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for more details and position description.

A TASTE OF ART

a taste of art

**blueknob hall
gallery**

Blue Knob Ceramic Studio
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

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.

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ARTIST OF THE MONTH

by Karen Welsh

This month at Nimbin Artists Gallery we highlight the creative leather works of Tina Drysdale, who has recently developed her artworks under the banner of Moonlit Leather.

Tina's journals and cuffs are beautifully crafted by hand from full grain, vegetable tanned leather at her home studio.

Each Moonlit creation is designed for both function and beauty, and is hand cut and hand stitched with waxed cotton thread, or laced with hand-cut kangaroo laces.

Each piece is hand dyed and finished to bring out the beauty and character of the leather.

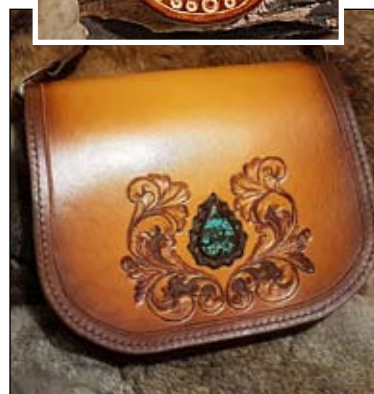
Each piece is adorned with a crystal, or stone, mounted in kangaroo leather, and is accompanied by the qualities and attributes of the gem.

They are truly unique pieces, as no two are ever the same, making them treasures for a life-time.

Turquoise identifies qualities of wisdom and truth, increases energy and wards off depression, and lapis encourages clarity and compassion, unifies the mind and voice.

Unique one-off treasures for a lifetime, and if you can't find your perfect piece, Tina is happy to discuss your needs.

Nimbin Artists Gallery open 7 days a week from 10am to 5pm (mostly), in Cullen Street, Nimbin, phone 6689-1444.



Tina Drysdale

The mechanics of art

The current exhibitions at Blue Knob Hall Gallery are 'The Mechanics of Art' and Sophie Amelia's 'I Stand With...' in the Solo Space.

The opening night for these two exhibitions was really well attended, with Andy Walker providing music and food provided by the Blue Knob Café. Those attending were surprised and thrilled to find Hairy Neil's 'Mountain Madness' hand-built motorbike in the middle of the gallery.

The theme for The Mechanics of Art arose from a discussion about art and the question, if a person takes something like a crankshaft and builds a whole motorbike around it, would we be likely to call it a 'work of art'? It was the highlight of the two weeks that we were able to have it as a centrepiece for the members show and we greatly appreciated having this precious piece of machinery for the time we could.

Sophie Amelia's solo exhibition is a mixture of contemporary drawings, inspired by our local culture of eco activism, and her love of herbs and plants. With original drawings, prints, oil paintings and a pair of confronting steam-punk sculptures, her works are displayed away from the standard display of neat framed pictures on white walls as she escapes the conformity and sameness of art and its usual presentation. Her skill and

attention to detail is well worth a visit to the Gallery and these two exhibitions sans motorbike have plenty to enjoy.

Blue Knob ceramic studio

This month we are showcasing the new works of Amy Barker and Peter Smith. Amy has developed a unique style with her work being primarily functional ceramics. Peter's architectural background translates well into his wheel thrown functional domestic ware.

Also with Christmas around the corner, there will be some unique and affordable ceramics from our ceramic studio students on our 'seconds table' at the Blue Knob Farmer's Market on the first Saturday of every month.

Moore workshop space

A watercolour painting workshop with Lorraine Rogers on Saturday 10th November has been booked out, so a second workshop will be held on Saturday 17th November, from 10am to 3pm at a cost of \$50. Lorraine is a talented artist with a unique style and approach to watercolour. Contact the Gallery on 6689-7449 or email: bkhgalleries@harbourisp.net.au for more info. Places are limited.

Artists and Friends Lunch

Next luncheon will be held on Thursday 29th November at 12.30pm with a set menu for \$20 including main and dessert.



'Protector II' by Sophie Amelia



Cup & Teapot by Peter Smith



'Mountain Madness' by Hairy Neil



Extracting fine creative talents

The Roxy Gallery will be extracting some fine creative talents from the bottom of Mount Wyneden in the November exhibition period in 'Black Horse Creek Art Gathering'.

From 13th November to 8th December the Black Horse Creek community will be embracing the Roxy Gallery with their diverse creative talents.

Black Horse Creek (Pty Ltd) multiple occupancy community, was established in 1983 in a very beautiful 400 hectare valley near Kyogle where many residents work, go to school, or have businesses.

The human occupants of this area are into community living with a broad range of passions for living creatively within a permaculture environment which is nurtured and protected.

Black Horse Creek is no secret to our area,

as it was ground breaking with its thinking of alternative living in the rural areas of the Kyogle local government area. Many wonderful people from this community have enriched our area and shared their skills and knowledge around.

From this community there are artists both visual and musical, who have added colour and sound to our worlds, performers and entertainers who have engaged many on a local and national scale, environmentalists and spiritualists who have graced the land and mind of many, and now the public get to see the results of some of the 'Black Horse Creek Art Gathering'.

This will be a special exhibition for the Roxy Gallery as it culminates in bringing the strength of community together with the joy of being creative, both of which the gallery has

premised its success on.

