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Jean clocks up a century of stories

by Rose Cubis

Nimbin local Jean Stephens (pictured) celebrated her 100th birthday on 11th July.

Jean nursed at Nimbin Hospital for many years, and has lived in her house in Sibley Street for over 60 years. Her late husband Horace worked in the Soward's garage, and their

sons attended Nimbin Central School.

Jean is still an active member of Nimbin Hospital Auxiliary, and a great source of interesting stories.

Jean's birthday party was held at Invercauld House, Lismore with a huge family gathering.

The community of Nimbin wish Jean all the very best.



The role of emergency departments

by Noelle Lynden-Way,
Community representative
BUNK Quality & Safety Committee

How do you decide whether you should go to the emergency department (ED) at your local hospital?

If you want general advice about a medical issue, call the Health Advice Line and speak to the RN (Registered Nurse) who answers the phone. It's a free call on 1800-022-222 and is a 24-hour seven days a week service. The RN will listen and assess whether you need to go to your local Emergency Department. You can read more information about this service at: www.healthdirect.org.au

It is important that people understand the role of emergency departments. They are designed to deal with serious emergencies such as heart attacks, road accidents or life-threatening conditions. So if you have severe chest pains, a bad asthma attack, are involved in an accident or your child is very unwell, go straight to the ED at your local hospital. Either get someone to drive you immediately or call the ambulance on 000.

Waiting times in emergency departments depend on how urgent your problem is – people with more serious conditions have priority over those with less urgent ones.

If your health issue is not urgent – for example, if you wake up in the morning and are feeling unwell – there are other services that you can use. You can make an appointment to see your local general practitioner (GP) at the local medical centre rather than going



Emergency Department Nurses at Kyogle MPS (left to right): Sandra Tomkins, Willa Keys and Brooke Kennedy

to the emergency department at the hospital. In this way you will help reduce the burden on emergency services and spend less time waiting for treatment. There are also Community Health Centres at each of the Kyogle, Nimbin and Urbenville MPS staffed by trained professionals who provide a range of free services.

You can't make an appointment to see a doctor in a hospital emergency department. If someone sees the doctor more quickly than others who have been waiting longer, it's because their condition is more serious. Just because you come by ambulance doesn't always mean you'll be seen immediately.

An ED trained nurse does the initial assessment of your condition at triage and contacts the doctor to come and review your case.

Finding out all the information that is needed to make a full assessment of a patient's condition can take one or two hours. It may mean that x-rays or tests are required to find out more. If you need to be admitted to hospital it can take some time to organise a bed.

A good piece of advice is for patients to remember that emergency departments can be stressful places and sometimes staff are under pressure seeing to urgent cases. Even if you feel anxious and frustrated by delays, try to keep calm and be mindful that there are other people with different conditions near you.

The care and attention received at the three local MPS (Kyogle, Nimbin, Urbenville) follow the same guidelines, policies and procedures as all other hospitals throughout NSW.

Nimbin Hospital Info

Child immunisation clinic

For 0-5 year olds, Nimbin Hospital, second Tuesday of every month. Next clinic: Tuesday 11th August. For appointments: 6620-7687 (Lismore Community Health)

Early childhood nurse

Every Tuesday at Nimbin Hospital. For appointments, phone 6620-7687 (Lismore Community Health Centre).

Women's Health Nursing Service – rescheduled

Confidential pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next clinic 20th August. Phone 6688-1401.

Nimbin community nurses

Monday to Friday 8am to 4.30pm. For assessments, wound care, referrals, advocacy, provision of Palliative Care in the home and Aged Care packages.

Free health checks

In front of the Neighbourhood Centre every second Friday, 11.30am -1.30pm, run by Nurse Practitioner and registered nurse. Cardiac, diabetic and stroke risk assessments, weight, blood pressure, oxygen sats, blood sugar levels, cholesterol levels, referral to appropriate health professional if required.

Free respiratory clinic

With Specialist Respiratory Nurse and a Nurse Practitioner. Second Thursday of each month. Next clinic: 13th August. For appointment phone 6688-1401.

Free diabetic clinic

Every 3rd Thursday of the month, next clinic 20th August. For appointment phone Leanne Boothe 6630-0488.

Nimbin NSP opening hours

Opening hours: Monday to Thursday 9.15am -12.30pm. Arrangements can be made to see a health nurse through NSP.

Cannabis clinic

Every Monday. Confidential Counselling. Phone 1300-664-098.

Drug and alcohol counsellor/psychologist

Every Thursday, Phone 6620-7634 or mobile 0428-109-474.

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 14th August.





Heavy horses



The second annual Heavy Horse and Horsepower Weekend, held at Casino Showgrounds on 18th and 19th July, provided a memorable display, with 25 draft horses showing their many uses.

Among the many highlights were Ben Sullivan demonstrating ploughing and harrowing with his four horses, Joe, Dan, Bloss and Sunny; and Christine and David Perry, from Cobigan Draft Horses, displaying one of their coaches.

In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

www.nnic.org.au



Expressions of Interest – Community Engagement Consultant

NNIC, on behalf of the Northern Rivers Bio Hubs Consortium, is calling for Expressions of Interest for a Community Engagement Consultant to undertake social license consultations in relation to bioenergy.

For an info package see our website or else email us. EOIs close on COB Friday 21st August 2015.

7 Sibley Street

Many thanks to Lismore City Council for granting us some funds towards enabling the purchase of a shipping container for the site to use for secure storage of tools and materials.

Funds were also provided to enable us to consult with some local school kids about the project.

Thanks also to Bunnings Lismore for donating a \$200 voucher and to Rob Fisher for donating some second hand guttering (which we have yet to go and collect).

Council also recently did some renos on the old skate park and there has been

lots of action on the new basketball hoop.

Help with electricity bills and other material aid

NNIC now has EPA vouchers (NEW!! Yippee!) for people on benefits experiencing electricity bill stress. We can also assist folks on low incomes with Emergency Relief vouchers, food parcels, and right now we have a lot of donated baby gear including nappies and clothing.

To find out if you are eligible for assistance, make an appointment with one of our Community Workers.

Struggling with unpaid fines?

NNIC is a Work Development Sponsor, which means that you may be able to work off your unpaid fines by volunteering for us. Make an appointment to find out if you are eligible.

Nimbin CDAT Community Drugs Survey

The Community Drug Action Team is conducting a Nimbin community survey (for people living within a 30kms radius of the Nimbin village), to inform our activities – see the poster in this edition of NGT (p.13).

Hard copies are available around town, including at NNIC, NSP and the GP clinic.

