

A TASTE OF ART

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Blue Knob Cafe

Gallery & Cafe hours:  
Thurs 10am - 3pm, Fri 10am - 3pm  
Sat 8:30am - 3pm, Sun 10am - 3pm  
Ceramic Studio: Thurs - Sat 10am - 3pm  
Ph: 0266897449 www.blueknobgallery.com

# Nimbin's young artists on show

by Karen Welsh

Exciting new works by two of Nimbin's most talented young artists are on show, and available for sale, over the coming school holiday period.

Nimbin High School students, Ella Carthew-Wood and Keisha King have produced works of high quality that are a credit to their individual talent and our fabulous local high school.

Ella's ceramics have a sleek modern design finished to a high standard of subtle toning glaze. Her 'Collection - Of the Earth' consists of clay creations that echo the earth: every piece a product of her hands, with the entire range thrown upon the wheel.

Ella's wish for those who view her collection is for them to be reminded of the sensations of the Earth; mud between the toes, sand against the skin, damp dirt upon the palms.

Her forms dance between decorative and functional, and express a diversity of shape, size, stature, hue and texture.

Keisha King's body of portrait works, entitled 'Half the World Away', aims for her to explore the connection of tying people, and the intricate line woven, between fantasy and reality through fairytales.

As Keisha notes: "Each character whispers its own essence to the viewer, they all have individual stories to tell, somewhere that fits into our imagination past or present; together they interplay between each other weaving a rich tapestry within our minds."

Come in and enjoy the works of these skilful Nimbin youth - our Nimbin art future is in good hands.

Happy festive season to each and everyone, remember to shop local in this season of gift giving.

The Nimbin Artists Gallery is a great place to shop for that local unique artwork.

We provide a 'No Carols, No Tinsel, No Horrid Crowd' shopping experience daily 10am to 5pm (mostly) every day, except Tuesday 25th December.



Keisha King's portrait works  
Below: Ella Carthew-Wood's ceramics



**ROXY GALLERY**

**Roxy Gallery**  
143 Summerland Way Kyogle  
Phone 6632-3518

**Opening Hours**  
Tues - Fri: 10am to 4pm  
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

**ARMONICA**  
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50 Cullen Street NIMBIN  
66890094

**Rental Vacancy at the Nimbin Community Centre**

**Room A5:**  
Small room (11.20m<sup>2</sup>) in Acacia House available from the 1st of January 2019. This room is small but would make a perfect office, craft room or storage space. The room has been used as a studio/office for many years. It comes with a desk and has 1 window. Great location and security.

Rent will range from \$209.05 - \$256.26 (excluding GST) per month, depending on the use of the room. You will need to pay Bonds of 6 weeks rent + electricity bond + key deposit.

If you are interested in renting this room, please direct a written Expression of Interest to the Nimbin Community Centre Management Committee at 81 Cullen Street Nimbin, or email: [ncci@nimbincommunity.org.au](mailto:ncci@nimbincommunity.org.au) You will need to provide 2 rental references.

For further information on what to include in your Expression of Interest, please contact our co-ordinators during office hours Monday to Thursday between 10am and 2pm on 6689-0000.

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## THE ARTISTS CHOICE

The year has flown by and Blue Knob Hall Gallery's last exhibition for the year is 'The Artist's Choice'.

This is the annual show where there is no theme and artists bring in whatever they want to exhibit without the usual constrictions to work to.

The exhibition has a great variety of media from paintings, sculpture, fibre, pottery and installations.

The opening night had a good turn-out of artists and patrons who were treated to a wonderful performance by Vocal Minority choir.

Jeni Kendell opened the exhibition with some beautiful words with an acknowledgment of Robin Moore who was so integral to Blue Knob Hall Gallery, Cafe and Ceramic Studio from the beginning and is missed dearly after having passed away in June this year.

A big thank-you was given to all the volunteers whose dedication keeps the place thriving, and enables a continued support of the arts. It is an expression of the community spirit that is alive and well in this greater area that we live in.

The meal provided by Blue Knob Cafe and Paul Scott was a big hit, and he will continue



'Rescue Dog' by Fiona Campbell  
'Arteries' by Cathryn Binstead



into 2019 with his presence and unstinting volunteering as the cafe manager.

The Gallery will be closed from 24th December and re-opening on Thursday 10th January, for a well-earned break for all the volunteers.

The Gallery & the Cafe will be open on Saturdays only during this period for The Blue Knob Farmers Market.

On behalf of Blue Knob Hall Gallery/Cafe & Ceramic Studio we wish you all the best for the festive season, and look forward to bringing you more art, food and friendship in 2019.

### Blue Knob Ceramic Studio Artists of the Month

Cathryn Binstead has an interior design background and a Certificate in Studio Ceramics from Randwick TAFE.

Her bottles are inspired by a rediscovered treasure that she made at TAFE in 1993. This has been the starting point for her richly decorated bottles exhibited in this month's 'Artists of the Month'.

Fiona Campbell is a local primary school teacher, and has a Degree in Fine Arts. She is also a self-confessed dog aficionado, whose animated canine forms bring a smile to everyone's face.



'Pollinating Polly' by J Kitchener

So much art has passed through the Roxy Gallery space in the last 11 months, it seems fitting to finish the end of the year off with a wave and to bring the beginning of the new year in on a tide.

