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Entry forms via the website:
www.bentleyartprize.com.au

Entries close 24th July 2019

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A TASTE OF ART



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

A July celebration of ceramics



'Pod' and 'Return to Earth' by Ali Walker
(right) 'Contemplation' by Alana Grant



by Karen Welsh

Ceramics are a fabulous artform like no other. A combination of techniques, textures and talents produce many varied unique, and individual pieces.

Be they utilitarian, sculptural or simply a delight to the eye, ceramics are highlighted this month at the Nimbin Artists Gallery.

Artists new to the Gallery are Ali Walker and Narelle Carlyle with earthy raw clay designs, as is Alana Grant's intriguing and beguiling 'Contemplation' sculptural piece.

Ali and Narelle join our longstanding exhibitors Jean Cooke, No Mad Potter and Gito von Schlippe whose work continues to prove popular with locals and visitors alike.

Our photos this month highlight only a small fraction of works available, and photos deny justice to the tactile textures, or fine detail in many works.

Why not drop in, check them out – and specifically, Ali Walker's 'Rain Chain' and see what I mean? Her copper wire detail marries well with the raw textures.

Nimbin Artists Gallery, 47 Cullen Street, Nimbin. Open 7 days: 10am to 5pm (mostly). Find us on Facebook, phone 6689-1444 or email: nimbinartistsgallery@gmail.com



Jug and bowls
by Jean Cooke

ARMONICA
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NIMBIN TRAILER HIRE

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Fibre, ceramics and more



'Rainforest Symphony II'
tapestry by Linda Whitefeather



Ceramics by Aurelie & Eliot Billot
(right) 'Old News' by Amanda Doran



The Fibre Show – Tactile

Blue Knob Gallery's annual Fibre Show opening night was well attended, with Brigitte Stieversmann opening the show and the wonderful Vocal Minority Choir performing on the night.

Rikki Fisher presented a beautifully painted portrait of Robin Moore which she has given to the Gallery. Rikki talked about the portrait and her desire to paint Robin from the early days of the Gallery opening. Instead of having any payment for her work, Rikki and Rob Fisher asked the committee if they could have a donation box in the Gallery to support their charity, Kenya Kids International.

As Robin Moore was a generous contributor to many charities over the years, and now a year since Robin's passing, we all felt it was a very fitting exchange. The opportunity to see the portrait and donate to this very worthy charity will run until the end of July.

There are some fantastic pieces of work in this exhibition, being one of the most

eclectic ranges of Fibre art we have had. From the natural to the man-made, there are some very unique pieces. There is everything from the hand painted or dyed cloth, hand-woven tapestry, recycled woven paper and plant material; embroidery, felted, woven and knitted garments, wall hangings, stunning carved wood sculptures and wall pieces. The exhibition runs until Saturday 20th July.

The next exhibition Opening will be on Friday 26th July with Peter Poropat in the Solo Space with his exhibition 'Rainforest Trees of Australia', and the member's exhibition in the gallery will be titled 'Up and Down'.

Blue Knob Ceramic Studio

Artists of the month are Aurélie and Elliot Billot, who joined the Blue Knob Ceramic studio at the beginning of the year. After making their first pots and experimenting with a few techniques, they have become happy potters.

While Elliot throws on the wheel,

Aurélie makes hand-built objects and slab work inspired by nature. In two terms, son and mum got quite productive and have experimented with many shapes, designs, textures and colours with various objects, always in good company!

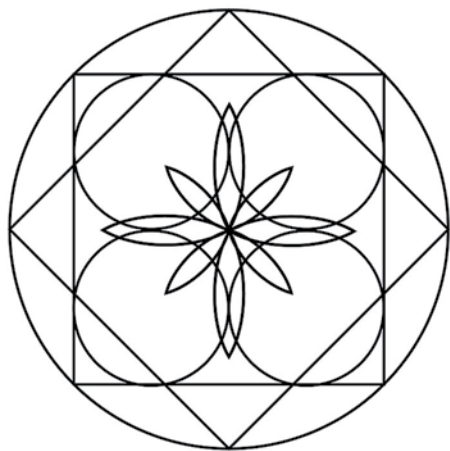
Over the weeks, Elliot and Aurélie have started a collection of little pots they always find a use for, small decorated plates, incense holder, garden curiosities...

A French Connection at Blue Knob Café

On Friday 12th July from 6pm, an all French, three-course meal prepared by French Chef Julie, assisted by café manager Paul Scott. Cost is \$25 per person, with meat and vegetable options available. Bookings are essential, please phone 6689-7449 or email: bkhgallery@harbourisp.net.au for menu and more info.

Artists & Friends Lunch

The next lunch will be held on Thursday 18th July at 12.30pm with a set menu for \$20 including main and dessert.



ROXY
GALLERY

131a Summerland Way Kyogle

Open: Wednesday to Saturday 10am – 3pm, Sunday 10am – 2pm



Artworks by David Shaw

Art at the Serpentine



David Shaw at the opening



by Michael Charwood

by Fiona McConnachie

The current show at the Serpentine Gallery, David Shaw's 'Once More With Feeling', opened with a well attended Opening Night considering it was a wet, cold winter's night.

After 20 years as a sculptor, David started to paint a year ago and this exhibition is his first as a painter.

"As a sculptor I have the inclination to always add dimension to my paintings. Not always possible or desirable, but I like the process of using different means to achieve texture or the third dimension, impasto, paper, cloth, metal powders, gravel, talcum powder... So many ways, each resulting in a different kind of relief."

You can see the results of David's experimentation and technique on show at 'Once More With Feeling' which runs daily until 16th July, with the gallery open seven days a week (Saturday/Sunday, 10am to 2pm and weekdays, 10am to 4pm).

Our next show is a members' exhibition, 'Abstract', and will run from 19th July for three weeks with the opening on 19th July, all welcome.