The official opening event for 'Black Horse Creek Art Gathering' will be on Friday 16th November from 6 to 8pm, and all members of the public are welcome.

Christmas exhibition

The end of year is drawing near, and the Roxy Gallery is seeking expressions of interest from people wishing to exhibit in the annual end of year / beginning of new year show, 'The Last Tide Of Yule'.

If you are interested in being a part of this exhibition, please contact the gallery for an EOI form that will clearly outline all the details.

Drop in to the Roxy Gallery Tuesday - Friday 10am-4pm or email: roxygallery@kyogle.nsw.gov.au

Shelter with friends at Serpentine



'Dalaran latency trees' by Linda Voase



Image by Jan Bryant

by Fiona McConnachie

The Serpentine Gallery's upcoming exhibition 'Shelter', from Linda Voase and Luke J. Brincat, is a culmination of several years' work exploring material and media.

The artwork includes the installation of interactive design (recorded video game play in turn recorded from the multiplayer online role-playing game 'Conan Exiles', of the sandbox survival genre) as evidence of immersive performance art.

Simultaneously and in response to virtual spaces, both artists have conducted personal responses through an exploration of processes of sculptural work.

Linda has unpacked the visual language surrounding the hyper sexualisation of female-gendered game characters, revealing them as veneers, having agency without organs.

Luke has investigated the mesh, the building block of virtual worlds and their relationship to the fourth dimension and hyper reality - taking form in rio-wirework sculptures.

It is easy to lose oneself in such worlds, to become completely immersed in the impact of virtual breath-taking beauty and have the power to control one's avatar (character) with an ease



Hand-made paper by Tammy Allen

that surpasses mortal reality and explore.

We are seeing a shift in the way in which art is enjoyed from the gallery space to the personal computer. It is much easier now to become a participant and a collaborator in virtual performance works and there is an increase in users of interactive design becoming creators in the form of instructional walk-through videos or recording evidence of their virtual works and collections.

'Shelter' will run from 16th to 30th November, with the opening night on the 16th at 6pm. All are welcome to attend the opening of what will be a very exciting and stimulating show.

Mixed media

Tammy Allen and Jan Bryant's show is called 'Friends through Flowers' and encompasses their friendship that was formed when they met at painting classes two years ago, and have come together to collaborate using different artistic styles for this exhibition.

Tammy has been experimenting with hand-made paper through folding, ripping, sewing and dying, and Jan has been experimenting with oils, mixed media and decoupage using the female figure.

The common theme bringing their work together is flowers. Jan says, "Exquisitely beautiful flowers have a majesty about them, totally pure and serene with mystical secrets held within - their flowering is an artistic happening!"

'Friendship Through Flowers' will be showing at the Serpentine Community Gallery from 6th to 18th December with the opening night on the 7th, 6pm to 8pm.

For information about these shows, please phone us at the gallery on 02 6621-6845 and one of our volunteers will be happy to help with your enquiries.

The Serpentine Community Gallery Inc. is situated at 17a Bridge Street North Lismore and our current opening hours are Monday & Tuesday 10am to 4pm, Wednesday 2pm to 4pm, Thursday & Friday 10am to 4pm and Saturday 10am to 2pm.

gallerieserpentinearts.org
[facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)



'Granny Smith Apples' by Theodore Kennett-Raj

Fox Den Studio exhibition

Following the successful exhibition of Northern Rivers artists sponsored by Art Aspects Gallery in August, Fox Den Studio is showing a retrospective of local artist Theodore Kennett-Raj, opening on 24th November.

Theodore creates satirical and exuberant narratives that are cross-cultural, reflecting his country of birth, India, and Australia where he has lived for the past 46 years.

He exhibited at The Channon Gallery for four years until it closed. On its

website, gallery director Peter Boyle wrote, "Theodore's work is a joy to have in the gallery. His humour, naughtiness and deep sense of satire, associated with contemporary culture and social themes of this country, always bring a smile, or laugh, and also challenge the rhetoric we are fed every day."

For further information, contact Guy Ingram, Fox Photo Den, 34 Union Street, South Lismore on 0407-207-635, email: foxphotoden@gmail.com or: www.facebook.com/foxphotoden

Lismore Regional Gallery - the first year



'There's no water' (detail) by Matt O'Brien



Sunday, 28th October marked the Lismore Regional Gallery's first anniversary in its new gallery.

And what a huge year it's been. In its first 12 months the gallery has delivered 31 exhibitions, presented work by 230 artists, held 185 events (with event attendance of 11,179), conducted 101 group tours and staged 17 art workshops.

All this activity has resulted in 110,000 people coming in to the gallery.

On top of that, the Quadrangle has presented the work of 70 artists, delivered 17 events, with over 17,000 people attending those events, and become one of the city's key gathering spaces.

Current exhibitions

- Meander - Place and Experience: Matt O'Brien, until 25th November;
- Heart & Soul: Jacklyn Wagner and Peter Derrett (pictured) until 25th November;
- Dirt & Ash: Fiona Fell and Kellie O'Dempsey, until 2nd December;
- Hannah Cabinet: 10.30am Wednesdays.

Staff changes at Medical Centre

by Dave Fawcner

After living at Jarlanbah and practising at the Nimbin Medical Centre for the past two years, Dr Mohammad Tarawneh has decided it's time to see a bit more of the country.