Hence the title for the final exhibition to be held in the current location of the Roxy Gallery:

# Roxy Gallery set to move

'The Last Tide of Yule'.

In celebrating all the amazing creative minds that have supported the gallery over the 18 years it has been located at 143 Summerland Way, this exhibition has a host of exhibitors local to the area who are putting their art out there with the thought of it making a great gift idea.

'The Last Tide of Yule' will open on 12th December and go through until 26th January, with the official opening taking place on Friday 14th December from 6-8pm. All are welcome to come along to and meet the exhibitors while browsing for potential gift purchases.

At the end of each year for the past 18 years, the Roxy Gallery has been opening up opportunities for new and emerging artists to exhibit their works in a professionally managed gallery space, as an incentive to support and foster engagement into the world of being practising artists. This end-of-year exhibition is

a perfect opportunity for the viewing public to show their support by purchasing local arts as gifts for the festive season. The gallery will be closed on all public holidays that fall during the festive season.

Kyogle Council has been busily working at the relocation of the Roxy Gallery to the upstairs premises of the Kyogle Memorial Institute, and in the new year the gallery will be moving in to a refurbished space. This is all very exciting, and offers some wonderful opportunities for both the artists and the general public.

With a full calendar of exhibitions in place for 2019, the new gallery will bring with it some changes which will be rolled out as the process gets underway.

The Roxy Gallery has been operating since 2000, has held over 200 exhibitions, attracted approximately 72,000 visitors and supported many creative folk, be they professional,



'Vessel' by Denis Hopking

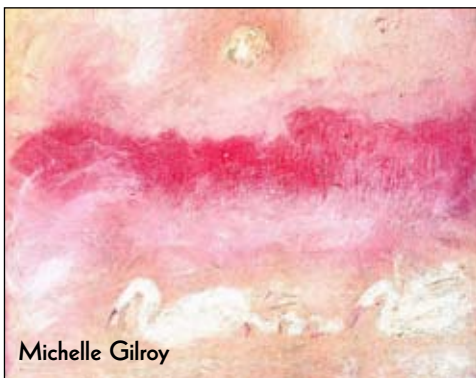
emerging, or community-based artists.

The gallery has been supported through the efforts of many amazing volunteers who give their time to keep this space open to the public. How humbling a thought is this to see out a legacy and welcome in a new (ad)venture.

## End of year members' exhibition



Janet Hassall



Michelle Gilroy

The gallery volunteers at the Serpentine Community Gallery would like to invite you to our end-of-year members' exhibition, a celebration of the year's end, the Solstice and our artist community. The theme is 'Sun for All', and all artists and art lovers are welcome to attend the opening.

If you would like to participate in this exhibition please bring your art to the gallery ready to hang or install by 5pm Tuesday 19th December. All mediums are welcome and encouraged. Please forward photos of your work for promotional material and contact the gallery if you have any further questions.

Opening night is Friday 21st December, and this will also be our end-of-year bash. There will be refreshments available, music and of course, art on exhibition.

Imogen Farm and The Blue Kitchen are proud sponsors of this event and will be supply liquors for tasting and delicious home-made condiments. We have had such a great year and look forward to celebrating with you all.

The exhibition runs until 8th January.

We will attend to our usual mail-out of information which will be sent soon to be shared and distributed. Thanks for your ongoing support; it is with great pleasure we work to serve our artist community.

We will also be providing, from the gallery,



Hazel Pryor

refreshments for the 30th anniversary Tropical Fruits Street Parade on Saturday 29th December, which will gather at the Winsome Hotel, Bridge Street, North Lismore at 4pm for a 4.30pm start. The theme for this year's festival is 'Shine', so get that glitter and glam happening!

Our first show for 2019 is an exhibition by two Southern Cross students, Eli Waters and Fabian Pertz (16/1/2019 to 29/1/2019) and after that a members' show 'Deep Forest', involving Forest Alliance members and local artists (30/1/2019 to 12/2/2019).

For more information regarding this and any other enquiries, please call the gallery and our volunteers will be happy to answer any questions.

Our hours now, having largely solved our volunteer situation, are Mondays to Fridays, 10am to 4pm and Saturdays, 10am to 2pm.

The Serpentine Community Gallery Inc. is located at 17a Bridge Street, North Lismore, phone (02) 6621-6845.

gallery@serpentinearts.org  
facebook.com/SerpentineArts

## Nimbin Aquarius Foundation keeps Aquarian aspirations flowing



Working for peace: Nimbin Aquarius Foundation member Benny Zable Photo: Chibo Mertineit

The recent Nimbin Aquarius Foundation AGM has seen a change in the role of President.

Tor Davis has stood down from this position and Binnah Pownall has taken up the task.

Bob Dooley remains as Vice-President, Katie Cawcutt as Treasurer and John Tozeland as Secretary.

All these people have been acknowledged for their continued efforts in maintaining the integral workings of the Nimbin Aquarius Foundation.

The meeting has also acknowledged the many volunteers for their continued efforts in keeping the Aquarian

aspirations flowing, both in contributions to the 45th Anniversary Celebrations last May, and with the commitment to the many emerging activities ahead.