Abstract art is art that does not attempt to represent an accurate depiction of a visual reality but instead uses shapes, colours, forms and gestural marks to achieve

its effect. It is two- and three-dimensional. It can be used in concert with more representational expression or be completely abstract.

The main feature of the abstract art is that it is a non-representational practice, meaning that artists that embrace abstraction depart from accurate representation – this departure can be slight, partial, or complete.

Abstraction still relies on the basic elements of art (shape, value, line, colour, contrast, texture, form within a space), abstract art usually has a basis in reality, as in something being "abstracted."

The artist is the one in charge of what is being abstracted and to what degree.

With that being said, we encourage all our artist/members to give it a go and to please have your work in by Wednesday 17th July.

As is our policy, all mediums are welcome and we will do our utmost to accommodate any special requests etc regarding display and hanging.

The Serpentine Gallery is at 17a Bridge Street North Lismore, phone (02) 6621-6845, email: galler@serpentinearts.org We do most of our promotion via Facebook, so for current info please go to our Facebook page: [facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)

Lines in space, life in place

by Ruth Tsimbinis
Cultural services officer

The title for the next exhibition at the Roxy Galley suggests a connection between lines, space, life and place and both artists involved in this show are pursuing a path of completing the picture.

'Lines In Space, Life In Place' is a new body of works by local artists Rebecca Tapscott and Jill Ruciman. Both ladies are heavily involved in pursuing their interests in art making with a passion that sees them manage employment, family life, community participation and time for exploring their individual creative interests.

Both artists have been exploring the world of cyanotype printing (an alternative photographic process that uses the sun to make a 'blue print') and playing around with embellishing their images through the incorporation of digital collage and drawing.

Through working on a two-dimensional plane, they have both found interesting individual ways to tell their own creative stories on life.

The Roxy Gallery is thrilled to be able to provide insight into the creative people living in our area, and Rebecca and Jill are both well known within the Kyogle community.

Rebecca Tapscott uses continuous line drawing

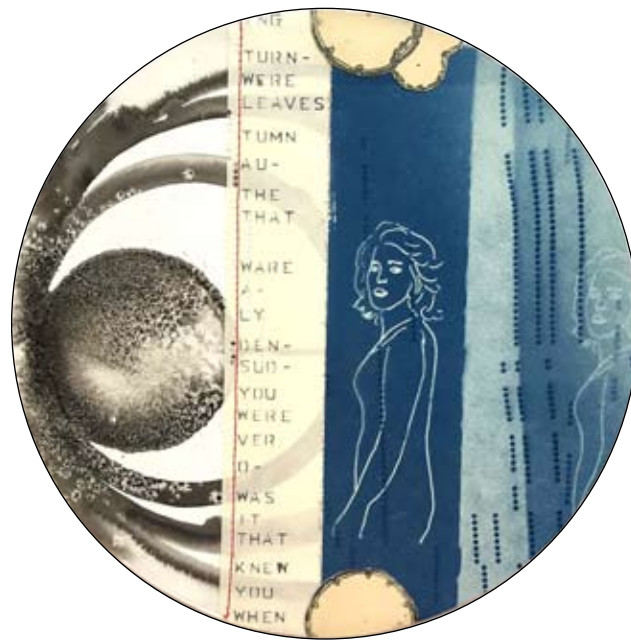
as a metaphor for the interconnection in the universe. She combines this with cyanotypes to memorialise the lives of dead animals. Rebecca's work celebrates the vibrancy of life and her surroundings through strong lines and vivid colours.

Jill Ruciman also uses cyanotype, printing digital collages that examine the idea that places of our past can no longer exist. Her mixed media work delves into the inner workings of the mind and the imperfection of memory, and her landscape photographs weave reality with her true uncorrected vision.

It is nice to think that both artists have embraced this gallery as a place for them to expose the amazing talents they have as individual artists working in a rural region and with an interest to share and develop their thirst for being creative.

'Lines In Space, Life In Place' begins on 3rd July with the official opening event commencing at 6pm on Friday 5th July. The last day of this exhibition will be Sunday 4th August, providing viewers a raft of time to visit the gallery and show their support for local artists.

The Roxy Gallery, at 131a Summerland Way Kyogle, is open Wednesday to Saturday 10am to 3pm, and Sunday 10am to 2pm.



Jill Ruciman, Untitled

'Wallaby in Wildflower, Afterlee Road' by Rebecca Tapscott



This month at Lismore Regional Gallery



Object Therapy

Gesture of Balance

This exhibition by Grant Vaughan runs from 6th July to 8th August, with the official opening by Meredith Hinchliffe on Friday 5th July at 6pm.

Grant Vaughan's work belies our expectations of worked timber. It is characterised by a gestural interplay of smooth, rolling forms and juxtaposed with sharp flowing lines and edges.

Taking inspiration from the organic forms of natural objects, his sensitive and elegant works offer the impression of growth and honour the inherent beauty of wood.

The making of each piece does not include joinery. Vaughan uses a precise and slow reductive process, hand-carving back into large blocks of salvaged timber (mainly beech, cedar and rosewood).

Vaughan has worked from his Rock Valley studio for over thirty years. His work is represented in many public and private collections including the National Gallery of Australia, Canberra; Parliament House Art Collection, Canberra; Power House Museum, Sydney and Museum of Fine Art, Boston.

Grant Vaughan has exhibited in Australia, the US and UK, but this is his first solo exhibition in the Northern Rivers.

"No-one in Australia is creating work that is similar to Vaughan's. He has broken new ground and no one has followed," said Meredith Hinchliffe, a Canberra-based curator, reviewer and arts advocate who will open the exhibition and feature in conversation with Grant Vaughan on Saturday 6th July, at 11am. Free event.

