

**Rental Vacancy at the Nimbin Community Centre**

**Room A5:**

Small room (11.20m2) in Acacia House available from the 1st of January 2019. This room is small but would make a perfect office, craft room or storage space. The room has been used as a studio/office for many years. It comes with a desk and has 1 window. Great location and security.

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

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

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

# Youth herald in new art year



'Thriving or surviving' by Zari Maunde



'Obscurities' by Sam Higgins

**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](http://www.blueknobgallery.com)

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50 Cullen Street NIMBIN  
66890094

**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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**SPECIALISING IN UNWANTED CARS**

by Karen Welsh

We are off to a new Art Year, showcasing works by talented young women Zari Maunde and Sam Higgins, whose work expresses the high level of photographic skill emanating from their studies at Nimbin Central School.

Zari's photographic images explore the impact of the spoken word upon us as individuals, our positive reactions to positive comments, and do we dwell on the negatives? Her artistic use of floral decoupage to project beauty and growth within each and everyone of us highlights Zari's thoughts: "Are we thriving or surviving?"

Sam's concepts are driven by the world around her, familiar things. 'Obscurities' looks differently at the commonplace and shows how the built environment can become abstract and

disorientating. To this she has added contrast and grain to produce images of "old glitch art house films".

All four Nimbin Central School students – photographers Zari Maunde, Sam Higgins and Keisha King and ceramicist Ella Cathew-Wood (both presented in NGT Dec 18) will continue to be featured at Nimbin Artists Gallery until the end of January.

These talented young people are Nimbin's art future. All items are for sale at very reasonable prices, and please just pop-in to appreciate their works.

I finish by apologising to Zari, and NGT, for not correctly accrediting her artwork in my December article.

Nimbin Artists Gallery is open every day, 10am to 5pm (mostly), in the centre of town at 47 Cullen Street. Phone 6689-1444.

## CHOICE ART AT BLUE KNOB

The current exhibition at Blue Knob Hall Gallery is 'The Artist's Choice'.

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

There is a great variety of media from paintings, sculpture, fibre, ceramics and installations.

From Rebekah Seriah Webster's hand carved recycled wood sculptures and wall pieces to Angela Lynskey's originally designed and locally hand printed tea towels, there is something here for everyone.

All the works are local and the

gallery, ceramic studio and cafe are run by volunteers who make this a great community spirited venue.

The Gallery & Cafe will be open on Saturday 5th January only for the Farmers Market, and then officially re-open on Thursday 10th January, after a well-earned break for all the volunteers.

We look forward to bringing you more art, food and friendship in 2019.

**Moore Workshop Space**

Due to popular demand, Lorraine Rogers will be running another Watercolour painting workshop on Saturday 16th February, from 10am to

3pm. Her unique approach and palette has us coming back for more.

Cost is \$50. For info contact the Gallery (02) 6689-744 or email: [bkhgallery@harbourisp.net.au](mailto:bkhgallery@harbourisp.net.au)

**Blue Knob Ceramic Studio**

The Ceramic Studio will be closed until February, as there are several much-needed maintenance jobs to complete.

These include re-lining the kiln, constructing more shelving, getting the Ceramic Library up and running, and hopefully installing the new air-conditioning.



Basket by The Weaver Birds



'Still Life with Lilies' (detail) by Janifer Fraser



Fungi by Trish O'Brien



# Gibberish ruminating



by Fiona McConnachie

'Gibberish Ruminating' is a duo exhibition that explores the nature of art as physical representation of subconscious thought and intimate self-reflection.

Currently studying for their Bachelor of Art and Design at Lismore's SCU campus, Eli Waters and Fabian Pertzelt have joined their similarities in artistic practice, concepts and confronting imagery to create an exhibition that causes the audience to project their own meaning in order to relate and understand each work on an emotional level.

Predominantly working in drawing, photography and printmaking, Pertzelt layers information to explore personal narratives of gender and sexuality, isolation and adolescence. His depictions of distorted figures in a painful embrace pose a melancholy question about the cost of vulnerability and intimacy.

Deeply interested in exploring his own identity, the concept of mortality and the macabre, Waters' creates violent drawings, vulgar imagery and honest works to entice his audience into a better understanding of themselves through the allegories depicted. Additionally, these themes are explored through his painting and printmaking

practice as well as his most recent assemblage piece 'Rumination 1' exploring the notion of death, mortality and the materiality of once living matter.

Cohesively the artists have created an exhibition posing questions rather pushing answers onto the audience, to allow the freedom of individual interpretation of each work and the body of work as a whole.

'Gibberish Ruminating' runs from 16th to 29th January, with the opening on Friday the 18th.

For more information about this exhibition and any of our up-coming shows, membership and members' shows, please call us at the gallery on (02) 6621-6845. The gallery hours over summer are Monday to Friday 10am to 4pm and Saturdays 10am to 2pm.

The Serpentine's management committee and volunteers would like to wish the Northern Rivers art community all the best for 2019 and thank you all for the wonderful support you have shown over the year.