The Nimbin Aquarius Foundation continues to function within a modest financial range and with the greatly appreciated support of the Nimbin and wider community. Initiatives are underway to increase the depth of financial possibilities available for application to all the various projects ahead.

During the past year, the auspice of the *Nimbin GoodTimes* has been transferred to Nimbin Aquarius Foundation as an

on-going arrangement.

General discussion was had surrounding the priority of focus laying in ethical living and actions of change moving from exploitation to healing.

Being an AGM, not a great deal of time was available for specifics, but meetings will be held every two months, the next being in January.

As Aquarius reflects the possibilities emerging, there is opportunity for everyone to be involved. It is our collective story.

The Committee will endeavour to keep you informed of what we're up to, and in turn please feel free to contribute and share the journey.

## Catering to your popcorn addiction

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It is a snack for everyone, and we mean everyone. Locally grown, organic, gluten free and vegan friendly, this stuff is addictive.

Watch out, it's the taste that gets you. Corndale Popcorn Co have been testing their authentic, lightly salted, slightly sweet recipe on locals at markets in the Northern Rivers for over



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# The God particle: Part 2

by Simon Thomas

High in the mist-draped mountains of Guatemala, on a remote shore of wondrous Lake Atitlán, the village of San Marcos holds an annual festival of all things shamanic, attended by spiritual seekers from around the world.

When I was there a couple of years ago, I watched a Canadian take a smoke of what I later learnt was 5 MeO DMT, the toad toxin Buffo, known as the God Particle, under the guidance of a gaunt Mexican shaman (Emiliano), and saw him spend 10 minutes writhing and crying on the ground.

Soon, the next candidate was ready for his shamanistic adventure, a French yogi and self-appointed spiritual head of the community. After taking his dose, he fell dramatically backwards, hands draped across his chest like an Egyptian mummy, appearing for all the world to have passed well and truly to the other side.

Again, Emiliano partook of the medicine himself, then carried on with his job, completely unflustered by the apparent death. My mind was abuzz. It's fascinating, but is it really worth the risk?

Lana introduced me to Marco, the apprentice shaman, informing him of my wish to take the initiation, although I had expressed no such desire! Barely 21 years old, Marco had a remarkable presence; loving, gentle, and completely open. "Listen," I implored, "I'm a father and granddad. I can't afford to get messed up here."

"No problemas," he assured me. "We will look after you. Buffo is the queen of medicines." He enveloped me in a deep, life-assuring hug. "Everything will be okay, amigo."

Lana was the next to suck on the glass pipe, and she manifested completely differently to the men. She crawled around on her hands and knees,



grinning like the Cheshire Cat, clearly in the throes of intense bliss. Like the others, she could not remember her journey, but emerged in a state of extreme elation.

I decided I just had to take the plunge. Marco limbered me up, while Svetlana, a gorgeous Russian Qi Gong master had her turn. The moment the medicine met with Svetlana's mind, I felt the blast of her ecstasy permeate my being, lifting me up sky high as well. Her eyes rolled back, and her mouth spread into an enormous smile as Emiliano laid her gently onto the soft, green grass.

I felt as though she had unlocked the gate to this strange world that I had decided to enter, and looked to Marco for confirmation. "Yes, that's it!" He confirmed. "That's it."

My heart was pounding by the time I stood in the centre of the group, staring into Emiliano's wild eyes. He led me in Spanish through a breathing exercise, emptying my lungs then filling them to capacity. He turned to fill the pipe with the mystical substance, while I prayed to my guru.

I pushed every last breath from my chest as he pressed the cold glass against my lips, then sucked hard, watching the orange glow flare like a lava-filled crater. My lungs filled with a smooth, sweet tasting smoke. "More, more!" He urged

me. "You are a warrior!"

Next thing I knew, the entire universe had been transformed. Nothing could describe the intensity of that sheer, formless experience, somewhere between life and death. Devoid of reference to body or personality, my being was filled with unfathomable vitality. There was strange light, disembodied entities, and perhaps some connection with Emiliano's songs, but time had no relevance at all.

When my awareness gradually seeped back into my kneeling body, I was whooping and throwing my arms in the air in attributable joy.

"Buen trabajo! (good work)," Emiliano cheered, jubilant. "Buen trabajo!"

Several friends encircled me, taking me lovingly in their arms and wiping swathes of sweat from my forehead. I leaned back on somebody's lap as the purple rays of a setting sun formed a silver lining on the mushroom cloud which hung above the peak of Mt Fuego.

A gentle breeze streaming off the surface of the lake soothed me as I lay in euphoria, a state which lingered to some extent for weeks to come.

I never asked about what my body was doing for the time that I was gone, and certainly don't want to know!

NB All the names have been changed to protect identities.

## Community Support Skills workshop in Nimbin

by Teresa Biscoe,  
Co-ordinator

I am really pleased that this Workshop is coming to the village, on the afternoon of Thursday 13th December between 1pm and 4pm in the Birth and Beyond Meeting Room.

We have all had friends, family or even ourselves struggle with stress and mental health issues at one time or another. This has led to hospitalisation or depression and suicide in some instances.

Sometimes we can feel helpless about how to approach or help the people we care about, or how to help ourselves.

