your ideas for walks you would like to do and be prepared to pay your first annual membership dues. The next step is affiliating with NSW Confederation of Bushwalking Clubs to access cheap insurance. For more info contact Sue (see below). See you there!

Senior First Aid Certificate

On Saturday 25th February 2006 a Senior First Aid

Certificate course will be conducted at the Community School Room, NCC. Cost is \$100 per person. There are limited places available so if you want to guarantee a space please let Sue know (see below). I want to encourage all people involved in any form of physical activity to consider doing the course.

Touch Football

NSW Sport & Recreation is holding a touch football referee training day designed especially for Aboriginal people. Participants will receive a Level 1 Referees Certificate. It will be held at the Lismore Touch Footie Association Clubhouse, Hepburn Park, Oliver Ave Goonellabah from 9am-4pm on Saturday 10th December. Bring sunscreen, cap, Touch shoes and water bottle with you. Lunch will be provided. This event is free. Enrolments close Tuesday 6th December. Call 13 13 02 to enrol.

Basketball Coaching

Expressions of interest are invited from members of the Nimbin community who would like to receive Basketball Coaching Accreditation Training in Lismore on 6th & 7th January 2006 with a view to facilitating and providing

coaching for Nimbin's Friday Basketball nights.

Applicants must be over the age of 18 years. To obtain the selection criteria contact me (see details below). All applications should be sent to Sue Boardman c/- Nimbin Hospital Cullen St Nimbin 2480. Closing date is 4pm Friday 12th December 2005. Successful applicants will be advised by 16th December 2005.

Kickboxing

I want to thank on behalf of the Nimbin community, Rocky Riley, who has put so much thought and energy into his Kickboxing self-defence classes for young women over the last 12 months. You will be missed. We will all keep our fingers crossed that after a well-deserved break you will be back. Thanks Rocky.

Physical Activities Noticeboard

All individual practitioners, clubs & other groups who want to promote their physical activity please email or post (c/- Nimbin Hospital) an A5 size flyer with information about your activity. I will make sure it is displayed on the new noticeboard attached to the wall of Nimbin's butchery. Contact me, Sue Boardman by email, sueb@nrahs.nsw.gov.au or by phone on 6689 1731.

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Nimbin recognised by Government of Venezuela

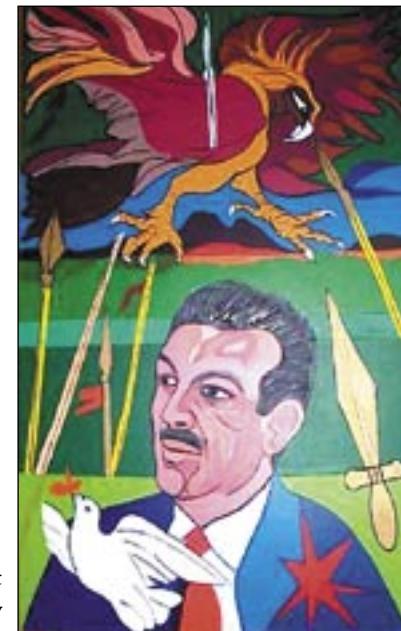
by Warwick Fry

Representative to Australia of Venezuela, Nelson Davila, has only recently arrived in Australia to take up the post of Charge D'Affaires. It may seem strange that he send 'revolutionary greetings to the people of Nimbin' on behalf of the Venezuelan government, but he was intrigued with the history of the town, and its attempts to establish itself as an alternative lifestyle community.

An unreported revolution is under way in Venezuela, but it seems that already there are affinities with Nimbin. Nimbin does not have Venezuela's petrodollars. And US officials haven't called for the assassination of our leaders yet. (A high profile close friend and supporter of President Bush and the White House, Reverend Pat Robertson, declared publicly that it would be cheaper than a war to just assassinate the President of Venezuela).