Object Therapy

Official opening Friday 5th July, 6pm – on show until 11th August.

Object Therapy encourages us to rethink our habits of material consumption while exploring and celebrating the role and creative possibilities of repair in society.

The exhibition features 29 broken objects that were submitted by members of the public to a team of repair researchers in Canberra before undergoing 'therapy'.

Items of furniture, ceramics, household appliances, textiles, jewellery, sentimental objects and even one human, were all treated and reimagined by noted Australian and international designers and artists including Guy Keulemans, Trent Jansen, Liam Mugavin and Alison Jackson.

In transforming these loved but broken items into objects of delight and surprise,

Object Therapy showcases innovative design solutions while exploring the attachments we form with objects.

For Lismore Regional Gallery the project has significance, now being housed in a heritage building that has also been 'creatively repaired'.

Lisa Cahill, Director of the Australian Design Centre said, "Object Therapy is rich with stories. The stories of the owners and what the broken objects mean to them; the stories of the designers and their process to repair the objects; and the broader story that is relevant to all of us in terms of how we value objects and how we can live in a better world simply by reusing what we have rather than throwing away and replacing with something new."

In a Byron Writers Festival satellite event, writer and performer Ailsa Piper returns to Lismore Regional Gallery with a performance inspired by the Object Therapy exhibition to re-work the way we think about the place of things in our lives. Saturday 3rd August, 6.30 – 7.30pm. Free event.

Admission to Lismore Regional Gallery is a suggested \$5 donation. Gallery opening hours: Tuesday – Sunday 10am to 4pm (Thursdays to 6pm). More info at: www.lismoregallery.org

Disrupt

In July and August the Australian and US military engage in Talisman Sabre war games at Evans Head. #DISRUPTTS19

Disrupt the games of killing and wars
Of young innocent men, the elite's little whores
Disrupt the production of killing machines
Guns, cannons, warships, planes you know what I mean

War is old hat and killing outdated
More damage than anything else is demonstrated
Disrupt the production of tanks and munitions
Make peace on earth and acceptance your mission

Without warring or war there will be less fear
We begin dismantling war machines, right now this year
And outlaw forever the harms of the war
With peace on Earth and one simple lore

"Nurture all living things and do not harm,
Universal acceptance through gratitude" and we disarm
And "Observe that in all of life that there is a Source"
Then peace on Earth will be par for the course

Disrupt the war games, killing and fear
Non-violently and peacefully, begin now this year
Disrupt the war games and Talisman Sabre
And you will be doing the whole planet a favour

– Thundercloud Repairian aka James Warren #peace

Children's book launch marks Terania anniversary

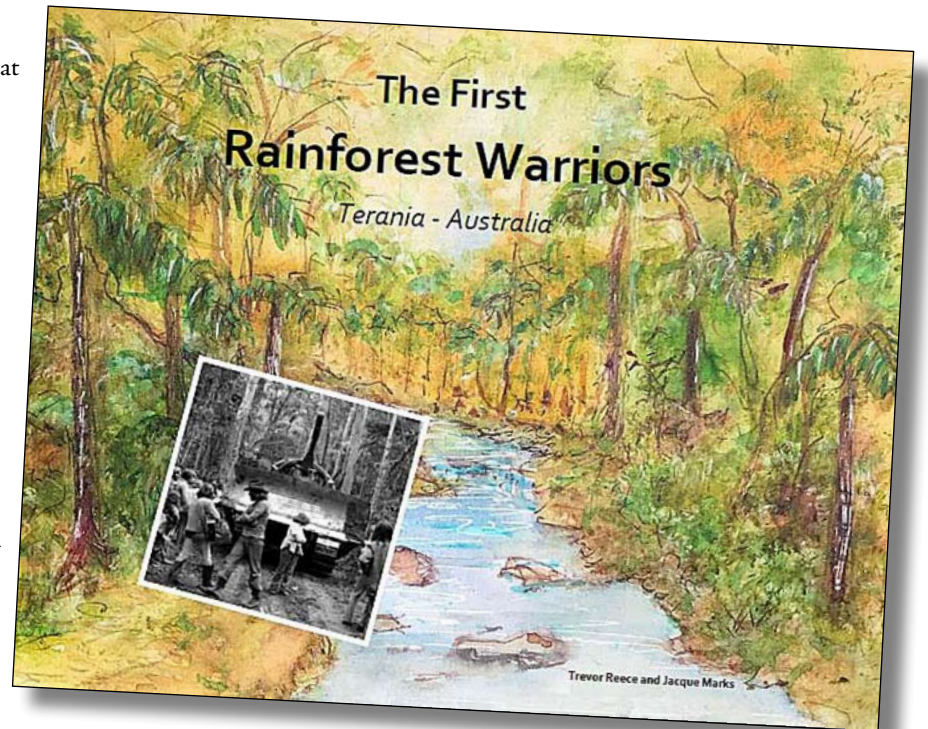
The 40th anniversary of the historic Terania rainforest logging protests that led with the later Mt Nardi protests to the creation of Nightcap National Park is just a month away. A special commemorative day for the historic Terania environmental actions is planned with the August Channon Market.

As part of the anniversary year commemorations, a special children's book has been created by retired teacher Trevor Reece and regional artist Jacque Marks. The book, *The First Rainforest Warriors Terania Australia* was created to help retain the history of the historic Terania environmental protection actions and the creation of Nightcap National Park with younger generations across the region.

The book has just recently been printed and has now also been reviewed and assessed by senior librarians from the Tweed Richmond Council libraries network and will be going into regional libraries. The book has also started to go into some regional school libraries.

The book has been printed in Australia and supports Australian industry. The book has been wholly self-funded by the author and there has been no public or official book launch as the book is in limited print numbers and the author wished for schools and libraries to have first awareness and opportunity to obtain a copy. Book printing is not cheap, and judging print run estimates and numbers with costings can be difficult for a self-publishing author and book project.

