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#### Blue Knob Ceramic Studio

The Artists of the Month for February are Ali Walker and Trish O'Brien.

Ali Walker has had an extensive background in the arts and ceramics. Her work has involved an exploration in the use of local clay.

'Wild Clay' has become synonymous with her work and she has produced pieces with beautiful patinas and hues.

Trish O'Brien is an emerging ceramic student, using the local flora and fungi as an inspiration for her work. These are often functional as well as sculptural, and add another voice to the quality of work coming out of Blue Knob Ceramic Studio.

#### Poetica

The first exhibition for 2019 at Blue Knob Hall Gallery is 'Poetica'.

It's been many years since we had this theme and we have had many requests to hold it again. As there are always new artists joining this creative community at the Gallery, it is being embraced anew.

Artists have selected lines from a poem, song or text to create a piece of artwork. There is a long tradition of artists being inspired by poetry or text, spiritual or otherwise, and the work has resulted in a variety of unique visual



interpretations.

Opening night is on Friday 8th February at 6.30pm, with a set menu for \$20 including mains and dessert. Bookings are essential. Please phone the Gallery on (02) 6689-7449.

#### Artists and Friends lunch

Next will be held on Thursday 28th February at 12.30pm, with a set menu for \$20 including mains and dessert.

#### Watercolour workshop

Due to popular demand the workshop in February has booked out and Lorraine Rogers will be running another workshop on Saturday 3rd March in the Moore Workshop Space.

Her unique approach and palette has had us coming back for more. Cost \$50, from 10am to 3pm.

For info, phone (02) 668-9744 or email: [bkhgallery@harbourisp.net.au](mailto:bkhgallery@harbourisp.net.au)



#### 15 - 17 February – free entry

Imagine immersing yourself amongst beautiful artworks from local and international painters, photographers, musicians, sculptors, animators, jewellers, performers and more who will be exhibiting in the main auditorium and throughout the cafe gardens of the Nimbin Bush Theatre.

This inaugural exhibition aims to highlight the importance of art, whatever the discipline, and the strength of collective exhibitions within artistic communities.

We believe everything can be Art if approached with the right intentions. Hard work, passion and perception are the main ingredients for art – no matter what mediums are used.

Opening night is Friday 15th February from 6pm with the hangable artworks being unveiled in the main auditorium and a Makers Markets in the outdoor garden area. From 7pm we present Cabaret by Candlelight with Sean McMahon.

On Saturday the art continues with art in the main auditorium, Makers Market and roving art performers throughout the day, including some "live art" and also including the Pat Eyre Trio playing toe-tapping bluesy roots from 1pm on the outdoor stage.

On Sunday from 10am the exhibition continues with the musical collective known as Sonic Bliss who play gypsy world fusion to create a stunning feast for the ears. (Come for breakfast!)

At 1pm, roots behemoth Daryl James performs his earthy acoustica with gritty guitar and blues infused songs.

The Bush Theatre Cafe will be open all weekend, with the outdoor misters will gently cooling the outdoor dining areas. There's also a kids playground above the beautiful Mulgum Creek. BYO.

**ARTISTS INCLUDE:** Multi-media artist David Zeker (Holland) doing live painting incorporating Street Art and studio works; Street Artist Tony Basix; Heather Wardell's tribal wearable art; photographer James Ozawa Kerr (Japan); Dosey's laser-cut glass and Street Art; Roberto's Bonzai Art; The Illustrations of Alice; and more.





'Who's Painting Who?' by Damian Koch

Both shows are being held at the Serpentine Community Gallery Inc. located at 17<sup>a</sup> Bridge Street, North Lismore, (02) 6621-6845, [gallery@serpentinearts.org](mailto:gallery@serpentinearts.org) and [facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)



'Local Landscape - The Trees' by Darmin Cameron

by Fiona McConnachie

The Serpentine Community Gallery and North East Forest Alliance (NEFA) have joined forces to present 'Deep Forest', which is running from 1st February to 12th February.

Artists who reside in the Northern Rivers have been invited to participate in this exhibition to create a collection of works exploring the depth, wisdom and threats to our local forests. The Serpentine is a member's gallery, but in support of this current issue, has opened this exhibition to all artists who wish to contribute to this show.

Opening night is Friday 1st February, 6-9pm and Dailan Pugh will be the guest speaker, introducing the show and addressing the issues threatening our precious environment.

"Numerous studies have proven that being in a forest reduces your stress, improves your mood and happiness, and refreshes your mental processes. It is good for you physically and mentally. It has also been shown that just looking at a photo or painting of a forest has

similar beneficial effects on your health and happiness. Come and see this exhibition, you will be better for the experience." – Dailan Pugh

'A Colourful Mind' is the first solo exhibition by Damian Raphael Koch and represents a cross section of his experience of "living the dream" for thirty years in Byron Bay. Damian has painted his vision of fun and healing through a collection of bright, post-Pop acrylic and pastel artworks.

