

A TASTE OF ART

**blueknobhall**  
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

# Spring has sprung at Artists Gallery

by Karen Welsh

Recent art awards have abounded for our exhibiting artists.

Gilbert Laurie won Indigenous Artist of the Year; Janet Hassall won a first and second and Jasmine O'Shea a third prize in the Lismore Art Club Awards; and Darmin Cameron won a guernsey at 'The Bentleys' (see story, opposite page).

Congratulations to one and all.

There are many new works currently in our new hanging, after a very busy month for visitor numbers and sales.

September has even more art and culture, with the annual Spring Arts Exhibition being held next door in our fabulous Town Hall from 29th September to October 14th.

We encourage all art lovers who visit the exhibition to pop next door to the Gallery.

On offer this month is a "Special Offer: Artwork" – a Pauline Ahern mixed media work 'Reflecting', reduced by 25% to \$150.

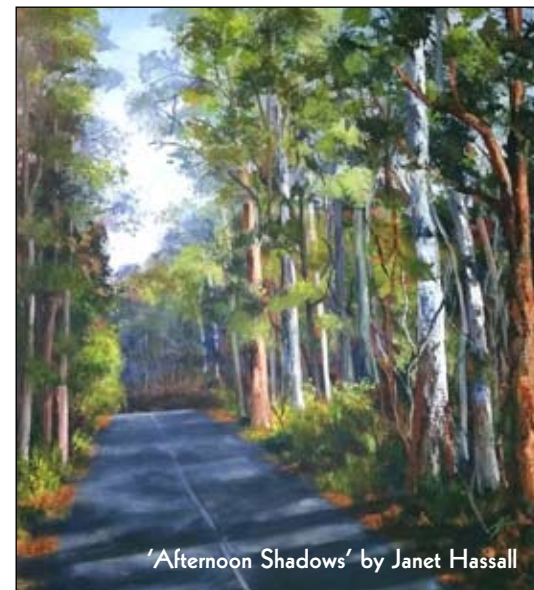
We are open seven days a week, 10am to 5pm (mostly) at 49 Cullen Street in beautiful downtown Nimbin.



Above: 'Reflecting' by Pauline Ahern  
Below: 'Bubayah' by Gilbert Laurie



'Out of Everywhere' by Darmin Cameron



'Afternoon Shadows' by Janet Hassall

## Fashionating!

46 Cullen Street Nimbin

**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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66890094

SOPHIE AMELIA  
@aninkymagpie

"I Stand With..."

**OPENING NIGHT**  
Friday September 7th, 5pm - 8pm  
Muse Contemporary Gallery  
Upstairs suite 4, 131 - 133 Keen St, Lismore  
Tues - Fri 10am - 4pm  
Exhibiting until 22 September 2018  
www.musecontemporarygallery.com

**OPENING NIGHT**  
Friday October 5th, 6.30pm  
719 Blue Knob Rd, Lillian Rock  
Thur - Sun 10am - 3pm  
Exhibiting until 17th November 2018  
www.blueknobgallery.com

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## My secret garden

### Heather Kimber – The Solo Space

Heather Kimber is a ceramic artist who is the guiding force behind the Blue Knob Ceramic Studio.

Not only a great instructor and mentor, she has been creating her own works after many years of volunteering at Blue Knob Hall Gallery, running the café for many years, and the ceramic studio for the last two and a half years as a volunteer.

She has been producing her own wonderful ceramic work and it is a long awaited solo show. The opening was held on Friday 10th Aug with the Blue Knob Choir performing on the night and Heather dedicating her exhibition to Robin Moore.

Many of us have not had the opportunity to see Heather's work in the past and this is an outstanding example of her talent and expertise. A beautiful space has been created in the gallery which beckons all to take a seat in the space and enjoy the magic of some wonderful pieces, especially the 'dragon eggs'.

'A Fine Line' is the current member's exhibition in the Gallery and runs concurrently with the 'My Secret Garden'. A line in art can express anything the artist wishes it to; with mark making in printmaking, drawing or painting the line is often used to express the ultimate in light and dark. An unintentional line can be formed because of the boundary between light and dark or two colours. With the contours in the landscape in Ian FitzSimons piece, and the abstract lines and mark-making of Michelle Walker's work, the pieces in this exhibition reflect all aspects of 'a fine line'.

Both these exhibitions run until Saturday 29th September.

### Blue Knob Café

The café is steaming along, literally. Many thanks to all those members who are volunteering in the café, it is enabling some good fundraising for the continual improvements at the Hall.

A huge thank you goes to Paul Scott who has continued to manage the café as a volunteer. His hearty all day breakfasts and home-made pies are making a big hit with customers.

Due to these and other fundraising efforts, we have completed a long awaited new driveway and path for better access to the hall.

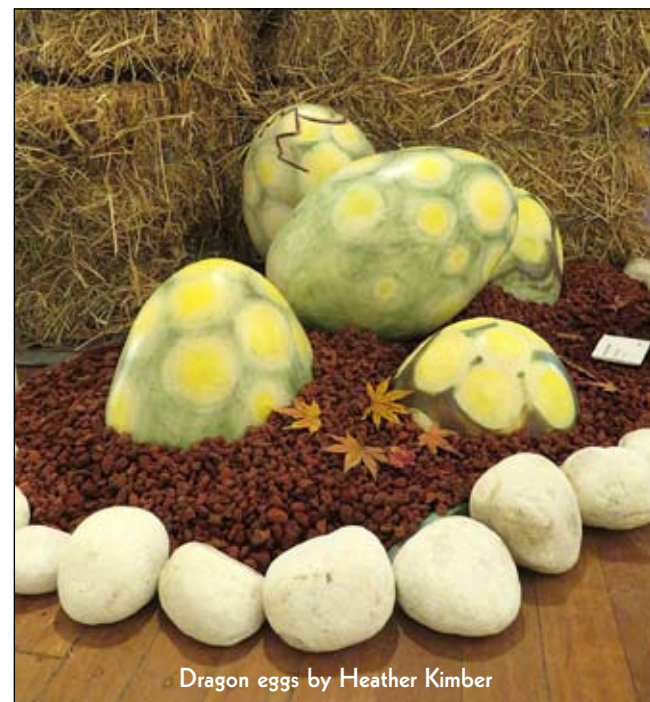
Thanks to the Gallery, Ceramic Studio, Blue Knob Café, Blue Knob Farmers Market an FRRR (small rural and regional community grants) and other donors to this project.

