

History of Nimbin's health

by Noelle Lynden-Way,
Community Representative

There is a sign up at the Nimbin Multi Purpose Service (MPS) which says that the Nimbin Health Service building was officially opened on 18th May 2005 by the Minister for Health at that time.

So far in this column I have written of the history of the hospitals at Urbenville, Kyogle and Bonalbo. This time it's about Nimbin, where the MPS was opened in the same year as Kyogle.

To find out some of the history of the local hospital, I visited Jean Stephens and Eric Bazzana in their homes. They have both been long and valued residents of Nimbin.

From 1882 to 1917 there aren't any accurate records of health care in Nimbin. Medical help was 33kms away by horse or horse-drawn vehicle to Lismore. This distance developed a great independence amongst the community. Isolated settlers visited each other on Sunday to exchange news and to make sure their neighbour was alive and well. Pregnant women went to Lismore prior to their delivery date and later midwives came to homes on horseback.

1917 was the date recorded for the first Cottage Hospital on the corner of Lismore and Kyogle Roads, and during the worldwide influenza epidemic that followed the 1914-18 war, Nimbin Hall was used to cater for all the patients.

Over the next decade, a succession of privately owned cottages were used as hospitals with a doctor and matron in charge. In 1933 the CWA opened a hospital but it closed in 1939, six weeks after the Second World War was declared, because the doctor had left to go to Bonalbo. During the war, this CWA building was rented as a private home to pay the rates.

After the war, a public community meeting was held and a hospital board of directors was elected. The government took over the hospital and it re-opened in 1947 as the Nimbin & District War Memorial Hospital. It was not until 1954 that the CWA sold the building to the government for a peppercorn amount.

Women have played a significant role in the history of the hospital. The first three doctors after the war were Drs. Lenore Jakins, Joyce Russell and Ruth Godden. Dedicated matrons



Eric Bazzana



Jean Stephens

such as Matron Quinlan and Matron McCollom and their nursing staff have always been the backbone. They generally married into the community, and lived and raised their children locally.

Jean Stephens said that in those days, people did not go to the doctor unless it was serious, like a broken leg. The doctor would usually just give you some advice and say come back if you need to. Most mothers tended to their children at home when they were sick.

As we have seen recently in Bonalbo, in rural areas the presence of a doctor is crucial to keeping a local hospital open. In 1970 after the death of Dr Kroll, Nimbin hospital was kept open because the matron had the authority to admit patients and there were nursing staff at the hospital. A locum doctor came twice a week.

During this time, the matron would open up the hospital every day for people to come if they needed help. She would assess the situation and if they needed treatment she and the staff could not provide, she would refer them to the doctor in Lismore or to the Base Hospital. There was a maternity section, and Jean's youngest son was born there. Up until 1975 it was considered a maternity and general hospital.

After 1975, a doctor lived in the town. The current medical centre is in the old hospital building and the MPS was built next door, 10 years ago.

Jean herself went back to nursing after 25 years and raising three children. She worked as an enrolled nurse from 1962 to 1980. Jean turns 100 this year. Her husband Horace Edgar Stephens was on the Nimbin Hospital board from 1958 to 1970.

Eric Bazzana lived in the Nimbin district for more than 52 years. Married to Marie and with two children, Gary and Sue, he owned and ran a very successful trucking business in Nimbin and became a director of the hospital board from 1965 to 1980. Eric was involved in many community organisations – Bush Fire Brigade, Nimbin Progress Association, SES, Chamber of Commerce as well as Rugby League Club, Nimbin Pool Management Committee and the cricket club.

After a long and colourful history, today Nimbin has a Medical Centre with Dr Dan Oxlee and Dr Bains, the MPS has an emergency department, general hospital beds and an aged care. The matron is now known as the nurse manager, and most of the nursing staff live locally.

Thank you Jean and Eric for your invaluable contributions to this column and for your kind hospitality.

Resource books consulted were *Nimbin Centenary 1882 – 1982*; *Sawbones, Saddle Burns and Soothing Balms – Medical Practitioners in the Richmond Valley 1886 – 1986* by Neil Thompson FRCS, FRACS published 2014; and Eric Bazzana's autobiography *From San Martino to Nimbin*, published 1991.

General Information

Remember to call the Health Advice Line if you have a health issue. It's a 24 hour 7 days a week free service available on 1800-022-222. An RN (Registered Nurse) will speak to you and assess whether or not you need to go to the emergency department at your local MPS.

Read more information about this service at: www.healthdirect.org.au



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Nimbin Hospital Info

Child immunisation clinic

For 0-5 year olds. Held second Tuesday of every month. Next clinic: 12th May. For appointments phone 6620-7687 (Lismore Community Health).

Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment (through Lismore Community Centre).

Women's Health Nursing Service

Confidential Pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next clinic: 21st May. For appointments, phone 6688-1401.

Nimbin community nurses

Monday to Friday 8am to 4.30pm. For assessments, wound care, referrals, advocacy. Provision of Palliative Care in the home. Provide and co-ordinate Aged Care Packages.

Free health checks

Now in front of the Neighbourhood Centre, every second Friday, 11.30am - 1.30pm. Run by a Nurse Practitioner and a Registered Nurse. Cardiac, diabetic and stroke risk assessments, weight, blood pressure, oxygen sats, BSL, cholesterol levels, referrals to appropriate Health Professional, if required.

Free respiratory clinic

With Specialist Respiratory Nurse and a nurse practitioner. Second Thursday of each month. Next clinic: 14th May. For appointment phone 6688-1401.

Free diabetic clinic

At Nimbin hospital, every third Thursday of the month. For appointment phone Leanne Boothe 6630-0488.

Nimbin NSP opening hours

Will be open on Mondays and Thursdays, 9am-noon. Arrangements can be made to see a health nurse through NSP.

Cannabis Clinic

Every Monday at Nimbin hospital. Confidential counselling. Phone 1300-664-098.

Drug and alcohol counsellor/psychologist

Every Thursday. For appointment phone 6620-7634 or Mobile 0428-109-474.

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 8th May.

Hospital Garage Sale: Saturday 16th May at the Hospital.





Farewell to Cat

The NNIC team is sad to say goodbye and good luck to our fabulous Cat Anderson who has moved up the coast for family reasons. Cat worked tirelessly on the Sibley Street fundraising campaign in particular, and without her we would never have managed to pay down the loan by January this year. We know we speak for the whole of the community in acknowledging her efforts and that she will be missed by us all.

Changes at NNIC

Ruth Shinn is taking over from Cat and will be managing our front of house as well as our Centrelink agency. Eventually we plan to move all the Centrelink resources and computers into the same room to improve the confidentiality and work area for Centrelink customers. In the meantime we hope the changes cause minimal confusion for you all, and ask

for your patience while things get sorted out.

Centrelink changes

Soon all Centrelink customers will be required to report online via My Gov (ie NOT the current Centrelink portal). It looks like the My Gov log in process is going to take some getting used to, so we recommend you get started early to reduce stress once the change becomes compulsory.