Previous exhibitions have included works in 'Journeys of Hope' (2017/ 2018) at the Serpentine Gallery, which then travelled to Parliament House, Canberra. Another large format artwork was completed in collaboration with the band Wolfmother to raise funds for the Byron Bay Youth Centre in 2014. This work will be for sale with the profits going to a charity in the Lismore area.

Damian's art is fresh, bright, colourful, "pop-ish" and young at heart – Damian says his art is for future art lovers.

'A Colourful Mind' is open from Friday 15th February to Tuesday 4th March, with the opening at 6pm on the 15th.

# Roxy Gallery relocation



from 10am to 3pm, with the possibility of including Sunday, once the show gets up and running. This will provide more opportunities for members of the community to access the gallery along with offer an added experience for visitors to Kyogle.

The lift access will provide easy access to the upstairs space and the display areas downstairs in the foyer will also offer opportunities for artists to showcase works. Visitors will be able to come and look out from the balcony over the main streetscape or relax in the comforts of the open-planned gallery space.

With these exciting times ahead, we ask that you please be patient and supportive of the change we are undertaking, and look forward to some great creatively enriching opportunities and experiences as the new Roxy Gallery takes shape.

If you are interested in becoming a volunteer at the gallery, please contact the Director via email on: [roxygallery@kyogle.nsw.gov.au](mailto:roxygallery@kyogle.nsw.gov.au)

by Ruth Tsimbinis

All of February will be devoted to the Roxy Gallery relocating and setting up in its new home, upstairs of the Kyogle Memorial Institute (KMI).

The logistics involved in the move will mean the gallery will not be able to support an exhibition in February. However, there will be a lot going on behind the scenes to get the first exhibition in the new gallery space up and open in early March and to activate the fully booked program of exhibitions for 2019.

The new gallery space has been created as part of the KMI Revitalisation Project which aims to bring 'stage' and 'gallery' together to create an enhanced arts and culture venue for the Kyogle Local Government Area.

As part of the \$640,000 project, the KMI's original entrance from the main street is being reinstated, a lift will be installed to raise visitors up into the new look gallery space located on the first floor and a number of small display spaces will be activated in the main entrance foyer.

All of this would not be possible without the support of the communities in our local government area being active in engaging in making the gallery a place they want to engage with and in. The amazing volunteers that have supported the Roxy Gallery over the 18 years it has been running will all need to be familiarised with the new space and the gallery will be happily seeking new, interested volunteers to join in.

The new operating hours for the gallery will be Wednesday to Saturday



by Karen Welsh

The Nimbin Art Gallery's big annual event, the Autumn Arts Extravaganza, has become Nimbin Art Fair, with a name change and a wider community focus.

Our beloved 'Autumn Arts' is well recognised in our local community, and is a drawcard for artists of the Northern Rivers region.

Last year's event had 10,000 visitors in four weeks, and returned \$20,000 to the arts community. Adding our village name will help identify us to a much wider field of art lovers and tourists alike.

The inaugural Nimbin Art Fair is happening from

Saturday 13th April to Sunday 28th April at the School of Arts building, 47 Cullen Street in beautiful uptown Nimbin.

Entries are now open, forms are available at our front counter, on-line, and can be emailed or posted upon request. Proposals close 10th March. So get your creative caps, hats, turbans, berets, or crocheted beanie upon your heads and let our very first Nimbin Art Fair fly onto greater things in our community.

Nimbin Artists Gallery, 47 Cullen Street, Nimbin. Open 10am to 5pm (mostly) every day. See: [www.nimbinartistsgallery.org](http://www.nimbinartistsgallery.org)



# Media and gender – whose agenda?

by Philip Dupuy

It is now 2019 and media ownership is concentrated more than ever into a few (very dirty) hands. Our newspapers, magazines, articles and television programs are captive to mainly one tyrant, one owner with one viewpoint. In sharp contrast our society is multi layered. We have people with multi faceted cultures, thoughts and beliefs from all over the world. We have an ancient people who predates everyone in this land by thousands of years willing to live in harmony even with the most recent arrivals. Excluding extremists, Australia lives as one in its diversity. So why do we suffer our story telling, our narrative, our vision, beliefs and aspirations in the hands of an ogre aligned with bigoted politicians and corporate greed. It's inevitable that his account will always be clouded by dogmatist ignorance and dominated by violence and intolerance

So it is glaringly evident that news, current affairs, contemporary thought of who we are, where we are at and where we are going are totally distorted when the one directing the debate is a deranged maniac obsessed with power and control therefore forever slanted towards a Frankenstein view point of adversarial stand-off.

