



The 35th Annual Bentley Art Prize will be held on 2nd, 3rd and 4th August 2019 at Bentley Public Hall.

**14 Sections – over \$10,000 in prizemoney**

Entry forms via the website:  
[www.bentleyartprize.com.au](http://www.bentleyartprize.com.au)

**Entries close 24th July 2019**

Enquiries: Helen Trustum  
6663-5283 / 0407-431-725

A TASTE OF ART



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](http://www.blueknobgallery.com)



## PIANO CONCERT

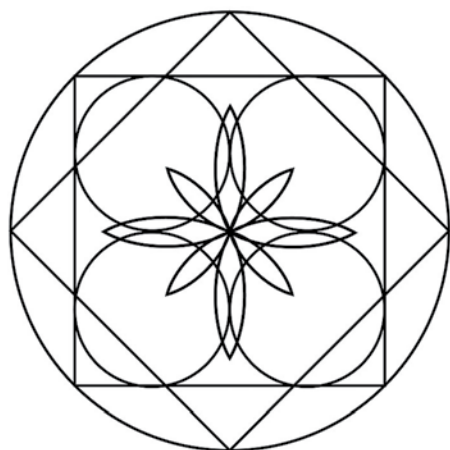
**Michael Hannan: piano**

A concert of recent piano compositions by Michael Hannan performed by the composer.

**Sunday June 16: Nimbin School of Arts, 2pm-3pm**

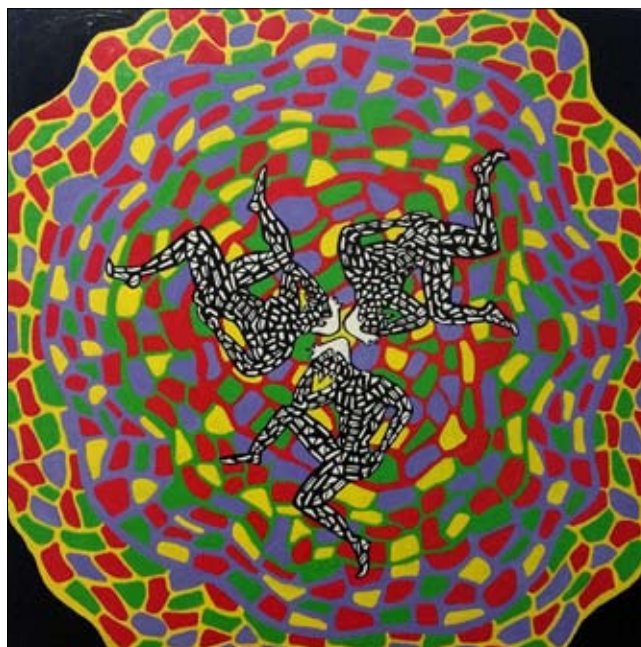
Tickets: \$10, \$5 (concession), \$3 (students)

The door takings will be donated to the 2019 Tyalgum Music Festival: [www.tyalgumfestival.com.au](http://www.tyalgumfestival.com.au)



**ROXY**  
GALLERY

# Local art and architecture



'Thinking in a Shrinking Square' (left), and 'Made in a Bottle' (right) by Theodore Kennett-Rai. Photos: Theodore Kennett-Rai

Nimbin Artist's Gallery is providing a village presence for Mandie Hale's book *Unique*, a collection of local homes that are artforms in their own right.

A display copy is available for perusing, cost is \$60 with all monies directly to Mandie and the 7 Sibley Street Project.

Theodore Kennett-Rai is also

providing his 'unique' works this month, a cross-cultural art form reflecting his country of birth, India and his adopted Australia.

He creates a satirical narrative with exuberance using colour, motifs and textures. This, combined with humour, some naughtiness and an

element of naivety, brings a quality and uniqueness that proved much admired at the recent Nimbin Art Fair.

Why not pop in and see both of these 'Unique' works? Find us at 47 Cullen Street, everyday 10am to 5pm (mostly). Phone 6689-1444 or email: [nimbinartistsgallery@gmail.com](mailto:nimbinartistsgallery@gmail.com)

This painting, 'Nimbin Landmark' by Janet Hassall is part of the Jewels of Our Region collection of works, celebrating the natural wonders of this great region in which we live, on display at Serpentine Community Gallery, in Bridge Street, Lismore.

The exhibition has diverse works, in various mediums, by various artists. There will be something that resonates with your sense of belonging and place as you explore this exhibition.



## Accessible art at Regional Gallery



Lismore Regional Gallery runs free Arts & Dementia tours and activities for people living with dementia and their carers.

### Arts and dementia tours

Lismore Regional Gallery offers free Arts & Dementia Tours for people living with dementia and their carers. The program is led by facilitator Jennifer Collins, who has undertaken a training with Dementia Australia and the National Gallery of Australia Arts & Dementia Team. The tour and arts based activity run for about two hours and includes a morning tea.