### Artists & Friends lunch

The next Artists and Friends lunch will be held on Thurs 27th Sept at 12.30pm with a set menu for \$20 including main and dessert. To book, please call the gallery on 6689-7449 or email: bkhgallery@harbourisp.net.au



'A Line of Conversation I' by Michelle Walker



Dragon eggs by Heather Kimber

# Nimbin artist takes a second in Bentley Art Prize

Local Nimbin artist Darmin Cameron has won a Second Prize at the recently judged 2018 Bentley Art Prize for his piece 'March of the Biophillics - The Bentley Protectors'.

The judge, artist Raylene Delaney, had a tough job to make her selections from over 750 entries in 14 categories, so winning a second prize in digitised photography would make anyone happy, and Darmin was highly surprised and honoured when he received the phone call on the day of the announcement.

He said, "There was a lot of very good high quality art on show, so I felt in very good company. When you enter an art competition you really have to let go and be non-attached to the outcome. The chances of winning anything are slim. Art is so subjective and highly personal and up to the judge's taste. It

really is a ludicrous idea to compare artworks and to say one is better than another, it devalues the whole concept of what art is and what it is for, but still we do it, and winners love winning."

In his acceptance speech at the awards ceremony, attended by NSW Arts Minister Don Harwin and local Nationals member Thomas George, Darmin said the artwork was inspired by the Bentley protectors who saved the local region from CSG mining by banding together and demonstrating to the government that they did not want CSG mining in their region.

A huge cheer went up from the audience when Darmin acknowledged the strength, courage and determination of the local Bentley community. Biophillics are people

who love life. 'Bio' life and 'phillic' affiliated with. Affiliated to life. Love of nature.

The Bentley Protectors forced the NSW government to withdraw the threat of 800 riot police and then to buy back the seven million dollar licence from the miners. It was a huge win for the people of Bentley who were supported by thousands of dedicated locals and State and Federal Greens members.

"I was on the side of the Kyogle Road at Bentley one pre-dawn watching the protectors stream towards the dawn ceremony which was a regular daily feature of the Bentley Blockade. It was so inspiring, witnessing and being part of the thousands of people who arrived to show their support and solidarity with the local Bentley farmers whose land was being threatened by this insidious toxic



Darmin Cameron with his digital image

industry.

"These people cared about life and living things - they were Biophillics, beautiful colourful caring creatures showing how much they cared by getting out of warm beds on cold mornings to demonstrate."

## Gallery members go Scarlet

The Serpentine Community Gallery will be holding this year's 'Scarlet' exhibition from 14th September to 2nd October.

'Scarlet' is a popular members' exhibition held annually at the Serpentine, which explores Sexuality, Love, Lust and the Erotic (or your own interpretation of the colour scarlet with all its connotations), and we encourage all our member/artists to participate in this exciting and fun show.

All mediums are welcome, and we can accommodate 3D pieces and installations with a bit of fore-warning, so just phone us on the number below and we will be happy to work out the best way to display your work.

There is a \$10 hanging fee for each work submitted, and a 25% commission on sales. There is a limit of three works per artist for this exhibition.

Submit your work, ready to hang or install on Tuesday 11th September. If you are running late or have any problems, please call us and we'll work something out for you.

Performance artists are also welcome to perform at the opening of 'Scarlet' - email or phone the gallery if you would like to do a performance piece. There is also an opportunity for a window display/ installation. Contact the gallery if you have a proposal.

Guests are invited to dress up for the opening, which will be on Friday 14th September at 6pm, and there will be a \$200 prize for the most popular exhibit.



'Just Admiring You' by Jasmine O'shea

Due to a last-minute cancellation, we have a two-week space to fill in October, so we've thought (after much panicking and hair-tearing!) to mount a Volunteers' exhibition, celebrating and showcasing the talents of our stalwart volunteers who keep the Serpentine going.

So, calling all volunteers past and present! This a "pop-up" show and we encourage everyone involved with the Serpentine Gallery to participate. The show will run from 5th to 23rd October.

For all enquiries regarding the above-mentioned shows, or the hiring of exhibition space, please call us on (02) 6621-6845 or email: gallery@serpentinearts.org

The Serpentine Community Gallery is at 17a Bridge Street, North Lismore. gallery@serpentinearts.org facebook.com/SerpentineArts



'The Dancer - After the Show' by Meg K Nielsen



'Contemplation' by June King



'Queen of Cups' by Brigitte Havan



Showing at Lismore Regional Gallery until 14th October

Albert (Digby) Moran is one of the Northern Rivers' most recognised artists. 'Growing up on The Island' is a major solo exhibition by an artist continually seeking new ways to express his place within Bundjalung land.

Moran was born in Ballina and raised on Cabbage Tree Island. His father was Dungutti and his mother Bundjalung.

Moran's life is divided into two parts, before he started painting, and after. He worked in agriculture and even as a boxer with Jimmy Sharman's troupe before he turned his hand to painting.

In 1991 he undertook an art course through TAFE which launched his career as an artist. Painting provided a vehicle to express his stories with a strong focus on his time at Cabbage Tree Island.

The work is strongly linked to Digby's childhood and mostly happy memories, with his close and loving family: playing in the sand and on the river banks, swimming and fishing.

"Sometimes someone who comes into the studio tells me I've been laughing while I'm painting. I don't realise, but it's because I'm thinking about some memory.

"Like when I was little and my brothers would put me in our little boat and they'd have a rope and they'd push me out into the river then pull me back in again, over and over, with me laughing so much and getting right up on the back of the boat. I remember things like that and I just bust up laughing. I'm thinking

about those times a lot now when I'm painting happy memories."