Take the debate about gender equality in Australia for example.

The corporate (in other words Murdoch) media leading debate about women representation in decision making roles is all about pitching one against the other. They try their best to divide not only on race but gender as well. Now the major parties are tossing the idea of women representation and setting quotas. The debate is missing the point as a closer look at the issues our modern but short-sighted media dabble in when they talk about women in politics, proves.

Women have always had difficulty gaining the more subtle aspects of the much vaunted human rights along with poor people, homosexuals, those of colour or unpopular faiths. The simple fact is that no one should live life feeling a lesser human being. The individual right to live a life with confidence and dignity cannot be taken from anyone. Sometime, somewhere in our evolution someone pushed to deny half the population the rights the other half enjoys. The debate has become stagnated with barricades between for and against. The Chinese Taoist concept of the yin and yang however offers a much better understanding of what the issues are; their theory is that deep down human beings fluctuate between femininity and masculinity.

But what we have in our testosterone media trough is an inflexible adversarial construct



sustained by males in expensive suits and female copycats. This tribal group of masculine pillagers only worship the phallus. They have relegated the yoni to life in the desert.

This is clearly a problem that cannot simply be resolved by having a few more women in the team. Although quota discourse is useful, forcing the patronising machismos to include their skirted counterparts like it or not, the issue goes deeper. What we need is feminine representation, not men in skirts.

So here lies the solution to prevent nuclear warfare with the gender opposite. After two destructive

world wars the metrics on the ordinal scales of the yin has been obliterated by the yang. To say it less confusingly there is just too much testosterone in our blood and that's not healthy. Yes! Guys and gals or more appropriately gals and guys we need to add metaphorically more estrogen to our diet. The balanced individual has tenderness softness but also firmness and resoluteness when called for. Female aggression is necessarily for protection whether of its baby or community while male aggression is about pride, greed and control. Yin is action for protection yang is action for destruction. Both are present but in our violent universe it's evident which one we

need. With a world of weapons capable of mutual destruction, it is truly MAD to cling to the fantasy of machoism and hegemony.

To be clear we do not need or want a gender war or any kind of war. Masculine energy has swung way too far past the southern meridian. We need to head north west where our sisters sojourn and where no doubt they are awaiting our return from adventurism and conquests.

So yes, more women in parliament or on equal pay in the workforce or head of community organisations but with estrogen, femininity and Ying. And yes, men too but with less testosterone, less bravado and tunnel vision. Balanced individuals can softly and gently care for the earth, the lakes and rivers that flow full of life through our forests and trees. It can show humanity to the little critters that inhabit them and above all make it joyous and safe for future generations. A yin and yang in harmony is much more likely to deliver on climate action and a Green New Deal. So *à mon avis; Cherchez la femme en vous!*

As for the Murdoch press it wants to keep us divided. When a media cannot even help with basic topics such as the race and gender polemic how can we suffer their meddling on bread and butter issues. It is time to call for a Royal Commission into media corruption and ownership in Australia.



## Revenge of the Loon

by Laurie Axtens

them, and apart from the odd vehicle, no-one left a three-second gap between themselves and the car in front.

Did they have no idea how to drive safely, or were they in too big a hurry?

There was a crash at Robina, and even if it wasn't fatal it would have been life changing – crashing at 110 kms is life changing. Was it a multiple car pile-up – they often are because no one drives defensively.

More than 90% of the people who attend my clinic have had motor vehicle accidents (MVAs). I'm shocked when a patient tells me they haven't had one.

As I was growing up, we billeted a gentleman who worked for the RTA as a defensive driving trainer; and on occasion Maven would educate us on how best to stay alive on the road.

As I was driving back from Brisbane on the motorway recently, I realised that virtually no-one was following even the most rudimentary rules of defensive driving.

Drivers regularly crossed more than one lane at a time, rarely did they wait any time between indicating to change lanes and actually changing

The great majority of MVAs are due to operator error, yet most drivers seem content to drive barely a second from the rear of a potential crash.

We have simulators that glorify speed and racing, so why doesn't the RTA have simulators that glorify defensive driving skills?

I can think of a dozen simple skills that don't need a driving instructor to assess. Such a simulator would be worth a mint to the group who developed it...

Ahh bugger it, bloody goody two shoes – see you at the speedway next Australia Day.



by Simon Thomas

One of my favourite activities in my youth was to explore the frigid depths of the shadowy canyons which wind their way through the faults in Blue Mountains sandstone. We would abseil in through waterfalls in the headwaters, then clamber, swim, and rock-hop our way through the serpentine ravines until they poured their pristine waters into the greater river valleys.

