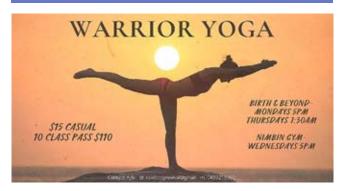
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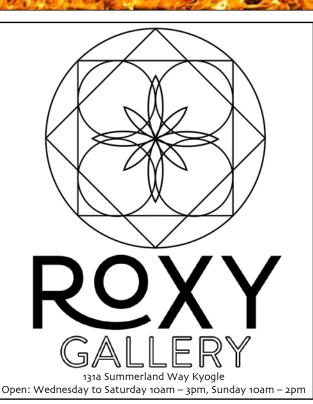
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Artist of the Month - Jasmine O'Shea



by Anne Cook

The gift of a watercolour paint set by art-loving parents is what started Irish-born artist, Jasmine O'Shea on a journey of creativity and imagination.

Watercolour is a subtle and nuanced medium which to the uninitiated appears quite easy to master, however this is far from actuality.

As an accomplished watercolourist, Jasmine works in a thematic and broad-reaching style, with subject matter ranging from delicate

botanical studies through to the metaphysical.

The influence of nature, and in particular the local landscape, are reflected in Jasmine's most recent body of work. The landscapes of Byron Bay are panoramas of the whole bay which Jasmine has been wanting to capture for some time.

The way the light plays on the hills and mountains, the silhouette of the headland and the many shades of blue have proved difficult for Jasmine to ignore.



Whilst Jasmine has tried many different ways of making art, she regards using watercolour as a bit like coming home. It appears that this

delicate medium is indeed her place. Come and see Jasmine's beautiful watercolours at Nimbin Artists Gallery from 7th December. We are open 7 days a week from 10am to

Artists choice displays wide-ranging talent



The Artists Choice

The year has flown by, and what a year it's been.

With Covid-19 exacting a whole new way of operating, the Blue Knob Hall Gallery, Café and Ceramic Studio have been able to keep functioning with the support of our volunteers and their dedication. Their support of the arts, the cafe and the ceramic studio has kept us thriving.

The artists who exhibit in the gallery, the patrons and regular customers coming to the café, and the experienced and budding potters who have filled the classes at the ceramic studio, is an expression of a community spirit that is alive and well.

The last exhibition for the year is "The Artist's Choice'. This is the annual show where there is no theme and artists bring in whatever they want to exhibit without the usual constrictions to work to.

This new exhibition has a great variety of mediums from paintings, sculpture, fibre and pottery. If you're looking for that unique gift there is much on offer.

This exhibition will be open from Thursday 3rd December through to the first week in February 2021.



Earrings by Amanda Doran (top) 'Cadmium 5' by Rodney Brown (above)

Holiday closing dates

The gallery/café and ceramic studio will be closed from Monday 21st December and re-opening on Thursday 14th January.

This is a slightly longer break, as we all need it; a well-earned break for all the volunteers.

On behalf of Blue Knob Hall Gallery, Café and Ceramic Studio, we wish you all the best for the festive season, and look forward to bringing you more art, food and friendship in 2021.



'Still Life with Waratah and Lotus Pods' by Deborah Brown

Change is in the wind at Roxy

by Ruth Tsitimbinis

Artists have felt the full force of the wind this year, and they know the feeling of how hard it is to keep on their feet, to stay determined, to stay upright and true and to hold their course whatever happens.

To end the program of exhibitions for 2020 and begin the 2021 program of exhibitions at the Roxy Gallery will be a very fitting exhibition entitled

'Change is in the Wind'. This exhibition will encompass a huge selection of artworks by local and regional artists. From ceramics, sculpture and a Christmas stocking full of mixed media two-dimensional and three-dimensional works, the gallery will be awash with talent from people who engage in creating art.

Covid-19 may have made us stay at home for a time, but it also supported us to find new

interests and talents in life and for some people in this exhibition it will be their first opportunity to exhibit their art in a gallery space. For others, this exhibition will provide them with a platform to engage the public in viewing their creative ideas and possibly purchasing their works as festive gifts.

'Change is in the Wind' will open on Wednesday 9th December and be on show until Sunday 31st January. During

this time, the Gallery will be closed for public holidays on 25, 26, 27 December and Friday 1 January.

