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POETICA AT BLUE KNOB



Ceramics by Tomoko Houtzager & Gerard Lynam

The Opening Night for 'Poetica' was a delight, with a good turnout and the café full for dinner.

The guest opener was singer/songwriter Lou Bradley, who gave an inspiring talk about creativity whether it be music, art or poetry, and gave us an example of one of her own compositions with her beautiful voice filling the room.

Visitors to this exhibition have commented frequently on how 'lovely' it is.

Sometimes there is a special feel to an exhibition as a whole, and this one has it.

The individual artists have selected lines from a poem, song or text to create an artwork and they are shown alongside the pieces.

A long tradition of artists being inspired by poetry or text, spiritual or otherwise

has resulted in a great response from the artists who have added another part of themselves and another layer to the works on show.

Blue Knob Ceramic Studio
Artists of the Month are Tomoko Houtzager and Gerard Lynam.

Gerard is an experienced ceramic artist, and has been part of the BKCS since the beginning.

His work is thoughtful and expressive, with layers of subtlety in his figures and the stories they tell.

Tomoko has also been working, learning and producing some fine work since the studio opened.

She has an aesthetic that is very appealing, and her domestic ware is unique and organic.



'Glory be to God for dappled things' by Janifer Fraser



Blue Knob Hall

Studio workshop

Every Sunday over March the studio will be conducting a Master Class on throwing on the wheel with Denis Hopking. Bookings are essential.

Contact the Gallery: phone (02) 6689-7449 or email:

bkhgallery@harbourisp.net.au for more info.

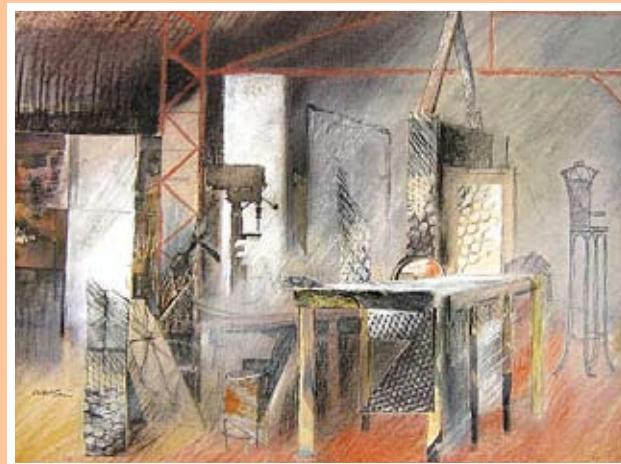
Artists and friends lunch

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

Moving on up - Roxy Gallery



'Quiet Reflection' by Deb Mills



'Keith Cameron's shed' by Wendy McGain

by Ruth Tsimbinis

New look Roxy Gallery opening

Friday 1st March from 6-8pm will be the official opening of the first exhibition to be installed in the new Roxy Gallery.

Located upstairs at 131 Summerland Way, the Kyogle Memorial Institute (KMI) building has been revitalised for the purpose.

The original entrance to the hall has been upgraded to now house a young persons' exhibition space, along with the original projector from the KMI cinema and an historical display of the life of this magnificent building.

Molloy Darvall will be the first young artist to exhibit in the downstairs gallery space. This is a wonderful

opportunity for up-and-coming people wanting to get their works out into the public domain, and Molloy has most certainly been achieving this.

As a young artist, Molloy established her art-making career drawing pet portraits.

Her piece entitled 'Still Hanging On', inspired by Australian flora and fauna in relation to our current attitudes towards the protection of native wildlife, has been shortlisted for an award for *Frankie* magazine.

In the upstairs gallery, the Roxy will be hosting an exhibition entitled 'A Selection of a Collection'.

It will feature works by many local artists who have been instrumental in supporting the Roxy Gallery over the past 23 years of its operation in both

the old Roxy Theatre and the recent location on Summerland Way.

There will be an opening event for the community to celebrate this new space on 1st March from 6 to 8pm with a guest musician to entertain viewers to this exhibition.

Vincent Hernandez, an up-and-coming talent who has been seen practising his guitar and vocals on the seat outside of the library, has happily accepted an offer to be a part of the community unveiling of this new space for creatives.

'A Selection of a Collection' will be open to the general public from 6th March and run through until 30th March, with the new opening hours being Wednesday through to Friday from 10am to 6pm.



Karen Welsh presents Fay Murray (left) with her life membership

Acknowledging Fay

by Karen Welsh

Nimbin Artists Gallery's longest serving volunteer, Fay Murray, was awarded life membership recently for her 22 years of 'Wednesdays'.

The gallery is run entirely on volunteer input, it takes a good team to keep it altogether and Fay has been a valuable and consistent member of that team for 22 years. Well done Fay!

Fay is another of Nimbin's local folk working quietly and diligently in the background supporting our local community and she has been a good role model for others to follow in many ways – be interested, stay involved and active as befits you.

Fay has now given away her 'Wednesdays' at the gallery but will be on hand for our very first, under our new banner of

'Nimbin Art Fair' in April.

A reminder for all artists: Applications to enter the 2019 Nimbin Art Fair need to be received by Sunday 10th March. Forms are available at the gallery counter or can be emailed.