Nimbin is trying to establish a community based alternative lifestyle that flies in the face of conventional 'wisdom'. Similarly, but on an international scale, Venezuela is breaking away from a US led global drive to privatisation, economic rationalist policies, and 'free trade'. Venezuela has shocked the international economic establishment by violating the conventional 'rules' and diverting oil revenue into social programs and sustainable community projects. Like Nimbin, Venezuela has come under heavy criticism for daring to be different.

Of particular interest to Nelson, was my account of self-organised community functions and projects here in Nimbin. A discussion arose comparing conditions in our respective countries. I told him a little about our community's desire to solve its social problems free of external intervention, and how Police Surveillance Cameras were installed at huge



At this point I commented on the apparent lack of security at the Venezuelan Embassy, where he was holding a barbecue. He just shrugged and with a wry smile said "our friends are our security" and then, with an ironic look upwards "In God we trust ...".

Chavez has survived two attempts to depose him, but with 77 percent popular support, and the Venezuelan economy sustaining a 10 to 15 percent growth rate since he introduced his 'socialised' policies, he seems to have discovered a formula for success that would be the envy of any world leader. He would not, Nelson assured me, suffer the fate of Salvador Allende, the socialist President of Chile who was killed in a US inspired military coup in 1973.

Chavez' most recent 'outrage' (according to the US administration) has been to sell Venezuelan oil at half the market price, to provide low cost heating oil to 45,000 needy families and non profit organizations in Massachusetts to get them through the unusually harsh winter expected this year.



Nimbin Bowling Sport and Recreation

Sibley St Nimbin,

Phone 6689-1250

Come and enjoy!

For information of members and guests.

Social bowlers welcome

Air-conditioned lounge, bar and dining room

Jacky Law's Chinese Restaurant now open
Lunch & Dinner
NEW MENU

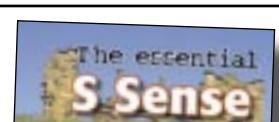


The essential S Sense

BOOK LAUNCH

Fri Dec 7 @ 6pm,
Caddies, Lismore.

Copies available from
Perceptio Books, Nimbin
& Noah's Arc, Lismore.



Larger than life



Sculptor Adrian Ward was beaming at the unveiling of his Silver Bowler on Sibley Street in November.

"It's done what I wanted it to do," he said of the impressive work, commissioned by the Nimbin Bowling, Sport and Recreation Club.

"In one way it is very 1950's Olympic stadium... neo classical ferro cement, the whole piece has a 50's feel to it...," said Adrian.

Like those virile 50's pieces, with their hyperbolic deification of sporting prowess, Adrian's sculpture appropriates the style of renaissance religious iconography. This can be seen in the scale of the figure, twice lifesize; in the drapery of the clothing, with its silver (or white) coloration against flesh-coloured limbs; and in the two-point perspective of the *tromp l'oeil* background, with a characteristic flattened vanishing point in the depiction of a cross-mowed bowling green.

The Silver Bowler was constructed using a steel armature covered in chicken

The Silver Bowler, an iconic "renaissance meets 50's" piece, and its creator, Adrian Ward (right).

wire and rendered with cement. It is attached to a 12 metre long by 1.7 metre high retaining wall at the front of the Bowling Club, and uses the long space to actualise a giant spinning bowl heading towards a cluster around the jack. The sculpture invites viewer involvement, and has already become a favourite spot for tourist photos.

Adrian used skilled local people who volunteered their time to help create this artwork, like Merv the mud guru, with a lifetime of experience building ferro cement tanks; Peter Hajenko with the technical support from the Nimbin School of the Arts; and Liz Hajenko the chick with the chicken wire, art student at Southern Cross Uni.

"I also thank all the Hajenko family and Merv Igog; without their help this project would have never been finished," Adrian said.

