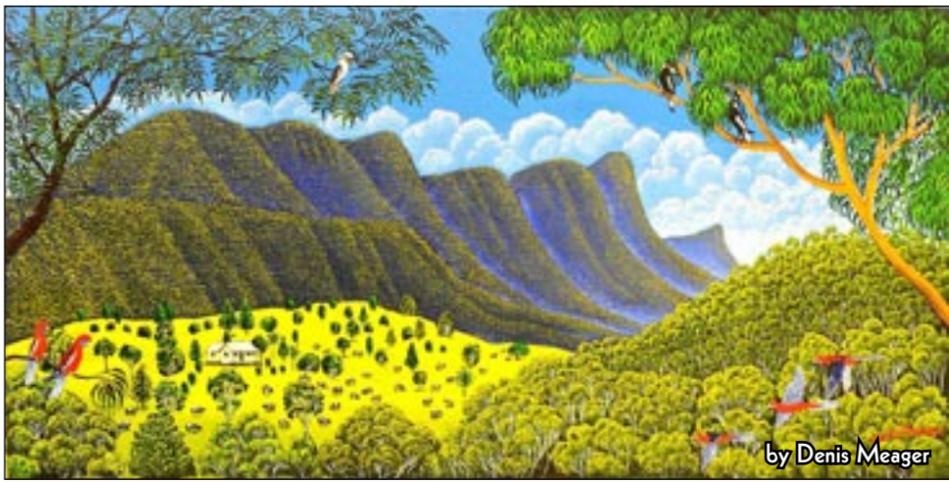


Art show pulls in thousands



by Denis Meager

This year's Autumn Arts Extravaganza gave delight to about 20,000 visitors (some of whom were locals making repeat visits).

Apart from the theft of all the 3-D glasses for one exhibit, depriving everyone else of the pleasure of using them, it was a harmonious process. Artists, friends and the members of the gallery



Lisa Gair

group worked throughout the year, and put in a great deal of time. Thanks are due too to David Hallett for the lights, and to the musicians whose contributions added so much to the ambience.

Gallery staff say they are feeling rather strange in the days after the Extravaganza, with the gallery back to its usual size. The not-for-profit gallery and the Extravaganza are run by volunteers, and more are always needed. Anyone interested can call 6689 1444 or call in.

The work on show was of a high standard and almost all was locally produced. The exhibition included the largest piece displayed to date, the Black Madonna

sculpture of a woman's head by Karla Dickens. People lucky enough to be there at about 4 pm when the low sun caught the reflective material saw her at her most alive. Leigh Arnold's spectacular installation was in the backstage room, under black light, and there was a superb array of cast glass.

There were magnificent weavings by Moksha and Antonia sculptures by MTokio, Rob Harle and Frédéric Berjot. John Ridley's light sculpture changed in response to any one passing it. Francisco Alvarez had some beautiful hanging works made from bamboo and other blinds. A boat by Helena Herendi underlined the plight of refugees arriving by sea. Pauline Ahern created a collection of interesting assemblages, including one based on Julian Assange's activities. Andrew Kavasilas showed his great timber furniture and boxes and Mim Handley had a collection of fascinating creatures, including a family of Dreddy Bears.

Rodney Sharpe delivered a wonderful array of work and has a couple of very large works in the pub for his aficionados to enjoy. Kylie Kingston showed

her drawings for the first time and Peter Ptchelinew had his first exhibition of photographs. Both received plenty of attention and interest. Lutece Bernard and Elsebeth Jones (daughter and mother) exhibited together and Lutece's four-panel piece 'Forest' was sold on opening night.

Great new work came from Claire L'Arrivée, with insects inspired by childhood, and Vale Mendelson gave us 'Quantum', which was inspired by her fascination with Heisenberg and his Uncertainty Principle. Russell Scott showed a great body of new work and painted portraits in the foyer. Maxx Maxted and William Robert's work complemented each other well, and Brendan McCumstie returned with his brilliant collages.

Exhibiting artists included Fay Murray, Donna Sharam, Lisa Gair, Dawn Thirlaway, Shirley Miller, Sue Boardman, Robin Moore, Christine Cameron, Anna Soligno, Julie de Lorenzo, Janet Hassall, Johanna May, Roslyn Parry, Barbara Mills, Denis Meagher, Donnie & Sequoia Paull, Maggie Bourne, Jtindyra, Christina Chester, Jenny Mac and others.



