

Turmeric coconut ices and wellness mylk: A latte that's not bovine

by Thom Culpeper

There are various ways to utilise Turmeric, *Curcuma longa*, the relative of ginger that is universally known for its powerful yellow colouring and as a condiment in curries, mustards, pickles, sauces, cheeses and butters.

Here we shall deal with it as a sweet experience, dealing first with the wellness 'mylk' stuff.

Search engines throw up a plethora of pages rapping on about the mighty Golden Mylk.

The 'Y' denotes, in wellness-speak, that this stuff is not bovine-based, but from a tribe of 'nut-mylks' of various botanical origin.

Golden Turmeric Mylk (Vegan)

Ingredients

1 litre plant based mylk (coconut, soy, hemp, almond, flax, oat, macca, rice etc).

1.5 tsp turmeric powder, or the juice, or mash of about 30 mm of fresh root (Haldi).

3 tsp honey or coconut sugar, maple syrup, maize syrup, agave syrup or stevia to taste.

1/2 tspn fresh ground black pepper.

Method

Mix ingredients with exception of the sweetener in pan, heat, do not boil. When cool add sweetener to taste. Drink hot or refrigerated.

Now for a summer treasure:



Turmeric Coconut Ice 'Cream' (Vegan)

Ingredients

2x400ml cans full fat coconut milk

40gms of selected sugar

40mls maple syrup

35mls coconut oil (melted)

15mls vanilla extract

2.5mls turmeric (teaspoon)

1gm salt (1/4 teaspoon)

A pinch of finely ground white pepper

3gms guar gum

Method

1. If you use an ice cream machine, freeze canisters the night before.

2. Refrigerate cans of coconut milk 4 hours.

3. Wet guar gum in a little of the

coconut milk or water.

4. Blend all ingredients at high speed until combined and smooth.

5. Add to ice cream maker if you have one.

6. Add batter to baking paper or food film-lined loaf pan, cover with freezer film and freeze for 3-4 hours.

Serve with preserved red ginger or/and toasted coconut flakes, crushed maccas or crystallised angelica.

Culpeper has Fermipots, air-valved, glass fermentation vessels of various sizes. Email: FermiPots@greenmail.net Think about Julian Assange and write him a note! thewholeearthveg@garden.com

Remembering Ram Dass

by Michael Balderstone



Baba Ram Dass has died, in Maui, aged 88. He was a spiritual advisor and inspirer to many seekers from the sixties to the present day. By chance or whatever, I met him twice while wandering the planet years ago.

In the early 1960s as a young Harvard psychology professor, Richard Alpert, as he was then known, he'd earned a doctorate at Stanford University. He and Timothy Leary, a Harvard colleague, began a series of experiments with hallucinogenic mushrooms and LSD, giving the drugs to prisoners, philosophers and students to study their effects. The rest is history. In no time LSD had become almost a rite of passage for the baby boomer generation.

Eventually Richard, on the advice of Allan Ginsberg, went to India seeking a way to reach enlightenment without drugs. He met a guru there, Neem Karoli Baba, who named him Ram Dass, Hindi for 'servant of God'. When he returned to America he went on speaking tours and wrote the classic hippie bible, *Be Here Now*, the first of many books he wrote.

He said then he was turning away from drugs, saying: "I don't want to break the law, since that leads to fear and paranoia." He set up programs such as the Prison Ashram Project to introduce inmates to spirituality and His Love Serve Remember Foundation is dedicated to preserving his teachings and those of his guru.

I first bumped into him in Bali

when he was writing *Grist for the Mill*, maybe in 1975. It was the second day of the year and people were still scattered around the village, as it was then, staring into the distance. The Orange people had rented a failed resort after it was controversially built on a sacred peninsula. The story was, Ram Dass had spiked their New Year's Eve party punch with pure Sandoz acid and blown a considerable number of minds.

Then in New Zealand I met him at a festival and remember his big beard stank of good Kiwi weed, so he'd changed his mind on that one.

He suffered a severe stroke in 1997 that paralysed his right side and speech for a time. He said his stroke brought physical and spiritual suffering, but it was a source of insight that he could share with others facing their own battles with illness and ageing.

"It's brought out new aspects of myself and aspects of my relationship to the world," he said.

"The stroke has gotten me into a stage of life – this is a stage close to death, a stage which is inward. All illnesses are part of the passing show. You are not just your body. You are the witness of your body. If you have identified with your soul when you are alive, death is just another moment."

Deconstructing depression – Part 2

by James Alexander, PhD

So, what actually helps people who are suffering from persistent low mood and associated despair?

From working as a psychologist for over 30 years, it is evident to me that persistent low mood results from adverse life events (past traumas), or current unrelenting life-stressors, or both. This observation is supported by decades of research evidence pointing towards the role of lived experience.

As such, it makes sense to engage in problem solving strategies in regards to current stressors – professional help with this may or may not be needed. And it makes sense to work with the historical traumas, the effects of which are still reverberating in the person in the form of depressive symptoms.