The First Rainforest Warriors Terania is orientated to primary school aged children and has delightful illustrations by regional artist Jacque Marks. Jacque also helped greatly with time



to the overall book production. The book also includes some historic photographs taken during the protest period by David Kemp, a keen amateur photographer and Terania protest veteran. Some of David's Terania photos were part of a special photographic exhibition at the Lismore Regional Art Gallery earlier this year and some of his photos will also be on exhibition at a special event marquee at the August Channon Market.

The book will also be available to the public at the anniversary market, with the author and illustrator presenting as well. A book website is under construction but some time away from completion and planned to include a range of educational activities and environmental information associated with the book story and the rainforests of the region and the world.

Following its soft release period, the

book is planned to be available publicly through the Nimbin and Caldera Environment Centres and the Mullumbimby Museum / Brunswick Valley Historical Society Inc as well as the monthly Channon Market office. Just ask at locations when it might be available and place a request. The author is not selling online or doing time-consuming individual mailings.

The book may be available in some other regional environmental centres and regional museum outlets also depending on available copy numbers from the initial print run and sales. Come along to the August Channon Market to meet Jacque the illustrator and Trevor the author.

Jacque can be contacted through her website: www.jacquemarks.com or Trevor can be contacted at email: treece545@gmail.com



Tarang's homeopathics

Food Matters
by Neil Amor

Growing up in a small community in the South African bush, surrounded by Zulus and Hindus, with a childhood drenched in the sounds of drumming and harmonising, would make one well prepared for the unique culture of Nimbin.

In Tarang Bates' own words: "Medicine men and women, Sangoma... being traditional herbalists, healers and diviners, were around our little village.."

"Growing up, I was fascinated and impressed by their healing abilities and diagnostic techniques... bone and stone, plants and creatures used in the healing arts. Small shops, packed with powders and jars, ceilings hung with dried herbs and creatures... potent smells."

Arriving in Nimbin in 1986 via several years and children in New Zealand, Tarang followed her inclinations borne of her childhood experiences in South Africa, a number of spiritual initiations and her natural leaning towards harmony in all things.

After studying Homeopathy, graduating in 2005, Tarang became part of the Nimbin Apothecary where she served the community for several years.

Opening her own business in 2006, Nimbin Homeopathics was born, supplying a wide range of remedies, mineral

celluloids, colloidal silver, balms, creams and essential oil products. Available from Nimbin Organic Food Co-op. Tarang can be contacted on 6689-1452 or email: tarangbates@yahoo.com.au

Tarang's Lentil and Potato Braise

1 1/2 cups washed green/brown lentils / 120ml olive oil / 1 onion chopped
1 chilli chopped / 2 - 4 cloves of garlic / 1 - 2 carrots finely sliced
2 - 3 med potatoes chopped in 5mm pieces / 3 - 4 cups of stock / bay leaf.

The following are optional... depending on your taste, just mix it up.

2 spoons wakame flakes / 1 sausage / 1 sachet Dashi / salt & pepper.

Place lentils in water to cover, bring to the boil on medium. Strain when up to boiling.

Heat the oil, saute garlic, chilli and onion for a few minutes then add potato, carrots and bay leaf.

Cook up for 5 min or so, then add lentils, stock (add 2 - 3 cups and top up with more during cooking if needed)

Simmer on medium - low for 30min until potatoes and lentils well cooked. Thick and nourishing.

Goes great with rice and veg or steamed veg.

Nimbin Organic Food Co-op July special

Local certified organic avocados 20% off for all members.

Ram Ballav, the street-kid entrepreneur – part two

by Simon Thomas

Plucked from a life scavenging on the streets of Kathmandu at the age of twelve, Ram Ballav was enrolled in school for the first time, and through the kindness of a foreign donor, had a safe place to live.

At 15, the children's home which had taken him in found him part-time employment working for an American who rented out rooms to foreigners, and Ram became acquainted with the tastes of the strange Buddhist hippies who liked to live around the holy Boudhanath Stupa.

After finishing school, Ram rented a tiny space on a side-street where he stocked the best range of knock-off movies around, both in English and various local languages. He became the Wikipedia of cinema for the area, able to name almost any movie from a description of a single scene.

When he needed to move out of the children's home, he set his knowledge to work, and with the assistance of his previous employer, rented an entire flat and let out his spare rooms to foreigners. He now owns his own three-storey building with a range of bedsits and apartments, although he still sleeps in the café himself.

A short marriage a decade ago gifted Ram with a bright and talented son, of whom he has sole care. The two of them live more like brothers than



father and son, sharing a love that fills Ramsterdam Café with light when Benju performs CCR on his electric guitar.

When Ram first asked me if we could organise performances in Ramsterdam Café, he explained that because his second mum was a musician, and given that he can't go to the USA to see her play, he wanted to create a venue where she could perform. This was the driving force of Ram's wish to create a café.

As for his real mum, she knew nothing of him for seven years. She came repeatedly to Kathmandu searching for her missing child, and one day stood unwittingly only metres from the door of the children's home.

One day, when Ram was 17 years old, he encountered the man who had taken him from his home so many years ago. Rather than being angry with him as one might expect, Ram was overjoyed, and the next weekend, they travelled

together to his ancestral village. Ram was hoping that his mother would recognise him, and posed as a stranger from the city.

After sitting with his mother and grandmother in the family tea house for an hour, he had almost given up hope. However, when his younger brother returned from collecting wood, he flew straight into Ram's arms. It was tears all round after that, I believe.

This February, I had the honour of playing on Ram's new stage with his own sound system, alongside Jenn Cleary, whose simple kindness has changed an entire neighbourhood.