Their undulating, mossy walls, sculpted by millennia of eroding streams, formed an island-like seclusion for unique forms of life which inhabited that amazing world below the surface.

**The world's oldest city**

Perhaps it is for this reason that I felt so at home on my recent month-long sojourn in the Indian city of Varanasi. No other city in the world

can boast such sustained human habitation and the place feels like an eco-system all of its own.

The cliffs which form the canyons of Varanasi are not the naturally occurring type, like those of my youth. They are formed by the crooked walls of ancient buildings which line the shores of the sacred Ganges River.

These buildings are many storeys high, and are built ever closer together as you approach the river's steep banks.

The labyrinth of interconnecting access lanes forms a spider-web of alleyways, some of which are so narrow that the buildings above rub their slouching shoulders, closing out the sun.

**No vehicles**

Too narrow for a car, or even a rickshaw, these cobblestone passageways burst with life. The main thoroughfares are lined with small businesses;

chai wallahs, clothing outlets, laundry service and other skilled trades.

Most of the shops have been in the hands of the same family for many generations. The streets are always awash with pedestrians as well as pesky motorcyclists with their deafening horns.

**It's a menagerie**

Not only people, animals too roam the maze of alleyways which form the vascular system of India's most holy city.

An impressive herd of holy cows roams free in the streets and riverbank, scrounging for scraps and cardboard.

Dogs, both wild and domestic, are everywhere, intimidating at night.

Large troops of macaque monkeys patrol the rooftops, and often drop down into the streetscape to cause mischief.

Goats, cats and legions of rodents add to the list. With that much wildlife, you can

imagine that there is plenty of manure.

**Easy to get lost**

Luckily, I had my Redback boots on when the guesthouse owner rescued me from the main road on the evening of my arrival.

It took ten minutes of trooping through the maze of passageways, with him lugging my suitcase over the filthy cobblestones, to reach his hotel.

The house itself was built by his great, great, great grandfather, and the family have welcomed guests ever since. I climbed flight after flight of worn out concrete steps to reach my little rooftop abode, with a beautiful view across the holy river.

I had no idea where I was, or how to get back to the road. Just like being in the wilderness.

**The best place to die**

To be cremated on a wood fire on the banks of the Ganges in Varanasi is the most auspicious way for any Hindu to be turned to dust.

The closer you get to the burning ghats, the more firewood you see stacked up.

Every available nook and cranny is filled with huge chunks of tree. The burning ghats themselves are piled high with fuel, as are numerous barges which are tied to the nearby shore.

Somehow, the sheer quantity of fuel needed to burn that many bodies haunted me more than seeing the cremations themselves.



# Regulating home grown

by Dr Graham Irvine

Although there are medicinal cannabis Acts in Australia, in most states and territories there aren't, as yet, sufficient regulations announced with which to implement these Acts' provisions.

The history of New South Wales' and other states' legislation is cyclical in terms of legislation concerning medicinal cannabis. Both sides of politics have left the public with a litany of broken promises, obfuscations and confusion. There is no reason to believe that this will change any time soon.

The corporate world is moving quickly to monopolise and restrict the growing and manufacture of cannabis predominantly to large pharmaceutical companies. It is therefore crucial that cannabis legislation includes a workable system to accommodate those who cannot afford to pay the prices of the large pharmaceutical companies.

In most states of the USA and Canada, medicinal cannabis users and their carers must be registered to grow cannabis which entails a plethora of regulations and restrictions on the cultivation of plants – they cannot be too big, mature/immature, grown in or outdoors. In addition, medicinal cannabis patients or carers may only cultivate their plants at least 25 metres from schools and other institutions.

The site must be located 25 kilometres from any dispensary or other retail outlet. Is the distance calculated as the crow flies or is it measured on a vehicles' odometer?

Almost all jurisdictions require plants to be kept under lock and key, and may not be visible from the street or other public places. However this would not prevent the emission of the pungent cannabis odour.

Where the enacting jurisdiction allows an amount of "usable marijuana", what is the definition of 'usable' because the plant is made up of stems, leaves and buds, all of which are "usable", but leaf would probably not meet the potency required by the patients.

There will inevitably be disputes as to the allowable quantities of cannabis. Allowable quantities vary greatly from 2 plants to 300 plants. Many US states specify the exact amount ("enough for 60 days" or "a reasonable amount").

Carers are authorised to plant and maintain the least amount of cannabis for their patients' needs and the plants must be kept under the control of the patient or the carer on an area no more than an acre in size.

However the rights of the patient or carer, to legally obtain cannabis is a serious issue because the pharmaceutical industry is using patent laws lobbying Governments to inhibit the ownership and usage of the cannabis plant itself. If they succeed they will have effectively prevented the poor and needy gaining access to their medicine.