Digby also remembers the old people's warnings around sites where bad things happened. He says 'places where the old ones would tell you, "Don't go there. They knew what happened there but it was too much for them, too sad to talk about." Now Digby realises these were massacre sites.

Moran's studio was badly affected by the 2017 Lismore floods, losing most of his materials, and much work. This exhibition is the result of a burst of creativity Moran has undergone since the floods, and will be a true celebration of an artist with undeterred resilience:

"In this exhibition is some new work I painted this year and after the flood and some older works. Some are fine works where I use brushes and sticks to paint.

"There are the older dot works and the swirling lines and dots that are water patterns, and the works with diamond shapes like on the Bundjalung clubs. I use a fine brush and cut the hairs back.

"Lately I've been using my hands swirling in the wet paint, like playing in the water and mud as a kid. The next ones could be something different, I never know."

As part of this exhibition, Lismore Regional Gallery has commissioned local filmmaker Karenza Ebejer to create a short documentary on Digby, and his practice.

This film will be shown alongside the works, and provide an intimate glimpse into this gifted artist.

## From the heart

'From The Heart' is an exhibition of recently produced artworks by members of the Lismore Over 50s Learning Centre.

Established in 1982 as a not-for-profit organisation, the Lismore Over 50s Learning Centre provides opportunities for people in the over 50s age group to come together to learn new skills and share knowledge in a bid to support people to maintain a healthy active life.

The Centre provides programs of facilitated workshops in a diverse array of subjects, and one of their strongest supported programs is in the arts, with opportunities to learn and share in art making courses.

These are offered in term blocks in a host of subjects such as watercolour techniques, painting, mosaic construction, drawing in charcoal, pencil and portraiture.

The Roxy Gallery, Kyogle is really pleased to support a selection of works from people who participate in these courses in the exhibition 'From The Heart' which runs until 6th October.

The official opening will be held on Saturday 8th September from 1pm.

Contact the gallery director by emailing: roxygallery@kyogle.nsw.gov.au or phone for a chat on 6632-3518.

Artwork from a participant in the over 50s course.



# Chamber Chat

by Teresa Biscoe, President,  
Nimbin Chamber of Commerce

September seems to be the month for events. We had the Performance Poetry Cup to start the month off, to be followed by the Nimbin Community Centre 20th Anniversary Celebration the next weekend and then the Nimbin Roots Festival.

Just when we think we have a weekend off, we have a Nimbin Market Sunday and then the fabulous Nimbin Show. Plenty of opportunities for family-friendly fun coming up for the village to enjoy.

We are also starting our annual membership drive, so if you are a local business or community organisation, please consider joining the Nimbin Chamber of Commerce if you haven't yet, or renew your membership if you have.

We need your thoughts, concerns and ideas to guide our discussions with Council, look at future economic development and necessary infrastructure and services for the community.

The Chamber has very affordable membership rates which is tailored for the size of your business. Support your local community and have your say, we think it is important. We can be contacted via our email, printed below.

Last month I attended a meeting organised by the SES with a number of local and area emergency services, including the RFS and some local community organisations including, Jungle Patrol, the Nimbin Neighbourhood and Information Centre, Nimbin Central School and the Hemp Embassy.

The purpose of the meeting was to have a discussion about emergency preparedness, response and recovery for the village and how we can work together to improve and plan for emergency situations. This is part of developing an overall Northern Rivers Emergency Management Plan.

We discussed the kinds of emergencies that were an issue including bushfire, building fires in the village and flood response. Village locals discussed issues that came up during the last flood emergency including; resources and manpower, monitoring the welfare of elderly and other vulnerable residents including the homeless, contact lists of volunteers, and assembly points.

We also discussed creating an info pack for new residents that will provide emergency management information that could be distributed via our local real estate or Visitors Centre.

The local community groups who attended agreed we needed to work on a cohesive community response and feedback that response to the area emergency response teams. We will be organising some planning meetings in which we

intend to invite other local community organisations to work with us in.

We then intend to get a community information session organised where the wider community can get information and provide feedback on this really important community issue.

The RFS discussed the need for all community members to follow the legal obligations for burn-offs, whether it is fire season yet or not. Any outside fire, except for those for the purpose of cooking or heating, must be notified to the RFS and neighbours 24 hours before ignition.

This prevents unnecessary call-outs for our volunteer RFS and reassures the neighbours, and allows for safe monitoring. During fire season, a permit must be obtained from the RFS, and at all times fires should only be lit when the conditions are right to do so.

The RFS and SES emphasised the need for every business, land-sharing community and household to have prepared for fire and other emergencies. The RFS and SES can only do so much, so the better prepared we all are for an emergency, the better the outcomes.

The Red Cross and RFS have some great resources on their websites for developing your emergency plans. There are several templates that can be downloaded as well as great information and advice if you are creating or improving your plans.

There is also funding and other resources available to help develop emergency response plans for the village and outlying community, but we need to identify the needs and develop an overall strategy and plan before we get to that stage.

Marcus, our local RFS co-ordinator is working on an audit of fire plans for the village of Nimbin. He would like all the business owners to give him their fire plans outlining what the fire emergency response and evacuation plan is, including a plan of the site with all fire exits, equipment and assembly points.

He has requested that the Nimbin Chamber of Commerce be the collection point for businesses and communities' emergency plans and we have agreed. So please send any fire plans you have to our chamber email: [chamber@nimbin.org.au](mailto:chamber@nimbin.org.au) and we will forward them to the RFS for their audit.

This is very important as those who saw the fire that engulfed the Rainbow and Museum sites can attest. This audit process will not only inform the RFS so it can improve its emergency response but it will also inform the development of a cohesive Nimbin Emergency Response Plan.

Stay safe.

# Nimbin... that golden egg

by Dionne May

I'm taking my own advice and heading for the ocean. The salt water beckons like never before and even the wind in the trees now sounds like the waves.

Maybe it's all the salt water tears I've been shedding for Nimbin, the deconstruction of our beautiful alternative world, the deaths of so many locals (farewell Old King Col) that have finally formed a river to wash this old turtle home to the sea.