This year I had the chance to attend two Community Support Skills Workshops with Steve Carrigg, that had been organised for staff from community not-for-profit organisations, by the Nimbin Aged Care and Respite Service.

I thought at the time that it would be great if we could open up this training to the wider community, as they are often the first people dealing with the issues before community service organisations are involved.

I spoke to Steve about this at the time and he agreed, so we have now got a confirmed date from a very busy man.

The training is done as part of a funded Rural Adversity Mental Health Program, and so is free for

This three-hour short course covers:

- signs a person may be struggling with their mental health
- finding and providing help
- talking to someone you're worried about
- looking after your mental well-being
- how to help someone at risk of suicide

RSVP to Teresa Biscoe on 6689-0000 or email: [ncci@nimbincommunity.org](mailto:ncci@nimbincommunity.org)

participants.

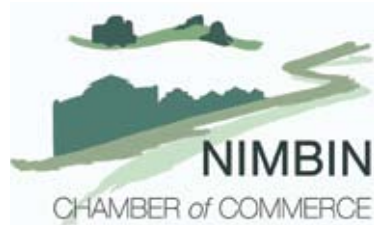
I am asking those attending if they are able to make a gold coin donation to cover the cost of use of the space.

Steve is not only great at delivering the information but also provides an inclusive space for those attending to share stories and knowledge with the circle.

I really learned about stress, anxiety and other mental health issues and some great strategies for communicating in a non-threatening way that will de-escalate an acute situation so people can be cared for and get the help they need.

We are only able to provide 20 places in the workshop, so please let me know soon at the Nimbin Community Centre if you are interested in attending, as places are going fast.

## Chamber Chat



by Diana Roberts, president

As the newly appointed president of the Chamber of Commerce, I thought I would share the story of a local business with you.

By the time you read this, I will no longer be the owner of Nimbin Apothecary as I've passed the business on to a delightful and intelligent young woman, someone who both recognises the important role the Nimbin Apothecary has in our community and treasures the tradition that is our local Apothecary.

Sammi Allen has recently qualified as a naturopath and she, in partnership with her husband Paul, has taken over the reins.

Nimbin Apothecary was established in 1991 but its history began the decade before. In the early 80s I purchased land with a group of people and we set up Pinpuna community at Stony Chute. Having recently qualified as an herbalist, I

was determined to utilise my newly-found knowledge and passion.

I commenced work out of Nimbin Health Centre in Cecil Street. In those days Martyn Harper, our local chiropractor, worked alongside a dentist, doctor, masseur and myself: a truly multi-disciplinary practice. I also combined forces with a friend to set up practice in Lismore.

After the birth of my daughter in 1987, I decided to forego Lismore and focus my energies entirely in Nimbin. Together with Dr Pauline McCabe, a local midwife and naturopath, we established the Nimbin Traditional Healing Centre in the little building in the Bush Theatre's car park.

It was a beautiful working environment, especially with the Cape Chestnut in full bloom, the river flowing by and the occasional platypus sighting. However, it was a little isolated from main street happenings, especially in those days, and not great for a new business.

In 1991, following the departure of the local Seedsavers group, an opportunity arose to establish Nimbin Environment Centre in its current location. In the back third of the same room, Pauline and I founded Nimbin Apothecary, the first over-the-counter herbal and homeopathic dispensary in the region, and possibly Australia. It was the beginning of our dream to provide affordable access to traditional healing knowledge and remedies for the local community, a dream that is now being realised



Sammi Allen (right) a naturopath and the new owner and Fiona Strelan (left) a long-time Apothecary employee, naturopath and masseur.

for other communities as similar business models open up around Australia.

The synergistic relationship between the Environment Centre and the Apothecary ensured both entities thrived but, after three years, the Apothecary outgrew its space. When Jeanette moved Fashionating across the street to newly-built shops, the Apothecary moved into the shop space it currently occupies. Several years later a wall was demolished, and the Apothecary became as it is today.

It takes a community to build a business such as the Apothecary and since those early days many have helped to shape its future. For years it was a labour of love, a passionate commitment to sharing knowledge and caring about people.

Integral to this process were Colleen Hadley, Tarang Bates, Amanda Cartwright, Cushla Lobb, Helen Cameron and Fiona Strelan, alongside the many naturopaths and almost naturopaths who have participated along the way stands an array of health practitioners from a myriad of disciplines.

Many went on to birth their own healing businesses including Nimbin Homeopathics, Skyhouse Apothecary, The Green Bank, Tea Medica, The Medicine Room, Nimbin Ayurvedic and the Healing Arts Collective.

Aquarian Nimbin has a strong tradition of self-healing that has been key to the Apothecary's success. Apart from sound business management and a wonderful service, it has been this commitment

to taking personal responsibility for health outcomes, choosing to incorporate traditional and natural healing practices into daily life that allowed the Apothecary to thrive.

At the same time, the Apothecary cared for the Birth & Beyond building and after 20 years was instrumental in seeing its safe transition into community ownership.

I can honestly say, after 35 years in practice, I have always loved the work we do in the Apothecary and the joy and good health we have brought to so many people is immensely gratifying. I look forward to becoming an employee there, and while in the background I'll be developing an all-natural range of baby products, inspired by my first grandchild.