In Canada and USA the most contentious impost on the grower is imposed by the authorities requiring payment of an annual licence fee. Penalties for unlicensed growers are excessive e.g. \$1000 US and several months of incarceration. Here in Australia, governments favour a licensing system for cannabis cultivation, restricting the number of plants and their locations.

But it is risible to imagine that home growers will bother to sign up for registration and who is going to enforce their compliance? To uphold the law would require the police to breach the occupants' right to privacy by entering their home to count the number of their plants.

In Uruguay, where cannabis has been legal for some years, the task of regulating is supposed to be in the hands of six inspectors, but these officers have to inspect 8266 sites across the country and have had to resort to calling in the police who may be uninformed about what the law actually allows.

None of this is good news for the average Australian home grower of cannabis. If they want to preserve their right to grow this extraordinary plant, they need to take action now.



Photo: Chibo Mertineit

## Medican weekend success

by Michael Balderstone

The first Medican for 2019 was delightful. The Bush Theatre was packed and possibly half the crowd had never been to Nimbin before. Beside the creek with Dave's new misting machines in action, the super-hot weekend buzzed with conversation with newcomers eager to learn from the experienced.

Dr Andrew Katelaris was a highlight and we also saw the long SBS interview with him, which was taken offline after two days, following his recent court victory where a jury declared him not guilty in a landmark case for providing cannabis to epileptic children. He said this court case is "just the beginning" and we look forward to him returning for a Q&A at MardiGrass.

Leah Bisiani spoke strongly about the over-opiation of our elderly and the role cannabis can play in the future. Dr Deb Waldron continued her cannabis trivia quiz, educating and

entertaining newcomers.

Steve Bolt's legal advice hopefully put people at ease, and S Sorrensen's guest appearance got them laughing. Sue Higginson was impressive as usual, and who doesn't hope she will be representing us after the March election?

All the Nimbin Medicans can be viewed on YouTube.

It was like a mini-MardiGrass outside with the Cannabis University, the Hemp Club, Bast Hurd Seed Inc and Radics extraction classes all kept busy with enquiries. Many thanks to the Bush Theatre for being such a cool venue.

Lucy Haslam's United in Compassion is holding a major medicinal cannabis symposium over three days, March 22-24, at the Twin Towns in Tweed Heads. Online information and tickets at: [www.uic.org.au](http://www.uic.org.au)

Apart from MardiGrass (May 3,4,5), where there is already a huge program lined up of Australian and overseas speakers,

the next Medican dates are June 22-23, October 26-27 and January 18-19, 2020.

Talking MardiGrass, meetings have begun every Friday from 4.20pm in the Hemp Bar. Everyone is welcome of course. There is a planned hemp expo on the old museum site with the idea of showing off all aspects of the cannabis plant in the centre of the village. It will probably be the last year this site is available.

The community market is aiming to showcase all the other aspects of our alternative and creative lifestyle, "Nimbin's more than weed!" as we all know. Please get in touch if you would like to be involved or have a stall.

Local musicians and performers please let us know if you would like to play. We are also gathering drug-free drivers for the new service U-BUD to be launched at MardiGrass.

Meanwhile, you can support MardiGrass 2019 by buying a ticket online now at: [www.nimbinmardigrass.com](http://www.nimbinmardigrass.com)



## STREET SHUFFLE

Journal of the North Coast's longest serving covert - Undacuva

"That doesn't work for the economy woman. We can't have people growing their own medicine. We will register patients and we will monitor very closely who is genuine and who is not. We already have more than two thousand registered. Don't worry we have it sorted, as you say."

I suddenly remembered the new ACT proposal. "You realise Canberra may make it legal to grow four plants? They'll be voting on it very soon."

He exploded. Out of nowhere he spewed forth unending hate and fear. "I'm not bringing my children here any more if that happens. Children have access to people's back yards. Have they thought about that? What if some young kid eats some?"

He was spitting and sweating. I moved away nervously. He sat down heavily. Then he loosened his tie and I realised he was in trouble, breathing heavily. Staring into space.

Like a fussing mother I went over to him and instinctively felt his pulse. It was racing. I grabbed some drops from my handbag and he opened his mouth for it like a baby bird in a nest. It was only cbd but he calmed instantly. Mind over matter maybe, at least in part. I remembered how the Hunza King gave everyone who came to him for healing the same medicine. Melting snow from the stream outside his back door.

"What was that you gave me?" He asked when he recovered his senses.

"Mostly cbd but a little thc as they need each other to work best."

"Cannabis?" He stared at me completely befuddled.

