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It's completed, or is it?

Every month I am faced with the problem of how to complete these articles, and it is something that I grapple with in unsureness.

Beethoven was famously unable to finish his symphonies, and you can certainly hear that. The same closing bars are played over and over again, until, maybe in his exasperation, the piece is ended.

Then there are writers who somehow cannot write the final paragraph, cannot finish the book and so the project gets hidden away somewhere, half remembered, half forgotten. Less dramatically, there are those whose final paragraph hangs uneasily, without proper resolution, or the words, "...to be continued" – which is all very well, except for those readers who don't read any more of this author.

Leonardo Da Vinci famously said, "A work is never finished, just abandoned." Maybe, maybe not. Somehow I'm not quite convinced. I think a lot of projects are certainly abandoned and left unfinished and presented as such, but then there are those where final touches really do complete the work.

I am wondering if the completion is somehow tied to its context, or to something in the object's inherent form. This is an entirely intuitive idea and one in which I really do not know its veracity. I think to my practice of painting little

birds on the seed pods of the Illawarra Flame Tree. I start with the back and wings and tail and then around the face, and then finally its eyes. It's the eyes that set the little birds free. The glint in the eyes is the finishing act of the painting. (I swear I am somewhat of an animist.) The form of the pod defines the design character of the bird in the making, and the painting of the eyes is the final act. Bird is already bird and painting merely reveals it.

Bird is already bird, but a written piece can only ascribe itself to the work, and the genre, as it unfolds. There is something in the final act that gives it life, or not.

How, though, to know that the final touches give life and not just add to the burden of colour? Again, I intuit this, and of course I could be wrong. If life, then something of a death of the old and the luxuriant newness of something else.

In trying to connect my idea to something tangible, I keep coming back to the words of the old man, Simeon on holding the infant Jesus in his arms, described in a Bach cantata of the same name: *Ich habe genug* (German). It sums up for me what I'm trying to get at. *Ich habe genug* is variously translated as "now



by Dr Elizabeth McCardell

I have enough," or "now I have everything," or even interpreted as "now it is finished because it is complete". Symbolically, the Christ birth can be seen as the ending of the old way and beginning of the new – which throws a whole different light on completion and finishing. There is a richness and a

vulnerability here. Perhaps knowing the end is just part of the beginning. A work of art needs to be alive at the start, even as it is a departure from previous works. This means that the artist/writer has to feel connected to it, and not merely attempting to churn out something that might appeal to others but which feels uninteresting to himself. It is very wearing to make something that doesn't link with the artist's inner integrity: sort of akin to being part of a production line. How lovely it is, instead, to create from beginning to end something of meaningful delight.

To begin something of a creation means slipping into the dark lake of the mind, bounded by the banks that shape it, and allowing a certain degree of chaos, confusion and doubt to be present, but to stay with it, and nurture it along, separating out the useful from the non, guided by the moon's reflection,

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Beyond the Rainbow
New issue available now at Perceptio & Nimbin Enviro Centre

My experiences with Lyme Disease

There is a lot of despair and negativity about managing Lyme Disease, understandably given the media reports of the most extreme suffering. I am hoping my own story can help others as I have a positive story to tell, and I know of many others also.

I have a stunning fabric art piece by local artist Paulette Hayes, depicting a sufferer's Lyme Disease journey. It is on my clinic wall by courtesy of Paulette. Ironically I sat opposite it, with the words, "So tell me I don't have Lyme" staring at me for many months.

For the last nine years I experienced a succession of joint pain episodes and a serious eye condition called iritis or uveitis. There were episodes where I was unable to walk without medications. I had to pull myself up the stairs one at a time, and was unable to sign my name because my fingers were swollen like sausages. I would go to bed at 4 o'clock every afternoon with low grade fevers.

The picture looked auto-immune and I had several visits to the rheumatologist. He was unable to give me a definitive diagnosis ("spondyloarthritis" maybe). He was puzzled because all of the usual auto-immune markers or genetic indicators were negative. But no rheumatoid arthritis, lupus, psoriatic arthritis, or ankylosing spondylitis which might explain the eye and joint symptoms.

A breakthrough happened in 2016 when I was sent to a different eye specialist in an emergency flare up. He looked

surprised when I told him about the negative tests. He asked if I had ever had tick bites. Well yes, hundreds as it turns out. So he suggested the possibility of Lyme Disease and sent me for a blood test.

I was totally shocked because, despite debilitating symptoms at times, I didn't feel "sick enough" to have Lyme Disease. During the early years I was still able to work in my shop (Traditional Medicinals), and more recently I set up my own clinic practice. My blood test was negative, but by this time I had devoured every medical journal and book I could find. I found out that "Lyme arthritis" happens in the late stage of Lyme Disease and affects approximately 60% of sufferers. The "Neurological Lyme" affects only 20% of sufferers, as also does "Cardiac Lyme" (affecting the heart). Sufferers often have other infections at the same time which complicates the symptoms. The Lyme Disease bacteria, called borrelia, is a known cause of the eye disease that I experience, and I realised that Lyme explained all my symptoms. Late stage Lyme often presents as auto-immune.

I also found out that the antibody blood tests are notoriously unreliable in late stage Lyme. The bacteria which presents in a spirochete form has mechanisms for evading the immune system, hiding within the cells and changing its forms. False negative tests are common. To make things more difficult, the official medical belief is that Lyme Disease does not exist in Australia and so it is extremely



Nature's pharmacy
by Trish Clough, herbalist

difficult to obtain adequate testing and medical treatment.

I pursued further testing, and was both relieved and surprised when last November I tested positive for Borrelia (Lyme) through Australian Biologics in Sydney. I had a PCR test which detects the DNA of the bacteria, so it is very specific and accurate. As a natural health practitioner, I am able to write referrals for this lab. My eye specialist looked very skeptical when I gave him a copy of the result, even though he had put the thought into my mind in the first place. He had worked in Europe with Borrelia patients. He finally accepted that my positive test did mean I have Lyme, but only because I had travelled in the US and Europe. Strange, given that all my tick bites were in NSW.

Researching further, I found that antibiotic therapy is not highly effective for late stage Lyme. Since I have a special interest in herbal antimicrobials, and I was able to function quite well managing my symptoms with natural remedies and diet, I commenced treating myself for Lyme Disease approximately a

year ago. It took quite a while to get results, and as any Lyme sufferers know, it is a complex process that can stir up adverse reactions as the bacteria are being killed off (this happens whether people use medical or herbal antibiotics).