Unearthing and dealing with the emotional issues which flow on from adverse life events is helpful, and there are many types of psychotherapy on offer. Research shows that they can all be effective and helpful, but a very important element in success is the therapeutic relationship which forms. As with all relationships, different people will 'gel' with different people, so it is never the case that one size (or therapist) fits all.

Research shows that people who receive psychotherapy become emotionally better off than 80%

of people with similar problems who don't receive this help. Evans and colleagues, in the General Archives of Psychiatry, followed up people who had received either psychotherapy for depression or pills two years after the end of treatment. Around 70% who had received psychotherapy *had not* relapsed back into depression, while 80% of those who *had* received pills had relapsed into depression.

A 2013 meta-analysis reported in the *British Medical Journal*, looking at all the relevant published data, found that people who received psychotherapy were 260 times more likely to be well at follow-up compared to people who just received pills. These results have been replicated in the treatment of anxiety/panic and insomnia.

German research with refugees, reported in 2014, even shows that trauma informed psychotherapy results in DNA repair (the breaks in the DNA of refugees was found to be as severe as for people who have been exposed to an atomic bomb blast). Those on the waiting list and those receiving pills showed no repair of their DNA, nor reductions in their post-traumatic stress, whereas those refugees who received psychotherapy showed the same healthy DNA as people who had never been traumatised.

There are a range of transformative psychotherapies which utilise a form of neuroplasticity – memory

reconsolidation – in order to directly work with the traumatic experiences therapeutically. Typically, more than just talking about the traumatic event is needed. Bruce Ecker, a psychotherapist who has introduced notions of memory reconsolidation to therapy, suggests that approaches like coherence therapy, emotion focused therapy, eye movement desensitization and reprocessing (EMDR), gestalt therapy, hakomi, focusing oriented psychotherapy, and inner child therapy amongst others are capable of creating transformational change.

An on-line survey conducted on the *depressioNet* website asked sufferers what they viewed as being the most helpful through to the least helpful interventions. 271 people with lived experience responded, indicating that physical exercise was viewed as the most effective intervention; followed by support from friends and family, then counselling/psychotherapy, fulfilling work, relaxation and meditation. Prescription medication came in at number eight, behind nutrition and alcohol/drug avoidance.

Research shows that getting moving again can boost endorphin levels ('feel good hormones') as well as your sense that you can achieve important changes in your life (improved 'self-efficacy'). Exercise physiologists are able to design safe and specific high intensity exercise programs for the

purpose of reducing persistent low mood. Research demonstrates that the beneficial emotional effects of exercise are 'dose dependent' (ie. more response from higher intensity), and the effects hold over time.

With a referral from your GP, you can receive Medicare subsidies when seeing an exercise physiologist (Will Alexander, exercise physiologist at Nimbin Medical Centre, is able to design specific therapeutic exercise programs and guide people through the process).

People have always gravitated to substances to turn down the volume of their distressed emotions. This can play a role, but its long-term results will be limited as most substances can do no more than just dull the pain – while perhaps welcome, "dulling" is rarely transformative. As discussed in *Deconstructing Depression Part 1*, there is no demonstrated chemical imbalance for drugs to correct. Some people report that antidepressant drugs help, while others report that they have been harmful for their recovery.

As the survey results show, many people report that avoiding substances is an important part of their recovery – this may include both prescription drugs as well as recreational substances such as alcohol and cannabis. Due to genetic differences, which result in different tolerances to psychoactive

substances, any drug may be helpful or harmful to any particular individual.

Psychedelic drugs deserve a special mention here – these appear capable of altering our relationship to traumatic events (by altering brain function) when used in a therapeutic context in conjunction with psychological treatment.

Based on their widespread recreational use, which is usually not accompanied by a lasting cessation of psychological distress, it appears that the combination of the psychedelic substance and psychological therapy is required for therapeutic results. As the research evidence builds, psychedelic assisted psychotherapy is likely to become a more available option in the coming years.

Clearly, a range of interventions have been demonstrated to help with persistent low mood. The most impressive include high-intensity exercise, support from friends and family, and counselling/psychotherapy which addresses the mix of historical traumas and current life stressors (Medicare-subsidised counselling sessions are available with a GP referral, or free via the NSW Victims Services for victims of crimes committed in NSW).

Effective help is available from a wide range of practitioners, and can be tailored to your specific needs and circumstances.

Dance more, plant more

Conservation of energy

by Greg Bork

Kristin Den Exter (*pictured*) restores rainforest on public land adjoining Rotary Park, “the rainforest heart of Lismore.”

“My whole life has been spent in the forests of this area, and they’re all very dear to my heart. I grew up with a father who fought for Terania, and we still have to carry on the vision for not just protecting our existing forests, but actually reversing some of the decline of the last 200 years, and that’s what I’m up to here in this very special patch of urban dry rainforest.”

