

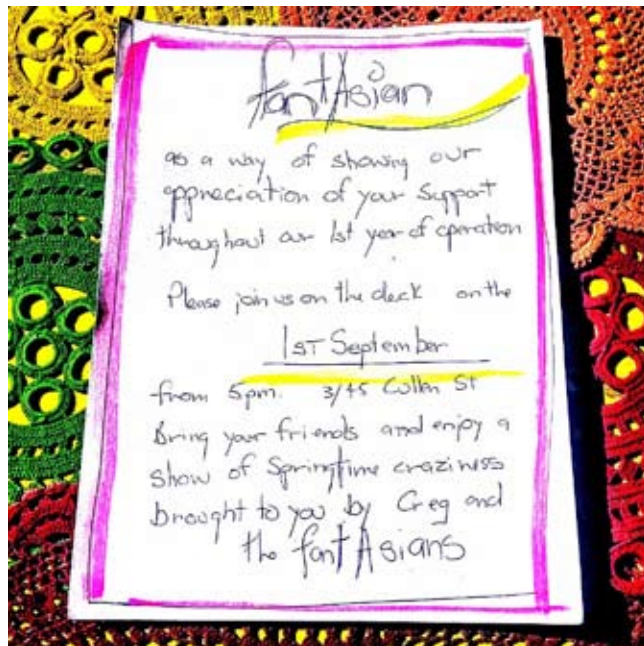
A TASTE OF ART

blueknob hall gallery

Blue Knob Ceramic Studio
Blue Knob Cafe

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

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



ROXY GALLERY

Roxy Gallery
143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours
Tues - Fri: 10am to 4pm
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

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Artists Gallery feature artists:

**Jenny Kitchener
and Cynthia Manietta**

Jenny Kitchener has set a new 'record' for the Nimbin Artists Gallery with her first work sold in less than hour of opening. A passing nature lover just had to have it!

Jenny's finely-detailed work continues to attract visitors specifically to see her works, and we are pleased that they will remain on exhibit 'til the end of August.

This month we see the return of ceramist Cynthia Manietta to the North Coast and to our gallery space. Cynthia works primarily in cone six stoneware using wheel throwing, hand-building and slip-casting techniques.

Her interest as a ceramic artist is to incorporate design and imagery into her ceramic objects (pictured above).

Well known for her ocarinas, her new range of functional ceramic artworks highlights her combination of raw, earthy clay with a unique design that creates stunning individual pieces.

The Nimbin Artists Gallery is open seven days a week from 10am to 5pm (mostly) - staffed by volunteers, and has been supporting our exhibiting local artists for over 20 years. Located at 47 Cullen Street. Phone 6689-1444 or email: nimbinartistsgallery@gmail.com



A fine line

The new exhibition at Blue Knob Hall Gallery is titled 'A Fine Line'. We use the expression 'to walk a fine line' to mean "to achieve or maintain a balance" or "to be very close to two different ideas or attitudes at the same time".

Sometimes in life there is a 'line' we cross unknowingly, and in the making of artwork we often make a fine line in the process of drawing, painting, or sculpture.

A line in art can express anything the artist wishes it to; with mark making in printmaking, drawing or painting the line is often used to express the ultimate in light and dark.

An unintentional line can be formed because of the boundary between light and dark or two colours. It is used to describe a body or something in nature - the line a form takes.

Out of many themes the artists who exhibit at Blue Knob Hall Gallery have been given, this one takes in all the aspects that can found in a work of art whether in 3D, or 2D.

My Secret Garden - Heather Kimber - The Solo Space

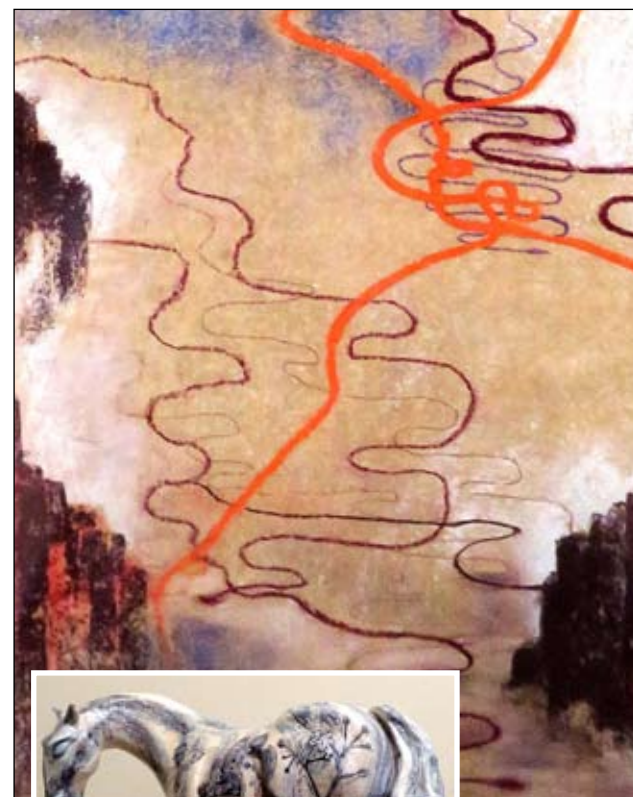
Heather Kimber is a ceramic artist who is the guiding force behind the Blue Knob Ceramic Studio. She has been producing her own wonderful ceramic work and it is a long awaited solo show. These exhibitions run until Sat 29th September.