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

[gallery@serpentinearts.org](mailto:gallery@serpentinearts.org)  
[facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)

# Now showing at Lismore Regional Gallery



**Jessica O'Connor**  
**Unrestful Emptiness,**  
**Restless Silence**  
In Gallery 5 until 13th January

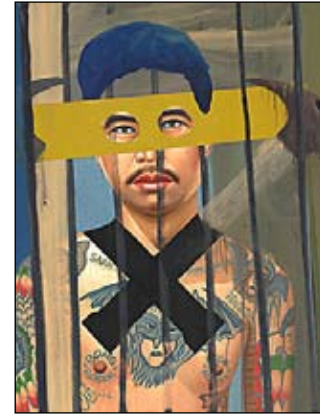
*It all started here.  
It's a lost childhood.  
It's the child who was forced to grow up too quickly.  
It's a question for the mother who didn't know.  
It's a scared young girl who became a woman.  
It's the same woman who still questions her worth.  
It's an apology to the children who never had a chance to exist.  
It's the woman that made that choice.  
It's a thank you to the mother who will be gone too soon.*

*It's my reality  
My shame.  
My fears.  
My choices.  
It's my story.*

*My silence ends here.*  
Unrestful Emptiness, Restless Silence is about the pattern of quiet that surrounds the ugly and painful parts of life. Utilising everyday household furniture and combining it with concrete brings a weight to the familiar that we all carry in one way or another.

Viewing the work reminds us that no one is capable of carrying it alone and silence does nothing but cause pain in the end.

Jessica O'Connor is the recipient of the Lismore Regional Gallery Graduate Award.



**David Griggs**  
**Between Nature and Sin**  
Gallery 1 until 24th February

Born in Sydney in 1975, Griggs has studios in both Sydney and Manila, where he has worked on-and-off for 10 years. He was a finalist in the 2007, 2009, 2013, 2014 and 2017 Archibald Prizes.

This exhibition features a decade of past paintings, photographs, videos, and the premiere of *Cowboy Country*, David Griggs' first feature film.

David Griggs explores the darker undercurrents of human existence. His work, predominantly portraiture, focuses on the human condition; drawing on political imagery, underground media, local histories and personal experience. Famous for his bold approach, Griggs exposes the raw underbelly of society.

His work is often collaborative, engaging directly with communities while remaining sensitive to the ethical and moral obligations this demands. For the last 10 years Griggs has resided in the Philippines and has created a significant body of work that reveals the social hierarchies and underground culture of his adopted home.

Megan Monte, Curator of the exhibition says: "Manila has challenged, broken and rebuilt Griggs in countless ways, as have his collaborations. This is Griggs' most ambitious and challenging project to date."



**Bronwyn Bancroft**  
**Riverstones and Ramifications**  
In Gallery 2 & 3 until 10th February

*"The inspiration for this exhibition can be attributed to the life of, and my connection to my Uncle Pat Bancroft, who died at the age of 94 in 2015. His knowledge of the country was phenomenal and it was an absolute joy and privilege to learn from him. He had no time for fools.*

*"As an artist I have dedicated 30 years to exploring and recording my family and their history; and the weaving of my own story into that as a Bundjalung woman, mother and artist. I am in awe of this history. The fact that we have lived in the same spot since colonisation is to be admired.*

*"I have been living in Sydney since 1981 but returned back to our traditional land, at the base of the Bundjalung State Forest at the back of Grafton every year, and recently moved to live in Bundjalung country permanently."*

– Bronwyn Bancroft, 2018



**The Hannah Cabinet**

Geoff Hannah and his students present the wonders of his master craftsmanship at 10.30am every Wednesday and 11am on the fourth Sunday of the month.

## NORPA 2019 Season at a glance...

**I Want To Know What Love Is**  
**The Good Room**  
Based on 800 anonymous loves stories submitted by the public, *I Want To Know What Love Is* throws a spotlight on long-buried memories, bedroom fantasies, crushes and conquests as secret confessions are transformed into magnificent declarations centre stage.  
• 29th and 30th March at Lismore City Hall

**Dreamland**  
NORPA's sell-out show re-imagined for Bangalow's iconic A&I Hall. When a young

man wanting to hire the hall interrupts the hall committee meeting, a crash course in local history ensues. Transporting us through different waves of settlement, from the Big Scrub, to hippies and tree-changers, *Dreamland* is for all of us who have come here to invent a new life; *Dreamland* is a celebration of place, told through song, dance and humour.  
• 16th – 25th May at A&I Hall, Bangalow

**The Lovers Of Viorne**  
(*L'amante Anglaise*)  
Critical Stages  
A classic psychological thriller

from one of France's most renowned authors, Marguerite Duras. Based upon a true crime, *The Lovers of Viorne* is a beautifully poignant and emotionally powerful portrait of lost passion.  
• 14th and 15th June at Lismore City Hall

**Fold – A Domestic Circus**  
NORPA  
Ordinary moments are made extraordinary as the circus of life is revealed. *Fold* is a show that explores how relationships grow more complex over time. Everyday scenes are made memorable

and familiar gestures are transformed into acrobatics.  
• 28th and 29th June at Lismore City Hall

**My Urrwai**  
By Ghenoa Gela  
*My Urrwai* is a revealing reflection on and celebration of cultural and familial inheritance, and an unflinching comment on race relations in Australia.  
• 10th – 13th July at Lismore City Hall