Then he started to cry. Just little tears squeezing out the corner of his eye and rolling down his cheek. And he made a moaning noise. It reminded me of childbirth moments I've experienced in the forest with the

tribe. A kind of giving up noise, a surrendering groan. Deep pain.

Then we had the best conversation yet and in his language, money.

"Did you know sir Canadians have spent \$1.6 billion on legal weed in unda three months since they legalised? Suddenly they are the third largest legal marrawana market on Earth. The tax windfall is extraordinary. One of the countries smallest provinces made \$400,000 in seven hours!"

I knew I had him. It was like money for jam, no disrespect to the CWA. He promised he'd check my facts but I know they'll stand up.

It was cheerful news to bring back home to the mountain retreat where it hasn't rained for a month. The orchards are thirsty but still abundant in figs and grapes, the blueberries almost finished. The weed crop is dismal, the plants so small the choppers wouldn't bother you'd reckon.





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# Natural habitat for human wellbeing

by Matt Downie

A good friend of mine recently told me about the concepts from the Ringing Cedars book series - about a Siberian woman called Anastasia, her remarkable existence and her profound insights into life and a deeper purpose that mainstream humanity has long left behind.

As we watch the ever increasing left brain obsession of today's society and the advancing technocratic AI 5G surveillance state, it's good to be reminded that there are increasing groundswells of people inspired to return to a state of innate well-being, cooperation, positive creativity and ultimately to living in a deeply connected state with the natural world.

Anastasia is described as a descendent of a lineage of people who have lived in the Siberian wilderness for an undetermined period of time. Existing in complete harmony and symbiosis with nature, she is the epitome of an uncorrupted and empowered human being with robust health, sensibilities and faculties that seem miraculous yet are latent and available to all of us beyond the veil of our conditioned responses and within the right brain's inner silence.

Anastasia had a home in the wilderness that the author describes as “merging with nature and not easy to find, only betrayed by the fact that it was more beautiful and better taken care of than the surrounding forest glade.”

This got me to contemplating how we've been conditioned to identify contrast as duality everywhere. A typical example being the separation between farming land and 'the environment' – the idea



that the two could be seen as one ecology that completely sustains itself and yields abundantly with minimal effort is not readily apparent. Anastasia's realm existed in such harmonic symbiosis, where she and her people had gently modified the ecology around them, to promote the foods and other natural resources they required in order to live well and in a nature autonomous fashion – true sustainability of the most enduring kind.

Zen-Farming is approaching this merger of deep ecology and sustainable farming through understanding and providing the conditions that nature requires to thrive, and through creating seasonal production habitats for our domestic animals that supply them and us with food, achieve all vegetation maintenance and prepare ground for no-tillage broadcast cropping.

A key component of resilience and sustainability is that we expand our dietary range to include more crops that we can easily grow locally and chief among these are the range of perennials that require very little ongoing attention other than harvesting and propagating once planted into their ideal niche.

Zen-Farming works by following the most efficient path towards ecological

succession towards nature autonomous abundance. All actions are streamlined holistic processes, in tune with nature's ways and resulting in the achievement of enduring abundance on nature's terms.

We find ourselves today in very peculiar times and just to add to the mix, there are prominent agronomists and scientists from many countries claiming we are on the cusp of significant global food shortages.

In the past few months, frosts have killed off crops in areas of southern India and Europe that that have not known these extremes in living memory. Other places such as California and here in Australia are in the grip of prolonged droughts, resulting in crop failures and water shortages. Anyone buying feed for their animals will have noticed the prices steadily rising over the past months.

Zen-Farming is part of the new earth paradigm of local self-reliance, independence and sustainability. We have all the resources needed and only need to take a short step back from habitual actions and make a fundamental commitment to work co-operatively and symbiotically with nature to achieve productive ecology that yields abundantly and is founded upon life processes that have succeeded on Earth for aeons.

Matt Downie is a Horticultural scientist and ecologist with over 25 years' practical research and development in natural farming, permaculture design, biodynamics and holistic management. He offers consultancy and Zen-Farming mentoring. He can be contacted by email: [matt@Zen-farming.com](mailto:matt@Zen-farming.com) or through his website: [www.Zen-farming.com](http://www.Zen-farming.com)

## Zea mays, the universal corn/maize of the Americas and the world

by Thom Culpeper

Columbus landed initially on the shores of Cuba in 1492.

The indigenous welcomed him with two gifts, offers of hospitality, one of tobacco the other of “Mais”, the genius of the real American plant breeders and agriculturists of that vast continent of above and below the Ismuth.

They took a big grass, Toesinte, (*Zea mexicana*) bought into the culinary one of the world's most important foods.

If we can rely on the Spanish clerics' translations of the histories of the American cultures, they developed a plethora of foods that lifted the rather bleak Euro-foods into another realm of eating experience.