My involvement in community life will continue and I know I'll enjoy working with the newly elected Chamber members namely: David Spain, Peter Hughes, Teresa Biscoe, Steph Seckold, Kylie Cain and Cat Anderson. If you have any issues or ideas you would like the Chamber to pursue please contact us at: [chamber@nimbin.nsw.au](mailto:chamber@nimbin.nsw.au) or leave a message in the Apothecary.

The Chamber has discretionary funding to apply to business-related projects, and while we are keen to continue working on local murals and the Lighting Up Nimbin initiative, we will also be looking for worthwhile Chamber initiatives to direct our energy to.

Meanwhile, our best wishes to all for the festive and holiday season.



# Dr Pot exonerated

by Dionne May

After six month's incarceration in maximum security, on Thursday 29th November, Dr Andrew Katelaris (pictured) emerged from the Sydney High Courts a free man.

Convicted of possession, trafficking and supplying a drug (medical cannabis) to children and babies suffering from incurable epilepsy, Dr Pot (as he is affectionately known to many), was facing 20 years' jail.

In an Australian landmark court case in Cannabis Prohibition law reform history, Dr Pot presented a 'medical necessity' defence which lasted three and a half weeks and took the jury less than an hour to return a verdict of not guilty of all charges.

Outside the courthouse one young juror seeks out Dr Katelaris, his face a picture of suppressed emotion. Doctor Pot asks the young man if he knew anything about medical cannabis before he was summoned to this trial. No, he replied and then went on to say that it was the video footage of the children having seizures and their reactions to cannabis oil that convinced the jurors that no crime had been committed.

Anyone who has ever seen a child stop hideously convulsing after being administered a few drops of cannabis oil knows that the only crime was, and continues to be, denying these children the herbal medicine they need. Tiny innocent victims in this tragic war on drugs.

The law, medical profession and pharmaceutical companies sanction legal synthetic drugs with horrendous side effects from liver, heart and kidney failure to death for greed and profit, while cannabis has been

demonised because our laws are so hard to change and it is so easy to grow.

In Nimbin, many of us met and shared the stories of numerous sick children and their courageous parents at ongoing Cannabis Medical Forums run by the Nimbin Hemp Embassy. Dr Katelaris is a regular voluntary speaker at these forums and his commitment and love for the inspiring work he has dedicated his life to in the face of unrelenting prohibition laws, always shines light in very dark places.

We as a society have been so easily and willingly duped by big business principles, by media misinformation and political corruption and ignorance. Our terrible shame is that we stared into the face of these dying fitting children and literally poisoned them more rather than tackle the bureaucratic bullshit that labelled cannabis a dangerous drug.

With modern day unlimited access to information, the sheep obediently bought synthetic shit to try to help their own children, watched them die... and still can't get to that plant growing wild in the next field.

Dr Katelaris stands tall in my eyes. As a member of the Australian Medical Association he was stripped of his profession many years ago and has been hounded to this day for his personal commitment to saving and giving quality of life to these sick children.

Congratulations, Dr Pot. Congratulations cannabis... and Merry Christmas to every single loyal soldier in this pathetic war on drugs. May every man, woman, child and animal soon gain access to our planet's miracle plant cannabis... but the war is not over yet.

# Nimbin Hemp Co-op is growing

by Gerald Taylor

Rapid change seems to be a sign of the times, and fast and seismic change is most certainly reflected in the world of Hemp. Locally here on the North Coast, change is endemic anyway, but chaos is now moving into overdrive. It began with a simple name change.

BastHurd Seed Inc. (get a bit of mongrel into your paddock) is the name chosen for the now official entity of the fledgling hemp co-operative. BastHurd Seed Inc has spawned the corporation's marketing arm: The Hemp Barn

Manufacturing and marketing of Hemp-infused cosmetics is happening. So far, Martin's magic hemp fusion is a short drop-kick away from production, and Klaras' hemp construction materials are in their later stages of development. By the new year, the Hemp Barn will be marketing and distributing all these products.

So, now the circle is complete and we have a cradle to cradle enterprise utilising every part of the hemp plant and, in consequence, making a profitable enterprise from the cultivation of industrial hemp; making a good living from a small crop. For a century now, farming has become a game of get big or get out. Hemp is changing that perception, bringing small holdings back as viable economic units.

BastHurd Seeds' greenhouse is booming with hemp plants pushing through the ceiling and in need of restraint or at the very least a firm hand. Luckily, trained horticulturists are on the job and our first seed crop appears to be on track.

Restrictions placed on hemp farmers by the Dept. of Primary Industry (DPI) have become less onerous as the reality of hemp farming becomes clear. In the early days of cropping hemp, the DPI was learning as well.

The one essential point to bear in mind with hemp cropping is THC; the wild card in the cannabis pack; so long as your crop bears less than 0.5% THC you will have little problem. Elevated levels of THC in the crop and all bets are off. This is important for new or would be hemp farmers to bear in mind. You will need a source of industrial seed to begin cropping, but luckily BastHurd Seed has developed a stable strain and provided the farmer has an industrial licence, seed is available from the co-op.