The program is open to both people living in care facilities and people who are living at home in the community. Lismore Regional Gallery is a fully wheelchair accessible venue.

If you or someone you know may be interested in the program please contact Jennifer Collins on 0402-416-782 or Claudie Frock at Lismore Regional Gallery on 6627-4600. Email: [claudie.frock@lismore.nsw.gov.au](mailto:claudie.frock@lismore.nsw.gov.au)



Deaf tour guide Sigrid McDonald leads Auslan tours and art activities at Lismore Regional Library.

### Deaf-led Auslan tour and art activity

Lismore Regional Gallery is excited to offer deaf-led Auslan tours with deaf tour guide Sigrid Macdonald on Saturday 15th June, 11.30am-1.30pm.

Join Sigrid for a tour of the remarkable 2018 Archibald Prize exhibition, Australia's most prestigious portrait prize.

Sigrid is a proud deaf woman who lives and works in the Northern Rivers and is thrilled to be able to provide an accessible tour for the deaf community of our region and beyond.

Archibald Prize Auslan Tour and Art Activity: Bookings essential via: [Art.Gallery@lismore.nsw.gov.au](mailto:Art.Gallery@lismore.nsw.gov.au)



# WINTER

## at the Serpentine



'Not Quite the Northern Rivers' by Janifer Fraser

by Fiona McConnachie

The current exhibition at Serpentine Community Gallery is 'Winter' which will run from the 5th to the 25th of June.

Our next exhibition is 'Once More, With Feeling', a selection of abstract paintings by Brunswick Heads' sculptor and painter, David Shaw.

His show will be on at the Serpentine Gallery, Lismore, opening on Friday 28th June, 6pm to 8pm, and running until the 16th July. All are welcome to attend.

David has exhibited in several galleries in and around Sydney, most notably, Jody Pawley Sculpture Gallery in Drummoyne, Borg Gallery in Avoca and, for 15 years, and the Butterflies Fine Art Gallery in Pokolbin, Hunter Valley.

A move to Northern Rivers about ten years ago resulted in a change to include ceramic sculpture, with exhibitions and exposure

in the Buttery exhibitions, Barebones, Retrospect, Brickworks in Southport, the Queensland Sculpture Society, as well as many local exhibitions (four exhibitions in Northern Rivers Community Gallery in Ballina, the last in 2016).

A recent exhibition at Stokers Siding Gallery was his first solo as a painter.

"I anticipated boredom in retirement by attending a sculpture course run by Col Henry, well known Central Coast sculptor.

"It proved to be a good move, resulting in a retirement full of satisfaction and enjoyment.

"My work is described as abstract."

Follow David on Instagram: #davidshawgallery email: [stonechipper@live.com](mailto:stonechipper@live.com)

Serpentine Community Gallery is located at 17a Bridge Street, North Lismore. Phone 6621-6845, email: [gallery@serpentinearts.org](mailto:gallery@serpentinearts.org) and social media: [facebook.com/SerpentineArts](https://facebook.com/SerpentineArts)



Untitled by David Shaw

## Two sculptors – a retrospective

by Ruth Tsitimbini  
Cultural services officer

The month of June sees a few new things at the Roxy Gallery. Firstly a new exhibition, and one with a bit of difference.

'Two Sculptors: A Retrospective' is an insight into the sculptural works of two local men who have been pursuing their interest in form over many years.

Denis Hopking, born in Zambia and has travelled the world now finds himself settled in Kyogle. He has been teaching and living in the northern rivers region for many years and through his arts practice he has produced a very extensive body of works concentrating on sculpture.

He works in stone, marble, metal, hebel, wood and clay and over the course of a lifetime he has been exploring and finding form with a mallet and chisel, along with building shapes with clay to then use firing and glazing techniques, applying chemically reactive bronze patinas to produce some unique ceramic patinated shamanic figures and abstracts that allows the imagination to dream. He also will be exhibiting his more traditional ceramic works

Joining Denis in this exhibition is local artisan

Michael Brook whose body of work comprises hebel and lime stone sculptures.

Michael Brooke was born in England and like Denis has travelled extensively throughout the world. In his art Michael aligns himself to the principles of Dadaism, contemplating the definition of art whilst experimenting with the laws of chance.

His sculptures are shapes that nature likes to use to make the world.

Both Denis and Michael have a connection through their art that has formed a friendship and it is really exciting to have an exhibition that focuses on the sculptured form in the Roxy Gallery as the building moves another step forward with the opening of the verandah space.