Spring 2018 will blossom on Cullen Street, in this strange new Nimbin, without me.

Fireflies will briefly appear, joeys will venture forth from their warm winter pouches, koalas will grunt and fight for territory and all the local reptiles and shedding snakes will make an appearance... for those that care to notice.

For those that haven't clear-felled all the trees around their property, for those that don't own domestic cats or dogs that indiscriminately kill and



scare these native creatures away.

This Spring, local wildlife numbers, both human and animal are definitely down in Nimbin.

Perhaps it's a result of that fire now four years ago that left too big an open hole where her heart used to lie?

Perhaps that tidal wave of the medicinal marijuana movement flushed out too many recreational/and or old school pot lovers in its haste to accommodate a very sick world and a very lucrative market?

Perhaps this real estate boom in the only vibrant country town left in Australia was inevitable... like change? Perhaps the dream and the paradox

of Nimbin, never entirely understood, slipped from our reach as town and community life dwindled and the tangible human experience of personal interactions were lost? We lost our town, we lost our boys, we lost it seems everything that was inexplicably Nimbin.

The old Nimbin was no fairy-tale existence... she was ferocious, wild, impetuous... an energy that drew the wild, the free thinking, the impetuous natured... characters like you wouldn't believe paraded and found some kind of resonance here. Sometimes naked, sometimes dressed as a goat, a fairy, witch or warlord... all blending and melding in a kaleidoscope of colourful humanity.

The forgotten larrikins and characters of Australia, a rag-tag or rainbow tied bunch of misfits that defied the norm, refused or rejected conformity to questionable ethics, divisive social structures, toxic families or lives.

Nimbin smelt different, tasted different, sounded different. She was as real as it gets while mainstream Australians were all conforming and reforming an Australia that I can no longer be proud of. A sterile place of fenced-in houses satelliting around shopping centres, around greed, around sanitised computerised children with no grass beneath their bare feet... no grass... no bare feet.

So, like a vulnerable hatchling venturing bravely forth into a new world of possibilities, I pause and reflect on that golden egg of Nimbin, my shelter and protector as I morphed and grew for the past eighteen years. Now that egg lies broken open, so I spread my turtle's flippers and fumble and bumble my way across a seemingly formidable horizon.

Perhaps I will return one day. Perhaps in time the desert that Nimbin has become will return to that wild blooming overgrown garden of misfits... but for now time and tide wait for no turtle.

## Cannabis culture in Canada

by Caroline Nature

I first travelled to Canada 33 years ago when I was 22. It was my first trip outside Australia and I will never forget how different it felt to be across the great ocean from my home.

It was late autumn, snowy and cold! I stayed in Gastown, the oldest area in town, beside the railway yards and the river, in a rundown warehouse with a bunch of like-minded travellers, musicians and performers. The rent was very cheap.

Our natural diet was cups of tea, toast with weed butter, fresh pasta with weed butter, salmon, char sui (bbq pork), joints of northern lights and more tea. Throw in a banana from Mexico. And love.

I walked a lot and regularly marvelled at the massive 405 hectare Stanley Park in Vancouver representing the way ALL the land here was before 'white' European settlement, in the early 1800's, which also featured Chinese and Japanese people (who didn't qualify as Canadians until 1949). The Salish-speaking First Nations People who have lived in this area for at least 8000 years gained their native right to fish in this ocean in the 1990s.

The natural beauty of this West Coast landscape is impressive, big snow-tipped mountains, wildfires, cold roaring rivers and deep waters run through the busy Georgia Straits with misty green pine covered islands, home to the grizzly bear, the cougar, and the annual salmon run from the ocean back to the rivers they were spawned in. But the weather is as harsh as the land is magic, and Canadians are a toughened lot.

Recreational Cannabis use started here in the 60s, much like Australia, on the back of the Vietnam war and Woodstock, psychedelics and



Inside Toronto's Kaya Shack dispensary. Photo courtesy waimofggsk.ca

young people travelling the world. By 1971, and again in 1978, there was a commission into Cannabis use which was widely regarded as a lazy person's drug by the average white Canadian of European heritage. But both investigations recommended that Cannabis be decriminalised because it was a waste of police money and no-one was being hurt by Cannabis (my translation).

And when I was here in 1985 no-one feared smoking a joint in public, I could buy a joint for \$5 outside any club or pub in town. Then the Reagan-Bush War on Drugs kicked it up a notch, and Canadians have been fighting for their right to use Cannabis ever since.

But the Canadians have something called the Canadian Charter of Rights and Freedoms which is something we, in Australia, don't have. Here's an example: everyone has the right not to be treated with any cruel or unusual punishment. So if you do have to go to court for breaking a law, you can start your defence knowing you are backed by the Charter.

Recently many dispensaries have

been getting raided with arrests and property confiscations as the Government gets ready to take over Cannabis production and sale on 17th October this year. Growers say the Government cannot supply as high quality Cannabis as they can, and the public won't be happy with the change in supply.

Canadians will be able to grow four plants per household with size restrictions! Extracts, which are very popular here in dabs and edibles, will be banned. No-one is looking forward to the Dragar 5000 RDT testing, and I haven't spoken to one person who thinks the police will be able to pull it off. Stop Canadians from driving? Pfftt!

Last weekend Tamara Simmons from HempVibes attended the Cranbrook Cannabis Cup and I spoke about our Nimbin culture and our common ground with Cannabis as part of our lifestyle, and tomorrow we are off to the Grassroots Craft Cup in Victoria, Vancouver Island.

A very tasty judges kit is waiting for us there, and we are looking forward to the buzz of the CannaFamily and the glorious nature that awaits.

# The Medican scam, or “I’ll have sugar with my Yandi, please.”

by Robert Green

The reintroduction of cannabis medicines and their ability to address a considerable array of contemporary health problems, has been accompanied by a torrent of scientific evidence either upholding or detracting from its perceived benefits.

What is confusing for the legislator or medical practitioner and most importantly for those seeking the plant’s healing attributes, is the very important issue of integrity; in information, in the production of medicines, and primarily in the growing of the plants themselves.