Emergency relief/Food vouchers update

Last month we reported that we no longer will have food etc vouchers for clients. In fact the CONC has allocated funds to the program partners for vouchers until 30th June 2015 while we configure the new program. So you can still come into NNIC for vouchers – by appointment only.

Community grain mill

The Blue Knob Farmers Market is looking for

someone to transport and run the mill each Saturday, including transporting the mill between the market and the Nimbin Food Co-op each Saturday. There is the opportunity to bring grains to grind and sell them at the market. If you would like to be a new stallholder and take on this important service for the community, please contact Ian at: ian.slape@gmail.com or Guy at: guy@nnic.org.au This work may also count towards your Centrelink activity obligations.

Northern Rivers Bio Hubs project

The NR Biohubs consortium (led by Sustain Energy) is conducting a survey as the first step in our community consultations regarding bioenergy. Our research to date indicates that due to our local climate, bioenergy may be more viable in the Northern Rivers than

other large scale renewable energy generation. We are investigating potential community bioenergy projects but before we do we want to ensure that any plans fit within rules acceptable to our community. The survey will be followed up with community information and community forums to further the conversation, with the ultimate goal of establishing community needs and boundaries around bioenergy projects. Subject to community approval, the first project we are looking to implement is a mini biogas demonstration plant at the Nimbin Valley Dairy. The survey link is available on our website and facebook page.

CDAT – Community Drug Action Team

CDAT is open to interested community members and has been meeting on a monthly basis. The next

meeting is on Thursday 28th May at 1pm in the Elmo room at NNIC. We have applied for a small amount of funding to support CDAT activities. For more info contact Nat at: admin@nnic.org.au

7 Sibley Street roof and gutters

Can you help? Now that the house is painted, the next preservation step is to replace the guttering and downpipes to minimise water damage. If we can also replace the roof, we have a water tank ready to plumb in so that we get a garden happening. We need (new or second hand in good condition):

- Guttering – about 20m or so plus corners
- Matching gutter clips – about 20.
- Downpipe – about 8 metres
- Chimney cap – standard flu size.

If you or anyone you know may be able to donate the roofing stuff, please contact Nat or Guy at NNIC.

To donate funds to Stage One (renovate and relocate the old house) here is the

new bank account set up for this purpose:
BSB: 728-728 Summerland Credit Union
Account: 22304372, NNIC – Sibley Street Fundraising account.

You can also donate directly at NNIC, or send us a cheque – please indicate that the donation is for Sibley Street, and as always, please note your name in your deposit so we can acknowledge you, unless you prefer to remain anonymous.

Nimbin Neighbourhood and Information Centre (NNIC) is a local charity and community-based organisation run by locals for locals, and is funded by NSW FaCS as a Community Hub. Our main service delivery role is to provide information and referrals to disadvantaged community members. For information about all services available in Nimbin, Lismore or the Northern Rivers region drop into NNIC and ask at our front desk or else make an appointment with our Community Workers for referrals, support and assistance including material aid. If we can't help we probably know who can.

Rainbow Rising Report

by Megan James

We at Tuntable are meeting now every week to finalise the plans for the new Rainbow Café.

Several younger members have rejoined the group and they are keen to maximise the commercial potential of the site. This has not been our main goal in rebuilding the café, so we are looking at ways to include other rentable spaces on the site in future. All plans need to go into our Development Application for Council, so our planning time is being extended. However, the design for the café itself is proceeding – at least as well as a dozen different dreams can hope to coalesce into one!

Our architect, Sarah Gunn, is working more closely with Mark Floate, who is preparing plans for the Museum Site. Council continue to be very supportive

and we will be meeting with the town planning staff to discuss details.

Rainbow Lane looks set to continue in or close to its current position for the first 9m on the Rainbow side. In fact, it will be wider at the street frontage, extending the 'blister' (what a silly word for a great place to sit! Can we have a few suggestions for a better name for this little area?) into a little mini-plaza. It will also give café patrons the opportunity to dine al fresco.

There will be a firewall shared with the Museum site on our southern boundary, with small shops on their side and the new Rainbow kitchen on our side. The new cafe may be smaller than the old one, but will have some great outdoor space, most likely including a raised deck area with a view, as well as garden.

We recently met with Julie Dickson, who designed and also did the DA for



her very successful Black Sombrero restaurant in Lismore. She had some fantastic ideas to make it a worker-friendly as well as customer-friendly space.

People have been respecting the old garden area as well as the cleared site and we appreciate this very much. The toilets are not available for use. The Tuntable School and Pre-School used the site over MardiGrass, serving up yummy treats there again.

And stay tuned for the next exciting instalment in the June *GoodTimes* when we may be able to present a rough plan!

Photo: Megan Hardcastle

Youth week celebrations

by Nina Boddenberg

Youth Week was celebrated in Nimbin on Saturday 18th April at the Nimbin Skatepark. A fun day was had with local DJs pumping out tunes on the new Youth Music sound system, as well as circus play and some food to share. It was a perfect autumn day, and everyone enjoyed the warm sun and good vibes.

The Youth Music Project is a volunteer-run project auspiced by the Nimbin Community Centre (NCC). In 2014, the NCC received a Section 356 Donation from Lismore City Council towards the project which allowed the purchase of a youth-dedicated sound system, being used to teach music technology, sound engineering, stage management, and DJing.

The small team of volunteers has plans to put on a number of youth events and activities throughout the year and into the future. We are very open



to further input and new ideas from the community.

Any young person who would like to access the equipment for a youth event, or to use for regular activities, band practice or DJ lessons, please get in touch.

Currently, the equipment we have is fine for DJs, but we are missing some items needed to make it a full band system. The cost to purchase these extra items is only around \$250, so any donations to the project would be welcome.

If you would like further information on the project or would like to get involved please email me at: nrboddenberg@gmail.com or call Kieron Armatolos on 0429-012-008.

Kyogle Council notebook



by Cr Danielle Mulholland, Mayor of Kyogle

It has been a busy month with workshops around Fit for the Future and an array of events which I and other Councillors have been attending, to keep informed about what is going on in our LGA.

I attended a Women in Leadership forum in Kyogle to participate in a panel of

women who are leaders in their own right. It was the first of a series of workshops and I found it interesting to listen to the ideas of other women around leadership. If you are interested in participating, please contact Nicola Mercer on 0417-025-919.

Cawongla pre-school recently held an open day, which was well attended. The pre-school provided us with a tour around their music garden, their home-made craft section and the garden where they teach students to grow different plants. It's important we continue to support them as they have limited funding and what you don't use, you lose.

As you all would have heard by now, we had a successful trip to Canberra, meeting with deputy prime minister Warren Truss about the

Bridge Renewal Program. Discussions went on for a bit longer than expected, and agreement was reached to change the criteria so that rural councils would find it easier to meet. We also discussed the possibility of getting Minneys Bridge funded. We're very happy with this outcome.