Surveys can be returned (put them into the sealed

return boxes) at NNIC, NSP, GP clinic, the Pharmacy, the Oasis, ReKa café, and the Hemp Bar. There will be various folk going about helping us to collect survey responses. The survey closes on 4th September 2015.

There is also an on-line version... go to our website for the link www.nnic.org.au

Sustainable House Day

The Design Competition is still open. This year's theme is "Housing for Life".

We are also looking for people in the Nimbin area who are interested in opening their sustainable homes to the public on Sustainable Open House Day on 13th September.

Check out the Sibley Street website for details including competition entry form and guidelines: www.sevenonsibley.com

Nimbin Show Sustainability Alley Short Film Comp

Yep the short film comp is happening again. This year we have broadened the scope of the competition to include any of the nine Key Focus Areas of the Sustainable Nimbin Community Plan, so they can be about Local Food, Renewable Energy, Arts and Culture etc.

Entry forms will be available at NNIC, the Farmers Markets and on our website. Fame and prizes

on offer. The entries will be shown at Sustainability Alley during the Nimbin Show.

We will also be running the **Best Show-Themed Shop Display** competition in the week leading up to the Show, so a heads up to local businesses to get your ideas cooking for the annual battle for the coveted hand-made Perpetual Pumpkin Trophy.

About to Pay Tax? Updating your will?

Nimbin Neighbourhood and Information Centre is a registered charity and donations or bequeaths to us of \$2 or more are tax deductible/tax free. To donate on line go to:

Summerland Credit Union BSB: 728.728
NNIC Gift Fund
Account no. 22205341
Send us an email so we can send you a DGR receipt.

Or else drop in at 71 Cullen Street Nimbin. We use these funds to provide material aid to people in need, and to support activities such as the Nimbin Soup Kitchen.

Nimbin Neighbourhood and Information Centre (NNIC) is run by locals for locals and our job is to support people in need and the community in general to achieve their aspirations. Everyone is welcome at NNIC. If we can't help we probably know who can. You can also find lots of useful local and other info on our website: www.nnic.org.au

NAG Notes

There were five Nimbin representatives present at the July meeting of the Nimbin Advisory Group. Items discussed were:

- **Nimbin footpath trading.** Rangers from Lismore City Council are planning to visit Nimbin in September to work with local footpath traders. Research is being conducted as to the viability of using the Rainbow Café/Museum site on a temporary basis. The Council will utilise CCTV cameras and the police to work with people who don't comply with cleaning up the footpaths, as requested.
- **Car parking enforcement in Cullen Street.** LCC will visit Nimbin irregularly on a circuit to make sure people comply with 2-hour and 15-minute parking signs.
- Traffic calming is taking place in Sibley Street and will also provide a concrete footpath which joins up with Thorburn Street.
- **Nimbin Pocket Park** – the old Peace Park – will have roofing and picnic tables installed over the next few weeks, to complement the new basketball court and hoop.
- **Rebuilding Plans.** Tuntable Co-operative (CoCo) consider that they own the Rainbow Café site on behalf of the community. They are planning to replace the café, as well as provide a basement space, two upstairs studio places and a garden space.
The new owners have not yet taken over the title of the old museum, due to a hold up of the insurance payout. Given that the museum was burnt down nearly a year ago, it is improbable that concept plans for development of the site will be finalised before the beginning of 2016. This has held back the overall planning of the entire space being made available for a full community consultation.
NAG was asked what type of consultation with the community would be most effective. It was discussed that it would be beneficial to wait until plans have been developed and a public meeting will be managed by the council once both concept plans are developed.

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NB: Opening Hours	
Tuesday, Thursday, Saturday - 9am til 3pm	

- **The Cubes development** was discussed, especially the fact that the DA was submitted to council before the community was consulted, despite being encouraged to do so. It was proposed that the DA process be extended so the Nimbin community can have time to make comments. It was discussed that there were many concerned residents, and perhaps Nimbin Hook-ups could be utilised for communicating about the development.
- **Allsopp Park mural** will be assessed by the Council re the safety of the structure and potential liabilities if it needs repair.
- **Speeding vehicles** in Cecil Street cause wildlife deaths as well as safety issues for pedestrians and drivers. The Lismore City Council's traffic advisory group will be advised.
- **Nimbin Marketing campaign:** The Nimbin Chamber of Commerce has been advised that a TV campaign has been proposed by chosen representatives and Council. It was proposed that Nimbin businesses could be consulted on the campaign before it goes to air.
- **People living in their vehicles.** Council has a protocol regarding public nuisance and safety. This is in relation to people apparently living in vehicles in the western car park.
- Gwen Trimble will be a new member of the NAG.

Kyogle Council notebook



by Cr Danielle Mulholland, Mayor of Kyogle



At present, it appears there is no plan by the State Government as to what will happen after this part of the process is completed.

Business Awards

These inaugural awards were an opportunity to recognise the outstanding achievements of individuals and businesses across the Local Government Area.

It was a wonderful evening at the Kyogle Bowls Club, with a delicious three course meal followed by dancing the night away to a live band. Congratulations to nominees, winners and of course, the Chamber of Commerce for coordinating the event.

Kyogle Council was proud to be a silver sponsor of such an auspicious occasion.

General Manager

As most will already know, our long serving general manager Arthur Piggott has departed to pursue further career opportunities at Tweed Council.

Mr Graham Kennett has been appointed temporarily to the position and Council has resolved to advertise the job immediately and begin the recruitment process.

Outreach Meeting

The next meeting will be held in Tabulam at the hall. Sessions will begin at 9am, so if you would like to pop in to discuss an issue or just to have a chat, please ring Janelle on 6632-0214 to make an appointment.

We will be joined by Cr Blair Maxwell from Tenterfield Council, as Tabulam is divided between the two Council areas.

We hope that such cross-boundary collaborations will result in better outcomes for the Tabulam community.

Kyogle Council: 6632-0214.
Danielle.Mulholland@kyogle.nsw.gov.au

Praise for Nimbin RFS cadets

Region North manager of the Rural Fire Service, Chief Supt Brett Condie presented Graduation Certificates to 14 RFS cadets from Nimbin Central School on 28th July, hailing them as "The next generation of volunteers."

Congratulations were also given by Thomas George MP, RFS Inspector Boyd Townsend and Lismore councillor Greg Bennett.

RFS volunteer trainer in the Nimbin program, Nicki Vidler said, "I'm very proud of the students' enthusiasm, commitment and responsibility."



The 10-week RFS Secondary Schools Cadet Program provides Year 9 and 10 students with an insight into fire safety and prevention, while developing practical life skills and a general appreciation of

community service and volunteerism. The cadet program has also been conducted for students at Evans Head, Kadina, Casino, Kyogle, Woodenbong and Bonalbo state schools.

