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Bushwalkers explore Yuraygir National Park



by Deborah Lilly

Yuraygir National Park was the superb setting for our weekend getaway with Nimbin Bushwalkers Club. Nestled behind the sand dunes just north of Minnie Water, Illaroo camping ground was an idyllic retreat, featuring a sound-track of calming rhythms as waves lapped the shore just metres from our tents.

A hand-written "Nimbin" sign attracted ten NBC members to the campsite whilst affording us a wide berth by other campers. Our leader, Peter Moyle, generously set up a kitchen for everyone to use, which of course became our centrepiece.

Glorious Saturday sunshine saw us walking south at low tide along the beach to Diggers Camp, via Minnie Water headland. Shells and smooth rocks of many colours glistened like gemstones in the wake of the waves. Satisfied by our walk

and satiated with dinner, we gathered in starlight around the converted gas bottle campfire.

Just such a convivial setting brings out my inner poet, and I sent our leader into a deep slumber with *The Lady of Shallot*. *Clancy of the Overflow* reared his head as well as snippets of *The Ancient Mariner*. Our two Ukelele Ladies regaled us with some songs and we discussed making "Talent Night" a regular feature of the weekend trips: songs, poems, yarns and party pieces welcomed.

Sunday brought us more gorgeous weather, and we drove north along the beach and then walked to Sandon River village and estuary, dubbed as the cleanest river on the east coast as it's surrounded by National Parks. It is breathtakingly beautiful. On the way back, Peter saw a whale breaching; a perfect rounding off to a most delightful weekend.

• See Walks Program, page 35

NACRS activities in September

Stay connected, stay active with Nimbin Aged Care & Respite Services – for all elders, for people with a disability and all carers in our local communities.

- **Bus Outing** Tuesday 8th September and every second Tuesday. Relax and enjoy our beautiful region, this month morning tea at Clunes, lunch at Brunswick Heads.
- **Drop-In** at Bottlebrush Studio, Nimbin, Mon-Fri 10am-2pm, for a cuppa, a chat, free internet, computer, a quiet sit down.
- **Craft Group** every first Monday at

Bottlebrush Studio.

- **Nimbin Social Groups** every Tuesday and Wednesday, 9.30am-1pm at Bottlebrush Studio, Nimbin, with morning tea and light lunch.
- **The Channon Social Group**



Thursday 17th September and every third Thursday, 11.30am-2pm, phone for location.

- **Koonorigan Social Group** Monday 28th September and every fourth Monday, 11.30am-3pm, bring-a-plate lunch at Koonorigan Hall
 - **Home visits** for all carers and your cared-for person
- Phone 6689-1709 for more info or look for us on Facebook.

Nimbin Hospital Info

Child immunisation clinic

For 0-5 year olds, Nimbin Hospital, second Tuesday of every month. Next clinic: Tuesday 8th September. 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

Confidential pap smears, breast checks, contraceptive advice, post natal checks, general health information. Next clinic 17th September. 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: 10th September. For appointment phone 6688-1401.

Free diabetic clinic

Every 3rd Thursday of the month, next clinic 18th September. 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: 11th September.



In your neighbourhood...

Nimbin Neighbourhood and Information Centre News

www.nnic.org.au



Spring is here and so, it seems, is Sustainable September!

Nimbin Annual Country Show

26th and 27th September

- ♦ **Pavilion Exhibits** – Don't forget to enter your produce, baking and arts and crafts into this year's show. We love to see the Pavilion bursting with colour and last year it looked gorgeous – let's see if we can top it this year! Simply bring your entries to the Pavilion at the show grounds on Friday 25th September before 10am.
- ♦ **Best Show-Themed Shop Display 2015** – A reminder to all businesses in the Nimbin Village to set up your shop display by the weekend before the Show. Be in the running to get your name onto the coveted Perpetual Pumpkin trophy. Simply set up your shop display by the weekend before the Show.
- ♦ **Sustainability Alley** is back again for this year's show, featuring the Paddock to Plate Café, local short films, speakers and demos and so much more. Speakers tent proudly powered by Rainbow Power Company. If you are interested in having a stall, giving a presentation or demonstration at Sustainability Alley, please

contact Nat or Guy at NNIC.

- ♦ **Local Sustainability Short Film Comp** – Quick! Get your short films into us to win prizes and have your film shown at Sustainability Alley at the Nimbin Show. Entry Forms at NNIC, the Farmers Markets and on our website.

Wanted

- ♦ Volunteers to help with set up on Thursday 24th and Friday 25th September, and pack down on Monday 28th.
- ♦ Knitters to start off a couple of knitting projects (eg scarf) for a group knit at the Show.
- ♦ Person with a ute to help us move some pesky chairs around. Please contact Nat or Guy at NNIC, or email us on: admin@nnic.org.au

Sustainable House Day Expo

Lismore City Hall, Saturday 19th September, 12-4pm

Don't miss the Expo, showcasing over 35 sustainable house designs by architects, designers and young people who entered the 2015 Sustainable Housing for Life Design Competition. Stalls featuring local solar, compost toilets, handmade furniture, sustainable building experts, as well as interactive environmental education for

children.

Win lucky door prizes including a 1kW Enphase Micro Inverter Solar System from Light Touch Solar & Electrical, a Hemp-Builders starter kit from the Australian Hemp Masonry Company, a tour and organic lunch for two at the Permaculture Research Institute from Eco Building Design, a sustainable design consultation from Little Warrior Creative, a compost bin and laundry green cleaning pack.

Speakers include Alyssa Clift and Ray Maher – the master architects who took out last year's First Prize Design Award, and for home-owners and renters Beyond Zero Emissions will share the top nine tips on how to achieve energy freedom in your home.

See: www.sevenonsibley.com/shd2015 for more info.

Tweed Living for the Future Home Expo

Saturday 12th September, Murwillumbah Civic Centre, 9am – 2pm.

This event is also a part of Sustainable House Day 2015 initiative. Featuring exhibits, special guest Michael Mobbs (creator of the famous Sustainable House in Sydney) and lots more great stuff. More info at: www.tweed.nsw.gov.au/HomeExpo

Sustainable Energy

- ♦ Enova – NR community owned energy retailer – you can be a part of it. Come along to Birth and Beyond on Friday 11th September at 6.30pm to find out more.
- ♦ NR Biohubs – the bioenergy social license community consultations will commence in September – watch our website and facebook page for details.

Community Forum and Workshop

Sunday 22nd November, Nimbin Town Hall

Save the Date – Sustainable Nimbin Community Plan. With various developments proposed for Nimbin, now more than ever we need to get together again as a community and consolidate our vision for the future of Nimbin.

We need you all there, so get this date into your diaries.

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.



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Kyogle Council notebook



by Cr Danielle Mulholland,
Mayor of Kyogle

This past month has been hectic, but productive. Together with the other NOROC Mayors, I met with NSW Local Government Minister Paul Toole before having the opportunity to meet with him one-on-one. We discussed a number of issues relating to Council before taking him to inspect the new flood mitigation project.