The Bonalbo ANZAC Centenary Ball was a fabulous event with most people attending in period dress from 1914-1918. It was a fun, innovative event and I congratulate the organisers on the lovely decorations (handmade poppies) and the winners of the best-dressed prizes. A special mention must go to the trio of nurses who handmade their uniforms especially for the event.

The Fit for the Future meetings with Lismore



and Richmond Valley Councils were held to discuss the opportunities and challenges around potential mergers. Neither Council is particularly interested in a merger option at this stage, although there has been talk around business cases being developed "just in case".

If you have a view, please go to the Office of Local Government website and check out all the information available at: www.olg.nsw.gov.au

Until next time, all the best.
Kyogle Council: 6632-0214.
Danielle.Mulholland@kyogle.nsw.gov.au

A 'family affair' at the Rochdale Theatre

Lismore Theatre Company's coming production of Kurt Vonnegut's *Happy Birthday Wanda June* is a real-life family affair. Starring in this zany, offbeat comedy are mother and daughter Clare Mason and Ava Jarret (pictured) and father and son Greg and Chris Crane.

Happy Birthday Wanda June is an hilarious look at the wild, crazy life of megamacho big game hunter and adventurer Harold Ryan, returned to civilization after eight years lost and presumed dead in the jungles of darkest Africa.

In a rich mix of madcap comic characters, well-known local actress Clare Mason plays Harold's drunken third wife Mildred and daughter Ava has the title role of ten-year old Wanda June. In a bizarre twist, both Mildred and Wanda June are 'ghosts', who share 'heaven' with Nazi Major Siegfried von Konigswald.

Greg Crane plays Col. Looseleaf Harper, lost in Africa with Harold and a mad character who dropped the atom bomb on Nagasaki. Chris Crane plays Herb Shuttle, a vacuum cleaner salesman who dreams of a crazy adventure in Africa with Harold and Looseleaf.

This is a laugh-a-minute comic masterpiece which enjoyed brilliant success on the stages of London and New York.

The Lismore Theatre Company production features an outstanding cast incorporating some of the North Coast's finest talent – and is not to be missed.

Happy Birthday Wanda June opens at the Rochdale Theatre on Friday 8th May for a two-week season.

Bookings can be made at: lismoretheatrecompany.org.au or at Noah's Arc Bookshop, phone 6621-8169.



fact or fiction ?



Get the fracks at the Bush Theatre.

Shown recently to a packed house at Lismore's Star Court Theatre, the documentary *Frackman* comes to Nimbin in May. Exploring the unexpected journey of an unlikely hero, the film documents Dayne Pratzky's rise from humble landholder to political activist, as he felt compelled to stand up against the burgeoning Coal Seam Gas industry's unwelcome invasion of his farm in Tara (three hours west of Brisbane).

Hot on the heels of a recent State election and of local community involvement in delaying CSG drilling at Bentley, this film screening provides a timely opportunity to review the controversy surrounding unconventional gas mining and the personal courage and commitment required to keep fighting its establishment in the region.

The film's producers purport that the documentary aims "to spark a broad national conversation about the risks of our headlong rush into massive coal seam gas development"; whilst the (industry-funded) Energy Resource Information Centre describes the film as being "More fiction than fact". Come and make up your own mind, along with good food and good company, on Friday 16th May when the film comes to the Bush Theatre in Nimbin.

This screening will be the first of a series of regular monthly film nights held down at the Bush Theatre. Ticket price is \$20 for a set meal/film deal (from 6pm) or \$10 at the door for the film only – the film itself will be shown at 7.30pm. Tickets are available either at the door or online at: www.nimbinbushtheatre.com/events (For further details, contact David Hyett on 6689-0095 or email: dhyett@linearg.com).

Meet Blakboi

Hey peoples, this is Tom Avery aka Blakboi and I live on the beautiful NSW North Coast. Lismore is my home in the Bundjalung Nation, and I would like to acknowledge the traditional owners of this area and surrounds and also the elders of this land, past, present and future.

But here's a bit about me, and my story....

I am an (ab) Original Australian and my home country is Gamilaroi land, Bohena Creek, Narrabri in south/central NSW. I was born on Gadigal land in Sydney. I'm 33 years old and my starsign is Leo the lion. Most Leos are stereotypically up themselves, but I consider myself just above average. ;)

I grew up on Ngoonga Land in Western Australia. We had a family home in Perth with my mum, dad and two older sisters.

My dad taught me to surf when I was young, and from the first wave, I was hooked. I'll never forget the feeling. It was so beautiful. My dad would also take us out bush. We would help him collect blakboi tree stumps and with them he would make vases, bowls, plates and a heap of other things. So now you know where the name comes from.

He was always creating and producing different things like fibreglass boats, leather handbags, skateboards, and surfboards. These days he writes stories and scripts for



movies and is a painter. He is my hero.

My mum is a full-blooded Maori from the Taranaki Province of Aotearoa, New Zealand. My musical influences and current musical styles are all due to her. As a youngster my mum sang in heaps of bands as the lead vocalist and guitarist. Growing up with her constantly singing and dancing around the house helped me to become a performer and nurtured me to enjoy music as a constant part of life and now a career.

See me perform at Nimbin Hotel on Sunday 31st May at 4pm.