I am happy to report that I am now pain free with no current joint inflammation. I would say 80-90% recovered, but still dealing with the eye condition. I take a lot of herbs, and will need to do so for a long time. Despite many claims to the contrary, chronic Lyme is not completely curable, but it is possible to achieve "remission" (symptom-free) and I know of many people who have done this.

I am now treating people with Lyme and other tick borne infections (such as Rickettsia) in my clinic. I have sourced herbs from around the world to add to my dispensary. I recently did training with Amina Eastham-Hillier, a wonderful naturopath from Noosa who has treated many hundreds of patients in Australia with Lyme Disease. She has many success stories to share.

I will write about natural and medical Lyme treatment in my column next month.

Trish Clough is a Lismore herbalist with 30 years experience. She now conducts her own clinic in Club Lane in Lismore and is available for consultations by appointment on 0452 219 502 or email at trishclough@internode.net.au. The information in the column is meant for general interest only and should not be considered as medical advice.

Sleep deprivation

A recent survey has shown that between one in two and one in three of us are sleep deprived. This is up significantly since the survey was last done in 2010. The increase of mental stimulation in the evening from computer and phone screens is likely to be one cause, often resulting in later bedtimes but the same need to get up in time for work or school.

But for most of us lack of sleep has serious consequences, from feeling tired and operating suboptimally most of the time, to an increase in health problems, obesity, mental problems, and relationship problems.

Sleep is seen as one of the four legs of a chair, along with diet, exercise and emotional well being all contributing to a long and healthy life.

"The secret of health preservation is first of all sleep. It can regenerate the essence, improve health, invigorate the spleen and stomach and strengthen bones and muscles... it is an ever present panacea that cures all diseases."

Night is yin compared to daytime's yang activity. When we are in harmony with the

daily changes of yin and yang we expand energy out into the world during the day, and when night comes we become yin ourselves. Sleep is a deep yin state where body and mind are restored. With less sleep a deficiency state will develop over time. This itself can cause sleep problems as sleep is a manifestation of the shen stored in the heart, which needs sufficient blood and yin.

So insufficient sleep over time in turn leads to sleep disorders.

As well as just not getting to bed, the other cause of insufficient sleep is insomnia.

General recommendations traditionally have been to prepare for sleep by slowing the mind. Not doing activity that increase mental activity, as well as not exercising strenuously in the evening.

Avoidance of eating close to bedtime, or lying down with a full stomach disturbs sleep, as well as causing other problems, including obesity and digestive weakness.



by Brigid Beckett

If getting to sleep is a problem, washing feet in warm water can help by drawing the yang out of the head and towards the lowest part of the body. Other general tips include not covering the head while asleep, avoiding sleeping in a draught, and lying on the side with knees bent rather than lying on the back.

If there is a sleep disturbance not caused by these or any other obvious problems, a deeper look at underlying patterns and treatment for them is needed.

There are several such disharmonies. They all have at the base a shen disturbance, which can be from emotional turmoil, heat, or yin and blood deficiency. The shen or spirit is further broken down into different aspects. The hun is associated with the liver. Disturbances of the hun are often the cause of sleep walking, sleep talking and wild dreaming. Weak liver yin and blood mean the hun cannot be anchored as needed for sleep. Often the deficient liver yin and blood will make the person more prone to liver qi stagnation as well.

This liver qi stagnation is a common cause of insomnia. It is a common and specific pattern

worsened by stress and emotional turmoil. Waking 2 – 4 am with a racing mind is the hallmark along with other liver qi stagnation symptoms which may be upper body tightness, premenstrual tension, bloating and other digestive problems.

Heart blood deficiency is also common, often seen in nursing mothers, also in those with deficient diets. There is insomnia, dream-disturbed sleep, also possibly anxiety, panic attacks, palpitations, fatigue and a lack of concentration.

As already stated, yin and blood are essential to anchor the heart shen essential for sleep. Causes of yin and blood deficiency include insufficient sleep, mental or physical overwork, night shifts, convalescence, menopause, hyperthyroidism and post traumatic stress. It is also part of the aging process. In this type of insomnia there is frequent waking and waking feeling hot and sweaty. Symptoms may also be dryness, dizziness, palpitations.

In any of these patterns the sooner they are addressed the better. Acupuncture is effective and for long term patterns herbs are also very useful.

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560

Boosting iron in pregnancy

by Kirrah Stewart, Doula Wisdom

Did you know that iron is the most common nutrient deficiency worldwide?

Many women have low stores and then become anaemic once pregnant. Some women start their pregnancy with good iron stores but then become deficient due to the demands of growing new life. Iron deficiency is also very common in breastfeeding women.

Low iron can leave a person feeling lethargic, weak and irritable. Other symptoms can include; shortness of breath and heart palpitations. Anaemia can effect the woman's ability to heal from infections and illnesses and she may be more prone to excess blood loss during birth.

After birth, iron deficiency can hinder the person's ability to take care of their children and perform simple household tasks. Research has also linked low iron levels to postpartum depression.

The mother's blood volume has to increase by about 50% during pregnancy and iron is needed to help build blood cells in both the mother and foetus. It can be difficult to obtain the recommended 27mg of iron from diet alone, but the following foods, herbs and supplements can help.

It is important that the mother-to-be eats wholesome and nutrient-dense foods in order to provide the correct nourishment for her self and her baby. If you're iron deficient, be sure to include iron-rich foods in your diet every day.

Iron-rich foods

Foods that contain iron include; animal sources such as liver, red meats, eggs, chicken and salmon. The vegetable sources containing iron are; dark green leafy vegetables, seaweed, brewer's yeast, molasses, millet, prunes, raisins, dried apricots, cherries, mushrooms and sunflower and pumpkin seeds.

Herbs that are helpful for building iron

Nettle tea: Make a brew of nettle tea to help boost iron as well as receive valuable vitamins such as A, B, K and C. Suggested dose is 3-4 tablespoons per litre of boiling water and steep for 30 minutes or overnight, depending on how strong you like it. Drink 1-4 cups per day.

Dandelion root or leaf: A wonderful source of iron as well as being beneficial for the liver. It also contains vitamins A, B, C and D.

Enjoy foods with vitamin C to help absorb the iron from the food. An easy way to do this is add lemon juice to your food.

Iron tonic

Here's a nourishing iron tonic recipe by Dr Aviva Romm that also eases constipation:
Add 1 tablespoon of yellow dock and 1



tablespoon of dandelion root with 1 litre of boiling water and steep for 4-8hrs. Strain the liquid into a saucepan and then simmer uncovered to reduce down to 1 cup. Add 1/4 cup of blackstrap molasses (also high in iron) and store in glass jar in the fridge.