The ultimate local food experience

by Gi Linda
VideoArt

Nimbin's first café specialising in local food, Abundance Café, will open in August at Djanbung Gardens, showcasing the diversity and abundance of our local Nimbin and Northern Rivers produce, with 90 per cent of the food sourced within 90kms of Nimbin

Artisan chef Melian Fertl (pictured) has been working towards her vision of a local food permaculture café, and now her dream is finally coming into fruition.

Melian spent nine years in Melbourne, doing her apprenticeship and working as a qualified chef in some of Australia's leading fine food restaurants, including at Neil Perry's Spice Temple.

Melian returned permanently to Nimbin three years ago to establish a local food business, permaculture café and assist her mother, Robyn Francis, at Djanbung Gardens.

Melian, who now manages the garden production systems at Djanbung, said, "I'm passionate about local food and supporting the local food industry."

"I'm inspired by the amazing diversity of top-quality local produce in our area and excited about bringing some creative seasonal dining to share with the community and visitors to our special bioregion," she said.

The opening celebration, from 10am to 4pm on Saturday 15th August, will feature live entertainment with Brommers and Sara McCafferty, both former students of Djanbung Gardens.



The café will then regularly open every Saturday from 10-4pm plus random fine food evenings and events. Music and entertainment manager, Andrew Anderson, Melian's partner, will be organising a great program of local music for café open days and events.

Abundance Café, in partnership with PCA and Djanbung Gardens, will be available for bookings as a venue for private functions and workshops. Melian is also producing a range of local preserves and products to sell at the Nimbin Farmers Market and Food Co-op.

Contact Melian by phone on 0404-552-278, email: www.abundancecafe.com.au Abundance Café, Djanbung Gardens, 74 Cecil Street, Nimbin.



Blue Knob pumpkins do so well

by Dolph Cook

Thanks to all the wonderful people in the community who helped us make our fifth birthday and Annual Pumpkin Festival Bushdance a great success.

All the farmers and stallholders at the Blue Knob Farmers Market and all the gallery staff and volunteers of the Blue Knob Hall give their sincere thanks. Without your generous and kind donation of energy and money, the hall could not exist.

We had a fabulous night of awesome entertainment, great food and perfect community company. With a grand line-up of musicians who had played at the hall in the 80's providing some wonderful music, the called dances were enjoyed by everyone and were a lot of fun.

The food was great, provided by gallery and market volunteers, and our deepest appreciation and thanks go to all the volunteers who helped make it such a success. Through your combined efforts we raised the sum of \$980, which goes to the ongoing upkeep of the Blue Knob Hall, a fabulous local community-owned meeting place.

The winners of the pumpkin cooking competition were: Joline



from Cafe Blue Knob for sweet bake; Aengus for savoury bake (pictured); and Jeni Kendall for soup. Thank you to everyone who entered. We look forward to seeing the winners wearing their sashes around town some time.

This month will see even more developments as the BKFM committee implements exciting new concepts to our bustling market presence.

Talks

We have some fabulous talks coming up in August, with the theme of animal care:

- ♦ **Saturday 8th August** – Martin McKenna: What's the secret game dogs play with us to decide who should be boss?
- ♦ **Saturday 15th August** – Dr Ross Perry: Signs of disease in animals, their importance and some of their causes.
- ♦ **Saturday 22nd August** – Timothy Tweets: Natural Farming and Feeding Poultry – principles and

practices. More details of speakers and talks will be available on the Blue Knob Farmers Market Facebook page closer to the dates. All talks start at 10am and run for around one hour. They're held in the Robin Moore workshop space at the back of the Blue Knob Gallery. Coming up in October, the Blue Knob Farmer's Market will be holding its first Soil Festival. Everything you need to know about natural farming, growing soil, composting and much more will be on display. If you are a person in this field we want to hear from you. Get in now, as places are limited for speakers on this festival date. Finally, if you are a local entertainer looking to strut your stuff, why not perform at the market one Saturday morning? If you are interested, put your name down on the board at the market. The invitation is open to musicians, poets, performers, but remember, it is a family market.

Organic co-op celebrates first birthday

In September the Nimbin Organic Food Co-op is celebrating its first year of operation. Big thanks to the Nimbin Community for their involvement, support, enthusiasm, and patronage. Special thanks to the many volunteers past and present without whom the Co-op would not exist.

Our Birthday Month of September is also the time to renew your membership for the coming year. Membership is an integral part the Co-operative's functioning. It gives us the legal basis for operation and is a valuable fundraising opportunity. Members also receive a 10% discount every time they shop, and you must be a member to volunteer.

The Co-op welcomes new members and volunteers, the more you get involved the better it gets!

In the coming year we hope to continue to develop and strengthen our management structure, to allow our diverse and changing group of volunteers to collaborate effectively. We hope to continue growing our base of local suppliers, and re-jig our grocery section to include more locally and regionally produced products. We'd like to extend our range of bulk items and improve our bulk storage and display systems. We want to reinvigorate the shop with new signage, fresh paint and improved lighting.

All these plans require community enthusiasm and support to come to



Volunteers Lisa and Andrew

realisation. If you have great ideas to improve the Co-op in the coming year, we urge you to get involved.

Come along to a meeting Monday nights at 6pm, or volunteer in the shop. The Co-op always welcomes a variety of skills and there is always a role for anyone willing to contribute their time and enthusiasm.

Logo comp deadline

We are extending the deadline for the logo comp by another two weeks, to allow for hand drawn entries. We've received feedback that plenty of you Nimbin folk are traditional creatives, and we want to embrace and support you. So get us your hand-drawn entries by the new

deadline of 14th August, and we'll digitise them for you.

New bulk herbs and teas

The Co-op is overflowing with incredible goodies at the moment.

We now have in stock a wider range of premium certified organic teas and spices, and a full complement of dried fruits and nuts. Buy a little or a lot, they are housed in refillable jars adjacent to the counter and in the old fridge... until they get a new home!

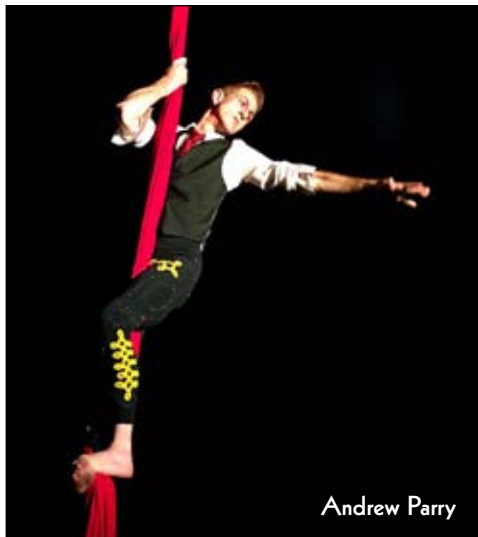
Our fresh food deliveries are Tuesday and Friday, and our fresh bread is delivered Mon and Tues (Sol Breads) Thursday (Jason's Nimbin Sourdough) and Saturday (Artisan Loaves).