Early entries from artists indicate another high level of talent and quality works to launch our annual art program. All artworks exhibited are eligible for the annual 'Sally Art Prize' of \$500.

But don't wait for the Nimbin Art Fair in April – pop in and see all the latest works by our local artists.

We are open every day from 10am to 5pm (mostly) at 47 Cullen Street, in beautiful downtown Nimbin.

Phone 6689-1444 or email us. See also our website: www.nimbinartistsgallery.org

"What she said"



by Julie Feenstar

by Fiona McConnachie

Calling all women artists! In conjunction with the third Lismore Women's Festival the Serpentine Community Gallery is hosting 'What She Said', a show open to all women in the community.

As part of the 3rd Lismore Women's Festival, the Serpentine is hosting this show, specifically, for women artists in the region to have centre stage and is intended to be a creative voice for women. This is the third time we have worked in conjunction with the Lismore Women's Festival, and each time there's been a great response by artists and the shows have been well attended.

You do not have to be members of the Serpentine to exhibit in 'What She Said' – the exhibition is open to all local regional artists who identify as women and all are invited to participate. There is space also for performance and musos at the opening.

If you wish to take this opportunity to



by Linda Voase

hang your work, please bring it into the gallery by 5th March.

We welcome all mediums and intend the gallery to be a safe and non-judgemental space for artists to feel that they can express themselves freely and without prejudice.

'What She Said' is a chance to celebrate what has been achieved and what can be achieved in the future; it's also about honouring the suffering that women have endured and committing to changing it.

The opening of 'What She Said' is on Friday 8th March from 6 to 9pm, with guest speakers and live music. The exhibition runs until 1st April.

Gallery hours are Monday to Friday, 10am to 4pm and our address is 17a Bridge Street, North Lismore. If you need to deliver your work after hours, please contact us on (02) 6621-6845.



by Caspar Batchelor (above)
by Jude Lane (below)



The Serpentine Community Gallery Inc.
17a Bridge Street, North Lismore, 2480
serpentineartsgallery@gmail.com
[Facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)

TERANIA CREEK PROTEST 40 YEARS ON

by Nan Nicholson and David Kemp

In 1979 Terania Creek became the focus of a landmark environmental protest. People formed a human shield to protect an environmental wonder. The protest represented the first time the presence of protesters challenged the government's authority over forests and stopped a logging operation.

A free exhibition marking this significant event in our local history and environmental activism in Australia is on display at Lismore Regional Gallery until 7th April.

The Terania Creek Protest Exhibition brings together photographs, music and archival material curated by the Gallery in collaboration with key figures who helped organise, contribute to and document the protest including David Kemp, Michael Murphy, Hugh and Nan Nicholson, Paul Tait and Jeni Kendall.

David Kemp, a keen amateur photographer, had recently arrived in the area and was captivated by the beauty of the Terania forest. He was appalled at the possibility of it being lost and joined the protest with his young family.

"The Terania Creek Protest, and its subsequent success in preserving this magnificent rainforest, was the culmination of years of lobbying by a committed group of local residents supported by scientists, environmentalists and sympathetic

newcomers to this area," said Kemp.

"It well and truly proved that old adage of the collective being so much stronger than the individual. It was a seminal experience, being a part of that tribe, with the common goal of preserving this precious and ancient remnant.

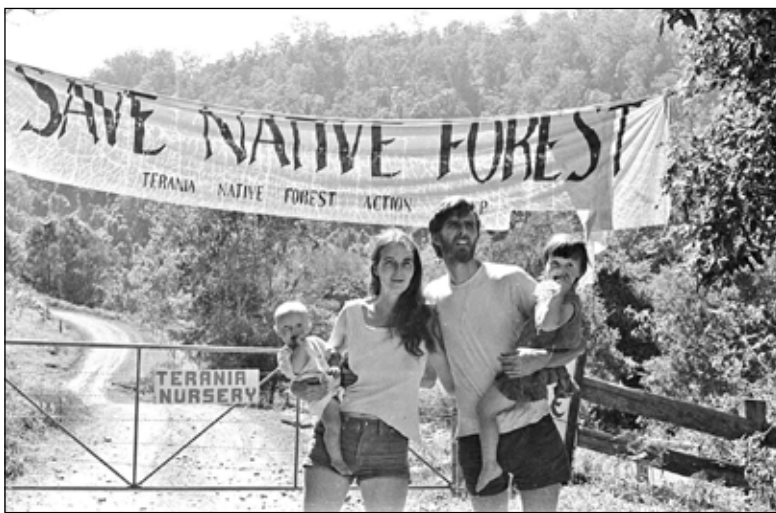
"I followed the visiting television crews with my camera and got to places generally off limits to some of the more radically dressed (and undressed) protesters.

"Eventually because of this, or maybe due to some of the more compromising images I was capturing, I was arrested, but not before documenting some dramatic moments that are a record of what was achieved by that committed and inspired community."

When Nan Nicholson and her husband Hugh came to the Northern Rivers in 1974 to start life as impoverished new settlers next to the rainforest at the end of Terania Creek Road, they were not expecting to have to fight for the life of that forest.