**Roald Dahl's The Twits**  
Spare Parts Puppet Theatre  
This is a comedy of rebellion and justice in which Muggle-Wump the monkey races to outwit Mr and Mrs Twit,

two of most terrible and disgusting people ever to have lived.  
• 20th August at Lismore City Hall

**Much Ado About Nothing**  
Bell Shakespeare  
The renowned Bell Shakespeare Company present this saucy and razor-sharp battle of wits between the bickering Beatrice and Benedick, who wield words as weapons, their banter betraying their love and loathing of each other. Will truth and honesty win the day, and does love really conquer all?  
• 24th and 25th August at Lismore City Hall

**Serenades For Strings**  
Australian Chamber Orchestra  
A romantic program of the finest classical music and new Australian work led by ACO Principal Violin Helena Rathbone.  
• 25th October at Lismore City Hall

**Katie Noonan and the ASQ**  
**The Glad Tomorrow**  
For the first time, Australian powerhouse Katie Noonan and the Australian String Quartet will be performing together. The Glad Tomorrow project is a song cycle based on Oodgeroo Noonuccal's poetry.  
• 1st November at Lismore City Hall



# Bodhgaya: The navel of the earth

by Simon Thomas

Somewhere on the unforgiving plains of Northern India is a place that Buddhists call *The Navel of the Earth*.

That is because 2500 years ago, a young prince and spiritual seeker named Siddhartha sat down there under the shade of a peepal tree, vowing that he would not leave until he had achieved enlightenment.

Bodhgaya lies at the heart of the poorest state in India, an enclave of Buddhist celebration in a region where life is a desperate struggle for many. If you imagine that the future Buddha may have found Nirvana on earth as a setting for his achievement, then think again. Monsoonal floods, geographical isolation and summer temperatures which spiral into the high 40s are the norm.

I had to pull a cloth over my mouth when my rickshaw motored into the outskirts of town. I there was to attend events organised by the Bhutanese teacher, author and film-maker Dzongsar Khyentse Rinpoche.

The cloud of thick, brown smog which blankets much of India was compounded by acrid smoke from burning plastic as well as coal cooking fires. The highway was so potholed that it made Kyogle roads look good.

I alighted outside the perimeter of the famous Mahabodhi Temple, where I was accosted by a plethora of hawkers and beggars. Rumour has it that the beggars are controlled by the local mafia, and they seem to have chosen a very impressive group.

Each of them was afflicted with a pitiable disability, such as multiple amputations or *Elephant Man* type facial disfigurement. It is heart-wrenching, but when you know that your donation will go to a fat mafia boss, you think twice about giving.

I lined up along a tall, concrete wall



Dzongsar Khyentse Rinpoche with offering dancers Photo: Fan Wei

to submit to the security check, now mandatory for entry due to two Islamic terror attacks. While outside the temple gate was a noisy, chaotic obstacle course, inside was a very different reality.

A wide flight of marble stairs led down to the great Mahabodhi Temple, an ancient pyramid-shaped tower which rises more than 50 metres into the air.

The entire skin of the building is carved with relief sculptures, and crowned with a gold-plated spire.

The twisting boughs of the holy tree growing behind the main temple extended beyond both sides of the tower, silhouetted against a fiery setting sun.

Surrounding the temple was a tranquil complex of gardens, parks and a gigantic fish pond. The immaculate, manicured grounds were littered with smaller temples, shrines and statues, all decorated with garlands of brightly coloured flowers.

It was almost as if heaven was on one side of the wall, and *you know what* on the other. Samsara and Nirvana perhaps.

The meandering branches of

Buddhism's most holy tree create a cool oasis for Buddhist ceremony.

For ten days, this plaza was filled with the crimson and gold robes of hundreds of Tibetan Buddhist monks, while they chanted prayers to propagate world peace, in traditional Tibetan fashion.

The Siddhartha Festival, a new event which reinterprets Buddhist ceremony in a modern Indian context, ran for two days after that, featuring Buddhist ritual with Hindu-style music, chanting and dance.

The entire area was sumptuously decorated with thousands of flowers, colourful parasols, water-features, and a beautiful shrine holding an imprint of Buddha's feet.

Hundreds of people from around the world gathered to sit together with Rinpoche in the place of enlightenment. Each day, we were invited to join a group session of meditation and chanting.

A seven-piece traditional Indian band supplied the music, and the highlight was a breathtaking offering dance by three Indian girls.

# Strip search probe

by Phil Crick

Following a number of specific complaints and anecdotal information from a variety of community organisations, the Law Enforcement Conduct Commission (LECC) is investigating the use by police officers of powers to conduct strip searches under the Law Enforcement (Powers and Responsibilities) Act 2002 (LEPRA).

Several private hearings have been conducted and it is expected in the coming weeks more will be held.

The LECC is not only concerned with specific incidents which have given rise to complaints but also the relevant policies and training of officers to ensure that individual police officers who are faced with the difficult role of preventing and investigating crime do so in accordance with the law.

The LECC would like to hear from people who may have been the subject of strip searches in circumstances where they have concerns about whether the search was justified and the nature and extent of the search.

The LECC is separate from and completely independent of the NSW Police Force and NSW Crime Commission.

The Commission will



Photo courtesy vice.com

treat all information confidentially, and has powers to protect persons who provide information to it.