Nosin' around with PAC



Grevillea with dew drops – what amazing flower heads!
Photo taken 30th June in the editors' garden on the road to Tuntabla Falls.

Rags to Riches



Andrew Parry

Supporting Inclusive Artists for Social Change, RealArtWorks. Inc present 'The MOST Kabaret 'Rags to Riches'.

Now in its third year, this evening of emerging and professional cabaret acts from around the region, celebrating circus, dance, projections, poetry and music has attracted sponsorship from Far North Coast Ability Links.

Jimmy Willing and Mae Wilde will be the masters of ceremony for the evening on Friday 21st August at the Lismore Workers Club Auditorium. Doors open at 6pm with live music and interactive art, and showtime kicks off at 7pm. Tickets are \$20 through the Lismore Workers Club. Children under 12: gold coin donation on the night. See: www.lismoreworkers.com.au/whats-on

The word 'inclusive' means that some of the performers of the Kabaret identify with being marginalised through age, race or disability. The focus of the night is to provide a professional environment and opportunity for local performers of various abilities to celebrate and advocate for inclusiveness.

This year's line-up is one of the best yet with acts from deaf aerial artist Andrew Parry, the multi-award winning Krinkl Theatre, Tra La La Blip and internationally renowned Ms Stan Munro. The event venue is fully accessible and will have Auslan signers.

A night of fantasy and fun! Come dressed in glamour sourced from your favourite second-hand shops and use your purchase receipt to be in the running for some fabulous door prizes. With a free photo booth, glamour parlour raffles and more, it's an evening of entertainment and inspiration.

The artists promise it's an event to support the diverse local talent in our region and advocate for social inclusiveness by "flipping your switches".

This year's Kabaret will host the first flash mob song in the Far North Coast! The Bridge Street Choir are inviting the community as groups or individuals to learn the words to The Beatles 'Come Together'. They have created a special youtube video so the community can practise at home: <http://youtu.be/fdGSsNRER18> Learn the chorus, create your own community verses, play an instrument or just get in time with the cool backing sounds to join our community flash mob song.

Just turn up on the night, or join our free rehearsal beforehand on Wednesday 19th August in Lismore.

Feel the Manouche



Manouche is a term derived from the Romany gypsies of Europe, what we in Australia call Gypsy Jazz.

This fine band has been put together by its individual members as an exercise in small group swing.

It is comprised of George

Washingmachine (violin / ukulele / vocal), Stan Valacos (double bass), Arthur Washington (guitar), Clare O'Meara (accordion / violin / vocal) and Jerry Washington (guitar). As well as regular appearances in Sydney,



George is appearing this year at folk and jazz festivals throughout Australia, the Havana International Jazz Festival in Cuba and now the Lismore Jazz Club. How's that?

Feel The Manouche has a world music feel. Through its use of double bass, guitar, accordion and fiddle, the band achieves a strong melodic groove that can take on gypsy waltzes, swing jazz, choro and many other flavours of music from our diverse planet.

We invite you to sit back and 'Feel the Manouche' on Thursday 3rd September, 7:30pm at Lismore City Bowling Club, \$20 / \$15 Members

terra.

restaurant and lounge

AT NIMBIN BOWLING CLUB

"Combining world flavours in the heart of Rainbow country"

International chef Terrence Read offers an exciting new menu in a stylish setting.



Open Tuesday – Sunday
Lunch and Dinner
Extended Hours
Table Service
Coffee and Tea Bar
Bar Snacks
Daily Specials
Menu available to go

ENTERTAINMENT

Every Thursday, 6-9pm
Joey and friends

Friday 7th August, 6-9pm
Dave Barbara

Saturday 8th August, 6-9pm
Mish Songsmith

Friday 10th August, 6-9pm
Sarah Stando

Saturday 11th August, 6-9pm
Sara McCafferty

Wednesday 12th August, 7pm
Open Mic Night

Friday 14th August, 6-9pm
Brommers

Saturday 15th August, 6-9pm
Freowin Harper

Friday 21st August, 6-9pm
Will Massie

Saturday 22nd August, 6-9pm
Koby

Wednesday 26th August, 7pm
Open Mic Night

Friday 28th August, 6-9pm
Brutal Town

Saturday 29th August, 6-9pm
Minus One

Group Bookings welcome

PHONE 6689-1473 FOR BOOKINGS



Nimbin Community Drug Action Team

Auspsiced by Nimbin Neighbourhood and Information Centre

Community Drug Survey

Nimbin CDAT is conducting a survey to help us prioritise our activities relating to harm minimisation, community safety, education programs and access to services and support.

We want to hear from people who use drugs (including alcohol and tobacco) as well as people who don't, to find out your views and experiences.

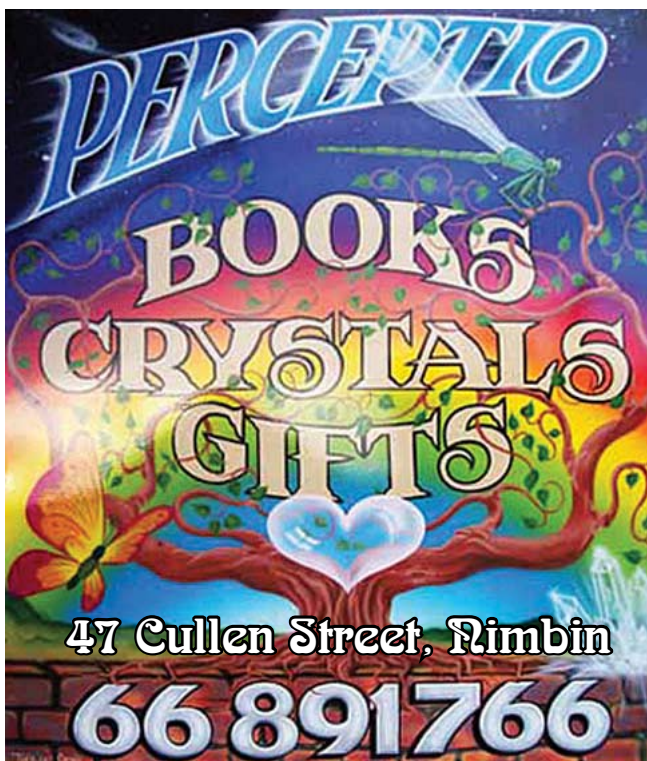
**Don't Panic!
Don't be Paranoid!**

**The survey results will only be used by
Nimbin CDAT for good and not evil.**

The survey is available on line. See www.nnic.org.au

Hard copies are available at NNIC, NSP and around town.
Survey Closes on Friday 4th September 2015