Moore workshop space

Ink Painting workshop with Sofie Dieu will be held on Saturday 25th August. This multi-awarded artist will be in the area to teach - for more info and to see her work, go to: www.sofie-dieu.com and contact email: sofiedieu@gmail.com

Artists & Friends lunch

The next lunch will be held on Thursday 30th August at 12.30pm with a set menu for \$20 incl main and dessert. To book, please call the Gallery on 6689-7449 or email: bkhgallery@harbourisp.net.au



'Along the Way' by Carole Helman (detail)

(left) 'Indigo Dreaming' by Heather Kimber

Demented art on show at Serpentine

The Serpentine Gallery is very proud to be hosting Anna Dorrington's solo show, 'Dementia', opening on Friday 24th August and running until 11th September.

Anna Dorrington is a practising artist based in Northern NSW, and this exhibition reflects a deeply personal experience. Anna has constructed strong visual images, via mixed media, describing the life of the carer of a loved one with dementia.

Anna is the wife who has watched her husband literally slip into the shadows, eventually to disappear altogether.

While much has been written about the life of a carer, there are few visual representations and sadly, this exhibition will resonate with those of us who know what it is to care for a loved one with dementia.

Anna's work reflects the changing moods that a carer experiences from love and compassion, through to anger, frustration, hopelessness and despair. As the illness progresses, the sufferer becomes less... only a part of who they were.

Gradually their partner also loses themselves, as they take on more and more of the caring role, until they realise that they too have become someone else; they have become the carer of a person with dementia and as the caring role expands, the need to take on more and more responsibility increases.

Planning and decisions become the role of the carer and are no longer shared activities, thereby increasing



the loss of self and escalating the stress involved with dealing with the day to day demands involved with caring.

Anna's husband has a form of dementia called "Pick's Disease", which progresses quickly from onset, and affects mostly younger adults. In Anna's case, her husband was only 54 when he moved into residential aged care, having progressively lost most of his capacity and capability over the previous few years.

Any of the couple's plans for retirement, their dreams of travel, their hopes to share in the development of grandchildren, to grow old together, now have faded and disappeared completely. Anna's husband – the successful organic farmer, the motorbike builder and rider, the baker, the gently spoken handyman, is gone.

In his place is a man who needs reminders to wash, who wears a bib all day long, and who doesn't know his own family. The darkness of Anna's work reflects the fact that all that has

happened feels almost unbelievable.

It is hard to come to grips with, for Anna, her adult children, her extended family, and her close friends who all still love and deeply care about her husband. Everyone recognizes that unbelievable as this is, this is no pleasant dream. It is more like a nightmare.

Anna has created this exhibition as a way of finding peace with the disease, knowing it is futile to fight it, reconciling it has won, and accepting that living with it is the new norm.

In building this exhibition, Anna reflects that, "As an artist I find great relief in expressing myself in tangible objects that will resonate with others. My aim through this work is to create a virtual community of those who care, to connect with unknown people. Their understanding and compassion will help me, and others in like situations, find peace."

All are welcome to attend the opening at 6pm on Friday 24th August.

Philippa Leader's solo exhibition 'Love, Courage, Freedom' opens on Friday 3rd August at 6pm and runs until 21st August.

The Serpentine Community Gallery is at 17a Bridge Street, North Lismore, contact us on (02) 6621-6845. You can follow us on Instagram and check out our Facebook page for details of upcoming shows.

gallery@serpentinearts.org
facebook.com/SerpentineArts



Mixed media artworks by Anna Dorrington



'Framed' is an exhibition celebrating 15 years of Art Aspects Gallery in Lismore, and features 30 Northern Rivers artists.

Art Aspects Gallery is proud to showcase the diverse talents of the Northern Rivers region – including well-known artists who have exhibited locally, nationally and internationally – with the exhibition 'Framed'.

Opening on Friday, August 10, at Fox Photo Den, 'Framed' features artworks in many mediums – bronze, ceramics, glass and paint. It is an intriguing and varied exhibition.

Many of the exhibiting artists will be in attendance on opening night. And, on each day of the exhibition, visitors will be able to meet and chat with some of the contributing artists

– Monday to Friday, from 5-6pm, and Saturday and Sunday, from 2-4pm.

Everyone is very welcome to attend the opening festivities, talk with the artists and celebrate the creative diversity of the North Coast.

'Framed' marks Art Aspects Gallery's appreciation of the community's past and ongoing support of its gallery and shop in Woodlark Street, Lismore. 'Framed' is a big thankyou to the contributing artists, all of whom have exhibited their work at Art Aspects Gallery.

Participating artists are Frank Miles, Bruce Pringle, Suvira McDonald, Sue Fraser, Jules Hunt, Laila Bell, Arnie Gautsch, Matthew Farrell, Jacqueline King, Allan Ussher, Trudy Gautsch, Christine

Robinson, Christine Porter, Joanna Burgler, Karyn Fendley, Patricia Walsh, Laszlo Biro, Denis Meagher, Glen Murry, Laila Page, Albert Digby Moran, Janet Hassall, Deb Rogers, Steven Giese, Kathrine Castle, Michael Chapus, Rhonda Armistead, Stuart Cusson, Sharon McIlwain, and Amanda Reichelt-Brushett.

