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Return of the Loon
by Laurie Axtens

This week on Trump

Donald inspires the nation with his resiliency, candour and haircut, the FBI gets a more "loyal" director, and the new Mexican funded wall builds itself in this week's nauseating, self-harming, suicide-inducing episode. "Mi,mi,mi,mi,mi" squeaked the president during his official address to the royal family in Saudi Arabia. Donald joined the royal party to watch a number of beheadings in the capital, before enjoying a seven-course meal of rare and endangered species. It'd been a hard week for Donald, who's under pressure to read. "I'm not a reader" Donald tweeted. "My wife reads to me. She read a great book to me last week - really great.

It's called *The Twits*. I thought our relationship was special, but it was like this book was all about us." Donald and Melania's world tour has continued into Russia where the Trumps and Putins had a family get-together. "It's like having that special uncle over to visit," Mr Putin stated. "You know the one - the one that amuses everyone at the wedding after drinking a few too many." **Next week on Trump:** Putin celebrates the visit by throwing an extra special: all the plunonium you can drink. High tea for dissidents. While Donald contemplates using a pen to do more than just sign his name.

Chamber Chat

by Teresa Biscoe, President

We had a quieter than expected MardiGrass this year, with lower numbers than last year on the streets, but from all reports it was a very peaceful and pleasant event. The policing of the event was thorough but low key, though the annual Tug of Peace event in the Hemp Olympics was sorely missed.

We understand the pressure that is placed on our local Police Service to be seen to be rigorously pursuing the law and those who break those laws. We hope that as Cannabis Law Reform succeeds, the powers that be will allow this great community building event to resume. From all reports, the entire region affected by the floods has experienced a general downturn in visitor numbers, so this could partly explain the drop in numbers.

May's General Meeting for the Chamber started with a slightly different agenda from the one planned, with a last minute cancellation from key Council managerial staff. Apologies to any members who attended expecting to speak with these managers. We will keep working on getting them to another meeting. We managed to have an informative and dynamic meeting without them anyway.

We started this meeting

with a great presentation from Todd Baldwin, the Business Development Officer for the NSW Business Council. Todd outlined some of the services available to Nimbin Chamber and its members through the NSW Business Council. The organisation lobbies on behalf of local business Chambers on a State and Federal level. After the last flood, the NSWBC lobbied successfully on behalf of the Lismore and Murwillumbah Chambers to obtain C4 funding for businesses affected by the flood, as it is usually only offered to householders. Areas without a local Chamber were unable to obtain this funding as it was facilitated through the NSWBC.

The organisation also provides information on workplace matters, insurance, intellectual and brand copyright, tenancy, NBN access and a host of other issues. If they cannot provide all the information needed, they will direct you to where it can be found. Members also have access to free legal advice from the NSWBC lawyers with three free telephone consultations. All that's required is membership of your local Chamber and we will forward your details.

As part of a general discussion that followed with Todd around the NSWBC services, we also

discussed maintaining and developing local branding i.e. the Nimbin name, and how a local region maintains authenticity and protects its brand. He urged local businesses to join their local Chamber and explore the great support services that come from NSWBC through that membership.

Diana Roberts discussed the Annual Community Grant application submitted by the Nimbin Action Group to restore the large mural in Allsopp Park. She requested that the Chamber consider contributing to the work from the Special Business Rate Variation Levy fund, and mentioned that the Nimbin Community Centre is also being asked to match this. The members present agreed it would be a good project to support, and it was placed on the agenda for approval at the next Chamber meeting.

We had a bit of a post mortem on the MardiGrass, especially the effect of the no-standing zones established along Cullen Street and around town in the lead-up to the weekend. As the majority of visitors usually arrive late Friday and Saturday, the change in signage early on Wednesday was most unwelcome to individuals preparing for the weekend and attempting to conduct normal business. There also seemed to be less off-street parking with

the boggy conditions closing some usually used areas close to town. This will be discussed at our next meeting.

We are organising a meeting with emergency agencies to work on a community strategy for the village that mitigate and support emergency situations, for example during a fire or severe weather event. It would be great to have some sort of co-ordinated plan and there are a number of community agencies and emergency agencies that would have valuable insights into developing such a plan.

We are now seriously working on a plastic bag free Nimbin project. Chamber committee members Stephanie, Fabien and I are currently doing the research to get it up and going. We have a great example of an Eco shopping bag from Yamba that is based on getting local businesses to advertise on the outside to fund it. It's such a great idea, and really supports Nimbin's clean and green ideals. So expect some contact in the near future from the Chamber, if you're a local business. This is a great chance to reduce our waste and advertise your green credentials.

Membership renewals are coming up soon and we always welcome new members. Working together in community.

Nimbin Advisory Group renews

The Nimbin Advisory Group met in May in its revised role as a Rural Community Panel. As such, in addition to consultation with Council, the NAG will have the scope and limited funding to work with the community to identify and deliver specific projects that would return benefit to the Nimbin community.

Nominations for NAG closed on 26th April so the membership of new NAG will soon be announced. NAG and LCC consider it important the group's membership reflect a broad spectrum of gender, age, skills and knowledge. Anyone who may wish to join, but missed the nomination process is encouraged to make themselves known

to Diana Roberts at the Apothecary or Gwen Trimble at the Nimbin NRMA.

Car parking in Nimbin

Lismore City Council have identified that the growth of the Nimbin population together with increasing visitor numbers are putting pressure on the available car parking spaces.

Based on a detailed survey and interviews with residents and business people, Council staff recently briefed Councillors on their findings. Council will next consult with the Nimbin community, present the findings of the survey, seek feedback from the community and create a strategy to provide sufficient parking in the village

to meet both present and future needs.

The NAG believes it is crucial that residents and business owners actively participate in this consultation process to achieve a good outcome.