More information about making a complaint can be found on the LECC website at: [www.lecc.nsw.gov.au](http://www.lecc.nsw.gov.au)

Evidence will be obtained from relevant police officers about both practices and policies that apply to this area of the law.

The Commissioner of Police has been advised of this investigation and the NSW Police Force will be represented at the hearings.

The Law Enforcement Conduct Commission is an independent statutory body. Its principal functions are to detect, investigate and expose serious misconduct and serious maladministration within the NSW Police Force and the NSW Crime Commission.

# Kathmandu revisited

by Michael Balderstone

Nepal changed my life in 1973. I'd just quit my fancy stockbroker job in London and driven overland through the Middle East, discovered hashish in Kandahar and went walking in the Himalayas, sleeping in villages in awe of the landscape and happy people.

I remember the women all heading out in the morning laughing together to collect huge bundles of firewood. The men working the rice terraces or building together, happy and chatting together. The children watched by the grandparents squatting under a Bodhi tree, and all with an extraordinary background of snow-capped peaks and hillsides covered in rhododendrons.

And they were happy. Slow and deliberate in what they did to maintain their sustainable life, and laughing a lot. Handsome, happy and creative. And temples everywhere. God everywhere. Prayer flags flying everywhere. Constant reminders.

I got my first dose of head lice and went on to spend the summer at virtually empty pristine beaches at Goa, going back to London as a long-haired, bearded and bearded hippie with a lot of thinking to do. The happy communal lifestyle of the Nepalis eventually led me to Nimbin. I'd never seen such happy, untroubled people. I spent time in the mountains with a Nat Geo writer who told me the happiest

people he'd met were the Nepalis, Mexicans and Balinese.

So back here now at the end of 2018, I am so happy to report the villagers still have it. A slow as slow way of life that is still largely traditional, despite access by road now in many cases, and almost everyone with a mobile phone.

Kathmandu however has changed dramatically. Motorbikes have replaced sacred cows, which have all but disappeared under an avalanche of bikes with tourists tearing through the tiny narrow streets.

The average age of Nepalis is under 24 and most of them have a bike, it seems. It's like Laneboys on motorbikes who might well be mixed up about what is real and what is a computer game!

And everywhere is covered by a thick layer of dust. Half the people wear a dust mask and the traffic is shocking, which is possibly normal for all of Asia, except there are a lot of unsealed roads in this city. Tourism is huge and there are thousands of shops selling artwork by the truckload. The Nepalis always were artistic, and have mastered antique reproduction. Shop after shop has piles of "old" stuff, and who would know it's so cleverly aged.

We take the bus ride to Pokhara where I smoked chillums with sadhus 45 years ago beside the lake surrounded by the Annapurna Range. Hashish shops were legal then before America paid Nepal eleven million dollars in 1976



to outlaw them, as I remember. Most hippies left, and a criminal underground mostly run by Indians was born.

Now nobody wants to know about it, and local smokers are virtually impossible to find. Everyone is afraid of the police who are numerous, though mostly trying to direct traffic.

I asked about hash a lot. Did they ever smoke? Even the conversation was off limits to most; they were awkward and shied away, embarrassed often. Slowly it dawned: maybe it's because it's illegal. These people live spiritual lives. Daily. Karma and Fate is real. There is a temple or some kind of stupa at every turn. It's impossible to ignore the endless worship, incense and candles burning.

And they don't want to do the wrong thing. Hash is illegal, like

stealing. Bad karma no doubt too!

The hippies discovering the paradises around the planet then, like Nepal and Goa in India, had no idea we were opening up those spots for global tourism to swarm in. Pokhara has hundreds of hotels now crammed full of mainly Indian and Chinese tourists. I cannot find the spot where I smoked daily around the fire with the babas and watched cobra-mongoose fights, where the mongoose always wins.

Yet the locals remain happy and cheerful. The villagers who owned nothing much and led sustainable lives have moved to the money spots in droves, and the new generations want a taste of what they see on TV, where everyone is happy and healthy!

The villages are still charming, and the people living traditionally walk with the same simple values. I

realise what depth they have in their culture, or more, what we don't have in our tangled-up mess.

Plastic rubbish is all over Asia, and popular as fire-starters. Coca Cola has infiltrated like leprosy, and packaged shit food is of course popular. They've learned all our bad ways. Murdoch's satellite dishes are on many houses, and the slim youth dress just like ours with one big difference, there is hardly an overweight person to be seen among them.

Before Nepal we were in Cambodia getting teeth fixed at a tenth of our price. Motor bikes are in abundance there too and the chaotic traffic never ceased to amaze. There are few rules or intersection lights and not many horns blaring either. Everyone drives with extraordinary patience and tolerance, possibly the Buddhist influence.

I mulled the different effect of living with an image of a dude sitting cross-legged meditating compared to a dude nailed to a wooden cross dying in the hot sun. Pretty good bushy weed about \$2 a gram also.

I'm on the Air Asia flight to the Goldie as I write this, and not looking forward to our land of rules and regulations gone mad. It's like our society doesn't allow us to sort stuff out ourselves much now, they want to control our lives more and more. They don't trust we could do alright if only they'd let us have tribal meetings to sort stuff!

Maybe they're right. There's not much incense burning in Collins Street. We all should know by now that trust and love are inseparable.