The exhibition will run from 10-19th August, at Fox Photo Den, 34 Union Street, South Lismore.

Opening night will be on Friday, 10th August, 5.30-7.30pm. Open Monday to Friday from 11am-6pm and, 10am-4pm on weekends.

For more information phone 6622-8982 or 0429-097-881, email: info@artaspectsgallery.com.au or visit: www.artaspectsgallery.com.au

Celebrate 20 years with sculpture

Once upon a time...

In 1998, our village became the proud host of a brand new school for our jarjums, and the old school site was up for grabs.

Renowned masters of self-determination, the villagers vowed to retain the space for

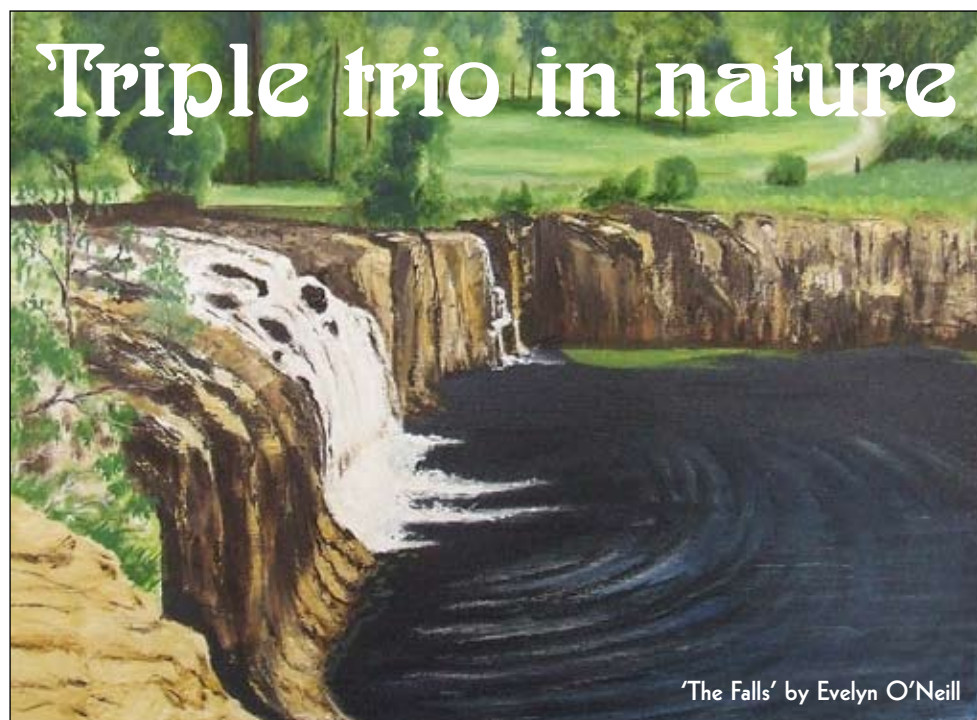
community use, eventually raised funds and saved our centre from the clutches of commercial development.

As part of our 20th birthday celebrations, artists – young and old – are invited to submit works for an outdoor sculpture

exhibition, using all natural materials.

Artworks will be on display for the Community Centre Open Day on Saturday 8th September.

For more info email Steph at: nimbinmarkets@gmail.com



'The Falls' by Evelyn O'Neill

The next exhibition at the Roxy Gallery is by three local women who have spent a large part of their lives living in the Kyogle district.

'Triple Trio In Nature' by Julie Allen, Evelyn O'Neil and Barbara Murray will start on Wednesday 1st August, with the official Opening taking place on Saturday 4th August at 2pm.

All three artists are known for their oil painting and watercolour works. Having spent a number of years living on the land, growing up on farms, both Barbara and Evelyn are connected to the natural environment and have used the inspiration of the fauna and flora of this region as subjects for their oil painting compositions.

Bird life is also an interest, and Evelyn has spent many working hours reproducing the beauty of native birds of this area. 'Triple Trio In Nature' is a pictorial walk through the beautiful environments and wild life in this region.

The 2019 calendar for exhibitions is taking shape with almost half the year booked out, however there is still plenty of time to put forward an expression of interest to exhibit your works or a group show of like-minded artists for holding an exhibition at the Roxy Gallery.

Pop into the Roxy Gallery to discuss your ideas or contact the gallery Director by emailing: roxygallery@kyogle.nsw.gov.au or phone for a chat on 6632-3518.

Bad news from Nicaragua

by Hans van Heijningen

In the July edition of the *Nimbin GoodTimes* I read a well-written article by Warwick Fry, 'Manufacturing regime change'. In Nicaragua, according to this article, there allegedly is going on a 'colour revolution', supported by the Catholic Church and the US government against the legitimate, left wing government of president Ortega.

"I wish it was true," was my first reaction.

From 1984 till 1992 we lived and worked in Nicaragua. My wife as a GP and me as a political activist and later as a government advisor for the FSLN, the Sandinista party. It was a hard time, but we felt privileged and were proud to be part of this amazing transformation.

We worked in the mountain zone of Chontales where US backed counter revolutionaries spreading terror and killing land reform activists and health and educational workers.

Since 1992, we have visited Nicaragua at least once every two years, keeping in contact with a dozen Nicaraguan families; friends who are living in different situations, from successful businessmen to marginalised persons collecting and sorting garbage to make a living.