Allsopp Park Mural

The mural in Allsopp Park has been in poor condition for some time. The NAG has had ongoing discussion with LCC regarding its repair with no success.

As our first project the NAG has applied for some funding to make repairs and enhancements to the structure with the intention to then commence a second project to repaint the mural as a youth art project. This will of course rely on the NAG obtaining the funds.

Benny's US adventures



Fossil Fools, Trump and Miss Mar-a-lago

by Benny Zable

Me and my partner in crime arrived in Washington DC on the afternoon before the Climate March and rally to do some #STOPADANI Save the Great Barrier Reef photo shoots with costume flags and banners out in front of the Embassy of Australia. We did that long walk historic march in a record breaking high of 90 degrees F for April with an estimated 200,000 people. The front of the march were Standing Rock and Native American allies who surrounded the White House. Me and my performance partner walked as far as the Washington Memorial (The big needle) in the middle of the National Mall where a rally took place on stage. As usual we featured in many a photo op, with all kinds of folks around different iconic sights throughout the march.

First day of May from sunrise to sunset in New York City, I again donned my FOSSIL FOOLS costume and mask for an early morning action in Grand Central Terminal with many groups protesting President Donald Trump's financial and staff roll back on vital environmental protectionist policies, Black lives matter, immigration issues and labour Rights. We then moved on out on the streets and stopped by Corporate criminal's offices to give them a serve. It got a bit chaotic with some folks starting to target the police. I left this group as violence erupted and escalated with arrests. On I headed out to Union Square for a rally there. I set down the blue circular "If the Earth were only a few in diameter" banner on the ground which I perform in front of. After the rally, a march proceeded out to Foley Square. I went on the journey from Union Square with this most awesome street band; a free form jazz musical procession made up of brass, woodwind and violin. At Foley Square I mingled with the crowd and performed briefly in front of the stage to this Latino band.

On May 4th, President Trump visited New York City to commemorate the 75th Anniversary of the Battle of the Coral Sea, a major World War II naval battle on which the United States joined with Australia to halt the Japanese invasion. On the same day, on the aircraft carrier battle ship museum 'Intrepid', the President met with Prime Minister Malcolm Turnbull. I went on this long drawn out march to the 'Intrepid', being squeezed in behind barricades with heavy police security protesting the arrival of President Donald Trump and Prime Minister Malcolm Turnbull. I got lots of USA media coverage but the Australian ABC did not come to cover my presence there as was arranged.

Wednesday May 9th, my US documentary movie friend, associated through the International Vigil 4 Peace and Ecology group, arranged a screening of his multi award winning documentary "Rooted in Peace". A forum followed that was recorded by the UN for whoever interested to listen.

"Rooted In Peace" challenges viewers to examine their values as Americans and human beings. Today we are at war within ourselves, with our environment, and with the world. Director and award-winning filmmaker Greg Reitman invites viewers on a film journey to take notice of the world we live in, proactively

seek ways to find personal and ecological peace, and stop the cycle of violence. The film relies not only on memoir, but also interviews with such luminaries and activists as Deepak Chopra, music legends Donovan, Mike Love, and Pete Seeger, film director David Lynch, Noble Peace Laureate Mairead Maguire, media mogul Ted Turner, Archbishop Desmond Tutu, green architect William McDonough, neuroscientist Dan Siegel and many others. Reitman learns from all of them, and heeds Maharishi Mahesh Yogi's words, that if the forest is to be green, every tree must be green; if there's going to be Peace on Earth, then everybody needs to experience that quality of Peace within themselves." Written by Greg Reitman Director of "Rooted in Peace."

Monday May 15th I bussed back down to the Embassy of Australia, Washington DC, to stage my protest in solidarity with the nationwide #STOPADANI campaign actions in Australia. I had crafted two letters, one for the Prime Minister and the other for my Page electorate representative Kevin Hogan. The security would not let me into the embassy building to personally deliver them there. So I ended up posting them to the Australian Parliament in Canberra from the US Federal Post office back in New York City.

Saturday May 20th. I participated through Marsha my dance partner's connections, in the New York City 11th annual Dance Parade and Festival. The theme of this year's parade was "Dance for Peace". Me and my partner were honoured to flag dance in the front of the procession, with the Dancers of Universal Peace, a Sufi dance group here in New York City. Our flags framed them throughout the parade. When we arrived at Tompkins Square Park, we watched a myriad of multicultural performances on the Main Stage. We did some flag dancing routines around the different sites at the festival. Did a flag dance workshop clinic with a bunch of school of kids. What a fun day!

On Wednesday 24th May, the FOSSIL FOOL spooked around the opening of "Art on the Front Lines" at the Ronald Feldman Fine Arts gallery, a sprawling exhibition of more than fifty artists in response to the dark realities of the recent election. The exhibition includes both established and emerging artists. Within the traditional relationship between the artist and institutional power often lies an inherent tension, but the present political climate ups the ante. In response, artists let loose, conceptualizing strategies in all media. The exhibition is not only about what is happening in America, but intersects with what artists are doing in other parts of the world. The works address hot button issues: war, feminism, race, climate change, refugees, inequality, technophobia, and most recently, abuse of power. As you would expect, the President appears many times – It's a "star" performance. Armageddon meets the absurd. Experienced in its entirety, the exhibition presents a dizzying cacophony of sounds, moving parts, weird sights, and protest signs that evokes a crazy funhouse. Capturing the present moment, the exhibition places the spectator on the front line.

• You can follow Benny's performance art actions and information sharing on Facebook and at: www.bennyzable.com



On the same PAGE

Kevin speaks with students at Tuntable Falls Community School

by Kevin Hogan MP Member for Page

Local schools will receive more Federal Government funding under our Gonski-backed needs-based funding model.