The dosage is 1-2 tablespoons daily. Take with vitamin C for enhanced absorption.

Placenta capsules and iron

After the birth, consuming your placenta capsules can boost iron levels, increase energy and help reduce the risk of postpartum depression.

A study published last year showed that placenta contains seven times more iron than beef. Research conducted over the last 13 years has shown the placenta contains high amounts of bioavailable iron.

Supplements

Floradix iron is a pleasant tasting tonic available in most health food shops. It probably won't be enough on its own if you're anaemic.

Organic liver capsules by Vitality Pills are available online at: www.organicliverpills.com These are highly effective at helping you to feel better and build iron stores.

Hemagenics Intensive Care tablets (practitioner range) are available at Nimbin Apothecary or Traditional Medicinals, Lismore.

Only use supplements if you know you are low in iron and have spoken with a health care practitioner.

Exercise

Regular exercise increases the body's demand for oxygen. This creates a response in the body and encourages absorption of iron from the red blood cells. Try for at least 5-10 minutes of exercise each day and build up as you start to feel better.

For more info, phone 0429-308-851 or visit: www.traditionalwisdom.com.au

Natural law

by Helene Collard

The wheels of change are turning. We are at a pivotal place in our transformation. For some the last weeks and months have been arduous to say the least, for others, the road has felt lighter. The common theme however, is new beginnings.

As we step into the new chapter, we are shown what needs to fall away, and what we need to embrace, in order to support our dreams, and our personal and collective destiny.

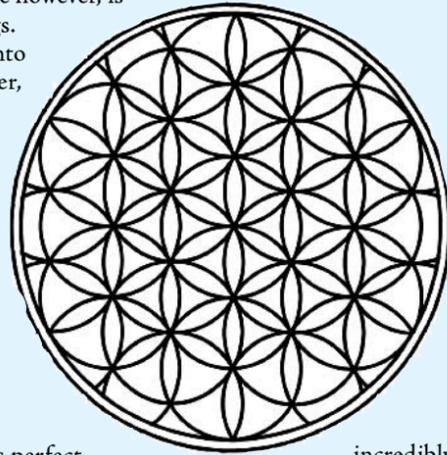
Everything is perfect right now. If we embrace this trusting approach, even when we initially feel let down by life, we allow things to run their natural course.

Have you signed up for a life of suffering or an extraordinary life of love and joy? If you commit to the latter, then believe that everything that happens is perfect, and, designed to bring you closer to a life of love and joy. The universe works in mysterious ways, guiding us to learn and grow on the path to self-actualisation.

It is true this road can feel rocky and stress impacts our physical, mental, emotional and spiritual wellbeing. Relaxation practices such as meditation or yoga are a sound way to create balance during difficult times.

The energy healing system of Reiki is a modality known for its deep relaxation effect and is

We are all self-governing.
Let us call upon our
ancestors and teachers – past
and present,
to guide us in the way of
the Heart.
You are all my relations.
All is One.



incredibly centreing. It also supports the recipient through change and recovery. Reiki is a true complementary therapy, as it supports and enhances any other treatment (including medical) you may be receiving.

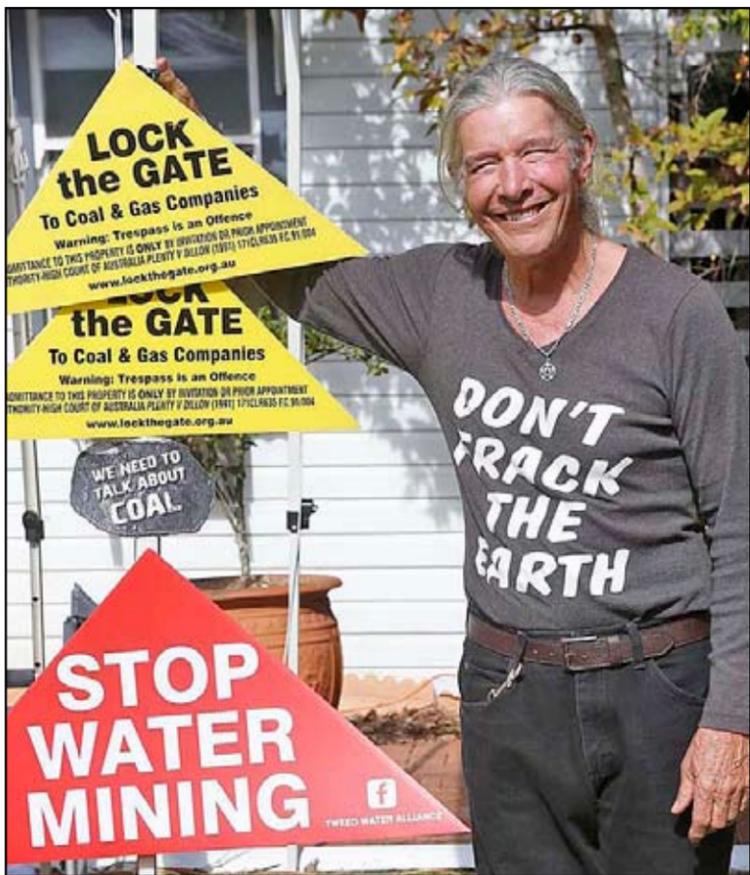
If you'd like to experience the deep support of Reiki, I'd love to hear from you. Contact me on 0405-656-797 or email: yemayacentre@gmail.com

Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the Founder of the Yemaya Centre and Evolve Events in Lismore. Helene's approach to wellbeing is focused in personal growth. Helene offers regular courses and circles, and enjoys making a range of wellbeing topics accessible to the community through Evolve Events. Helene has been writing Natural Law and delivering wellbeing workshops since 2008.



Coming up at Yemaya Centre

- **Reiki Circle:** 7th September 6:30pm Topic: 'The Lower Chakras'
- **Reiki Level 1 Course:** 9-10th September, 9-4pm
- **Evolve Events:** 21st September at 6:30pm Topic: 'Getting Physically Comfortable – The Way Forward' with Martha Regnault
- **Reiki Level 2 Course:** 14th & 21st October, 9-4pm
- **Yogalates:** Fridays 9am
- **Finding Your Core:** Fridays 11am
- **Holistic Healing Treatments:** Reiki-Aura Treatments, Healing Heart Attunements, Craniosacral Energetics, Reconnective Healing, Foot Reflexology, Remedial Massage, Facial Reflexology, Life Alignment. Visit: www.yemayacentre.com.au for more information.



by Scott Sledge

I have recently returned from an around-the-world journey that involved stays in France and USA, two countries which recently had political events unimaginable even two years ago.