Family of Dreddy Bears by Mim Handley

It's all happening at Blue Knob

The Blue Knob Gallery's *It's Wild!!* exhibition continues until 15th May, so there is still the opportunity to enjoy (and perhaps buy some of) the beautiful works on display, including exquisite woodcarvings by Bernard Rooney, delightful (and fast-selling) jewellery by Peter Vryenhoek, impressive ceramics, and a top collection of paintings and photographs of wildlife and local landscapes.

The following exhibition, *Of Fibre*, opens on 20th May and runs until 10th July. It's a dynamic show, told in fibre, reflecting a wide range of skills, personal statements, and new expressions.

The Official Opening, at 6pm, Friday 20th May, will feature the second *Of Felt Fashion Show*, with models presenting felt garments in a specially choreographed display.

This event will focus on wearable felt and is a rare opportunity to view the top-class felt-making skills which continue to proliferate in the region.

Dinner (\$15 for main, \$4 for dessert and donation for wine) will be available



at the Verandah Café after the show, but bookings are required (6689-7449).

Cafe Events

On Saturday lunchtimes, as the BKH Farmers Market winds down, the Verandah Café offers a Chinese **Yum Cha** lunch (\$15, bookings essential).

A **Mahjong Club** is held at the cafe every second Sunday at 11am; the next one will be on Sunday, 8th May. A bottomless pot of green tea and a platter of Chinese delicacies costs \$10. Bookings are essential.

Pictured at right: OriKiri Felt Wrap by Sachiko Kotaka



Things that can be felt

Felting workshops will be held in the beautiful Tudor-style workshop centre at Nimbin's Black Sheep Farm.

People can learn how to felt and make a wrap, nuno felted scarf, hot-water bottle cover, wall-hanging, pillowcase or felted slippers for winter.

The workshops start on Saturday 21st May from 9am to 5pm, with the subject of felting a flat piece (wall hanging, scarf, wrap etc). On Saturday 4th June the topic will be felting slippers, one-piece tea cosies or water bottle covers. Cost is \$80, including all materials.

Homemade cakes and hot drinks are provided for morning tea, and students will provide a plate of healthy savoury food to share for lunch. The Workshop Centre has a large wood-fired oven to keep things warm and friendly.

For more information and bookings, contact Suzanne on 6689 1095, or go to www.blacksheepfarm.com.au (under Learning Centre).



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Koala Kolumn

by Lorraine Vass



Friends of the Koala had a stall at this year's Bluesfest. It was our first time and for those of us who volunteered, quite fun. We spoke to a lot of people about our work, sold a bit of merchandise and collected a few donations. Perhaps you are wondering why I'm even mentioning this. After all, the iconic event is a home-grown North Coast success story with a track record of community and environmental responsibility. Why wouldn't we be there?

Our participation was something more than largesse. We were actually providing a service to management. On each of the six days from mid-morning to dusk, we rostered two experienced rescuers together with a catching pole, cage and the other paraphernalia we use for a koala rescue, just in case an encounter occurred. For the rest of the time the event's ecologist was on-site with our 24/7 rescue number programmed in to his mobile phone.

While we all appreciate the comfortable capacity of the new festival site, its location adjacent to the Tyagarah Nature Reserve is within an area of significant koala activity. Indeed, the biodiversity value of the greater part of the property has presented new challenges for Bluesfest management as well as for Byron Council.

The local koala population is estimated at between 20 and 30 animals. They occupy the contiguous forest vegetation extending to the north, south and east around the festival site. Under normal circumstances some of those koalas traverse the patches in the middle cleared for tea-tree farming.

The Tyagarah site is subject to a Koala Plan of Management which was prepared in 2008 as well as an on-going monitoring program. The first phase of the monitoring was carried out over several months leading up to and after last year's event. It was that work which identified just how many koalas were on and around the site. It also revealed that everything to do with these animals was small – small home ranges; small bodies; small heads. The consultant ecologists contended these attributes are indicative of isolation and genetic stress; the population is neither robust nor healthy.