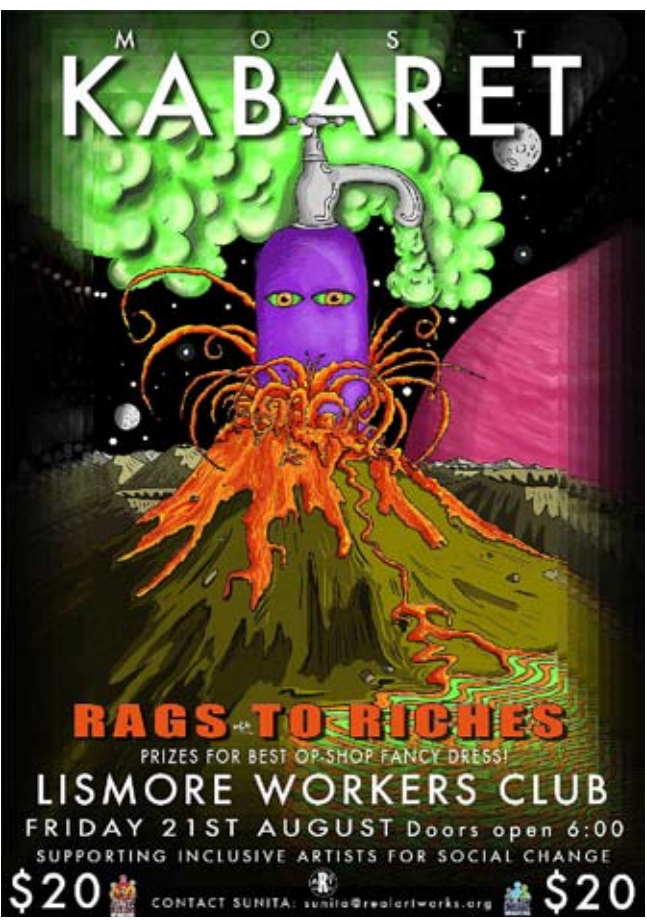
**Nimbin CDAT is made up of interested community members.
Please note that the Police are NOT members of Nimbin CDAT**



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RAGS TO RICHES
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LISMORE WORKERS CLUB
 FRIDAY 21ST AUGUST Doors open 6:00
 SUPPORTING INCLUSIVE ARTISTS FOR SOCIAL CHANGE
 \$20 CONTACT SUNITA: sunita@realartworks.org \$20



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Hamlet
 BY WILLIAM SHAKESPEARE DIRECTOR DAMIEN RYAN
 SAT 29 & MON 31 AUGUST, 7.30PM
 MATINEE MON 31, 11AM
 NORPA AT LISMORE CITY HALL
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 BELL SHAKESPEARE. norpa

Open Mic Nights at Nimbin Bowlo

by Mel Williamson

These hills (and valleys) of ours are indeed alive with the sound of music if the depth, and volume, of talent that shows up to an open mic night is anything to go by. Open Mic nights happen Wednesday fortnightly at the Nimbin Bowlo.

Each night has quite different line-ups (of musicians and styles) depending on what local talent and village visitors turn up to grab their 20 minutes of (Nimbin) fame. It's always a wonderful and eclectic night of music, live

and most definitely lively.

Thanks to on-going fund-raising efforts, and the fantastic support of the Nimbin community, we have recently purchased a new PA and other equipment – so everyone can sound their best. Whether you're solo, a group, or any variation thereof, all are welcome.

Everyone gets a 20 minute slot, and at the end of the night there is usually some magic jamming as the musicians all throw their lot in together – always worth staying the distance for. There is a drum kit in-situ, but otherwise please bring



David Barbara

your own instruments and equipment.

Whether you're a musician or a music lover, come along and share the music at an Open Mic night. Every second Wednesday, 7pm start (get there early and get your name on the board).

Photos from the nights can be found on our Facebook page:

[nimbinbowloopenmic](#)

This month's nights are August 12th and 26th.

See you, your instruments, your talent, (and your dancing shoes) there.

whole body experience

Sydney's indie pop outfit Nova and The Experience have just unveiled their new single 'Whole Body' after recently signing to independent label Kendama Records. The band is now taking the single on the road with an Australian east coast tour.

'Whole Body' was produced and engineered by Jean-Paul Fung (Art Vs. Science, Birds Of Tokyo, Last Dinosaurs), 'Whole Body' explores a darker emotive, yet more mature side to the bands writing ability, whilst still retaining their signature pop



sensibilities.

After deciding to quit their day jobs at the start of

2015, the quartet has not looked back and has survived by busking the streets of

Sydney, playing university parties and consistently touring the east coast.

This is following on from a stellar 2014 which included touring with The Griswolds and Jinja Safari, performances at boutique festival Mountain Sounds and prestigious New York music industry showcase, CMJ.

Nova and The Experience will return to the USA in September to play a slew of colleges and universities.

Catch them at Nimbin Hotel on Thursday 20th August from 6.30pm.

the channon open mic

by Ray Flanagan (Rayzor)



Ken and Glen – duelling banjos

You may be forgiven for thinking The Channon Open Mic had folded.

The June session was cancelled - due partly to the inclement weather and partly due to other factors – and if you are on our email list, you wouldn't have received a reminder the week before our July Open Mic.

This was due to Gmail deciding that any emails with a large number of "BCCs" are probably spam and they won't send them. I am working on a way around the problem and hope to send out reminders before the August Open Mic.

The session on 26th July did go ahead on an afternoon of near perfect weather, which I am sure the organisers of the nearby "Opera at The Channon" were happy about. We did get off to a slow start but the crowd steadily built throughout the afternoon and the lack of names on our performer's board did encourage some of the less confident locals to get up and have a go.

Please do join us after 2pm on Sunday 23rd August. Bring an instrument, a song, a poem or just bring yourself. Hope to see you there. Any enquiries, phone me on 6688-6100.

Walrus and the Carpenter

Walrus and the Carpenter are a modern folk duo who live in Mullumbimby. The project is the vehicle for the unique song-writing and vocal talents of Matthew Engerer.

Many years of busking around the globe and more recently Australia has given Matthew an honest, sometimes stark, but ultimately uplifting and refreshing creative perspective.