Nan and Hugh had to establish their farm, develop their plant nursery, build a house and rear two daughters while working with other new-comers to stop the logging.

"The fight for Terania entailed interminable but hilarious community meetings, and untold letters, submissions, talks, appointments, phone calls, and expenses," said Nan.



The Nicholsons in 1979. Photo: David Kemp

"We approached local Aboriginal custodians, bureaucrats, scientists, politicians and media representatives. We learnt a lot about rainforest and about exhaustion.

"By August 1979, the Forestry Commission announced that it was sick of negotiating with a bunch of intransigent ratbags who kept changing their demands. The call went out at The Channon Market to come up to Hugh and Nan's to camp and defend the forest. We had no idea. People came in droves.

"They established a camp with a kitchen, washing facilities, child-minding, an information department, road blocks and tree-climbing teams.

"Our tiny cabin was taken over by friends and strangers, all cooking, phoning, debating, producing newsheets, borrowing tools.

"Helicopters landed in the paddocks, police cars parked all over our precious grass, the campers kept expanding their area. But we loved it too. The joys of trouble-making on a grand scale! The media whirlwind! The politicians suddenly ringing us!

"The euphoria of watching so many different skills miraculously dovetailing for an inspired purpose! The discovery of so many fascinating and resourceful people!

"And on top of all that, after four weeks of intensity, we won. It was hard to believe. Was it the daily road blocks or the protestors up trees

that did it? Was it the cut-up logs? That was bad press, and everyone was appalled, but it stopped the trees being felled wholesale. Was it brilliant, or just lucky, media manipulation?

Was it the penetrating and relentless phone calls by Bren Claridge to Premier Wran's office? Was it the lack of trespass laws which would have kept us out of the forest? Was it simply a state government leaving all the pawns to fight it out and point to the safe side to jump to? Was the time just right to save rainforest or did we help to make the time happen?

"I don't know but I would do it all again. In fact, as a community we need to do it all again," Nan said.

The Terania protestors involved in this exhibition particularly wish to acknowledge the Nightcap Action Group who continued the fight for the rainforests at Mt Nardi and helped push the Wran government into halting the logging of rainforest in NSW.

The Terania Creek Protest exhibition and *Rhythm of Protest* by acclaimed sound artist Lawrence English are on display at Lismore Regional Gallery until 7th April. Free admission.

For more information, visit: www.lismoregallery.org

For more information about Nan and Hugh Nicholson's extensive botanical and environmental work, visit: www.rainforestpublishing.com.au

2019 MardiGrass looks like a winner

by Michael Balderstone,
head@hempembassy

Who said congratulations to drugs for winning the war on drugs? Congratulations to Nimbin also for helping them, because who else is making a noise about drug law reform? It barely gets a mention in the upcoming election, yet we know it's a huge issue.

The first weekend in May is Nimbin's 27th MardiGrass. We used to be loony hippies but slowly it's dawning that our ideas weren't so crazy, and neither was our favorite herb. In fact it makes extraordinary medicine. There's a huge program already settling into place for this year's Cannabis law reformers' gathering, with speakers from Canada, California and Amsterdam booked in, as well as Australian experts on all things Cannabis. All the traditional events are on track, as well as a few new ones. It's most likely this is the last year the fire site in the centre of the village will be available to use before

new buildings begin, and we've planned a big HEMP EXPO on the site to show all aspects of what the plant can produce. A from-seed-to-products display, including we hope live plants (under strict security measures of course). The Kombi Lift is a new HEMP Olympix stoner strongman event this year, and the Suppositorium is on again. And lantern-making pioneer Graeme Dunstan is doing a workshop from May 1st, and 7 Sibley Street plans on being recycling central. Former ALP Mayor of Lismore Jenny Dowell will be opening MardiGrass, and the community market wants to show off all aspects of Nimbin's alternative and creative lifestyle. If you want to be part of it, please get in touch. MardiGrass is run by volunteers, and we love the backpackers from around the globe who help, but we also importantly need locals who know the country and speak English! Bilingual is even better. Contact us via the website:



nimbinmardigrass.com or contact the Nimbin HEMP Embassy. MOB, the MardiGrass Organising Body meetings are from 4.20 every Friday in the HEMP Bar, and everyone is welcome. Last year police surrounded the village, saliva testing drivers, like stoners were possible terrorists. This year we have U-Bud and Doober networks of drug-free drivers to help, and do please get in touch if you'd like to be involved in either.

Cannabis law reform is on the agenda in both the federal and state parliaments, but vested interest lobbyists will be dominating the conversation. We need to make sure the actual users of the plant get a say as well. Buying a ticket online now is a great way to support us. Fifty-five dollars gets you a Golden Bud pass into all the weekend events, the Pickers and Harvest Balls, Hemp Olympix, workshops and speakers, pot poetry, comedy galore, the Great

Green Cabaret, etc. The program is growing on the website now. Stallholders, advertisers, volunteers or performers who want to be a part of this year's MardiGrass should get in touch asap through the website: <http://nimbinmardigrass.com/participate> Jungle Patrol in particular are seeking local dedicated traffic control volunteers who would not only help with MardiGrass, but also with other local events during the year. Contact Heidi on 6689-7589.