Friends of the Koala's experience supports their proposition. Over the past three years, of our twenty-seven records from east of the Pacific Highway seventeen were mortalities – thirteen animals died from disease and four were road strikes. Two animals were treated for conjunctivitis (ocular chlamydia) and released. Eight records were advice calls. In four cases the caller reported visible signs of disease.

It's ironic that so much more is known about this koala population because of a development application. We must be grateful for that because now there is defined responsibility for managing the koalas, involving the developer as well as Council. Koala monitoring will continue, compensatory planting of preferred food trees will be implemented and koala-awareness will be promoted. Friends of the Koala has offered to work with both parties to achieve better outcomes, including



Volunteers Sam Kendal (left), Liz Reimer (koala) and Rick Stewart get into the swing of Bluesfest.

improved health, for the site's koalas and we are confident that the next few years will see results which could set an example for other similarly complex sites.

We have long championed the potential of koalas for enhancing the Region's economy. Our attention has focussed on tourism opportunities. Friends of the Koala's modest Care Centre in East Lismore is certainly not in the same league as the wildlife parks and sanctuaries of the Gold Coast and Brisbane; not even the Koala Hospital in Port Macquarie. However there are a couple of tour operators who have picked up the idea by incorporating into their itineraries known areas of koala occupation.

Redland City Council in Queensland has gone much further by commissioning a study to examine the impact of koalas on property values. The study, undertaken by Professor Clevo Wilson, an ecological economist in QUT's School of Economics and Finance looked at the effect of three koala variables on the price of residential homes: distance to green space/koala habitats; koala sightings within a 50m radius; and a property in a koala habitat area. Results confirmed that property prices are boosted, with people willing to pay a higher price to live closer to well-known koala populations.

Professor Wilson is quoted as saying "The results have several policy implications for urban planning and conservation. Property owners and developers in koala habitats have a direct incentive to support koala conservation and leave swathes of bushland intact in residential areas for koalas and other wildlife."

Sounds like common sense to us, so let's hope developers and the real estate industry start to take notice now that research, the first of its kind to examine the impact of a single animal species on property values, has confirmed that some people will pay more to live with koalas

For information about koalas, their food trees, and ways in which you can assist the koala conservation effort, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone our (24/7) Rescue Hotline: 6622-1233.

Until next time, happy koala spotting.

Nature's living tape recorders may be telling us secrets

by Robert Krulwich, grist.com

Back in the 1930s there was a bird, an Australian bird, who had this thing for a human lady. The lady's name was Mrs. Wilkinson (I couldn't find her first name) and she lived in Australia. It visited her daily for food. She named it "James."



In 1969, Neville Fenton, an Australian park ranger, recorded a lyrebird singing a song that sounded very much like a flute, a flute being played by a human. After much research, Mr. Fenton discovered that 30 years earlier, a farmer/flute player had lived near the park and played tunes to his pet lyrebird. That lyrebird

When James the bird decided to woo Mrs. Wilkinson, he built a mound in her backyard, stood on top of it, and sang. Mrs. Wilkinson invited some human friends to listen.

According to those who were there, on one occasion James sang for 43 minutes. Because James was a Superb Lyrebird his songs included sounds he had heard in the woods and suburbs where he lived. Lyrebirds are probably the world's most gifted mimics and according to Wikipedia, James' love song to Mrs. Wilkinson included a kookaburra's laughing song, the calls of cockatoos, wattlebirds, starlings, parrots, an automobile horn, a rock-crushing machine and a jackhammer.

Many birds can mimic sounds, but lyrebirds are the masters. They are nature's living tape recorders, and sometimes their songs can be troubling.

For example, when the BBC's David Attenborough ran into a lyrebird deep in the Australian woods, the bird not only sang the songs of 20 other forest birds, it also did a perfect imitation of loggers and their chainsaws, who apparently were getting closer. That same bird made the sound of a car alarm.

These birds were, in effect, recording the sounds of their own habitat destruction. And they were doing this, ironically, inside their mating songs.

Are Lyrebirds Accidental Historians? Scientists do wonder how old are these sounds? Lyrebirds can live 40 to 50 years.

had downloaded the songs. Phrases from those flute songs apparently became part of the local lyrebird songbook. A scholar named Norman Robinson figured out that the songs wild lyrebirds were singing in 1969 were modified versions of two popular tunes from the 1930s, "The Keel Row" and "Mosquito's Dance."