The Federal Government will give Nimbin Central School an increase of more than \$2 million over the next ten years, totalling \$9 million, while Tuntable Falls Community Primary School will get an extra \$1.6 million, totalling \$6 million.

Rainbow Ridge Steiner School will get an additional \$2.3 million, totalling more than \$10 million over the next decade, and Tuntable Creek Public an increase of more than \$200,000 totalling \$900,000.

This is great news for our students who

will now benefit from a genuine needs-based funding model.

As a member of the Parliamentary Inquiry into the banks, I am very happy that the country's Big 5 Banks will help finance our Gonski and Health funding through the new levy.

The Big Bank Levy will raise \$6.2 billion – money that will be invested in services for our community.

The NDIS is one of the largest social and economic reforms in Australia's history.

I am particularly pleased that for the first time, the scheme has been fully funded in last month's budget with an increase in the Medicare Levy.

People with a disability deserve this dignity.

From the mayor's desk

by Cr Isaac Smith
Lismore City Council

It was a real honour for me to be the first mayor in Lismore's history to speak at the opening of the Nimbin MardiGrass last month. To be there with Uncle Gilbert, Nimbin 'Mayor' Michael Balderstone and many locals and visitors, to get the weekend started, was a lot of fun!

The annual event was very well received again this year, and I know the Showground society and local businesses and residents were pleased with the event and what it does for the community.

On a positive note for law reform in the week before the festival, we have finally seen movement on the issue of food, fibre and medicine use in this country. Governments are finally catching up with the community on understanding the benefits that cannabis plants can have on business and health.

I sincerely hope that this step forward is met with a continued push to have food, fibre and medicine reforms made a part of the ongoing law reform discussion at every level.

The Nimbin Advisory Group has new members joining this month and I want to take the opportunity to thank those who are not continuing on. It has been wonderful to see the group work so well with council since we formed it in my first term, what seems like many years ago. Nimbin was always the forgotten child, so to speak, and while many rightly continue to champion the village and its



needs, I honestly believe the relationship has never been better. Nimbin is an amazing place that is essential to Lismore's image and future and I look forward to working with NAG members new and old in the coming year.

We also have new members joining our Aboriginal Advisory Group this month. Another group that was formed in my first term on council, when so many changes were made for the better. It is hard to remember back to what the old council was like with no acknowledgment of country or meaningful connection with our first peoples.

We are stronger for this connection and I am proud to say that as an organisation, Council continues to close the gap through our Reconciliation Action Program and community initiatives.

Let's hope that these local changes can help the continued push for recognition and reconciliation. It was also very pleasing to see that many of those who came to MardiGrass were just as pleased to be there in support of our first peoples and the presentation of their culture in Nimbin over the weekend.

Gungas Road is having major rehabilitation, which is great as it was overdue. Work has also commenced on the Dunoon road cutting, which has been in need of an upgrade as it climbs the hill just out of Lismore. We are also working as best we can with the state government to move on the land slips and washouts from the flood event.

It is slow going, but temporary fixes have been put in while we wait for answers and disaster money to flow.

The biggest time and expense for flood recovery will be on our rural gravel roads. We know that they are the ones most affected by storm water, so there is a lot of work to do. Previous storm and flood events led to more than a year's work in restoring our 400+ kilometres of gravel road, so this time around we are looking to speed up the process.

We are also working smarter these days as council now makes sure that gravel road drainage is a priority when making repairs. So when you see the crews and contractors out and about, give them a thumbs up and thank them for their hard work after the devastating storm and flood.



Keep your batteries charged

by Rebecca Ryall

The word on many of our customers' minds for 2017 is "batteries". Whether you are completely off grid and self-sufficient with power, or you operate a grid connect system (or would like to), one of your major financial investments is in your battery storage.

When it comes to stand-alone (off grid) solar systems, lead acid batteries are the best suited, due to their storage capacity, efficiency and price points. The Rainbow Power Company (RPC) website has customisation tools which allow YOU to design the best system for your needs. The older flooded batteries require regular maintenance to ensure you get the longest life out of your investment. Before deciding your wet cell battery bank has bitten the dust, run through these basic investigations:

Check the water levels in each cell. Is the water covering the plates in each cell? Add demineralised or distilled water if required. If plates are exposed to the air they will oxidise, affecting battery performance and life.

Check the state of charge, using a hydrometer. All cells should have a similar reading. Hydrometers are available for sale at RPC and any household operating wet cell batteries should own one.

With changes to the gross feed in tariff, many householders are now looking into on-grid battery storage. Adding a battery to your grid connect system empowers you to decide whether you store all of the excess energy you harness during the day, reducing your reliance on the grid, or choose to sell this excess power back to the energy retailers, reducing your power bills. Technology in this area is changing daily, so Rainbow Power does the hard work of investigating this endless array of emerging technology.

Lithium batteries currently offer the best value for money for grid connected solar storage, and are designed to be retrofitted into existing grid feed solar systems. RPC stocks a range of lithium ion batteries, suitable for small, medium and large scale household and commercial systems. We generally advise that a battery that has the capacity to store half of your daily usage, will be enough for installation into your grid connected system.

For smaller system grid connected-energy consumers, we recommend the Enphase AC battery, which is a lithium battery with a built in inverter. Each battery has storage capacity of 1.2kWh and supplies capacity of a maximum 270W. These modular systems can be added to, allowing you to start small and build up your storage capacity as the need arises (and funds become available!)

The LG Chem lithium ion battery range is also a modular system, with storage capacity of 3.3kWh, 6.5kWh and 10kWh. These units require purchase and installation of an additional inverter, and come with a 10 year warranty.