MATT STILLERT

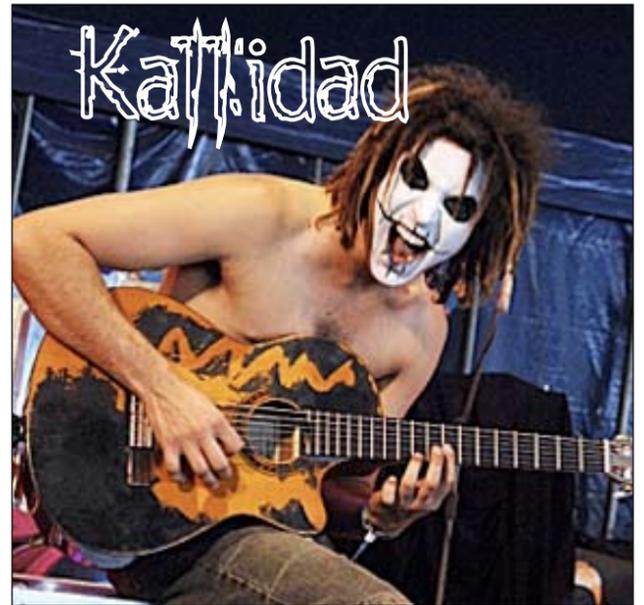
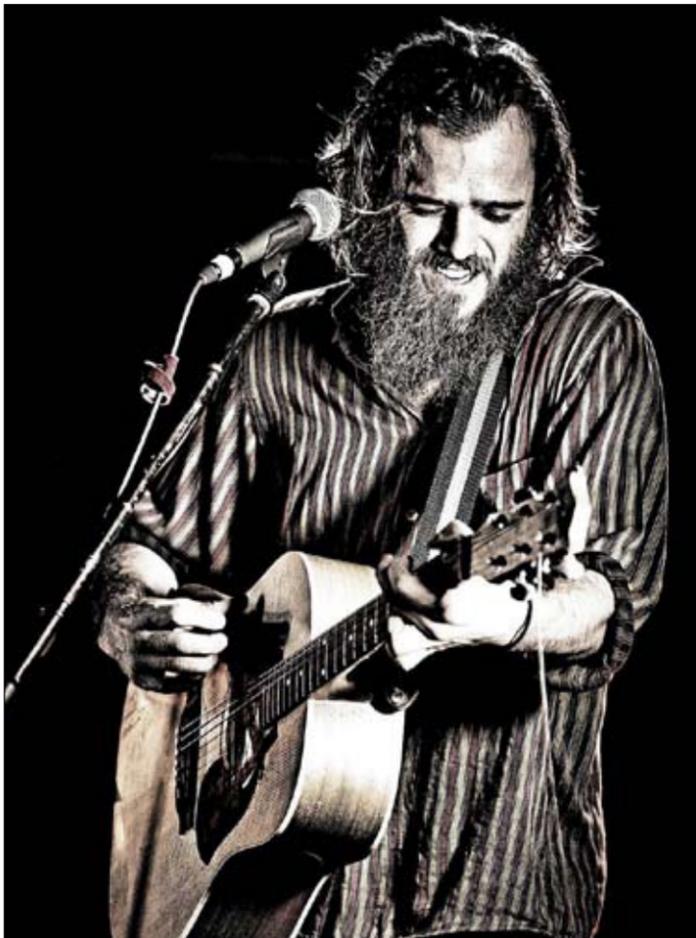
Matt Stillert is an Adelaide-born, now Sunshine Coast-based alternative blues/roots troubadour, who has been performing for over 10 years. His unique style ranges from soothing folk melodies to high energy, foot stomping blues, displaying a dynamic blend of roots music.

Matt describes his sound as an "alternative blues onslaught". He uses a mixture of acoustic, cigar box, lap steel and electric guitars, percussion and soulful vocals with gusto to produce his raw, high-energy live shows, influenced by the likes of Tom Waits, Jack White, The Black Keys, Xavier Rudd and Led Zeppelin.

His 2012 EP release *Don't Fear the Beard* demonstrated his promising debut, selling out the first and second pressings, as well as topping the unearthed roots charts and gaining some solid airtime on Triple J and community radio around Australia.

Matt is currently working on his first full album, aptly named *Shoe Boycotter*. Have a listen to the first single release *Four Diggers* on his website: <http://mattstillertmusic.com/about>

Catch Matt live as he tours to promote his new release on Saturday 16th May at the Nimbin Hotel.



Kallidad began in 2009, and quickly forged a unique sound. Noise complaints from neighbours drove the trio to begin busking, which almost immediately led to a raw-er, simpler and more rhythmic sound, and quickly resulted in invitations to perform all over Sydney.

The line-up is two Spanish guitars and a box drum, but don't let the lightweight set-up fool you. Kallidad can rock a crowd from top to bottom, as displayed on their tours to Indonesia, Byron Bay and Melbourne, and 2013's formative one-month European tour, covering the capital cities of the Western countries of Europe.

Kallidad has opened for Ed Sheeran, The Preatures, Tijuana Cartel, Mickey Avalon, Flight Facilities and Master's Apprentices.

The group is proudly independent, and is currently promoting *The Whack Album*, an 18-track, double disc extravaganza of rollicking guitars, beachside sways and a healthy smattering of shredded metal.

The group has been voted band of the week on Eastside Radio, and Band of the Month on FBI Radio, as well as receiving international airplay.

With a culture built on respect and brotherhood, and a dedicated and professional work ethic, Kallidad are here to stay, and wherever they go, people will dance!

Kallidad are playing on Thursday 21st May at the Nimbin Hotel.

Medicine music

Californian born multi-instrumentalist Steve Andrews' music is conscious and uplifting folk-roots, performed on the 12 and 6-stringed guitars; medicine music that allows audiences to explore the nature of their relationships with each other and the Earth.

Steve followed his musical journey to Western Australia in 2013 where he toured the South-West and recorded his debut EP *Full Moon Rising* at Fur-Real Studios in Margaret River with DJ Swami Adima.

The year that followed saw him on a fourteen-date national tour including a sold-out EP launch at Mojos Fremantle, and appearances at the Woodford, Uplift, and Fairbridge Folk Festivals. He also actively contributed to the setup and running of the Bentley Blockade and spearheaded production of the album *Songs of the Bentley Blockade* featuring many local artists.

Steve is currently in production of his first full-length album



entitled *Sacred Country* in the hills around Byron Bay. He will be playing at Sphinx Rock Café on Sunday 17th May, at 1pm.

Elena is back



If you love music that that goes straight to the heart with a voice to remember, Elena B Williams is that original sound.

A singer-songwriter from Perth WA and of Samoan heritage, Elena has just returned home to the Northern Rivers after a successful tour with great Australian band The Waifs, and is now in production of her new album in Byron Bay this year.

Elena B Williams is a three-time finalist of the MusicOz awards with her songs 'Capital Clown', 'Different Kind of Water' and 'The Long Intro'. Elena's songs 'Wish' and 'Time' also featured on ABC Aboriginal TV series *The Gods Of Wheat Street*.

To catch a live show, Elena will be performing at Sphinx Rock Cafe Sunday 24th May, 1pm and at the Tree House in Belongil Thursday 28th May at 7pm.

Elena B Williams' music can be found on iTunes and you can also listen to her on Reverbnation at: www.reverbnation.com/elenabwilliams

Photo: Elena (left) with Donna Simpson from The Waifs.

the channon open mic

by Ray Flanagan (Rayzor)

Sunday 26th April saw the first Open Mic for 2015 on the lawn of The Channon Butter Factory Tavern. Our first session was scheduled for February but had to be cancelled on the preceding day, due to local flooding that prevented the sound system from leaving home.

The March session was also looking a bit shaky as the rain came down on the Sunday morning. Our contingency venue, the Tavern veranda, was looking likely. However, as I drove towards The Channon I saw blue sky to the south and the cloud was lifting encouragingly. It is preferable to set up outside, so I made the call to do so. Bad move!!

Stu and I were almost ready for a sound check when the heavens opened up. We could do no more than cover the equipment and remove pooling water from the gazebo canopy for the next half hour. Although the rain eased it was obviously set to continue for some time. Again we cancelled and waited for a slight break in the weather to pack up the sound gear and wet canopies. Fortunately, a few of the more intrepid supporters got together on the veranda for a very pleasant unplugged session.