The focus groups continue to meet, progressing towards a final document which will form the basis of our Community Strategic Plan. I would like to thank the community members who volunteered their time for the focus groups and the Councillors involved for having input into the process.

Kyogle Quota recently held its

www.nimbingoodtimes.com



annual Friendship Dinner at which two ladies were awarded the Woman of the Year award, Jean Warburton and Nancy Cowley. Congratulations to both of these deserving ladies for their hard work and their well-deserved recognition.

The Kyogle Council Youth Advisory Committee met in Woodenbong this past month. It was a good meeting, with lots of ideas put forth. The committee is recruiting for additional members so if you are interested, please contact Nicola Mercer at Council for more information on 6632-1611.

I attended a Domestic Violence Planning Session which had representatives from a number of organisations. A presentation was made by Tara Woods, a police officer from Lismore, who provided information on new legislation in respect to domestic violence.

The Bonalbo Hospital Auxiliary held its annual general meeting this month. Congratulations to Merrill Carr who was elected President and the other members of the executive who were appointed. Our Hospital Auxiliaries are essential part of our communities and do such excellent work through fund raising and the purchase of necessary equipment for local hospitals.

The Mayoral Meeting at Tabulam was excellent with many residents taking the opportunity to come and talk to us about their issues. These meetings are important to Council as they allow us to come to you and discuss these issues directly.

After the Mayoral Meeting, a session was held with the business houses and other interested parties around the Tabulam Bridge. Further engagement will be undertaken in the future to identify the economic opportunities the construction of the new bridge can offer this community.

Lastly and briefly, I would like to advise that with issues canvassed in any letters I receive anonymously it is very difficult to talk to you about your concerns. Please be advised that we can only discuss your issues with you if you provide your full name and at least a phone number.

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

Peace sign plaque unveiling

by Scott Sledge

On Market Sunday 27th September, the Peace Sign “fingers salute” sculpture that has been erected in the grounds of the Nimbin Community Centre will be the focus of a ceremony to celebrate a new sign describing the significance of the artwork.

Created by local artist Graham Knowles, the statue was displayed at the Bentley Blockade Info Tent during the 4-month long vigil to protect the Northern Rivers from unconventional gas mining last year. On the back of the sculpture, Graham has added what he calls a “Podcast,” a glazed ceramic insert showing defenders Daniele and Lee coiled yin/yang inside the concrete bunker at Gate A.

Following suspension of the drilling licence, Liberty Camp closed and Graham donated the sculpture to Nimbin. An explanatory sign has been commissioned by the Nimbin Community Centre committee and will be unveiled near The Fingers at noon on Sunday 27th September. Text for the sign was written by Neil Pike, who will provide music for the event.



Graham’s work has already become a much-photographed iconic focus for the many visitors to our village. The sign to accompany it will highlight the importance of environmental activism to our local community. Please come and help celebrate this historic event. All welcome.

Call-out for young film-makers

The Nimbin Youth Film Festival celebrates youth and creativity, and is calling for entries for the 2015 youth film comp.

Now in its sixth year, the competition has over \$1500 in prizes, plus trophies to be won.

Young people aged 20 or under, who live in the Northern Rivers are eligible to enter. The films can be made on any video device from an Iphone or DSLR camera or a GoPro to high-end video cameras.

Past screenings have been entertaining and enlightening. The films have surprised audiences with their audacious creativity and powerful messages, messages from the minds and hearts of our young people.



Last year’s overall winner *Wake up* by Jemima Zahari and Frewoini Baume (pictured) is an astonishing film, shot and edited mostly on an Ipad. All last year’s entries can be viewed on YouTube: <http://tinyurl.com/pd8s8r4>

The competition judges understand and recognise that filmmaking is a team sport, and encourage young people to get support and

guidance from schools, parents, friends and filmmakers.

Collaboration is the key to successful filmmaking, and whole crews are invited to enter, as long as the film’s vision and idea comes from young people and they are the drivers/directors.

The festival screening and award ceremony is held in a Pop-Up Cinema in Nimbin in the Town Hall and the whole community is invited to attend. Parents, friends and the young filmmakers share in the excitement of seeing the films on the big screen for the first time with a supportive audience.

For entry details and to download an entry form visit: www.nimbinyouthfilmfestival.com



International Peace Day 2015 will be celebrated in Byron Bay at midday, Saturday 19th September at the Uniting Church Hall, 5 Carlyle Street (across from Woolies and down towards the Primary School).

Come and join others who know just wishing for Peace in the world won’t make it happen. We know there is work to be done. So to those who say we are just Dreamers, we say join us in the Dream and share what you are doing to change the world. The power of One. We need more of the Ones in these times. The microcosm can affect the macrocosm. Peace starts at home and it starts with me and you.

Global Day of Peace is when we come together with awareness that we can make a difference. Events include: dove release, peace flame, peace pole story, dances for peace, human mandala, communication workshop.

candle-lighting ceremony for the Nations (phone if you want to participate).

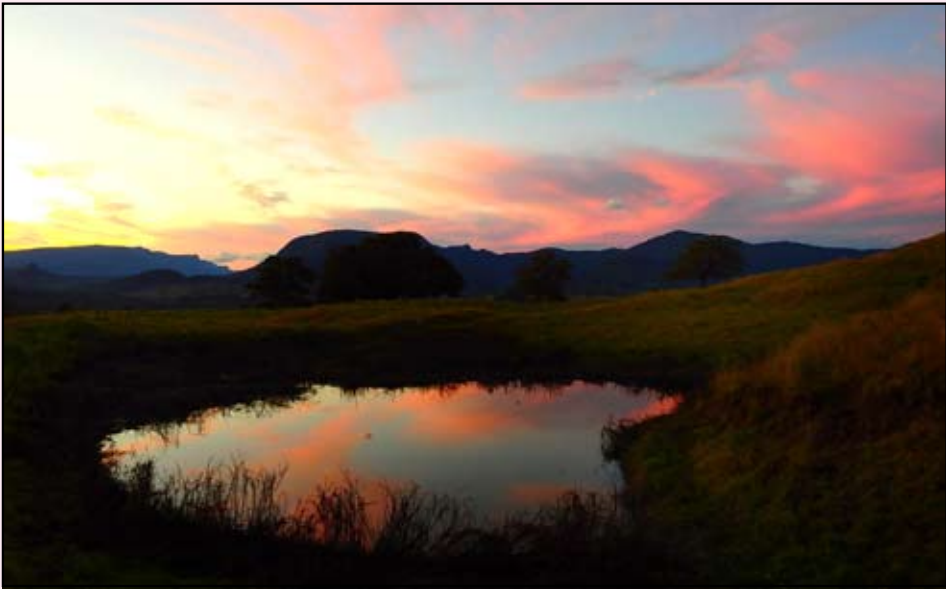
Special Guests

Yai Atem Sudanese refugee tells his truly amazing story of surviving eight years on the move through war zones from age 8 to 16. You have got to hear this story of hope. Report on Operation Talisman Sabre at Yeppoon in Qld war games. David Bradbury, award winning activist moviemaker, will speak about his latest film. Student performers. Tim Stokes. Backdeck Rehearsal activist band anti-uranium, anti-CSG. Venezuelan songbird. And more. Info Tables. Yummy Food. Cakes and drinks.