“I have a background in environmental science; it was very theoretical, so I did Landcare and stayed connected to on-ground, get-your-hands-dirty approaches to keep myself a bit sane. The more I learned about land degradation, climate change and global processes, it’s easy to get really overwhelmed. People don’t plant enough trees. Doing the Landcare and being involved in the ongoing ecological cycle has been really important.

“I feel like the heartlands of our rainforests are quite protected now. People identify with rainforest; it’s iconic, but in the dry rainforest it doesn’t look lush. I guess I’ve become an advocate for the underdog rainforest.

“I shy away from the notion of degraded forest; there’s a wallaby here, it’s still rainforest and it’s really valuable. So what can we do to turn it around? I speak for trees because they can’t speak for themselves, and the bats can’t speak for themselves either. You start advocating protecting flying foxes, which most people consider to be flying vermin, and you say it’s valuable. Advocacy is how to communicate what is valuable about it, how to find ways to bring people into that conversation so they can express what they see as valuable about it.”

Kristin has also been restoring riparian rainforest with Wilsons River Landcare since 1994, with a vision to plant both sides of the river to recreate the gallery rainforest that formed a canopy over the river before it was cleared. They’re proud of the Pritchard Park section, best viewed from a canoe. The big vision is to restore the riverbanks all the way to the Big Scrub remnant at Boatharbour.

“Bush regeneration – you kind of take it for granted these days, but it’s not that old. I wish



I had a time tool to zoom forward 200 years to see what it is we’ve done, because we won’t know. Whatever we do now, the beauty of it is kind of a mystery. We can watch the forest grow and stand under the shade of the trees, but I’ll never see them the size of the trees they took. You have to walk very deep into the rainforests of the Border Ranges to see anything like those trees. Who knows how old those forests were that they burnt? It was one thing taking it for timber to do something with it, except for woodchip; there’s a whole other ballgame just burning forests because you don’t value it.

“Maybe we have come full circle but we won’t know, and we’ll certainly never get those forests back. Maybe we’re in mourning. Maybe that’s our connection to the forests around here, the Big Scrub in particular. I think there’s probably deep grief and we’re just ignoring it. If you’re a person who listens to the landscape and knows, wants to really appreciate what we did – and I mean collectively ‘we’. It’s so sad and depressing, I try not to think about that stuff too much; it’s like, just keep planting. Dance more, plant more.”

Listen to the full 90-minute interview with Kristin in Lismore’s urban rainforest at: reciprocalrestoration.org where she talks much more about Rotary Park and its flying fox colony, and shares her experiences of the counterculture and the Terania blockade as a kid.

by Lucas Verhelst BSc., MRACI

Imagine a mote of dust suspended on a sunbeam, this is how our world appears from space, a truly isolated system ruled by the law of Conservation of Energy which dictates that the total energy of the system is conserved over time.

Whatever energy we give out, we will receive back, the same way that the ripples in a pond extend out from their source of energy until they meet the edges of the pond, the boundary of the system, where they are reflected, returning back to their source.

What affects one of us will affects all of us. The actions of a single speck of dust, regardless of how small it may be, inevitably affects the whole of the universal machine. Sir Isaac Newton described this with the formula; $F=G \frac{m_1 m_2}{r^2}$; where F is the gravitational force acting between two objects, m1 and m2 are the masses of the objects, r is the distance between their centers and G is the gravitational constant, $6.67430 \times 10^{-11} \text{ N} \cdot \text{m}^2/\text{kg}^2$.

Insignificance is not in the universal vocabulary. Gravity will cause a single solitary mote of dust to attract another speck to itself no matter how far apart they are, then, through their combined effort, more dust is attracted.

Eventually, enough dust has accumulated that their combined gravity starts collapsing these clumps together, starting a chain reaction, attracting ever larger objects until and they grow to become a planet. This was how our own earth was formed, as well as our sun, our solar system, our galaxy and all the intricate parts of the universal machine.

Charged bodies attract. Charles-Augustin de Coulomb described with the formula $F=k_e \frac{q_1 q_2}{r^2}$; Coulomb’s law has the product of two charges in place of the product of the masses, and the electrostatic constant $\{k_e= 9.0 \times 10^9 \text{ N} \cdot \text{m}^2 / \text{C}^2\}$. in place of the gravitational constant. This is how even the tiniest elements in our universe; neutrons, protons and electrons; are attracted to one another, combine to form atoms, then molecules, then DNA, the essential building block of the most complex machine you will ever own, yourself.

The law of karma describes this phenomenon on the human scale with the formula: $F=k_{ego} \frac{ego_1 \text{ ego}_2}{r^2}$; $\{k_{ego}=Ego\text{-static Constant}\}$. This law has the product



of two egos in place of the product of the charges, and the ego-static constant in place of the electrostatic constant. Just as the actions of a single speck of dust are bound by law of physics to affect the universal machine, the actions of a single sentient being are bound by the law of karma to affect all sentient beings.