Birthday boy, Cam

April was an entirely different story – sunshine and a picture-perfect blue sky. The audience was treated to a mixture of regular performers and a couple of first timers – Wendy, the accomplished singer-songwriter and Nic T, with the fabulous voice – as they soaked up the autumn sun. Glen gave his quirky VW hubcap guitar a workout and birthday boy, Cam, knocked out a few favourite covers.

In May we hope to do it all again, and you are invited to join us from 2pm on Sunday 24th May. Don't forget The Tavern restaurant is open for lunch from 12 to 2.30pm and for dinner from 6 to 8pm, and snacks are available in between.

Keep the music alive and live.



Glen with his VW hubcap guitar



Wendy

Spirited Murray Kyle

Fresh from his performance at the international Bali Spirit Festival, Murray Kyle has returned to his home in the Tweed Valley to begin work on a new album, due for release later this year.

He is bringing his unique flavour of Earth-conscious music to Songwriters on the Songlines on Friday 15th May, 7pm with Yeshe at Holy Trinity Church, Uki and goes back to Sphinx Rock Cafe on Sunday 31st May at 1pm.

Visit: www.murraykyle.com for more info.



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Sun 10th May	Cruise Brothers (Jazz)	(12-4pm)
Sat 16th May	Minus 1	(12-4pm)
Sun 17th May	The Outback Gypsies	(12-4pm)
Sat 23rd May	Marty Many Hands	(12-4pm)
Sun 24th May	Ruben Garcia	(12-4pm)
Sat 30th May	Sarah Stando	(12-4pm)
Sun 31st May	Freowin Harper	(12-4pm)
Sat 6th June	Behind the Firewall	(12-4pm)

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Sunday Gig Guide

May 1pm start

10th Dinkum Bohos
A freewheeling bohemian tradition rooted in Australia's rustic heart.

17th Steve Andrews
Roots sinking into the Earth, arms raising to the sky, heart dancing out of your chest music.

24th Elena B Williams
Elena's music is powerfully moving and her voice is one you will always remember.

31st Murray Kyle
The powerfully tender performances of this esteemed songwriter have established him in the Australian roots music scene and beyond.

June 7th Kim Banffy
Kim builds evocative word pictures with interesting melodies

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

May Gigs

Thursday 7th	6.30pm	Jock Barnes
Friday 8th	7.30pm	Kellie Knight
Saturday 9th	6.30pm	Koby
Sunday 10th	5pm	Outback Gypsy
Thursday 14th	6.30pm	Scott Mariott
Friday 15th	7.30pm	Romania
Saturday 16th	6.30pm	Matt Stillert
Sunday 17th	5pm	Ben Purnell
Thursday 21st	6.30pm	Kallidad
Friday 22nd	7.30pm	Hoochers
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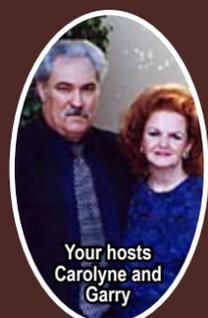
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The Contented Tummy

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A favourite piece of art?

by Peter Ptschelinzew

We all know art is subjective. What moves me might bore you to tears – although we had at least one piece this year that seemed to have universal appeal (hint: think Lifestyle Choices). But it is also acknowledged that even if a piece "...does nothing for me..." you still might give it a nod of approval, believing that it's a well thought-out piece of art, and the artist should get recognition.

We had that in spades at the recently finished 2015 Autumn Arts Extravaganza.

As in previous years, there were many positive comments from the visitors this year, more than six thousand of them, from all over the world. The opening night, as always, was fun with much catch up of friends and serious (and well lubricated) discussion of the work on display. Mr Tim is still to finalise the numbers, but strong sales should, I hope, make sure we covered our costs. Thanks to Peter and John for the mood music.

Thanks also to Heather Kimber for her words in formally opening the exhibition. And many thanks once again to the volunteers who helped in all aspects of setting up, manning the hall day-to-day, and final clean up and pack up. To our regular members and especially to those irregulars who just turn up when we most need you to load/unload the truck, it can't happen without you. A final thank you (yes this is the last one) to the Nimbin School of Arts who do much more than just rent us the space for the exhibition. They happily share all sorts of things that



you thought you had but didn't, get the lighting right (err, or better) etc.

So what now? We've just had a massive reshuffle of pieces in our normal Artists Gallery space, with a lot of work introduced from the Extravaganza. A particularly fun part of this year's event, for me, was that we've met a number of local artists who are new to us at the

gallery. We're very happy to have met them, and exhibit some of their work in the gallery now. So come see it.

And don't forget, that favourite piece that you regret not grabbing when you could, might be in the gallery now. If you don't see it, don't be afraid to ask. We might be able to track it down for you – it's happened before!



Pumpkin Dress by Polly Stirling



'Any Time' (detail) by Enid Taylor

The Fibre Show

The time of year is upon us again where we shine a light on the wonderful world of fibre and all its versatility, functionality and beauty.

The annual Fibre Show at Blue Knob Hall Gallery ranges from wool to wood, felting to carving, weaving to stitching and represents the diversity and practicality of all that is fibre. With textile artists like Polly Stirling, Sachiko Kotaka, and Eric Smith exhibiting along with basket weavers, felted garments and everything in between, this unique exhibition dedicated to the fibre arts continues to be a strong expression of the value fibre plays in every part of our lives.

The opening night is on Friday 22nd May at 6.30pm with a guest to open the exhibition and music. Dinner is available for \$20 per person, which includes a set vegetarian mains plus dessert. Bookings are essential; please call the Gallery on 6689-7449.

Blue Knob Farmers Market is holding a Fibre Festival again this year in conjunction with the Fibre exhibition on Saturday 23rd May during the Farmers Market.

The Fibre Show will run from Friday 22nd May to Sunday 12th July.

Next Artists and Friends Lunch

The next Artists and friends lunch will be on Thursday 28th May at 12pm. Cost is \$18 per person for a set vegetarian main, or meat option at \$22, and a dessert. Please contact the Gallery on 6689-7449 if you are planning on coming.

'Icons', the current exhibition at Blue Knob Hall Gallery, is taken from the Greek (*eikōn* - image, *eikēnai* - to be like).

The artists exhibiting in this show, from the more traditional piece by Gareth L Deakin to the iconic landscape painting of Uluru by Rupda Wilson, have covered a wide-ranging interpretation of the theme.

These range from the religious/spiritual aspects through to the simple beauty of a personal 'icon', or what is seen as iconic in the world.

The exhibition will run until Saturday 17th May.

Serpentine Gallery

Take a look at the idea of war through Sandra's eyes

Sandra Burton is presenting an exhibition of her figurative sculptures, 'What do you do in the war Mummy?' at Lismore's Serpentine Gallery during May.

Sandra says of her work, "When women are at war, there will be many differing views on the subject of women in the front line. I would like to think that women could use their powers to change the minds of men towards resolutions of conflicts rather than perpetuate the 'same old! same old!'"

