

A TASTE OF ART

**blueknobhall**  
gallery

Blue Knob Ceramic Studio  
Blue Knob Cafe

Gallery & Cafe hours:  
Thurs 10am - 3pm, Fri 10am - 3pm  
Sat 8:30am - 3pm, Sun 10am - 3pm

Ceramic Studio: Thurs - Sat 10am - 3pm  
Ph: 0266897449 www.blueknobgallery.com

**Nature's Canvas**  
Connecting with Nature Through Art  
Sunday 1st December 10am - 4pm  
Hanging Rock Hall

Plein Air Painting Workshop  
Facilitated by Marty de Weerd

Nature Immersion Meditation  
and Sound Bath facilitated by  
Ama Joy of Pyramid of Light

www.pyramidoflight.org/events

Bookings and further details  
QR code

**NIMBIN  
ARTISTS  
GALLERY**

OPEN DAILY  
10am - 4 pm

49 Cullen St, Nimbin

CONTACT: PH 02 6689 1444  
www.nimbinartistsgallery.org  
nimbinartistsgallery@gmail.com

**Did you know?**  
All our links are clickable in the web edition.  
Go to: [www.nimbingoodtimes.com](http://www.nimbingoodtimes.com) and click away

**ROXY  
GALLERY**

131a Summerland Way Kyogle  
Open: Wednesday to Saturday 10am - 3pm, Sunday 10am - 2pm

## Nimbin Artists Gallery features Shannamay



by Karen Welsh

November sees local artists being showcased in two very different locations, Nimbin Artists Gallery and simultaneously at the Nimbin Diversity Exhibition being held at the Gunnedah Bicentennial Regional Gallery.

This was quite a unique venture with opening night in Gunnedah being well attended, and good attendance at Donna Sharam's artists' talk, and Art Class on the Sunday.

Fine timber craftsman, Paul Roguszka's skills were of immediate interest, and he was invited to address the local woodworkers, the following



day!

If you are travelling through Gunnedah, the exhibition ends on 22nd November.

On the home front, Shannamay is our featured Artist of the Month, with her finely executed and artful portrayal of the female form and portraiture, always with the most beguiling eyes.

Shannamay recently reflected that "everything we do in life leaves an energetic imprint. The stronger the heart resonance, the more authentic, the more we expand, the more connections we create, with each other, with all things living and lived, the greater our impact in this step in our human



Artworks by Shannamay

evolution."

Each of these reflections are well captured in her works and deliver a visual feast for the lovers of art, the female form and interpretive intrigue.

Nimbin Artists Gallery continues to provide a calm, artful place for us all, pop in to 49 Cullen Street, in the heart of Nimbin village, and see what's new, or if you are in beautiful downtown Gunnedah, pop into the Bicentennial Regional Gallery space for an enjoyable artful immersion of the senses.

Find us on facebook, or give us a call on 6689-1444 10am to 4pm-ish.

## Seeking the symbiocene



Meg Nielson



Peter Nielson

by Corinne Batt-Rawden

Serpentine Gallery presents an exhibition of Meg K Nielsen's paintings and drawings, together with partner Peter C Nielsen's photography and objects found, restored, recycled and created during our journey through life... celebrating the Earth and art... resolutely seeking the Symbiocene.

"The Symbiocene will be that period in Earth's history where humans symbiotically re-integrate themselves... utterly rejecting the current destructive despotism of the Anthropocene," - Glenn Albrecht, 2011

Glenn Albrecht's vision is a future that humanity must embrace... If we and all other species are to survive and thrive, we must stop this rampage of destruction and learn to live in harmony with the natural world, appreciating and respecting all life in our amazing interconnecting ecosystems, the multitude of ecosystems that make up the Earth... our life support system.

We see our greatest gift as having always known an emotional and spiritual connection with nature.

We see our greatest fortune as living our life surrounded by nature, choosing to live amongst wonderful native habitat



with its rich biodiversity, sharing life with the millions of species in this wonder-full ecosystem... this amazing matrix of life we call Planet Earth.

We see our greatest privilege as knowing the ever vigilant, extraordinary collective of awe-inspiring people, some no longer in the physical: our friends who devote their time trying to protect our natural world - encouraging protection for our native forests from the devastation of industrial scale logging; encouraging protection for our climate, land, water and the air we breathe from fossil fuels and toxic pollution; encouraging protection for our wetlands and waterways; encouraging correction of the terrible wrongs that impact animal rights and human rights.

Our works are our attempt to portray

our love for nature, for the Earth... the trees, all creatures and lifeforms, mammals to insects, mosses to microbes, the seen and the unseen.

We hope to share the knowing that the natural world is our Home and Nature is our kin. We hope to inspire and encourage others to seek the Symbiocene and each do what we can to bring it forward. As Albert Einstein said, "Look deep into nature, and then you'll understand everything."

The exhibition is running at the Serpentine Community Gallery, 104 Conway Street, Lismore until 18th November, with gallery hours Monday - Friday 10am-4pm, Saturday 10am-2pm. Contact the gallery on 0492-964-819 or email: [galler@serpentinearts.org](mailto:galler@serpentinearts.org) for more info.