What is unfolding in Nicaragua since half of April this year, is one of the most disturbing and tragic political dramas happening in my life. The fact that Ortega and his

wife Murillo govern the country from an ivory tower as such is nothing new.

Nonetheless, until recently they stood on the right side of the line, supporting the majority of the people in their hard struggle for survival.

Free healthcare and education – although low quality as in many Third World countries – was very important for those people. Four to five percent economic growth – in an important measure as a result of Venezuelan help – created tens of thousands of jobs in recent years.

Hence, on our visit in Nicaragua in February this year there was no sign of unrest and certainly not resistance.

But since April the country has fallen victim to chaos and misery. Extraordinary police violence against a small group of pensioners and students who were supporting them, produced a chain reaction of stronger protests and increasing state violence.

Instead of de-escalating, the Sandinista government opted for escalation, qualifying their opponents as trash.

As of mid-July, more than 350 persons have been killed, half of them by professional government snipers. Thousands have been injured, hundreds have arrested and dozens missing (traditionally this is the extreme right response to leftist popular protests). Human rights organisations blame the Nicaraguan government for mass violations of human rights.

Due to our background it won't

be a surprise that most of my friends and contacts are members and sympathisers of the Sandinista party. A few of them supported the protest movement from day one, because they were disgusted by the excessive police violence.

Every day they send me images of armed police and paramilitaries beating up and killing youngsters using Twitter and Facebook as their main tools.

The excessive violence led by Ortega and his wife Murillo in order to consolidate their family dynasty interests generated a majority demanding their departure.

A political isolated power elite using anti-imperialist slogans in order to consolidate its 20 to 30 percent power base among the population is using terror against an overall nonviolent spontaneous mass movement, morally superior and – cruelly cynical – supported now by the business elite, the Catholic Church and the US embassy.

Any perspective to find a peaceful way out of the actual crisis is missing, even more now Ortega withdrew his earlier agreement to organise preliminary elections in the beginnings of 2019.

Poor people of Nicaragua most probably will pay an enormous price because of the present social unrest and the political violence.

And the unpleasant message for the international left: a revolution which once was a worldwide example of struggle and proud turned to be a shameful nightmare.



The doctor is in

by Dr Reuben Walker

I am a GP sub-specialising in mental illnesses and substance miss-use disorders and I am opening a new medical practice in Nimbin.

Some of you may have met me before personal and professional differences with the Nimbin Medical Centre ownership arose. I apologise humbly for any ill-will or frustration my sudden departure may have caused.

Contractual restrictions placed upon me excluded my practising in Nimbin post- resignation, so I have worked in some rural locum positions and completed the NSW 'Opiate Treatment Accreditation Course' whilst I waited for this exclusion period to pass. I would have written earlier to explain my sudden departure, but this too was forbidden by my prior contract.

In a style perhaps befitting Nimbin, the exact details of my new business are still being finalised at the time of writing, but initially I will be co-located with Nimbin Optical. I will have appointments available the week beginning 20th August, with bookings able to be made a week prior to this.

Dr Simon Rose, who has extensive experience in my areas of sub-specialty, plans



to practise from a purpose-built medical centre at the rear of the old museum site, and has invited me to join him once this building is complete. I will update you all in future editions of the NGT. In the interim, Nimbin Optical can be reached on 6689-0081.

My focus will be on proactive and patient-centred chronic disease management through the creation of a thorough and complete electronic health record, something I have found universally poor.

By having accurate and up-to-date information, meaningful chronic disease management can take place. Where a 'Chronic Disease Management Plan' is done well, the patient leaves feeling empowered with a comprehensive plan, containing an agreed plan of action to achieve their health management goals.

A good GP is not so much "Dr. House", but more like

an aircraft traffic controller – your health trajectory is monitored and advice provided on how to overcome current impediments and future obstacles. Care is then said to be 'patient centred' rather than 'disease centred'.

There is a gaping hole in the Australian Health Care system – mental health and its frequent partner, drug addiction. It will probably not come as a surprise to many to hear that mental health care on the NSW Northern Rivers is amongst the worst in the country, with no bulk-billing psychiatrist appointments available for non-acute care (read not actively suicidal patients).

What may come as a surprise is that very few GPs have a good understanding of the complexity of mental health care with almost none listing 'mental health' as a sub-specialty interest.

I have had a life-long interest in this field and have completed undergraduate degrees in Psychology and Philosophy, along with considerable post graduate training in acute mental health units. Indeed, I originally planned to become a psychiatrist, but became dismayed at the model of care provided by them (not wholistic).

I am following the evolution of 'medical marijuana' legislation and am working toward becoming a 'legal prescriber', as well as

continuing to learn from those in our community who are already incredibly knowledgeable in this area.

I offer buprenorphine (suboxone) and methadone maintenance programs, along with detoxification advice from all kinds of both legal and illegal substances.

Unfortunately I will not be able to offer some, primarily surgical, procedures, until I transition to appropriately equipped premises.

I aim to treat all people in a

non-judgemental manner and subscribe to the philosophy of harm-minimisation and the possibility of illicit drug use as a form of 'self-medication'.

My sister committed suicide after a long battle with chronic schizophrenia (while I was an undergraduate student), so I feel I understand the burden of mental health, not only from an individual perspective, but also its familial, community and societal impacts.