Without chillies, tomatoes, tomatillo, potatoes, yams various, pumpkin, squashes, runner and tepary beans various, (3000 years of breeding), chocolate, rubus berries various, papaya, (pawpaw), avocado, sapote, cherimoya (custard apple), feijoa, guava, monstera, granadilla, pineapple, sapodilla, sapote, tamarillo, jaboticaba, pitaya and so forth, the modern culinary world would be

very boring.

Maize has been developed to provide a wide range of fundamental foods from the untreated husks to complex treatments to overcome some of the dietary deficits innate in the seed head.

Dried seed is treated with lye to make masa and hominy which are used after drying and milling to make atoles, enchiladas, pinoles, pupusa, tacos, tamales and tortillas, to make it more utilisable by humans.

The treated seed is also utilised in fermentation products such as banku, chicha, kenkey, koko, pozol and tesquino. Modern polenta is made from milled dried maize, but the original, the food of the Roman legions, was made of ground chestnuts, *Castanea sativa*.

The current 'dry' is going to make it difficult to grow a useful home garden if the household is tank dependent. Maize is very water and nitrogen 'hungry'. Merchants and markets will have to suffice 'til the 'dry' breaks..!

On matters of water, Ion Idriess in *The Silver City*, warned in August 1956 that the Menindee Lake system was not being managed to any useful degree: “Flood and irrigation control of our river systems, the conservation, control and



use of flood waters – these are far more important to Australia than the making

of atomic bombs.”

Here is a salad Taquitos for dry days:

### Corn and black bean salsa taquitos

#### Ingredients

- 1 corn cob, husk and silk removed. Strip kernels.
- 1 fresh green Jalapeno chilli
- 2 tbsp olive oil
- 40gms butter
- 2 cloves garlic
- 1 small onion, chopped
- ¾ cup of drained black beans
- ½ tsp black pepper
- ½ tsp cumin
- 1 tbsp chopped fresh oregano
- 100gms mozzarella, shaved
- 6 Pupusa or Tortillas

#### Method

Lightly roast jalapeno to soften, do not blacken.

Heat half the oil and butter in frying pan, fry onions, garlic, peppers and cumin for 3-4 minutes, add corn kernels and black beans heat another 5 minutes, turn out and cool.

Cut pupusa or tortillas in half, spoon the salsa onto the halves and top with cheese and roll tightly, and close with toothpicks, fry the rolls, turn frequently, 'til golden brown, serve with extra oregano and cheese.



# Are you suffering from DSCATT?

So what is DSCATT, you may well ask. I thought that I (and many others in the Northern Rivers) have Lyme Disease, but no, we have Debilitating Symptom Complexes Attributed To Ticks, ie. DSCATT.

The name is absurd, not just because of the scatological image, but also the use of 'attributed to' instead of 'caused by'. This implies a level of disbelief that tick borne infections are actually the cause.

The reluctance of most of the medical community to accept that these illnesses are caused by infections transmitted via ticks in Australia creates enormous stress and powerlessness in sufferers who are unable to receive adequate diagnosis and treatment.

In recent years there was a Senate enquiry looking into the issue of tick borne illnesses in Australia. This only occurred after intense lobbying by patients, advocacy groups, and some sympathetic Senators.

In 2016, the Senate Committee published its Final Report from the Senate inquiry, "Growing evidence of an emerging tick-borne disease that causes Lyme-like illness for many Australian patients". This sounds like a good thing.

Whilst the report and recommendations acknowledged the suffering of patients, and the need for a multi-disciplinary approach to patient care, there remains



**Nature's pharmacy**  
by Trish Clough, herbalist

reluctance in the powers-that-be to accept that the cause of DSCATT is actually infection.

This is despite the fact that Lyme Disease (or Borreliosis to name the actual infection) is an acknowledged serious and widespread infectious illness in the US, Europe and many other countries. To quote the Department of Health Patient Group Forum (DSCATT) publication 2018:

"It is still not known if these symptom complexes are infectious or tick derived and the Department supports research to find related evidence and keeps an open mind to new evidence. Without this research, treatment strategies that assume infection **cannot** be supported (my emphasis) and the Department welcomes a finding that would define appropriate treatment pathways".

In other words, the Department of Health will not support appropriate treatment with antibiotics as has been thoroughly

researched overseas. Comprehensive analysis of studies from the US showed that the success rate in treating Borreliosis (Lyme Disease) for three weeks with the appropriate antibiotic was very high.

This is reliable only if treatment is commenced very soon after the tick bite and the onset of symptoms. People in Australia are generally unable to receive this treatment as it is not officially sanctioned, let alone the limited chance of getting a diagnosis so soon after a tick bite.