Many readers will have heard or read the hype about the Tesla Powerwall, credited with revolutionising home and commercial solar battery storage. The latest offering from the Tesla crew – the Powerwall 2 – is landing any day now and we plan to install the very first onto the RPC building within the next month. This new generation battery includes an integrated AC inverter, and a powerful 14kWh capacity, making it suitable for large family homes, and also commercial installations.

For more information about any of these products, or to discuss your individual requirements, visit the RPC website: rpc.com.au or drop by to 1 Alternative Way, Nimbin, or give us a call on 6689-1430.



My Theraphi experience

by Helene Collard

I recently had the opportunity to review the Theraphi device. I met Theraphi facilitator John Hardgrave at his Clinic in Lismore. During my initial one-hour consult, John recorded my vitals (height, weight etc) and then supported me to set a primary intention for my Theraphi treatments – I asked for 'the perfect balance and expression of my masculine and feminine energy'.

John guided me to breathe into, and out of my heart and suggested to call upon my spiritual guides if I wish. I didn't call upon anyone specific, however very soon the presence of my maternal great-grandmother and paternal great-grandfather were very clear to me – 'She' standing at my right, and 'He' at my left.

At this point I felt a concentration of energy in my abdominal area, where I'd been experiencing a mild digestive disturbance. This physical sensation continued for the entire treatment.

With both great-grandparents on either side, I saw plain oracle cards spread out, neatly overlapping each other, all the way down the right side of my body. They then went up, forming a semi-circle in the air from my feet to my head. The cards glowed purple. My great-grandmother stepped in and began working with these cards. I knew she was healing and balancing aspects of my

feminine nature and history - across current, future and previous lifetimes. When her work was complete, 'She' stood by my right shoulder and I heard the device being turned off for a 5-minute break.

When I heard the device being switched on again, on cue, my great-grandfather stepped forward and began work on my left side. Now I saw glowing white cards down the left side of my body, and in the air from feet to head. As 'He' commenced, I noted all his healing work was taking place with the cards on my body. I knew this meant the healing and balancing taking place, were in the masculine aspects of my nature and history, in this lifetime (rather than previous or future lifetimes).

I noticed a large 'mother' tree to my left and as the healing took place, I saw words such as 'fear', 'shame', 'neglect' and 'pain' fly out of the cards, transforming into white cockatoos – which flew out, to land in the mother tree. Soon, this tree was full of these white birds. I felt the birds represented healing and illumination.

When the process felt complete, 'He' returned to stand by my left side, 'She' by my right. John turned the device off.

The total Theraphi treatment time was 10 minutes – 2x 5-minutes, with a 5-minute break in between.

A lot can happen in 10 minutes and in the context of the

intention that I set, the first session was quite amazing.

In the second treatment, (2x6 minutes), I experienced a virtual resolution to a long-held phobia connected to the ocean, and in particular, sharks. It will be interesting to see if I feel any different, the next time I swim in the sea.

During the third treatment (2x5 minutes), I received loving affirmations from my inner child. These simplistic words or phrases felt like a return to self-love, in areas or aspects of myself where I had lost that. I felt deeply peaceful afterward.

The fourth treatment (2x5 minutes) was different in the sense that my experience was purely physical. Before the treatment, I said I'd like healing of the mild digestive disturbance, so John re-positioned the Theraphi device to point directly to my abdomen. I didn't feel or see anything during this treatment, and left feeling quite good.

In conclusion, it's clear that the healing experience of the Theraphi Device can vary each time, and that it works beyond the physical. I understand there may be further integration of my Theraphi treatments and I'm looking forward to that.

On a whole I recommend the Theraphi device as a non-invasive, holistic treatment. If you'd like to know more visit: www.theraphi.com.au or contact John Hardgrave on 0409-543-366.



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Joseph (Brian Pamphilon) flaunts his coat to his brothers and their wives

The Tim Rice and Andrew Lloyd Weber operatic musical *Joseph and his Amazing Technicolor Dreamcoat*, in production at Ballina Players, tells the biblical story of Jacob (Rod Ramsay) and his sons. It is a tale of jealousy and intrigue, but also of forgiveness and mercy.

Clearly favoured by his father, Joseph (Brian Pamphilon) is strongly resented by his brothers, and Jacob's gift of a many-coloured coat is the last straw. The brothers conspire to seize Joseph, sell him into slavery and tell their father that he is dead.

In Egypt, circumstances and his extraordinary gift for interpreting dreams are in Joseph's favour, and he becomes the Pharaoh's right-hand man. He shows compassion when his famine-stricken brothers come to the court to beg for food.

The entire story is put to music, and the songs are lively, memorable and sometimes very funny. The clever mix of musical styles sees Pharaoh (Matthew Wood) break into an Elvis impersonation 'Song of the King'; Joseph's brother Rueben (Mike Sheehan) tells his story as a hillbilly western, 'One More Angel in Heaven'; and brother Simeon sings the French-style ballad 'Those Canaan Days'. Audiences are also treated to 1920's swing, calypso and disco. Other well-known hits are 'Close Every Door' and 'Any Dream Will Do'.

Joseph and the Amazing Technicolor Dreamcoat is directed by Paul Belsham, assisted by Sue Belsham. Paul and Sue have been involved with Ballina Players since 2003, and this year were made life members. Paul Belsham is also musical director and is assisted by Leanne

Broadley who was musical director earlier this year for the production of *Shrek Jr.* The amazing choreography throughout this musical is the work of the very talented Jamie Sheehan.

Joseph and the Amazing Technicolor Dreamcoat will be staged at the Players Theatre, Swift Street, from 16th June to 9th July. Tickets are available online at: www.ballinaplayers.com.au and at Windrose Travel, Riverwalk Arcade, Ballina, phone 02 6686-6566. Heavy demand is anticipated.