This month marked his completion of all levels of certification required for overseas-trained doctors to practice unsupervised in Australia.

However, during that process Jordanian-born Dr Tarawneh's experience of the wide brown land has been limited to SE Queensland and the NSW Far North Coast.

Now he, his wife, and their two children plan to see the rest of the country in what may be turn out to be a very long working holiday.

Starting in Victoria and moving in a clockwise direction, Dr Tarawneh intends to take up a series of locum positions in rural and urban communities.



Dr. Mohammad Tarawneh

As well as allowing his family to explore, he hopes the move will give him a better understanding of the wider Australian community. He said he'd really enjoyed his time in Nimbin and hoped to visit in the future.

Meanwhile, it is hoped that Dr Tarawneh's departure will cause as little interruption as possible to the running of the Nimbin Medical Centre.

His replacement, Bangladeshi-born Dr Sanjoy Dutta, will be commencing at the practice this month.

Practice manager Kim Bevan said Dr Dutta had expressed a keen interest in Nimbin, and had already found long-term accommodation in the area.

Thank you and goodbye

by Dr Lisa Lloyd

I am writing to let you all know that my family and I will be moving to Canberra at the end of this year.

The decision to move was quite sudden, but was not made lightly. Although it will be very difficult to say goodbye, we believe this to be in the best interest of our family.

I want to thank you all for the support you have extended to myself and my young family over the past seven years. This is a very unique community and I have met some amazing and



very inspiring people. I have been touched and humbled by many of your stories and will miss you all.

Working in the Nimbin Medical Centre has been very rewarding, and I have never seen a team more dedicated to its patients. I trust this ethos will continue with the incoming doctors.

The God particle

by Simon Thomas

Two years have passed since I first set foot on the wondrous shores of Lake Atitlán, high in the mist-draped mountains of Guatemala.

Surrounded by a retinue of seven volcanoes, the lake's turquoise waters plunge hundreds of metres into a caldera which was blasted by an explosion so devastating that the resulting ashes can be detected from Florida to Ecuador.

The naturalist Alexander von Humbolt declared it the most beautiful lake in the world.

Nestled on a remote shore is the village of San Marcos, which is as unique in Guatemalan culture as Nimbin is to us in Australia.

This tiny settlement became famous through its association with the Shamanistic classic, *Secrets of the Talking Jaguar*, and each year, its population of Kachiquikel-speaking Mayans swells with an influx of spiritual seekers from around the world.

Yoga, Tai Chi, massage, natural therapies and a host of other New Age and traditionally-inspired disciplines are on offer in this colourful and cosmopolitan enclave.

I secured myself a room in a dilapidated mansion on the shores of the lake, which boasted cinematic views, and was guarded by a knight in rusting armour.

One beautiful afternoon, I left my writing veranda to stroll over to the neighbouring hippy community, only to stumble upon one of the weirdest scenes I have ever encountered.

The terraced, lakeside lawns were, as usual, populated with a joyful ensemble of a young, colourfully dressed crew; the types that one might expect to encounter at a Rainbow Gathering or Woodford festival. Afternoon sun cast triangular, purple shadows across the calm waters, and Mt Fuego puffed dense clouds of ash from its torrid crater.

In the centre of the gathering stood a gaunt Mexican shaman (Emiliano), staring with harrowing intensity into the eyes of a chubby, bearded Canadian dressed in an Indian dhoti, who called himself Shiva.

When certain that an understanding had passed between them, Emiliano produced a glass pipe from his embroidered vest, which he offered Shiva, heating it from below with a lighter as Shiva drew in an enormous breath.

The Canadian swayed on his feet a moment before Emiliano snatched the pipe back and caught his unconscious body, laying him out on the ground. He



SIMON THOMAS IMAGES

took a long drag on the pipe himself, then produced a rustic rattle, which he played while crouching over his subject, singing in some unintelligible language.

I was gobsmacked as the Canadian began writhing on the ground like a worm, moaning as though passing into another realm. The Shaman showed no sign of concern, completely engrossed in the process of guiding his charge through whatever bizarre journey was taking place – singing, rattling and offering water.

Next stage for Shiva was to scuttle about on his hands and knees screaming, "I am so afraid, I am so afraid," before finally collapsing in a heaving, tear-stained heap.

The whole process lasted little more than ten minutes, and before long, Shiva began emerging from the trance. Several of the onlookers drifted towards him, offering him hugs, murmuring congratulatory support.

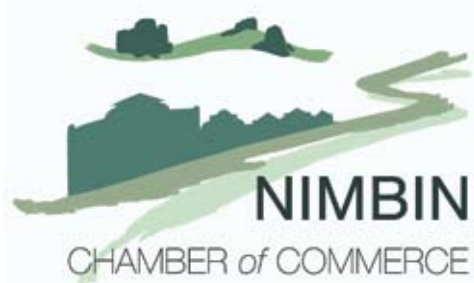
Astoundingly, he seemed delighted with the experience, clearly amnesic of his terrifying display.

Lana, my beautiful jazz-singing flatmate, took me by the arm as I stood, bamboozled. "It's the toad toxin Buffo," she explained, "5 MeO DMT, six times more powerful than ayahuasca."