"When I think particularly of the Iraq war and the subsequent loss of life for the fictitious propaganda 'weapons of mass destruction', I want to weep. But weeping is not good enough. An example in Lismore of the collective influence of women is the Knitting Nannas against Gas movement started by Clare Twomey. The forces of good and evil are at work here. Anything is possible if we believe and are motivated enough."

The exhibition runs until 18th May at the Serpentine Gallery, 17a Bridge Street, North Lismore.



'What do you do in the war Mummy?' by Sandra Burton

Light

Also on show at the Serpentine Gallery until 2nd June is an exhibition that is all about light, by a talented up-and-coming Brisbane artist, Angela Rossitto.

Angela Rossitto is a contemporary visual artist whose practice is primarily installation/ sculpture based, and she is known for her use of found materials and 'handcraft' techniques such as knitting.

Angela has exhibited widely within Brisbane, interstate and overseas, and is co-director of the artist-run initiative The Wandering Room. She has undertaken a number of residencies, been an award and grant recipient on several occasions, and has been commissioned to

produce both individual and collaborative artworks.

This intriguing exhibition is well worth a look.

Life Drawing

Life Drawing sessions are held on Mondays, 6.30 – 9pm throughout May at the Serpentine Gallery. Cost: \$10.

The night consists of two hours of life drawing with a 30-minute break in the middle. Mid-draw snacks are provided. Table space and some easels are available.

Please bring your own paper and drawing utensils (and easel if you want to be sure you can draw from one). We will be having a life drawing exhibition this year in July, so now is the time to come along and get some practice!



Photos and text: Jeni Allenby

The Blue Knob Farmers Market Fibre Festival has become an annual event, held in the grounds of Blue Knob Hall Gallery the day after the gallery's exhibition 'The Fibre Show' opens.

This year the festival will be on Saturday 23rd May. As well as the usual fresh farm produce at the market from 8.30am, local fibre artists will be displaying and selling their work and there will be a program of short talks and demonstrations.

Last year the first festival was formally opened by Polly Stirling, with talks and demos on felting, backstrap weaving, basket weaving, crocheting, natural dyeing, embroidery, spinning + storytelling and silkworm raising and processing.



Polly Stirling and Eric Smith opening the first Blue Knob Fibre Festival



Jeni Harkness will be talking about embroidery and activism

Seen at the Autumn Arts opening



Judy Who



Heather Kimber



Peter P.



Cath

Roxy Gallery

Motherworld

Celebrating all things nurturing in the month of May, and highlighting Mothers Day, the new exhibition at the Roxy Gallery, Kyogle is 'Motherworld – Creating Everyday Magic'.

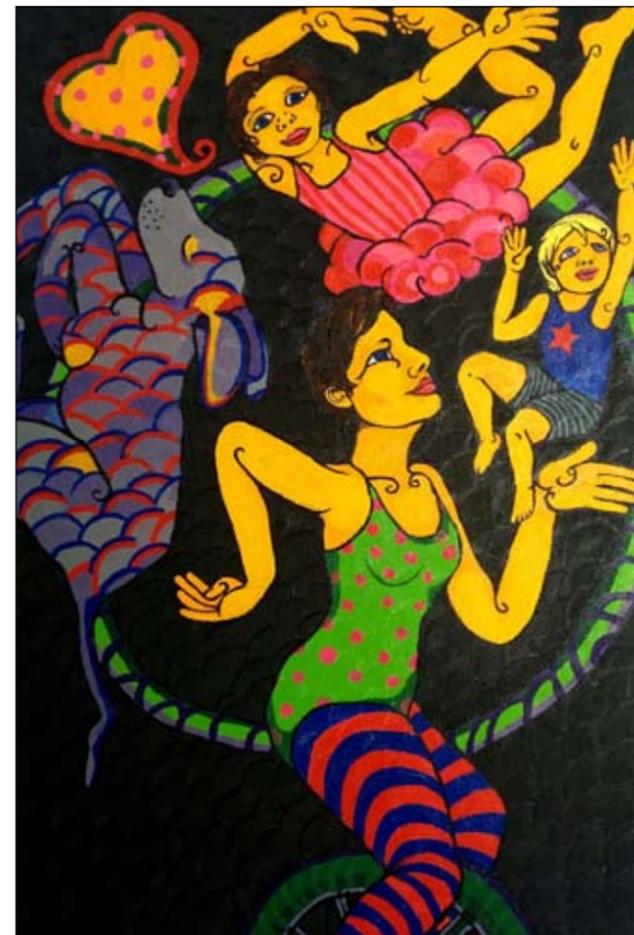
Two years have passed since this group of creative mothers came together for their first collaborative exhibition. During this time, their lives have taken a journey of procreating more life and more art. Katie Alleva, Heidi Beynon, Julia Curtis, Mia Fowler, Erin Nolte, Nicole Piesto, Jill Runciman and Rebecca Tapscott-O'Meara connected some time ago as young mums who all pursue a creative path. Along with being professional women working in various capacities within our community, they all participate in fulfilling their creative thirsts through painting, drawing, printmaking, photography and a host of other art-making techniques.

The Roxy Gallery is delighted to exhibit a story box of the creative journey all these mothers have been on. The life and role of a mother as an artist is not a selfish thing, as through their own personnel creating they go about encouraging their children in being creative. Quite often this all takes place around the kitchen table while a meal is on the go, the dishes are getting washed, the clothes are being folded and the art of life is being discussed.

The works in this exhibition reflect each of the



Katie Alleva, 'Little planet 2015'



'Circus' by Rebecca O'Meara

exhibitor's personal growth as an artist and a mother, and is a hallmark to their tenacity in juggling many roles and responsibilities in everyday

life. 'Motherworld – Creating Everyday Magic' will be on display until 6th June, Official Opening Friday 15th May, 6-8 pm.

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Bentley blockade 1st anniversary

by Binnah Pownall

The spectre of Coal Seam Gas is threatening to return to our region. It is one year since we exercised our democratic right and stopped what we didn't want foisted upon us. The outcome of the Bentley blockade a year ago was a shot in the arm for people power that reverberated all over the world.

The truly amazing thing is: how it was so organically arranged, and how the heart of the action, the camp, grew in such an orderly way to accommodate the numbers as they swelled to thousands. It was pure magic to be a part of community coming together. People from all levels of society activated, and we all got to use the myriad skills we had developed though our lives. The people who had been on the campaign trail for months or even years previous, naturally assumed 'organisational positions' when the campaign moved out of the office and into the field. Farmers and ferals alike, shouldering the load.

Those of us who got ourselves there, all generally seemed to be in a process of untangling our thoughts – away from a controlling central authority. We had started creating our very own version of our desired reality, previous to arriving at Bentley. It was all about local issues. Clean water for one, was a high and logical priority for everyone. The science of CSG is not of the rocket kind. Chemicals and clean water don't mix. Through successive governments, the so-called authorities had attempted to infantilise us and belittle our free thought. By the time we got to Bentley, we had wrenched our minds from outward control. We realised that there was no 'other' that was going to stop the apparent rot-and-rush



to oblivion that is coal seam gas extraction... but us.