Opening night on Friday 16th June is a premium, black tie event, commencing at 7.15pm in the Ballina Players foyer offering a complimentary glass of champagne and canapés prior to the show and a chance to meet the cast after the show. A limited number of special tickets are available for this night.

It's all small stuff



Mark David is an accomplished solo artist from the Northern Rivers with an engaging acoustic style and a repertoire that ranges from Delta blues to Dylan, Neil Young, Hendrix and current classics.

Mark has worked as a session musician for a number of bands throughout NSW, Queensland and Victoria and one of the many highlights was performing with Lismore indigenous artist Blakboi at the 2013 Boomerang Festival at Byron Bay.

Mark has also taught music around Australia and worked in live production for PA companies and has been involved with community-based projects including local school productions.

He is currently involved recording his upcoming debut album with his blues band, The Mark David Express.

Catch him playing solo gigs at the Nimbin Bowlo on Friday 16th and Friday 30th June, from 6pm.



Sadie & Jay

The creative combination of a deeply traditional folk musician with a jazz, blues and roots singer gives Sadie and Jay an intimate and enchanting sound. Jay plays guitar, bouzouki, banjo and mandolin while Sadie plays electric and double bass. Drawing their music from many genres, they sing with exceptional vocals and intricate finger-style playing.

Sadie and Jay released their first original album *Curious* in 2015, they have won several APRA/AMCOS song writing awards, played many venues and festivals, toured the UK last year and will be returning for their second UK tour next year while recording their second originals album.

Recently performing at the Great Green Cabaret in Nimbin School of Arts and a gig at The Channon Tavern, this Brisbane-based duo returns to play the Sphinx Rock Cafe on Sunday 4th June, from 1pm.



Embrace (M)

Fri June 9, 7.30pm, \$10.

Embrace is a social impact documentary that explores the issue of body image told from the point of view of Director Taryn Brumfitt as she traverses the globe talking to experts, women in the street and well-known personalities about the alarming rates of body image issues that are seen in people of all body types. The culture of body loathing and body shaming has reached epic proportions worldwide. Lose weight, reduce wrinkles, fight cellulite; we're constantly told to fight a battle to be someone other than who we are. Women and girls are constantly lead to believe they're not as good as they should be, leading to self loathing, low self esteem and in some cases self harm. And why? Because every day they feel they're being judged on their appearance and how far away it is from an unachievable ideal. In her affable and effervescent style, Taryn bares all (literally) to explore the factors contributing to this problem and seeks to find solutions. After 24 months of travelling Taryn and the Embrace team created a film that is life changing.

Embrace held its world premiere at the 2016 Sydney Film Festival, where it made it into the festival directors' top 5 picks and was nominated for the Documentary Australia Foundation Award for Best Documentary. A funny, touching, at times gut wrenching documentary, the heart of *Embrace* is Taryn's story. How she went from a body hater to a body lover. From being devastated by her perceived ugliness to proudly posing nude for the whole world to see.

"Our goal is to reach as many women as possible around the world and speak to them about how we can learn to fully embrace and love our bodies" – director, Taryn Brumfitt

Hidden Figures (PG)

Fri June 23, 7.30pm, \$10.

How three black women in the segregated South helped put a man into orbit.

These "computers" included three brilliant African-American women at NASA – Katherine Johnson, Dorothy Vaughan and

Hidden Figures is a story that had already been told definitively, or so we may have thought, by Tom Wolfe's *The Right Stuff* and the movie based on his book *Project Mercury* and America's race with the Soviet Union to put a man into space. But who knew that NASA depended, at that pioneering time, on flesh-and-blood mathematicians (they were called computers) to calculate flight."

Joe Morgenstern
– *Wall Street Journal*.

Mary Jackson who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn (Glen Powell) into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. The film, set at NASA in 1961, depicts segregated facilities such as the West Area Computing unit, where an all-black group of female mathematicians were originally required to use separate dining and bathroom facilities. Katherine (then Goble) was originally unaware that the East Side bathrooms were segregated, and used the unlabeled "whites-only" bathrooms for years before anyone complained. She ignored the complaint, and the issue was dropped. In an interview with WHRO-TV, Katherine Johnson played down the feeling of segregation. "I didn't feel the segregation at NASA, because everybody there was doing research. You had a mission and you worked on it, and it was important to you to do your job...and play bridge at lunch. I didn't feel any segregation. I knew it was there, but I didn't feel it." This is a feel good movie that is heart warming, uplifting and joyous and it has addressed and corrected the notion that the space race was won by white men but rather by a diverse range of talented minds.

Moonlight (M)

Fri June 30, 7.30pm, \$10.

Moonlight explores three time periods in the life of a black-American gay man – Chiron. It chronicles his young adolescence, his mid-teens and his journey to become a young adult. *Moonlight* explores the difficulties he faces with his own sexuality and identity, including the physical and emotional abuse he receives as a result of it. As a child, Chiron lives with his crack addict mother Paula in a crime ridden

neighbourhood in Miami. Chiron is a shy, withdrawn child largely due to his small size and being neglected by his mother, who is more concerned about getting her drugs than taking care of her son. Because of these issues, Chiron is bullied, with slurs hurled at him which he doesn't understand - beyond knowing that they are meant to be hurtful. Chiron is given what little guidance he has in life from a local drug dealer named Juan and Juan's caring girlfriend Teresa, who can see that Chiron is neglected. Their home acts as a sanctuary away from the bullies and away from Paula's abuse. A powerful and moving journey, *Moonlight* received critical acclaim upon its release. At the 74th Golden Globe Awards it won Best Motion Picture - Drama, and was nominated in five other categories. The film won the Academy Award for Best Picture along with Best Supporting Actor for Mahershala Ali and Best Adapted Screenplay for Jenkins and McCraney. *Moonlight* became the first film with an all-black cast and the first LGBT film to win the Best Picture at The Academy Awards. Be prepared to be moved and inspired by the story of Chiron and his journey to find his place in the world.