She rested her fingertips on my cheeks, imploring me to gaze into the wells of her clear, brown eyes. "They call it the god particle," she declared. "You have to give it a try." "But it's insane," I stammered. "I thought he was well gone..." "Just trust the spirit guides," she assured me. "I wouldn't be here if it weren't for DMT."

To be continued.

Chamber Chat



by Teresa Biscoe, president

Another year has gone by and we are now up to the AGM.

It has been a busy year for the Chamber Committee, we all care about our beautiful village and are committed to seeing that the village continues to develop and thrive.

We hope that the work of the Chamber reflects that unique and alternative community culture that informs our village life.

This year we have continued to liaise with Lismore City Council around development planning issues, parking strategies and community projects including the Nimbin Walking Trail, Mural Restoration, Sport and Recreation Infrastructure, appropriate signage for the village and security and safety.

We have created a community consultative process by holding General Members Meetings with staff and Lismore Councillors and other interest groups and organisations, so our members could learn about and directly represent their opinions around the issues being discussed.

We will continue to have these General Members Meetings and will continue to bring to them various representatives of

organisations and projects that concern our Village. We encourage all our members to engage in these meetings and be a part of this consultative process. Your opinions inform and shape the Chamber Committee's direction and decisions.

The Chamber has contributed funding via application to the Special Business Rate Variation Levy and our own funds to the current Chamber projects of the year.

We provided a matched funding contribution of \$18,000 with a grant, received by the Nimbin Community Centre from the NSW Department of Justice Community Safety Fund, of \$17,500, to the Light up Nimbin – Under Awning and Mural Lighting Project. The NCCI has been managing the project and working with our local Rainbow Power Company who were awarded the installation contract.

Stage 1 (solar power infrastructure installation) has been completed and Stage 2 (installing lighting) is well underway, with the lighting design soon to be completed and installed. Once the initial project is completed the Chamber will continue to seek funds to extend the scope of the project to light both sides of Cullen Street.

The Chamber has long supported and funded the repainting and restoration of the iconic murals that are such a part of our streetscape. We partnered with the Nimbin Advisory Group and matched their funding with \$3,980 to a Mural Projects fund. Mural artists Elspeth Jones and Julie have almost completed the large mural above the Tourist Information Centre and will soon be tackling the mural above the Lifestyle Real Estate. Thanks again to the NCCI who are helping to manage the project.

Another integral part of our main streetscape are the green spaces created by the pavement planter box gardens. Jane Mari

has continued to organise the care of the street planter boxes in Cullen Street. We contributed \$858.44 and would like to thank Jane for organising the painting and care of the planters. She would love some help with this, so if you would like to adopt and help care for one of these green areas, that would be great.

The Chamber supports cultural events and groups, as it recognises that a rich village cultural life also brings long-term economic benefits as well to the community. This year we continued our regular contribution (\$20 per month) to the Nimbin Aboriginal Cultural Centre rent fund and congratulate local indigenous artists for the wonderful new mural in Allsopp Park. We would also like to thank our local indigenous community for their continued rich cultural contribution at important events, celebrations, community art and culture projects.

We also sponsored (\$2,200) the Nimbin Roots Music Festival. Events like this and MardiGrass boost local retail, accommodation and hospitality, and entertainment economy, and help promote our village. We hope local businesses consider sponsoring and supporting these events that bring economic benefits to the area.

The Chamber has long appreciated the long term economic benefits and village infrastructure contribution the Nimbin Walking Trail Project could be. We contributed \$660 to help prepare a revised feasibility report for the Nimbin Walking Trail Project. Many thanks to Diana Roberts for her dedication to keeping this project before Council and in the community space. We continue to work with other community organisations to lobby council to create a plan with us to get this project finally beyond the planning stages and into a properly funded

Nimbin Infrastructure Project.

The other big project we have undertaken is the updating of the Chamber Web presence to better reflect the values and colour of our village but to also increase our presence on line. Spearheaded by committee member and local business entrepreneur, Ionell Jones of Nimbin Happy High Herbs, the Chamber has committed around \$2,500 to the website revamp that included a much more accessible and clean new look, a new logo, a great directory for our members to have a presence and a whole lot more content about Nimbin Village. We hope it will be a great advertising and marketing tool for all our members.

Nell and I are busy getting the finishing touches on the content and I would like to ask all our current and future members to check out: www.nimbinaustralia.com.au and send us your details so we can complete our directory of Nimbin business organisations.

This year the AGM will be held at the Birth and Beyond meeting room, 54 Cullen Street Nimbin, on Wednesday 21st November at 6pm. Under our constitution I am required to resign from my current position as President. I intend to nominate for a position on the committee, as I would like to continue my contribution to the Chamber.

Any nominations for the Committee need to be sent to the secretary a week before the AGM. Membership applications need to be in before the committee meeting on 5th November for approval to vote at the AGM.

Many thanks to our current Chamber Committee: Diana Roberts (Vice President), David Spain (Secretary), Peter Hughes (Treasurer), Stephanie Seckold, Ionell Jones and Kylie Cain. They have been a pleasure to work with and have all made a great contribution to our committee.

I look forward to continue working with the Chamber committee in the coming year.

Another Medican success



Forum discussion: Michael Balderstone with Dr Andrew Katelaris and Sue Higginson

by Michael Balderstone

Was it the 12th Medican? We couldn't work it out, but interest in the workshops remains high.