# Unearthed



'Prey' by Theresa Mason

by Theresa Mason

*Unearthed* showcases the incredible diversity of talent being formed through TAFE's Diploma of Ceramics course in Lismore.

The exhibition title, *Unearthed*, refers directly to the different clay bodies used in students' work, their growth as ceramicists, and the first successful completion of the course's full operation at Southern Cross

University after relocating following the devastating 2022 floods.

Opening night is on Friday 15th November, 5.30-7.30pm at the newly re-opened Lismore Regional Art Gallery. The graduate exhibition will run for two weeks.

*Unearthed* highlights the passion and exploration each student has followed in their ceramic practice.

Graduate students present a series of works in their chosen

area, including wheel-thrown, altered forms, sculptural, slab built, functional ware and mixed media work.

Decorative techniques include sgraffito, neriage, raku, saggar, and textural and colour experimentation with oxides, stains and glaze.

Coming from a medical background, Mel chose ceramics as an opportunity to embrace creativity, saying she loves the earthiness of it. Her wheel-thrown and decorated water-etched work celebrates Australian native flora.

Despina uses ceramics as a meditative practice, saying she "went from mantras to clay" as it gives her the same feeling. Despina's work explores and embodies sacred geometry.

Vic chose ceramics as a way to re-position her creative life. Her work explores pathways to peace, and is architectural, slab built and raw fired.

Paola's sublime wheel work is inspired by traditional South American forms, combining textures with burnishing and oxides.

She uses ceramics as a form of meditation and expression of her soul language.

Eden's fantastical hand-built hybrid creations play on expectation and form. Her work evolves from her tactile relationship with the clay.

Meital's wheel-thrown altered forms explore notions of truth, playing on light and shadows.

My work is influenced by Skangarooonian Funk ceramics, using figurative language to give



Dee Angeli mala



Raku vase by Paola Zlatar

an archival protest voice to the looming extinction facing koalas in the wild.

From traditional and contemporary functional ware to

large architectural forms, fantasy, spiritual and protest ceramics, *Unearthed* presents an innovative and creative approach to ceramics in the Northern Rivers.

## Artists' Choice at Blue Knob Hall

'The Artist's Choice' exhibition is an annual event held at the end of each year at Blue Knob Hall Gallery.

Other exhibitions held throughout the year have a theme for artists to work towards and help inspire the imagination. Many of the artists who show their work at the Gallery have commented that the themes add that little bit of impetus to explore and create works that they might not ordinarily do otherwise.

'The Artist's Choice' allows a freedom from the themed and opens it up to a wider variety of work that the artists can either create or select from their ongoing art practice. This show often has a different feel, and we get to enjoy the wide variety of work that comes in.

Blue Knob Ceramic Studio will participate in this exhibition with work



'Menhir' by Ali Walker



'Fox Box' by Ishtar Wilson



Teapots by Genevieve Davies

created by the volunteer teachers and the students. Since inception by Heather Kimber in February 2016, this ceramic studio space has become incredibly popular. With Heather's retirement from teaching, the current volunteer teachers—Genevieve Davies, Ali Walker and Lorraine Lintern—inspire and encourage students to exhibit their work.

In particular, some very creative teapots have been seen coming out of the kiln. Over the last eight years this studio and its teachers have made a huge contribution to the arts, and fuelled the creative juices of many people who have come through the door. This is an opportunity for the community to see what has been going on in this wonderful creative space.

Blue Knob Gallery, Cafe & Ceramic Studio is open Thursday to Sunday. For

more information see us on Facebook, or email: [bkhgallery@inet.net.au](mailto:bkhgallery@inet.net.au) or phone 02-6689-7449.

♦ **Blue Knob Cafe** – has great Gourmet Toasties freshly made, pies, savoury pastries, specials, cakes, coffee and drinks. We look forward to seeing you on the cafe verandah for food, art and a great view of Blue Knob. See our Facebook page for more info about the Café.

♦ **Blue Knob Writers Group** – meet weekly at Blue Knob Cafe on Sundays. For more information contact Alex on 02-6689-7268 or Helen 0487-385-134.

♦ **Blue Knob Choir** – Meets on Thursdays from 3.45 – 5.15pm at Blue Knob Hall. Everyone is welcome, just turn up, or call Peter 0458-487-865.

**ARMONICA**  
ESPRESSO BAR & WOOD FIRED PIZZA  
02 6689-0094

**DIANBUNG GARDENS**

**FORTHCOMING EVENTS**

**December 20** Summer Solstice Feast and Ceremony 6-9pm

Open hours: Wednesdays, 10am-3pm  
Other times by appointment: 0429-147-138

74 Cecil Street, Nimbin Phone 6689-1755  
admin@permaculture.com.au

**VENUE FOR HIRE**  
www.permaculture.com.au

**Nimbin Newsagency & General Store**

Art & Craft Supplies  
Gifts  
Groceries  
Fruit & Veg  
Hardware  
Stationery  
Newspapers & Magazines  
Beauty Products  
& Much More

GENERAL STORE

Terry Bressington

**PLASTERIN' NIMBIN'**

0427 891626

**Gyprock walls and ceilings**  
**New work or renovations**

Lic. No. 100169C

**PERCEPTIO**

**BOOKS**  
**CRYSTALS**  
**GIFTS**

47 Cullen Street, Nimbin  
66 891 766

# Battery Incentive Scheme: All you need to know

by Max Pike  
Rainbow Power Company

The NSW Battery Incentive launched on 1st November, and there's lots of confusing information out there. Learn more about how the incentive works, who's eligible, and what you can expect in terms of savings.