Organised by Byron Bay People for Peace and Justice. Ring Shamana 0401-249-732 to book a space or info table to share your work.

Facebook: Peace Day 2015

Nosin’ around with PAC



This is a shot from Falls Road above Nimbin with the Border & Nightcap Ranges in the background

by Suzy Maloney B.Eq.Sc.

Most of us have heard this term ‘Natural Horsemanship’ by now, but what does it actually mean? Obviously keeping a horse in an enclosed space and sitting on its back are not natural, and never will be. It’s important that we remain aware of this, and so view anything that a horse does for us as a gift and a blessing, especially when they allow us to sit on them.

For this reason all our attempts at being ‘natural’ with a horse will be a compromise between what we want and what the horse wants. To ensure that our interactions with a horse are humane and acceptable to the horse it is necessary to meet the horse where they are. By this I mean listening. There is much media hype about ‘horse whisperers’ and while it is extremely desirable to communicate with as small an aid as possible, it is also imperative that we listen to the horse all the time we are in its presence.

To do this we need to be present. Horses do not live in the past or the future but are very firmly alive in the here and now. To meet the horse we need to let go of all thoughts about our lives as we approach the paddock and from the first moment we greet them be fully in the present moment. Because horses are so good at this they can help us find this place if we’re open to it. In this way (and many others) they become our teachers



just as we can be theirs. If your relationship with your horse is based on open two-way communication then what the two of you can do together will truly amaze you.

In order to foster a healthy relationship between you and your horse it is first necessary to remove pain from your interactions. Pain has been the traditional method of controlling horses for thousands of years. Humans inflict pain on horses to get them to do their bidding by using bits (metal in the mouth), spurs, whips and chains (over

the nose and through the mouth) among other control/torture devices. These are basically abusive relationships.

Unfortunately pain is a great motivator, and so the horse will do the humans bidding in order to get relief from the pain. Because of this a mentality has arisen that the only way you can control a horse is with the use of pain. This is completely untrue as many of those horses with bits in their mouths and spurs and whips on their sides are definitely not in control. Horses bucking, rearing,

bolting etc. is not uncommon in the horse world, the pain method obviously doesn’t work yet it is a very hard concept for people to let go of.

Natural horsemanship is about painless horsemanship, an equal partnership rather than one of domination. Once the pain and abuse is removed from a horse’s world, they blossom into the most communicative and willing animals. When you ‘ask’ a horse to do something using a language they understand instead of forcing them to do it, they nearly always say yes. In fact it’s so amazing how willing horses are to hang out and do stuff with us humans when we ask nicely that it’s hard not to feel like a barbarian in comparison to them. As soon as we change the way we think about and handle horses, they change right along with us, they don’t hang on to baggage.

This amazing creature, the horse, has been intimately involved with humans for thousands of years. They have fed us, ploughed our fields, taken us to war, entertained us and carted us and all our stuff around for thousands of years. I think it’s time to say thank you and give back to the horse.

Happy Horses Bitless Ph: 0401 249 263

Email: happyhorsesbitless@gmail.com

Web: www.happyhorsesbitless.com

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nimbin.goodtimes@gmail.com

Rochdale Thriller

Lismore Theatre Company have pleasure in presenting the psychological thriller, *Wait Until Dark* as the next play in their 2015 season.

Made famous by Audrey Hepburn in a 1960's film of the same name, *Wait Until Dark* features a blind woman whose husband accidentally gets possession of a doll containing heroin. After she is left alone in her apartment, three men, pretending to be friends of her husband, terrorize her in an attempt to find the doll.

Initially trusting, the woman soon starts to realise that she has been duped, and sensing her life is in danger, she turns the tables on the gang by making sure they are as much in the dark as she is.

The play moves from one moment of suspense to another, as it builds toward an electrifying, breath-stopping final scene.

Written by Frederick Knott, this masterfully constructed thriller was a Broadway hit in 1966, starring Lee Remick, and the following year the successful film adaptation was released, starring Audrey Hepburn.

Local actor Elyse Knowles, uncannily alike in looks to the young Audrey Hepburn, is taking on the role of the blind woman. Elyse is studying Theatre and Performance at UNE, and is rapidly learning about the demands of being a lead actor.

"It is no small feat to take on a role made famous by Audrey Hepburn, and especially a role where the character is blind. I am trying to bring both the vulnerability and the strength of the character to the stage," Elyse said.

Elyse is supported by a strong cast of experienced Lismore-based actors including Jason Smith, Nick Fuad, Stephen Bondor, Maggie McGrath, and John Taylor, who brings a cold-blooded intensity to his role as



the sinister Mr Roat.

The show is directed by Jocelyn Wright and Kylie Fuad, both long-term members of Lismore Theatre Company.

Performances are on at the Rochdale Theatre on the 4th, 5th, 11th, 12th, 18th and 19th September at 8pm, and the 6th and 13th September at 5pm.

Tickets are available online (\$20 /\$15) at: www.lismoretheatrecompany.org.au or at the door.

COCKFIGHT at City Hall

"These guys make dance like the Coen brothers make films." – Sydney Festival

"...intensely theatrical movement with a keen Aussie sense of play and irony never far away" – Courier Mail

In a coup for the arts in this region, NORPA will present the world premiere of an explosive new physical theatre work, *Cockfight*, by Gold Coast-based company The Farm.

Like an episode of *The Office* meets a cage-fight, Australian style, *Cockfight* is a comical, combative and ultimately tender performance that explores masculinity and pushes the limits of physical theatre.

It opens with two blokes in an office. One older, one younger. They challenge each other in a series of comical one-upmanships that build to a moment of impact where everything is suspended, the flash of bared teeth, the mutual reliance on the fight, the desperation and loneliness of success.

Cockfight is a poetic look at the power play that occurs between men and the frailty of the body. It is evocative of age and passing time and questions our culture's desperate desire for achievement. Without each other these two performers have nothing left to fight for. Dance is a young man's game. What happens when someone higher up the food chain gets weak and is ready to be taken down?

At the heart of *Cockfight* is a very real relationship between performers Joshua Thomson and Gavin Weber who have been working together for many years. Their humour, trust and understanding allow them to take extreme physical risks that will leave you on the edge of your seat.

Bringing together the inventive theatricality of physical theatre company The Farm with NORPA's Artistic Director Julian Louis,



Cockfight will provoke and excite in equal measure.

The premiere season will run Thursday 17th, Friday 18th and Saturday 19th September, 7.30pm at Lismore City Hall. Tickets \$49 / \$22. For bookings, phone 1300-066-772 or visit: www.norpa.org.au

Come and see what happens when these two men give it all they've got.