Adrian was also

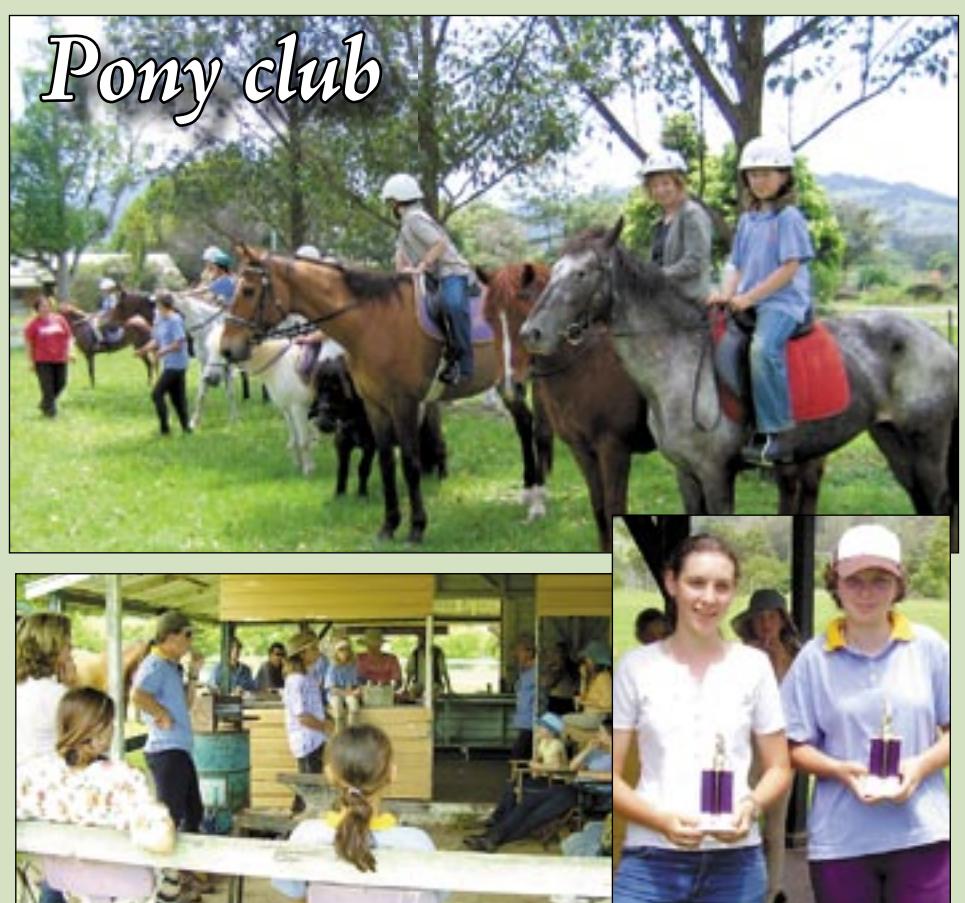
responsible last year for the Dragon, the wood fired pizza oven at the Fire In The Belly restaurant in Lismore, winners of Best New Restaurant on the North Coast. "It's art that is interactive," he said. "These places are going concerns, where real people go, and work, and use the places, not the artificial environment of a gallery."

He has also received The Peoples Choice Award two years running at The Nimbin Arts Festival for his carved wooden pieces, one of which is a bust of local philosopher and poet Kenn Austin.

Adrian is now getting organised for his new project which will be modelling "Fine Art Fixtures" beginning with buildings on the Gold Coast, starting early next year.

To see Adrian's art go to his website at www.adrianward.com.au

Pony club



The Nimbin Pony Club hosted its final event for the year with a weekend celebration of eventing, activities, presentations and a great deal of fun and games. The program was well represented with most

of the 27 riding members taking part. Special awards went to Rose Doherty, Kirsty Branch and Libby Chalk for horsemanship.