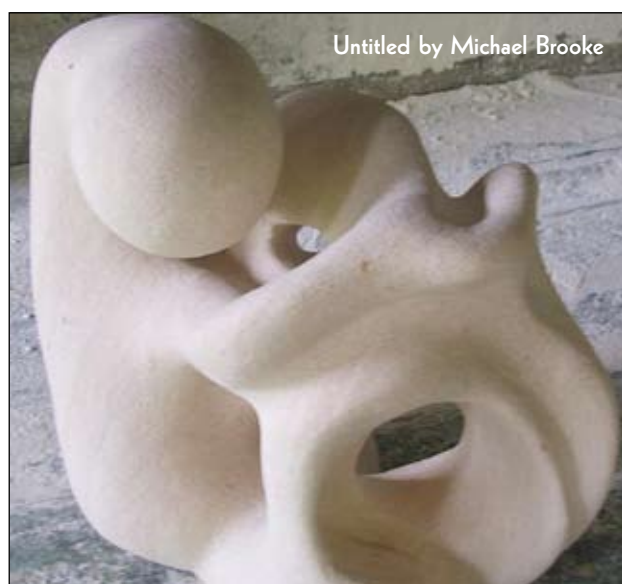
Now visitors to the gallery can take some time to enjoy looking over and out around our lovely township.

Adding to this, the Roxy Galley is happy to be extending its hours of operation to now include Sunday from 10am to 2pm.

'Two Sculptors: A Retrospective' will be on show from 5th June and run through to 30th June, with the official opening evening taking place on Friday 7th June from 6 to 8pm.



'Female' by Denis Hopking



Untitled by Michael Brooke

## Fibre show draws weavers together

### The Fibre Show – Tactile

Blue Knob Hall Gallery's annual Fibre Show is on again.

This year's theme 'Tactile' was inspired by the opening night talk last year where our guest talked about the tactility of fibre, how accessible it is to being touched and felt on the body or in the hand.

This is our one show a year that is expressly for Fibre artists to exhibit their many and varied pieces of work. The artworks must have the major component being made from or include fibre.

We have welcomed all varieties of fibre from the natural to manmade. This year has brought in the hand painted or dyed, hand-woven, embroidered, felted, knitted, carved and sewn.

Every year we are surprised and delighted by what comes through the door. Scott Cater's beautifully crafted Silky Oak coffee tables are juxtaposed with the delicacy of Pauline Ahern's wall hanging of rust-dyed silk.

Eric Smith's embroidery never fails to make you look twice, as the eye is initially deceived by the beauty and delicacy of the embroidery, then the words can hit you with a punch.

With the content being so disparate from the style, his piece titled 'A Banner for the Brotherhood of Madness...' has once again shown how



Works by Rebekah Seriah Webster and George Giannotis

subversive embroidery can be. The exhibition runs until Saturday 20th July.

### Blue Knob Ceramic Artists of the month

#### Rebekah Seriah Webster and George Giannotis

Rebekah is an established artist whose ceramic work currently focuses on sculpture using paper clay. Her forms are very ephemeral and her exploration is inspired by the Inuit culture.

George Giannotis's sculptural forms are very organic. He uses texture and generally mono colours for decoration although his recent works have included under glaze colours on a Majolica base glaze.

### Blue Knob Cafe

The cafe is going strong with Paul Scott at the helm and the volunteers who continue to support the community space with their ability to deliver the goods, literally.

Saturday mornings are proving to be popular with the hearty breakfasts served up, and these are available every day all day along with all the menu items.

We are open Thursday, Friday, Sunday 10am to 3pm and Saturday 8.30am to 3pm with the Blue Knob Farmers Market also there until 12pm on the day.

### Artists and friends

The next lunch will be held on Thursday 27th June at 12.30pm with a set menu for \$20 incl main and dessert.



Rust-dyed silk by Pauline Ahern  
Dragon Basket by the Weaver Birds





**Food Matters**  
by Neil Amor

Nestled in the hills surrounding the Border Ranges sits a little home-spun business producing a range of delicious jams, chutneys and coffee beans

Hailing from the Tweed and arriving via Sydney in 1994, Helen and Mark set about clearing their two acre plot, and after some experimentation, established avocado, orange, mandarin and banana trees.

This has since increased to include bush tucker, such as Rozella, Davidson Plum and Lemon Myrtle, as well as tangelo, pomelo, sapote, paw paw, mango, lemon, macadamia and plum.

With all that produce, plus regular bartering amongst local growers, Helen set about applying her traditional cooking skills, and now produce's a range of seasonal jams and chutneys that have gone on to win 1st price at the Nimbin Show (pictured).

Just some of the jam range includes: starfruit and lime, grapefruit and orange, mandarin and mulberry, with mandarin, ginger and turmeric marmalade about to come on line.

Some of the chutneys include: mango (sweet and green), tomato and capsicum, cucumber pickles, yellow capsicum and chilli, and choco chutney.

Helen also produces a popular turmeric tonic (pictured, top).

Pride of place, however, goes to the Coffee Berry jam's and chutney's (high in anti-oxidant's and natural sugars). Having 20 coffee trees, the beans are processed in house and roasted at Mountain Top. Helen estimates 50 kilo of green beans yield approximately 20 kilos.