Choosing to partner with an Accredited Certificate Providers (ACPs) like Rainbow Power Company will make the entire process seamless and our solar system designers can answer any questions you might have – give us a call if you need anything cleared up!

## How does it work?

The incentive is part of the Peak Demand Reduction Scheme (PDRS), rewarding those who install or connect eligible batteries. Rebates are based on Peak Demand Reduction Certificates (PRCs) generated by the battery, which are traded to create financial benefits.

## Who is eligible?

To qualify for the NSW battery incentive, you must:

- Be a resident or small business in NSW;
- Install a battery with a capacity between 2kWh and 28kWh;
- Use a licensed installer who meets government

- regulations;
  - Ensure the battery system comes with at least a 10-year warranty;
  - Contribute a minimum of \$200 to the cost.
- The battery must also meet performance standards to qualify for the incentive.

## How much will I save?

Savings will depend on the number of PRCs your battery generates. Generally, the rebate could cover a portion of your installation cost, but you'll need to contribute at least \$200.

An easy way to think of how it works though is that the NSW Government is generally funding about 10% of the cost of your battery.

For example, if you installed a 9.6kW Sungrow solar system, you'd expect to save about \$1,200 off the cost of your battery install.

If you installed a 15kW Sungrow system, the amount you'd save would be about \$2,000. These are just estimates – contact us directly for a final quote.

## Can I choose the battery?

Yes! As long as the battery model meets the eligibility requirements (capacity, warranty, and performance), you're free to choose the system that best suits your needs.

Certain models may also



Sungrow 9.6kWh battery

qualify for additional rebates if they are connected to a Virtual Power Plant (VPP).

## What is a virtual power plant?

A Virtual Power Plant (VPP) is a network of connected batteries that share energy with the grid during peak demand periods.

By joining a VPP, your battery stores excess energy and can discharge it when the grid needs extra power. This helps stabilise the energy system and can reduce your electricity costs.

Under the NSW battery rebate, additional incentives may be available for batteries connected to VPPs, as they provide greater benefits to the grid.

## What's the process for getting the rebate with RPC?

1. Give Rainbow Power a call ASAP so we can provide

2. You sign the quote and pay your 10% deposit;
3. Our install team will be in touch about an installation date (usually within four weeks but spots are filling fast);
4. Final payment is due on the date of installation

## Do I get the money?

Rebates are provided to your installer or battery retailer as an upfront discount, so you won't receive cash directly.

However, this means you'll see the savings on your overall installation bill, reducing the out-of-pocket cost.

## Can I install it myself?

No, you cannot install the battery system yourself. The NSW Government's battery incentive requires that the installation be performed by a licensed electrician who meets specific regulatory and safety standards.

This ensures the battery is installed safely and operates effectively, qualifying for the rebate under the program.

The Rainbow Power Company is located at 1 Alternative Way, Nimbin, phone 6689-1430, web: www.rpc.com.au

# Tracing the past, shaping the future

Earlier this year, Living Lab Northern Rivers asked the Lismore community about their vision for the town's future through 'Look Ahead: Ideas for a future Lismore', gathering ideas through meetings, small group chats, and many cups of tea.

A common thread across these discussions was the desire for a future shaped by Indigenous knowledge and culture.

"Through our conversations with the Lismore community, a strong message has emerged: people want to explore a future grounded in Indigenous knowledge and connection to Country," Dan Etheridge, engagement director of Living Lab Northern Rivers said.

Around the same time, the NSW Government committed to ensuring that all built environment projects in the state are developed with a Country-centred approach, guided by Aboriginal people, who know that if we care for Country, Country will care for us.

As we continue this cultural shift, what does it really mean to work with Indigenous knowledge? What do people mean by cultural land management? How can – and should – Indigenous custodianship integrate with European concepts of land ownership, planning, and management systems?

'Tracing the Past, Shaping the Future' explores these questions by examining how the physical environment has changed from pre-colonial times to the present day. It does this through the lens of plant communities, contrasting the environmental conditions shaped by the Country-centred worldview of the Bundjalung people with those shaped by the dominant Eurocentric, human-centred perspective of today.

"Our on-going collaboration with



Red Cedar

Jagun Alliance and Zion Engagement and Planning has been instrumental in shaping this exhibition", said Dan Etheridge.

"With the added creative expertise of Agency in Design, we've incorporated community voices and cultural insights into an exhibition that delves into new ways of caring for and living with the land," he said.

Elle Davidson, director, Zion Engagement and Planning agrees, viewing this exhibition as an invitation to unlearn and relearn some of the ways we've come to understand the land or Country.