The Roxy gallery would like to take this opportunity to once again thank ALL of the wonderful volunteers who support the gallery and offer thanks to the many people both local, regional and visiting who have shared with all of the artists their interest in supporting the love of being creative.

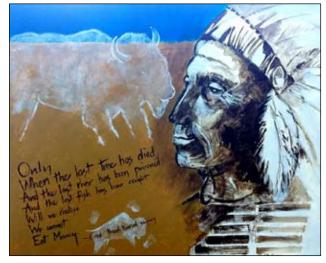




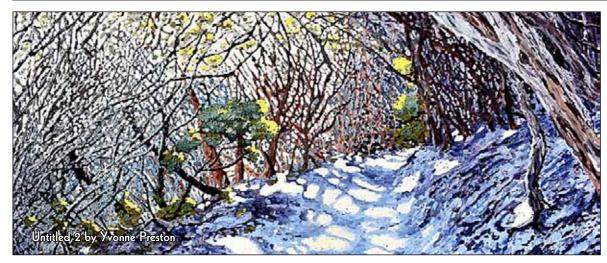
'Oceans of Joy' by Jo Kelly



'Wind Change' by Jenny Kitchener



'Eat Money' by Charlotte Sayer



Creative Landscapes at Serpentine

by Fiona McConnachie

What a year we have all had! The gallery has survived and is going well and our team thank you all for your support and energy.

With the unresolved US elections and Covid restrictions, the future is uncertain, but this in itself could be an exciting opportunity for change and so, as it's time for the annual end of year members' exhibition, we've decided to call the show 'A Creative Landscape'.

'A Creative Landscape' is an open-themed exhibition. It is

your choice what you would like to exhibit and we are happy to accept any medium. If you intend to mount an installation or have any unusual hanging or exhibiting request, please talk to our curator Jason who will be happy to help.

Opening night is Friday 4th December. The usual \$10 hanging fee or a donated bottle of wine or bubbles will be great.

Also, we have been experiencing a dramatic increase in sales these last two months and so we need more stock for the gift shop as well. If any of you have small crafty-gift-shoppy-type items (like ceramics, hand-crafted jewellery, prints, cards etc), we will take your work on consignment with a \$10 (over three months) "rotation" fee.

Our phone is currently disconnected and we are fighting hard with the telecommunications company, but looks like it may take another week to rectify. If you have any questions, please reply by email or FB messenger or drop into the Serpentine Gallery at 17a Bridge Street North Lismore and talk to one of our volunteers.

The gallery is open from 10am to 4pm, Monday to Friday and Saturdays from 10am to 2pm.



SUMMER ART

Due to the Covid-19 social distancing restrictions, Nimbin School of Arts is unable to open for performance events. The attendance numbers allowed are so limited as to make such events unsustainable.

This may change in the new year, but currently most of the 2020 major events have been cancelled, including the end-ofyear community Xmas lunch.

However, the School of Arts was able to hold its 30th annual Spring Arts Exhibition during the September school holidays. This year's exhibition was a great success with thousands of visitors and record sales of artworks by Nimbin valley artists.

The success of the Spring exhibition, and limits on performance events, has inspired

the School of Arts to hold a firsttime Summer Art Exhibition, opening on New Year's Day Friday 1st January and open daily from 10am to 4pm until Sunday 10th January.

In a changed format to the Spring exhibitions, the School of Arts has invited 40 artists to present work for the exhibition, which will be a feature of what promises to be a very busy New Year's period in Nimbin. For any enquiries about the exhibition phone 6689-1577.

The painting that now features in the renovated Nimbin Apothecary, 'Flower Power Portal' (pictured), is by artist Jen Harkness who recently won the Peoples' Choice award at the



Untitled 1 by Yvonne Preston



'Terania' by Fiona McConnachie

December tips for your summer garden

by Caroline Nature

he official rainfall for our area in November was 4.2mm and we had around 12mm in the Tweed valley, a long way from the glorious predictions of October! Where is La Niña?

Forecasters say in December and January it will rain, a lot, and also there will be days of higher temperatures drying out the abundant post-bushfire growth on the east coast and increasing the risk of fire.