Sing (G)

School holiday movie, Wed July 5, 11am, \$10 free popcorn.

Sing is about performing animals and features the voices of Matthew McConaughey, Reece Witherspoon, Seth McFarlane and Scarlett Johansson.

The film includes more than 60 songs from famous artists and also has an original song by Stevie Wonder and Ariana Grande. It also covers the songs of Leonard Cohen, Taylor Swift, Elton John, Frank Sinatra and more. Buster Moon, a koala, owns a theatre, having been interested in show business since his father took him to his first music show as a child.

Following financial problems he tells his wealthy friend Eddie that he will host a singing competition with a prize of \$1,000. But Buster's assistant, Miss Crawly, accidentally appends two extra zeroes, and the promotional fliers showing \$100,000 are blown out of Buster's office into the city streets. Animals from all around the city gather for auditions.

Those selected include a housewife and mother of 25 piglets Rosita, a street musician mouse Mike, a mobster's son Gorilla Johnny, and punk-rock porcupine Ash. The film joyfully pokes fun at the craze for talent quests such as *The X Factor* and *America's Got Talent* and includes music that is sure to get small feet tapping along.

A perfect day out for kids for the school holidays by the magical Mulgum Creek. The cafe will be open.

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Mandy and Ellen spill their guts

by Nick Hanlon

I asked Mandy Nolan and Ellen Briggs a few questions about their show, *Women Like Us*, coming to the Nimbin Bush Theatre on Friday 16th June, at 8pm. Tickets are \$25.

Your show is called 'Women Like Us', can you explain the title?

MN: We wanted to do that thing social media talks about and attract 'our' community. That's basically women like us. Underachieving, overwhelmed women who have too much on their plate but always manage to scoff it down. We know that because we're flawed ageing hornbogs that women actually like us, because we live in a culture that is so oppressive for ageing women. Actually women of all ages. It's refreshing for women when other women call out the bullshit. We were quite impressed that we'd come up with a name that had a double meaning, and wasn't rude. That's unusual for me.

EB: There's a couple of meanings, we found that a lot of women were surprised that we are so much like them and how our stories are so similar to theirs, so we are like them and they like us... and we sometimes hear - oh you're like that...so yes women like us - we are like that!

Do you ever feel nervous or vulnerable about revealing your personal experiences on stage?

MN: Only when I get in the car. And then it's this weird shame that eventually passes. On stage I have no filter so I will virtually say anything. I don't care what people think of me. I wish I could live like that all the time. But by the time I hit the car the woman who cares what people think of her returns and I get that 'oh shit what did I



do' feeling. It's a constant state of self shaming. It keeps me real.

EB: I do sometimes feel nervous because I wonder if I'm the only person who something has happened to, or who feels this way, but when I do reveal things I soon realise it's happening to all of us! A beautiful part of stand-up is being vulnerable and honest, that's what makes that connection between the performer and the audience.

Women clearly love your humour, but what about men, do they also relate to *Women Like Us*?

MN: Men who love women love us. If you are a clever man confident in your masculinity you will love us. If you are a weak man who is threatened by strong women with opinions who aren't constrained by conventions then

you should stay in the car. Forever. You'll hate us. And guess what. It's bloody mutual.

EB: I don't know if they'd like us to say they relate to us, but they certainly enjoy us! I always say that they love coming (besides the fact we are hilarious) because they feel relieved they're not married to us. We're like relationship counsellors for them!

Why is comedy important?

MN: Because comedy is about tickling the underbelly of the tiger. It catches it off guard. I have always believed comedy is the ultimate political tool. You have to question everything and comedy is critical thinking at its best. Also the world is so serious you have to laugh. It makes you feel connected to the shared human experience. Until you get in the car. Then you are alone again.

EB: It's true the best medicine is laughter. It's scientifically proven! There's nothing like taking something that is taboo, or something that might have been awful at the time and dissecting it to find the funny. I ate cow balls by accident the other day, and at the time I was horrified but I know I'll have a bloody funny story someday! Once I recover.

If you both had Superpowers and could change one thing in the world instantly what would it be?

MN: I would remove the need people have to constantly have more. It's what makes us fat addictive exploitative rainforest destroying dickheads.

EB: I would go for instant travel because I honestly believe if everyone travelled the world they would be more tolerant of others. That, or the age old making all foods calorie free because I really love eating and I hate exercising and I want to live a long time.

sphinx rock café
 3220 Kyogle Rd, Mt Burrell NSW 2484 P (02) 6679 7118 www.sphinxrockcafe.com

Sunday Gig Guide

June 1pm start

4th Sadie & Jay
 Blues and smoke and beauty infuse the deliciously matched vocals of Sadie and Jay

11th Aine Tyrell
 Aine's music is a contemporary folk collision between the Ireland of generations gone, and the hope of tomorrow.

18th Immigrants
 Their music is a fusion of Celtic, Soul and Folk with passionate lyrics.

25th Yoyo Tuki
 Yoyo is a Rapa Nui (Easter Islander) musician, visual artist and devoted culture-man based in Byron Bay.

2nd July My Figment
 Alt-folk acoustic four piece whose songs are soulful, whimsical, and sometimes plain silly.