The spectacle of our local member of Parliament, deputy speaker in fact, parading with a foreign pharmaceutical firm to produce hydroponic cannabis in Casino was not only an insult to the region, it was a classic example of the collusion between Big Pharma and governments. Using spurious science to justify a massive ‘investment’ that is profit driven, and has nothing to do with the authenticity or efficacy of the medicines they tout.

It is utterly unscrupulous, since we now have irrefutable evidence that the sugars, minerals, amino acids, etc. are ONLY available to the plant through AM (arbuscular mycorrhizae) fungi symbiosis in healthy, humic soils, grown without the addition of any synthetic nitrogen or phosphorous, which destroys the fungi.

Visiting Europe in 2015, I attended ‘Spannabis’, an expo devoted to recreational and medicinal cannabis. In growing dismay and horror, I visited exhibit after exhibit of major producers, some even claiming to be ‘organic’, all of whom were growing their medicinal crops hydroponically.

Even the organisers of the event were unaware of the critical differences in metabolic chemistry between ‘hydro’ and ‘bush’, hence the questionable efficacy of the medicines being promoted. It turns out that even the European regulators were unaware of these facts and their implications, throwing their regulatory structure into disarray.

Bush versus hydro? That’s your choice recreationally, but hydroponic cannabis cannot be the basis for medicines. Many will scoff at this suggestion, or be confused and ask ‘what’s the difference? One’s grown indoors, the other outdoors. But there is a difference, a huge difference, especially in regard to medicines.

Over a hundred years ago, a scientist named Leibig pronounced his successful NPK (Nitrogen, Phosphorous and Potassium) theory, and grew plants without soil. It became big business, when after the European wars there was a surplus of ammonium nitrate, previously used for making explosives, which was recommended as suitable for use as a fertiliser. It was cheap, transportable and crops bloomed, initially. They even invented machines to inject the ammonia gas directly into the soil!

Sadly, in the rush for profit, hardly anybody took any notice of the biological catastrophe taking place within the soil, nor the impact on animal and human health, let alone the health of the plant itself. The soil, bereft of its life-force, became merely a medium to grow in, same-same hydroponics, using synthetic nutrients to stimulate growth and a vast assortment of chemicals to



address the adverse side-effects of the damage. These fertilisers and their chemical companions are still, with rare exception, the basis of agriculture and horticulture to this day.

The introduction of synthetic nitrogen and phosphorous disrupted the usual monosaccharide (simple sugar) mechanisms in the soil, creating a lottery within the formative processes of protein chains within the soil. These retarded, or mutant protein chains then proceed up the food chain, disrupting or distorting many metabolic processes on the way, creating what are now known as Metabolic Labelling Errors, compromising immune systems in plants, animals and humans and leading to ill-health.

The science of sugars (Glycoscience) has finally put to rest the uncertainty of our interconnectedness with all life, especially the soil. For it is within the soil that monosaccharide formation takes place in symbiosis with these AM fungi. Mycorrhizal mushrooms form mutually dependent, beneficial relationships (symbiosis) with almost every plant species on Earth, in exchange for carbon and other photosynthates.

Fertile soils contain humus, mainly composed of a sugary substance called Glomalin (sticky brown stuff), which is discarded or sloughed by the AM fungi and constitutes some 30-40% of the

terrestrial carbon pool, not an insignificant amount. More importantly, it is the symbiotic relationship with almost every plant species, including Cannabis, that is of vital importance, because it is through this relationship that we and every other species on Earth maintain our metabolic integrity.

By growing well beyond the capacity of the individual plant, they are able to increase and distribute monosaccharides, acids, purines, nitrogenous compounds and elements (phosphorous, zinc, copper etc). Some of the organic molecules present in humus or glomalin include amino, pentose, hexose and methyl sugars as well as amino acids, purines, pyrimidines, uronic and aliphatic acids and vitamins.

For cannabis to have its metabolic integrity, it needs 483 of these compounds from its mycorrhizal association, including 34 sugars, 22 fatty acids and 50 hydrocarbons, terpenes and vitamins, especially K. When grown hydroponically the plant’s chemistry can only contain poor facsimiles of these monosaccharides and their conjugates which are prone to facilitating significant Metabolic Labelling Errors.

An increasing number of genetic disorders are being attributed to abnormalities in glycoproteins. An entire new class of disorders ‘Congenital Disorders of Glycosylation’ have been discovered in recent years that are due to mutations in the gene encoding enzymes in the synthesis of N-linked Glycoproteins. A simple example of Metabolic Labelling Errors can be demonstrated by two words: EAT and FAT. What’s the

difference? One line of code.

The issue of the substitution and use of hydroponically grown plants is thus a very important one, given that the Human Endocannabinoid System performs the critical task of Homeostasis; the maintenance of a stable internal bodily environment, despite fluctuations in the external environment. We have receptors CB1 and CB2 distributed throughout our entire bodies embedded in cell membranes. Endocannabinoids are the substances our body makes to stimulate these receptors, keeping our immune system intact and functioning.

This is why cannabis medicines are so important today. When we are incapable of providing endocannabinoids ourselves, due to the absence of the AM provided monosaccharides in our food, cannabis medicines have the natural, authentic chemistry to reactivate these endocannabinoid receptors, thus stimulating our immune system’s ability to self-correct any disorder.

If our legislators and medical fraternity were enlightened to these critical issues of metabolic integrity, we would see the declassification of Cannabis as a narcotic, a complete amnesty on users and growers, in fact encouragement given to the expertise gained in over 40 years of covert growing on some of the world’s richest basaltic soils, teeming with mycorrhizal fungi.

They need to understand that it is not laboratory procedures that produce this medicines efficacy, it is only the intact metabolic structure of the cannabis plant chemistry, grown locally in glomalin-rich soils that will deliver the expectations for healing.

## STREET SHUFFLE

Journal of the North Coast’s longest serving covert

Malcolm called me down to, and for, the Big Smoke. “Urgent” was all the message said. I caught the last plane from the Goldie, hired a car and drove fast like a cop can into Sydney with a block of hash as big as a small paperback. “A gift from the mountains to the PM in peril,” I said when I showed him. He was impressed, but of course it wasn’t a gift.