"It's an opportunity to open ourselves to a different approach, guided by First Nations knowledge, and to think about how we can build a future that honours Country in a way that benefits us all," he said.

Join us at Living Lab Northern

Rivers shopfront for the opening of this exhibition.

Exhibition runs from 5th November 2024 to 6th February 2025, Tuesday to Thursday, 1-4pm (closed for the summer holiday period from 20th December to 13th January).

For more information, visit: [www.llnr.com.au/tracing-the-past-shaping-the-future](http://www.llnr.com.au/tracing-the-past-shaping-the-future)

## About Living Lab Northern Rivers

Living Lab Northern Rivers is a space where research and community come together to create the solutions that will allow the region to thrive in uncertainty.

A collaboration between Southern Cross University, University of Technology Sydney and NSW Reconstruction Authority, Living Lab Northern Rivers brings a diversity of groups to the table to create new ways of doing things to help rebuild better and foster resilience for the future.

# Save our shorebirds and stay off the dunes



Beach Stone-Curlew nesting at Clarkes Beach.  
Photo: Reid Waters

With the shorebird breeding season well underway, beach-goers are asked to stay off the sand dunes and leave nesting birds alone.

Byron Shire Council, along with Marine Parks, National Parks and Wildlife Service and the Byron Bird Buddies are working together to protect endangered, and critically endangered shorebird species who have taken up residence along the Byron coastline.

"We were all so thrilled to see a pair of critically endangered Beach Stone-Curlews nesting in the dunes on Clarkes Beach as there are only 13 breeding pairs in NSW," Chloe

Dowsett, coast and biodiversity coordinator, said.

"Their nests are just a small area of scraped sand and we have fenced the area off and put signage up warning people to stay away.

"It's so important these birds are not disturbed because they only lay one egg and the chick is cared for by both parents for seven to 12 months.

"We are hoping people will do the right thing and play their part in helping these special birds expand their family," Ms Dowsett said.

On other beaches, spotted pardalotes and rainbow bee-eaters have been sighted nesting in the dunes with the Byron Bird Buddies

rescuing a group of baby bee-eaters as the area surrounding their nest was being damaged by people trampling and climbing on the exposed dune.

"All of these precious birds are easily disturbed by walkers, joggers and especially dogs so we are asking people to be aware and take extra care when they are on the beach," Ms Dowsett said.

To help shorebirds people should:

- Keep to the intertidal zone near the water's edge;
- Stay off dunes and especially away from fenced areas that are protecting nest sites;
- Exercise dogs only in designated dog areas.

## What's that smell?

by Scott O'Keeffe, ecologist

It's October and something stinks in the orchard. It's not the smell of citrus flowers you were expecting. You wonder if you've stepped in a puddle of cleaning fluid... or is it vomit?

You're not imagining it. You've probably brushed up against a citrus tree. Find the nearest one and without disturbing it, look into the foliage. You'll probably find one or more of the insects in the photos.

The bright colours are meant to warn that if you get too close, you'll get a spray of the obnoxious chemical you just smelled. If you get it in your eyes or on sensitive skin, it will burn and leave a stain.

These are orange-bronze citrus bugs (*Musgraveia sulciventris*). Surprisingly, all of the insects in the photos are the same species. Each is at a different stage of its development.

Orange-bronze citrus bugs (OBCBs) are one of more than 80,000 species that belong to the huge insect order *Hemiptera* which includes aphids, leaf hoppers, cicadas, assassin bugs and many others.

OBCBs also belong to the giant shield bugs (*Tesseratomidae*), a family with about 240 species worldwide. Insects in this family have tube-like mouthparts for piercing plants and sucking up their

juices.

People often assume that because OBCBs are pests of fruit trees, they must be imported. Actually, they are a native insect and a good example of one that has adapted to an utterly transformed landscape.

The natural foods of OBCBs are native citrus species such as finger limes (*Citrus australasica*) and Australian round limes (*Citrus australis*). Native citrus have become scarcer as native vegetation has been cleared, but the bugs have quickly taken advantage of their nearest exotic relatives.

OBCBs are now very comfortable in cultivated oranges, lemons, limes, cumquats and other citrus on the east coast, from temperate areas to the edge of the tropics.

If you look carefully at the plants occupied by these insects, you will notice that many of the newly developing fruits have withered and fallen off the plants. Many of the new shoots will be yellow or black and shrivelled. This is where OBCBs have been feeding.

They pierce soft stems with their beak-like mouth parts and feed on the plant's juices, causing fruits and shoots to die. OBCBs are abundant and can be very destructive in citrus crops.

The plant's juices are food, but they also contribute components for some of the volatile chemicals that make up the insect's smelly



defence.

The chemical sprayed by these bugs probably evolved to deter predatory arthropods such as assassin bugs and parasitoid wasps.

However, the alkanes and aldehydes in the spray are also very effective in repelling vertebrates. Birds seem to be the main targets. The insect's defensive chemicals are released from glands on their sides, close to their heads.