Listening to a lyrebird sing may be like listening to very old tapes. When you hear a lyrebird making buzz sounds like a saw, are you listening to something that happened yesterday, or is the bird telling you something more disturbing?

It is interesting to imagine that a similar soundtrack might have been playing in their home forests before being rescued and brought to their present cages. What visitors are listening to then, are the narratives of their displacement, from their own voices. Their birdsongs are a kind of strange audio tour though environmental degradation and ecological extinction.

Well, maybe. I don't know how Mrs. Wilkinson felt during her serenade, but when I hear Chook, the Adelaide Zoo bird, doing a perfect human whistle on YouTube, so uncannily real it feels like there's a guy walking right behind him off camera, I know I'm hearing a bird rendering of a very specific person who once absolutely whistled that very tune.

Who was he? Or she? I don't know. The bird doesn't know, but it's fantastic to hear.

PLANT OF THE MONTH



Cannabis Sativa

Photo: Lachlan Parkin, courtesy Perthnow

The cannabis plant contains over 60 cannabinoids, which provide the psychoactive, or mind-altering effect of cannabis. The strength of the effect of cannabis (its potency) varies according to the way the plant is grown, the way it is prepared and the part of the plant that is used. Cannabis can be prepared by drying the leaves and buds of the plant ('marijuana'), or extracting the resin ('hash' or 'hashish'). Cannabis can be eaten or smoked.

Cannabis exerts its psychoactive effect via

endogenous cannabinoid receptors in the brain, which are distributed in areas that affect the control of movement, appetite, emotion and cognitive functioning.

Subjectively, cannabis intoxication can lead to relaxation, enhanced sensory experiences, increased sociability and mirth, and a distorted perception of time. Cannabis intoxication can also have undesirable effects such as anxiety, panic, paranoia and apathy.

– Excerpt from the National Cannabis Strategy

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by Rob Carroll, President

Sea Shepherd

Lisa Costello was lucky enough to be in the right place at the right time, she boarded the Bob Barker. She was escorted onto the boat and given a tour and she then presented the crew with the recent *Nimbin GoodTimes* and some hot cross buns.

The crew were offered some Easter eggs, but the ship being vegan, kindly declined the eggs. She was thrilled and thanked them for all the dedicated hard work they do for our oceans.

Coal Seam Gas

Nimbin's Bush Theatre was packed with standing room only at the Rainbow Region Coal Seam Gas update; such was the concern in this region for the devastating environmental effect and trashing of common law by this aggressive industry.

Thank you to people who attended voicing their concerns and a special thanks

to the people and groups that made presentations. A collective formed to organise monthly regional get togethers for group liaison, sharing and strategising. It is great to see the local Councils voting unanimously for a moratorium, but we all know that there is a hell of a battle ahead before ending CSG in this area, and elsewhere, but judging by the will of the people on Tuesday night, end it will.

Caldera Environment Centre and Northern Rivers Guardians have organised a United Community Gathering against coal seam gas mining. It is being held on the 14th May 11am at Knox Park Murwillumbah. So please come along with banners and your strong spirit to send a clear message that we do not want CSG in our Region.

Round-Up

It disgusts me when I drive around the region and see so much round-up especially the blanket coverage around

the Tweed area. As of the 3rd June 1997 it became illegal to use Roundup that contains glyphosate within 100m of water ways. I have evidence that shows that the distance from waterways is not being adhered to.

Being the "Gateway to the Rainforest" I am unable to see a very good impression to be gained. Although some people still use round-up as they think it is harmless-harms less than what? Monsanto knows the answer I believe. I have presented the three Local Councils with information confirming the harmful affects that round-up has on the human body, the soil organisms and the waterways. I have seen no changes of spraying.

I will now attend each council meeting in person with the relevant information and present it to the council as a whole. Everything that goes into the waterways and atmosphere comes back to you and me in the water and air. The future you want can be the future you have – it can be your creation.

Mulgum Creek Bridge

We have sent a letter to the Lismore Mayor Jenny Dowell with a petition containing 233 signatures for the bridge to remain standing as "Nimbin's Historic Gateway to their town". We have asked it be left as a walkway, art space and animal crossing.