There were no spare seats in the Bush Theatre to hear Steve Bolt first up talk about our legal rights, and in particular drug driving which next year is going to be on-the-spot loss of licence automatically for three months. On the spot! Get out of your car and leave it there, be careful if you are driving to Adelaide and get caught with a big reefer at Broken Hill!

Dr Pot, Andrew Katelaris spoke next, with bail conditions restricting him from speaking about any medical cannabis knowledge. Instead we heard about his recent stints in jail. The food was appalling and overcrowding the norm, he said. Work was happening 24 hours a day on new extensions to the jail.

Most inmates he met were in there for breaking AVOs and petty drug charges. Many of them had poor English and had no idea how to defend themselves in court. He wrote letters for people and doctored for many.

He has a two-week jury trial in Sydney starting on 5th November and is keen for supporters to attend as he argues his Medical Necessity defence.

Dr Deb spoke next about her own health battles and preparations for the inevitable end of life which was warmly received by the mostly elderly crowd, the majority of whom had never been to Nimbin before. On Sunday, her Cannabis Trivia Quiz proved

especially popular.

Malcolm Lee spoke of the extraordinary healing with Cannabis he has witnessed, and the importance of people educating themselves about the Endocannabinoid System discovered only a couple of decades ago.

CBD Luke talked about the thousands of ordinary Australians who have discovered Cannabidiol, and now that it is legal in England surely it will be available here soon.

Andrew Kavasilas filled everyone in on how the government thinks about Cannabis and the treaties we have signed, stopping us from big changes. He emphasised the 40 new Cannabis laws in Canada to ensure the police still have plenty of work. Each household is allowed to grow four plants but no more than a metre high, and many penalties have been increased, like selling without a licence.

Outside during the lunch break there were demonstrations of fresh hempseed oil being pressed and various methods of herbal essence extraction.

Many thanks to Dave at the Bush Theatre and his crew who were kept super busy in the kitchen and the car park, and a special thanks to Disco Sista who already has all the talks on YouTube, just type in Nimbin Hemposium.

The next Medican weekend workshop is on the weekend of 19th-20th January, 2019 at the Bush Theatre, everyone is most welcome. If you have a personal medical Cannabis tale to tell, please get in touch with the Hemp Embassy or just come along.

<http://hempembassy.net>

Lest we all forget

by Dionne May

I'm back in the (relative) mainstream. A place where electricity and drinking water pump endlessly, soundlessly through locked, barred and screened homes.

A place where evening curlews, cockatoos and corellas call and play while whistling kites and miniature mangrove birds all dart for fish and crabs while humans scuttle inside to plug in and tune out. Behind closed doors, tortured souls scream and fight. What has happened to the healthy active outdoor Australian culture?

As I settle into this millennia world, I wonder if like the fable of the frogs that don't jump out of the water that is slowly boiling, that humans are the same, all flailing about in a huge cauldron of debt, disease and depression fuelled by our unethical governments' sanctioned consumerism?

The Lucky Australian... that poor bastard... where did it all go wrong?

We joined the local RSL club. Standing in a sea of polite strangers the lights went out and a small memorial lit up as the bugle called out and the haunting words of Lest We Forget awoke dormant memories of brave young soldiers. My Poppy was one of them.

Nanny is still kicking arse at 98, but memories of her Jack crowd the fourteen years since he passed away with only their wedding photo sitting companionably beside her in the nursing home.... and the odd visitor... now and then.

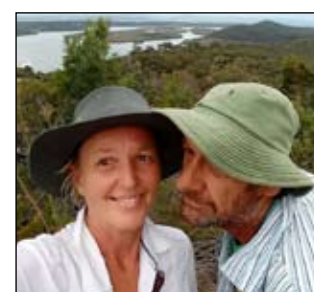
Poppy never forgot the importance of fair play,

honest hard work, mates and family. I often wondered at his gentle soul when I dwelt on his Australian childhood and old photos of his parents, the hard, steely eyed pioneers of the 1900's. My ancestors glared down the lens of the camera like they could force the weight of their hardships onto the viewer. Yet despite war and deprivation, Poppy was gentle and kind 'til the end.

Their children, (my parent's generation) never knew such hardship. War and Depression was replaced by camaraderie and opportunity. Australia was baby booming and everyone was on equal footing, champing at the start of the race. Except the Aborigines, because they were still considered flora and fauna. And woman, their place was in the kitchen.

Or the planet, she was a virtual unknown and about to be thoroughly fleeced by ignorant sheep still clueless to the horrors of unsustainable, yet highly profitable practices. So it was a fair (dinkum) race for white males in the Australian 70s and 80s. Reap, rape, rewards.

Like the sheep my Poppy used to shear, they rushed through that golden chute for twenty years or so and were showered with all the riches that dodgy politics, corruption and unethical business, community and personnel practices could reign upon them. Hell, the smart ones figured out early on that all you needed to be was a wolf wearing designer clothing and those sheep will trip all over themselves to congratulate you on your Winnebago and fossil fuelled



early retirement... no (ethical) questions asked.

Following unsustainable footprints, struggling with rising global awarenesses, and mentored by the individualistic greed and drive of their boomer parents, the next generation was a new breed of Aussies.

Facing endless choices and costs but still never value or ethics in the race for the great Aussie dream, parks lay bare and beaches deserted as we put our babies in daycare and women and mothers entered the workforce with gusto. Now that dream needed two incomes. Baaa.