Wyrd things afoot at the Bush Theatre

by James Straiton

The past year has seen an amazing period of renewal for Nimbin's Bringabong shop as proprietor, Dave Hyett, and his team have been hard at work bringing back to life not only that iconic store but also a new, high quality (and aptly named) eatery, the Phoenix Rising Café.

On top of that, the historic Bush Theatre, once fondly remembered for its New Year's parties and live music, is being restored. Movie nights are now on again monthly on a big silver screen, and the recent live performance of *Ophelia Thinks Harder* has reinvigorated the local theatre scene.

Now, in the cold of a Tuesday evening, a small band of brave and creative souls gather to rehearse for what will be the first local, amateur theatre production Nimbin has put on in some years, and it's clear to see the artistic spirit of the area in the passion and energy of these players – they range from our esteemed and indefatigable radio/theatre veteran, Bob Tissott, right through to some talented young actors from the local schools, and they are directed



by an experienced actor/director recently moved from Melbourne, my good self!

The show itself is to be the stage adaption of Sir Terry Pratchett's book, *Wyrd Sisters*, and it looks like a really fun story about good witches and their struggle against propaganda, which certainly sounds like it would suit the community!

These new players gathering in the Bush

Theatre would also like to extend an invitation (spread the word!) that they would welcome more creatives and artists of all ages and skills into their fold – there are many fun small roles still available for this production and any backstage help would be greatly appreciated... It seems truly important to gather together a 'pool' of thespians to more easily keep the spirit of the arts alive in the future.

It's all very casual and has a chilled out vibe to it, so if you think you might be interested in participating, drop in to the Phoenix Rising Café and say hello to David Hyett – it's a bustling place these days and there's usually a friendly face around who can point you in the right direction.

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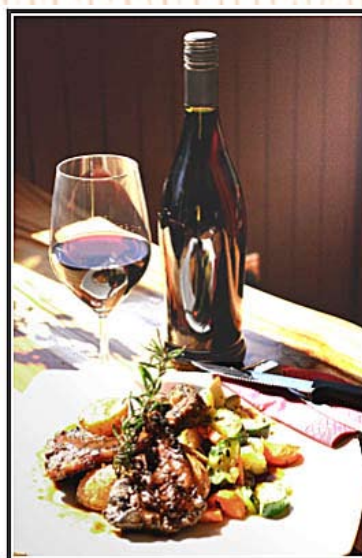
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ENTERTAINMENT

Every Thursday, 6-9pm
Joey and friends

Friday 4th Sept, 6-9pm
Sarah Stando

Saturday 5th Sept, 6-9pm
Bob Oort

Wednesday 9th Sept, 7-11pm
Open Mic Night

Friday 11th Sept, 6-9pm
Yolanda

Saturday 12th Sept, 6-9pm
Rob Cass

Friday 18th Sept, 6-9pm
Rob Bruce

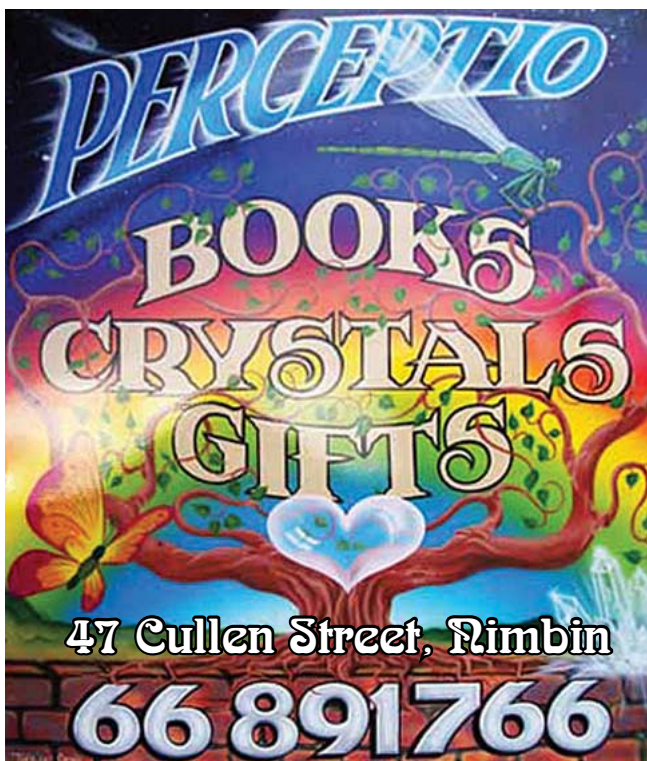
Saturday 19th Sept, 6-9pm
Brommers

Wednesday 23rd Sept, 7-11pm
Open Mic Night

Friday 25th Sept, 6-9pm
Doug & Biskit

Saturday 26th Sept, 6-9pm
Ted & Khan





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A makeshift forest in Byron

Native to the coast, Kiara Jack & The Jills is an original world / folk / roots band with a live sound that spans world music and contemporary genres. Kiara Jack is the centre of the band's eclectic-edged musical offering.

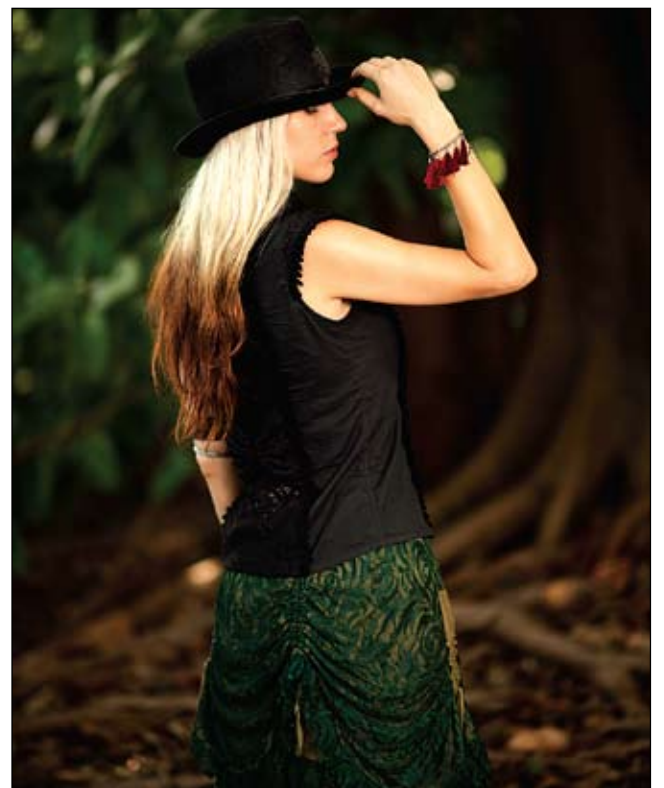
Earlier this year, the band launched their EP *Only in Time*, along with a video for the single 'Makeshift Forest'.