The end sections can be closed off to the traffic to remove liability issues of vehicles. We can also create a fund to help with the upkeep of the structure which would be very small as the bridge would only be catering to human traffic.

Will keep you updated when we receive information.

Greens' victory cause for celebration

The Greens recently celebrated the victory of their number three candidate, Jeremy Buckingham, over former One Nation leader Pauline Hanson in the NSW Upper House.

Mr Buckingham, an Orange City Councillor, stone mason and sustainable agriculture expert, was declared elected along with the sitting MP, David Shoebridge, and Byron Shire Mayor Jan Barham. They join Upper House MPs John Kaye and Cate Faehrmann, who were not up for election, and Jamie Parker, who wrested the Lower House seat of Balmain from Labor.

"It is a great honour to be elected and to be able to contribute to the debate over the future of this state's food production," Mr Buckingham said.

"The challenges of rebuilding self-sufficiency while protecting the soils and limiting water usage will be one of the defining themes of the next 30 years.

"I look forward to contributing to the new vision needed to secure the food supply.

"Defeating Pauline Hanson was a particularly important task for the Greens.

"As this state faces the



Greens NSW MPs Cate Faehrmann, Jeremy Buckingham, John Kaye, Jamie Parker, David Shoebridge and Jan Barham.

difficult task of learning to live with a harsher climate, the last thing we need is an attack on social cohesion."

Greens NSW MP and electoral spokesperson John Kaye welcomed Jeremy Buckingham and Jan Barham to the Greens NSW parliamentary team.

Dr Kaye said: "Despite Labor's failure to recommend Upper House preferences for the Greens in at least 30 seats, we were able to see off Ms Hanson and the damage she would have done to

NSW politics.

"The Greens have increased their parliamentary numbers by 50%. Jan Barham and Jamie Parker bring a wealth of experience as highly successful mayors. They know how to make governments work."

Jeremy Buckingham also holds the Greens' portfolio responsibility for mining, and said last week that he hoped to visit this area next June to talk to groups concerned with coal seam gas mining.

Eco-villages in the spotlight

Djanbung Gardens will present the second in this year's series of Conversation Cafes on Wednesday 11th May.

Robina McCurdy, from Tui Community, Aoteroa/NZ, will introduce some of the settlements she has been involved in developing, ranging from a traditional African village to a permaculture designed "post-carbon" ecovillage.

She will share her in-depth knowledge of the social, economic and food systems of three communities in NZ.

Robina McCurdy is a co-founder /resident of 27-year-old Tui Community, and a Trustee of its legal entity, Tui Spiritual & Educational Trust (www.tuitrust.org.nz).

During the past 20 years, Robina has worked internationally as an community development facilitator and permaculture educator/designer.

Throughout this time, she has evolved her own methodology, and created accompanying resources for participatory decision-making and collective action.

Cafe opens at 6pm, presentation starts at 7pm. Entry is \$7 / \$5 concession.

Contact Djanbung Gardens Permaculture Education Centre on 6689 1755, email admin@permaculture.com.au



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May movements at Birth and Beyond

by Kirrah Holborn

Last month at Birth & Beyond saw our largest group yet. The lovely Laura provided a delicious sound bath for five pregnant women, one mama and her newborn and some other birth enthusiasts that joined the fun. At the end, baby Isabella was sound asleep in the center of the circle.

Chrissy spread colour and joy with flowers and an altar to share her passion and knowledge about blessing-ways. She talked about the importance of honouring the mother-to-be and gave inspiration for how to create a unique ceremony to bless the mama and her baby.

Thank you to Kerry who came in to share her birth stories. It was beautiful to hear how different each birth was and how wonderfully well Kerry handled the twists and turns in each birthing journey.

More donations are being given to the Birth & Beyond space. We now have a growing selection of baby clothes coming in. If you need some baby clothes- come and take a look! If you have a baby and wish to pass on the clothes they've grown out of, feel free to drop them at the Nimbin Apothecary or come along one Friday morning to Birth & Beyond.

Remember that 'Birthing From Within' extraordinary birth classes have begun at Birth & Beyond on Monday mornings. This is a fantastic way to holistically prepare your mind, body and soul for the



amazing rite of passage of giving birth.