# Losing our children

by Dionne May

## Lest We All Forget, Part 2

Did you know that the fable I referred to in my last article, of the frog staying in the slowly boiling water 'til he dies, isn't true?

Frogs are smarter than that. So why do we refer to this false analogy as humans? Is it to justify our own inane apathy in the face of unwanted change?

A study done on humans placed a lone person and then a group of people in a room that is slowly filling with toxic smoke. The lone human noticed the smoke and reacted much faster than any individual in the room full of people, every time.

The study indicates that a human will literally put himself in greater sustained danger and question himself longer, rather than speak up or react and bring unwanted attention to himself. He probably would sit in that slowly boiling water till it was too late and we know 80% will watch bullies and do nothing.

So how much have these negative traits shaped our modern Australian society? Is this why we all feel a little lost and alone in our slowly boiling world? Is this why our teenagers are committing suicide, why bullying, rage and violence is escalating... why our parks, streets and beaches are empty?

Apathy in our politics and in our social and welfare systems allowed a six-month old baby to be thrown into the Tweed River last month, washing up on Surfers Paradise beach where schoolies danced ignorantly on her final resting place hours later.

The young couple living near us scream and abuse

each other nightly. They don't bring their six-month old baby outside, he calls her ugly names to make her put down her mobile phone and attend to their crying baby, but there is no formula milk.

My nephew is on ice. He wasn't around this Christmas. His dad has washed his hands of him: "He had every opportunity, he made his choice."

I don't recall my nephew ever talking about wanting to grow up and be an addict, to be violently out of control, to be totally lost to his family by 25. He was a sweet but very sensitive boy... in a very clean room... mum and dad fought each night... or didn't talk at all.

How much longer can we sustain this apathy and dishonesty as our teenagers turn to ice, anti-depression medication, or alcohol like their parents, as our elderly medicate away in nursing homes, Aborigines hang in jail cells and our babies cry?

My New Year's wish is that this corrosive apathy to speak out about what is truly happening in our communities and families be addressed, and we admit that there is a shitload of smoke in too many Australian homes. We need answers and we need to change... lest we all forget exactly what our soldiers fought for. Change won't come from the toxic systems. Change will only come when the common people rise up... speak up... stop sitting in boiling water and inhaling smoke!

Laurie Axtens ('Revenge of the Loon' NGT Dec 18) spoke up. The Yellow-Vest Movement in France and now Ireland is screaming out. Come on everyone... 2019 may just be the year your voices will be heard.

# Great line-up for Medican workshops



Deb Waldren leading a workshop last year

The Nimbin Hemp Embassy hits the ground running in 2019 with another of their popular Medican Workshops on the weekend of 19th and 20th January.

Special guest Leah Bisiani (MHLthSc/ DipBus/RN1/Dementia Consultant/ Learning & Advisory) will be a key speaker. Leah (pictured) has 35 years' experience in aged-dementia care establishing a highly skilled knowledge base as a global leader in the field.

Embassy president Michael Balderstone said, "We are thrilled Leah is coming to Nimbin for the weekend, she has never been here before, and it's a rare opportunity for everyone on the North Coast to get some real insight into medical cannabis's amazing properties, especially for those of us getting older."

"She is a popular and prominent speaker here and overseas at medical cannabis conferences and symposiums, and we are fortunate to have her visit."

Leah's primary vision has been focused on changing negative culture and philosophies on care associated with people living with dementia, providing a voice that confronts current practice and advocated their rights. Her pioneering revelations have enabled people living

with dementia to attain enriched lifestyles based on recognition of personhood and maintenance of self through valuing individual preference and choice.

Additionally, and as a separate interest, she advocates the promising therapeutic attributes of medicinal cannabis for the treatment of chronic intractable pain in the older population.

"Potent opioid analgesics are widely prescribed within the aged care sector in Australia," she said. "Yet these agents are associated with the highest degree of drug-related harm."

Dr Andrew Katelaris is coming again to the Medican to tell us first-hand about his recent jury victory where he was found not guilty for helping epileptic children with medicinal cannabis.

Regular healer and live-wire speaker Dr Deb Waldren is also coming again as well as other healers and people using medical cannabis for various ailments. Radic AI will be doing herbal extraction classes and The Hemp Club will be doing demonstrations of hempseed oil extraction.

Lawyer Steve Bolt will be speaking on the cannabis laws and answering your questions on drug driving for example

and anything else pot related. Andrew Kavasilas will be talking on the latest from the frustrated front line of political change, where big pharma lobbyists still seem to get the final say.

"We cannot introduce any decent medical cannabis program with our current drug driving hysteria, and it's an important conversation," said Michael.

There will be medical Cannabis users telling their stories and local Greens political candidate Sue Higginson is expected to drop in on Saturday. There will also be a guest appearance from local social commentator, comedian and legendary HEMP Olympix official, S Sorrensen. And to top it all, the Hemp Club will be displaying and modelling handwoven hemp clothing you cannot find anywhere else on Earth.

Talks start at 11am and aim to finish by 4.20pm, at the Bush Theatre by Mulgum Creek in the old butter factory on the north side of Nimbin. Everyone is welcome, donations greatly appreciated. Excellent food will be available at the on-site Bush Theatre Cafe.