After having grounded in the Byron shire, Matthew has found a kindred musical spirit in drummer/percussionist Mat Akehurst. The combination of these distinct, yet seemingly symbiotic, musical voices and strength of songwriting, creates a communal and transcendent live music experience for

both musician and listener.

Since coming together in 2013 they have secured spots on the stages of Splendour In The Grass (2013), Mullum Music Festival (2013 & 14), and Falls Festival Byron Bay (2014 & 15).

Walrus and the Carpenter have recently recorded their debut album Old Soul's Eyes, which has been picked up and released nationally through Vitamin Records.

Experience Walrus and the Carpenter at Sphinx Rock Café on Sunday 9th August from 1pm.

Check them out at: www.walrusandthecarpenter.net or on Facebook.



Globe-trotting duo come home

The wonderful globe-trotting Hussy Hicks will be featuring at the School of Arts Blue Moon Cabaret on Saturday 15th August.

The NSA's second big Cabaret event for 2015 will also feature the Miss Renee Simone Trio along with singers Andy Jans-Brown, Michael Turner, Tessa and Laura Rutley and the

Dinkum Bohos; there will be hip hop and salsa from the Barkersvale Steppers, plus the Pitts Family Circus, Sydney performance poet Tug Dumbly and Riddhi from Bay-FM's Bohemian Beat, comedian June Hordern, trapeze artist Bronte and more.

Bookings are essential and tickets and table reservations



are available at Perceptio, phone 6689-1766. Show tickets are \$30/\$25 conc. The Blue Moon Cabaret is

a licensed show (no BYO), and fully catered by Barefoot Affair. Doors open at 6.30pm.

Raw and organic music



Kiara Jack is an indie world/roots artist hailing from the Gold Coast. Her live performances conjure emotive sounds of unity and presence, infusing driving rhythms and dark piano riffs with the richness and mysticism of the ancient instrument the esraj.

At the centre is the eclectic-edged sound of Kiara's voice, delivering deep and meaningful songs with soulful essence.

Following on from the 2013 *Shards Of Glass* EP, Kiara's *Only In Time* unfurls a raw and organic verge of sincerity that lures you in with surreal and captivating euphony.

Catch Kiara Jack and the Jills at Bangalow Hotel on Friday 7th August, 7pm (acoustic duo) and at Billinudgel Hotel on Sunday 9th August at 3pm.

Check out: www.kiarajack.com and www.facebook.com/kiarajackmusic

Soulful sounds



Thando is a singer songwriter who discovered her love for R&B and Nu Soul in the suburbs of Melbourne.

Having have fronted several bands, she has gained the experience and confidence to tackle Australia's local independent scene with her material and created a live show that pulls audiences in and leaves them wanting more.

Citing NGAIIRE, Jill Scott and Alicia Keys as major influences, Thando's

electronic take on soul ballads is the love-child of her collaboration with Melbourne producer Henry James.

Her debut EP, 'Digital Love Letters' is the product of over two years of tears, stress and intense passion that have manifested into six tracks of stories about love, life and loss.

Thando and her live 6-piece band will be performing on Saturday 22nd August, 6.30pm at Nimbin Hotel.

Building the Wall of Love

Northern Rivers band Wall of Love will return to the stage after a few months' hibernation, during which they wrote new material, to play Sphinx Rock Café on Sunday 16th August, from 1pm.

Since their last gig at Sphinx, the band is now officially a five-piece with the addition of mercurial guitarist Simon Clarke, who brings with him melodic tones and a talent for arrangement and musical alchemy.

Wall of Love formed in 2012 from an unlikely but easy compatibility between former Sydney musician Shannon Lacy (vocals, guitar, bass), whose roots lie in post-punk, disco and inner-city country rock, and three friends from Brisbane with a proclivity for folk, who all now live in northern NSW – Carmen Myler (vocals, keys), Rhett Brambleby (vocals, guitar, bass) and Jamie Irvine (drums).

Their sound may span everything from folk to blues to pop to



psychedelia, but a common thread of melody and harmony make for a sweet, eclectic mix that is all about the love.

The gig is free and family-friendly, featuring some of the finest food and beverages the district has to offer.

Beautiful natural setting next to Mulgum Creek

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Aug Gigs

Sat 8 th Aug	Monkey & the Fish	12-4pm
Sun 9 th Aug	Cruise Brothers (Jazz)	12-4pm
Sat 15 th Aug	Michael Turner	12-4pm
Sun 16 th Aug	Nice Verdes	12-4pm
Sat 22 nd Aug	Behind the Firewall	12-4pm
Sun 23 rd Aug	Minus One	12-4pm
Sat 29 th Aug	Freowin Harper	12-4pm
Sun 30 th Aug	Jolanda Moyle	12-4pm
Sat 5 th Sept	Alan & the Upstart	12-4pm
EVERY Sunday	Cosmic Bliss	10am-12noon

(see www.phoenixrisingcafe.net/events for info regarding individual performances)

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Sunday Gig Guide

August 1pm start

9th Walrus & the Carpenter
Modern folk duo from Mullumbimby.
"Keep your mammalian senses alert for your chance to engage and enjoy."

16th Wall of Love
A five-piece band from northern NSW offering up a sweet, eclectic of mix of sounds that are all about the love

23rd Bassix
A two-girl folk jazzy pop outfit that has been playing festivals and gigs around the North Coast for about a year now; harmonies and strings are their thing.

30th Local Youth Bands
Two aspiring local bands live it up on the Sphinx Rock stage.

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

August Gigs

Friday 7th	7.30pm	Mescatito Trio
Saturday 8th	6.30pm	Mr Troy
Sunday 9th	5pm	David Barbara
Thursday 13th	6.30pm	Bill Jacobi
Friday 14th	7.30pm	Romaniacs
Saturday 15th	6.30pm	Ill Stared Captain
Sunday 16th	5pm	The nBc
Thursday 20th	6.30pm	Nova and The Experience
Friday 21st	7.30pm	Sabotage
Saturday 22nd	6.30pm	Thando
Sunday 23rd	4pm	Lepers and Crooks
Thursday 27th	6.30pm	Adam Brown
Friday 28th	7.30pm	Moondog Blues
Saturday 29th	6.30pm	Koby
Sunday 30th	4pm	TBA

All Gigs are Free of Charge

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Oh Cannada!



by Andrew Kavasilas

Canada is a definite eye opener. Their hemp seed food industry is increasing by double digits each year led by exports to the US, while domestic use is well apparent and wholeheartedly accepted. It seemed I was a source of bewilderment as I explained how Australian police are holding back Australian hemp industries due to issues with saliva testing.

Interestingly, in both cities where I stayed, Vancouver (British Columbia) and Toronto (Ontario), there was no visible alcohol problem, public drinking, violence, or groups of drunk men, etc etc. The Ontario government owns the bottleshops.