The upcoming events for May are:

6th May: 'Sonic Birth' with Ashera Hart
Ashera will be offering a grounding meditation and an opportunity to experience the re-balancing and divine frequencies of the solfeggio with her tuning forks. She will be talking about how sound can help create a pain-free birth.

13th May: 'Creating a healthy home' with Sandy Harding
Sandy will discuss switching to a safer and more cost effective way to shop to help your children be healthier.

Sandy is also looking for pregnant women or parents who would be interested in being interviewed about:

- The emotions the baby picks up in the womb and the effects this has;
- Ultrasounds (are they safe or necessary?);

- Exercise during pregnancy and how this effects the baby;
- The delivery process- what's natural?
- Breast-feeding and the connection between mother and baby.

20th May: 'How to approach hospitals' with Santo

Santo is a doula and childbirth educator in Lismore. She will be discussing how to approach hospitals when you're birthing in them and how to achieve the best outcome.

27th May: Screening of the film 'The Big Stretch'

This film (by Jenny Blyth & Alieta Belle) is a visually stunning fusion of interviews, birth footage, still images, poetry, animation and original music from more than fifty births...

It is positive and empowering!

For more information or to hold a session at Nimbin Birth & Beyond phone Kirrah on 0429-308-851 or email kirrah@wholistic.com.au



FIND YOUR OWN SACRED SPACE

The Living Arts Sanctuary is a sacred space dedicated to healing and self discovery, a space to retreat and cultivate an energy that is clearing, nurturing and empowering.

Yoga, Chanting, Earth Mantras, Integral Martial Arts, Sacred Men's Group, Fae Workshops, Sound Healing workshops and Ecstatic Dance are activating and alive within the walls of the Living Arts Temple.

Experienced and compassionate teachers, guides and facilitators are there to support and empower you on your unique and individual journey.

The Living Arts Healing Temple has exquisite views to Sphinx Rock and beyond.

For more information on classes and workshops at Living Arts, contact Sam on 0414-373-856.

Living Arts Sanctuary is 10 minutes from Nimbin, on the Blue Knob Road..



Aum Aum Aum Loka Samasta Sukhino Bhavantu
May all beings be happy and free.

How are your guts?

by Leandrah

Gut is a term used for intestine or bowel.

Your stomach is a holding tank where food is drenched with gastric juices and exposed to stomach acids and the digestive effects of pepsin. Other more important digestive and absorptive functions occur in your small intestine; The pancreas provides digestive enzymes as well as buffers and the liver and gallbladder provide bile, containing additional buffers and bile salts, to facilitate the digestion and absorption of fats and cholesterol.

Heal and tone gut: Heartburn and indigestion, digestive ulcers, leaky gut, constipation, haemorrhoids, colitis and diverticular disease are all signs that the gut needs to be healed and toned up. Aloe vera juice, fish oil/codliver oil/flaxseed oil, linseeds soaked over night, slippery elm, calendular and lavender flower tea are all useful if taken routinely everyday over a long period.

Balance gut microflora: Excessive flatulence, burping, digestive discomfort and cravings for sugar, point to an imbalance of the microflora in the gut and poor enzymatic breakdown of foods: Acidophilus supplements, Grainfields BE Liquid, acidophilus yoghurt, rejuvelac,



and other traditional predigested and fermented foods.

Replace digestive enzymes: Bloating, wind and constipation are signs of poor enzymatic function. You can take enzymes as a supplement and/or eat lots of predigested raw organic foods such as: raw milk and milk products, bean sprouts, sauerkraut, soaked nuts and seeds, white cheeses, raw organic eggs, yoghurt, sprouted bread.

Stimulate digestive juices: Lack of appetite, wind, repeating, constipation, nausea, undigested food in stools, fetid and fowl bowel motions, all are signs that your digestive juices need stimulation. Zinc supplements may improve taste and smell of food and chewing food well will increase digestive juice flow. Take fresh lemon juice, vitamin C and/or bitters before meals. Bitters include: dandelion root coffee, Swedish Bitters, globe artichoke, fresh greens such as medicinal dandelion leaves, rocket, cos lettuce.

Chromium and magnesium supplements and fenugreek seeds feed the pancreas. Saint Mary's thistle seeds and selenium supplements look after the liver.