I believe that a large part of the

people in each country has become dissatisfied with elite managers who have been running countries for their own benefit while all others go unheard and uncared for.

I was in France when the party created about a year ago called France En Marchent won an overwhelming victory which

A rebellion ...of sorts

delivered a parliamentary majority to newly-elected President Emmanuel Macron. At 38, Macron is the youngest ever President of France. The traditional parties polled very poorly with both far right and leftist groups relegated to minor party status and none having enough delegates to form a credible opposition. I call this a radical centrist government.

It seems that the British vote to exit the European Union and the election of a complete novice as USA President alerted the French to both danger and possibilities. They wanted change but no longer trusted the traditional political operators.

Macron promises to address some of the issues people have been grumbling about for ages, like restrictions on landowners. He will NOT take the French out of the EU or disturb trade relations.

In the USA people are still shaking their heads in disbelief that Donald Trump could really be President. Trump has no experience in government – at any level – and has very little interest in serving anyone but himself and a few favourites. Surely a land that has more than 300 million people could do better. We have seen state and city authorities distance themselves from President Trump on the issue of

climate change. They intend to steer a sensible course without help from the US Federal government.

The situation is similar in France, Britain, Australia and everywhere that the corporations rule, and that is just about everywhere on Earth. Political elites which rule on behalf of the corporations can be called corporatocracy. They are people who have credentials and represent a paradigm that anyone who works hard, gets a good education and makes the right contacts will succeed. This is meritocracy. The social climate has changed from the days when leaders like Churchill and Roosevelt led the world in a fight to the death against fascism. The idea that all functions are better in private hands was pushed by President Ronald Reagan and British PM Margaret Thatcher during the 1980's and says corporations were best able to accomplish all tasks. Reaganomics emerged as orthodoxy and there are now few who oppose. There is considerable evidence that the profit motive is both less efficient and ultimately harmful than the service motive. However capitalist propaganda has swamped science so that nearly everyone believes in this Brave New World (as forecast by Aldous Huxley in his 1932 novel of

that name).

It seems to me that people all over the world are searching for solutions and not trusting the elites to do it for them. The events I witnessed are minor revolts and we may see less reliance on traditional politics and more on engagement of the many to bring about a change in the status quo. We have a similar lack of faith here in Australia where the leaders are people in grass-roots organisations.

To end on a hopeful note, everywhere I went nearly everyone agreed on one thing – even those who hold political opinions contrary to mine. There is no Planet B. Anyone who cares even a little about the future concedes that we need to effectively stop the pollution which is damaging/destroying our world. In other words, we need to have a liveable planet in order to have a sustainable future. That means controlling climate change. All other policy decisions must be secondary to that. Marriage equality, for example, will not matter much if there are no humans left on Earth.

So we have a starting point for agreement: something needs to be done to make the rich and powerful accountable to the rest of the bios. We can all work towards a sustainable future.

Benny Zable's New York activist diary

Sunday 6th August.

For the 29th consecutive year, Nanci Callahan the founder of The West Side Cultural Center Producer/Director of New York's longest running environment festival ECOFEST, has pulled off once again another fabulously staged and important consciousness raising free public event in Times Square, known as the crossroads of the world. During this years event, we did a two minutes silence for the victims of Hiroshima and Nagasaki, the first and last atomic bombs to ever been dropped on a city. Lama Tenzin who created a sand mandala throughout the day, invited the general public to add their peace messages and images around the edges of the completed mandala. The day ended with the dispersion of the sand mandala, which is eventually ceremonially released into the river. It was another world class event to be well attended throughout the day. Planning is now underway for next year's, 30th anniversary, for which there is a great deal of interest being shown by activist circles around New York already.

Friday 11th August.

A visit to the (MET) Metropolitan Museum of Art. It was my luck to go with my loving friends Marsha Silvestri and Karin Santry, (a professor at the Fashion Institute of Technology in New York), to see this world class exhibition by the brave inventive creative, Rei Kawakubo. <http://www.metmuseum.org/exhibitions/listings/2017>

She is the founder and head of Comme des Garçons, (French for "like boys"), a well known Japanese fashion label. If ever there was an exhibit that breaks down barriers between art and fashion, this is it. Some of her creations reminded me of the Dada artists who during the

1920's resisted fascism by playfully inventing and popularising non-conventional ways of expression. https://www.artfactory.com/art_appreciation/art_movements/dadaism.htm

The MET had built a specially crafted display area which truly enhanced the spaces for the different categories in this exhibition, adding to the excitement in viewing this thought provoking collection.

Saturday 12th August.

My partner in crime and I were invited to decorate and dance with my flags at the TASTE OF DUST raising the temple, Brooklyn Mirage nightclub fundraiser for Burning Man. This spectacular Techno multimedia event played live on BE-AT.TV, which you can view at: <https://www.facebook.com/beatport/videos/10154862147773193>

This event was a follow up to the Abandoned Mansion experience last month, organised for us by Electric Circus friends.

Tuesday 15th August.

I went to a No War! No Hate! demonstration outside the New York Public Library. From Rise and Resist, the original action description: In light of the recent escalation in rhetoric concerning the threat of war between America and North Korea, we convey the following message...

- We do not want a war with North Korea;
 - The situation should de-escalate immediately via diplomacy; and
 - We demand that our governmental representatives stop being complicit in endangering humanity, and immediately start taking steps to return our leadership and discourse to sanity.
- On the day of the demonstration President Donald Trump had either



naively or purposely defended neo-nazis, white supremacists, after a woman was killed during a demo in Charlottesville, Virginia. My option is that it marks a turning point in Donald Trump's presidency. Reactions begets more reactions. Let's hope that love and forgiveness will emerge to heal old wounds of the past, to pave the way for a kinder caring world for all.

Friday 18th August.

A visit to the opening at the Whitney Museum of American Art collection, of *An Incomplete History of Protest* featuring selections from the Whitney collection 1940-2017.

Through the lens of the Whitney's collection, *An Incomplete History of Protest* looks at how artists from the 1940s to the present day have confronted the political and social issues of their day.

Whether making art as a form of activism, criticism, instruction, or inspiration, the featured artists see their work as essential to challenging established thought and creating a more equitable culture. Many have sought immediate change, such as ending the war in Vietnam or

combating the AIDS crisis. Others have engaged with protest more indirectly, with the long term in mind, hoping to create new ways of imagining society and citizenship.