However, homelessness, meth, heroin and crack use, hopelessness and mental health issues are ever-

present, especially in Vancouver where the city has even pushed many into a few square blocks where everything is evident, more open than I've ever seen in Sydney. Absolutely sidewalk-lined, people next to each other on blankets selling all sorts of bits and pieces. Speed limit of 30km/h for cars! I walked it a couple of times, felt safe, no agro surprisingly.

There are lots of grey areas with the medical cannabis regime in Canada. It's evolving, with new rules and compromises since 2002. In the simplest explanation of the current scheme, the Federal government has about 17 Licensed Producers (LP's) who supply dried raw cannabis via mail order to about 40,000 registered medical cannabis users.

There's also a large number of grow facilities which still produce, while



an injunction is being dealt with. The injunction was issued when the federal government tried to stop these facilities in favor of the LPs. The facilities operate under the 'old rules', relying on permitted patients to sign over some or all of the plants they are allowed to grow. The facility grows your plants and gives you the required or agreed upon amount of cannabis.

Like I said, there's lots of grey areas, but the cat's out of the bag and there's no turning back. I arrived as the ninth High Court ruling was handed down in favor of safer medical cannabis use. People could now extract and refine cannabinoids rather than smoke raw cannabis. This includes baked goods, cookies and other infused foods, lozenges and candies too.

I watched a news clip of the Canadian Health Minister Rona Ambrose's response: "We are outraged at this decision ... we are still outraged at the first High Court decision in 2002" (which allowed the use of marijuana for medical purposes). "We will fight this tooth and nail ... a Court cannot decide what is a medicine, only Health Canada can" ... "Marijuana is not a medicine ... it has not passed any clinical trials", etc etc.

A day later the City of Vancouver

tabled Regulations for the operation of 'Compassion Clubs' and 'Retail Dealers'. Currently there are about 200 medical cannabis 'Dispensaries' in Vancouver, and the regulations are aimed at providing some control around proximity to schools and other dispensaries.

Spending time with dispensary, seed bank and 'Vape Lounge' people, it's obvious these are professionally-minded people with a clear understanding of what they've done and what they're still up against. They were inspiring to be around as they dissected the new regulations against maps of the city to find possible new sites to operate from – properties identified, real estates contacted, inspections, builders, renovators, etc.

I visited a few Vape Lounges in both cities, right in the city. With tens of thousands of people getting around with medical cannabis permits, a social setting has been devised – it's \$5 in, there's a Volcano at every table, no alcohol or tobacco,

no buying, selling or mooching. They maintain a steady clientele during the day, getting much busier as the office folk knock off for the day.

Some workplaces, including universities, provide space for lecturers, teachers and students to medicate. Everything is so civilised. It's apparent the shift on medical cannabis has created a clear delineation between hard and soft drugs. The cannabis scene is distinct from other drug use, except perhaps for the occasional mention of LSD.

The industries, patients, participants and settings somewhat define a new approach, including by police, it seems. I was surprised by the combination of medical and recreational use of cannabis. It's inevitable and works well. Meanwhile, the government is reaping immense rewards from the unintended positive consequences of cannabis law reform.

Though medical cannabis is still vehemently opposed by the Canadian Government and clinical trials are still blocked, there's no meaningful research or accurate testing, and the medical profession is far from embracing its use, High Court rulings backed by the Canadian Charter of Rights have forced the apparent progress.

Everyone I spoke to could see the immense problems being created by Australian authorities in their pursuit of cannabis, and all could understand that the use of sniffer dogs and saliva testing is pushing drug use trends away from cannabis to powders, pills and ice.

Next MediCan workshop
Nimbin Town Hall, Saturday August 29th, 11am - 4.20pm. Speakers include Dr Andrew Katelaris on the latest Medical Cannabis thinking; CBD Luke and friends; Andrew Kavasilas on his recent trip to Canada; Chris Harris on Cannabis as an adaptogen; Radic Al and other MC users.

A letter from Colorado

by Abe Acton, High Country Cannabis Tours
Thank you to the wonderful world of Nimbin!

As I was completely blind-sided by the natural resources and culture that NSW presented to me on my two week trip to Australia, I realised I'd better get my pad out and start taking notes! Yes, we have advanced in Colorado with the legalisation of cannabis. Crime rates are down, record tax years... but Coloradans still have a lot to learn about independence.

I was taken by the independence of each property while visiting Australia! Solar panels, solar hot water, water catchment, gardens, as well as the stories of a very successful protest against big energy companies coming in and exploiting your resources with no limit of damage in sight, which in fact, made these companies reconsider their exploitation of the region.

I believe these are very important aspects

moving forward in this globalised world. The fact that you can take care of yourselves was very eye-opening coming from a land where it seems we are dependent on the broken system more than ever. Almost overwhelming and definitely heavy. (It is illegal in Colorado to catch rainwater, but I do).

It is true that Colorado citizens have a bit more experience with the legalisation of an organic medicine, which is one step towards true independence. After speaking about the subject of cannabis medicine and demonstrating techniques of medicine making at the 2015 MardiGrass protestival, I realised that our knowledge and experience was in high demand for the people of Australia.

Coloradans can offer guidance and knowledge in the subject of cannabis tolerance, legalisation, and acceptance by society. It's all about eduction: educating the politicians, law enforcement and people working the land that this plant is not a harmful one. It's actually very helpful in many different ways.



I feel, judging from my observations while visiting, you're steps ahead of us when it comes to consciousness of the natural environment that we all live in. You will not sacrifice the health of the planet for a quick dollar (at least not in the Nimbin region), you are aware of what is being ingested in your bodies

and therefore eat healthier, you catch the clean water that falls from the sky, you take advantage of clean solar energy in producing electricity, hot water, and organic foods from this energy source, and you know your neighbour and you help your neighbour...

As you can see, we both are in positions to move forward as any partnership would, using different knowledge and skills to develop a checks and balance system that will ultimately create a hybrid using the successful aspects of each culture to then create a more efficient, sustainable future for generations to come.

Food independence + energy independence + water independence + medicinal independence = a thriving, sustainable culture! These are the fundamentals required to build a healthy education system, health care system, and community.

Thank you to all the Australians, and especially the Nimbin Community, for opening your doors and hearts to us as we visited. My experience was nothing less than inspirational and life changing in a positive way! I will use this inspiration to move forward in Colorado as I hope you too will use some of the teachings we presented while there to move forward to medicinal independence.