The Liberty Camp can only be described as 'a circus of colour, sound and movement' that presented itself to the intrepid protector as... wending one's way about the camp... to the café, to the fire(s), to a jam, or to one of the many meetings and workshops held somewhere... All types of community life on many levels could be witnessed... the kids space, the banner making area, people chopping and singing in the kitchen, the staunch Nanna's camp, the greeting tent and a guaranteed whole lot more.

Outside camp and in the wider community, the donations and support from businesses and families who could not be there was incredible. It kept the 'Liberty Ship' buoyant throughout, allowing us to obtain most things we needed as the camp structure grew in proportion to the increasing numbers of people who kept turning up as time went on. Finding time to be democratic and power-sharing, and to communicate and discuss major decisions with all those in camp interested was difficult, if people were on alert at gates and couldn't attend daily meetings to tell everyone what was happening in interactions between our representatives and the government and

police, which were all going on constantly. The situation was always intensely evolving, minute to minute. It certainly made keeping up with dissemination of new information a challenge.

The whole general air of the Liberty Camp on Bungabee road was constantly one of intensity and high alert. Fuelled by gallons of coffee from the Bungabee baristas, it was assured to buy an extra general high alert... ready for the cops to turn up at any time. Fight or flight mode, morning and night.

Given the full-on energy in every moment, it was imperative to get off-site regularly. Most maintained a balance by leaving to find a shower. Many reported that the longer they stayed at Camp Liberty, the less the outside world seemed 'normal' anymore, anyway, so real was the human connection, where time was not so much about money. It made many aware that; we don't get the precious time to simply stop – and listening to each other about deeper issues, beyond chit-chat skimmed over in the hustle-bustle world outside the gate.

Camp Liberty could be described as being driven by anarchic sovereignty, such as the 'no-one takes any orders but everyone takes responsibility for the Earth' mode of operation there. Co-ordinators were careful not to give orders. It was

more a case of discussing, then suggesting if one would like to be involved... and all were keen and most usually found their own way to the same solution anyway! Open communication was always recognised as a key to success.

Much gratitude must be expressed here for the presence of the tribal people of this land in the Northern Rivers that we now call home. Without them, the camp would not have had a tribal heart. The depth of our exchange and co-operation was profoundly encouraging. We honoured the Wiabal/Widjabul and the Githabul people as best we knew how at that time. Everyone I am sure will agree, it made the action all the more special and wholly deep. To be defending our mother Earth side-by-side with our Originie brothers and sisters was an unforgettably soulful experience. Thank you to the custodians for providing us the foundation and spiritual earthing to break through... to at least a temporary success. It has shown us on every level that all is possible.

Bentley happened in amongst a group of people from all walks of life, black, white and brindle. Dozens of nationalities were thrown together unwittingly for a single cause. A social experiment on its feet and in motion, making waves in history without knowing it - just doing it. Our resounding success proved that when commonly focussed on the same issue, and when all find their position in the organism that is community, no government and corporation can stop it.

Dare the earth-wreckers come again? Give us half a chance to live the Bentley situation again, and I'm sure that the North Coast ninety-nine percent will jump at the opportunity.

Bring it on!

The Consciousness Bank

by David Ward

Consciousness can come to resemble a form of currency, for acquiring all those things that money can't buy. It's the greatest incentive for releasing the habits that create your unconsciousness.

Each mindless compulsion represents a withdrawal, each relinquishment equals a deposit, the greater your deficit the more you struggle, the higher your balance, the more you evolve. Consciousness can be measured in quality of life, it can be earned through specific actions and practices. Deposits accrue interest, quietly expanding into all areas of your being.

Great rewards make letting go of addictions a wise choice. Rather than dwelling on the negative aspects of your habits, it becomes possible to look at the positive potential of being free. The consciousness bank provides personal trainers in presence to help you reach your targets.

This is where consciousness and capitalism coincide. Consciousness is the missing aspect of a capitalist society,



due to a reliance on the marketing of addictive substances and behaviours, their nature ensuring they literally market and sell themselves. This is the lazy and convenient approach to capitalism, the root of so many of our problems, a marketer's dream becomes society's nightmare, convenience always comes at a cost. Consciousness in capitalism means letting go of the reliance on substances of dependence, understanding that it is possible to be discerning and make alternative choices for better outcomes.

It's not a matter of striving to give something up, which is so often a two way process, back and forward between

using and not using a substance, never quite awakening fully. It could be said that this is right where capitalism wants us. Being in denial can be a constant and unconscious battle with a substance or behaviour, the door being left open for the addiction to return whenever it has the opportunity.

Instead, through the employment of certain practices, awareness of diet, a range of supplements and re socialization, consciousness is achieved, a void is filled and the door is closed forever. Addictions are released happily when there is something far more satisfying and rejuvenating to take their place.

All your relationships are enhanced and deepened, especially the one with yourself and your own body, a new level of awareness of its nutritional and sleep requirements being reached. Sexual function and fulfilment can also be enhanced. There is now room to look at the question of a new key purpose in ones life, over and above the feeding of an addiction.

Phone David on 0447-820-510

What a weekend!

by Michael Balderstone

There are several factors critical to a good MardiGrass. The weather is number one.

No matter how well you get organised, it remains the biggest influence. A sunny day makes it all work, and we had that on both Saturday and Sunday, and we had beautiful mild evenings. Our stash of firewood, because of last year's freezing nights, was hardly touched. The comedy crowd sat around in tee-shirts while the Mardigarbos were sweating, dragging the wheelie bins to the skips.

It was made all the more magic because of Friday's storm. The creek overflowed that night through the green room behind the Hash Bowl stage in Plantem Park, flattening the fence and flooding the furniture. We moved the volunteers' camp up from the creek flats at about 2am and

lifted the couches out of the water. In the half-light we couldn't see the couches were covered in crawling spiders and other insects that had climbed up onto high ground.

The second important influence after the weather is the cops. The saliva testing stopped many, many people from coming. We know it's not about impairment and we know that the police operating the machines must have an inkling of that by now also. So what to make of it? They have us in a corner and the HEMP Embassy will focus on exposing this ridiculous bullying of cannabis users in the next months. When the MardiGrass driving court cases are on in Lismore, we will be there en masse outside to show our disapproval. Please join us.

Meanwhile the Greens have asked questions of the NSW Minister for Police and challenges in court are gathering. No other country on

Earth is doing this. And no other country is not allowed to eat any hemp seed products either, banned because our police think hemp seed may interfere with their saliva tests. Medical Cannabis users will be more dangerous drivers without their daily meds, of course, the same as anyone else asked not to take their usual medications would be. It's utterly ridiculous and has a lot of people riled.