But nothing goes to waste as the red skins on the coffee bean are further processed by Helen and go on to become her prize-winning Coffee Bean Chutney and Jam.

Helen' Homemade range can be found at the Nimbin Organic Food Co Op seven day's a week.

Helen has a Russian heritage, and likes nothing more than filling bellies. This traditional Russian recipe will do the trick



**Helen with Nimbin Show first prizes for her Coffee Berry chutneys and jams**

**Russian blini (pancakes)**

- 4 large eggs
- 1 cup warm water
- 4 cups milk of choice
- 1/4 cup thickened cream or 4 tablespoons butter (softened)
- 1 teaspoon salt
- 2 tablespoons sugar
- 3- 4 cups plain flour or (half self-raising flour and half plain flour).

**Method**

In a large mixing bowl or mixer, add warm water, milk, cream or butter, eggs, sugar and salt. Whisk a few minutes until fluffy, gradually add the flours and continue whisking until combined and the mixture has no lumps.

The consistency will resemble thickened cream and the blini will be thin like crepes. If a thicker pancake is preferred, add more flour or if too thick add a little water, until the desired consistency is reached. This mixture can be made in the evening and then cooked the next morning.

To cook blini, heat a large frying pan over medium heat, grease with a little melted butter or cooking oil. Using a ladle or cup put 1/4 cup mixture onto frying pan, spread evenly and cook until bubbles appear, turn over and cook for a further two minutes until golden brown. Transfer to a plate and repeat with remaining mixture.

Serve blini with Helen's Homemade Mulberry Jam or Davidson Plum Jam or Grapefruit and Orange Marmalade and whipped cream, or for a savoury option serve with butter, smoked salmon and a sprinkle of dill or chives.

# How to vote with your fork

**Book review**  
by Kitty van Vuuren

Last September the executive director of the Institute for Food and Development Policy in the US, Eric Holt-Giménez, toured Northern Rivers to discuss food security activism.

Also known as Food First, the Institute was founded by Francis Moore Lappé, author of the 1971 best-seller *Diet for a Small Planet*, who argued that world hunger is caused by poor food policies, not lack of food.

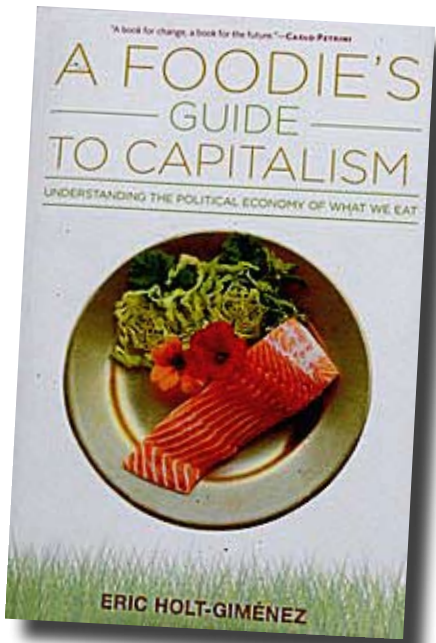
Holt-Giménez's updated analysis suggests little has changed since the 1970s, and his 2017 book *A Foodie's Guide to Capitalism: Understanding the political economy of what we eat*, offers a plan for action (Monthly Review Press, New York, RRP AU\$49, paperback).

The book is an engaging beginner's guide to contemporary political economic theory using simple terms with recent examples illustrating the capitalist process, as well as movements for change. It includes a glossary of terms and a comprehensive bibliography.

As the title suggests, food activists must understand the 'political economy' of the food system. Political economy questions ask: Who owns what? Who does what? Who gets what? What do they do with it? Capitalism is the dominant global form of political economy. The book explains how capitalism works, how it structures our society, and how food is fundamental to its expansion across the economy.

Capitalism emerged in 16th century England with 'enclosure' laws that were a land grab by the rich to displace peasants from the commons who drifted to the cities where the Industrial Revolution created huge demand for cheap labour. Factories produced massive quantities of cheap goods that undermined peasant economies.

These soon ran out of local sources of raw materials, and with help from the state, capitalists found cheap land, labour (including slaves) and raw materials in the



colonies, starting a new cycle of land grabs, mass production, displacement, poverty, etc.

Holt-Giménez claims that capitalism now spreads more rapidly. He claims the post World War 2 'Green Revolution' was a campaign to spread capitalism, but was accompanied by inequality.

The recent demand for quinoa illustrates this. Western consumers pay high prices for quinoa, but this has pushed traditional subsistence farmers out of the market. Peasants produced quinoa on terraced hillsides, where it was cultivated in a complex cropping and animal husbandry rotation system. Now the grain is grown on the bottomlands in monocultures on large mechanised farms.