The Nimbin Pony Club will resume in late February 2006. New members are

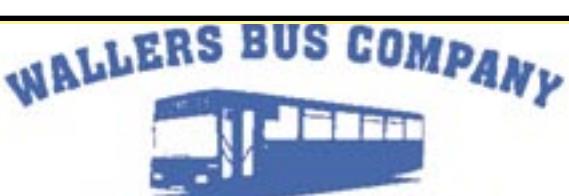
always welcome. For any enquiries please phone Lauralie on 6689 1119.

Kirsty Branch, 14, of Mt Burrell and Rose Doherty, 16, of Terragon.

Smoking is for the birds



Nic and Tina aka nurses Clair and Di (pictured), took to the streets to let everyone know that Nimbin Health is now officially a smoke-free zone. In line with NSW Health's statewide guidelines, smoking is no longer allowed in any areas of the buildings and grounds, although butt bins have been thoughtfully provided on the site boundaries.



Leaving Lismore through to Murwillumbah

Normal Depart Times			School Holiday Times	
8:00	2:35	3:20	Lismore Transit	8:00 2:35
8:10	2:45	4:00	Goolmangar	8:10 2:45
8:20	3:00	4:15	Coffee Camp	8:20 2:55
8:45	3:20	4:30	Nimbin Ave	8:35 3:10
9:30	3:30		Nimbin depart	9:00 3:30
9:40	3:40		Blue Knob	9:10 3:40
9:50	3:55		Twin Bridges	9:15 3:45
9:53	4:00		Mt Burrell	9:20 3:50
10:10	4:20		Uki	9:40 4:10
10:15	4:25		Mt Warning turn	9:45 4:15
10:30	4:40		Murwillumbah	10:00 4:25

Leaving Murwillumbah through to Lismore

Normal Depart Times			School Holiday Times	
7:10	1:50	Murwillumbah	7:30	2:15
7:20	2:03	Mt Warning turn	7:42	2:28
7:30	2:08	Uki	7:55	2:33
7:55	2:30	Mt Burrell	8:10	2:55
8:00	2:35	Twin Bridges	8:20	3:00
8:32	2:40	Blue Knob	8:30	3:05
8:45	2:50	Nimbin arrive	8:40	3:15
7:50	9:00	Nimbin depart	9:00	3:30
8:05	9:10	Coffee Camp	9:10	3:40
8:15	9:20	Goolmangar	9:20	3:50
8:50	9:35	Lismore Transit	9:35	4:00
8:55	9:40	Lismore Depot		

This service runs Monday - Friday excluding public holidays
Enquiries phone 6687-8550 Mobile 0428-255-284

Bush Theatre December Films

Now Open Fri, Sat, Sun, Wed

Movies start at 7.30pm

Wild Parrots of Telegraph Hill

Dec 2nd, 3rd, 4th & 7th.

Exorcism of Emily Rose

Dec 9th, 10th, 11th & 15th.

Wallace and Grommit Curse of the Were Rabbit

Dec 16th, 17th, 18th & 20th.

Entry \$8.50 Child Under 16 \$6.50

Phone 6689 1111

8th December Reggae Night – gold coin donation

15th December Steely Dan tribute band \$15

NYE: Live entertainment from lunchtime till past midnight – gold coin donation

Nimbin Hotel and Backpackers

53 Cullen Street, Nimbin
Phone 6689 1246

December Gig Guide

Thursday 8th

Friday 9th

Saturday 10th

Friday 16th

Saturday 17th

Sunday 18th

Thursday 22nd

Friday 23rd

Thursday 29th

Friday 30th

Saturday 31st

Chris Aronsten

Stipsky

Pimps & Players Ball

Jimmy Willing

Karaoke

Symbiosis (1.30pm)

Hannah Pearl

Aronsten Brothers

Leigh James

Azadoota

The Big Jam

Accommodation • TAB facilities

The Lovin' It Bistro

Open daily 11.30am - 2.30pm, 5.30pm - 8.30pm

BBQ Sat arvo