“Ye cannae change the laws of physics,” although at one point in my life I thought I could. I felt insignificant, I felt like a burden on society, my friends and especially my family. To me dying seemed easy and living scared me to death. I was at the train station, for my regular three-hour commute to work, watching the express freight trains fly through. Huge and unstoppable, I was building the courage to step off the platform into the jaws of this juggernaut when I heard a voice.

“Don’t I know you? I’m sure I know you from somewhere?” I turned to see the angel who was striking up conversation with me with one of the corniest lines I had ever heard.

We started talking and sure enough, we had never met before, but we seemed to have a lot in common and became friends. I forgot my misery and looked forward each day to sharing my journey with a friend. A simple hello or smile might seem an insignificant action, but there are no insignificant actions, just as there are no insignificant people.

A speck of dust becomes the seed that grows into a galaxy and a speck of kindness becomes the seed that grows into a life.

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Poonami part 2: Super poo does Bondi

She slid silently and effortlessly from her host. A perfect extraction. A good start, she thought as she landed upright on the glass surface of the laboratory table. She peered upwards. Not a smear.

She had begun her fermentation days ago in the bowel of a young woman of excellent biological peerage from the Nimbin valley. A combination of genetically modified organisms designed specifically for symbiosis was fed to her host via choice ferments and elixirs. The micro-biome of her host did the rest.

Her sentient and mobile being was the first successful result after a long run of failures. She stood and peered around her, unfazed by the bright lights. Slowly she began to sway from side to side, gaining momentum almost to point of toppling over. She became aware of her creators, below and above, observing her every move with complete fascination.

Her body flexed with suppleness as she slowly began to explore the possibilities of movement. She leant forward and inched her way along, then snaked. With a powerful flick of her tail like appendage, she shot



View from the loo
by Stuart McConville

quickly across the glass, almost ending up on the floor. She would make a great swimmer.

The scientists were hopeful. Could this be the solution to the Poonamis that were slowly killing people in major cities? Although the sim meat that had started the turdal waves had been taken off the market, peoples’ micro-biomes had been subtly changed by the stuff that they continued to produce poo that didn’t break down by normal methods.

The Poonamis were the biggest public and environmental health disaster ever recorded. Flies and rats were spreading diseases entrained in the sticky masses. Hospitals were full to overflowing with cases related to poo based communicable diseases.

Her biggest trial was yet to come. She was hungry. A hand guided a plate of thick brown sludge towards her. She knew what it was. Her sentient nature was so highly developed that she was completely aware of the task she was set. Luckily she savoured the job. It tasted great. It even left a slight craving for more. She metabolised the Poonami sample with ease, and felt a new burst of energy coming on.

There was no time to waste. The team from Pooh Solutions packed Super Poo into a transit container and headed south for the biggest challenge yet. The gargantuan Bondi Cigar that now occupied the entire length of Bondi Beach.

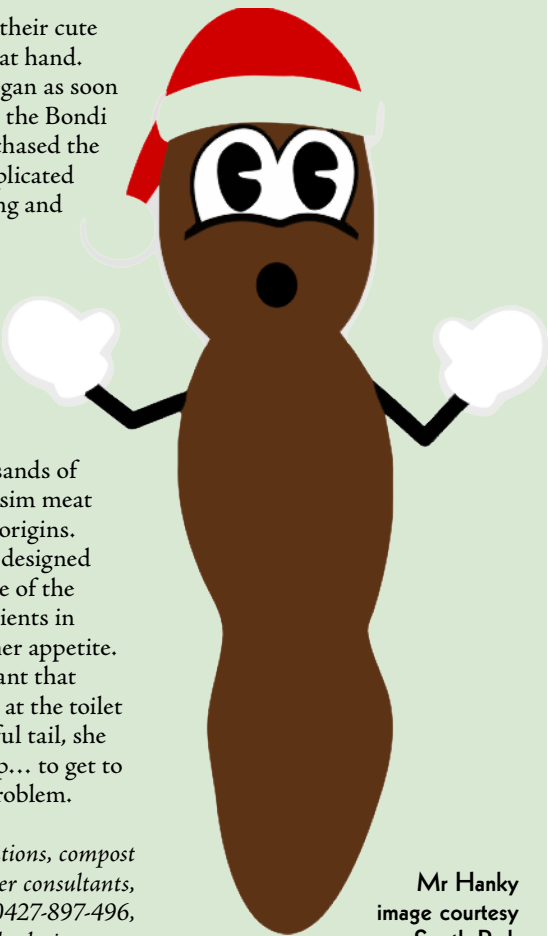
Upon arrival the team opened up the stainless steel cylinder to a small surprise. They were not expecting replication so soon. She had five

little poos, all wiggling their cute tails, eager for the task at hand.

The feeding frenzy began as soon as they were released at the Bondi treatment plant. They chased the Poonami plume and replicated along the way. Munching and squirming, they made it all the way down to Bondi. Some turned back upstream to head to work in the blocked sewers.