I hope to offer early drop-

in short appointments and longer, booked, appointments in the afternoon. Tele-health (eg. to access specialist opinion) and home visits will be offered with all services 100% bulk billed, irrespective of employment status.

Nimbin, because of its hills of wild nature and free thinkers, has become my family's home, and I look forward to beginning, or rekindling, long and caring relationships with you in the near future.

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BY KATHERINE LYALL-WATSON

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Roadside testing is for drug presence, not impairment

by Michael Balderstone

"I don't have to show you," says the cop when I ask to see my positive reading on his little blue plastic scraper thingy I've dragged across my tongue several times, like he asked me to.

And he doesn't show me. He'd had it on the roof of the ute in full sunlight for more than five minutes. But why not show it to me? When he took it off the roof he barely glanced at it. He could easily have been bull-shitting, knowing full well I'm a pot smoker and most likely will come up positive when I get to the station for the big sample.

And certain to come up positive when that sample gets sent to the Big Lab. 98% of samples sent there came back positive last year. 98%! Only a skerrick of THC has to show up and you're guilty.

We are the only country on the planet doing this. There has been no proper research or debate ever done about it. States in America who have had legal medical pot for more than twenty years now, in cases like California, show a reduction in car accidents and deaths of around 10%. At least in part because alcohol use also dropped about 10%.

There is no way a meaningful medical cannabis program can be introduced until they sort out roadside drug testing.

The police seem to get their own

way on the drug war, but something has to give here. It may be a bit of a joke back in the station, saliva-testing Nimbin drivers is some kind of sport, no doubt. Is there a reward system for the most arrests? Of course. However the long-term consequences are building in the community and force does create resistance, by its very nature.

For country people especially, losing your driving licence is huge. Many, many pot smokers have talked to me about losing their licence over recent years. Many of them scarcely drive now, if they still use the golden medicine. Many have stopped the evening choof and drink a bottle of wine, or two, instead. Others have stopped going to Lismore. Quite a few have lost their jobs.

My good mate Burri lost his life. Seriously. I lived with Burri for over twenty years. We smoked thousands of joints together. Like many aboriginals, grog was not good for him and he hadn't drunk for thirty years or more he told me, certainly never while I knew him. Then he had a triple bypass five years ago and cannabis was so good for him and the cold steel plate in his chest.

Then he got busted with the spit cops. Then again he got busted and lost his licence, which was critical for him. As an acclaimed artist painting the sacred sites



across Bundjalung country for an exhibition in Sydney, he figured he couldn't risk losing it again and stopped smoking. He developed a blocked artery in no time and was dead in six months.

He didn't smoke again until a couple of weeks before he died, and I remember so well that joint. The immediate relaxation, the letting go, the smile that's spread across his face. The relief was palpable because

he was in terrible pain with his liver not working and swollen and distended belly killing him. At least he got some relief in the last two weeks but we agreed, his body had fallen apart when he stopped using the medicine it was so used to.

I would like to stand up in court and say sometimes I wake up feeling poorly and I have a smoke and feel good again. Like millions of Australians who wake up every

morning and take their Big Pharma pills. I go down into the garden for a couple of hours on these mornings, my church if you like, then I drive into town. Of course I've got THC in my system but I'm not stoned.

As we all know now, cannabis is uniquely fat-soluble and stays in your system for months in a regular smoker like me. I never smoke skunk couch-lock type weed. I know my medicine after fifty years of using it, and I know my body and what works for it. I am not impaired at all... in fact, like all the real unbiased research on stoned drivers, I am aware and no doubt a better driver than how I would have been when I woke up.

I'd like to say I eat hemp seed every day, which I do, and of course it has minute amounts of THC in it. That's why the police stopped hempseed becoming legal for the last ten years. Submission after submission from them said not to legalise hempseed because it would interfere with their saliva tests! Now they say it doesn't!

I believe when the Government introduced legislation for roadside drug testing back in the 1990's, it said something like... we'll keep drug driver testing open-ended, but test only for recent use. Recent use!

The police then introduced anything but zero THC in your system as "recent use". Now that sounds like something to challenge.

STREET SHUFFLE

Journal of the North Coast's longest serving covert

I'm back hiding deep in the forest high in the Border Ranges. There used to be a logging track up to this camp, but it's long overgrown and now there are quite big trees growing on the old road, so it's unsurpassable for four-wheel machines.

The orchard here planted by hippies over the last fifty years is like a garden of Eden. Currently citrus of every variety is dropping from the trees, passionfruit, guavas, papaya, and dozens of varieties introduced by travellers who posted or smuggled back tropical seeds from faraway lands are literally scattered on the ground.

There's always a group of faeries staying here, some who were important in nursing me back to health after the operations. One of them, Shrill we all call her, (use your imagination), is at war with the rats. All sorts of wildlife are drawn here by the magnetic fruit salad always available. Rats are in abundance as are possums and bandicoots, wallabies and bush turkeys...and the pythons who are hunting all of them.

I've seen pythons up here that wouldn't blink over swallowing a small child. But the bush rats are everywhere, breeding like rabbits as fast as they can, which is why

Shrill is so upset.

They chase each other squealing through the night, and she got up once to see for herself just what was going on, and witnessed a terrible rape scene. The males had trapped a female and gave her no relief. Shrill saved her, of course, but now every night when she hears a squeal she jumps up and lights the lamp. Fair enough, but her own shrieking at the males wakes everyone, and it's a long walk carrying lamp oil to the camp, so it's supposed to be used sparingly.