In reality, Australia at the time was sexist, racist and bigoted... the Age of Aquarius had fast-tracked to the Age of Acquisition.

Twenty years later, isn't it apparent that the reality of our consumer based society has isolated and divided people as effectively as race or colour ever did?

It may not be times of war here in Australia but I believe there are some tough choices and changes to be made to ensure the future of the planet and the quality and integrity of the Australian lifestyle.

Aren't our children and grandchildren relying on us to set solid examples like our soldiers did?

Lest we all forget what kind of society we want and who fought for it... we may just lose it all to greed.

STREET SHUFFLE

Journal of the North Coast's longest serving covert

It's weird the way opposites attract and the things you hate draw you in. Scomo summoned me down to Canberra again and when I finally get to see him we meet alone in his huge office and he's all awkward and shy. Even vulnerable.

"Thanks for coming Bethany, I've got a lot of questions. Have you got some marrawana with you?" He has big bulgy eyes.

"Sure," I say and pull out a small baggie of primo and hand it to him. He recoils as if it might bite him. The eyes bulge even further. I open the bag and pull out a fat bud, and it stinks. He stares at it but won't touch it.

"Did you ever try it, sir?"

"No, no, no, never," he stammers, yet somehow I'm not sure it's true.

"Would you like to, sir?"

"No, no, no. But I am interested in why people like it so much. I believe you have a PTDD, very rare I was told, the Permit To Do Drugs. How do you do it? How often do you do it?"

"Pretty much most of the time," I replied. "It's my medicine. I've been using it since I was 14." He has to sit down at this point and I can see he's completely flummoxed. So I quickly went on. Talkin' weed with the PM. Can it get better than this?

"My old man used to come home drunk and beat me and my sister and mum terribly. I ran away when I was fourteen, and someone on the street gave me a joint and my life was changed forever. I just loved it from that moment. Gave me a sort of calm and my mind stopped stalking me for a while. And I've been smokin' ever since bro!" I couldn't resist a big grin and truly I thought I'd have to pick up his eyeballs off the carpet.

He was speechless, so I went on. "I made a deal with the Force decades ago. There's actually a few dozen PTDD's spread around the country, with different drug habits. We don't all smoke weed."

"How much does a smoker spend each week on his marrawana?"

"Depends. Maybe fifty, maybe



five hundred dollars. They estimate Aussie smokers spend nearly ten billion a year on marrawana."

The eyes popped even further. Unbelievable. And I saw my chance, remembering he was the finance man and knew money.

"Colorado already made a billion in tax from their legal marrawana, you know sir?"

The eyes were on stalks.

"No, I had no idea."

"But you seem quite sane Bethany, if not a little over-dressed. I thought marrawana sent you a bit mad, or it can. Johnny told me the nut houses are full of marrawana smokers."

"They're full of people who use all sorts of drugs. Often whatever they

can get their hands on to try and ease the pressure or pain. Who's Johnny?"

"Johnny Howard. He made sure we all knew it was the devil's weed and he had stats to prove it."

I'd met this delusion before and it was hard to shift. "Johnny quoted blood readings Sir, and marrawana stays in your blood for a month or two and all the other drugs are gone at the end of the weekend."

I could see he didn't believe me and at that point the pendulum swung. I'd seen it all before too often.

Back on his feet, eyes still bulging. I couldn't stop looking at them. He really needs a pulpit I thought, and a Bible.

"That's hard to believe Bethany. Some say you've swung to the other side after all the time you've spend with marrawana users. Is it true?" He was glaring at me now, fire and brimstone building.

"No chance, sir. I'm as keen to end druggies' suffering as you are. I just think that you can make a lot of money out of it and why keep spending so much trying to stop them using it when clearly you can't?"

"Yes. You do have a point," he said and headed for the door.

My time was up and I was ushered past countless minders and advisors clamouring for his attention. I wondered what they'd think of the stinky bud sitting on his desk. You could hardly miss it.

Then I heard the roar. It was Scomo himself. He was standing in his doorway holding the bud with a tissue. Holding it away from him like it was a dog poo. "You forgot something Bethany."

I could smell it thirty metres down the hallway as he held it out for me. More than half the gathered crowd of minders were grinning ear to ear, while the rest looked... confused. Scomo was sort of grinning I realised as I took it out of his hand. A kind of wry smile curling up one side of his mouth.



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From Page 31

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The cabbages

(Brassica oleracea)



by Thom Culpeper

Varieties capita and rapa

European cabbages used to make sauerkraut (French: choucroute), is the prime purpose of this article. The ‘B. rapa’, cultivar, the Napa (pictured), is the oriental cabbage used in making kimchi.

The etymology of the named Brassica, epithet *capitata*, is believed to have been derived from the Latin word for “having a head”, the Celtic word “bresic” may have contributed to their naming.

The cabbage is one of the world’s oldest cultivated vegetables, and one of the most useful.

The regular sauerkraut is made generally with the Dutch ‘white’ forms, eg. ‘Late flat Dutch’ 5-7 kilos; or ‘Zwaan Jumbo’ 9-11 kilos; or the ‘Ormskirik’ types, Irish, some recorded to 20+ kilos. The current world record for an Alaskan cabbage is 67.71 kilos (long days)!