I absolutely cannot tell you who was smoking and who wasn’t around the Big Table that night. Even if you didn’t inhale, the room was full of it and of course we are all connected anyway. The high was totally infectious and the plot was actually sorted pretty quickly once the weed worked its magic on the room’s imagination.

“There’s no way a Queensland cop is going to run the country.” Malcolm’s exact words as he lit the first chillum. You could’ve nearly heard the cheers in Yass if it wasn’t a soundproof room. People ducked. It was like an explosion.

Of course churchie boy assemblies of god Scipioni’s best mate ScoMo wouldn’t choof (remember his dad was a cop!) but it was impossible to get the grin off his face (or the lump of coal out of his pocket I was thinking). The Bishop sulked in the corner for a while, but she accepted her lot pretty quickly and went for a longer than usual morning run. She’s a toker the Bishop, you never would have guessed eh? And no-one remembered it was ScoMo who wanted to test our waste water for drugs.

I think exhausted Malcolm was quietly happy about it in the end. It was becoming a bit of a nightmare for him. He was used to getting his way, as the super-rich are, but didn’t have the numbers here and it was long hours and hard work. “Who needs that?” he said more than once to me later.

And he’s done it. Ticked off the biggest of all in the bucket list, as that’s what it’s mostly about for Malcolm, of course. Now what though? He’s got all the cash he could ever need, and now the fame. I asked him about it when everyone had left and I’d hidden most of the barely touched paperback in my handbag to take home to the faeries.

We watched the sun rise together and he talked about how he’s trapped himself, trying to be the best, trying to impress his father. Now he can’t go anywhere without people recognising him. And they don’t all like him of course, he gets abused regularly, and he knows that will never end.

I was Bethany, in a big floral happy dress. He has no idea who I really am. For a moment I thought the unthinkable. I could show him how easy it is to hide, reveal myself, just peeling off my nose would do. Just a passing mad thought fortunately and anyway, no doubt he will keep on looking after his millions and living the spoilt life of the way-too-rich.

I came down from the mountains only one other time this month, for the Annual Undacuva Ball, it was a terrible night. It



looked to me like this year prizes were awarded for the best fear-mongering ideas. ‘To protect and serve’ is out the window with a new mantra fully installed: ‘Keep ‘em frightened’. Maybe I’ve been hanging out with the faeries too much, but you decide.

Prizes were collected for ideas like: “Your neighbour could be a terrorist, report any suspicious behaviour like the residents up in the middle of the night moving around in the house”. What!

“A new virulent flu virus is about this year and everybody, no exceptions, should get a compulsory flu jab.” (A new way to pick on hippies!)

But then new laws started percolating through as well, and I realised we were in fact just at yet another well-planned programming gig.

“Any unauthorised gathering of more than five people can mean everybody gets a \$1000 on-the-spot fine.”

“Anyone testing positive for low range alcohol or drug driving will automatically lose their licence for three months on the spot. Appeals will cost \$1100 to be lodged.”

I dragged myself back up through the forest to the camp... depressed. No other word for it. Maybe I’ll move to New Zealand where the cops don’t wear guns and weed looks like becoming legal soon.

## Tax talk

by Jayne Alleman, Nimbin Numbers

Do you have a normal life? Do you have debt repayments? Do you have the day-to-day persistent feeling of an endless treadmill?



The definition of insanity is to repeat the same action again and again but expect a different outcome. Well, break the mould! Approach your tax return in a different way.

Keep your receipts and/or written entries in a diary and claim your tax back. Don’t forget to collect them or write them down; don’t lose them in a flood; don’t let your ex-partner throw them in the fire (common occurrence, this one).

Builders can claim workwear, boots, socks, telephone, tools. Nurses can claim uniforms, shoes, stockings, equipment. Carers can claim shoe wear, client expenses, telephone.

There are probably many more deductions for things that your tax agent probably, no doubt, nags you each year to keep receipts for.

So, do not go insane living your normal life. Approach tax responsibly and the outcome could be fabulous.

To take control of the financial stream in your life, one has to dip the oars in the water.



## Market marks 8 years

by Genevieve Davies

Blue Knob Farmers Market began over eight years ago.

It was the first farmers market in the Nimbin area, and its presence brought a flush of new growth and interest in local organic foods. Support of local primary production is the basis of a healthy, thriving community.

Blue Knob Farmers Market continues to serve the local and broader community, providing fresh organic fruits and vegetables, in season. There are some unique products available such as locally grown and made Kimchi, fermented in crocks hand-made on site at Blue Knob Ceramic Studio.

Oyster mushrooms, miso and delicious relishes, marmalades and pickles are on offer. 'Farmers choice' organic seedlings are at Blue Knob every Saturday morning. And with spring well and truly here, broad beans, peas and beetroot are

making a welcome return to the table.

Salads are back on the menu and we now have a large range of greens including several varieties of Mediterranean lettuce, endives, English spinach, dandelion, chicory and herbs.

These are some of the best medicinal foods around, helping to maintain liver function, keep your skin clear and eyes bright. Adding that serve of green salad to a meal aids good digestion, thereby helping your body to absorb more nutrition from the meal.

Survival foods, such as taro and yacon are good to plant now, as they are hardy and productive in most conditions. These and other food plants can be found at the market.

Blue Knob Farmers, Fibre and Fermenters Market is on every Saturday morning from 8.30am to 12 noon. The Cafe is open, there is often live music and there's always a lot of conversation.

# Waste not, want not

by Thom Culpeper

My dumpster-diving friends tell me this photo, out the back of one supermarket somewhere in the world, was par for the course. Though they say this facility is now not as accessible as it once was.

Seems the idea that the impoverished should get a freebie, motivated the food clerks of bulk consumerism, (who would rather dump it than charge a fair price at the check-out for their marketed 'goodies'), to obscure the waste reality, by claiming they are donating it to charity.

Such food banks, in the main are run by nice people who tithe the top of the cornucopia of "waste" transfers.