Time for a Royal Commission into media ownership, really

by Philippe Dupuy

Finally the extremists are copping it sweet. The Murdoch coup has backfired. His dislike of the pretentious Malcolm (what people dislike in others is very often what they are like) got the better of him, so Malcolm had to go. The moguls and oligarchs of the establishment are very powerful, but not all-powerful. Here is a good story. So, what's been happening lately is truly exciting. Scot Mo and company have lost control of the house. Pushing Malcolm out was not a very good idea. The dumbos didn't know their man – he was not going without a tantie. Chucking his gold pen, he pulled the curtain down and pointed the finger at the conspirators, then resigned and headed home, his seat for the taking. So now the government's low numbers are down even further. With Doctor Phelps winning that seat and Julia Banks joining the fray, Malcolm's revenge has never tasted so sweet, Bob Marley's words forever true: "You can fool the people sometimes, but you can't fool all of the people all of the time".

And so in spite of the ogre's big bold headline lies, the government's ship keeps taking water. *The Australian* and its lying sister *The Telegraph* are madly bucketing the bilges with more tattle, but the crew isn't staying. Article after article by the paper's mercenaries like Andrew Bolt, Alan Jones and Graham Richardson ring hollow. Their slurs against Bill Shorten, the Greens and



Independents aren't sticking, so now the big guns: the return of the Tampa and the ghosts of the drowning children. Rumours have it that ASIO is frantically looking for human traffickers, waterlogged boats and dodgy skippers. After all, the high security fence around Australia has been breached. Doctors, those radical members of society, will be able to insist that refugees in urgent need of medical attention be flown to a hospital on the mainland, after waiting 72 days. Never mind that in the meantime hundreds of people are flying over that ironclad fence and overstaying their visas. So the media and the mean bunch of coal-hugging freaks who have assumed authority Venezuela Guaido style are having their derrières kicked. Even though the government and Murdoch are boasting about how Shorten has backflipped, and that support for Labor has collapsed, the truth is that the plotters are shivering ahead of the steps to the guillotine. The schemers have lost

control of the house and any government bill can now be amended by the opposition and cross benches to reflect what the planet needs. In the case of better treatment of refugees, the private member's bill of Doctor Phelps was successfully amended and passed, in spite of Scot Mo screaming like a pig at slaughter. There is more to come. The government power bill to nationalise coal-fired power stations (what nonsense: privatise or nationalise when it suits) was withdrawn because it might be amended by Labor, the Greens and crossbenches to boost renewables and make coal history. Are they doomed? It appears so, but what we now have for sure is a collapse of both the two-party system and tight corporate control. The increased numbers in the cross benches is making it hard for the major parties and their oligarchial friends to call the shots, and that is great news. This will make it easier for members of the public and social groups to influence government policy. However, we must not be complacent. The ogre has many surprises in his bag of tricks, and still has enormous power and influence. What we need more than ever is independent news media (like NGT). Only an empowered Royal Commission into media ownership in Australia can deliver that. Now is the time for Rudd, Turnbull and Gillard to drive the wooden stake into the monster's heart and agitate for Yes! A Royal Commission into media ownership in Australia.

The Bratabanhdha ceremony

by Simon Thomas

I was invited recently to the initiation into Hindu rites of a teenaged boy, the son of my apartment manager. He, the father, arrived on my doorstep with a Wikipedia print-out describing the ceremony, and told me that a taxi would arrive at 10am next day to pick up a few selected guests. Nobody gives you much information around here, so it is best to just to go with the flow. Even taking a taxi is a trek in Nepal. We squished into a tiny cab, and set off up hill and down dale, across roads that make Nimbin's network look fantastic. We arrived at a large ridge-top residence, with commanding views over the fertile fields around. This is one part of the Kathmandu valley that has not yet yielded to the sprawl that has grown around the town centre like cancer these past thirty years. The large family home was newly built, as their original building was destroyed in the 2014 quake. Only now are they finally getting back on their feet. In a flagstone courtyard before the three-storey house, two sets of five ritual fires had been constructed, one for each of the cousins. The guru, chosen by the grandfather to be their spiritual guide into manhood, was sitting by the fire, performing all manner of ceremonies. By the time we arrived, the festive event had been going for hours, and the boy's heads had been ritually



shaved, save for a rat's tail *choti*. Around the little square were lined up all the aunts, uncles, cousins, grandparents and so on, beaming with pleasure to be together, supporting their growing men. Although we were complete strangers, they welcomed us with great kindness and generous hospitality. A festive occasion in Nepal warrants festive attire, and the women especially know how to dress beautifully. Married women wear red saris, as well as their best gold jewellery. Unmarried women go for anything but red, and usually prefer a silken salwar kameez. The area had been decorated with garlands and pennants, a dining tent stood off to the side. The small, smoky fires, which were lit one after the next as the ceremony proceeded were of fragrant wood, and there was plenty of incense in the air. Traditionally, once a boy was initiated, he would go to the ashram with his guru for education, and live from begging. Nowadays, they symbolise

this phase of the practice by dressing in orange robes and making three alms rounds of the gathering. Everybody was supplied with a tray full of puffed rice and fruit, which we heaped over the boy's hands and into their begging bowl each time they passed. Zealous aunts insisted on sticking bananas into the boy's mouths, way faster than they could chew. When the alms round was complete, each boy was prevented from leaving with the guru by his maternal uncle. What a privilege to witness two young men celebrating their progress in life, surrounded by joyous love. I can't say whether the spells and incantations performed by the Brahmin priests really work. Nor can I tell what effect the numerous complex rituals have on the child's wellbeing. What I can say is that the entire gathering glowed with love and support, such a blessing for a child who is entering the stormy seas of adolescence. It sure made me wonder whether we could be doing things better in our society.