The Red ‘Krauts’ are made from the ‘purple’ types, eg; ‘Mamouth Red Rock’ and ‘Testa Di Negro’, both Dutch varieties. The Wikipedia article on cabbage matters is worth a look.

Having perused dozens of recipes for sauerkraut and having made many forms of this food, the following is a recommended method.

Sauerkraut

Cabbage, salt, juniper berries and green apples.

Finely shredding cabbage is quite a task. There is available a classic ‘cabbage cutter’, constructed of wood set with three blades and a sliding clamp-box, which is very useful. A modern mandolin will suffice for a small domestic amount; both if used correctly will save the knuckles and fingers.

To prepare the cabbage, remove all the green and torn leaves enveloping the cabbage. Weigh cleaned cabbage to calculate salt needed. (Salt to be about 1.5-2%)

Cut the cabbage in quarters, 6 sections if the cabbage is large, cut out the core and shred, rinse the shreds twice, line a crock or a food-safe plastic container with the best outer leaves. Arrange the cabbage in pressed layers, sprinkle preserving salt over each 75ml layer, strew the layers (thinly) with juniper berries.

Cover the cabbage with a non-reactive cloth, place an inert lid on top of the cabbage, weigh down with a non-porous stone, or a plastic bag full of boiled water. The point is to keep all the ferment under the fluid, all of the time.

After three weeks, foaming will have stopped. It is now ready to use. On removal of the ‘kraut’ from the container, remove the excess ferment fluid and replace with clean water, replace cover and weight, making sure that the cabbage is again covered with fluid. The same process is used for the ‘purple’ cabbage, adding in this case, slivers of pitted, green apples.

At \$3-5 a cabbage head, \$1 a kilo is cost-effective food. Cabbage is universally recognised as a very healthy food. Australians are *not* eating enough vegetables (ABC 26/10/18).

If you should have any books on fermentation, I would like to have them scanned to add to the ‘Fermenter’s Library’; a resource that is to be open to all.

Peace-Paix-Pax.

thewholeearthveg@gardener.com



Graham Dunstan is organising a protest in support of Julian Assange at the US embassy in Canberra on Sunday 4th November. For more information, see: www.classconscious.org



Fresh faces, fresh produce

by Eric Smith

Regulars at the Blue Knob Market will have met our new BackYarders team, Anamaya Milner and Richard Merton. They are relative newcomers to the area, having moved to Mount Burrell 18 months ago.

One of their goals as BackYarders is to become more connected to our diverse local food-producing community, so by all means stop by and share your passions, and your own food stories.

Richard works at Rainbow Ridge Steiner School. Anamaya is a retired marriage celebrant, spiritual director and wholistic counsellor. They are found at the Gallery quite often; both are members of a singing group that meets there, and Anamaya does pottery at the Ceramic Studio.

Richard and Anamaya are interested in having a fairly self-sufficient life style here and to that end are developing a flourishing and abundant veggie garden and planting productive fruit trees.

Founded by Marie Cameron almost eight years ago, the BackYarders gives the opportunity for Blue Knob shoppers to sell some of their own produce, sharing the bounty that our unique climate offers. The rules are simple: drop off

your produce, logging in the number of items and a price for each. Please be sure to pre-weigh or bundle items for sale, to avoid the need to weigh at the stall.

Unsold produce is picked up at the end of the market. As there is no storage available, produce will be freely distributed if left behind (make any special arrangements at drop-off).

Records are kept carefully; you can pick up payment at the end of the market, or the following week. Eggs and packaged/bottled goods need to be stamped and labelled following government rules; check in for more information.

If you have a special crop coming in, let us know early – it can be featured in our newsletter and on our FaceBook Page.

Upcoming market events

There will be a Christmas Craft Market again this year, on 8th December. If you are interested in having a stall, call Eric at 6633-7269, or email: upsidedownliving@hotmail.com

While the Market prides itself on featuring Fibre Arts, all local crafts are welcome.

The Blue Knob Market happens every Saturday on the grounds of the Blue Knob Hall Gallery (near the corner of Blue Knob and Lillian Rock Roads), from 8.30am to noon.

Globe artichoke, the great detoxifier

I'm about to harvest some leaves from my globe artichoke (*Cynara scolymus*) to make a fresh plant tincture. It's a very generous plant. It doesn't take many large leaves to fill a jar. The leaves have a bitter taste, which is always a clue that a herb will benefit the liver.

Just a point of plant identification: the globe artichoke (see photo) produces the green flower which we eat as artichoke hearts. The Jerusalem artichoke on the other hand has bright large yellow flowers and produces edible tubers. Two very different plants.

Globe artichoke is a member of the Compositae (daisy) family. It is a close relative of St. Mary's Thistle, the seeds of which are renowned for their regenerative effect on liver cells. Globe artichoke leaves stimulate the kidneys as well as the liver, helping with detoxification.

A herbal extract from the leaves can be used to reduce nausea, sluggish gall bladder function, constipation, skin itching, rheumatism, arthritis, gout, fluid retention and kidney stones. Whilst traditionally indicated for gallstones, it is not advisable to take it for existing gallstones without professional advice.

It is a strong detoxifier, even providing protection of the liver in chronic poisonings such as arsenic. Active constituents including cynarin and caffeic acid have strong antioxidant properties and this action is considered



Nature's pharmacy
by Trish Clough, herbalist

responsible for its protective effect against various poisons and toxins.