Stimulate elimination: Get regular with at least 1 satisfying bowel motion per day. Fibres: psyllium husks, slippery elm bark powder, soaked linseeds. Bitters: Dandelion root coffee, globe artichoke, fresh rocket, cos lettuce, dandelion leaves and Swedish Bitters. Flush out your tissues with at least 1.5L of water a day, plus nettle leaf tea, redclover flower tea, 4 x gotu kola fresh leaves per day.

Good food choices: Fresh is best, organic or locally grown, unprocessed, wholefoods, raw, high protein, low carbohydrate, predigested.

Leandrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Tuesdays. She is a Naturopath and has been practising from the Birth & Beyond rooms in Nimbin for eight years. Leandrah also has a country practice in Wiangaree at The Turquoise House. Wiangaree is only 10 minutes drive north of Kyogle. There is a medicine garden, colour healing studio, and well stocked dispensary of homoeopathics, herbs, flower essences and supplements.

Phone for appointments 6636-2356 or book in with Nimbin Apothecary for Tuesdays on 02 66891-1529.

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NIMBIN

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Nimbin Hospital Info

• **Nimbin Immunisation Clinic** At Nimbin Hospital, 2nd Tuesday of the month. Birth to 5 years. By appointment only, through Lismore Community Health, Ph. 66207687. next Clinic Tuesday 10th May.

• **Nimbin Womens Health Nursing Service** every 3rd Tuesday of the month. Free and confidential. Next clinic 17th May. Ph. 66881401.

• **Physiotherapy** michelle Bevis, at Nimbin Hospital, on Wednesdays. Appointments are made directly through Michelle, on 66794020.

• **Physio** at Nimbin Hospital on Monday and Thursday. For appointments Ph. 66881401.

Nimbin hospital is environmentally conscious and in addition to general recycling of glass, aluminium and plastics, we now recycle batteries, phones, spectacles and printer cartridges. We use recycled paper for printing and our waste paper is shredded and used in compost for our garden in the dementia courtyard.

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Getting (over) the cold shoulder

by Krishna Bear

It's not surprising that in the Northern Rivers there are so many people with shoulder issues. Most of us live on acreage or bushland and, as a result, lead a very physical lifestyle.

Some tend to soldier on with shoulder pain and hope that it goes away. But without adequate rest and remedial massage to fix these pains, long-term problems like Frozen Shoulder or chronic pain in the rotator cuff can develop.

I've been running a six-year study on shoulder pain, in particular Frozen Shoulder, and have been hard at work on a

new treatment plan. It can reverse Frozen Shoulder in about five treatments and obviates the need for surgery, cortisone injections or many months of expensive therapy.

Frozen Shoulder, or Adhesive Capsulitis, is a condition where the shoulder feels stuck or frozen and it is difficult to rotate or lift the arm without pain or resistance. Inside the shoulder, the humeral head (the large ball at the top of your humeral bone) has become glued to the shoulder capsule with very dense and tough connective tissue.

Some cases have no pain and the shoulder is just simply stuck (these are the easiest and fastest to fix), in other cases, the pain

can often be intense and debilitating.

There are also spontaneous cases where a frozen shoulder can be created overnight. If left untreated, this condition can last for three years. It's also an extremely difficult condition to treat as the problem is within the shoulder capsule.

I was motivated by the challenge to fix a difficult problem and had some initial success, so I decided to expand on that. Six years later, the treatment plan has evolved significantly and now has a 90% success rate, assuming there are no other medical conditions present.

I recommend you see your local doctor before coming to me for treatment, to gain



any necessary medical scans or reports so I know how to best treat and care for you.

Treatment is available at Barkers Vale (6689-7055) and the Nimbin Apothecary (6689-1529).

The Gestalt Attitude

by Dr Elizabeth McCardell
M. Counselling, PhD
Phone 0429-199-021

At the foot of my last article I invited anyone who wanted, to experience 30 minutes of up to 6 sessions of Gestalt therapy for free – as well as noting that psychotherapeutic sessions with me of a non-specific Gestalt kind lasting one hour are available with a fee.

Now I haven't been run down with millions of people requesting short sessions with me, that's true, but what has become clear is that not that people don't want it, but that many people don't understand what Gestalt therapy actually is. So I'll use this space to explain something about the core of Gestalt therapy, at least as I see it.