Nimbin CWA

More than tea and scones

by Linnet Pike, president

Baking and handicrafts on stalls and at Shows, dancing and cards, catering, cabarets and balls, these were the foundations of vital rural community fundraising for local hospitals, infant care programmes and many services for country women and families that the Country Women's Association (CWA) provided through much of the twentieth century.

A Nimbin branch of the CWA was formed in 1928 and was active until 1994 when the branch was closed due to declining membership.

Some stalwart members such as Phyllis Williams (now in her 90s) travelled to Kyogle CWA branch meetings to continue their long engagement with the CWA.

Interestingly, in 1931 there was even a CWA branch in Cawongla, which suggests the popularity of this rapidly growing organisation.

Certainly, in its time, the Nimbin CWA was a vital and active group within Nimbin and environs, and provided both much needed services and a local space for women to come together socially and recreationally. The CWA was an organisation that served a great need in rural Australia and "by 1953 there were 28000 members and 517 branches, 182 rest rooms, 157 baby health centres, holiday homes, rest homes, hospitals, school hostels and playgrounds" (Australian Women's Register, online).

The Nimbin branch of the CWA worked for years on fundraising for our local hospital and when the hospital first opened in 1933, it was simply known as the CWA Hospital; our local branch had fully equipped the hospital with "linen, utensils and instruments... modern hospital beds, operating table and theatre." (Ryan, M., *The Days and Ways of Old Time Nimbin*, p. 143).

In 1945 the CWA even made arrangements to procure a new chip-heater for the hospital (*Northern Star*, 8th August, 1945, p.2).

During World War II, the CWA raised funds for numerous charities and projects. One that is hard to imagine today is the mass production of camouflage netting by the women of Australia for the army. Over 400 camouflage netting circles were established, producing hundreds of thousands of nets by early 1944.

In Nimbin, Mrs DC Williams, the branch treasurer, reported to the monthly branch meeting in 1943 that 20 camouflage nets had been finished and passed on and was asking for more netters to assist in this vital war work." (*Northern Star*, 30th July, 1943, p.2).

Some of the early fundraising gatherings organised by Nimbin CWA are a delight to imagine. People came together for much anticipated balls, cabarets and other evening social entertainments. Reading of the successful cabaret held in November 1930, Nimbin old-timers will recognise many names and, as was common in newspaper reportage at the time, we know what many of the women wore on this occasion to "frock up". That must have been relished by all as the School of Arts was transformed by blue and gold streamers (the CWA colours) and greenery.

Butcher-Berry's Orchestra played, cards and refreshments were available and entertainment was provided by girls dressed in black and yellow paper frocks, performing the Sunflower Ballet, while others dressed in green and white frilled dresses sang 'Smiling Irish Eyes'.

Alison Stanger of Lismore played Dutch hornpipes and performed some acrobatic dances and young members of the Whitney, Falls, Rann, Williams, Sibley and Shipway families took part in the performances, while the adult women looked on, dressed in floral chiffon, spun crepe de chine, mariette and satin and lace (*Northern Star*, 4th December, 1930, p.2).

Whether we can reach these giddy heights in the newly re-formed Nimbin branch of the CWA remains to be seen.

Recently, Moksha and Terri-Lee ventured over to a Kyogle CWA branch meeting and were inspired to stimulate interest in forming a branch in Nimbin.

While it may be argued that the CWA has been seen as a conservative organisation that has supported conservative politics with a serve of tea and scones on the side, they have always been a progressive voice for women and argued in 1936, for example, for equal pay for women (Australian Women's Register), and in 2016, the Victorian CWA voted in favour of marriage equality (SBS, 23rd May 2016).

Certainly, the newly re-formed Nimbin branch of the CWA wishes to be welcoming and inclusive of all women.

At the first two meetings held to gauge interest, over 30 women from Nimbin and environs enthusiastically came together with a desire to support other country women from all walks of life. In February the executive of the Far North Coast CWA formally and warmly opened the Nimbin CWA. Meetings will be held on the third Monday of the month on the back verandah at the School of Arts.

The next meeting is Monday 18th March at 5pm for 6pm.



by Diana Gosper,
Rainbow Power Co.

There is a growing global trend to switch to renewable energy, and Australia is no different; 2018 had the largest uptake of installations ever.