A check of the rewardees of this largess showed NO smoked salmon got to the poor. First in, first served, when handing out the balance of this benefice to the distressed.

Bernard Shaw appears to say in the play *Major Barbara*: "The poor will always be with us." One hand the bible, the other the coin? Sustenance... but first, we will have your soul!

Gatekeepers are waste makers, though they needn't be. But they will be by attitude. "Only the very best for mine, f\*ck you, I'm all right Jill."

Not hard to imagine this ethos. Competition and capitalism reins supreme. Bitch eat bitch and damn, the other's young! American shareholders and their wives and partners in the MIC, love their kids. But their food and rent is paid for by the shredding of Palestinian babies. More waste? Not much of concern, they are 'others'. So much for love and Godot. We who care are still waiting, Samuel Beckett.

My editors say, "Where's the recipe?" Well, I maintain our Julian Assange wrote the only recipe worth swallowing: truth, moral fortitude and decency!



If I could get it to him I would knock up a pea and smoked ham hock soup, together with an artichoke salad Nicoise.

Or a fillet steak crawling with fried red onions and sautéed in butter, or home-husbanded, free-ranged, golden-yoked, 'cackle-berries' set and prepared for what is one of the Earth's real men, for him for his penultimate supper.

Free Julian Assange now.

### Pea soup and smoked ham hock

**Ingredients**  
 1 kilo of smoked ham hock  
 1 kilo of dried yellow peas (soaked in equal water over night)  
 250 gms of chopped brown onions  
 250 gms of fine chopped carrots, ½ diced, ½ julienne  
 3 sticks celery, diced small  
 8 cloves minced garlic  
 2 small pieces ginger  
 Small bunch of parsley  
 Zest of ½ orange  
 2.5 gms mixed Italian herbs  
 Cultured sour cream or creme fraiche  
 Parsley to garnish.

### Method

Lightly sauté (wilt) the onions and garlic, set aside.

Simmer the hock(s) until the meat separates, about 1.5 hours, cool and remove the meat from the bone.

Add the hock-meat to soaked split peas in three litres of water, add diced onions, cook until peas break down.

Add carrots, celery and parsley bunch, mixed herbs and salt to taste. Simmer until the veg are tender. Add orange zest about 15 minutes before serving.

Remove ginger and parsley. Serve dressed with sour cream or creme fraiche and add as much pepper as is wanted. Garnish with finely chopped parsley.

Side serve with a Salade Nicoise.

svalbardist@planetmail.com

A free Saanan goat buck, (Billy) to anyone who wants him. He's a randy f\*cker, so if you have a paddock full of pretty nanny-milkers, he's your lad.

# How to make calendula healing oil: part 1



Calendula oil is one of my most useful products for topical application. I particularly enjoyed making my season's batch this winter as I grew the flowers, harvested and dried them and infused them into a beautiful rich orange oil. It is quite simple to make at home, and doesn't require specialised equipment.

I consider my calendula oil to be a first aid kit in a bottle. It is a remarkable healing oil which can be used to treat almost any skin condition. It is both antimicrobial and tissue healing. It is antibacterial and also mildly antifungal. It can be used instead of ti tree oil to prevent infection.

I personally dislike the smell of ti tree oil, and also ti tree oil can be irritating and not suitable for delicate skin. Calendula oil, being infused rather than an essential oil, is gentler and can be used anywhere on the body. In addition, it is able to repair and heal damaged skin.

I have used calendula oil effectively on grazes, bites, rashes, dry and itchy skin, eczema and cradle cap. It effectively prevents infection if used at the time of an injury. It can be applied frequently, depending on the seriousness of the



### Nature's pharmacy

by Trish Clough, herbalist

skin damage.

One example I recall was a friend with a serious deep gash from a chainsaw injury. After he had numerous stitches inserted we treated the wound by carefully patting lots of calendula oil on the wound. He refused the antibiotics offered at the hospital, and I am pleased to say the wound gradually healed without any infection.

Another more recent success was a patient of mine who had psoriasis patches on her scalp, and had so much hair loss that she felt the need to wear a scarf over her hair. She applied some calendula oil every day, and over a couple of months it healed completely. Each time I saw her, she had more and more

new hair growth. Needless to say she was very delighted, as was her hairdresser.

Here is the procedure for making infused calendula oil:

1. First grow some calendula flowers, either from seed or seedlings, planting in the Autumn. (*Calendula officinalis* is the botanical species).
2. Harvest the whole flower heads and dry them. I use an electric dehydrator with numerous shelves. I have previously dried them in baskets above a wood stove. Air drying would be sufficient, although slower, but best in dry weather.
3. An easier alternative is to buy already dried, preferably organically grown, calendula flowers from an apothecary or health food shop.
4. The dried flowers do shrink a lot in volume! Place them in a large jar and cover generously with a good quality oil. For my current batch, I am using almond oil. I have previously used local cosmetic grade macadamia oil. Commercial brands are generally made from cheaper oils such as canola, but I prefer the more therapeutic skin oils.
5. For home use, the quantities are

not critical. Covering the flowers with oil will yield a sufficiently concentrated oil. This is generally known as the 'folk method'.

6. I like to infuse the oil for at least six weeks, shaking the jar every day or so. You will see it gradually releasing the orange colour (and of course the therapeutic constituents) into the oil.
7. Strain the oil, clarifying it by pouring through a fine fabric or coffee filter paper (unbleached of course).
8. Bottle the oil in amber glass to protect it from light. It has very good keeping qualities. My current batch is infusing, almost ready for bottling. I'm now watching the seeds developing on the calendula plants. I will soon harvest the seeds, ready for planting next Autumn.

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. Trish is available for consultations by appointment on 0452-219-502 or email: [herbalist.trish@internode.net.au](mailto:herbalist.trish@internode.net.au) The information in the column is meant for general interest only and should not be considered as medical advice.



# Benefits of assessing land during drought

by Matt Downie

During periods of prolonged drought, a number of key landscape indicators become more apparent and these can greatly assist you to make better decisions on the productive uses of your land and to make better provisions for future drought events.