Gestalt therapy can work beautifully in bringing about change and choicefulness from a problematic place where the person has felt stuck in a mindset and from where they could previously see no way out. An attitude of curiosity, exploration, playfulness, and experimentation with a person's processes around their lived experience, feelings, bodily senses, beliefs, family background, relationships (past and present), cultural ideas, etc., co-created by therapist and client are central to this therapeutic practice and attitude.

Think of a time when you were going through something that you could not

find an end to. Night after night, the same problem presented itself and you could see no solution at all. Day after day, the same thing just went around and around in your head and you felt anxious, stuck, and full of despair. I think many people experience this and I know many of us fear going mad during it.

Therapy is useful, most kinds of therapy. Gestalt, though, can work very quickly shifting stuck things, though the practice can be wonderfully beneficial over a long time as well.

Imagine, if you will, the picture of the classic crone/young woman optical illusion where when you look at the image of the crone you can't see the other image of the young woman, but then something suddenly changes and you can see the young woman but not the crone.

Once you have seen the other picture, you know the picture you originally saw is also there. Suddenly you have the knowledge that one way of seeing isn't the only way. This optical illusion is a classic in the field of perception and perception as a discipline is one that has greatly influenced the development of Gestalt therapy.

With the problem we had that seemed to have no solution, suddenly we can become aware of another side to it, and with this insight come to realize that a single perspective is only an attitude of mind. With this perspective, too, comes a sense of a greater whole,



and a sense of a greater complexity, and with this a broader capacity for choosing the perspective(s) most beneficial to us. Going back to the picture of the crone-young woman, we might enjoy seeing the young woman more than the crone and so choose to view her in greater interest, or vice versa.

This, in essence, is a choicefulness that opens itself to us as we become more aware of the possibilities available to us. Such a choicefulness, that comes with greater awareness, brings greater empowerment to us and more freedom to engage with the world in the way we like best.

Gestalt therapy is about discovering greater choicefulness in our lives, more awareness of our processes in relation with ourselves and one another, giving us a sense of greater response-ability (that is, an ability to respond sensitively, and not just reactively) to self, others, and the earth; freedom, empowerment, and aliveness.

This is what I want to share with whoever comes to work with me.

Beware of backyard tattoos

There's a saying amongst tattoo artists: Good tattoos aren't cheap, and cheap tattoos aren't good.

Sophie and Beki (pictured), both registered tattooists at Nimbin's Rainbow Body Piercing studio, say they have seen some shockers done by amateurs, and with the price of tattooing kits getting cheaper, it's becoming more common.

"Cheap kits, some costing as little as \$100 including needles and ink, are available on the internet," said Beki, "and this is attractive to under-18s who cannot legally be tattooed at a parlour."

She said there is a legal and moral obligation on registered tattooists to make sure their clients are over-18 and sober. They must have completed a Health Department course, and operate in a sterile environment.



"Anyone who gets a backyard job done is taking a big risk," said Sophie. "They haven't had training in safe procedures, and often have little awareness of sterilization procedures to avoid infections such as Hepatitis C and AIDS, through sharing needles."

Beki was especially critical of inadequate sterilization procedures used by backyarders. "Pathogens are not killed by boiling or bleaching," she said, pointing out that the studio's autoclave sterilizer was worth hundreds of dollars.

But it's not just the health risks that worry the professionals. You can end up with amateurish art poorly rendered in a badly-chosen place, for the rest of your life.

Sophie and Beki agree, "It's just not worth it."

Their comments were made in the lead-up to the 6th annual Pro Pot Art Tattoo Show, which raises money for local charities.



Professionally done: A competitor in the Pot Art Tattoo competition during MardiGrass.

Nimbin Open Learning Centre classes resume

The second eight-week Term starts on 11th May, offering courses in Astrology, Qi Gong, Creative Writing, Art, Computers, Digital Photography, Basketry, Beadwork, Crochet and Myths & Legends.

Courses run on Wednesdays and Thursdays, mostly at the Community Centre, and there are discounts for enrolling in multiple courses. See the brochure for details.

Though enrolment was held on 4th and 5th May, interested people may still be able to squeak into some classes – phone Nimbin Community School on 6689-1477.



Dr Elizabeth McCardell, M. Counselling, PhD

Counsellor / Psychotherapist



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