Soon there were hundreds of thousands of super poos chasing the sim meat sludge right back to its origins. The scientists who had designed Super Poo had used one of the “more addictive” ingredients in sim meat to stimulate her appetite. Unfortunately, this meant that Super Poo did not stop at the toilet bowl. Using her powerful tail, she was able to leap right up... to get to the real source of the problem.

Stuart runs Pooh Solutions, compost toilets and waste water consultants, phone 0427-897-496, web: www.poohsolutions.com



Mr Hanky
image courtesy
South Park



The torture of Julian Assange

by John Jiggins

On 12th December, John Shipton, father of WikiLeaks publisher Julian Assange, addressed a well-attended meeting at the Nimbin Town Hall about the mistreatment of his son in the UK, condemning the US prosecution of Assange as legal persecution, and calling on the Australian Government and the Australian public to ensure the gross violation of his son's human rights cease.

In what may prove a watershed case for journalistic freedom, Julian Assange will face 18 charges under the 1917 Espionage Act if he is extradited to the US from the UK and, if found guilty, he will serve 175 years in prison for 'crimes' that include some of the greatest pieces of citizen journalism of the twenty-first century: the Iraq War Logs, the Afghan War Logs, Cable-gate, the collateral murder video, and so on.

Although Assange is not a US citizen, and should not be subjected to US laws, the US has pressured its client states into misusing their legal systems to corral Assange, abrogating to itself the right to prosecute and punish foreign journalists who reveal its war crimes.

In his report on the treatment of Assange, Nils Melzer, the United Nation's Special Rapporteur on Torture, declared that in 20 years of working with victims of war, violence and political persecution, he has never seen a group of democratic States (Sweden, the UK, the USA) ganging up to deliberately isolate, demonise and abuse a single individual for such a long time and with so little regard for human dignity and the rule of law.

Mr Melzer declared their systematic misuse of legal procedures was a form of legal torture and warned that Mr Assange's human rights would be seriously violated if he was extradited to the United States:

"My most urgent concern is that, in the United States, Mr Assange would be exposed to a real risk of serious violations of his human rights, including his freedom of expression, his right to a fair trial and the prohibition of torture and other cruel, inhuman or degrading treatment or punishment,"

As John Shipton informed the audience, Julian is already subjected to serious mistreatment in the UK prison system:

"It is torture: 22 hours a day, being banged up by yourself, staring at the ceiling. In order to maintain his stability and health and mentality, Julian asks us how far it is between Madrid and Paris and we tell him the answer, and he sets out to walk that, walking up and down his cell, counting the steps in a journey to Paris. His cell is three metres long and he walks that in three strides."

As further psychological torture, Assange is intentionally kept isolated by the UK prison authorities, and his contact with other prisoners is minimalised as much as possible. Even when he has visitors, the gaol hallways are deliberately cleared first, as John Shipton recounted:



"When I go to meet him, they clear all the hallways and escort him with a guard on each side down these empty, black, echoing hallways into the meeting room. Above your head there are high-fidelity cameras to enable lip-reading if they want, and every three metres there are general fidelity cameras.

"In his cell every 30 minutes someone opens a peephole and looks into his cell, 24 hours a day. These procedures are described by Nils Melzer as torture. There's been nine years of torture of steadily increasing intensity. Our government knows this, they have Nils Melzer's report, yet they repeat like a mantra, due process, due process."

"Due process is never followed in Julian's case. Never."

Of particular concern for Mr Shipton were the reports that Julian was 'hot-boxed' before his recent court appearance. ('Hot-boxing' refers to keeping someone in an overheated situation and denying them water so they become dehydrated and confused.)

"In his last court appearance, Julian couldn't remember his name and his birth date. His lawyers, Phillip Segal and Greg Barns, along with ten other barristers, wrote that, in their combined 50 years of legal practice defending people, they had never seen a prisoner brought before the court in such a state."

As the treatment of Chelsea Manning showed, US treatment of Assange will be even more degrading. Amnesty International's deputy director for Europe, Massimo Moratti, warned the United Kingdom would be in breach of its obligations to protect Mr Assange's human rights should Mr Assange be extradited to the United States.

"The British authorities must acknowledge the real risks of serious human rights violations Julian Assange would face if sent to the USA and reject the extradition request. The UK must comply with the commitment it's already made that he would not be sent anywhere he could face torture or other ill-treatment," Mr Moratti said.

Assange's extradition trial is scheduled for 24th February 2020, and is expected to run for several weeks. A Nimbin meeting for the Assange Support Group to discuss how we defend Julian Assange will be held at Birth and Beyond on Monday 20th January at 5pm.

There will also be a meeting in Mullumbimby on Sunday 5th February at 7pm at the RSL Hall titled: 'What is to be done: Assange and action for positive change'. It will feature activist extraordinaire Ciaran O'Reilly, who has been involved in the Ecuador Embassy campaign as well as the Belmarsh Prison campaign.