The book explains how capitalism 'commodifies' food and labour by ignoring their social and cultural significance, diminishing them to products for the sole purpose of making profits. It acquaints the reader with the concepts of use value (a measure of the usefulness of something for consumption or pleasure), exchange value (the cost of production plus profit), and socially necessary labour time (the

average amount of time needed to complete a task by an average worker, or productivity).

Workers exchange their labour to earn money to satisfy their needs (use value): food, shelter, health, education, leisure. Capitalists buy labour to produce surplus value (profits). To make profits capitalists aim to improve productivity by replacing labour with machines, technology, and intensive processes (GMOs, caged hens, feedlots, etc). Most small-scale farms are labour-intensive and cannot compete with industrial capital-intensive farms, which require large tracts of land, large machines, chemicals and fossil fuels.

Capitalist claim that the world is facing food shortages, and global mega-farms are needed to feed the world. Holt-Giménez disputes this and reports that globally nearly 30 percent of food is wasted. Even if there were food shortages the author points out that capitalism can't provide employment to 2.5 billion peasants – a third of the world's population. They will fill city slums with global chaos a likely outcome.

A first step towards forming a strong broad-based food movement is to encourage informed public opinion with the support of existing projects and institutions such as independent media and progressive think tanks. Holt-Giménez stresses that challenging capitalism means changing the rules, so we also need to invest in our political education. Finally, to change our food system we must love farming and love our communities.

Although the book paints a picture of capitalism as an enormous obstacle, the wealth of contemporary examples of alternative farming presented throughout the book, and the general outline for building a broad-based food justice movement leave the reader with a sense of optimism that positive change is possible. This book is a must-read for anyone who wants to know why creating a fairer, more humane and sustainable food economy is so difficult, and who cares about where our planet is headed.

## Ram Ballav – street kid entrepreneur

by Simon Thomas

I met Ram Ballav sitting at one of the scrubbed pine tables in his eclectically decorated Ramsterdam Café. He is a short, jovial Nepali with a long, straggly beard, whose features hail more from the Indus than the Himalaya. The building is little more than a shed with an unlined tin roof, concrete walls on three sides, and a glass wall facing the apocalyptic smog of a busy thoroughfare. The glass walls have shutters which are rolled down at night, so the building resembles a large garage with a jungle of pot plants out the front.

The walls and shelves are teeming with odd pieces of paraphernalia that Ram has collected in his 38 years of life, from bottle top collections to a large Australian flag hanging proudly upside down. A mish-mash of rickety tables of various heights is matched with cane or plastic chairs, and there are hundreds of books and DVDs on display.

"Simon, do you think we could do music shows here?" he asks, sucking on a cigarette.

"Of course mate, it's perfect," I assure him, assessing the homely ambience. "We can call it the Monthly Music Lounge."

Over the past year and a half, The Lounge has grown to being a gig every week, and I have seen how this open-hearted man has created a community hub in a region where night-life is



almost unknown.

Ram was born on a farm in the sub-tropical flatlands between the mountains and the border with India to a subsistence farming family. Whatever they needed that could not be grown on the family plot, his father traded for tobacco at a weekly market.

Ram's father died when he was five of an unknown illness. Apparently, their family did not believe in modern medicine, trusting instead the local shaman. With no man to help tend the fields, Ram's mother took him and his younger brother back to her family's home, which was miles away in the mountains.

Life was so hard there that by 9 years old, Ram was working as a shepherd earning a measly Rs500 per year, which

was worth around \$20 at the time. A local man offered him that sum every month, should he come to Kathmandu and work in his family's factory which sold carpets right across the world.

Ten-year old Ram vowed to work there for one year, then return home with his saved funds. He worked 12 to 15 hours per day along with other children, drawing only minimally on his salary. When he went to leave, and collect his wages, he discovered that he was fired and had no claim on his hard-earned. So, at the age of eleven, Ram found himself penniless in the streets of a city he knew almost nothing about with no way of getting home.

He fell in with a handful of street-kids who showed him how to survive the bitter winter with no shelter by snuggling up with sleeping street dogs. They told him where he could hide his belongings during the day, and how to eek a few rupees out of rag-picking or begging from foreigners. His first English words were "One dollar please."

Then one day his luck changed. A Swiss charity took interest in his little gang and began caring for them, eventually taking them into their children's home. On a visit to the clinic, Ram met his second mum to be, Jenn Cleary, A young American blues singer. Tears well in his eyes when he mentions her, so thankful is he to her for transforming his life.

*To be continued*





**In this moment**  
by Dr Jacqueline Boustany,  
Medicine woman

My children and I watched a remarkable documentary the other day on children in Bolivia who were being trained to use their inner eye.

Triple blindfolded, they could play tic-tac-toe together, copy each other's drawn pictures simultaneously, construct puzzles and find a missing object easily. This fascinated my children, who apparently are a lot easier to train, before preconceived ideas are set up in adult personality development.