Anyone using medical cannabis who would like to tell their story on the day should contact the HEMP Embassy, phone (02) 6689-1842 or email: [head@hempembassy.net](mailto:head@hempembassy.net) or talk to Michael on the day.

# STREET SHUFFLE

Journal of the North Coast's longest serving covert

ScoMo has kept me on like a pet, and it's opened my eyes big-time. He's so busy and snappy a lot, which means I get to swoop around the PM's department where all sorts of weird trips are playing out spending your money.

One favourite is the WOF... Watch Our Future. Severe control freaks to the core, with their eyes on a cashless society where they get to monitor every cent you spend. And if ScoMo was in charge of the inevitable points system, you'd be lucky to find a roof over your head if you gamble, buy too much alcohol, or behave in any other way he would disapprove of.

They say punishments are decided by computer so no-one is really responsible! And of course the illegal drugs black market is almost check-mated, which excites the few Zionists in the WOF staff. Simple jealousy as I see it. The religious WOF crew are calling it the CR, the Churches' Revenge.

I've got ScoMo on the tincture when he's in the Capital, CBD primarily, but of course it doesn't work unless there's a little THC in the mix. The yeast to make the bread rise. He's clearly more relaxed, and now the staff all want in on it.

The fact that Canberra is now openly talking about fully legalising the demon weed has a whole new attitude pervading Parliament House. It's barely criminal anymore, and certainly not the CBD.

He joked about it the other day. "Got any of that Central Business District, Bethany?" Laughing loudly, embarrassingly loudly, to himself more than the staff, all wide-eyed and hanging on every word.

Another exploration area to open my eyes is simply known as the LB, the Lawyers Building. A large grey seven-story rectangular unnoticeable building between the Big House and the Art Gallery, it's become a regular haunt for me when the PM is overseas. In between reading, I walk

outside and no-one seems to notice the big reefers I smoke wandering the paths by the lake.

ScoMo says no-one can work in there unless they have a law degree. Even the front desk is manned by lawyers who all have a similar deathly smell to them. My PM Gold Pass gets me everywhere and no-one asks any questions. I found the very fat Bin file and it makes for enlightened reading. Hard to believe how many informers are on the payroll in one tiny village, have to be a world first.

And the constant theme to make the main street look like a disaster zone has been steady policy since the seventies. Some savvy politicians realised the hippy village was a perfect scapegoat. "If you want to legalise marijuana, just take a look at the streets of the weed capital. You want all of Australia to look like that?" It works every time. End of conversation.

There's pages and pages of meeting



plans and strategies to keep the footpaths scary and grubby. Old plans like sending the homeless there are spelt out in detail. Dreadlocked people actually got free bus tickets from Byron if they had no address. Same as addicts getting out of jail with nowhere to go.

The tone of the reports changes in the last decade as tourism becomes an economic powerhouse but most efforts recently to fix the village's appearance have possibly made it worse. What would people who have never been there know about managing the place from an office a thousand miles away?

I talked to ScoMo about it one late

night. He was drinking Scotch, and me mineral water. "You know the hippies up in the hills near where I hide out have a plan to bring down the government?" Guaranteed to get his attention. "They want to sue you for damages. As soon as their pot is proven to be good medicine then they sue you for the damages done by decades of lies."

He went very quiet but then told me there is a whole floor in the Lawyers Building devoted to stopping this happening. I didn't believe him but he assured me it was true, and "not just for marrawana but other drugs too, like heroin."

"We've got it covered I think," he finally said, but I could see he wasn't convinced. "Did you know we have to fight with Defence to get the best and brightest lawyers from the Universities? You'd think keeping the government afloat would be a priority, but no, it's every man for himself out there."

"They'd rather sue the police anyway I believe, but then again that's you also isn't it?"

He glared at me. "Just whose side are you on Bethany?"

"The good guys, Sir," is my standard answer and fortunately he doesn't ask for details, or not yet.





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# Bad news for meat-eating mammals

by Robin Stein, Intuitive Healer

If you feed processed dog food to your dog, there is something extremely important that you need to know.

Doctor Joseph Mercola is a highly respected veterinary doctor. He became my hero when he began to tell the public about certain veterinary treatments that would harm dogs and other animals for life.

Then, as he researched further, he began to tell the truth about vets and also the way pharmaceutical companies force doctors to practice. He also began offering more natural alternatives to chemical medicines, which kill thousands of people annually.

He writes a regular veterinary advice article on his website, [www.mercola.com](http://www.mercola.com) that comes into my email box daily on a free subscription. And the one I write about today appalled me so completely, I felt the need to pass it on to our readers.

When animals are slaughtered for food, a percentage are not in good health. It is discovered when butchers cut up the meat, that many have cancerous tumours, huge abscesses, ulcers, warts and many infections to organs and other parts of the body.

You would imagine that these carcasses would be discarded. But the beef industry is worth billions. It pays around \$1200 per beast before slaughter, so they are not discarded.



Instead, each cancer, abscess, ulcer and infection is cut away, and this is what goes into cans and sold as dog food. This horrified me. But what also horrified me is that the rest of the meat is sold for human consumption. Such is the integrity of the red meat industry.

I imagine it is the same for smaller animals that are slaughtered for food as well. And feel certain that these are the dirty secrets the meat industry does 'not' want people to know.