Since its founding in the early twentieth century, the Whitney has served as a forum for the most urgent art and ideas of the day, at times attracting protest itself. *An Incomplete History of Protest*, however, is by name and necessity a limited account. No exhibition can approximate the activism now happening in the streets and online, and no collection can account fully for the methodological, stylistic, and political diversity of artistic address.

Instead, the exhibition offers a sequence of historical case studies focused on particular moments and themes – from questions of representation to the fight for civil rights – that remain relevant today. At the root of the exhibition is the belief that artists play a profound role in transforming their time and shaping the future.

Monday 21st August.

A total solar eclipse passed over the USA. At a pivotal point in US

history, the sun and moon line up to cast its shadow crossing the length of the USA. I went that day to a meditation sit at the NYC Insight Meditation Center. Just before the shadow began crossing the USA, we were guided by our teacher through a love and kindness meditation. That set the stage for some blessed moments. As I wandered out into 27th Street West, three different folks approached and shared with me viewing the partial eclipse that was passing over New York City through these special glasses that were being passed out to folks in the street. "Awesome."

Sunday 27th August.

With my partner here, I biked over to the Friends of Clearwater Water Festival, put up flags and performed. The 2017 New York City Friends of Clearwater Water Festival was a wonderful day of water, sunshine, education and entertainment. For more about it you can visit the Songs of Freedom Television website at: www.singfreedom.org

In the planning: Sunday 1st October.

My birthday – my partner and I here are getting married at Strawberry Fields in Central Park. I believe the Nimbin Bush Theatre will be putting on a gig with that spectacular Techno multimedia gig we performed at. To find out more, check in with Benny Zable with my facebook page and the Nimbin Bush Theatre.

Assistance. If you like what I do, could you please throw me a bone. I do not receive any grants or belong to any groups that finances my work and journey. I rely greatly on my pension.

I wish to acknowledge all those who have gone out of their way to help me. If you would like to be a donor, please go to my website: www.bennyzable.com for details.

Nimbin Bushwalkers Walks Program

Sunday 10th September Tweed Coast Walk

Leader: Bill West 0429-933-544

Grade: 3-4

Meet: 9.30am at the entry into Mt Jerusalem National Park between Mullumbimby/Main Arm and Uki on Mann's Road

Bring: water, lunch and hat. It is best to ring Bill re meeting point and details on walk.

Friday 15th to Sunday 17th September

Boonoo Boonoo National Park

Leader: Don Durrant 0477-173-355

Grade: 2-3 A return to Boonoo Boonoo with Don and the spring flowers.

The best time of year, lovely walks through the flowers and along the river to the waterfalls. Weekend camping some will stay at the Cypress Pine campground and others at the nearby Robinsons Cabin. National Park fees apply camping \$12 per person per night and vehicle entry of \$8 or annual pass.

Meet: In Boonoo Boonoo at campground Please contact Don to help him co-ordinate the accommodation and walks.

Secret places of Whian Whian

by Bill West



Climbing back up from waterfall

Sunday August 20th Walk
We met Megan and Kathy at Rummery Park where they had camped the night with The Barbecue Bandits (AKA The Meat Thieving Kookaburras of Whian Whian). The morning was cold so the party of 19 was eager to start walking.

They were an interesting group made up of seven NBWC members, plus Lisa Flower of Murwillumbah and six Queensland friends, Steve Axford and Catherine of Fungi Fetish fame, as well as a family of three we invited to join us on a sight-seeing tour of some of Whian Whian's treasures (with no conducted tour fees attached).

Significantly, husband and wife of the latter family, when we eventually got to the Hidden Valley waterfall, were delighted to find and reminisce about the same fallen log on which they had sat 31 years ago.

But the waterfall in 38/38 gorge was not flowing because of the dry weather. For the same reason there were few fungi etc that Steve could point out. Lunch was at the high escarpment over-looking the magnificent Wanganui Gorge from where the large bush-fire at Main -Arm could be seen.

All made for a full day of walking and we left that lovely place at 5pm.

<http://nimbinbushwalkers.com>

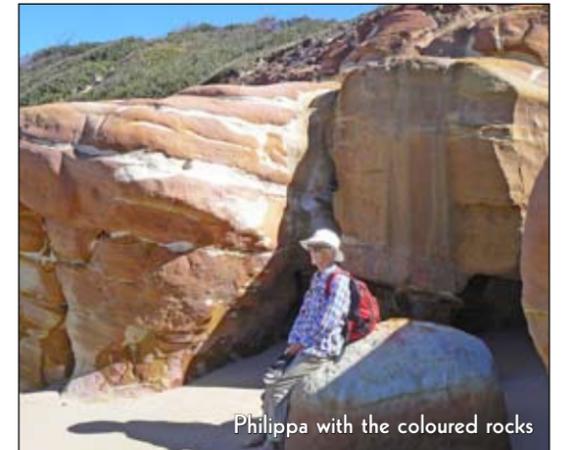
Yuraygir National Park

by Deborah Lilly

Yuraygir National Park was the scenic location for our August weekend getaway with the NBC. Camping at Lake Aragan, 13 walkers split into two groups and carpoled, enabling two days of continuous walking from Angourie to Sandon Point.

Brilliant sunshine chased the chill of the night. The spectacular sweep of beach from each headland gave again and again a visceral experience of expansion of body and soul. Whales spumed and dolphins leapt while our leader Peter clapped and called for more.

A group of eight young indigenous men trolled the sand with onion sacks, watched by desultory seagulls and a circling Rufus Brahmini Kite. Cool water refreshed tired legs after completing some 24 kms over a very pleasant weekend.



Philippa with the coloured rocks

The Hempress of Pangaia

Jacqueline Sirianni has been a successful clothes maker for the past 15 years and using hemp fabric for 11 of those.

Her clothes offer feminine long curving skirts, soft figure-hugging flares and halter neck tops, jackets and waistcoats, groovy jumpsuits, travelling pants and her famous bustles. Her shop and studio PanGaia resides on our doorstep in the funky village of Uki.

The materials Jacqueline uses are hemp, organic cotton and lycra blends along with nylon, wool and silk blends. She uses as much hemp as possible while maintaining a figure-hugging and glamorous garment (thanks to 5% lycra) that breathes easily. Jacqueline hand dyes her fabrics with low toxicity Australian-made dyes in vibrant jewel colours and gentle earthy tones too. Her clothes are inspired by the elements of nature.