The only way to meet our Renewable Energy Target (RET) (a Federal Government policy designed to ensure that at least 33,000 gigawatt-hours (GWh) of Australia's electricity comes from renewable sources by 2020) is if a whole lot more peeps choose renewable energy for their homes and businesses, and with over two million Aussie's already reaping the benefits of a solar array, it looks like the sun is doing its bit.

There are ways to make it more achievable for low income families.

Government rebates have more recently been one of the most driving incentives for Australian households and businesses to change over to renewables, and that trend continues. The Small-scale Renewable Energy Scheme (STC's) allows for households and small businesses across Australia to receive a benefit to help with the cost of installing a renewable energy system (on grid, hybrid, off-grid, pool filtration), as well as for eligible hot water and pumping systems.

Additionally, Summerland Credit Union offers an eco-loan to customers wishing to install solar, and is a community-run and customer-owned business who are investing in a renewable future.

It is also good to note that people planning their solar array before they build are at a distinct advantage, as they get to follow some guidelines; an energy efficient home is easier to cool or heat. If your home is more energy efficient it will improve comfort, but will also save money on appliances and utilities. Insulation, location, and the materials used in home construction will all help to boost energy efficiency.

When thinking about going solar, it is also worth doing a little bit of an overhaul of your energy usage. The following

modifications to your lifestyle can significantly reduce your power consumption (and reduce the money you need to spend on a solar power system).

- Cooking with gas or a wood-fired stove (using it to boil water and make toast also);
- Switching to solar hot water or wood-fired hot water;
- Switching to one of the new highly efficient fridges (or go with a gas fridge);
- Changing from a desktop computer to a laptop;
- Switching to an energy efficient TV, stereo and washing machine;
- Reverting to manual dish-washing instead of a dishwasher;
- Reducing your usage of high energy appliances (limiting the kids to two hours per

day on the screen can be seen as a bonus!);

- Using high energy appliances during the day when sun is on the panels. Also charging battery devices during the day, in essence maximising use of your own generated power.

If money is no issue, you can now achieve the comfortable lifestyle you are used to with a solar powered energy system. If there are financial barriers, you can still look at reducing your energy consumption, installing a cheaper system and possibly getting a loan or STC's to offset the cost substantially.

When it comes to coal, you do NOT get what you pay for. In 2019 Australia's coal earnings are predicted to exceed \$67 billion, making it

our largest commodity export.

Unfortunately the benefits and the profits stay at the top, regular Jan and Jo still pay through the nose for electricity, and the planet is the one that suffers, along with our future generations.

Give the dirty and aging coal fired companies the flick and put your money where your heart is – with our planet and with our children.

Contact the trusted renewable energy experts, Rainbow Power Company, who have been at the forefront of the renewable energy sector for over 30 years. They only trade in high quality, user friendly, efficient, cost effective products, supported by reliable up-to-date advice and after sales service. Make 2019 your year for solar.

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A matter of botanical gold

by Thom Culpeper

Saffron (*crocus sativa*), a bright vermilion-red powder used as a flavouring, a dye, a scent and once an important botanical pharma, is derived from the ground stigma and parts of the styles the mauve-purple flowered blooms of the saffron crocus (not the Autumn crocus).

Some 200,000 flowers each 'giving' three stigma, amount to a kilo of saffron, hand-harvesting being the most efficient way of harvesting the individual stigmas. The city 'calls' the rural peasantry who harvested this gem to live the consumer existence, making true saffron one of the most expensive culinary botanicals available.

The Greeks, Persians and Romans knew of saffron, though it appears the Egyptians were late to see its various properties. Corycus in Cilicia was once a major source. Earlier notes say that the Phoenicians introduced it to Cornwall. It does not appear again in the literature until after the return of the Crusaders from Tripoli.

Cornwall was known for its saffron cakes. In Essex and parts of Hertfordshire

and particularly the village of Saffron Walden ('walde' is Anglo-Saxon for field), such wealth seems to have gathered to Saffron Walden that one scribe noted that the massive portico columns of the local manor-house were dressed and turned from Afghanistan Lapis Lazuli. This stone is now a jeweller's material and a source of an artists' blue pigment, ultramarine.

Today saffron is cultivated in France Italy, Spain, Lebanon and Turkey. Some propagation attempts are being conducted in Tasmania.

Southern Europe, in particular the Mediterranean countries, use saffron in many of their major dishes. Paella, risotto alla Milanese, the Marseilles' bouillabaisse. Arab cooking utilises Saffron in many dishes, especially those prepared for the tajine. A trip through any souk in the East will turn up a plethora of this spice. The rural peasantry being blessed; their city cousins, lucky for the existence of the rurals.

Christopher Catton, the herbalist said, "Saffron has the power to quicken the spirits and the virtues, thereby piercing the heart and by and by provoking laughter and merriment".



Saffron, mussels and/or prawn paella

Ingredients

Eight cleaned mussels and/or clams/prawns.

Arborio rice, absorbed-cooked (1 cup of rice to 1¼ water, 10 minutes)

Tblsp olive oil

¼ teaspoon of saffron threads, infused in 25mls of water

¼ small red onion per plate

2 cloves of garlic

½ cup white roux per plate

¼ cup white wine per plate

Salt and pepper to taste

Tblsp of chopped parsley

25ml butter

1 cup of dry breadcrumbs Method

Prepare the rice for absorbing, add ½ saffron infusion.