They're doing something quirky to celebrate the single by having limited edition succulent plants on their merch table. Each pot is one of a kind, with hand-written lyrics installed around the claypots. Cool.

Kiara Jack & The Jills will perform a free live show at The Railway Hotel in Byron Bay on Sunday 6th September from 6.30pm, and then join a stellar line-up at Gold Coast Folk Festival which takes place 19th-20th September at Country Paradise Parklands.

Check them out at: www.kiarajack.com or: www.facebook.com/kiarajackmusic

The new EP follows on from the band's 2013 release, *Shards of Glass*.

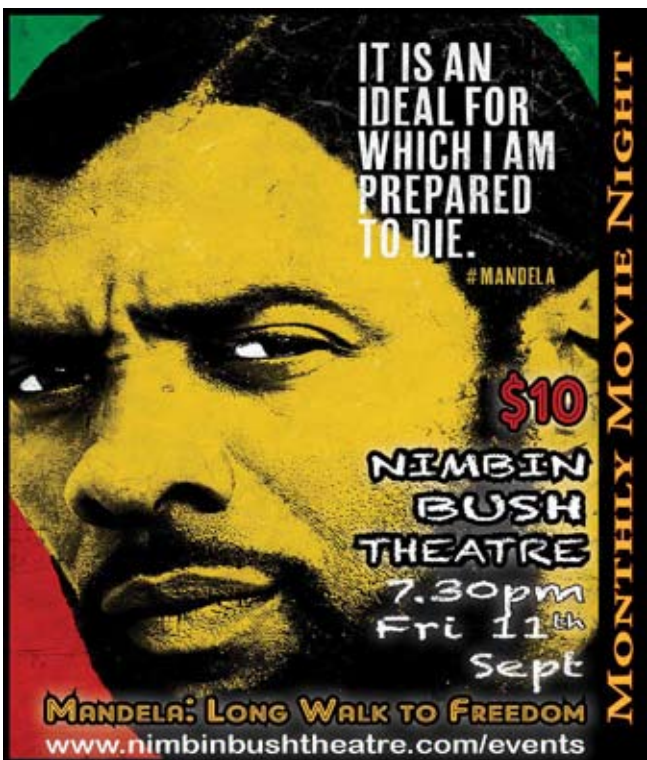


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www.nimbinbushtheatre.com/events


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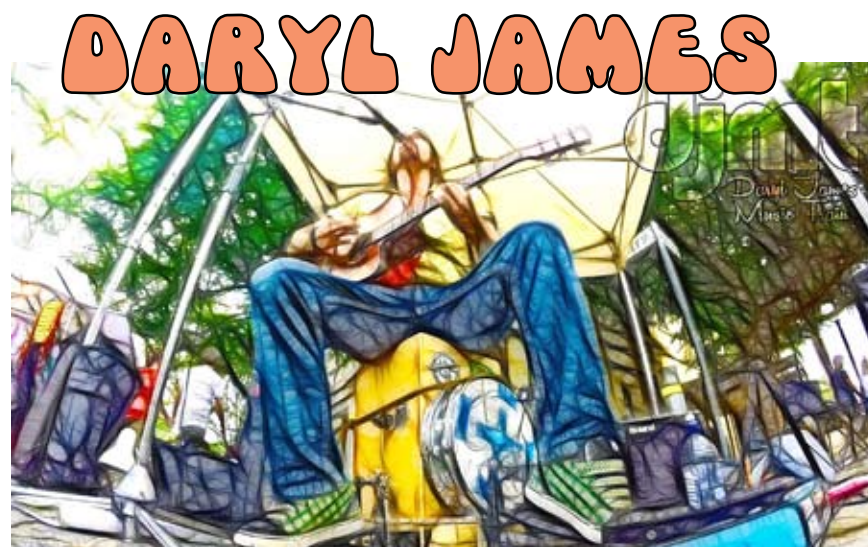
BY THE FARM

COCKFIGHT

17-19 SEPTEMBER, 7.30pm
 NORPA at Lismore City Hall



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Daryl James is a singer/songwriter from a small village in the heart of the Snowdonia region in Wales. Growing up just near the dramatic North

Wales shore, Daryl James has been playing music as far back as he can remember.

He has gone on to master a variety

of instruments, developing a unique way of delivering and performing his heartfelt, deep and honest songs.

Combining original, creative and unorthodox guitar/mandolin playing with his distinctive vocals and spoken word, he plays his home-made drum kit with his feet, while incorporating live looping

His solo performances are a mix of original music and innovative interpretations of modern, old school and traditional classics, honed intuitively to the particular venue or crowd.

Having toured around UK, Europe and SE Asia for the last four years and completing his latest highly acclaimed EP entirely on the road, he is now based in Brisbane.

Daryl James will be playing Sphinx Rock Café on Sunday 6th September, from 1pm.

the channon open mic

by Ray Flanagan (Rayzor)

Don't you just love this time of year? Beautifully clear sunny days and crisp evenings...

Sunday 23rd August was one of those days – in fact it was so warm, one may have thought Spring was already with us.

The Open Mic was blessed with an influx of new performers – firstly James from Tuntale Creek and his partner, Karen. I couldn't recall having seen them around, so asked if they were new to the area. "We've been here 22 years," was the reply - always amazing discovering new talent hidden away in the hills.

Next up was Chris, who was travelling through the area, and delivered a very polished performance – obviously at home

behind a microphone. The next surprise was a born and bred local lad, Saadi who put on a very credible show. I've known Saadi since birth, but never seen him with guitar in hand before Sunday.

Our final 'newbie', Bob (The Mandarin Marmalade Man), was invited along by one of our regulars, Mal. Turns out Bob is an old surfing acquaintance from over 40 years ago. Although Bob only began learning the ukulele 6 years ago, he plays and sings with plenty of confidence. He also demonstrated his versatility by backing Mal on blues harp and joining in a late jam session.

Don't forget to write us in your diary for Sunday 27th September starting from 2.30pm. Love to see you there.



Saadi's first time at The Channon Open Mic.



WILD, WISE AND EMPOWERING

Wendy Rule's music draws on her deep love of nature and explores themes of mythology, mystery, and our relationship to the cosmos.

With an extraordinary voice that moves from soaring heights to intimate whispers, she invites her listeners on an other-worldly journey.

Wendy is now based in Portland Oregon USA, but is returning to Northern NSW for one show only, in the beautiful setting of the Uki Holy Trinity Anglican Church.

This is a rare opportunity to experience this world-renowned visionary songstress in such a local and intimate space.

Wendy Rule's concert will be held on Saturday 12th September, 7pm at Holy Trinity Church, Uki. Tickets \$20, kids 16 and under free. Space is limited, so pre-booking strongly advised.

Enquiries: sumaree@bigpond.com
 Ticket link: www.trybooking.com/Booking/BookingEventSummary.aspx?eid=149626
www.wendyrule.com

Bliss in the Heart of Mullumbimby!