Ram has two messages that he would like to share with the world. Firstly, to all the street-kids, and people who are doing it tough, "I was just like you," he says. "Be honest and you will have a better life. Just be honest."

"As well," he added, "I want to tell those foreigners who sponsor one child for a few hundred dollars every year that I have such a great life now because of one woman. I feel so grateful that I met my second mum."

I wonder how Ram's story would have turned out had he been a girl.

Author's note: There have been problems with orphanages in Nepal and other countries. Please choose your charity carefully if you wish to help children overseas. From personal experience, I recommend Lotus Outreach.

The sharp point of suffering

My cousin is having a really hard time. Stuck in Sydney with a grieving, sick father after losing her mother dramatically last year, working full time after her own divorce, she asks, "Why am I here?"

Good question, best question ever we could say. One we all ask ourselves from time to time, particularly it seems when things in our lives are not going well. Is this the point of suffering?

According to Australian moral philosopher, Matthew Beard, "Unless we dare to ask why things matter, we'll never get past a superficial understanding of our moral universe." Sometimes only by experiencing the dark, can we strive more diligently towards the light and our current societal chaos may be an indication of imminent change.

According to Chaos theory, catastrophic changes can elicit fractal bifurcations in the spiral creative forces of the world with new emergent forms evolving, like an idea whose time has come.

There are many evolving and transcendent ideas being shared at this time, reflecting the incredible ingenuity of human kind. Unfortunately, many of these concepts are having to be funnelled into the making of money, as we continue to be tied to our cultural underpinning of what is valued and our deeper seated need for security.

Fair enough you may say, but in Indian philosopher Jiddu Krishnamurti's wisdom, "It is no measure of health to be well-adjusted to a profoundly sick society."

In systems theory, the more complex the system, the greater the rate of emergence, as we are seeing in the increasing speed of change around us, but as in all natural systems, complex systems evolve more rapidly when there are stable intermediate forms. We need to ask ourselves in this interesting age, how stable do we feel amongst all this change.

"Each major age of history has drawn its coherence, its identity, from some deep story that both informs its culture and underpins its social structure." (Jung) So what is our story and where is our structure?

Let's start with the basics. We live in a 3D material experience, within a 4D concept of time. Time itself is a spatial dimension we can experience when we are completely in the NOW, but the flow of time is a concept the ego uses to make sense of things and is relative. ie changes according to perception.

"In order to cohere the conceptual flux of symbolic images that exploded into

being when the ego self was born, the mind needed an ordering principle and a nexus of reference. That ordering principle was time, and that nexus was self." Our memory creates time and the flow of time creates memory, as Carlo Rovelli discusses in *The Order of Time*. If we don't distinguish any change, then the 'mind' seems to remain in a single, undifferentiated condition of the expansive space of now.

Although humans are not the only consciousness that can change its behaviour due to past experience, our self reflection is expansive with greater ability than other animals to analyse events over time, and this potentially grows with more experience, to enhance our 'bigger picture'. Asking why things happen and why we are here is an example of this.

"It is no measure of health to be well-adjusted to a profoundly sick society."

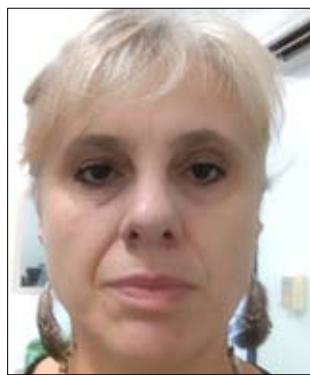
– Jiddu Krishnamurti

Human beings are great story tellers as observers of process over time, stories about how events may be achieved or avoided, and generally up until now the his/herstory of the human race is to transcend the current circumstance. Just within the last few generations we have direct experience with, we can see a gradual increase in knowledge and even emotional intelligence as we now discuss our emotions and other subjects we deemed as 'taboo' in previous generations.

This of course often depends on the company we keep and the sharing of this information in equal distribution, which according to systems analysts such as Koestler creates a Holarchic resilience in the system, where the whole is governed by and with its parts. Not exactly where we are just yet, but there are more people involved in the care of the planet and each other than there has ever been in the his/herstory of the world. (The Hope)

Is this because we are learning not to rely on the hierarchy to support our needs? As it is said, "Necessity is the mother of invention". The grit inside the oyster is what creates the pearl. Apparently the Precambrian worm is exactly the same as its ancient predecessors as it had no need to evolve. Maybe the one that wasn't as comfortable eventually evolved into us, a creation intelligent enough to create intelligence.

Certainly the Chinese symbol for crisis incorporates



In this moment
by Dr Jacqueline Boustany
Medicine woman

that of opportunity, and I see this in my practice every day. In fact, studies on long-term cancer survivors have determined that the congruent similarity between them was the recognition of their illness as a message for change that they then followed through. They may even say it was the best thing that ever happened to them. I believe our innate body intelligence sometimes has to slow us down long enough for us to pay attention.

According to a great many spiritualists, the foundations of growth often come from adversity, as Rumi describes in his ode to the sunbaked rose, finally cracking open from the thermostatic force. "And the day came when the risk to remain tight in a bud was more painful than the risk it took to blossom." (Anais Nin).

Easy to say when you are 'out of risk' ie having had the experience to reflect upon, but it is also said that suffering is what happens when we do not understand the purpose of our pain.

We are often prevented from seeing more deeply into the nature of things by the 3D construction of the world and our egos, but maybe the eventual disillusionment with the outside world that we inevitably experience, turns us inwardly to a different reality we are forced to discover.

"The truth is that all search for knowledge is essentially a form of prayer," (Muhammad Iqbal) and the defining quality of the inner eye in its most evolved form is that it can 'see' the deepest hidden structure of reality without impediment. "The fundamental idea of Buddhism is to pass beyond the world of opposites to achieve an absolute point of view." (David Suzuki)

Then "there is no good, there is no evil, only thinking makes it so", and knowing we all move through these periods of intense growth, we can thank the experience for showing us what we still have left to deal with.