Photos by the author

OBCBs start their lives as tiny lime green eggs laid on the underside of citrus leaves by the adult bugs (photo 1). The eggs hatch into juveniles (*nymphs*) shown in photos 2 and 3. As they grow, the nymphs shed their skins. This happens every three to five days.

In each stage of their development the nymphs are a different colour. In photo 2 the younger nymph is pale yellow while the bright orange nymph shown in photo three is in its final stage of development. The adults are much larger than the juveniles and don't bear a close resemblance.

Although I haven't found very much information on specific

OBCB predators, their eggs are probably eaten by a variety of small native birds such as thornbills (*Acanthiza species*).

Spangled drongos (*Dicrurus bracteatus*) have also been seen catching and eating OBCBs. I don't know how drongos are able to cope with the obnoxious chemicals that these bugs release.

I can't claim I look forward to seeing these insects in the orchard. When I see them though, I'm relieved that they haven't disappeared. We can at least admire their adaptability and enjoy their colours.

However, unless you're a drongo, look but don't touch.

## Views, privacy and potential



NIMBIN HILLS  
REAL ESTATE

'Minas Tirith' 63/265 Martin Road Larnook \$480,000

This sustainable timber pole house set on two acres has all the desirable elements for a contented country lifestyle without the big price tag.

Located in the strata-titled community of Billen Cliffs the property comes with a share in 800ac of regenerating bush as well as community buildings including huge hall, social space and arts and crafts centre.

This community, which has been established for over 40 years with well maintained access roads, has by-laws prohibiting cats and dogs, to protect the abundant wildlife.

This two-acre share offers sustainable living in a secluded paradise. It has views to the Border Ranges and Mackellar Range with access to cliffs and bush walks.

The residence is a rustic elevated 150m<sup>2</sup> home, clad in western red cedar. It is a very solid construction using quality timbers.

It would benefit from both a designer's touch and a little TLC, but is in good move-

in-ready condition.

The single-level for living spaces include extensive verandahs, currently two bedrooms (one with a sink) and one bathroom, kitchen/dining, bathroom/laundry and large lounge/office areas which could combine with a third bedroom.

This home has expansive outdoor living areas and verandahs including a terraced hill behind the house suitable for granny flat, caravan or shed(s).

There's also a carport and a garden shed and established organic fruit trees, including mango, avocado, olive, lychee, Davidson plum, sapote, macadamia and mulberry.

The property has off-grid solar power, solar hot water and ample rainwater tanks, wireless internet, and is approximately a 35 minute drive to Lismore, 30 minutes to Nimbin or 25 minutes to Kyogle.

Call Jacqui at Nimbin Hills Real Estate on 0439-156-666 to arrange an inspection.

# A colourful chaotic haven: Nola's garden

by Peter Brooker

Nola's ten acres rest on the floor of Nimbin Valley between a quiet country road and the dangers of Goolmangar Creek. That creek has risen more than once but the water has never washed away her spirit or her garden.

Nola has lived on her property for 36 years and she has created what might be called a cottage garden. She describes it as assorted, unordered, chaotic in a sense, but Chaos, according to the *Theogony of Hesiod*, was the first thing created and she filled the void, birthing both Erebus (darkness) and Nyx (night).

After Chaos came Gaea, (earth) and Eros, (desire) and I think these, rather than Chaos, better describe Nola's small piece of the valley.

It was the miniature rose that first lured Nola 'down the garden path', (English 'up the garden path' ca. 1924, politically incorrect origin), or more accurately the easy pruning method they offered.

Forty years ago, a well-known TV gardener uttered the words, "Just hack them back and they will



reward you," so Nola decided she could plant a garden, but, sadly, not all gardening is that simple.

Nola however was inspired; she ploughed on and, in what was once little more than lawn and a fruit-tree-lined driveway, she has created a haven of colour and movement.

There was no guided tour at Nola's, she simply let us loose like tourists at the Palace of Versailles to wander in the afternoon sunlight and ask questions as they arose.

If you chose to walk with Nola, it became reminiscent of those long and long-ago days attempting to learn Latin.

There were coreopsis, a small shrub, pittosporums and pentus,



## Nimbin Garden Club notes

so loved by butterflies with their pink, white and mauve flowers, gaura, the white flowering version that self-seeds and runs amok and the red that seems content to stay where it has always been, both loved by bees, the snowball viburnum, in a corner, the white and blue of plumbago, low to the ground the beautiful epiphyllum with its orchid like flower, liliams, a genus of the *Liliaceae* family not to be confused with the lily of the Nile or the agapanthus, that grew in the centre part of the garden, which is of course a member of the *Amaryllidaceae* family.

Hippeastrum, both the red and white, stood out against the green foliage. There are two hibiscus one is 36 years old and the other, which grew amongst the soon to flower agapanthus, is the Rose of Sharon, (*Hibiscus syriacus*).

While the Rose of Sharon with its white flower that turns pink, is a hibiscus, not all hibiscus are Rose of Sharon. Rose of Sharon is a woody shrub that can survive above



ground through winter unlike its tropical cousin the perennial Chinese hibiscus.