It is not only cancers that affect the meat of animals slaughtered for food. In June 2018, The Age newspaper in Victoria reported that livestock in certain areas of Victoria, had been affected by the fire-fighting foam PFOS, Polyfluorooctane Sulfonate. It was declared a hazardous chemical in all its various forms, one of which is used in Scotchgard and stain repellants.

Those areas were around the ESSO Longford gas plant, the RAAF, the Dutson Downs water treatment plant

and the CFA Fulham training facility in West Sale in Victoria. And it leached into the water of Lake Wellington, Carrs Creek and Lake Reeve.

This particular hazardous chemical has been found in elevated levels in livestock in 90 locations around Australia, with 16 of these locations being in Victoria. Incredibly, farmers with affected livestock, were advised 'not' to eat any part of the meat or offal of their cattle, yet the meat was 'not' restricted for sale to the rest of Australia.

From the enormous amount of material I researched, it appears that nobody, including those bodies who tell us they are protecting us, really cares that meat affected by disease or hazardous chemicals, is sold for either human or pet consumption.

All livestock are protected from blood sucking insects with chemicals, most of which have not been tested for human or animal consumption. Add to this, the many warnings about processed meats and sausages causing cancer and it appears that the evidence is in.

Meat may provide protein, iron, zinc and other minerals that are healthy for both people and animals, but we need to understand the risks involved when we have no idea where that meat comes from or what chemicals have been used in its production.

Please choose healthier alternatives for both people and pets.

# Sea water and other whale tales

by Thom Culpeper

Should we follow the Swiftian position, counselling on matters of preparing Whale for supper could be a tongue-in-cheek manner to bring on a rage (or twenty or so), given that the good vicar Swift suggested that 'small-people', "Kidly-dids" could be "prepared" and utilised in combating general hunger during any Irish famine.

Imbibing cetacean flesh has a long history. The Japanese utilised whale products prior to 800AD as have many other cultures hunted and used whale material for these purposes historically and currently in some cases. The West hunted them for their oil and fats, the Americans deciding that the meat protein was of no use. (Slaughtering Passenger Pigeons for feathers and the Plains Bison for bone charcoal and fertiliser was indeed, more 'civilised').

At the Nantucket Sailing School's harbour, multitudes of sailing logs document the secret navigation to the southern slaughter-killing fields, many venturing as far away as New Zealand, the effort not dissuading the 'oil-getters' from these rich seas for the industrial-capitalist picking.

The tattooed Polynesians of the Land of the Long White Cloud quite happily lent a back or two to this enterprise, guns being the currency. Robert Campbell of Sydney and Duntroon, Canberra, the Oz gun-runner and general merchant, was a guns-for-whale-oil and flax trader.

Reading the logs of the sailing masters of these boats, in many cases the Boston-built Whalers, is quite a sociological eye opener. The flesh was not seen as being a civilised Manna, so maybe it was their petty bourgeois sensitised rejection of the 'kinna-nosh' of the native tribes of the colonised country that incurred this selective loathing and subsequent pathetic waste.

Not having the latitude to write what could be on this matter, and as a Quarterly Essay is needed for the subject and space being of a premium, I can at least throw in a quote from the inestimable *New Larousse Gastronomique* 4th edition (1981) pp. 978-9 regarding Crapoise, or "whale for Lent".

Doctor Felix Bremont writes: "I cannot say anything bad about whale meat, nor will I say anything good about it, but to say Escolpe de whale a la Valoise is little better than a piece of beef boiled in water that had been used to wash a load of not-too-fresh mackerel."

One other rider: Australia should establish the world's first whale knacker to "harvest", under veterinary control and care, to be able to utilise the useless waste of the stranded and beached whales. Hopelessly damaged animals being euthanised and processed to be stored.

Whale meat harvested under this programme might euchre the hunting frat!



## Recipe

### Ingredients

Portion of sea thing.  
Boiled sea-water (diluted 50:50)  
Citric acid  
Herbs to taste

### Method

Souse your Whale meat, Dugong, Turtle, Sea-Otter, Palorus-Jack (Dolphin or porpoise), Polar-Bear, Nar-whal or whatever in 50% herbed-sea-water + a little (.25%) citric acid for 12 hours and treat as beef roast, or uncooked as sushi. Da dang...!

A disgusting fare.

Battery bike and late model I-book required. Email: [thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)



## Copaiba: A Brazilian rainforest resin with cannabinoid receptor benefits



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



**Copaiba Oil with echinacea flowers in background**

Copaiba balsam is technically an oleoresin (oil/resin), a liquid harvested by tapping into the massive rainforest trees of the *Copaifera* species native to Brazil, in much the same way as maple syrup is tapped from Canadian maple trees.

The method of extraction is a sustainable harvest which can yield 40 litres of oleoresin per tree per year. It has been used for hundreds of years by Indigenous people for its anti-inflammatory and healing properties. It is used for a wide variety of skin conditions including psoriasis, dermatitis, hives, wounds, bruises and acne.

Other traditional uses include a variety of infectious illnesses (bronchitis, urinary tract infections, and tonsillitis amongst others) as it has natural antibiotic properties.