"Only within the scaffolding of these truths, only on the firm foundations of unyielding despair, can the soul's habitation henceforth be safely built." (Darryl Reaney)

Plastic threat to platypus

When WIRES heard of the sighting of a platypus with a plastic band around its neck, they knew this was not going to be an easy rescue. A local wildlife enthusiast and avid photographer, Wal Bailey, had managed to photograph the stricken creature, in a photo that clearly indicated what appears to be a bright orange plastic bracelet of the type dispensed at music festivals and events. It wasn't the only sighting at this local creek and numerous concerned locals and WIRES members have since reported seeing the creature.

WIRES became highly concerned about the welfare of the platypus. Longer term there is an issue of the band tightening as the platypus grows, however the more immediate concern is that the band becomes caught on a snare in the creek as the platypus forages and that it may drown if not able to surface for air.

Platypus are very secretive creatures, mainly nocturnal but sometimes able to be seen at dusk and dawn. Sighting this individual would be one thing – freeing it from the plastic ring would be a completely different issue. Clearly a major undertaking, WIRES initiated a process of reaching out to relevant agencies for advice, assistance and support in order to help.

National Parks and Wildlife, Department of Primary Industries, Southern Cross University, Lismore City Council and local Landcare group were all contacted, together with the Australian Platypus Conservancy. All consulted were concerned for the welfare of the platypus. An initial trapping effort was organised, with WIRES volunteers assisting to lay nets and monitor them throughout the night. Unfortunately, the initial attempt didn't manage to catch any platypus.

By now news of this little creature's plight had spread and an experienced platypus rescuer from University of NSW, Gilad Bino, responded. As a former WIRES member



Photo: Wal Bailey

himself, he was keen to come to the assistance of a distressed animal. A second trapping night was organised with Gilad leading the team of WIRES volunteers. Another all-nighter was organised, with three platypus venturing into the traps. Unfortunately, none were the banded individual, so they were simply released.

WIRES hasn't given up hope of helping the platypus. The location of the platypus cannot be made public as we do not want to disturb it further. However, locals who are familiar with the area and situation are being encouraged to report in to the local WIRES branch on 6628-1898, providing times and locations, so that the rescue team can best plan their next trapping event.

The plight of this poor platypus is yet another reminder to the public of the dangers of plastic rings, and the terrible toll that plastic is having on wildlife. Please always dispose of plastics appropriately, and remember to cut any plastic rings and bands, regardless of their size. You might just be saving the life of a platypus.

If you are keen to make a difference for the wildlife in our area, consider joining WIRES. For more information about how you can join and contribute call 6628-1898 or go to: <http://wiresnr.org/Helping.html>



View from the loo
by Stuart McConville

There's a cold soaking rain falling and tanks are filling up. Welcome relief to those on tank water, especially those that still flush it down into the septic.

My thoughts at the moment are far away in Melbourne with my dear old Dad who has just been diagnosed with prostate cancer. Hopefully it is still in its early stages and treatable. The worst part of it is that peeing is very drawn-out and painful for him now.

At least he has for years been able to see the wisdom of raising his feet on a small stool whilst he goes to the toilet to poo. I imagine that this would be of benefit for peeing too, if you have to spend a while waiting for every drip.

As we age, we are increasingly at risk of bowel cancer, (the one that got my Mum) and we need to be sure we eliminate everything from our bowels when taking a crap. How we go about our daily business on the loo

Sit vs squat

may not interest many, but if you'd like to avoid bowel cancer it may be worth paying attention here.

A healthy diet and plenty of exercise will alleviate the possibility of getting this form of cancer, but shitting effectively will also help. The position of the anal canal whilst squatting is the best one for evacuating everything. The canal is open, relaxed and the bowel is compressed by the raising of the legs.

Getting it all out at the right time of day is also important. If we leave bits of shit floating around in our rectums/bowels all day, the chance that they will cause a cellular mutation resulting in a cancer is much higher.

Since most of the digestive processes occur when we are sleeping, mornings are the best time to crap. Of course as we get older or have led inactive lives, squatting is not an option. To simulate squatting, a foot stool that raises your legs in front of your standard toilet pedestal can be used.

The simulated squat will align your anal canal better than sitting, and help with stubborn bowel movements. In an ageing people, haemorrhoids can be avoided and better overall health maintained.

Here are seven good reasons to squat:

1. Makes elimination faster, easier and more complete. This helps prevent "faecal stagnation", a prime factor in colon cancer, appendicitis and inflammatory bowel disease.
2. Protects the nerves controlling the prostate, bladder and uterus.
3. Seals the ileocecal valve, between the colon and the small intestine. In the conventional sitting position, this valve is unsupported and often leaks during evacuation, contaminating the small intestine.
4. Relaxes the puborectalis muscle which normally chokes the rectum in order to maintain continence.
5. Uses the thighs to support the colon and prevent straining. Chronic straining on the toilet can cause hernias, diverticulosis, and pelvic organ prolapse.
6. A highly effective, non-invasive treatment for haemorrhoids, as shown by published clinical research.
7. For pregnant women, squatting avoids pressure on the uterus when using the toilet. Daily squatting helps prepare one for a more natural delivery.

Stuart McConville is a waste water consultant and compost toilet re-seller/manufacture. See: www.poohsolutions.com

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Feeling better

by Tonia Haynes

To all who have recently suffered from the flu, I sympathise. What a diabolical little demon! Most cruel and unsympathetic, with appendages that took great delight in attacking unexpectedly and painfully. Last month I had a bit of a mutter about the woes of Osteoarthritis. I received a couple of phone calls after the event from two intelligent folk, who read the *GoodTimes*.