Right now gardens are getting drier and to help your garden get through Summer consider a mulching plan. Well-mulched gardens come into their own, holding moisture in close to the earth keeping your plants' roots alive and functioning, thereby strengthening the resilience of your garden.

When watering mulch, poke your hose or watering can into the mulch to get the water closer to the ground for better soakage into the roots. Fruit trees have a lot of surface roots and mulching widely under fruit trees out to the drip line where, when it rains, the tree drops the most water around its foliage perimeter, will help retain moisture in the soil.

Vegetables, herbs and flowers all have varying root depths, but most roots are in the top 15-20 cms of soil, so mulching around stems and the ground between plants is vital to retain moisture.

December is the first month of Summer. Gardening according to the moon cycles and seasonal changes allows us to develop a deep connection with nature's rhythm and flow.

December 1-7

The Gemini full moon fell on 30.11 and this week, moon waning gibbous, is a good time to plant rooting vegetables like okra, sweet potatoes, radishes, yakon, arrowroot, taro

and turmeric. Transplant perennials like lemongrass, gingers, aloe vera and mint, using them to define pathways and boundaries and to direct the flow of water in heavy rain. Always include some slow release organic fertiliser in your transplant mix to give them ongoing nutrients.

We 'train' our pumpkin vines out of gardens and along the edges of the pathways. It's like a growing mulch, discouraging weeds by shading them out. This also makes it easy to spot pumpkins growing and harvest early if they are being munched by critters. Young small pumpkins are delicious cut into cubes and steamed, so creamy!

December 8-14

During this waning crescent moon, rain is predicted from the 9th to the 12th. Use this week to mulch and weed your garden. Mowing during this phase slows re-growth, and if your grass is getting long and rain is imminent then this could be a good time for a high cut around the home to discourage snakes, rats and ticks.

Continue with a mulching program and try to get organic mulch. Use your grass clippings and rake up leaves for organic home mulch. All bought mulch has weed seeds, but organic mulch should have less, and hopefully no sprayed chemicals. Sprayed agricultural chemicals destroy the microbes in the soil that you rely on to grow your food. It's that simple.

You can build your soil health in several ways; by aerating with a fork when planting, by using organic fertilisers like worm castings, chicken and cow manure, by using compost teas, by watering regularly, by mulching and by varying the plants using the techniques of companion planting and crop rotation. And by loving your garden you can



help it to grow and in turn your garden can and will help you to be well.

December 15-21

The new moon in Sagittarius signals the beginning of the lunar cycle, and it's time to plant leafy greens and transplant seedlings into the ground. Spinaches grow so well in our subtropics and when cooked supply us with vitamins A and E, zinc, calcium and a lot of other good stuff. Raw spinach contains oxalic acid which inhibits the absorption of essential nutrients like calcium and iron.

We grow several perennial spinaches like Warrigal greens, the native spinach – it's a low bushy groundcover; the Japanese Okinawa spinach with green and purple leaves; and the Brazilian Sissoo spinach with curly round leaves. They are all perennial, shallow rooted, not water-demanding and easily propagated by breaking a branch off and transplanting into soil or a pot. These prostrate plants act as a living mulch around garden beds and trees.

Plant salvia, chives, coriander, marigolds,

Chinese cabbage, lettuce, nasturtiums and basil (which are both easy to transplant from a cutting). This week is marked by the Summer Solstice on 21.12 when if it is a sunny day we will see the sun at its highest (most southerly) point in the sky at noon.

December 22-30

With this waxing gibbous moon it is again time to plant fruiting veges like beans, corn and squash, called the three sisters as they complement each other on a soil nutrient level when grown together. Cucumbers, chillis and tomatoes, capsicum and eggplant thrive during summer months. Remember to water daily if it doesn't rain, they are all thirsty plants. Fennel, zinnias, tarragon, balsam and comfrey all love the summer heat.

We have so many cherry tomatoes growing, mostly self-seeded, and I help them along by squeezing seeds onto the soil from overripe tomatoes and encouraging them as they appear by tying them to small bamboo trellises and mulching the main stems. I find it much easier to grow the cherry tomatoes as they have very few disease problems compared to larger tomatoes.