"At the moment, I can only source decently priced hemp from China," Jacqueline says.

"Although hemp is also currently grown and processed in Eastern Europe, USA and Canada, shipping it to Australia from these countries doubles the price per metre. There are only a few working cloth mills left in Australia. When hemp and cotton is grown here, the fibres are sent to China for processing and weaving! It would be *fabulous* for all concerned if we could 100% make it here in Australia."

Jacqueline buys her hemp fabric from Hemp WA – an Australian-owned importer;



they started in 2003 as a family business and became so successful that by 2007 they went commercial. The hemp is grown on farms in the north and middle of China.

Hemp WA import anything made of hemp and only deal with those Chinese companies that use natural methods to extract the hemp fibre. Check out their website for the explanation on how the fibre is pulped, pressed and woven. Jacqui says "I've recently been trying out a hemp/cotton jersey blend from Hemp Vibes by Tamara Simmons" whose slogan is "bringing hemp into the household."

Tamara also sources her hemp from Chinese factories; her range includes tea towels, face washers, bags, rope, string, soap, wall hangings and soft jersey fabric. Tamara sells from her shop in Terania St, Lismore and online.

Hemp can be made into a myriad of products. It's an eco-friendly crop that requires NO pesticides, herbicides or fertilisers to grow well so organic is easy. Hemp plants are quick growing, survive in a wider variety of climates and need much less water than cotton. One acre of hemp can produce as much usable fibre as two acres of cotton. Hemp has deep tap roots that break up hard soils and its been found to be one of best plants on the planet to filter out toxins from soil.

Hemp fabric requires NO chemicals to process, is a stronger fabric and lasts longer than cotton. Hemp can easily be blended with silk, linen or cotton. Hemp fibres are pulped so fine these days, its fabric turns out soft.

So... if hemp is so versatile, completely organic, easy to grow, naturally enriches the soil, why isn't it one of

Australia's top crops?!

"Knowing that my clothes are locally and ethically-made from sustainable materials as much as possible makes me feel I'm doing my bit to change the world," says Jacqueline.

She is also a Steiner teacher at Aetaomah and works at Uki Primary School. Jacqueline's partner Quentin makes artisan wearable leather accessories which are for sale in their shop in Uki. He also repairs quality leather items with great craftsmanship.

There is an untapped market for hemp cloth manufacture in Australia. There is so much room to grow tough crops like hemp. Its manufactured cloth might prove a very profitable commodity worldwide.

Check out Pangaia at the showcase shop/studio on the main street of Uki in the Buttery Building (5/1454 Kyogle Road) and also at the Channon and Uki markets.

Water: a big issue

by Bernadine Schwartz

Water has recently made the headlines nationally and locally with the Murray Darling fiasco and the recent water mining application at Rowlands Creek Road, Uki.

The Tweed Water Alliance has been very effective in uncovering the corruption, environmental damage and politics that operates within this industry and have also revealed how little scientific knowledge government authorities have.

More is known about our oil reserves and other commodities than our life-sustaining water. The NSW government have done little or no research at all into how these basins and aquifers are replenished and what is considered sustainable. Instead they are allowing the reckless mining of water to continue and charging a ridiculous amount of 1/1,000 of a cent per litre. This is a lucrative business and I like many others believe it should remain in the ground. Especially when predictions for the world's water supply is so grim.

Only 2% of the world's water is fresh and a mere 0.5% is readily available. The remainder is locked up in ice caps, soil and groundwater systems. Underground water accounts for 30% of the planet's fresh water and the agricultural sector alone relies on 2/3's of this water to be productive. This is why the World Bank is predicting that by 2025 food production will decrease by 350 million tons per year and the majority of nation's GDP will fall by as much as 6%. This is sobering news.

We will also be confronted with 2/3 of the planet's population experiencing a severe shortage of water or none at all! Currently one billion people across the world do not have access to clean water and global demand in 2030 will exceed supply by 40%. These facts should not be taken lightly, many people will be driven from their homes, adding to the world's refugee crisis.

In 2015 the World Economic Forum met to discuss what was called the 'Global Risk Perception Survey' and was attended by nearly 900 experts from around the globe. They concluded that a severe lack of water will be the biggest threat to civilisation. These statistics will probably be a struggle for many to process because of the magnitude of the problem, but please don't ignore these facts. We are morally obligated to take action for our descendants and protect our water security when clearly our governments, who have been labelled 'bought democracies' are becoming increasingly incapable of serving the interests of their citizens. This fight will be no different to our campaign to protect our water supply when it was threatened by CSG. We won that battle and as a community have learnt much. We can win this one too!

Tweed Water Alliance's Facebook will give you a detailed overview of what is happening and how you as an individual can contribute.

New Start at Alternative Centrelink



by Alison Bird

Centrelink has been handed over to the 'alternative community'.

There's a fire ceremony every morning and an incense cleansing. Willow, your guide, meets you at the door with a hug, sage pinned to her woollen vest.

"Where do you feel the Universe is directing you?" she asks.

It's hard to make an immediate decision so you drum on a djembe in the community circle while Bodhi plays the pan pipes.

You lay back on the institutional carpet, recently covered with a green shag rug and look up at the ceiling. Crystals and a dream catcher hang from fluorescent lights.

"It was hard to get the negative energy out of here at first," you overhear Bodhi tell an Aboriginal woman with long hair and dimples.

"Yeah," she replies. "My Uncle came to do the smoke ceremony. He could've been here for weeks!"

They laugh and smile with their eyes as they turn back to the centre of the circle.

Rainbow is holding a Cacao

Ceremony. You go in after some guys with fresh tattoos and sunken eyes. We drink deeply from the chocolate well and cleanse our chakras as we dance. Danny and Jayden suddenly look alive and you see that they are just a couple of young kids trying to get along in this gritty, unjust world.

We gather into a group hug, your arm is around an elderly woman, Maeve, who's managed to emerge from her electric scooter. We chant 'Om' and sway with the vibration.

Finally, you sit for a while in a meditation pod and see

clearly for the first time since you lost your job. You no longer worry about making rent, affording groceries or paying medical bills. This community has your back.

Smiling as you stretch your arms and roll your neck, coming back from the far reaches of the astral plane, beyond time and space.

You're linked to your centre.

"How'd you go?" asks Willow. "Did you manage to make a decision?"

"Yeah," you say, dreamy but enthused. "I want to work here. I want to work at Centrelink."