Happy blue year



Welcome to Nimbin. Five police officers conduct a search of two tourists in Allsopp Park, Tuesday 7th January.

ScoMo's cornered me



STREET SHUFFLE

Journal of the North Coast's longest serving covert

suits and computers. I go in as Bethany but come out as Darryl, or Betty, or Phil.

Dutts reckons he's got facial recognition sorted, but I can guarantee he's got me in the Big Computer as at least six people by now. And the number will keep growing every time I visit and bring in a new outfit.

I hear Scommo contacted the *GoodTimes* asking to correct some of my quotes from him. It's so good he's hearing the hippie voice in the wilderness, but not sure he will like me telling you about his latest obsession, one J Hall. He discovered Dutts, as he calls his beyond right hand man with a knife in it, has a relationship with a J Hall. Someone pointed it out to him months ago but he didn't really follow Mick Jagger's life very closely. It took him a long time to twig who it was. When he heard the Dutts was flirting with the most powerful woman on earth his ears pricked right up and since then he's been desperate to make his own mark somehow.

She was at some gala affair in New York Scommo attended earlier in the year and he confided to me about a terrible gaffe he made trying to make conversation with her. "I told her how much I love the Stones music. She looked at me like I was a complete moron. It was a terrible moment. I tried to laugh it off but she just walked away. He told me he blushed purple and several people nearby laughed. And now he wants me to patch up the relationship. It was the main topic he talked to me about on the last visit. "And to make matters worse," he said. "Dutts and her got on well when he met her with Rupert in London when

he was deciding what to do with Julian."

"What did they decide?" But he blushed and turned away from it sticking with his own story, obsessed and intense.

"You realise it's her who got Trumpy and Boris elected, as well as me don't you?" He stared at me with real fear in his baby Christian eyes. "I never met her but I know she's pulling the shots. Now Dutts is her best mate. You know what that means don't you Bethany? She's probably already handed him the knife." He was reaching for his CBD pills as he finished the sentence but even he knows there's no magic pill for terror.

There's no question Scommo the product is looking frayed around the edges. And possibly no question Jerry and her twin Terry and the economic management team of foxes are already calculating a move. As with almost everything, it's all about timing.

Some new instructions. I picked these up in HQ when I was last there, to help members decide who to randomly drug test.

Saliva Testing Point System 2020. While breathalyzing calculate using the following guide:

Anyone with ten points or more should be saliva tested. Ten-year old car 5 points; 30 years old or less driver 5 points; long hair on male 10 points; beard short 5, long 10; dreadlocks 10; Green or environmental stickers 5; driver wearing Green or environmental slogan 5; smoker 10; tattoos 5 or 10 depending on subject; dyed hair or roughly cut 10; glazed eyes 10; insolent attitude 10.



Dr John Teh addressing the previous workshop

Medican workshop this month

by Michael Balderstone

The first Medican of the year is on the January 18/19 weekend, with Carol Ireland (pictured, inset) as the guest speaker.

Carol joined Epilepsy Action Australia as CEO in March 2006 and became a director in 2009. She has worked in the not-for-profit human services sector for a period spanning more than 35 years, holding a variety of executive positions including general management, operations, service delivery, marketing and fundraising roles.

She currently sits on the Australian Advisory Council on the Medicinal Use of Cannabis, the Advisory Board of the Lambert Initiative for Cannabinoid Therapeutics at the University of Sydney, and the steering committee for the NSW Government's Paediatric Epilepsy Trials (Medicinal Cannabis Research).

Carol is a strong and active advocate for people living with epilepsy. I think I first met her at the HEMP expos the Embassy has been going to for a few years now and we liked each other immediately.



She's a very warm and compassionate mother as well as being a smart business woman. Possibly a bit rare, those two together.

Over 250,000 Australians have been diagnosed with epilepsy and the recent discovery of how beneficial cannabis can be for some has been wonderful for many.

Some time ago I realised the Nimbin community has quite a few epileptics living here, but because they smoke weed we would never know. It's a bit like the many alcoholics who live here but never drink any more.

Three doctors, Andrew Katelaris, John Teh from PlantMed, a legal cannabis clinic in Brisbane, and Deb Waldron are all returning to

talk at the Medican, as well as answer questions.

One of the best aspects of these gatherings is the chance to talk one-on-one to doctors who have spent decades studying cannabis. Although access to legal weed is on a steady roll, there are not many doctors with experience out there.

Lismore Lawyer Steve Bolt will be there with legal advice and Radic AI will be doing extraction classes again. Breeder, gardener and healer Malcolm Lee is coming to speak and give advice also, as is Andrew Kavasilas to tell us about the latest government developments where cannabis leaf products are next in line for legalisation.

I will MC the weekend along with Disco Sista. Stalls with hemp juice and clothing, as well as the Australian Cannabis University will also be there.