'The House of Bliss' is a happening event held consistently every fortnight in the heart of Mullum. Presented and sustained by a collaboration between The House of Bliss Productions and Spirited Events, this wonderful initiative began more than two years ago.

Born from the desire to create and share common sacred space, people gather to chant together for around two hours. Also known as kirtan, a tool from the bhakti yoga tradition of India, chanting involves call and response style singing of simple melodies to ancient formulas (mantras) that harmonise, align and heal the illusion of separation between us.

Rather than a musical performance, chanting brings participants together as one united voice.

The next get-together will be on Friday 4th September at St Martins Hall, 42 Stuart Street, Mullumbimby – 6.30pm for chai and treats, 7pm chanting. \$15/\$10 concession. For comfort bring a cushion or blanket to sit on.



Photo: Elias Harmony

For info, phone 0428-539-232, or join our page on Facebook: The House Of Bliss.

Orkeztar Lizmoré welcomes Spring in Nimbin



flamenco dancers, Arte Gitana

Nimbin School of Arts Hall will come alive with the sizzling beats of Flamenco, Middle-eastern, Klezmer, African and Celtic music Sunday 6th September at 2pm. Orkeztar Lizmoré (pronounced orKEZtar lismoray), is an exciting and dynamic community orchestra which plays world music.

As part of the Ork's commitment to the ethics of positive social and environmental change, profits from the gig will be donated to assist with healthcare for Paul Joseph, one of Nimbin's much loved eco-warriors.

Orkeztar Lizmoré only

formed in July of last year, but now is comprised of around 30-40 members from around the Northern Rivers region. With brass, strings, percussion, woodwind, keyboard and exotic instruments, the Orkeztar presents a smorgasbord of music arranged by its four gifted musical directors: Jude Magee, Mark Bromley, Peter Jaggle, and Pietro Fine (founder) along with a piece by special Lantern Parade guest Linsey Pollak.

As well as Orkeztar Lizmoré, for your delight, there will be a sizzling performance of Flamenco dance from Arte Gitana, led by Serena Joy and Kelly

Houghton with the special bonus of the singer Meg Walker and guitarist/cellist Mark Bromley. There will also be an enchanting performance of Middle Eastern dance by Melanie with percussion by Theo Sison; a stirring Yiddish song featuring Liora Claff; and, last but not least, smokey gypsy cabaret music from Out of Range with Dan Reade on accordion and piano, Tirza Abb on guitar and vocals, and Elvis Callaghan on violin.

Tickets (available at the door) will cost \$15 for adults (\$10 concession) and \$8 children (with no charge for kids under 12 years). Yummy afternoon tea and

snacks will be available. There will be a raffle, with prizes including a 1939 bottle of Para Port.

Treat yourself, friends and family to an exciting musical journey with Orkeztar Lismoré and friends on Sunday 6th September. It's a 2pm baton drop, so claim your seats by 1.45pm.

Ork Liz, which rehearses weekly at the iconic Silvercloud Studios in South Lismore, embraces musicians of all abilities for performances that promise to offer joy and inspiration. If you'd like to join, come and have a chat after the concert or contact Megan Hale on 0414 393 370.

One-letter name

Q will be playing the Nimbin Hotel on Thursday 10th September at 6.30pm

Joey hits his straps

Nimbin knows him as Joey, Byron knows him as Joe Blow, but it seems all the good musos know him, by whatever name.

After a former lifetime playing with some of the biggest Sydney rock bands and touring all over the country, the unassuming Joey has come to life again on stage, now playing songs of his own choosing, with players of his own choosing, on Thursday nights in Nimbin.

Renowned as a lead guitarist, Joey has a great, though little-heard voice, and his polished audio control and fun stage presence inject interest into old classics, and attract attention to his surprising catalogue of original songs.

Now, finally leading his own band of hand-picked local musicians, changing from week to week, Joey, who doesn't take himself too seriously, has built a platform to showcase his acknowledged musicality.

Joey and Friends are holding down



a regular spot on Thursdays, 6-9pm at Terra Restaurant in the Nimbin Bowlo, phone 6689-1473 for dinner bookings, or walk up and listen for free.

Beautiful natural setting next to Mulgum Creek

PHOENIX RISING CAFÉ

Sept Gigs

Sat 5 th Sept	Alan & the Upstart	12-4pm
Sun 6 th Sept	Wall of Love	12-4pm
Sat 12 th Sept	Jolanda Moyle	12-4pm
Sun 13 th Sept	Cruise Brothers (Jazz)	12-4pm
Sat 19 nd Sept	William Perris	12-4pm
Sun 20 th Sept	Dinkum Bohos	12-4pm
Sat 26 th Sept	Sarah Stando	12-4pm
Sun 27 th Sept	Andy Holm	12-4pm
EVERY Sunday	Cosmic Bliss	10am-12noon
3 rd -5 th October Long Weekend	B'Vale Bros & more ..	

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

Open 7 Days 9am to 4pm - ph: (02) 6689-1111

sphinx rock café

3220 Kyogle Rd, Mt Burrell NSW 2484 P (02) 6679 7118 www.sphinxrockcafe.com

Sunday Gig Guide

September 1pm start

6th Daryl James
Hailing from Snowdonia, North Wales, Daryl combines original, creative and unorthodox guitar/mandolin playing with his distinctive vocals and spoken word.

13th Romaniacs
Original music inspired by Gypsy, Folk, Eastern roots grooves. Their songs have been described as energetic, rootsy feel-good music.

20th YoYo Tuki
A two-girl folk jazzy pop outfit that has been playing festivals and gigs around the North Coast; harmonies and strings are their thing.

27th Wayward Nightingales
Two women singing it up with dusty feet, a love of the land they walk on, bringing you old tales, new takes & unsung histories...

Nimbin Hotel & Backpackers

53 Cullen Street, Nimbin. Ph: 6689-1246

September Gigs

Friday 4th	7.30pm	Kelli Gang
Saturday 5th	6.30pm	Matt Stillert
Sunday 6th	4pm	Samskara Radio
Thursday 10th	6.30pm	Q
Friday 11th	7.30pm	The Led Bellies
Saturday 12th	6.30pm	Antibodies, Spanx, Carniverous Pony
Sunday 13th	4pm	TBA
Thursday 17th	6.30pm	Sarah Grant
Friday 18th	7.30pm	Kellie Knight
Saturday 19th	6.30pm	Levon
Sunday 20th	4pm	Richie Williams
Thursday 24th	6.30pm	Nah Two Girls
Friday 25th	7.30pm	Mammachair
Saturday 26th	6.30pm	Scott Marriot
Sunday 27th	4pm	Adam Brown

All Gigs are Free of Charge

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National industrial hemp body formed

While there have been Hemp Industry Associations in most states for some time, the recently formed Australian Industrial Hemp Alliance is the industry's first collaborative national body. Its main focus is to fully develop the low THC hemp fibre and seed industries in Australia for their multiple industrial applications.