Nimbin Hotel & Backpackers
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June Gigs

TRIVIA NIGHT EVERY WEDNESDAY, 7pm

Thursday 1st	7pm	Surf Report
Friday 2nd	7pm	Hobo Magic
Saturday 3rd	7pm	Diana Anaid
Thursday 8th	7pm	Brommers
Friday 9th	7pm	Rumble Fish
Saturday 10th	7pm	Connecting Souls
Thursday 15th	7pm	Adam Brown
Friday 16th	7pm	Romaniacs
Saturday 17th	7pm	Richie Williams Band
Thursday 22nd	7pm	Neil Anderson
Friday 23rd	7pm	Drift
Saturday 24th	7pm	Eastwood
Thursday 29th	7pm	Wendy Ford
Friday 30th	7pm	Two Tears in a Bucket
Saturday 1st	7pm	Blakboi Band

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The Channon open mic

by Ray (Rayzor) Flanagan

Our March Open Mic saw an excellent turnout, with a full player board, despite the dodgy weather. We set up on the veranda of the Channon Tavern and although I prefer the outside venue there is a more intimate feel.

Punk band 'The Falling Empires', who played at the February Open Mic, were back again.

It was good to have 'A Capella Fella' (Gaz) (pictured, above) back to The Channon. He and his friend Tony did a few songs and they were followed by an inspired set by Japanese visitor Tetsuya (pictured, left) who delighted the crowd with a mix of covers and self-penned songs.

Joye and Alanna and Glen and friends also played and we finished up with new residents of The Channon, Jessie and Emma, with a polished performance.

Jessie is a choir master and has started a choir in The Channon that is currently in recess while Jessie is OS doing 'Sing the Camino'.

Our April and May open mics were low-key events with folk still recovering from the extreme weather event that devastated our area.

So we would love to see a good turn-out for the June Open Mic on the 25th.

It's a 2pm start during the winter months and The Tavern restaurant will be open from 12 to 3pm and 5.30pm to 8pm that day.

Matt Stillert

Thundering riffs, wailing vocals, high energy crescendos, captivating Acapella, unorthodox guitar work and original storytelling are the backbone of a Matt Stillert show. His unique sounds range from soul soothing folk melodies to high energy foot stomping Alt-Blues/Rock, displaying a dynamic blend of roots influenced music.

With over a decade of playing bars, markets, venues, festivals and street busking, Matt has developed an intuitive rapport with any crowd. Engaging the audience, finding some cheeky laughs and ultimately inspiring imagination and passion in the captivated folk. This shoeless rambler left his home in

Adelaide four years ago headed for the east coast where he's been sharing his tunes, writing and recording his album *Shoe Boycotter*.

Matt has opened for CW Stoneking, Joe Camilleri and the Black Sorrows, Hat Fitz and Cara and Marshall Okel. Don't miss his rousing roots as part of his 'Free the Rooster' tour at the Nimbin Bush Theatre on the outdoor stage, which is situated by the Mulgum Creek, from 12.30pm on Saturday 10th June.

The Phoenix Rising Cafe will be open for delicious healthy meals, award winning coffee and teas, and fabulous sweets and cakes. Free entry, all ages, BYO.



The Bean Project

Featuring divine vocals, acoustic guitar and the French horn, The Bean Project roam the territory of folk, jazz and acoustica with a quirky minimalistic approach resulting in music that is sublime, beautiful and fascinating.

After playing together in various acts, Ben Langdon and Bryce Turcato formed The Bean Project at the beginning of 2014. With Ben at the helm of songwriting they present a simple and cinematic musical experience, complimented

by Langton's gorgeous vocal tone laid along side Turcato's lyrical French horn accompaniments.

The duo's influences stretch from The Cat Empire to Johnny Cash. This is their third performance at The Nimbin Bush Theatre and word is getting out about their originality and mastery of this idiosyncratic genre.

The Bean Project will perform on the outdoor stage situated in gorgeous river-side gardens creating a relaxed kid friendly ambience from 12.30pm on Saturday, June 17. Free entry.

This Melbourne-based six-piece collective of accomplished musicians translate the traditional gypsy music of Eastern Europe into a modern-day dance party with an anarchistic punky edge. Tying together the threads of an ancient heritage with a youthful enthusiasm, they robustly re-invent Klezmer classics, Balkan bangers and Eastern European party pieces with a super high energy and passionate approach.

Their live performances are infectiously upbeat, and no punter could possibly keep their feet still while such lively performers embrace this genre with a no holds barred whole hearted commitment. Incorporating guitar, violin, accordion, clarinet, double bass and percussion this vivacious band of modern day gypsies will sweep you up in their dynamic performance and their wonderfully hale and hearty re-invention of Bohemian and Romani music – sure to please all world music lovers.

Hello Tut Tut are in increasing demand at festivals around the country so catch them while you can when they bring their caravanserai into Nimbin town for one night only on Sunday July 2nd at the Nimbin Bush Theatre on the outdoor stage from 6pm. Entry by donation.

The Phoenix Rising Cafe will be open for locally sourced delicious meals and snacks, award winning coffee and teas and the best cakes in the rainbow region. The stage will be twinkling with fairy lights, under the Milky Way, in the gardens by the magical Mulgum Creek. BYO, kid friendly.



Dangerous songs

musical language. Linsey Pollack, a national musical treasure loved and respected nationally, plays a midi wind instrument where breath, lip pressure and fingering control the performance of animal call samples (mostly sourced from the Centre for Biological Diversity). He uses live-looping technology to instantaneously record layers of music as he plays. The animals are from the International Union for the Conservation of Nature (IUCN) Red List and include a diverse range of species including whales, seals, walrus, fish and sea birds.

Stunning vocalist, Lizzie O'Keefe joins him, weaving her voice in and out of the musical landscape of animal sounds that Linsey provides in a series of original "songs". This collaboration takes us to a world of sound where the human and the animal combine into a sort of sonic

morphing.

This sonic world is mirrored by the visual superimposition of the natural world onto the human performers using projection. Renowned and celebrated underwater cinematographer David Hannan (Ocean Ark Alliance) has provided the stunning moving images and they are truly magical.