Ideas about how the world works, usually based on our parents, our social environment and our observations are often narrowed to a very concrete 3D material reality that is self affirming, a circular pattern of actualising consciousness as we perceive and construct our reality. The more we believe something, the more we make decisions and judgements based on our programming that confirm its existence.

Whilst this is reassuring to the fragile ego, it also holds us back from more expansive or indeed deeper observations of reality, particularly in cultures where there is no underlying collective spiritual belief system, such as ours.

Spiritual belief can indeed be both unifying or polarising as we have seen historically, particularly when it is funnelled into once again constructed 3D religious programming that demands complete faith without question and may not allow individual exploration of the inner world.

The shamans of traditional societies have maintained that every person has the capacity to connect to deeper truths of oneness and I feel that many of us yearn for this sense of connectedness, using whatever means necessary to reach it, knowing this is our true essence.

Unfortunately many of the means available to us in our curtailed 3D experience may also cause us longer term damage and are not sustainable.

This internal landscape can be investigated by many methods such as guided imagery, sacred dance and ritual, meditation, internal dialogue, play and art therapy, narrative therapy, gestalt therapy, hakomi, rebirthing, yoga, remote viewing and visualisation manifestation.

Sacred ceremony and trance were given vital importance in all original cultures but they are not normally practised in our western culture and our need to access these parts of us often feels denied. Yet we all have our own internal landscape that is individually ours, our unique perspective which not only affects our own memory and current reality but collectively creates our future.

We now know there is a strong link between being able to remember past events and being able to plan for the future. Imaging studies, for example, show that similar patterns of brain activity underlie both. The key seems to be the ability to generate images of scenes in the mind's eye.

"If you think about it, recalling the past, imagining the future, and even spatial navigation, typically involve us constructing scene imagery," says Eleanor Maguire of University College London. It could be that being able to picture the past enabled us to imagine the future, and therefore plan – one of the complex cognitive feats that stands humans apart from many other species.

Perhaps it is time to take the power of manifestation in our hands instead of relying on the outside world to supply our needs especially in light of the ongoing political status quo. This has certainly been proven effective in collective prayer and intention experiments around the world.

Our internal visualisation and more powerfully our physical feeling for what can be, could be our ultimate tool in this jungle of primate adaptation. And if it doesn't change our outside reality it can certainly change our perception and response to it which changes our experienced reality anyway.

However, our powers of intention are often affected by previous limiting beliefs and even more so, the doubt that we deserve true well being. Mike Dooley said, "Just because you might not know what your limiting beliefs are, you can always know the kinds of empowering beliefs you'd like to possess... and then, one decision at a time, one day at a time, choose to behave with the mind of the highest within you. Until that's all there is."

Check it out. Write down what you don't want, much like we are actually often doing on this 3D planet. Maybe that's the point or at least a good starting place. This certainly gives us motivation to move 'away from' and clarifies what you do want. Write this down next.

This gives us 'towards' motivation. This is still often challenging for those of us who put other people's needs first and haven't been allowed to acknowledge our own needs, until they are life-threateningly obvious.

If you get this far, then stop long enough to see and feel how it would be to actually have what you want. The joy, the fear, everything, but particularly see how long you can stay with these emotions. Often we feel more comfortable to sit with our negative emotions than the positive ones that threaten to burst in our hearts.

Again, it might take practice. They say you can't really manifest properly what is not already in your spiritual path, so you don't have to try too hard.

The best time to do this is in the first 20 minutes of the day, using your direct inner eye connection to the unconscious, and apparently it only takes 21 days of a few minutes of positive intention to change your world.

## Striving for a peaceful mind

by Rachel Whiting

"Peace comes from within." How many times have we all heard and read that quote? And then we go and attempt once again to find peace in the world around us.

From our work, our relationships, from sports, hobbies, media, music, food, even community service... we can become obsessed with trying to make our worlds conform to how we think it should look, feel, sound, be... to how we believe people should look, act, speak, think, be. What if we turn that attention inwards?

How is it that we ourselves are thinking, speaking to others, to ourselves? How is it that we are behaving, acting, re-acting? Are we truly aware of our own state of internal peacefulness – or lack thereof?

Do we fulfil our own expectations of how we think we should think, speak, act, be? Where do these expectations come from? What is this crazy wild old mind that drives us endlessly to do more, to be more, to seek more?

And what if we stopped? What if we turned all this running moving chasing energy inwards? What then? What would we be facing? No more running. Renowned Vietnamese Buddhist monk

Thich Nhat Hahn says simply: "Stop. Rest. Calm. Heal."

Can we do this for ourselves? For the world? To benefit others, to heal the world, we must first find peace within. No longer can we ignore the pain inside, or turn to others for solace. It is time to find it within ourselves, and to share this gift naturally with others as it is uncovered within ourselves.