So what's missing? Not Bromeliads, there are plenty of them, not daylilies, maiden hair fern or the beautiful roses, they are all plentiful, but there are no vegetables to be found outside Nola's kitchen. Nola doesn't grow vegetables because she would have to bucket water to them and that is a step too far.

She seems to agree with the English poet Andrew Marvel (1621-1678) when he wrote: "When we have run our passions' heat, love

hither makes his best retreat: The gods, that mortal beauty chase, Still in a tree did end their race; Apollo hunted Daphne so, only that she might laurel grow: And Pan did after Syrinx speed not as a nymph, but for a reed."

Our thanks to Nola for a pleasant afternoon. Next meeting is at Russell and Cherie's, 6 Neem Road, Jarlanbah, provided the irresistible force is not overwhelmed by mother nature again.

Please park at the Hall and walk across with your plate, chair and something to share on 16th November.

## Secret men's business



View from the loo

by Stuart McConville

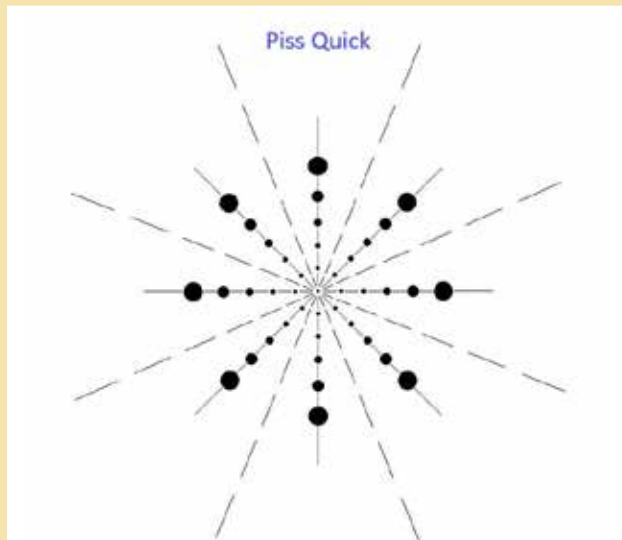
I know women often envy men the convenience of being able to piss anywhere, behind a tree, casually leaning against a car on the side of the road, over the gunwales of a boat and the list goes on.

Of course, we "hippies" have adapted, and women are likely to have nearly as many choices as blokes out in the bush. Skirts up and away... I remember one woman squatting in the middle of the dance floor at a party. Luckily it was grass!

Readers of the female persuasion may be surprised to hear that it is common for men to over-step their range and suffer a bout of stage fright. This happens a lot at the pub urinal for some reason.

The urge to go is abruptly stopped short by the banging of the dunny door or the guy waiting behind you wanting your spot at the wall. The moment is upon you, but you just can't seem to get a stream happening.

A few deep breaths usually does the trick, or a favourite of mine, imagine a tap or



stream running. Relaxing is the key.

If you still have problems, or it's a clinical thing, try staring at the image above and relaxing. I developed it as a sort of piss quick yantra and I reckon it works quite well. It would be great to get feedback on its efficacy.

Another exercise worth doing to strengthen the PC muscles and maintain healthy control of the urinary sphincter is to piss hard for a few seconds then stop, then piss again, then repeat as many times as you can whilst urinating.

It's also a great game for little boys to learn to aim and not get piss everywhere. A ping pong ball in the loo (or bucket) is fun to aim for. I used to try to move the piss pucks along the urinal at the pub for a bit of fun too.

Another male suffering is that of peeing with an erection. Not anywhere near the equivalent of pushing out a child, but still an inconvenience. Firstly, it is really hard to pee when fully

erect, and if you do manage, you will probably get an eyeful.

So, golden showers aside, the rule is to chill for a bit or find a position like taking a knee and bend into it so you can shoot downwards at least. It's a bit like cocking a leg, or legging a cock I guess... I remember being young and dumb and full of \$#@ at parties where this was a constant issue.

The smart investors though, are putting their dollars into adult nappies. Using ketamine at least three times a week over a period of two years has been shown to result in altered bladder function, with some patients complaining of severe urological problems (Mak et al, 2011). Leaky old people will lose their stigma at least.

So mums, just when you thought no more nappies!

Stuart McConville runs Pooh Solutions Compost Toilet and Waste Water Services  
Phone 0427-897-496  
<https://poohsolutions.com>

## Clear weather provides enjoyable treks



Gibraltar Ranges walking group



Alun with a majestic white beech

by Peter Moyle, Nimbin Bushwalkers Club

What a great month – at last consistent clear weather on our scheduled walks.

We revisited the secluded and difficult to access 38/38 Chasm, a wonderland of ferns, waterfalls, sheer cliffs, and majestic palms. Recommended for experienced walkers and should be accessed with a group. We used some of the new multi day walking tracks recently built by National Parks, a terrific addition to The Whian Whian State Conservation Area. More great walks to add to this easily accessible location. With the well set up camping area at Rummery Park a few days exploring the trails very rewarding without needing too much experience, as usual highly recommended.