Opening up the hemp market is a surreal experience; it feels as though one is stepping



into a space already developed then left to waste. This is because, up until a hundred years ago, hemp was the sinew of civilisation; farmers grew it, stock ate it, peasants and princes wore it. Ships were driven by it and engines lubricated and fed by it. Then it changed and cannabis became illegal. All these myriad uses of the plant were replaced by petrochemicals and pharmaceuticals, and the vast infrastructure that was the Hempire was left empty and abandoned.

Consequently, the new explorers of the Hempire are finding that markets for all products from the plant are just waiting. It's like stepping into a vast and disused factory, flicking on the lights and kicking the machinery back to life. As I said, surreal but very exciting. From the marketplace there is little resistance and old products resurface while new ones are created.

The Weave and Mend Festival held at Djanbung Gardens in October was one of these re-awakenings. BastHurd Seed donated a pile of stripped hemp bast; the skin of the plant. Over the weekend, weavers played with the bast, along with several other long fibre plants, and the upshot was impressive. Old-hands at weaving who had not had the opportunity to weave with hemp before were delighted and created several works of basketry art.

The weavers agreed that hemp is a superior medium for their work; simple, natural and easy to process and dye. The idea that weavers might harvest their own bast in the same way that strawberry farms let you pick your own fruit is an offshoot of the process.

BastHurd Seed Inc. will be holding a series of workshops in the new year. Workshops will be aimed at teaching different techniques for using the products of our hemp farm. For more information on these happenings contact us through our email address at: [nimbinhempbarn@gmail.com](mailto:nimbinhempbarn@gmail.com)

# STREET SHUFFLE

Journal of the North Coast's longest serving covert

Scomo is freaked out. His mask is pretty air tight, and suffocation moments are happening way more than normal. You won't see them on the news, but I'm seeing them first hand, almost every time he walks into his office and shuts the door behind him, probably forgetting I'm hiding in the corner with one of his minders.

Of course he doesn't phone me himself, but just about. The message to come down to Canberra was carried in person and the person wasn't leaving without me. I was packed in five minutes and glad there was a big stash of fine fresh buds in the camp. And a sizeable lump of hash. Not quite as big as Scomo's block of coal, but I was already imagining how I'll shape it like a mini of his famous piece, still on his desk by the way. I'll put the hash next to it and see how long 'til he notices.

Scomo bursts onto me, "The principals want religious education scrapped." He's glaring at me like it's my fault. "They think it's a waste of tiiiiiiiiime." I don't know how to write it, but the last word is almost a scream that goes on and on, and he turns away and ends up looking out the window. Breathing hard.

I wasn't sure where I came into it and wasn't game to speak, but he didn't wait long. "What do you think Bethany?" More glaring and furious. "Fifty percent of our students have tried marrawaaaaana. Is that the cause of this rebellion?"

It came out of me like I was possessed. "The burning bush, sir. The sacred healing oil used by Jesus. It was Marawanna sir, the scholars say." He looked at me like I was lock-up-able, and probably he was considering it.

I stumbled on. "Anyway, how on Earth will any of

these young people undastand where you are coming from sir, if they don't study the Bible? And Buddha, do they teach about Buddha?"

No idea why I said the last bit but it was like pouring petrol on the fire. I thought it was water but it was... a big mistake. He smashed his fist down on the massive desk and the block of coal and the hash jumped up, and without any exaggeration, the hash landed right in front of him. And he picked it up.

"What's this? He looks more at the minder than me, but the minder just points to me. "Hassheesh sir." I stretched out the word like the Arabs do.

"Resin from the cannabis plant, sir." He carefully placed it back on the desk and started strenuously wiping his hands on a hanky. He's got me intimidated, but I'm going for it.

"Where I live in the



mountains, sir, many young people don't go to school at all. They're hiding away educating themselves with the internet, sir. And many of them using cannabis, sir.

"Some say it helps them concentrate and they've looked up the plant's history. It's a major medicine sir, has been for centuries. They know. We can't lie to them anymore."

He collapses into one of the four plush armchairs around

the over-sized coffee table. "I knew you were going to be like this. I knew it. Somehow I knew it." I think he's crying, but his face it turned away. I'm imagining a few lonely tears rolling down his cheeks, and sure enough he wipes them away before he gets up.

"The children are going on strike they say. The world's gone mad. We need Jesus more than ever."

"I think today's kids are smart sir; we need to explain

Jesus in another way. He is talking about a state of mind don't you think sir, the Kingdom of Heaven is within you and so on."

"What would you know Bethany? Did you ever go to church?"

"When I was a child, yes sir. But later mushrooms showed me. I'm sure Jesus took them too. I met God on mushrooms." Truly I had to work hard not to laugh. He was in such a tangle. He didn't know whether to sit or stand, laugh or cry. Or just bash me. After a long moment he collapsed into a chair again, face buried in his hands.

"Mushrooms, my god what am I doing talking about this? I've got a country to run. Bethany, I need to know what today's kids are up to. There's a couple of refugee boys we want you to take to school. Get 'em started and snoop around for us, would you? Find out what's stirring up today's youth.

"There's two young boys. Help them get started and see what you can find out before they all go on strike. Two teenagers actually, from Afghanistan."

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## Another year of fresh food

by Eric Smith

Summer is the loveliest time for the market – stone fruit, a profusion of greens, peas, tomatoes, and capsicums. Even the chickens take advantage of the longer days to lay more eggs.