Heat oil in large saucepan, saute the onions and garlic.

Add parsley, seafood and wine, steam for five minutes 'til mussels open.

Add roux and balance of saffron infusion. Stir to sauce.

Put rice in a ceramic baking dish and dress with the seafood in sauce. Add a little more wine. Sprinkle with bread crumbs, bake for 10 minutes. Serve with bread of preference.

Maybe more saffron to the blood-thirsty Americans; it may salve their avaricious-fascist-war-mongering souls. Muffle their war-drums with saffron-dyed drum-skins.

Interest is sought for investment in a fermentation house to be located in Nimbin. Food, brewing and distillation is proposed. Training of local food and brewing chemists a priority. thewholeearthveg@gardener.com

Dealing with the unexpected stresses of life

One has to admit, these days life is never dull.

The unexpected events that assail us from the media, the weather, a less than integral government, and general day-to-day living have the benefit, one might say, of "keeping us on our toes".

An amusing expression, "Keeping us on our toes". I wonder if its history has anything to do with standing tall for as long as possible, in order to stop the rope from stretching one's neck.

I was recently faced once again with a technology of progress that does not make life easier. This time, it was the computerised public toilet.

I will not mention names or places, purely in order to protect the insanity of the inventor, the innocence of the abused vehicle and the ignorance of those who, even in 2019, are still having difficulty with the meaning of the word, "progress".

There are few places left in the western world where one may sit and reflect on the meaning of life. The toilet is one of them.

A simple affair, often encased in a room where one is faced with little distraction, the toilet quietly receives all that we throw at it without complaint, and then humbly accepts that we will leave without giving it so much as a "Thank you for your time".

Come to think of it, perhaps the new computerised toilet was actually encouraged by the loo union, because they are fed up with us taking them for granted.

For those of you who are still to experience this wonder of the Twenty-first Century, I give you fair warning. Ignore the complex, potentially seductive glamour of this beast and do it behind the bushes. You will be safer.

Nevertheless, I also have an understanding of those heroes who are addicted to the adrenalin buzz of a new adventure. So here are a few tips.

Be not hypnotised by the flashing lights on the outside of a door, which appears to the desperate loo seeker, to be impenetrable.

Instead, take a calming breath and observe the flashing lights from a position of detachment, preferably with your reading glasses on, because they're very small.

A close, cool look will show you the green for go button, which when pressed, raises the stage curtain, allowing the first act to begin.

On entering the smoothly opening 10cm thick door, you will be welcomed by 'Mantovani's Poo Cracker Suite' drifting down from the ceiling in scattered bursts of acoustic wonder.

Do not be seduced and do not, on any account, remove your reading glasses.

All appears to be well until



by Tonia Haynes

you sit. And then you notice. The 10cm thick door, which is now closed back to perfect impenetrability, has a gap at the top that measures about 8cm.

Just wide enough for a reasonably-sized python to enter, but not wide enough for you to fit your mouth around, in the case where you need to scream for help because the local electricity supply has once again thrown its dummy.

You will anxiously search for the flashing button that signals you may leave in safety and give a faint sigh of relief. Yes, it appears to be working.

When you have finished accompanying Mantovani towards a glorious crescendo, be not disheartened that your thorough search does not discover a flush button. There isn't one.

The reading glasses at this point will assist you not to recoil in shock as the toilet flushes when you turn on the tap in the basin, because by

then you will have read the tiny-print note above the sink that says, "This toilet will flush when you wash your hands, or open the door."

Unfortunately for the already sadly depleted water table of Australia, the toilet flushes twice: firstly when you wash your hands, and then again when you gratefully push the red button to be released back into the, oh so friendly, light of day.

Considering the many new things that we have accepted as part of our lives in the last fifty years, we may soon all be sitting on computerised toilets. I suppose it depends on whether the big boys decide it's a profitable product and market it accordingly.

Perhaps we will add computerised toilets to all the other things that are not for our highest good as we slowly become more desensitised in the Twenty-first Century.

For those of you who are suffering in body and mind for the sake of your hard-pressed, but still present sensitivity, a mixture of Massage, Bowen Therapy and Pranic Healing can work wonders.

Applied with efficient and gentle care, these therapies will assist you to clear your head, remove the muscular and skeletal pain from your body and replace the courage in your heart.

Make an appointment by phoning 0439-794-420.

Holy basil - searching for Krishna

Nature's pharmacy

by Trish Clough, herbalist

Also known as tulsi, holy basil is considered a sacred herb in India and has been used for thousands of years. Its numerous properties include spiritual and emotional as well as physical restorative qualities.

There are over 100 varieties of holy basil, and identification can be difficult. The varieties with the superior medicinal attributes are Krishna Tulsi and Rama Tulsi (both identified as *Ocimum sanctum*, also known as *Ocimum tenuiflorum*.)

The most revered variety in Hinduism is Krishna Tulsi, recognised by its purplish stems and mottled purple and green leaves. It is more aromatic than the other varieties, and believed to be more medicinal.