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Your ruling planet Mars enters earthy Virgo on September 6 and remains until October 23. Your emphasis shifts from self-realisation, creative activities and having fun to being practical and applied. This is a good time to focus on health and diet, especially if you have been indulging a bit too much.

Taurus

Attention to details could manifest in some great work. Venus, your ruling planet, is in Leo until September 21, a great moment in time for redecorating your home and surroundings. Try to avoid overindulgence in food and drink, especially sweets! Keep practical considerations in mind and look after your digestion.

Gemini

This is the time of the year where you want to get your house in order, clean out the old and make enough space so that new developments in your life can be anchored and made solid. Try not to get caught up in unimportant little things and keep the big picture in mind. Look after your sensitive nerves.

Cancer

This is a great time for refining your ability to express yourself and communicate to others. This could be the moment to start a new study course, workshop etc., especially if you have been thinking about learning something different. You are also receiving a cosmic invitation to take a new look at your 'perceived imperfections'; reframe them as the source of your most powerful gifts.

Leo

Venus in your Sun sign until September 21 enhances your love for beauty, art, exuberance and drama. Nevertheless, the current Virgo influence reminds you of keeping your books in order. Try not to 'overinvest' emotionally and/ or materially, which only creates disappointment later on. Your most sensitised body part at the moment is the throat.

Virgo

This is the time of your yearly Solar return and the beginning of a new cycle. Set your intentions for the next 12 months at the Virgo New Moon on September 20. Mercury re-enters Virgo on September 11 (until Sept 30) assisting you with the organising and planning process. Remain open to the contribution of others.

September

September is a time of transition, when the Sun journeys through the earthy and pragmatic realm of Virgo before entering the cardinal sign Libra during the Equinox September 23. The many occurrences of the last few weeks can be processed and assimilated now under the calmer and more grounded vibes of Virgo, the sign that rules digestion.

The influence of the 'fiery' August eclipses is still in the atmosphere potentially steering towards a new perspective on authority, leadership and hierarchical structures. While the powerful Leo energies have put a strong emotional signal towards living in accordance with our own beliefs, abilities and true purpose, the more analytical Virgo phase is helpful with separating the non-essential from the essential. The task is to adjust and amend where we might have gone too far and therefore out of synch with the larger picture and developmental necessities. It is a time of reflection and self-examination to implement the changes that are necessary for bringing life back into balance. Seeing the whole picture is necessary, but in order to get there, we need to take a step-by-step approach.

The three week Mercury retrograde period ends on September 5 and has been helpful in sorting what to let go, clean out, release and heal so that new space can open, where renewal and new growth is possible. When Mercury is retrograde, we are challenged to deal with important past issues that have remained unfinished. Before we can move ahead and start on new projects, we have to pay attention and deal with the unresolved themes and issues first. Mercury re-enters Virgo on September 11, where it remains until Sept 30. This is a fantastic period to fix what has been identified as being in need for repair. Before then, the Cosmic Messenger triggers the August 21 eclipse point during September 1 - 9 while forming a trine to Uranus, the planet ruling the unexpected. Information that might have been in shadow could be revealed causing surprises and a sudden change in direction. On the positive, many brilliant ideas are seeded now and new creative solutions to old problems could lighten up and smoothen the path ahead. Simultaneously during September 1-5, Mars in Leo will be conjunct Mercury and trine Uranus in Aries, activating enthusiasm and creativity, but also emotional and verbal explosiveness. This fiery energy is best directed into creative and physical activities that can serve as a positive outlet.

The Pisces Full Moon opposite the Virgo Sun on September 6 is conjunct Neptune. Neptune in Pisces heightens our psychic sensitivity and our ability to be compassionate and in service for others, including the planet. Neptune's idealism is confronted by Virgo's pragmatism. The question is how to manifest and earth our grand vision into

the here and now? Many fabulous ideas might be still ahead of their time, but eventually they will find fertile ground, if we keep nurturing them.

On the other hand it is important not to get involved in any emotional dramas, as Neptune's influence is associated with confusion and deceit. Instead, this might be a great moment in time to retreat, take time out and look after our mental, emotional and physical well-being. This could be a lovely day spent in nature and to take a walk at the beach or a creek.



The Virgo New Moon on September 20 is opposite Chiron. In myth, Chiron is a centaur, half human half animal. He has been regarded by many astrologers as the symbol of our multidimensionality, meaning that we are part of this Earth but also are connected with the universal consciousness and multi-dimensional web of life. In the natal chart Chiron indicates our core wound that we have brought with us, as well as coming to terms with our soul's journey in a body that is vulnerable. However, our perceived 'imperfections' often are our greatest gifts and become the milestone in our personal healing process. New Moons are great for setting intentions and the beginning of new projects. Venus, Mars and Mercury are also in Virgo, signalling the overall need for taking a practical approach in our relationships. However, it is essential to keep an open mind and avoid playing the 'blame game'. It is a good moment in time for establishing new routines and being focused on a project that requires lots of research, detailed planning and 'down to the point' communication.

From the Equinox (September 23) until the end of the month, Jupiter is moving in direct alignment with Uranus while forming their last of three oppositions. Jupiter brings new opportunities while Uranus plays the function of the cosmic awakener and liberator. The other conjunctions took place 27 December, 2016 and 3 March, 2017. The current exact alignment is on September 28. Jupiter/Uranus can take us beyond previous perceived limitations & barriers. Personal and collective outdated beliefs and dogmas must be challenged because we are asked to create a landing pad for fresh impulses. Let's make use of this moment in time; end contracts that are not working and instead commit to ideas and ideals that are worthwhile to attain. Pluto has reached its station and will be moving direct again, while Mercury is exactly opposite Chiron, all signifying a change in direction.

Navigation by the Stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2017/18; contact Tina on 66897413 or 0457-903-957, email: star-loom@hotmail.com

Next 1-day Workshops:

Planetary Combinations, Aspects & Aspect Patterns: Inner Planets to Outer Planets; 23rd September, 10am - 4pm; Lillifield Community Centre. For info and bookings, contact as above.

Libra

September could bring a change in direction if you are prepared to move beyond previously perceived limitations. Beliefs and dogmas must be challenged and contracts that do not work need to end. Commit to ideas and ideals that are worthwhile. This process will be especially active after the equinox (Sept 23) until the end of the month.

Scorpio

The energies of the moment are aimed at team building and community work. Some diplomacy is required to balance your own hopes and dreams with the wishes of others. You might also get involved in artistic ventures; or an unfinished project from the past might be back on the agenda to be finished now.

