



THE NIMBIN VALLEY GOOD TIMES

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Nimbin Show evolves, grows



The times are a-changing – and so is the Nimbin Show.

Show president Phil Williams said Nimbin today was a very different place to the one-time agricultural hub which boasted 105 dairies. Most farming these days was small scale or done on a hobby basis, he said.

To reflect the changing land uses and the new industries which have come to town over the past 40 years, this year's show on 24th and 25th September will focus on self-sufficiency,

sustainable agriculture, health and healing.

In addition to all the usual show highlights at the pavilion – the dog high jump, horse events, cattle, poultry, dogs, local produce displays, poetry competition, homebrew competition, live music, entertainment, talent quest, sideshows, games afternoon on Saturday for the children – there will also be talks delivered by local experts.

Phil said the subjects of self-sufficiency and sustainable agriculture, which would be covered in the talks, reflected some of the ways the Nimbin Valley had changed.

"We hope the speakers' tent will bring in extra people and generate new ideas," he said.

Day one of the show will focus on self-sufficiency and sustainable agriculture, with talks on keeping a house cow, baking bread, establishing a vegetable garden, building with earth bags, slaughtering for the

table and growing food with nutrition in mind.

Permaculture guru Robyn Francis will speak on permaculture for local self-sufficiency. There will also be biochar making demonstrations by Dolph Cooke over the weekend.

On day two, the focus of the speakers' tent will turn to health and healing, featuring talks on a range of natural health subjects, including homebirth, homeopathic first aid, healing with herbal teas, natural therapies and Chinese medicine.

All talks begin at 10am.

There will also be free health checks by qualified fitness consultant Cassandra Jefferys, free massages and a Tai Chi demonstration.

A collective of Nimbin woodworkers – Paul Roguszka, Andrew Kavasilas and Jan Schilling – will be sharing their woodworking skills, and there will be a wood auction.

The resident bands over

the weekend will be the Perch Creek Family Jug Band and local bluegrass masters, the Barkers Vale Brothers.

Blue Knob Farmers' Market will be held at the show on Saturday morning.

A games afternoon features a junior ironman competition, gumboot throwing, horseshoe tossing, egg-and-spoon race and three-legged race.

There will be a poetry competition on Sunday and children's pet show, plus novice whip cracking at 11.30am in the cattle arena.

The Rainbow Power Company will be providing some of the show's energy requirements through solar panels.

Anyone interested in becoming a stall holder can download a form from the show website, which also contains the full program at www.nimbinshowsociety.org.au

Entry is \$7 for adults, \$5 concession and \$2 for children, which includes all talks.

Speakers tent schedule

Saturday

10am Keeping a house cow: Peter Calkin

10.45 Growing food for nutritional value: Jenny Creasy

11.30 Establishing a home garden: Angela Skehan

12.15 The benefits of baking bread at home: Jason Grignon

1.00 Permaculture for local self-sufficiency: Robyn Francis

2.00 Building with earthbags: Becky Summers

2.45 Beekeeping: James Creagh

3.30 Slaughtering for the home table: Noah Nielsen

Sunday

10am Homeopathic first aid: Tarang Bates

10.30 Toxicity and tissue mineral balance: Leandrah

11.00 Traditional Chinese Medicine: Melissa

11.30 Anthroposophical healing: Christina

12.00 Homebirth talk: Kirrah

12.30 Healing with herbal tea: Rebecca Ryall

1.00 Naturopathy: Jacintha



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