Everyone is welcome, donations appreciated, and healthy food available on site at the Bush Theatre cafe, next to Mulgum Creek at the northern end of the village.

Talks start both days at 11am and finish around 4.20 in the arvo.



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Did you know?

All our links are clickable in the web edition.

NIMBIN HEMP EMBASSY
presents
A MEDICAN WORKSHOP
At the Nimbin Bush Theatre Jan 18/19 2020
from 11a.m. till 4:20p.m. both days

A weekend medical cannabis workshop
with healers, users and makers.
Educate yourself!

Speakers include:-
Carol Ireland- CEO Epilepsy Action Australia;
Dr Andrew Katelaris; Dr Deb Waldron;
Dr John Teh from Plant Med;
Steve Bolt with legal advice;
Gardener & healer Malcolm Lee will do
a seed breeding workshop on sunday;
Michael Balderstone &
Andrew Kavasilas from the
Nimbin HEMP Embassy;
Radic AI giving extraction classes;
Disco Sista.

Entry by donation

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Interested in theatre?
Act, direct, assist, make costumes, build sets, paint, help with admin, join our committee - Lismore Theatre Company has a place for you to get involved.
Come and join us! Email admin@lismoretheatrecompany.org.au

lismoretheatrecompany.org.au

Tread the boards with LTC

by Jenny Dowell

Be part of Lismore Theatre Company in its 50th year.

Lismore Theatre Company has completed a great year of performances with many sell-out shows featuring people of all ages in on-and off-stage roles.

In preparation for the 2020 season, the company is inviting others to get involved.

There is a role for everyone at LTC. Whether it be on stage or helping with sets, lighting or costumes in one of our other scheduled shows, such as our opening play for 2020, *Educating Rita*, to be directed by David



Addenbrooke; all new people would be welcome.

Anyone with technical skills in lighting, sound and electrical areas, or with carpentry abilities, are always highly sought-after

in community theatre, and also those with design and on-line skills.

Lismore Theatre Company will celebrate its 50th anniversary in 2020 and will hold some special

events mid-year in its home, Rochdale Theatre on Ballina Road, Goonellabah.

In the past year, air conditioning has been installed in the theatre, the supper room and back stage to make this 88-seat venue a comfortable space for all.

Its raked, traditionally-upholstered seating and excellent acoustics add to the theatrical experience for audiences.

Painting of the exterior is in process for a fresh new look for a fresh new year.

For more information about getting involved, please contact the theatre through its website: www.lismoretheatrecompany.org.au

Proudly supported by the Nimbin School of Arts.

NIMBIN FASHION SHOW

High Fashion to wearable arts

29th Feb 2020
Nimbin Town Hall
Matinee: 1:30 pm
Evening: 6:30 pm

Sponsored by
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Summerland Credit Union

A non-profit event
Food available

www.facebook.com/NimbinFashionDesigners

Cabaret Bowlesque

by Biko

As you may recall, the original Blush – Cabaret Bowlesque, due to be presented on 9th November last year, was cancelled at the last minute when the fire front came through near Nimbin.

We are pleased to announce that it has been rescheduled for Saturday 25th January at the Nimbin Bowling Club from 7pm.

We are hoping all those who made bookings or purchased tickets for the original night are able to attend.

Prepare to be dazzled and amazed by wanton women, voluptuous vamps, sexy sirens, scarlett harlots, maddening minxs, flirtatious felines, tempting trollops and tantalising tramps from all over the Rainbow Region.

So please join us for a night of cabaret and burlesque at the Nimbin Bowling Club.

Show only \$20, or \$45 for dinner, drink and show option.

Tickets and bookings available at the Club, phone 6689-1250.



Members of the Nomads Dance Troupe dancing in Cullen Street



NIMBIN BOWLO

25 Sibley Street Nimbin. Phone 6689-1250

What's On in January?

- **Saturday 1th** – Red Eye darts competition
- **Saturday 25th** – Cabaret Bowlesque 7.30pm, \$20
- **Sunday 26th** – Oz Day social bowls
- **Open Mic Night** – Wed 15th, 29th
- **2020 Membership now due**
- **Courtesy Bus** – Enquire at bar

KENO
First-timers and novice bowlers welcome

BISTRO LOUNGE

– AND –

25 Sibley Street Nimbin. Phone 6689-1473

LIVE ENTERTAINMENT THIS MONTH

- **Friday 10th, 6pm** Brommers
- **Friday 17th, 6pm** Sarah Stando
- **Friday 24th, 6pm** Mish Songsmith
- **Friday 31st, 6pm** Cass Eleven

Lunch & Dinner Wed – Sat
Sunday lunch specials

Catering for functions of all budgets and tastes

Live music in the park



Photo: Chibo Mertineit

Sweet original music in Nimbin's Allsopp Park, performed by Jerry and Lon, usually gets the girls dancing.