"Peace comes from within." Breathe in... deep... fill your entire body with stillness. And breathe... sloooooowly out... empty your entire body from tense restless discontent. Sit for a moment on the grass, take off your shoes and feel the earth between your toes, look

up to the sky and feel the sun on your face... peace. Allow. Be. Just for a moment. Then, allow, be, for another moment.

Let the moments grow and wrap their wonder through you like a vine of life re-igniting your spirit and bringing you back to life, to truth, to your truth, right here with you, always. Listen. Feel. Know. And let go of the 'knowing', to allow each moment, each person, you, to be, as you are, right now. Breathe.

Peaceful Mind non-sectarian meditation group gathers each Wednesday at Birth & Beyond, Nimbin, from 5.45-6.45pm, entry by donation \$5+. Contact Rachel on 0427-778-837 for more details.



## The illegal poo

Sitting atop my besa-block throne, I reflect on the inspiration that moved me to build my first composting toilet. My Mum.

She came to visit the pioneers shack at my place a year or so after I had bought it and said she wasn't coming back until there was a "proper toilet".

So naturally I erected the first permanent structure on my land and sent a picture to her of my son squatting over the hole (there still were no walls) and jokingly said she could come and visit again soon.

She was quick to lend me some money to build the superstructure. Mum's throne is still working well and even received the blessing of the local council.

I am sure many of us that have built our own loo's are very proud of the fact that they moved into the modern era (and away from the shit pit).

In my years building, servicing and maintaining loo's, I have witnessed some very innovative and effective solutions, often inspiring changes to my own designs.

This is the way of grassroots evolution, and we are the better for it most of the time.

The NSW Local

Government Act Regulations, which govern the legality of waste management facilities, recognise this by allowing for owner builders to build their own toilets.

In the regulations, it is stated that facilities must be accredited by NSW Health unless they are those "that are designed, and are to be constructed, by the owner or occupier of the premises on which they are to be installed" or "are built for the purpose of testing".

These clauses give permission to councils to approve composting toilets that are not accredited. Council may ask that the toilets be built to the Australian / New Zealand standard for waterless composting toilets to ensure that public health standards are met, but they cannot, in my opinion, legally or ethically require an accredited composting toilet to be used to replace an owner built one, unless an upgrade is impossible.

If councils were pro-active in helping low income earners and inspired loo builders they would provide guidelines for upgrading existing facilities to standard and perhaps even participate in trials of testing for some



**View from the loo**  
by Stuart McConville

more common owner built systems, such as wheelie bin loos.

Council officers are now doing the rounds of local communities inspecting systems. I would ask that they get permission prior to entering properties (this has been an issue) and go easy on people that sometimes have few economic options for expensive upgrades.

It would be a shame to repeat the historical mistakes a certain coastal council made by issuing fines willy-nilly as a part of a revenue raising exercise.

I would be interested in hearing from people or communities that have been having issues with council.

A public response from council clarifying this issue would be great too.

Stuart McConville is a waste water consultant and compost toilet re-seller / manufacturer. See: [www.poohsolutions.com](http://www.poohsolutions.com)



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# Arthritis and what we eat

by Tonia Haynes

I'm no expert on the cures for osteoarthritis. All I know is that it has been an unwelcome mate of mine for a long time and it bloody well hurts.

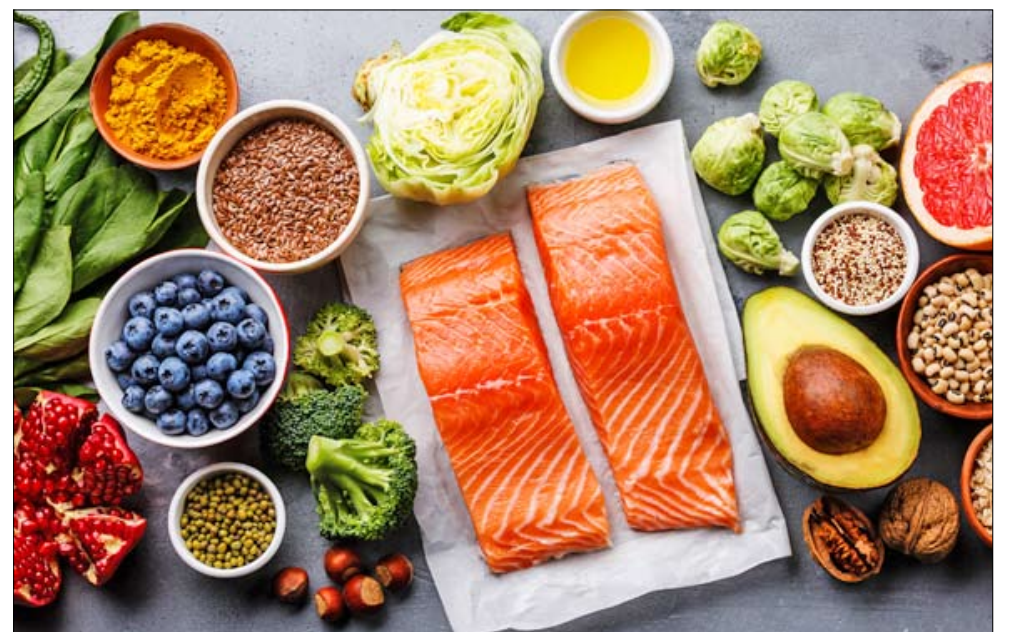
Personally, I think we need an official 'Arthritis Day'. Then all the sufferers could accumulate in one spot and howl their anguish and frustration to the sky.