We are eating blueberries and native raspberries every day and the grape vines are covered in green bunches that will be ripe in late summer. We are so lucky in this subtropical area to have the clean air and rainwater to grow gardens and produce our own food. Remember to collect, store and share any seeds you produce organically, and a great local book for learning about this is Jude and Michel Fantons *The Seed Savers Handbook* in print since 1996.

All the best to everyone over the holidays, stay sane, be kind, keep gardening and remember Mother Nature is our teacher.

Getting out and about



by Peter Moyle

The year is winding down for the Nimbin Bushwalkers, and what a year it has been!

Starting with the fires before the Covid started spreading, we went into hibernation for a couple of months, but once restrictions eased, we as with many others, took to the great outdoors that our area offers.

With travel restrictions in place we were limited in travelling but revisiting some of our long-standing areas kept us in the bubble for us to maximise attendances. A couple of walks we had over 20 participants, but by splitting into small groups were able to walk responsibly.

The biggest impact was on our monthly weekend away. With Queensland out, we stayed close to home but were able to still find camping and walking fun. Forest Tops and Rummery Park were both well-attended and the walks complemented our time together.

The camp last month was to Black Rocks just south of Evans Head, and pre-booking saw us grab some very



attractive camping spots and the beach walking, past and over the everchanging coffee rock, made for some lovely morning exercise.

The follow-up estuary walk through the coastal heathland made for a dramatic change that gave us some variety before the swim in the isolated freshwater lake. Another great weekend out and about.

The Club takes a break for a couple of months due to the summer heat, but we will resume activities in February, with another river paddle in January before walking in a cool rainforest to stretch our legs for another year.

Membership numbers have been strong, and most walks have about a dozen attending with the occasional visitor joining us. A diverse group from around the Northern Rivers, but all with a love of the rich variety of environments our special area offers and the opportunity to share with like-minded friendly crew.

The Nimbin Good Times every month lists our activities or check out our Facebook and website. New members and visitors are always welcome.



by Kerry Hagan

In a year that has seen half our garden club meetings cancelled due to Covid restrictions, it was an absolute delight for us to have our final meeting of the year at Pam's place.

Over the last nearly 30 years, Pam has turned a kikuyu paddock into a beautiful landscaped eco-tourist oasis.

We gathered in a pavilion set on the banks of a truly spectacular dam and then wandered through pathways edged in a mixture of bamboo, exotics and native plantings.

Pam is an avid gardener and her property reflects the love and hard work she has put into her haven over the years.

Thank you Pam for a wonderful afternoon.

The Garden club Christmas party will be held at Jarlanbah hall, Cecil Street, on Saturday,



5th December at 12 midday. Members are reminded to bring either a salad or a dessert.

Guests are most welcome for a cost of \$10, which includes a sumptuous lunch and bubbly.



View from the loo by Stuart McConville

he 12-year old finger lime which pokes through my toilet wall has finally got fruit on it. The thorny bush is littered with nests of firetails, and I can watch them coming and going whilst sitting still on my throne.

The fuss they create whilst building their nests is equal only to the contempt they show when they abandon them entirely. Their purposeful and committed behaviour gives way to detached complacency.

Detachment is the art of letting go. Every time I

Camping tips

visit my loo, I practice the art of detachment. I was committed to the food I ate, which my body duly processed, created a byproduct, and now I can let it go. It feels great to have this process take place and one definitely leaves feeling lighter (enlightened!) and freer.

This year many of us have had to practice the art of detachment. Pre conceived ideas about how we live our lives have been challenged and turned upside down. This process, if managed well, has the potential to free up our agendas and allow us to look more closely at what is really important

A person committed to any given path can ultimately end up being attached if they are not careful, as achievements often translate into power, which ultimately corrupts. Covid has provided us with a natural circuit breaker which has allowed us to reset priorities and re-map our path in life to include less tangible rewards.

The influx of Australian holiday makers hitting the roads around Australia is a good indication that families are spending time together, exploring nature and discovering the "slow time" of the detached state of mind. I hope that the re-discovery of nature will lead to a renewed effort to protect and conserve our amazing bio-diversity.

North Coast NSW is an amazing destination, and tourism operators and accommodation providers should do all they can to educate newcomers to our sustainable lifestyle. Adopt a sustainable business policy. Create educational material for your guests. Ban plastic water bottles. Buy a composting toilet!