One was a woman of 86 who was just grateful that finally, someone else knew what it feels like, the other was from a man, who shared that he used to suffer from rheumatoid arthritis, but when he became vegan the symptoms disappeared. There it is again, the food thing. No matter how much I internally rebel against limiting the flavours of my cooking, it appears that

what we put in our mouths truly matters when it comes to good health. I wish they might get that message in the hospital system. The food is generally appalling.

My personal journey recently discovered, that by eliminating wheat from the diet I also eliminated about 70% of the osteoarthritis pain. An interesting miracle, because I would venture that the man who is now a vegan may still eat wheat – unfortunately, I forgot to ask him.

Being that we are all individuals it may be that the foods that cause us problems are different from person to person. But as I said to the woman, finding a Kinesiologist that muscle tests for allergies would be a good move. The money is definitely worth it in order to find out what to eat, so that we can be pain free.

Bowen therapy and Pranic healing are two alternative therapies, which definitely



reduce the pain of arthritis. Unlike massage, which may exacerbate the pain they are both non-invasive and gently powerful.

The precise moves of the Bowen lift the tissue around the body cells so that waste and acid can leave and alkalising nutrition can enter.

Pranic healing is an energy healing that works on the electromagnetic field of the body, removing patterns of pain, both physical and emotional.

In my work, I use both. If the painful problem to the back, neck, shoulders or

limbs is arising from another source apart from arthritis, I also add some spinal realignment and massage in order to eliminate the issue.

So it is useful for yourself and to me that when you come for an appointment you are as honest as possible about your symptoms so that I may, as well as treating you with compassionate care, treat you as an individual.

In the meantime, keep giggling. It's good for whatever ails us.

Phone Tonia for an appointment on 0439-794-420.

Mariculture matters: Mandarin and wakame seaweed salad

by Thom Culpeper

The sea is about to become again a major source of human and animal nutrition.

"How do you feed seven or eight billion people from a world that's being threatened by climate change," says Mike Cannon-Brookes, the man who euhred the henny-pennies of "the world will fall in if coal isn't saved", the collective-idiots, the frivolous and motor-mouthed, the gormless and their presstitute fallacious, media honey-bunnies!

One, whose name is on most of our "Out-him" lists, and said, "The SA battery-powered grid was akin to building the big banana of energy", now has rancid egg all over his biblical puss. A 100 days, 100 megawatts, on time (or free) and done! To date the battery has saved SA citizens \$33,000,000 in stabilisation costs.

The partners, the Cannon-Brookes, Mike and Annie, together with Elon Musk, have put out and are putting more of their squillions into the real future.

Erg-propelled human carts, (Zoox EV cars), high-yield ag-ustables, low footprint verti-gardens in Singapore and Hong Kong made by the Oz show, Sustenir Co. Phart-reduced protein grazing with CSIRO's 'Future Feed', seaweed-based.

Most of the Earth at this time is covered in H²O, loaded with nutrients from a squillion aeons of mineral dilution. Photosynthesis prevails to a varying degree on most of this soup. The algae are at home in the shallow depth of this super-supper. We will have to be too!

In unison, we shall harvest the yields through the bonafides of the gift of the NUC-reality of old Sol. But, it will have to happen IN or BY these waters. And some may 'go on' about the other 'Weeds'. Best of water-challenged, soil-borne-luck.

The wise are looking outside the square. Oz is ALL girt by sea! The algae prevail in all the littorals and in many of Oz-Earth's, watered shallows.

Seaweed farming is a future imperative. Those interested in taking a position in this mariculture industry can email interest to: Pacific-Seaweed@tech-center.com

It is now a winter mandarin moment, and the boughs of the trees in our yards are resplendent with the golden-glorious of the winter's instigated colour. Maybe some who are wise and have been gifted with ideal forethought have husbanded one of the marvellous persimmons (*diospyros kaki*) cultivars, astringent and non-astringent. Fortunately now, so it seems, the Japanese types of non-astringent forms prevail. Utilise them.

Enough! And so, on to the point of this note:



Mandarin and wakame salad

Ingredients

- 1 kilo Tasmanian fresh wakame. (56 grams of Chinese or Korean dried wakame. NEVER use Japanese seaweed.)
- 20 grams of shredded ginger root
- 3 cloves of pressed garlic
- 60 mls of soy sauce
- 70 mls rice vinegar (or rose vinegar)
- 100 mls of sesame oil
- 100 mls of peanut oil
- 5 grams of chilli of desired heat
- Salt to taste
- 50 mls of sesame seed, raw or roasted
- 1 cos lettuce heart or a Belgium endive
- 4 large mandarins
- Slivers of eshallot

Method

Blend most of the spices and oils and ginger, garlic, soy, salt and chilli. Blend the sauce thoroughly!

Soak dried wakame, 10 minutes, save fluid. Add soaked/fresh wakame, to ¾ of herb sauce plus a little of the saved fluid, marinate 30 minutes.

Meanwhile, free the mandarin segments, de-seed and cut in half, arrange the inner leaves of the lettuce or endive around the presentation bowl. Load the wakame in layers with the mandarin segments. Drizzle over with the remaining herb sauce and finish with sesame seeds and cut eshallots. If you are willing to hold to a food truth, lightly sprinkle with MSG (low sodium). Serves four.

thewholeearthveg@gardener.com

Frankincense - a versatile treasure

Nature's pharmacy

by Trish Clough, herbalist

Frankincense resin is revered throughout history as incense, perfume, medicine and a valuable trading commodity. Its medicinal properties alone are very versatile.

I use it in three forms, as a whole resin oil extraction, a tincture and an essential oil. The properties and constituents of each form lend themselves to specific uses.