But try talking to Shrill about the rapist rats and be ready for an hour of fury. Most hippy faeries are running from bad experiences back in the real world which may well explain her reaction. She is typical of the faeries up here. Middle aged, well educated, just can't face the 'normal' world any more.

Up here in paradise it's easy to forget the hustle and bustle with little more than nature's sounds except for an odd aeroplane overhead that interrupts the silence. They're headed into Coolangatta airport, which may as well be another planet.

I've been helping the faeries make gallons of medicine for the retirement homes which

have discovered the wonders of the 'sleeping medicine' as the Tibetans call it. All reports indicate the dementia patients especially just love it and hang out for their morning and evening doses like it's the meaning of life itself.

It's a nice rest before I head to Canberra for another round of warring with the Pharma lobbyists. They have Malcolm by the balls but he's having nightmares about it. He knows, indeed we all know, what is good and what is not good and need no-one to tell us, as Phaedra once said.

I've been reading the Ancient Greeks up here in the forest and seems all our western so-called civilised world was based on what they thought, and what they thought was extremely influenced by their mystical rituals which were in turn ruled by... the psylocybin in their sacred brews. Much the same as up here in the forest.

The experts all agree that Athens in those days was an unexplained explosion in philosophy and culture, art and politics, but they fail to understand Greek culture was drug culture, with no restrictions on what to use from nature's bounty. The writings are littered with constant references to lacing their 'mellow wine' with psychedelics, magic mushrooms.

They did it as a group on any social occasion, not to mention their several annual festivals where the potions were administered by dancing priestesses, or ganja faeries, after which they shared ecstatic visions.



Garry the Plumber winning the Bong Throw and Yell event (again) at the Hemp Olympix. Rest in Peace, Garry.



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Blue Knob Markets: Tributes flow for a remarkable woman

by Eric Smith

Some stallholders bring magic along to the market, as well as what they sell.

From the early days of the Blue Knob Market, Robin Moore set up a table across from the entrance to the Gallery, and sold home-made pies, anzacs, and brownies, raising considerable funds for the gallery's projects, upkeep and improvement.

Some went into the building fund, and driveway improvements are on their way, with a little of her help.

Filled with her own garden produce, veggies and eggs purchased at the market, her pies were a legend.

I have heard a few stallholders remark that they might have missed the market that week, but decided to go rather than miss their morning meal.

She also brought other treats through the year – when pecans were in season, only she would go to the trouble to shell and roast them.

She also made jam from her beloved Isabella grapes. This is the variety that old settlers of the area had found suited to our unusual climate.

Robin took to raising them, caring for the vines around her cottage so well that they gave her both shade and an abundance of fruit. It will take a bit of courage to open the jar of jam I was given for Christmas last year.

And that kind of genteel

kindness came back to her. In the slow season, when all of my egg vendors brought in a dozen between them, Robin was first priority, and everyone understood. And when she asked for something for the Gallery, there was only one answer. She made us better people.

She brought generosity and decorum to the market. She always had an encouraging (and well spoken) word, and took a great interest in the activities of all around her.

Her humour and enthusiasm

belied her age – newcomers to the market usually thought she was in her seventies, not her nineties.

She had only recently taken up ceramics, and was adoring it – she described the creativity involved like “floating off into the forest”.

At that point she had quit her stall

“for the winter,” but even on her last Saturday she was at the market, dropping off some veggies for sale at the BackYarders and joking with the rest of the shoppers.

So I propose a “toast” to Robin. At least as long as the jam lasts. Her impact will be with us forever.

The Blue Knob Market is on Saturdays from 8.30am 'til noon on the grounds of the Blue Knob Hall Gallery, near the corner of Blue Knob and Lillian Rock Road. For more information, try our FaceBook page; for further enquiries phone 0415-935-683.



Seeds matter: Time to act to protect the organic seed banks and the future of free and ‘safe’ humanity

by Thom Culpeper

Recent moves by the bio-security, federal bureaus are undermining clean food proponents by allowing multinational (read Americans in the main) seed merchants who have monopolised seed supplies. (The Kissinger-Kiss: “control the food supply, you control the citizens.”) The core bastardry is to insist all imported seeds be ‘treated’ with, in some cases, very nasty nasties.

To boot, some states in Australia prohibit cross-border transfer of many types of seeds! These regulation processes ‘let’ multinationals the ‘out’ to weave a cloak of subduction, whose only purpose is ‘secure’ monopoly-bandidry and unearned, little or no-taxed, ‘super’ profits!

To counter, we need and will have a national, cross-state ‘Seed Health’ certification regime, one of absolute trust ensuring seed variety and security, with free distribution to citizen farmers and cultivators/gardeners.

An example of monopolistic activity is price fixing. One price quote, for example to farmers by multinationals of the Seed-Mafia-Thugs, was given for two broccoli at market now, in the general ‘foam-box’ trade of the hybrid-bred-brassica-form, ‘Marathon’ and ‘Bushido’... \$US5000 a kilo for seed?

One of the answers to this bastardry is to husband the complete family of seed resources. Dedicated seed curators will emerge to rise to this imperative task. The formation of a National Seed Institute may be a way forward. Safe seed storage and handling must be established for the curating and FREE distribution of horticultural material.