Don't miss this opportunity on Saturday, July 8 from 8pm to experience this incredible work, created by two artists at the top of their game. It is a passionate plea to protect the natural world in all its mystical and transcendental beauty.

The Phoenix Rising cafe will be open with delicious locally sourced meals, award winning coffee and sweet delights. BYO, kid friendly.

Tickets \$25 online, \$30 at door.

www.nimbinbushtheatre.com/events

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Sat 10 June 12.30pm FREE	Stompin' Alt-Blues MATT STILLERT Thundering riffs & wailing vocals	
Mon 12 June 12.30pm	Queen's Birthday Hol' FREE LIVE MUSIC	
Fri 16 June 8pm \$25	World Class Comedy 'WOMEN LIKE US' w/ local legends Mandy Nolan & Ellen Briggs	
Fri 23 June 7.30pm PG \$10	Movie Night 'HIDDEN FIGURES' Human computers @ NASA in an era of racism & sexism	
Fri 30 June 7.30pm M \$10	Movie Night 'MOONLIGHT' Powerful life story of a black American gay man	
Sun 2 July 6.30pm BY DONATION	Dinner Under the Stars 'HELLO TUT TUT' Raucous gypsy music (Melbourne)	
Wed 5 July 11am G \$10*	Skool Hols Film 'SING' Animals Got Talent *Popcorn included w/ all kids' films	
Fri 7 July 6.30pm BY DONATION	Dinner Under the Stars AS OF SKY + MECCA MECCA Liltng & mesmerising indie acoustica	
Sat 8 July 8pm \$25/\$30	Spellbinding Show 'DANGEROUS SONG - BLUE' Linsey Pollack & Lizzie O'Keefe Live vocals & animal calls interwoven w/ beautiful underwater projections	
Wed 12 July 11am G \$10*	Skool Hols Film 'KUBO & THE TWO STRINGS' Fantasy action/adventure	

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Creating colourful warm winter slippers

by Suzanne McGauley

Australian Merino wool is the remarkable result of millions of years of evolution. It is rich in natural properties that inspire some of the world's leading clothing designers. And its unique benefits flow through to the luxuriously soft and stylish clothing crafted from it.

When wool fibers are shocked by temperature and rubbing - the little scales lift up and as the fibres rub against each other they lock down on nearby fibres and form a tighter and tighter mass and form felt.

I'm using the finest Australian merino wool fibres in my felting workshops and for my own felted art. Australian Merino wool is an entirely natural and renewable fibre... As I'm a painter - the use of coloured wool gives my felted creations a special character. I like to call it 'painting with wool fibres'.

It is my passion to share my skills, enabling others to use colour and fibre to express creativity, warmth and positive feelings.

During my workshops I'm guiding the students through the whole process and they will be able to work three dimensionally and create their own pair of warm winter slippers, hand bags or by felting a flat piece - like a wall hanging, table runner, a Nuno felted scarf or wrap.

It's been proven that getting creative and using your hands reduces stress and enlivens the mind, so learning new craft skills is one of the best things you can do to balance out the downsides of hectic modern life.

I encourage parent-child teams to work together on one project as well. It's



a good opportunity for friends to spend a day working creatively in a beautiful friendly environment. A felting workshop is an enjoyable day of learning the art of felting in good company.

The first part of the day will be used to design and lay out the coloured wool and to embellish the surface of the wool.

In the afternoon the actual felting process will take place, wetting and rolling the wool. Materials will include Merino wool tops in a wide range of colours, hand spun wool, tussah, silk, mohair, and exotic threads and fibres.

At the end of the day students can take

home a unique piece of art.

The slipper making felt workshop will be held on Sunday 18th June at Federal Jasper Corner Hall.

This workshop is from 9am to 4pm and for all levels.

Cost is \$95 including all materials and morning tea. A deposit of \$30 is required to secure your place.

Group bookings are welcome. For bookings and enquiries, please email: suzannemcgauley@gmail.com or phone 02 6624-3227 or 0490-190-214, or on facebook: www.facebook.com/feltartnorthernrivers



Wheel of peace with Dr. Zuleyha Keskin



Tea shirt by Mary Adams

The Fibre Show - Threads

We are held - woven together by the threads of life and we wear our 'threads' with pride. From the woven to the felted, knotted, knitted, stitched or carved - the medium of fibre takes many forms.

Most fibre comes from the natural environment and has over millennia been transformed by humans into items that we use to carry, contain, clothe and decorate ourselves.

Natural and man-made fibres come in a variety of forms and once again the fabulous works from the fibre artists and artisans who exhibit in this annual fiesta of fibre at Blue Knob Hall Gallery have proven that we can't live without it.

As part of the Lismore Women's Festival, the Mariam's Day gathering at the beginning of March created a

Wheel of Peace. With the theme of 'weaving traditions and lives together', thread, fabric and paper were woven through the wheel with thoughts on the many ways to support peace.

The Wheel of Peace is being exhibited at the gallery during this exhibition and adds a very welcome dimension to our understanding of our own world and the ability of a humble piece of cloth to carry a message of utmost importance.

The exhibition runs from June 1st - July 30th. The Blue Knob Farmers Fibre Fermenters Market will be running their Fibre Festival from 9am to 1pm on Saturday 3rd June. There will be stalls, speakers and a programme on the Stitch & Enrich Stage with Granny Breathweaver.



Woven pots by Deborah Brown

Artists & Friends lunch

The next Artist's & Friends Lunch will be held on Thursday 29th June at 12.30pm with a set menu, \$20 per person for main and dessert. Please phone 6689-7449 or email: bkhgallery@harbourisp.net.au phone 6689-7449 for more info.