You never know? The noise would be so excruciatingly horrific that those who don't know what the pain feels like might finally take notice and do some serious research into eliminating the causes, rather than dishing out pain killers that do little else except give us gut ache and constipation.

A couple of years ago the arthritis hit harder than ever before. Fortunately, so far it has not interfered with the body work I love to do, (thankyou Ganesh) but driving long distances, which I also love, became a chore that always ended with large amounts of pain.

Visiting friends and relatives who live far away quickly turned into an unattractive exercise, accompanied by pain killers. And although I'm grateful for the relief, the long term effects they create can be worse than the arthritis.

Fool that I am, I was beginning to think about accepting the restrictions



of old age. The nutritional supplements that bridge my lifestyle appeared to have stopped working and I was at a loss as to how to fix the situation.

Mind you, I have to admit that this bleat comes from one who has attended many nutritional conferences over the years and left each one with ears drooping around a resentful jaw, muttering, "oh yea! So what can I eat?"

Basically my attitude stemmed from the idea that thinking about one's diet is totally boring, because it had the potential to interfere with a passion for creating wonderful flavours at dinner parties.

Recently, I attended the Byron Bay Blues Fest. On the first night, a 90km trip

to the event left me walking the floor most of the night in a sweet AirBnB, wishing I could remove my left arm and hand, because laying down exacerbated the pain even further.

Got to discussing this with the longest, bestest friend, who was with me and one of the few who has the patience and compassion to listen. The outcome of my moaning and groaning? She decided to do some research.

<https://worstarthritisfoods.com/products/145/sp-worst-foods-full-jw1>

You will notice the word 'food' is mentioned. Sigh, I surrender!

I realised that when I travel, the diet is wheat-based, preservative-filled stuff from service stations. I

did not do that on the way home and truly watched what was placed in my mouth for three days before.

Voila! I arrived back home a little achy, but the elephant in the room had shrunk to the size of a mouse.

Have decided to continue with the supplements including turmeric, organic coconut oil and pepper paste, but from now on, travel will include a healthy, cut lunch.

I am available most days to assist in the repair of back, neck, shoulder and limb problems using a mix of massage, spinal, muscular realignment and Bowen Therapy. And if there is an arthritic additive, we will briefly discuss your diet.

Phone for an appointment on 0439-794-420.

## Boza matters: A probiotic food



An historic painting of fermented products by Clara Peeters c. 1615

by Thom Culpeper

Much health discussion is dedicated currently to the matter of gut health.

Over centuries, in fact it is said, for millennia, the Turkish tribes and communities have enjoyed this delicious fermented food made with a broad selection of grains and yeast. Millet is the preferred grain for generating the fermentation

'mash'. Fox-tail, Pearl, Proso, Broom, Japanese and Finger millets may be had from produce merchants, as they are the main grains used in formulating aviary and animal foods. Bulgur wheat is now used as it is more readily found in many modern health food establishments. Barley, rye, oats, sorghum, teff, quinoa and maize will each produce a variety of tastes.

For those who are affected by gluten-related disorders,

Boza is way forward to gut health. A useful form of complex probiotics, Lactic acid and vitamins A, B and E.

Boza is a thick medium, with a sweet-sour-lactic taste. The sugar that is used will influence the results. A yogurt-like consistency can be achieved by the addition of coconut or hemp flour following the initial cooking and mashing process. These thickeners must be fermented with the grain-mash.

### Boza – a Turkish recipe

**Ingredients**  
3 cups of bulgar (gluten) or a gluten-free grain of choice. Best is one of the millets. (*Panicum sp.*)  
Teff (*Eragrostis teff*) is interesting.  
¾ cup of short-grain rice  
3 cups of sugar of choice  
Palm, date, jaggery, muscavado or coconut  
3 level tablespoons of active yeast (freeze-dried)  
9 litres of water

### Method

Soak grain of choice overnight in four litres of water. The following day add balance of water, rice and cook till soft, add sugar to "the 'porridge'". Stir, do not let it catch. Remove from heat and mash with a stick blender. Make up to about 10 litres.

Add yeast when temperature is about 35-40 degrees C. Cover with cloth (to inhibit insects), leave for 3-4 days in a warm place.

After fermentation, bottle, seal and refrigerate, use within a month. Serve cold and glazed with dusted cinnamon.

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