Just one tip for the hot summer days: get to the market early, before things warm up. You will also be met with a larger selection of produce in better shape.

If you can't get there 'til late, a cool drink at the café or an ice cream will fix you right up.

The market will be open through the January doldrums (and the gallery and café graciously stay open just for us), so be sure to come out and visit us. We are always glad to see you.

### Craft Market on 8th December

Join us for a kick-off to the silly season. Get your shopping done early, with local crafts including ceramics, silk and hemp clothing, chocolates,

books, and too many others to cover them all.

Music will be provided by Lou Bradley, and there will be a booth for kids to decorate their own gingerbread men.

The market, with all its edible goodies, will be on as usual. Check our FaceBook for more info.

### CakeStravaganza on 22nd December

To thank you all for attending the market all year, help yourself to a slice of one of a selection of cakes by stallholders, featuring local ingredients.

Cake is served at 10.30am, and will be available until we run out. We just made it to the end of the market last year...

The Blue Knob Market happens on the grounds of the Blue Knob Hall Gallery near the corner of Blue Knob and Lillian Rock roads every Saturday from 8.30am 'til noon, rain or shine.

For enquiries, contact us on Facebook or email Eric at: [upsidedownliving@hotmail.com](mailto:upsidedownliving@hotmail.com)



Some of the wares at the Blue Knob Gallery Lou Bradley (below) will perform at the Craft Market

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## Cooking with mineral-rich, filtered sea water

by Thom Culpeper

With the growing awareness of the challenges of global warming biting into society's consciousness, a search for different methods of processing food is becoming an imperative. One approach is to reconsider past cooking processes.

Food preparation with sea water has a noble and ancient history. Mined or evaporated salt, and its access-manipulation to these salts, has been one of the forms of capital accumulation by the trading elites and often a source of tax on the majority and method of payment for labour on the general peoples by the predatory merchant and ruling elites. Many armies of invasion and conquest were paid in salt hence the word 'salary from the Roman..

Ocean-shore located, peasant peoples avoided this trap, by utilising the 'at-hand' abundant natural-life-balanced saline and the mineral rich sea water, (84 minerals have been identified in normal sea water).

They proved to be better culinists than the mineral-poor, 'rock-salt' vandal-cohorts of city-based conquest and plunderers. The invaders, knowing that their armies must march on their bellies, had to quartermaster salt to keep the ranks at their predatory best. Is peace in reality, only a shore away?

The sea's waters of our Northern Rivers' coasts are for all purposes a nearly pristine source of a simply activated carbon-capture filtered water. Carbon will remove most of the contaminates from this beautiful resource.

The seas generally, are saline to the extent of 3.5%, which is the optimum level for vegetable fermentations. It is also the environment from where all life arose, and it still harbours the mass of the Earth's life. The largest bio-life-form that ever existed, the blue whale, thrives in this mineral broth.

And in another reality, Andian 'spuds' cooked in sea water are another special experience.

Cooks world-wide are awakening to this culinary truth. Chuck the salt-shaker-grinder and sink your soul and living body into and around the 'Salt-Of-The-Earth'... sea water! Your true Mother! Global warming may yet allow many more of us to be 'On The Waterfront', so to speak.

Kimchis and sauerkrauts are formed beautifully on a sea water base and also, normal cooking is best answered by diluting sea water by a factor of 30%. Rice is magnificent done in sea water, the true Spanish Paella is a rice dish, based on a light Maillard reaction and garnished/adorned with *one* scampi, a leader prawn or small cray or lobster.

### Fermentation: Sea water Sauerkraut

Ingredients: Your choice of Euro-brassicas, (*Brassica oleracea*) (*Capita Group*) Red, White or Green. Mostly Dutch in the main. (Note: the core of this cabbage has



TWICE the amount of Vitamin C than the leaves.) Slice thinly and ferment them separately.

Weigh the shredded cabbage leaves, cover with cleaned sea water. Leave overnight.

Drain, add ½ a julienned apple or pear by layer by quarter, add ½ teaspoon of caraway seed per kilo of shred. Re-cover with 50% diluted sea water and weigh down the cabbage under heavy plates or a water-filled plastic bag.

Age for 10-14 days in a cool environment. A more-than pinch of citric acid will stabilise the kraut.

Keeping the cabbage immersed for months, this ferment will deliver a profound culinary. Especially accompanied with wursts of varied form.

Wanted: an 'I-book' of 'Lion' or later... or what have you to offer. Kimchi and Kraut is available to order – I will now deliver! Contact: [thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)

# The medicinal properties of a local weed

I grew up knowing this plant as *Sida retusa*, which my Dad pronounced as one word, without the 'a'. Maybe a Queensland thing.

It was considered a pest in the garden because its strong tap root made it very difficult to eradicate. It is also known by the somewhat offensive term of 'Paddy's lucerne', since it is not eaten by most livestock. It is an invasive weed, possibly originating from Mexico and Central America. It is widespread in Australia and New Zealand, and also Asia and South America.

If you look around you will probably see some growing locally. It can be either annual or perennial, depending on location and climate. It can grow into a sturdy bush with a strong woody stem. It is of the mallow family, with small pale yellow flowers. It is closely related to *Sida acuta*, also known as spinyhead sida. I have struggled to find a definitive identification of the local weeds, but the main characteristic seems to be the leaf shape.