Moves are afoot to provide regular music in the park on weekends, with grant funding being investigated.



Nimbin will host an evening of sublime sounds from the Classical Indian tradition featuring local musician Shivam Rath on the 22-string Indian slide guitar, and special guest all the way from Delhi, Saptak Sharma on Tabla.

Mico Sundari, beautiful devotional musician from Japan will open the night, offering her soothing blend of world mantras and medicine music.

Shivam is a second generation Australian Classical Indian musician, inspired by his father's tabla playing at a young age, and arriving at the Indian slide guitar (in this case, the Chaturangi), studying under internationally renowned Indian slide guitar maestro Debashish Battacharya in Kolkata.

Saptak began learning tabla at the age of four, and has been under the tutelage of legendary Ustad Akram Khan of Ajrada Gharana for the last 15 years.

He performs at various stages across India and globally, within traditional settings on tabla, and fusion groups on tabla and a variety of percussion instruments.

Mico began her journey with devotional

music after a meeting with international vocalist and musician Gina Sala in 2009.

A dedicated student and teacher, she has developed a unique style with Kirtan, Classical Indian raga music and Japanese traditional chant.

With its dynamic contrast of slow to fast speeds, unique rhythmic and melodic patterns and improvisational complexity, Indian music has the capacity to elevate audiences, bringing a natural high of joy and wonder.

Passed from generation to generation via lineages or 'Gharanas' the musician captures a timeless cultural experience, transporting the listener through the essence of raga (loosely defined as a scale), representing a specific feeling and meeting with the divine.

The concert is Saturday 17th January at the Birth and Beyond room, 54 Cullen Street Nimbin. Doors open at 6.30pm for a 7pm concert, with chai and treats available.

Advance tickets are available at: www.crystalslide.com for \$16.50 (including booking fee), or at the door for \$20.

Phone 0428-539-232 for more details.

Rehearsing for Heaven

Rehearsing for Heaven returns to Mullumbimby with international choir leader, composer, innovator and singer Tony Backhouse, leading a public workshop in A Cappella singing on Saturday 11th January, at the Byron Community College in Mullumbimby from 1pm to 4pm.

No singing or musical experience is needed to get the joy of singing in instant harmony with a big group of strangers, under such inspiring guidance.

Renowned as the founder of Sydney's Cafe of the Gate of Salvation choir, the Honey Bees, the Heavenly Light Quartet, Tony's compositions have graced the big screen (Jane Campion's *Sweetie* and Peter Jackson's *Braindead*), recordings by Joe Walsh, Renee Geyer, Jackie Orszaszsky, Jenny Morris, and many others.

Backhouse has received awards from the Contemporary A Cappella Society of America and composer commissions from The Song Company and the Australia Council.

In 1990 he received an Australia Council International Study Grant



to research Black gospel traditions at Memphis State University.

In 2006, his song *Lost in the Heavenly Light* was nominated for the Australian Classical Music Awards for Vocal Work of the Year.

Since 1987, Backhouse has been running vocal workshops throughout Australia and New Zealand, Canada, the Pacific Islands, France, Italy and the UK, and has been a solo performer at festivals throughout Australia, and taught at Summersong Music Camp for 20 years.

He has authored African

American gospel songbooks *A cappella - Rehearsing For Heaven* (1995; accompanying double CD, 2003) and *Move on Up* (2005), and a book on directing vocal groups, *Freeing the Song*.

He also leads groups to black churches in the USA bi-annually.

The Rehearsing for Heaven workshop will be held on Saturday, 11th January at Byron Region Community College, behind the Post Office in Mullumbimby (air-conditioned), from 1 to 4pm; doors open at 12.45pm.

Cash payment only: \$35 or \$30 for Summersong graduates.



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WHAT'S ON WEEKLY

MONDAY- BINGO FROM 6PM

TUESDAY- TRIVIA & RAFFLES FROM 7PM

WEDNESDAY-POKER NIGHT FROM 6.30PM

THURSDAY- JOKER POKER
& RAFFLES FROM 6.30PM

FRIDAY- RAFFLES
& MEMBER DRAW FROM 7PM

SATURDAY- PUNTERS DAY

SUNDAY- POOL COMP FROM 5.30PM



LIVE MUSIC THURSDAY & FRIDAY NIGHTS FROM 7PM

THURSDAY 02/01 - BROMMERS
FRIDAY 03/01 - SHEM

THURSDAY 09/01 - BILL JACOBI
FRIDAY 10/01 - HAPPY RAYZ

THURSDAY 16/01 - Q
FRIDAY 17/01 - KIARA JACK

THURSDAY 23/01 - NEIL ANDERSON
FRIDAY 24/01 - CASS ELEVEN BAND

THURSDAY 30/01 - WILDFLOWER
FRIDAY 31/01 - SALT AND STEEL

CONTACT

53 Cullen St, Nimbin NSW
Phone: (02) 6689 1246
Email: info@nimbinhotel.com.au