Our annual pilgrimage to The Gibraltar Ranges National Park finished the month. The park is located 100km west of Grafton but well worth the drive. Twelve members made the trip and spent four days exploring Granite country at 1000m on the tablelands. Mild weather made for some easy and

enjoyable treks up the mountains and down into the valleys, with abundant spring flowers on full display. The late winter rains had the creeks and waterfalls flowing freely, and the refreshing cool-off in the waterholes was invigorating.

We are already scheduling a return next year.

## Walks programme

**Sunday 10th November – Brunswick Heads into the Tyagarah Nature Reserve**

**Leader:** Sha East 0421-653-201

**Grade: 2.** Walking from the Boat Harbour along the river before a walk on the breakwater then on the coastal track south all up about 11 km, diversions to view of Simpsons Creek, a relaxing walk on a sand track/road some paperbark forest and coastal heath. This is a lovely bit of coastline, which has seen rehabilitation and maintenance. Return on the beach. Flat terrain with sand tracks and possible wet feet if you miss a wave on the beach or a puddle on the track. **Meet:** 9.00am at the carpark on the river behind the old Co-Op at the Brunswick Boat Harbour. **Bring:** water, lunch and hat. I am sure a nice spot for a coffee after can be found.

**Sunday 24th November – Gidjoom Gulganyi walk, Whian Whian State Conservation Area**

**Leader:** Peter Moyle 0412-656-498

**Grade: 3.** We will be walking on new tracks cut through the bush by National Parks as part of the four-day Unicorn Falls to Minyon Falls walk. A variety of terrain and bush will be walked. Gidjoom Gulganyi translates to 'Old Peoples Track' so with a grade of 3 appropriately named. We will be walking about 12 km. A lot of work has gone into these tracks with stone steps and some gravel sections. We will also visit Camp 3 of the multi-day walk with its impressive facilities. **Meet:** 9am Rummery Park camp area near Minyon Falls. **Bring:** Water lunch, and hat. Good walking footwear as always.

# Rethinking our relationship with horses

by Suzy Maloney

I sometimes hear the words “How do you control a horse without a bit?” when people discover what I do.

It can be confusing for them when I say I have absolutely no interest in controlling a horse. This concept is planted in most young horse enthusiasts’ minds right from the start and becomes deeply embedded. Here I present another take on the idea.

For centuries, horses have been viewed primarily as tools for labour, transportation, and sport. This perspective has fostered a mindset focused on control: breaking them into submission, training them to obey commands, and demanding compliance.

However, as our understanding of equine behaviour and welfare evolves, the notion of controlling horses is increasingly recognised as outdated and ethically problematic. A shift towards partnership and respect is not only more humane but also yields better outcomes for both us, and the horses.

In the wild, horses thrive in herds where they communicate and establish relationships based on trust and mutual respect. This intrinsic behaviour can be overlooked in traditional ways of being with horses that prioritise dominance and control.

Rather than understanding horses as sentient beings with their own thoughts and feelings, some training approaches treat them as mere instruments to be wielded. This not only risks damaging the horse-human bond but can also lead to behavioural issues, stress, and even physical harm.

Modern research in animal behaviour highlights the importance of understanding equine cognition and emotions. Horses have complex social structures and can form strong



Katie

attachments, both to other horses and to humans.

By acknowledging their emotional and psychological needs, we can foster a more collaborative relationship based on trust rather than control.

Historically, training techniques often involved harsh methods designed to enforce compliance. Techniques such as the use of harsh bits, whips, spurs, tie-downs, physical punishment and intimidation are still prevalent in some circles.

However, these practices are increasingly being viewed as ethically questionable and ineffective. Such methods can lead to fear-based compliance, where the horse may perform tasks not out of willingness but rather due to fear of punishment. This is not the type of relationship that I would want to be in.

Moving away from control-based methods towards a partnership model benefits not only the horses but also us. When horses are treated with respect and understanding, they are more likely to exhibit co-operative behaviour and

develop a genuine bond with us.

This relationship enhances communication, making training sessions more productive and enjoyable for both parties. The joy of working together in harmony is reflected in a horse’s willingness to engage and succeed, creating a more fulfilling experience for everyone.

As society becomes increasingly aware of animal welfare issues, the movement toward humane and ethical treatment of horses continues to gain traction. Organisations dedicated to promoting equine welfare advocate for training methods that emphasise compassion and understanding.

Natural horsemanship techniques, which emphasise understanding the horse’s perspective, are also reshaping traditional views. These approaches prioritise emotional connections over dominance, leading to more effective training and a deeper bond between horse and handler.

The idea of controlling horses is not only outdated; it is fundamentally flawed. As we deepen our understanding of equine behaviour and welfare, it’s clear that fostering a partnership built on trust and respect leads to healthier, happier horses, and ultimately, more rewarding relationships for us.

Rethinking our relationship with horses and embracing this new perspective is not just an ethical choice; it’s an approach that enriches the lives of everyone.

The future of equestrian practices lies not in control, but in collaboration, marking a shift in how we view and interact with these amazing animals.