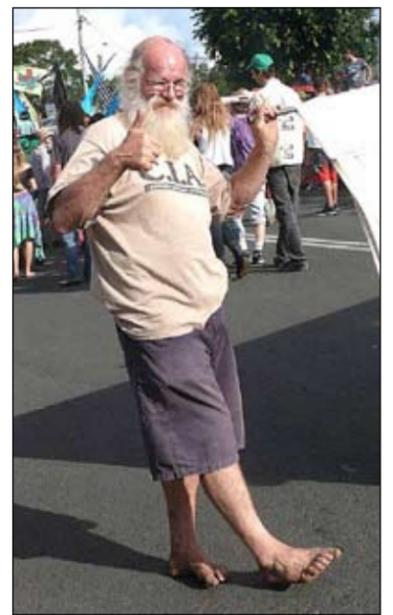
The third big factor is the weed, and it was a good season by all accounts. The police in the village were mostly hands-off, but when they weren't it was like they needed to hurt people. Old habits of force die hard.

I spent quite some time this MardiGrass talking to the two senior police who were in charge over the weekend. Inspector Susan Johnston, who led the police team in the traditional hemp rope tug 'o peace, made quite an impact. She wouldn't stop joking and put some of the comedians to shame! There

was a real spark of encouragement as she joked and laughed at and with us and at herself, and we all felt comfortable with her. It was her first MardiGrass and she's going to be good to work with.

I also hung out with Inspector Bill McKenna on Saturday night, and again I found a real heart there. Much straighter than Susie but a good family man. It's easy to forget the cops have to attend some horrid scenes, like the six-year old boy who drowned at the beach the previous day.

They don't dislike Nimbin, these cops, but I'm not sure how much they understand us either. People are scared of change and have to be eased into it gently. How hard for them to admit they've been barking up the wrong tree for fifty years? How hard for them to realise they've been ruining people's lives when they thought they were protecting us? No wonder change is slow. We need their support as much as we need the politicians, and it's a tightrope



walk getting the police out of our healthCare, which was the theme this year.

Thanks to the many locals who made it happen. You know who you are and we need more of you next year, please consider it.

Hemp Hemp Hooray

Ironically yours

by Dionne May

There are a few memorable dates in the recent cannabis history of Nimbin. So much has befallen our little green community, our precious little alternative town.

On April Fool's Day 2008, Nimbin was the target of a drug raid extravaganza that saw heavily armed police officers land on our streets military style. As a result of this raid, the famous Nimbin Hemp Bar chose to close down, and a small blow to H.E.M.P activism was dealt.

The iconic Nimbin Hemp Bar, modelled on the Hemp Bars of Amsterdam and Switzerland and Canada's cannabis coffee shops, was a Nimbin institution. In the beginning the Hemp team of Sam, Cannabis Dave and Gary Big Bong were attempting "reefer madness de-creation" and a place to chill, talk cannabis law reform and meet the locals. The long smoky room, Gary on his computer, Dave lighting a huge 420 joint, the irrepressible French Sam holding up that bar, etched in happy hippy hazy memories. Gone.

The drug raids continued.... easy political and police point-scoring in our small remote town. The Drug War rolled relentlessly on, dividing community and families whilst loading our jails and courts with generally harmless pot smokers. New business owners and tree changers seem at best disinterested with Nimbin's profile as a H.E.M.P (Help End Marijuana Prohibition) town.

August 2014 then rocked our world with the big fire that wiped out the Rainbow Café and the irreplaceable Nimbin Museum, and left our laneway boys without a lane. With barely a chance to catch our breath, the police again launched yet another attack our town, driving away terrified tourists, harmon ing already floundering local businesses and harassing locals in a blatant display of heavy-handed policing that some could call callous in the



shadow of such a recent local catastrophe.

Then medicinal cannabis hit the headlines. Big time. Nimbin H.E.M.P Embassy proudly rolled out four enormously successful Medicinal Cannabis Forums, cannabis lovers across the globe held their breath and the Nimbin Hemp Bar opened its doors again. Hooray! With the new Colorado model (legalise cannabis medicine then regulate and tax) the Nimbin boys have once again exceeded the challenge.

"The Hemp Bar is a stage," says Gary Big Bong. "We are looking for brave cannabis makers, takers and talkers to perform," he declared. "Let the web cam show the faces of change. Let's give people a voice. It's time to come out of the closet and face the tired old 'stoner' perceptions!"

The boys are as passionate as ever and are proud to give the terminally ill, the sick and their carers somewhere to access medicinal cannabis information, speak to H.E.M.P activists and 'talk' to Doctor Google. It's a place now for brave cannabis medicinal and recreational groovers and suppliers to connect. They can supply Medicinal Cannabis Cards and all manner of Gunja Lore and Laughs.

"Pot for peace. Peace for pot! Change the law!" Well done team.

MARDIGRASS PICTORIAL CENTREFOLD OVER PAGE

Thanks to all the amazing photographers who generously sent us their best MardiGrass photos for inclusion.

They are: Brian Alexander,

Toni Begley, Bob Dooley, Warwick Fry, Grumpy, Marley, Dionne May, Garry Mimlich, PAC, Peter Ptschelinzew and Sue Stock. Great stuff!



Plant of the month

Industrial hemp
Cannabis ruderalis

by Wayne Wadsworth

Nimbin is well known for growing "good pot". Many strains of good smoking pot grow in the leafy hills of Nimbin, with a small percentage of it stolen by the government.

Most growers of the good weed don't want to see industrial hemp growing in the leafy hills of Nimbin and surrounds, but the possibility of cross contamination of low THC plants bringing their THC levels down is very low, even though hemp pollen can travel long distances under ideal conditions and the right timing of the pollen and the flower.

Industrial King G hemp is being grown in a greenhouse, with control plants very close outside it that have not seeded, due to having no fallen pollen.

King G is a long cultivar, up to 5 metres tall, from China where it is used for fibre. In the greenhouse it grows very quickly. Out in the open it grows slower. Like all plants, hemp likes a good drink and some organic fertiliser.

As many *GoodTimes* readers know, hemp is the miracle plant that can replace the mining and fossil fuel industries, and give us the most complete and nutritional plant on the planet.

In Nimbin, growing industrial hemp is really a waste of time and resources. Way



Chooks help fertilise industrial hemp plants

better to grow medicinal and recreational hemp here! We will be the medical and recreational hemp growers of Australia when the corrupt laws banning this beautiful plant are overturned.

In the meantime, we can grow small acreages of industrial hemp to learn how to grow it and use it. The seed from industrial hemp makes good oil and beauty products. The leaf can be juiced or fermented for health drinks.

To try the good juice, visit the Nimbin Hemp Bar and talk to Uncle Sam.

Getting a hemp industry going in Australia for the benefit of farmers and consumers is my passion, and I am starting a Cannabis Co-op. Please contact me if you are interested in growing, at: wadzywell@gmail.com

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