Studies have shown a significant increase in bile production with an extract of globe artichoke leaves, allowing significant improvement in bloating, nausea and heartburn, abdominal pain, cramping, and intolerance of dietary fats. Six weeks of treatment of people with dyspepsia gave a clinically impressive and statistically significant improvement in these symptoms. Additionally, cholesterol and triglyceride levels were also reduced during the treatment period.

Whilst I'm not delving into the controversial issue of the medical 'treatment' of high cholesterol, we do know that excess levels of LDL-cholesterol (the so called 'bad cholesterol') are associated with inflammation of the blood vessel walls leading to damaging narrowing of the vessels and increased cardiovascular risk. We also know that higher levels of HDL-cholesterol (good

cholesterol) help to reduce the inflammatory build-up inside the blood vessels. Medical 'statin' drugs do reduce LDL cholesterol, but do not significantly improve the beneficial HDL-cholesterol.

Globe artichoke extract was found to inhibit cholesterol synthesis by the liver, as well as inhibiting the oxidation of LDL-cholesterol through its antioxidant action. As an additional benefit, HDL-cholesterol tended to rise (unlike with statin drugs). Studies demonstrated reductions in total cholesterol over six weeks of between 15 and 25% with the globe artichoke treatment.

Another study of 60 patients with high cholesterol showed a 20% reduction in total cholesterol over 50 days. In addition, the same patients experienced an average of five kg of weight loss during the treatment period. The weight loss occurs due to increased efficiency of digestive processes, including metabolising of fats and oils and stimulation of the bowels. In addition, stimulation of kidney function can help with fluid retention.

My preferred method of treatment with globe artichoke is to use a concentrated herbal tincture. The required dosages are quite high for cholesterol reduction, being the equivalent of 4-9g of dried leaves per day. Smaller doses of 1.5 to 4g per day are suitable for some of the other therapeutic effects. More



recently I am making a fresh plant tincture, because some of the important polyphenols are potentially unstable and may be lost during drying. Globe artichoke leaves may also be taken as a herbal tea, for a general digestive stimulant and detoxifier. The tea is very bitter, so may not be considered enjoyable! For a stronger therapeutic action, the tincture is advisable and the dosing is more reliable. And easier to take.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore after owning 'Traditional Medicinals' for 20 years. 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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Every scar on the body is the result of trauma

Whenever I ask my clients "Do you have any scars?" most of them say "No". Then a moment later they start to remember them – oh yes, I have one here, and one here! The body forms scar tissue as a natural response to trauma when the skin is punctured or lacerated either by accident or purposefully – ie. surgery.

Collagen is laid down in the repair process which results in a thickened, fibrous mass which impedes the proper circulation of blood and congests lymph flow. I've found in my experience that specific treatment for scar tissue has been a neglected area. Scar tissue is often observed but not treated. But now a really quick, specific method of the treatment of scar tissue is available.

How can I help you? It isn't massage work. It isn't deep friction work. It isn't fascial release work. It isn't Bowen technique work. It is called McLoughlin Scar Tissue Release Technique.

The effects of post-surgical scars on the human body cannot be underestimated, although they frequently are.

Additionally, the severing of delicate nerve tissue often results in sensitivity of not only the scar but the adjacent, surrounding tissues.

As the scar is fibrous and non-elastic it will have a dragging and pulling effect on the surrounding tissues including joints. This will be experienced as a restricted range of motion, where greater than usual force needs to be applied in order to move the affected joint or joints. With abdominal surgery or a C-section, the resulting scar tissue has a 'dragging' and a pulling feeling deep in the abdomen that can have an inhibitory effect upon flexion, extension and rotation of the spine.

As abdominal muscles work synergistically with spinal musculature you can be sure that abdominal scarring has a major impact on low back pain.

If you have a scar and experience any of the following, I can help you:

Numbness, tingling, pain, burning, itching, hypersensitivity, muscle and tissue wastage (atrophy), postural distortion, reduced range of motion, loss of



by Sonia Barton
Bowen therapist and
Reiki Master

flexibility, feeling of coldness, feeling of 'disconnection' between lower and upper parts of the body, feeling of nausea.

These symptoms may persist for decades after surgery with the loss of sensation being an ongoing experience to the patient that interferes with daily life.

There is an acceptance by the patient that the scar will never change and that normal feelings or sensations in the scar and surrounding tissues will never return.

The patient is often unaware of the implications and effects of scar tissue in the body and does not see

the necessity of addressing this area. So consider what happens when, over time, scar tissue shrinks, thus creating unequal tensions within the structure of the body. These distortions affect blood flow, restrict movement and create inflammation.

Imbalances in the mechanical function of the skeletal structure surely follow with, over more time, deformation of the joints – also known as arthritis.

Each session takes no more than 15 minutes, with a very light pressure, but I allow an extra 15 minutes in case you experience an emotional response, which is quite common. Most people re-experience the emotion of the surgery or accident briefly, which is a good thing, to release that emotion from your body. So, you don't have to live with the discomfort from your scar. Whether the injury was 10 weeks ago or 30 years ago, I will be able to help you relieve the discomfort.

Sonia Barton can be contacted on 0431-911-329, email: soniabarton@yahoo.com web: www.BowenEnergyWork.com.au