Each family may have a small, maybe three curatorial guides, to advise and manage their dedicated responsibility of clades or families of edible herbs and plants.

Botanists, horticulturists and plant biologists could be trained up to



propagate and manage the collection. A model of this may be observed by looking to the world renowned Vavilov Institute of Moscow. This magnificent repository and subsequent gene source was kept intact by the curators through the whole of the extent of WW11, and some were reported to have starved at their benches other than consume the seeds under their care.

Most of the Northern Hemisphere and some of the Southern Hemisphere material is now being stored and curated at the ‘Svalbard’ repository in Arctic Norway. But this collection is in the North and is amid most of the world’s profound American, NATO and Russian horrors, the Nuc-Muck.

An example of the risk of central collections is to be seen in the recent violence and war vandalism of one of the world’s great cereal collections that was for decades housed in Aleppo, Syria. This material being then, curated and justifiably housed amid the ancient lands among the descendants of the peoples who originally created, developed and propagated these

imperative food sources from the native grasses, in the lands between the twin-rivers, the Tigris and Euphrates and also elsewhere, from the deltas of the blue and white Niles.

This collection was ‘rescued’ ahead of the Syrian war and fortunately and as far as I can find out, was transferred to Svalbard. So, the seminal truth, ‘Nature abhors a vacuum’ and we of the Northern Rivers could/should, with our will, do our damndest to protect and secure the freedom of the diversity-foods for humanity from the criminality of corporate-fascist interests of monopoly capital and power.

While we grow, we will ‘grow’, and our truism is our/the future! We are what we eat/ate yesterday, what we are is now and the future. Our food is what matters.

“Do as the earth’s heart wishes,” if not, we will pay the ferryman’s price, the costly tithing over the ferry on the river Styx, condemned to be the ‘bad-supped’, in the drought-ridden lands of shadows of the joy-exhausted Elysium fields.

svallbardist@planetmail.com

Medicinal mushrooms part 2: Lion’s mane

Lion’s Mane (*Hericium erinaceus*) is a fascinating addition to the herbal dispensary. Along with the mushrooms discussed in my previous column (Shiitake, Maitake, Cordyceps), it is very beneficial for stimulation of the immune system.

In addition, however, it has a unique and valuable role as it can encourage repair of nerve cells. Lion’s Mane, and to some extent Reishi and Cordyceps mushrooms, have the ability to accelerate nerve regrowth.

Lion’s Mane is grown in cool climates in China, Europe and Japan where the cooler temperatures enable it to produce fruiting bodies. For the more botanically minded, it is a saprophytic inhabitant growing on dead logs of hardwood trees.

It is an edible mushroom with a history of medicinal use.

Nerve cell regeneration is of benefit after injury (especially crush injuries), including brain injuries, and also to protect brain cells from cognitive decline. Lion’s Mane mushroom is specifically indicated for these conditions. I use it also with Lyme disease patients who experience neurological damage from the tick borne infections.



Nature’s pharmacy

by Trish Clough, herbalist

Research shows that Lion’s Mane works by stimulating the body’s production of nerve growth factor (NGF), which helps with both the central nervous system (brain and spinal cord) and the peripheral nerves. It promotes NGF indirectly, through stimulating the release of an enzyme which in turn boosts the production of NGF.

Lion’s Mane is able to cross the blood brain barrier, whilst NGF is not able to do this. If NGF is given as an injection, it is unable to reach the brain. Lion’s Mane, however, taken as a supplement can increase NGF in the brain by increasing the enzyme that signals NGF to be produced. This enables nerve cells to regenerate.

A study with mice showed that a pretreatment for 14 days with Lion’s Mane markedly reduced brain damage and reduced bleeding in animals susceptible to brain bleeds (cerebral infarctions).

Research published in Japan studied humans with mild cognitive impairment, and found their cognition improved whilst taking a Lion’s Mane treatment. The improvement lasted for up to four weeks after the treatment period. It seems that long term use is advisable to maintain this benefit.

One of the properties involved in nerve regeneration is repair of the myelin sheath providing a protective coating along the nerve cells (a bit like electrical conduit). Lion’s Mane has been found to repair the myelin sheaths in damaged cells.

This led to thinking about whether it would be a useful treatment for illnesses such as multiple sclerosis (MS).

Further research is needed, but preliminary research was conducted in Kiev looking at brain tissue and its response to Lion’s Mane treatment in a laboratory setting. The research found the

Lion’s Mane significantly increased the myelination process.

Whilst human trials are needed, it is possible that the mushroom extracts could be a helpful complementary treatment for serious degenerative diseases such as MS.

Other traditional uses of the mushroom include treatment of digestive disorders such as ulcers and inflammations, and even gastric and esophageal cancers. It was found to considerably extend the life of cancer patients.

A clinical trial in Japan found that antibiotic resistant staph infection MRSA disappeared in some people after they consumed the mushroom. Effectiveness was also found against some other bacterial and fungal infections.

Further studies found Lion’s Mane reduced symptoms of anxiety and depression, and it lowered frustration scores.

Lion’s Mane is variously used as a hot water extract of the dried fruiting bodies (making a healthy drink), tablets, capsules and alcohol extracts. I generally use it as a liquid tincture, where it can combine well with other herbs to support the healing.



Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore. Trish is available for consultations by appointment on 0452-219-502 or email at: herbalist.trish@internode.net.au

The information in the column is meant for general interest only and should not be considered as medical advice.

Gourmet food security with perennial crops

by Matt Downie

There is a great range of hardy food plants that, once established into their preferred conditions, yield reliably, require no maintenance other than harvesting, and can easily be multiplied by division, stem cuttings and seeds.

With this foundation of perennial crops, you can create a resilient and fail safe range of gourmet, nutritious foods that will provide you with most of your staple food needs throughout the year, with very little ongoing effort.

Let's have a look at some of the perennial range available to us now:

♦ **Tubers and starch crops.**

All of these are very hardy but prefer frost free locations to remain perennial. They have the advantage that their yield does not require them to be harvested all at once, but can be taken fresh as required over extended periods.

Cassava; Sweet potato; Taro; Coco Yam/Tannia; Yacon/Earth apple; Arrowroot; Sunroot/Jerusalem artichoke; Climbing yams (*Dioscoria sp.*); Choko; Chilacayote/Perennial squash; Peruvian parsnip.

♦ **Leafy greens, stems and shoots.** Most of these are extremely prolific during the warm part of the year, a few prefer the cooler months and all create copious quantities of nutrient packed foods that can be used in a variety of ways.

Abika/Tree spinach; Katuk/Star gooseberry; Cranberry Hibiscus; Warrigal greens; Mushroom plant; Okinawa spinach; Surinam spinach; Tahitian spinach; Ceylon spinach; Kale and Collards; Kangkong/water spinach; Rhubarb; Asparagus; Globe Artichoke.

♦ **Herbs and spices.** A rich mix of concentrated vitamins and flavours. These species also make great permanent habitat for many beneficial organisms in the organic garden ecology.

Perennial basil; Lemon and citronella grass; Ginger; Galangal; Turmeric;



Perennial ecological mix

Cardamom; Horse radish; Shallots, Garlic, leeks and chives; Aloe vera; Lemon verbena; Lemon and lime balm; Comfrey; Mint varieties; Nasturtiums; Five spice herb; Curry tree; Bay leaf tree; Cinnamon tree; Pepper vine; Vanilla orchid; Oregano, Rosemary, Thyme, parsley, dill, fennel

♦ **Legumes.** Ranging from trees and shrubs to ground covers and vines, all produce protein rich foods for humans and animals and most of these also fix nitrogen and improve soil fertility.

Carob bean; Ice cream bean; Leuceana; Pigeon pea; Honey Locust; Tamarind; Jicama/yam bean; Pea nuts; Lablab/hyacinth bean.

♦ **Nuts.** Great storable concentrated foods for humans and animals, and plants that are very hardy and can be utilized as windbreaks and privacy screens.

Saba nut/Malabar chestnut; Bunya nut; Macadamia; Pecan; Chestnut; Peanut tree; Candle nut; Bopple nut; Atherton almond; dwarf Coco nut; Cashew nut;

♦ **Fruits that can yield all year.** This range of fruiting species will produce for most of the year once established into their optimal microclimatic niches.

Avocado varieties; Pepino; Tamarillo; Papaya and pawpaw varieties; Babaco and Mountain pawpaw; Banana varieties; Pine

apples;

♦ **Berries.** With this range you will have fresh delicious berries throughout the year, ranging from ground covers, bushes and shrubs, so an entire berry forest can be created.

European Raspberries; Thornless Blackberries; Boysenberry, Youngberry, Loganberry; Blueberries; Strawberry varieties; Gogi berries; Midyim berries; Elderberry; Atherton Raspberry (Winter fruiting); Mulberry varieties including the white and red shartoot; the indigenous Roseleaf Raspberry, Molucca bramble, Apple dumpling berry and others.

♦ **Aquatic garden.** Make any dam, pond, creek or permanent damp area, a productive hot spot with these water loving crops.

Taro; Kangkong/water spinach; Rice; Water chestnuts; Sagittaria waternut; Lebanese and water cress; water mint; Water celery; Lotus; Nardoo; Papyrus; Cumbungi; water ribbon; water lilies.

All of these perennial crops can be grown successfully in the sub-tropical climate of the Northern Rivers and together offer a great opportunity for residents to achieve home grown gourmet food security regardless of seasonal variations or extreme events.

Many of these species may be currently unfamiliar as part of the typical

Australian diet, although in many other countries, the same crops are considered to be staples and cherished for their unique properties and the foods prepared from them.

Just as Australians have adopted many new dishes and cuisines from other cultures, so too we can learn directly from the cultures that have strong traditional knowledge of how to use these perennial crops directly, many of these are already living here among us.

In an even wider context, this perennial range can be planted out in a strategically designed way to also accommodate the additional vast range of seasonal fruiting trees and shrubs and to also incorporate places where our traditional annual crops can also be grown efficiently.

The more we can design and create human habitat in symbiosis with nature's inherent processes, the work of food production can be handed over to the power of nature to achieve yields effortlessly.

We can then have more time available for other activities and be enthralled with the endless diverse harvests of fresh seasonal gourmet foods directly from our own organic gardens and farms.

For further info on getting your gourmet food security garden established, contact Matt Downie B. Hort. Sc., Perma Dgn Cert, natural farmer and nurseryman, at: www.Zen-Farming.com

Sonia Barton
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