The *Sida rhombifolia* has a broader diamond or rhomboid shaped leaf, while the *acuta* has a narrower more sword shaped leaf. But then I find leaves that are somewhere in between!

In general the *rhombifolia* seems more common in the eastern regions of Australia and *acuta* is an invasive weed in the Kimberley region of



WA. Adding to confusion there is also a related species, *Sida cordifolia*, as well as another common weed called false mallow (*Malvestrum coromandelianum*) which looks really similar.

The important thing most of us don't realise is *Sida* is a very important systemic herbal antibacterial. Most research studies have been done with the *acuta* species, but according to herbalist Stephen Buhner in his *Herbal Antibiotics* book, the *rhombifolia* is considered 'similarly potent'. The whole plant can be used medicinally, which includes leaves, stems, roots and seeds.

Mostly the above-ground parts are collected because of the difficulty of digging out the tap root. Also the plant will regrow for future harvesting, as anyone who has tried to mow it down



**Nature's pharmacy**  
by Trish Clough, herbalist

would confirm.

Traditional uses around the world include for diarrhea and indigestion (Australian Indigenous usage), snake bite, lung infections, flu, malaria, typhoid fever, toothache, neuralgia, fevers and many other conditions. It is used medicinally in Ayurvedic and Chinese medicine, as well as in many African and Central and South American countries.

In addition to killing infection, it can neutralise snake venom toxins that destroy red blood cells.

*Sida* species contain a potent antibacterial called cryptolepine which has demonstrated effectiveness against both gram negative (the difficult ones) and gram positive bacteria.

In addition, the plants contain numerous other medicinal components including alkaloids, flavonoids, steroids, polyphenols and a host of others.

I have used the tincture with very good results in

treating resistant staph infections and a variety of co-infections associated with tick-borne infections.

I always combine it with other herbal antimicrobials and synergistic herbs. There are some cautions however, so I don't recommend you rush out and harvest every *Sida* plant you can find.

Cautions:

1. *Sida* species contain small traces of ephedrine, with the *rhombifolia* species being higher than the *acuta*. It is only 100th of the amount found in the Ephedra plant, but it can be too stimulating for some people.
2. It is definitely contraindicated in pregnancy, and in women attempting to conceive. It has been used traditionally to prevent pregnancy.
3. It should never be harvested from polluted soils, as it is a heavy metal scavenger. It will pick up arsenic, lead, cadmium etc. if present in the soil.
4. It may lower blood sugar levels, so its use should be monitored with diabetic patients.

*Trish Clough is a Lismore herbalist who conducts her own clinic practice in Club Lane in Lismore. Trish is available for consultations by appointment on 0452-219-502 or email: herbalist.trish@internode.net.au The information in the column is meant for general interest only and should not be considered as medical advice.*

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# Do you have painful arm movement?

When I sit and have my coffee in Nimbin, I sometimes overhear conversations.

This week I heard a few people complaining about their shoulder pain, so I thought I'd write my article on this subject.

Shoulder pain can be felt in different ways:

- tingling sensation down to the fingers;
- a deep burning pain;
- pins and needles anywhere in the arm or shoulder;
- pain in the upper outside arm is quite common as well;
- pain in the top of the shoulder;
- pain in the neck and jaw;
- in between the shoulder blades;
- and sometimes radiating down to the lower back;
- pain when lifting the arm or lying in bed.

There are no hard and fast rules as to how the pains began. It could be from playing sport such as cricket or golf, or repetitive strain injury by using the arm and shoulders continuously such as typing all day or over-training.

Even Carpal Tunnel Syndrome can cause the



by Sonia Barton  
Bowen therapist and  
Reiki master

shoulder pain. Sometimes it's because you always sleep on the same side (left or right) each night.

The shoulder is the most movable joint in the body. However, it is an unstable joint because of the range of motion allowed. This instability increases the likelihood of joint injury, often leading to a degenerative process in which tissues break down and no longer function well.

This is the reason I always check the jaw, arms, elbows and pelvic alignment when you have a Bowen treatment for shoulder pain.

You may have a torn rotator cuff, a bursitis or frozen shoulder and all of



these conditions can be caused by your body being out of alignment or has been overstressed, during some part of your life.

Since the hips and pelvis are where our balance and weight sits – getting that sorted is as important as treating the shoulder.

I personally suffered a frozen shoulder a few years ago, and I think the core reason for it was two whiplash injuries.

Luckily, I was helped by a Bowen therapist and my shoulder corrected itself in a few sessions. I was very fortunate, as the healing doesn't always happen

this quickly for a frozen shoulder.

Because the main goal of Bowen therapy is to stimulate the body to engage its own self-healing mechanism, Bowen can be used effectively to reduce rehabilitation time after any illness, before or after surgery, regardless of how old or recent the even may be.

It doesn't seek to treat specific conditions but rather to gently stimulate the body to heal and realign itself.

Sonia Barton can be contacted on 0431-911-329, email: [soniabarton@yahoo.com](mailto:soniabarton@yahoo.com) web: [www.BowenEnergyWork.com.au](http://www.BowenEnergyWork.com.au)