According to the founding members of the Alliance, representatives from the Queensland Industrial Hemp Association, Northern Rivers and NSW Industrial Hemp Associations and the Dungog Growers Group, industrial hemp has too much to offer in terms of regional renewal, employment and too much manufacturing potential to be ignored. Especially in light of the massive growth in demand for hemp products globally and Australia's need to transition to sustainable manufacturing industries.

Consumers are increasingly leading the response to the environmental issues we're facing with their spending, rather than waiting for governments. According to the Alliance, that's a healthy thing.

The Alliance's first task has been to write to the Ministerial Forum on Food Regulation about their refusal to recommend a change in legislation to allow Australians to eat hemp foods, announced in February this year after a meeting of the Forum in Auckland. Approval has been refused despite Food Standards Australia and New Zealand again confirming that hemp foods are a safe food source.

What is also clearly recorded in the submissions is hempseed's overwhelmingly beneficial nutritional profile. The health benefits of low THC hemp seed have been



Klara Marosszky

thoroughly researched in modern times and they are also well-recorded in Chinese and Ayurvedic medicine. As a food, hemp has a history spanning thousands of years. Up until prohibition that is, when the Western world outlawed it.

According to Klara Marosszky, President of the newly-formed body, the Alliance which welcomes industry collaborators to its membership, has requested meetings with concerned Ministers and the opportunity to have industry input to the Forum.

"We believe that the hemp industry which is operating successfully within a regulatory framework particularly in NSW, where hemp farming is seeing solid expansion, is well positioned to discuss the issues, to bring the relevant research to the table and to clarify issues in such a way that meets the needs of government, agriculture and industry. We look forward to having the opportunity to discuss the issues and to have input to the solutions."

Enquiries about membership should be directed to: secretary@hempalliance.com.au

CBDs, the hippies' bane

by The Goddess

Ah, the irony! For years the hippies and pot smokers of the world have been breeding in THC (Tetra Hydra Cannabinol) and breeding out the CBDs (Cannabidiol) of our cannabis plants; little did we know.

THC is the larrikin, the joker in the pack, the active ingredient in the pot that gets you wasted. That's why we have been selecting for it, that's the reason the pot we grow gets us all so happily smashed. But it has turned out a mistake.

While Delta 9 THC holds the key to many of weed's medicinal attributes it is by no means the end of the story. And yes, THC is necessary to relax, to dull pain and to open up the dopamine and serotonin receptors so the other components of the cannabis plant can operate within our cannabinoid system: a system endemic in every creature with feet and a heartbeat. It is necessary, along with terpenoids and flavinoids within the plant, to deliver what is called the entourage effect. Think of THC as the one who knows the bouncers at the door of the nightclub we call the cannabinoid system: without him the other CBDs would be left outside to mill about

ineffectively.

Only recently have we had the means to check our pot scientifically, and the information we have uncovered has been startling: the pot we grow, although rich in THC has proved decidedly lacking in CBDs, the other 100 or so active chemical chains involved in all vertebrates' wellbeing.

Recent studies from the Guzman clinic in Spain and several Israeli studies have found CBDG will heal broken bones at an amazing six times the rate of untreated broken bones. Mothers' milk, it turns out, has the second highest concentration of CBDs after the cannabis plant, and it is these cannabinoids that plasticise the infant's skull to allow for brain expansion. CBD coats the telomeres on neurones that regulate the electric signals; in the real world this means epilepsy and assorted twitching are no longer the curse they once were.

Recently we have been formulating medicines using our own high quality THC plants with the addition of imported CBD oil from Denmark. The THC component was illegal but the CBDs were available, if sourced surreptitiously. They recently re-scheduled them even, getting us all excited,

but customs clearly missed the news and grabbed the lot for themselves.

There is no good reason for this confiscation of the non psychoactive component of cannabis, as all it can do is good: there is no lethal or even harmful dose, but Big Pharma has got the word: the medicines we are making were effective, cheap and easy to manufacture. Anyone can grow and mix their own, and this is just not cool for Big Pharmas business model.

So we have been forced to breed our own high CBD strains. This will sideline customs and allow us to continue with medicinal development and manufacture.

Our government would regulate our new industry as they would regulate pot growing on every level, but sadly (for them that is) cannabis will not be regulated: she has a mind and spirit of her own and cannabis prohibition will go the way of alcohol prohibition of the 30's.

There will be a time lag between growing our own CBD rich plants and the extraction into our medicines but only that, a delay. And then we will have our own supply. So thank you customs and thank you Big Pharma, you have forced us to grow up.

Hemp Headlines

Fairfield doctor leads Australia's first medical cannabis trial [Daily Telegraph]

Thirty terminal cancer patients could have their last days drastically improved thanks to Australia's first medical cannabis trial. The groundbreaking trial, headed by Associate Professor Meera Agar, palliative care clinical director at Fairfield's Braeside Hospital, will focus on helping terminally ill cancer patients who have lost their appetite. "This trial is a really big first step," she said. "Eating is not just a medical problem. This is a trial about quality of life."

US government says cannabis kills cancer cells [Telegraph]

The US government has confirmed that cannabis can kill cancer cells after the drug did so in tests on mice and rats, according to the National Cancer Institute. On its website The National Cancer Institute, part of the US department of health, said: "Laboratory and animal studies have shown that cannabinoids (the active ingredient in cannabis) may be able to kill cancer cells while protecting normal cells. "They may inhibit tumour growth by causing cell death, blocking cell growth, and blocking the development of blood vessels needed by tumours to grow." The studies in rodents show that cannabinoids may reduce the risk of colon, liver and breast cancer, and could make chemotherapy more effective. But researchers added: "At this time, there is not enough evidence to recommend that patients inhale or ingest cannabis as a treatment for cancer-related symptoms or side effects of cancer therapy."

Massive, long term study shows no health harms from Cannabis. Where are the headlines? [Cannabis Law Reform]

Long term cannabis use by teenage boys is not linked to later physical or mental health issues according to a very large, long term study published by the American Psychological Association. Where are the front page headlines, the hysterical editorials, the hand wringing, bleating and scaremongering from the *Daily Telegraph* and the *Daily Mail*? They seem to be very quiet on this one. To be fair the *Mail* has covered it but the leaders in anti-cannabis propaganda at the *Telegraph* have ignored it and so have the BBC. What a surprise! Even Jon 'Skunk' Snow, the latest journalist to sacrifice his integrity on the altar of reefer madness, is completely silent. No grandstanding opportunities on this one. This is a huge study of 408 males tracked from adolescence into their mid-30s.

The results have been published in *Psychology of Addictive Behaviors* and comprehensively demolish the many, much smaller, 'snapshot' studies that the *Mail*, the *Telegraph* and the BBC have given massive prominence to in the past.

Novak Djokovic left 'dizzy' after 'cannabis smell' at the Rogers Cup [Telegraph]

Novak Djokovic advanced to the final of the Rogers Cup in Montreal despite the off-putting smell of someone in the crowd smoking marijuana. The world No 1

comfortably beat France's Jeremy Chardy 6-4, 6-4 but not before he had complained about the smell of cannabis. He told the umpire: "Someone is smoking weed, I can smell it, and I'm getting dizzy. Somebody is getting high. Can you smell it? The whole place smells of it."