The leaves have serrated edges, and a spicy aromatic flavour. The flowers are small and pinkish-purple, and the seeds are really tiny. The leaves can be used fresh or dried ('tulsi tea'), to promote peace of the body, mind and spirit. Most Hindu families like to grow the plant, often in a special earthenware pot in a central courtyard or near the home. It is believed to offer divine protection.

As an Ayurvedic herb, it was not taught in my training as a Western herbalist. I was given a plant by a dear friend, so I decided to research it with my herbalist network. This involved exchanges of photos, descriptions of taste and so forth, in attempting to identify which holy basil I had grown in my garden. I had no idea it was so tricky!

My plant also looks a bit like Thai basil. My herbalist friends taught me that Thai basil has a licorice/aniseed flavour and the Krishna basil tastes more like cloves.

To further complicate matters, I was advised that my photos look more like yet another variety, African blue basil. It is similar in appearance, grows as a perennial, and being a hybrid it doesn't set seed. So I believe my original 'holy basil' is this variety, as my spent flower stems don't yield any seeds.

So my quest for Krishna Tulsi continued. A herbalist friend gave me some seeds of the genuine variety. They are tiny like poppy seeds, and take up to two weeks to germinate. The way to germinate them is to just press lightly into the soil (don't bury them), keep moist and stay hopeful.

I did this in the heat and dry of December, keeping them moist by covering with a plastic food container.



I was amazed and excited that lots did germinate. Transplanting them in these parched hot conditions was challenging too, but I'm happy to report they are hardy little things and so far have all survived.

They are not large yet (*see photo*), but I'm happy to report the flavour is more clove-like rather than aniseed.

My plans for the Krishna Tulsi plants is to encourage as much growth as possible by cutting off the flowering stems. When there is enough growth I would like to harvest some for drying to make tulsi tea, and some to make a fresh plant tincture for medicine. And also to allow some to set seed for future plantings.

Krishna Tulsi is a key herb for stress. It is useful for anxiety, depression, insomnia and fatigue. Studies showed the best results occurred after two months of treatment. It can also help with headaches, memory and cognition, and it strengthens the immune system.

It is beneficial for heart conditions, high cholesterol, blood sugar regulation, digestion, liver disease, and skin healing.

It is very high in antioxidants, which

gives protection against inflammatory diseases. Clinical studies have shown it to be effective in reducing symptoms of stress and fatigue. It can lower excess cortisol, a hormone produced by the adrenal glands and known as the "stress hormone".

We all need adequate amounts of cortisol to function effectively, but overstressed people often have excess levels which can contribute to anxiety, insomnia, and eventually depression and fatigue if stress is prolonged.

Additionally, Tulsi has shown benefit in energy and endurance. It prolongs the amount of exercise that can be undertaken, as well as reducing lactic acid and muscle damage.

I generally prescribe it as a tincture, for ease of regular intake. In addition, I am hoping my plants will provide enough yield to make the dried herb for tea for patients. And I might be taking some myself as well.

Trish Clough conducts her clinic practice in Club Lane in Lismore. For consultations by appointment call 0452-219-502 or email: herbalist.trish@internode.net.au

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Do you ever suffer with sinusitis?

by Sonia Barton

I've noticed that at this time of year not many people are suffering with sinusitis. Once we have a change of season or when it becomes very windy then sinus problems seem to begin.

Symptoms vary from person to person. While one person may have all of the symptoms, someone else may have only one or two of them.

Acute sinusitis is usually painful, while chronic sinusitis is generally more uncomfortable than painful. The most common symptoms are:

- Earache, feeling of fullness in the ear, swelling and tenderness behind the ear, and/or ear popping due to mucus in the eustachian tube of the ear;
- Stuffy or runny nose;
- Clear, thin discharge from the nose (as in chronic sinusitis), or thick yellow

or green discharge from the nose, sometimes tinged with blood (as in acute sinusitis);

- Sneezing and/or coughing;
- Pain over the bridge of the nose;
- Headache that is worse in the morning, when bending forward;
- Itchy eyes and nose;
- Pain in the roof of the mouth or teeth;
- Face and eye pain.

So here I want to talk about the Eustachian tube. This tube drains mucus from the middle ear. Upper respiratory tract infections or allergies can cause the tube or the membranes surrounding its opening to become swollen, trapping fluid which serves as a growth medium for bacteria- causing ear infections. And infected sinus cavities.

So, it could be that your Eustachian tubes are blocked and may be causing the problem and here I can help you

with Bowen Therapy.

When you have a session I will check the alignment of your jaw: if it is out of alignment this can be one of the causes that the sinuses aren't draining properly.

During a session for sinus problems in particular I can drain the Eustachian tubes for you, which are usually pretty sore to touch. They are situated on either side of your neck.

If you suffer with acute sinusitis it is advised to have a few sessions on a regular basis, even a half hour session a week, to help the mucus and any bacteria drain from this area. You usually get a lot of relief from this method if you don't want to take antibiotics.

Sonia Barton can be contacted on 0431-911-329,
email: soniabarton@yahoo.com
web: www.BowenEnergyWork.com.au

Nimbin Crossword Solution

From Page 31

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