Sagittarius

Your life might flow in a new direction now, as you are called to take on a leadership role. Work on your public profile and follow a step-by-step approach. Pay attention to details and be diplomatic when communicating your research findings. The vibes of the Full Moon on Sept 6 might activate your subconscious mind. Avoid unnecessary drama, instead reflect on better ways to manifest your grand vision.

Capricorn

This is a great time for expanding your horizons and working on a more inclusive perspective on life that helps with understanding those who hold different beliefs. The equinox could bring a change in direction plus new opportunities that might affect your home life. This is the final act in a process that began by the end of last year and had another climax in early March. Creative problem solving is needed now for moving ahead.

Aquarius

This may or may not be a good time for investments, depending on your ability to plan your steps carefully and wisely. Details are essential now. Nevertheless, it is a great time for investing in personal and business partnerships. What is the right balance between giving and taking? You can draw from experiences of the past.

Pisces

The organisational mode of the current Virgo influence might help with solving day-to-day tasks and keeping your feet on the ground. Nevertheless, the intense vibes of the Full Moon (Sept 6) might highlight your needs for retreat and looking after your mental, emotional and physical well-being. The New Moon on September 20 might help with healing old and new relationship wounds.

Nimbin Trivia Time

This was Martin Gill's first quiz for the *GoodTimes*. His ingenuity is well-remembered.

Questions

1. What would you do with a knobkerry?
2. Who was the first American in space?
3. Who directed the movie *Apocalypse Now*?
4. Who is the premier of Queensland?
5. In which African country did supporters of the president-elect have to fight to oust the president who lost the election?
6. Who created *Harry Potter*?
7. What is Elvis Costello's real name?
8. Who was the Roman god of love?
9. Where would you find the Rialto Bridge?
10. Did the Roman Empire flourish in the Bronze Age or the Iron Age?

- Answers
1. Hit something or someone. It's a weapon.
 2. Alan Shepard
 3. Francis Ford Coppola
 4. Annastacia Palaszczuk
 5. Ivory Coast
 6. J. K. Rowling
 7. Declan McManus
 8. Cupid
 9. Venice
 10. Iron Age

Wanted: Quizmaster

Have you got a penchant for interesting trivia? We are looking for a regular contributor, or team of contributors, to supply the brain-teasers for our readers. Please contact us at: nimbin.goodtimes@gmail.com



by Marilyn Devlin

Brave we are... courageous to the core. This mid-year crossing, during this infamous 2017 is not for the faint hearted, that's for sure.

Yes... we're so much braver than we think. So much more 'knowing' than we'd dare to contemplate. We're so much fuller than we could ever imagine... so more amazing than we could ever dream. Yep... we sure have a whole lot of super cool awesomely incomparable outstanding stuff walking with us, every step of the way. What are we afraid of???

"Am I strong enough... to let this move out of my body?" I uttered as I lay supine on the therapist's table. Only moments before – out of my mouth the words escaped – "There's something inside that needs to get out." I took the message and verbalized it within... in that deep sorceress's voice I know so well; "BE GONE..." she roared. Next I watched as 'black smoke' rose up from the depths of my body.

Am I strong enough... to allow these deeply buried congealed globs of fear and trauma to leave my body? Am I brave enough to complete the task?

Evolution is in process; in a way quite possibly we've not encountered here on Earth before. The demand to shift... move ourselves, our minds, our bodies from the old set groove, so deeply etched during the long age of patriarchy... as a new age births.

Its big stuff... and only each one of us can do it for our self. And as we do it for our self we do it for ALL. There is a major shift in everything... currently occurring. And what does that mean for you and me? It means attending to our sh...; our own maladies, illnesses, thoughts, beliefs, opinions, attitudes... any dis-ease that exists within us; in all areas of our life.

A few months back – around the Solstice crossing, I wrote about all the supportive healing and empowering energies that were being channelled, to help us make this major crossing. I explained that

it was not a passive energy; that we needed to say 'YES' I accept, I'm on board, I want to heal.

Yeah, at times it can feel a bit shaky... as all the changes reverberate through our body; adapting to these incredible shifts and changes occurring all around us. We're left with trust. We know we're not here forever, we know we're not infallible and that we're both strong and powerful – capable of so much goodness; and yet at the same time so weak and vulnerable... carrying the load of both our own and the collective's long life of memories. This load needs to be released... you need to command it to leave.

Free your internal sacred space of the wounds and ravages of war and death. Empty, clean, shine and polish... prepare your sacred space for all the blessings, transformation and healing. Will we make it across – who knows. One day we won't, it will be our last. But while we're here – alive, breathing... we can fight for life with every molecule of love we carry within our sacred bodies. We are a miracle, we live cocooned within this great miracle of Loving Life.

"Am I strong enough... am I brave enough?" Yes you are. What an opportunity we have... to live and love and grow and transform. To become better and better, stronger and stronger; more real – more kind, more wise, more giving... and a super great receiver. We have it all... we truly do.

Yes there's heaps going on at present and at times it can shake our core; but we can do it. We can let go of all those old stinking, putrid globs of yucky remnants from god knows when. They're super heavy, weighing us down and making us sick... and we don't need them anymore. "BE GONE" we roar.

You're safe, you're You, and you have all you need.

"You have the power to heal your life, and you need to know that. We think so often that we are helpless, but we are not.

We always have the power of our minds. Claim and consciously use your power."
– Louise Hay, 1926-2017

Nimbin Crossword

2017-09
by 5ynic



Across

1. Winds up
3. Dialects? Sayings
7. Gang territory? Racecourse
8. Ladies fingers? Mallow with edible green seed pods
10. Nip and _____
13. Scares
15. "One of the most unpleasant races in the Galaxy" according to the Hitch Hiker's guide
18. Pertaining to
19. Go over (again)
21. I
24. Many headed serpent of Greek myth
25. Luxury tank? Saw to cut wood along the grain
28. 0.035 Oz? Chickpea flour
29. Stoned
31. Spreadsheet
32. _____ than thou
33. Finished

Down

2. Move (in one's sleep?)
3. Conditional
4. Where emails arrive
5. 'Stache?
6. Flense
9. The green fairy?
11. Top off
12. Malaysian capital
14. Smart _____
16. Address a crowd?
17. Stained glass
18. High pitched voice
20. British novelist
22. South African BBQ
23. Antiquated, dangerous nuclear reactor design (init.)
24. Wolverine? Born a long way South of Logan though
26. English governed in medieval Ireland? Not tanned
27. Mature, like fine whiskey
30. Makes up Santa's laugh
31. The queen (II)

Solution: Page 37

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