Chile is about to decriminalize marijuana [AlterNet]

With its proposed changes to Ley 20.000 (Law 20,000), Chile joins a growing list of Latin American countries decriminalizing marijuana. The initiative, which would grant Chileans the right to possess up to 10 grams of cannabis and grow up to six marijuana plants at a time, was passed in Chile's Chamber of Deputies on July 7 with 68 voting in favor and 39 against. The bill must first be adjusted by a health commission and then passed by the Senate before it officially becomes law, but strong support for cannabis legalization in the country illustrates that legalizing marijuana use appears to be the new norm in the Western Hemisphere and, once again, that the War on Drugs has been a failed campaign.

US start-up plans to deliver marijuana to customers by drone [Evening Standard]

A US start-up is awaiting the regulatory green light to deliver marijuana direct to smokers doors via drones. Trees Delivery, which hopes to get the go ahead to start its service in California, will allow its customers to place orders through their phone or computer, pay with virtual currency Bitcoin and receive their goods almost instantly. San Francisco-based Trees offers three 'boxes': the bud box, which includes exotic and hard to find strains, the extract box, which contains hash, and a beginner box. The boxes also

contain accessories such as paper and filter tips, grinders, lighters and rolling papers. The catch? Smokers must have a medical license to order marijuana under the law. Trees is awaiting approval from the US Federal Aviation Administration to fly its drones.

Drug possession offences should not be used to assess police performance, research suggests [Telegraph UK]

Drug possession should be removed from police performance measures, research claims. This would allow officers to concentrate on crimes that "cause most harm" rather than targeting low-level possession of cannabis, according to the study. Controversy over police approaches to cannabis possession erupted recently after some crime commissioners suggested that personal users will no longer be actively pursued by their forces.

Taking cannabis in your teens is 'NOT linked to depression, lung cancer or asthma in later life', study reveals [Daily Mail UK]

Using marijuana as a teenager does not appear to be linked to health problems such as depression, psychotic symptoms or asthma later in life, a study has revealed. Researchers found no difference in the mental or physical health of adults who had smoked cannabis as a teenager, and those who had not. 'What we found was a little surprising,' said lead researcher Dr Jordan Bechtold, of the University of Pittsburgh Medical Center. 'There were no differences in any of the mental or physical health outcomes that we measured regardless of the amount or frequency of marijuana used during adolescence.'



Dr Andrew Katelaris



by Michael Balderstone

Was that the fifth Medican workshop on the last weekend of August? Whatever, it was quite possibly the best. Again, the Nimbin Hall was filled with people from far and wide, eager to gain reliable information about medical cannabis from a range of knowledgeable speakers.

Dr Andrew Katelaris, or Dr Pot as he has been called in the *SMH Weekend Magazine*, has woven a lot of hemp threads together in his twenty years of research on the cannabis plant.

And it was a joy to hear a doctor say so often stuff like, "We don't know the answer to that yet... not sure about this, or that." He did say he's more of a herbalist than a doctor!

His two-hour talk, along with MardiGrass Hemposium speeches, can be found if you search for the youtube *Hemposium* channel.

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Unda fronts the Union

It's hard to believe the Union would be bothered by a few ramblings in an obscure hippy rag, but they were.

The faeries from the first lookout brought the message that two very unfit and overdressed important-looking suits were looking for me and would I please meet them at the local store at midday the next day.

I was there early, we all were. In fact every person at the store was onsite just in case there was trouble. The three old hippies sipping coffee, the farmer and his wife spending a long time collecting supplies, and the young folk drinking beer unda the gnarly old gum in the yard. They were all friends of Pipes that he sent along after cooking everyone hash porridge for breakfast.

"Just to make sure," he said.

The Union heavies were nervous as hell and weren't fooled for a second by the surrounding theatre. Eyes darting everywhere, they bought cokes and we went out to a table alone and as isolated as possible, which wasn't very.

"The Bosses are furious about what you wrote last time," the biggest one hissed as soon as we sat down. "They reckon they'll close down the paper if you do it again."

"Which bit?" I hissed back.

"The jobs, you idiot. You wanna keep your job, then leave ours alone."

I know they can't sack me, or disappear me – that was organised

STREET SHUFFLE

Journal of the North Coast's longest serving covert

years ago. So they're talking about the 'rules of war', like there really is such a thing. Does integrity still exist buried deep in the mud of fear and greed?

Stoned from the hash porridge, I catch myself dreaming and will Bethany back to the table.

"Hippies need jobs too, and they grow the best medicine, remember. You want everyone on ice? You keep putting the hippies' weed in the same bag as ice and now the public see these earth-loving longhairs as druggie no-good terrorists, but we all know its bullshit. Someone has to grow the good stuff, or do you want the nation on meth?"

Coppers don't like being spoken to like that, but I was aggro channelling Pipe, and we had the numbers. And I was woman, he couldn't hit me. Or not in front of everybody. We hissed on. The endless argument. Boring. They were blinded by the mortgage job path like there was no option. There is no other way for the blinkered dollar drones.

Suddenly I started thinking about *Apocalypse Now* and Marlon and I knew how he felt. These goons were sold down the river lock stock and barrel. Soldiers who've sworn

allegiance to the great god Job. I changed the conversation.

"Do you have kids?"

"Mind yown business, scum."

There's one sure way to end these meetings I learnt long ago, and that's the old dried mushroom trick. I pulled one out and started chewing away. Dried up little thing hardly recognisable.

"Is that what I think it is?" asked the big one after a while, looking scared.

"Uh huh, would you like one?" I pulled out a couple more. And they were off. Works every time with a bit of a mad stare added. Much more powerful than a gun.

HipiLeaks: Canberra, June 2015. PM's office to selected senior public servants. Highly Confidential. The marijuana users register gathered from local police information and estimates, arrest and caution records, and with saliva tests now added to the gathering of information, shows there are more than three million regular marijuana users in Australia. Suggestions on how to manage this should be marked highly confidential and posted to the Prime Minister, Parliament House, Canberra.

Get in early for next Blue Moon

The Nimbin School of Arts first-ever Winter Blue Moon Cabaret held in August was a tremendous success, resoundingly applauded by the capacity crowd.

The final Cabaret for 2015 on Saturday 17th October, will feature another big programme.

Some of the wonderful acts are the Bella Fontes, Khan & Ted, Willie McElroy, Diana Anaid and Laura Nobel, together with the dance ensembles the Gypsy Rose Soiree and Nomad Bitches, poets Christine Strelan and Robin 'Archie' Archbold, stand up comedian Fiona McGary and more.

Tickets and table reservations essential at Perceptio (phone 6689-1766), fully catered by Radical Fairies, and licensed (no BYO).

For info, phone 6689-1577.



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