Some practical advice for campers and travellers in our region:

- Legal camping only (Wiki camps is great). Illegal camping along beaches and in forests creates disturbance to native species breeding cycles and can introduce weeds;
- Take your litter with you when you leave;
- Check the fire danger warning before lighting any fires for cooking or otherwise. If you can light a fire, clear dry vegetation back for 2m around the fire and use a pit or rocks around the fire;
- Camp only where there are toilets facilities if possible.
 If there are no toilets, dig a hole 15cm deep into loamy topsoil eg a rotten log, and cover over afterwards;
- Make lots of noise by jumping around before setting up camp to scare off snakes; and
- Respect other campers and resist the need to play music. Soak up the birdsong instead.

Stuart runs Pooh Solutions compost toilets and consultancy, 0427-897-496 www.poohsolutions.com

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Neurological repair: part 3

Nature's pharmacy

by Trish Clough, herbalist

his is the third and concluding discussion on a rather complex topic. In the previous articles we looked at the importance of the blood brain barrier and gut wall integrity in approaching a treatment plan for a variety of neurological disturbances.

Repair of the brain and nervous system also requires adequate oxygen supply. Oxygen is carried throughout the body by the blood vessels, after entering the lungs as we breathe. Air intake can be compromised by mucus congestion, asthma and other lung conditions, and shallow breathing. Managing these conditions can be helpful to neurological repair.

Blood circulation needs to be maximised for good levels of oxygen. Symptoms of poor circulation can include cold extremities, low blood pressure and pale complexion. Herbs such as dan shen, boswellia, cayenne and ginger are examples of circulatory stimulants to improve poor circulation.

Ginkgo biloba improves the oxygencarrying capacity of the circulation, as does a supplement called Co-Enzyme Q10. These natural remedies are contraindicated with some prescription medications, especially cardiovascular medications, so should not be used without professional advice.

Breathing exercises and aerobic exercises also help support circulation and oxygenation. Good quality fats and oils and protein foods in the diet are essential for healthy brain function. Natural oils in avocadoes, coconuts, fish, nuts and seeds are some examples of beneficial oils. Protein foods include fish, chicken, red meats, eggs, and soy products. Vegetarian proteins can also be obtained by combining grains and legumes. Small amounts of protein can also be found in nuts and seeds.

The B complex vitamins are essential for healthy neurological functioning, and deficiencies in these can cause nerve damage. It is not possible to obtain



Vitamin B12 for instance from a vegan diet, so a supplement is necessary for vegans to avoid neurological damage in the longer term.

Vitamin B12 is especially important, but all of the B group vitamins have specific effects on brain cell functions. Vitamin B12 helps with the development and maintenance of the protective outer coating (the myelin sheath) of the nerve cells. This is essential for the transmission of signals along the nerve pathways. Studies have shown improvement in cases of nerve injury (eg crush injury) with supplementary B vitamins.

I have used Vitamin B12 in high doses to help treat nerve pain, eg from the shingles virus and spinal pain. This is combined with appropriate herbal remedies. Sometimes this would be immune-boosting and anti-viral herbs, and other times it could require herbs that help with nerve regeneration.

I am also obtaining good results with pain management for a variety of neurological and inflammatory issues with a supplement called PEAMax. It is relatively new as an approved medicine in Australia, but has been used overseas and extensively studied for decades. It is a natural substance the body utilises where there is injury, inflammation and

pain. It damps down the inflammatory response and is safe to use with prescription medications.

Studies recently have shown it to be beneficial with serious neurological conditions, including Parkinson's and Multiple Sclerosis. Neurologists overseas are using it extensively to help patients reduce opioid and other pain medications which often cause side effects.

Neuropathic pain relief can also be obtained with a number of traditional herbal medicines including california poppy, prickly ash, devil's claw, corydalis and jamaica dogwood. Combining with anti-inflammatories such as turmeric, ginger and boswellia gives many natural option, which can be prescribed by your practitioner according to individual needs and safety in prescribing.

Patience is required with any treatment involving neurological issues, as repair takes time.

Trish Clough is a herbalist who has been practising for more than 30 years.

Trish is available for consultations by appointment on 0452-219-502 or email: herbalist.trish@internode.net.au

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