Frankincense is a tree resin from the genus *Boswellia*, with at least 25 known species. They grow in dry mountainous regions of India, Northern Africa and the Middle East. There are only four frankincense-producing species – *Boswellia serrata* from India, *Boswellia sacra* (pictured) from Arabia, *Boswellia carterii* from East Africa, and *Boswellia papyrifera* from Ethiopia.

The semi-solid gum resin is tapped from an incision in the tree trunk. In India it is stored in a bamboo basket where its liquid content slowly seeps out and leaves a semi solid gum resin which gradually hardens into tear-shaped frankincense particles. Most of us are familiar with the intense aroma from burning of the granules.

It evokes childhood memories for me of the characteristic scent of churches, very aromatic and 'cleansing'. Somehow I associated it with the church pews, having no idea it was the smoke aroma from frankincense.

The gum resin from the medicinal species contains 30-60% resin, 5-10% essential oil, and the rest is polysaccharides which make up the water soluble gum component. The resin and essential oils are the medicinal components, and need to be separated from the gums to manufacture therapeutic products.

Each species of boswellia yields



a different combination of active ingredients, the most important being boswellic acids. These have profound anti-inflammatory and pain relieving properties. They inhibit an enzyme that attracts inflammation-producing cells to the damaged area. Studies show reductions of inflammation of up to 84%.

Unlike medical anti-inflammatory drugs, boswellic acids reduce the damage to arthritic joints in addition to inhibiting pain and inflammation. NSAIDs on the other hand, are known to accelerate joint damage.

Frankincense essential oil is obtained by steam distillation. Tested against a range of bacterial and fungal organisms that cause acne, scalp and nail infections, it showed superior anti-microbial activity.

Many websites promote frankincense essential oil as a pain relieving anti-inflammatory. The puzzling thing is that the essential oil contains absolutely no boswellic acids. So all the studies done on the therapeutic effects of boswellia resin cannot be applied to the essential oil. The whole resin oil extraction is much more effective.

Boswellic acids have been found to benefit a range of inflammatory diseases, reducing injury in emphysema and cystic fibrosis, osteoarthritis, rheumatoid arthritis, and ulcerative colitis. They reduce cholesterol and plaque formation in arteries, and protect the liver. Further

studies have found boswellic acids to reduce brain swelling in traumatic brain injury. Taken seven days prior to surgery for glioma (brain tumour), boswellia decreased fluid by 30% and decreased further brain damage during treatment.

Other studies have shown a reduction in cluster headaches, inflammatory mediators in rheumatoid arthritis, knee pain and improved walking ability in arthritis. Additionally boswellia is blood thinning, reduces blood sugar in diabetes, helps with weight loss, improves psoriasis, boosts the immune system and is antimicrobial.

So, of course I'm excited to make medicinal products from this amazing treasure. Using resin is one of the most difficult manufacturing challenges. Grinding the particles of dried resin is tricky as heat from the milling makes it sticky.

I learnt a good trick from a website called 'The Apothecary's Garden', which is a very beautiful website on working with frankincense and myrrh resins. The trick is to freeze the resin before grinding it.

So I made a tincture by macerating it in full strength alcohol for a full moon cycle. One problem is the boswellic acids, for all their incredible anti-inflammatory benefits, are not very well taken up by the body. This can be considerably improved if taken with a fatty or oily food (such as avocado).

I have been trying the tincture with a small amount of coconut cream in water which seems to work well. Based on the method in 'The Apothecary's Garden', I made a slow infusion of boswellia in MCT oil (fractionated coconut oil).

I have used it after some minor injuries and back pain, and I have to say it's the most effective topical treatment I've ever used. In two days it took away pain I had for two-three months.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au

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Hormonal imbalances can be treated

by Sonia Barton
Bowen therapist and
Reiki master

Photo courtesy
medicalnewstoday.com



Hormone imbalances can impact your enjoyment of life.

For some people the impact is mild, while for others, hormonal conditions can be very distressing. There is a hormonal balancing procedure that I can help you with that can be used for addressing many symptoms of the reproductive and neurological system for both men and women.

This brilliant work by the late Trevor Rose from South Australia is a series of procedures for re-balancing aspects of the reproductive system. My holistic approach of Bowen therapy has been proven to be very valuable in treating many hormonal disorders.

Those who obtained the best results were treated with Bowen in conjunction with their GP/naturopath and/or gynecologist. (See: www.hormonalreleasethebowenway.com).

It is an outstanding series of gentle, yet firm moves that empower the body's natural healing forces, allowing a free

flow of energy around the spine, extremities and body organs.

"Hormonal release the Bowen way" is used for addressing many symptoms of the reproductive and neurological systems for both men and women. Therefore it goes to the very source of the problem.

When I learned this work a few years ago I felt like it was the "missing link" and thought that every Bowen therapist should have this in their "toolkit".

If you are experiencing menopause symptoms such as hot flushes, mood swings, irregular periods, vaginal dryness, night sweats and loss

of libido I can help you.

Period pain for the young and older need not always be endured because Bowen therapy has proved itself to help girls from 10 years and up to regulate periods, reduce clotting and lessen the pain associated with periods.

Fertility difficulties, pregnancy support and management, birth preparation and easing of delivery can be aided.

In men, prostate problems and loss of libido can be helped.

Bowen therapy is also playing an important role in helping endometriosis patients. Of course with all of the above you have to commit

to a course of treatments, having just a one-off session may not make much of a difference.

When I worked in Sydney in my clinic I saw many people find relief and success with the hormonal release the Bowen way protocol. First session is one hour and follow up sessions are half an hour so it makes it very affordable to most.

If you think I may be able to help you and you would like to discuss your issues don't hesitate to call me for a chat first.

Contact Sonia on 0431-911-329, email: soniabarton@yahoo.com or web: www.BowenEnergyWork.com.au

Nimbin Crossword Solution

From Page 31

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