Happy Horses Bitless,  
0401-249-263

[www.happyhorsesbitless.com](http://www.happyhorsesbitless.com)

Facebook: Happy Horses Bitless Bridles



## Happy Horses Bitless

Considerate Horsemanship

Suzy Maloney B.Eq.Sc.Dip.Couns.  
Equine Relationship Counselling

0401 249 263 [happyhorsesbitless@gmail.com](mailto:happyhorsesbitless@gmail.com)  
[www.happyhorsesbitless.com](http://www.happyhorsesbitless.com)

**NIMBIN**  
**H A B E R D A S H E R Y**

TUE - FRI 10 - 4 SAT 10 - 12

SUE COOK (02) 66891466  
0428 800 171

**HANDMADE GOODS**  
MENDING/ALTERATIONS (SOME)  
BEADS ZIPPERS BUTTONS  
MATERIAL (HUGE INDIGENOUS RANGE)  
COTTONS FABRIC DYES CHARMS  
WOOL (COME CHECK OUT THE SHED)



### Did you know?

All our links are clickable in the web edition.  
Visit [www.nimbingoodtimes.com](http://www.nimbingoodtimes.com) and click away!

## Loss and awakening

by Les Rees

It has been two weeks since we welcomed our puppy Merlin (pictured) into our family, after the tragic loss of our beautiful spirit dog, Thor.

It’s never easy to lose them, and for me it was absolutely heart breaking to lose this special boy. It’s sad that they can only be with us for a short time during our span of life. Each one leaving behind a footprint etched within our memories until it is our turn to leave.

They arrive bringing with them positive enrichment that activates a light within our hearts in so many ways but most of all it is their unconditional love that lasts a lifetime, something a number of human animals seem incapable of giving. We have much to learn from them!

Merlin has arrived bringing new vitality to the family. He has a relentless appetite for both food and play, which can often be exhausting to live with, but he has brought a new light into our lives, which in some ways helps to divert our sadness at the loss of Thor.

Life in our household has suddenly become spring again, a time of renewal and awakening.

Merlin can go from full-on to stop. Full-on is filled with the excitement of learning to perceive and understand the world around him. Everything needs to be investigated; sniffing, eating and meeting all kinds of animals and of course, the relentless play time.

Puppies exhaust themselves and immediately fall asleep looking like beautiful furry, cuddly angels. This is the

time I love the most as it fills me with admiration of his strength of purpose, vitality and innocence. He’s 10 weeks old and has actively engaged with everything he’s encountered within this tiny time frame. How amazing is that?

For me it is fascinating watching Merlin develop his perception of the world around him. In just two weeks, he has imprinted on our family and has learnt to take his cues from us regarding the order of life within the household.

There has been quite a lot to learn having been taken from his mother and siblings such a short time ago and he has taken to it with gusto, learning to make the link between his choices of action by trusting his human family.

It is also a learning process for us, as we have to also take cues from him in order to understand his needs and the way he uses his communication with us.

He tells us when he’s hungry, thirsty, or when he needs reassurance. He also communicates where his favourite spots to be tickled are and asks to play a specific game with his favourite toy. I find it amazing that he can convey so much in such a short time of living with us.

All this and he also has to learn the house training rules like toilet training and what he’s allowed or not allowed to chew as well as socialising with other dogs and the other animals in our family.

It’s a huge demand on one so young yet there is an instinct within all animals that drives us to learn how to survive in the world. The quicker the rules are learnt the better their chances of reaching adulthood.



Just for fun, I showed Merlin a video of himself on my phone and he was delighted to engage with images he was seeing. It was interesting to see his reactions.

Dogs often watch television and even have favourite shows they like to engage with. I remember Thor trying to take a biscuit that was being offered to a dog on screen. Make of it what you will, but to me it looks like a positive indication that dogs have rational thought processes.

In just three weeks Merlin has learnt to sit, do circles around my legs and lie down on request. However, he has taught me far more about the way he learns and interacts with the world, as well as how to cope with this little rascal with respect and communication.

It has a lot of up and down moments, but I wouldn’t change a thing. I’m so grateful that he came into my life exactly when I needed it.

[www.horsetailherbs.com.au](http://www.horsetailherbs.com.au)  
0437-586-705

**CANNABIS**  
THE NUMBER ONE PLANT

**FOOD**  
BETTER PROTEIN THAN BEEF

**FUEL**  
CLEANER ENERGY THAN CRUDE OIL

**FIBRE**  
STRONGER TEXTILE THAN COTTON

**MEDICINE**  
SAFER EFFECT THAN PHARMACEUTICALS

**RECREATION**  
HEALTHIER CHOICE THAN ALCOHOL

OPEN EVERYDAY 51 CULLEN STREET 02 6689 1842

**NIMBIN HEMP EMBASSY**

**Nimbin Servo**  
02 6675-7906

**Liberty**

Open 7 days:  
Weekdays 7am-6.30pm  
Weekends 8am-5.30pm  
Public Holidays 9am-4pm

**NIMBIN SERVO SHOP**

- Fuel, oils, automotive needs, ice, gas refills & Swap'n'Go
- Pies & sausage rolls, drinks, icecreams, milk
- Newspapers, cigarettes, Nabropure water
- Stock food, horse & cattle food, lucerne, pet food & bones
- large range of gardening products