Most notably, can you see any places in the landscape where the grass and/or other plants are still healthy green and thriving naturally? This will indicate where there is still water available near the surface, it could be from a natural spring seeping or a contour trench/swale that captured water during the last decent rainfall and has slowly been soaking into the soil downhill.

These locations can be termed drought proof microclimates and make exceptional locations for productive plants, such as fruit, nut and forage trees, vegetable gardens, orchards and poultry foraging areas. These existing drought proof microclimates can also be further enhanced and expanded upon with the addition of contour trenches extending out from the lush zone and additional plantings of perennial vegetation located along their lower banks.

You'll also observe that where there is still a mixed ecology of perennial vegetation including groundcovers, bushes, shrubs, trees and vines, the impact of the drought is nowhere near as significant due to the deeper roots, canopy providing partial shade and no soil being exposed to the drying sun and accompanying wind erosion.

If you have soil that has been ploughed in recent times, go and have a close inspection of how this compares to adjacent soil that was not ploughed, you'll find that soil that was not disturbed, but instead has perennial vegetation growing it, is far less susceptible to drying out and is more able to conserve its water resources (much of it in the vegetative mass) and maintain the symbiosis of a much more resourceful, deeper rooted and moisture harvesting vegetation community living upon it.

The strategy of broadcasting seeds directly into mulch on unplowed soil is making a significant comeback due to its many advantages in time, energy efficiency and in getting crops planted into optimal growing conditions. This strategy combines no-tillage with utilising the mulch of previous crops, companion planting is built into the broadcasting blend and the seeds are distributed to their optimal density relative to the existing living ground covers. Many cropping species such as amaranth, chia, millet, quinoa, Asian



greens, turnips, swedes, radishes, lucerne and many more are very suitable to this easy style of cultivation.

The range of plant species that you can observe still thriving during drought periods can give you insights into structurally similar or directly related production plants that could be employed to replace weeds. For example:

- Sweet potato, warrigal greens and pepino can replace low growing grasses;
- Pak choi and amaranth can replace fire weed and farmers' friends;
- Cassava and abika can replace lantana and crofton weed;
- Choko and passionfruit can replace corky passionflower and balloon vine;
- Ice cream bean and tamarind can replace coral trees
- Pigeon pea can replace cassias;
- Tamarillo can replace wild tobacco;
- Mulberries and saba nuts can replace privet;
- Mangoes and avocados can replace camphor laurel and so forth.

The flow of the land, or topography, is also very significant when it comes to efficient systems design and functional land use. The gullies and ridge lines are the wet and dry contrasting microclimates that can be utilized for specific crops. For example, pecan nuts love the damp gullies and carob beans love the free draining ridge tops.

As you follow the gullies to their highest points on your land, strategic places for high perched dams reveal themselves, locations where there is natural catchment and plenty of width and depth for an effective dam wall to be installed. By locating dams as high up in the landscape as possible, the ease and simplicity of high-volume gravity-feed irrigation to anywhere on your property becomes one of the greatest resources and infrastructure features to further drought proof/maintain high production through all seasonal extremes.

Alluvial creek/river flats are also very prominent during drought times. These areas maintain fertility due mainly to ground moisture that is

available via a high water table. Many agrarian cultures throughout history have utilized these fertile niches in the landscape for production, through the digging of drainage trenches and making raised beds to even out the extremes of periodic flooding. These sites can be amongst the most prolific production areas with very little need for any additional irrigation.

Rainwater storage tanks are another worthy consideration in the drought proofing strategies arena. How well is your drinking water reserve holding up to the task of supplying your needs during prolonged drought? Often there is room available next to existing tanks to add another one or more to overflow into each other during heavy rain and make the most of these precious bountiful events.

The availability of adequate water reserves to sustain productivity through a drought is the single most important asset required for any farm or garden to remain viable and resilient through these regular recurring events. Running out of water during these critical times should be a call to better planning and to safeguard against crop failures and the death or need to sell off livestock at low market prices.

As with so many environmental challenges confronting us, we have the resources, we have access to appropriate technology, it's now an opportunity for our creative intelligence to learn from what nature reveals to us and to design systems and develop methods that are in alignment with natural processes and produce reliable results with ease!

Spring is one of the best times of the year to make a new productive plan for your farm or garden and during a drought the indicators are at their best for guiding us on how to utilise our land and its resources to their best potential.

*Matt Downie is a horticultural scientist, permaculturalist and natural farmer of 25 years' experience and can be contacted via email: [matt@Zen-Farming.com](mailto:matt@Zen-Farming.com) or through his website: [www.Zen-Farming.com](http://www.Zen-Farming.com)*

# Awaken your intuition with yoga

by David Ward

Quantum Vinyasa Yoga can be the core strength for overcoming and releasing destructive habits and compulsions.

It can be your key to the choice of constructive abstinence, or if you so desire, once brain chemistry is restored, to that illusive reward of controlled occasional indulgence, all the therapeutic benefits with none of the negatives.

This yoga provides you with a reason for making this choice. It is much harder

to make the choice without your reason. As your practice builds, the inner voice of your intuition is awakened and cultivated, that voice we've been ignoring for so long.

Loud and clear it reminds us of why we are making changes, that positive gains are sought and negative impacts avoided, the allure of a return to innocence and youthfulness draws us in.

With my new experience of the possibility of controlled use, a surprising and unexpected discovery, the intuition is there to guide us should we find ourselves on

that slippery slope once again, reminding us of what we have to lose should we let that substance take back control.

The offer is there and it needs to be considered, that automatic and permanent infusion of our bodies with all that numbness and predictability. The intuition speaks, "Why go back to that path when you already have what you need, when you have found self-sufficiency, satisfaction and sustainability?"

Your intuition will let you know if or when controlled use might be a possibility, leaving

you to make the choice.

It can also be very helpful when it comes to being selective, it may for example give the go ahead on the occasional consumption, (once or twice a month) of coffee, alcohol or cannabis but would never go along with tobacco use.

You can always trust your intuition to be right – it's when there is an inability to hear or listen to it, through overly altered brain chemistry, that we tend to run into trouble.

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