The few medical practitioners who are aware enough to prescribe according to the overseas research are risking disciplinary action by authorities. They also tend to be very expensive due to insurance issues. Later treatment with antibiotics is of limited effectiveness, as overseas studies show, and is often very prolonged with multiple antibiotics, sometimes intravenous. The treatment can be harsh with dangerous side effects.

Whilst I welcome the fact that the Minister for Health has announced three million dollars in research funding for DSCATT, I was horrified when I saw that one of the only two research projects is for a psychiatric team to research treatment with Cognitive Behaviour Therapy (CBT) for people believing they have Lyme Disease. The aim is to use CBT with these patients to attempt to regain their health.



**Making herbal tinctures for use in DSCATT aka Lyme Disease**

As pointed out by the Karl McManus Foundation, an advocacy group for sufferers of tick borne illnesses, "Most patients who have accepted a Lyme Disease diagnosis are more likely to be diagnosed with conversion disorder, a psychiatric disorder in which patients' physical symptoms are considered mentally induced, the cause and cure unknown."

This is like something out of the Dark Ages. Imagine treating a urinary tract infection for example, or pneumonia, with CBT instead of antibiotics.

I personally am reluctant to use the term DSCATT as I find it offensive and indicative of the head-in-the-sand attitude described here. And to be honest I doubt that a patient asking his/her doctor about DSCATT will yield a more respectful response than asking about Lyme Disease.

Not yet at least, although this might change over time.

## Recovery from neuro and auto-immune disorders

by Sonia Barton  
Bowen therapist and Reiki master

Is recovery possible with conditions such as Parkinson's disease, Multiple Sclerosis and similar disorders?

Neurodegenerative and autoimmune disorders are at epidemic proportions in Western society. Despite billions of dollars spent on research, western medicine is no closer to a cure than twenty years ago. For many neurodegenerative and autoimmune disorders, there are not even any Western medical treatments offered.

The good news is that we don't need a cure for any of these disorders. Many people around the world have reversed their symptoms of often "untreatable" (by Western medicine) disorders, and some have completely recovered. Others have combined Western medicine and Complementary medicine to become well.

Why I am telling you this, even though I am not a Naturopath, is that I have seen results from using Bowen therapy alongside a protocol called 'Return To Stillness', to help people with these disorders reverse or halt their symptoms.

I first discovered the protocol in 2001 in the UK when a client came to see me with Parkinson's Disease (PD). He had been in touch with John Coleman in Victoria, Australia and he was helping him recover from his

symptoms, and I actually saw this happening to him.

I personally saw the man in the UK reversing his symptoms. In the beginning he could hardly walk, was weak, depressed, and couldn't play music any more. After a year he was riding his bike again, playing his accordion, was re-energised and actually went on a healing retreat to Greece, whereas in the past the very thought of flying was exhausting.

John Coleman actually reversed his own PD symptoms and became a Bowen therapist and naturopath and now has a clinic to help others to recover or reverse symptoms. His protocol gives people HOPE.

Becoming well (recovering) requires a new mindset that "knows" you CAN make a difference and improve your life, total dedication to your healing pathway, and a willingness to change anything or everything if needed to recover your health.

The protocol for Parkinson's Disease includes a Bowen therapy treatment every one or two weeks alongside an organic diet, hydration, meditation and much more. See the website: [www.returntostillness.com.au](http://www.returntostillness.com.au) for information.

When I worked in Sydney, I treated five people with Bowen therapy who had Parkinson's Disease on a regular basis, for more than ten years. They all benefitted by feeling more relaxed, more energised, supported, and their

medications hardly increased over the years.

One man in his early fifties seems to be reversing his symptoms, by changing his diet, meditating, having regular treatments and exercising every day. They are all taking medication prescribed by their neurologists and combining with all the above, they are seeing results.

The most beautiful thing of all is to see these people change over time. In the beginning they are in shock, they think their world is coming to an end, they think they won't be able to travel again, they are embarrassed to tell their friends or work colleagues in case they are judged and are feeling very stressed.

Over time they become relaxed about their disease and more accepting, they learn to meditate, take life day by day by being more mindful and finally tell friends about their condition and feel more accepted.

They are not the disease, they only have symptoms of the disease which can be helped. It's a long road to recovery but, step by step with help from good practitioners around them, they can achieve results.

If you would like more information on how I can be part of your healing journey give me a call.

Sonia Barton can be contacted on 0431-911-329, email: [soniabarton@yahoo.com](mailto:soniabarton@yahoo.com) web: [www.BowenEnergyWork.com.au](http://www.BowenEnergyWork.com.au)

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## Nimbin Crossword Solution

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	W	O	E		Q	U	E	E	N	S	
M	E		T	H	O	U	R	E		R	
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