For topical application, I make a blend of 20% copaiba oleoresin diluted with fractionated coconut oil which acts to preserve the freshness of the oil.

The full strength oleoresin can cause skin irritation so it

is preferable to use diluted. A small test patch should be applied to the arm and left for 12 hours to assess any adverse effects.

The diluted oil can be massaged into sore joints and muscles. It also can be used full strength to treat nail fungal infections.

Information in the book *Healing Power of Rainforest Plants* by Leslie Taylor states that the oleoresin is ingested in very small doses, 5-15 drops 1 to 3 times daily. It is traditionally taken in a cup of warm water. Larger doses can cause nausea, vomiting, and a measles-like skin rash. It is however, officially approved in the US as a food additive in small quantities. It is also used in perfumes, as it has a very pleasant aroma.

Copaiba oleoresin consists of approximately 15% of an essential oil which is extracted by steam distillation from the oleoresin. Whilst considerably more expensive, especially

through multi-level marketing companies, it does not contain the complete range of active ingredients that are found in the oleoresin.

I prefer to use the more complex oleoresin, as it also reflects traditional medicinal use. I have not found any reputable information on ingestion of the essential oil, and, as it is not traditionally used in this form, I would not recommend it.

Recent scientific research on the "endocannabinoid system" (ECS) helps to explain some of the effectiveness of copaiba oleoresin. The ECS is a complex physiological mechanism regulating or balancing all body systems and organs. The ECS was discovered in the process of scientists researching how THC in marijuana acts. It is now believed to be potentially the most important physiologic system in the body.

It was found that THC acts on the CB-1 system which is in the brain and central nervous system. This system is associated with the psychoactive effects of marijuana. Scientists also discovered the CB-2 system which acts throughout the body, particularly regulating the immune system, nervous system, digestion and other functions.

It is hypothesised that some people with chronic pain symptoms and immune imbalances may have a deficiency of functioning of the ECS. The CBD oil extracted from THC-free cannabis

contains cannabinoids that act on the CB-2 receptors to modify symptoms such as neurologic pain, seizures, and appetite regulation.

Similarly, copaiba oleoresin also has no effect on the CB-1 receptors so is not psychoactive, although it helps with symptoms such as anxiety.

Copaiba oleoresin binds directly to CB-2 receptors through its main active constituent, a sesquiterpene called beta-Caryophyllene. It is the highest known plant source of this ingredient.

My current batch of Copaiba oleoresin contains a generous 48% of beta-Caryophyllene in addition to a number of other active constituents. This acts on the CB-2 receptors to damp down nerve pain and has an anti-inflammatory action.

One of the most interesting areas of research in recent years is the benefits of copaiba oleoresin in pain relief, especially the very difficult to manage neurological (nerve) pain. It also shows strong anti-inflammatory and immune system modulating effects.

*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](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.*

## Do you or your partner snore?

Snoring is the vibration of respiratory structures and the resulting sound due to obstructed air movement during breathing while sleeping.

In some cases, the sound may be soft, but in most cases, it can be loud and unpleasant.

Snoring during sleep may be a sign, or first alarm, of Obstructive Sleep Apnea (OSA). Research suggests that snoring is one of the factors of sleep deprivation.

Snoring is the hoarse or harsh sound that occurs when air flows past relaxed tissues in your throat, causing the tissues to vibrate as you breathe.

Nearly everyone snores now and then, but for some people it can be a chronic problem.

Sometimes it may also indicate a serious health condition. In addition, snoring can be a nuisance to your partner.

Lifestyle changes, such as losing weight, avoiding alcohol close to bedtime or sleeping on your side, can help stop snoring.

In addition, medical devices and surgery are available that may reduce disruptive snoring. However, these



aren't suitable or necessary for everyone who snores.

### Complications

Habitual snoring may be more than just a nuisance. Aside from disrupting a bed partner's sleep, you may be at risk for other complications, including:

- Daytime sleepiness
- Frequent frustration or anger
- Difficulty concentrating
- A greater risk of high blood pressure, heart conditions and stroke
- An increased risk of behaviour problems, such as aggression or learning problems, in children with OSA
- An increased risk of motor vehicle accidents due to lack of sleep

This is where I come in and may be able to help you with Bowen Therapy!

I haven't kept a track on how many people I have helped to stop snoring but I have to say that even the loudest snorers have stopped after having Bowen Therapy and I always find that their jaw is out of alignment.

Last night I treated a couple who both snore, they are holidaying in their caravan locally. Both were complaining to me about each other how they can't sleep because of their snoring.

So, onto the massage bed they went here at my home, and I gave them both a treatment. I found that both of them had jaws that were out of alignment, and I balanced them very simply with this therapy.

This morning I rang the wife and asked how they slept last night. She was amazed that they didn't



by Sonia Barton  
Bowen therapist and  
Reiki master

snores, even though her husband had a lot to drink and this usually sets him off.

He was as quiet as a mouse all night. Imagine lying in a caravan together, you would definitely hear if they snored. She didn't think that she snored either. She usually wakes herself up snoring and she didn't last night.

I have so many stories like this, and 99.9% of people I've treated stopped snoring. I can't prove it as I haven't done a scientific study but I think I would be able to help you if you do snore and are worried about it.

I always say it's worth a try. And one of these days I think I should do a case study on it.

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