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Hemp Headlines

Medical cannabis trial: First details revealed [SMH]

Thirty terminally ill people being cared for by Newcastle's Calvary Mater Hospital will take part in a new trial of medical cannabis, the NSW government announced. University of NSW researchers will work with the hospital patients to examine what effects vapourised cannabis leaves and a form of pharmaceutical cannabis medication will have on people who are dying of cancer and suffering symptoms including fatigue, nausea and insomnia.

Senators give medical marijuana the green light [SMH]

Senators from across the political divide will endorse a bill to legalise medical marijuana despite warnings it could create a regulatory nightmare. A committee made up of Coalition, Labor and crossbench senators will strongly recommend that Parliament pass a cross-party bill to set up a medical marijuana regulator. Spearheaded by Greens Leader Richard Di Natale, the Regulator of Medicinal Cannabis Bill would effectively make the federal government responsible for overseeing the production, distribution and use of the drug. The Health Department said the bill would create "complexity and uncertainty" and potentially clash with the Therapeutic Goods Act. Di Natale conceded there were obstacles to the bill but insisted none of them were insurmountable. He pointed out other countries had managed to legalise medical marijuana without falling foul of the single convention.

Greens slam police response to drug-testing questions [EchoNet Daily]

NSW police are unable to back their multi-million drug driving strategy with any evidence that shows how the levels they test for relate to impaired driving, according to the NSW Greens. Greens MP David Shoebridge recently lodged a freedom of information request with NSW Police aimed at revealing the 'science' behind the drug-testing regime. Along with medicinal cannabis campaigners in the region, he was less than impressed with the result. 'Nobody would be satisfied with the partial and censored material produced by the NSW police in response to our FOI on drug testing,' Mr Shoebridge said. 'We are appealing their decision in order to get access to uncensored documents and a far more complete set of materials to understand what, if any, rational basis the NSW police have for their current drug testing regime.'

Unda Splendour Mud

Some stories never make mainstream media, which is why we love the *GoodTimes*. Like how the two cops at Splendour got completely covered in mud. Sure, they were arresting someone and, as the report says, it was a member of the public thought to be carrying illegal drugs. And it's true, as all police are members of the public, but who and why can now be revealed here. And it's a good example of the tension in the Force these days between the old-school jobs-at-any-cost union supporters, and the rest of us, dare I say, new age coppers. There's not many of us like there's not many of you hippies, but look at the influence you've had. It's generally agreed if you're going to don a uniform and surrender your freedom there has to be a good reason and in most cases it's the mortgage payments. It used to be the more you worked the sooner it was paid out, but times have changed. Splendour is a typical boost weekend we call them, extra pay all weekend, living away from home allowance, other perks too. It all worked easily when the crowd was on eckies and weed, but now it's all booze. There's a lot more jobs, but a lot less fun. It helps to pay the now endless mortgage, but it's soul destroying stuff. Half the boys slept in their cars to pocket the motel allowances, I discovered during the argument. The union insists on keeping

The word's out... sshh, it's still illegal

by Binnah Pownall

Because of who we are, Nimbin is on the crest of a wave of cannabis healing. Maybe it's time to focus our resources and form a broad co-operative effort.

When the June 2015 National Geographic's front page spread of a big marijuana leaf with a statement saying that the so-called "weed" was "a new science", came out, many in Nimbin cheered. Because we knew that the secret was finally right out in the open.

With news articles like this and the topic of 'cannabis healing' flying around dinner tables and latte bars all over the country, and also because of our well known 'cannabis culture' here in Nimbin, we are starting to get swamped for help!

Groups like the Nimbin Compassion Club and the Nimbin Hemp Embassy have been working at the forefront of assisting pain sufferers seeking relief for a number of years already. The ever-increasing flow of people who have been coming from outside of the town to 'score' is turning to a flood, and the clientele demographic is rapidly widening – all sorts of people are now looking for pot in Nimbin.

Because of this relatively new focus, and due to our more than forty-year experience of growing cannabis, Nimbin is uncontrollably being

pulled into the centre of a burgeoning healing industry that is not waiting for the laws to change, so people can help heal themselves or their loved ones. Many sufferers cannot wait that long for the law to change.

Many local people and others are making oils and tinctures to service the sky-rocketing demand. We know we have many committed, credible and expert people diligently working on making cannabis potions locally, from industrial chemists to expert herbalists (and also some fast learning amateurs), and all sorts and strengths of cannabis are produced.

The vital experience and evidence gathered over at least twenty years needs collating and proper studies and regulating can be commenced. If mainstream wants even more proof of its efficacy, then only we can provide that on-ground experience. We are the coalface.

For these reasons it is proposed that Nimbin form some sort of co-operative to present a united and reputable front to the outside world on this complicated healing issue, by joining our myriad skills and already formed sub-groups to speak as one voice.

Until the laws change, this unfortunately has to all be done under the radar. So keep your local ears to the ground for some future get-togethers and planning.

STREET SHUFFLE

Journal of the North Coast's longest serving covert

prohibition ramped up, and has job figures to back it. Roadside drug testing has created hundreds of new safe jobs, they argue, and now they're modelling the war on ice on the original Reefer Madness campaign. It means an unlimited demand for police hours, but it's still not enough. Half the force are working two jobs or more and getting paid better by other employers for just standing around on security gigs. Who wants to hunt dangerous crime gangs?

On the Friday evening of the festival, I suggested it was time to free the weed so we could at least enjoy Splendour on the grass like it was named for. All hell broke loose. Unionists surrounded me. Clearly the new public view on weed that's gaining ground fast has them stressed to the max. First it was mortgages but deeper it's family, wives and kids. The stress was real and I realised how out of touch with mainstream pressures I'd become while living with the hippies.

It was standard Undacuva work at Splendour, trying to score, which was virtually impossible. The incessant noise deafened me and rain ruined my makeup so I changed outfits which they said was why they didn't recognise me, but I saw the look in their eyes.

They knew full well it was me. It was all payback for the jobs argument.

They'd asked me the night before what I would do if weed became legal, like I was suggesting would happen. Big mistake – I told them I'd lived with the hippies and I'd made good friends with over the years. It was like I spat in their face. Incomprehensible for them. Flattening me in the mud in front of everyone was some retribution. There were no friends coming to my aid of course, so the crowd just saw they'd arrested the half-mental ageing grey hippy who was surprisingly strong but probably didn't have a ticket and was hassling everyone for a bud. No one supported me except for a small cheer from a few when I did the croc roll, making sure all three of us were unrecognizable, covered head to toe in the black mud.

HipiLeaks: NSW Premier's Office to Calvary Hospital, Newcastle. It's proposed the cannabis leaf will be delivered daily, every morning, in labelled individual weighed bags for each of the thirty participants in the medical cannabis trial and up to fifteen police may be needed to ensure transparency and accountability, to be paid from the research funding.

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