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Lucas Verhelst BSc MRACI

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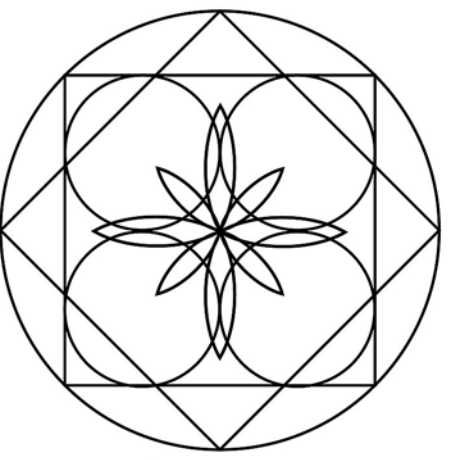


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Maureen Whittaker

by Anne Cook

Maureen Whittaker is an emerging community-focused artist, who works primarily in acrylics and watercolour, using bold colours and texture to express the vitality and excitement of her eclectic subject matter.

Maureen is widely travelled and has drawn on the images from her recent journeys around Italy and France as a source of influence for her current series of works.

How seductive is the painting 'Tuscan Café'? It invites you to step inside a snug little bistro for an aperitif and a cosy chat, surrounded by the delicious warmth of autumnal colours. Waiter, another round please!

Maureen has studied with, and been influenced by such Australian artists as Lucja Ray, Wendy Lageman and Philippa Leader.

Over the last few years, Maureen has exhibited in the Nimbin Artists Gallery, Blue Knob and

Roxy Galleries. Works sold from these showings are held in private collections locally, and in Sydney, Brisbane and overseas in Wales and Italy.

Maureen's art has been described as "Feel-Good Paintings" and she believes that if she can put a little joy into this world, then that is a description she is most willing to accept.

Come and see Maureen's work at the Nimbin Artists Gallery, now open 11am - 4pm daily.



Blue Knob opens

Blue Knob Hall Gallery and Blue Knob Cafe have continued to open up slowly over the Covid-19 period.

With the Saturday morning Blue Knob Community Market back on from 8.30am - 12pm, social distancing requirements are still in place, for visitors and locals alike. Café tables extend into the gallery to add some extra space for diners.

A new exhibition *The Fibre Show - Warp & Weft*, and Pauline Ahern's *Looking Back Going Forward* in the Solo Space, come in at the end of July.

Blue Knob Cafe will be open Thursday - Sunday, 10am-3pm.

Taking Rita out of storage



by Jenny Dowell, publicity officer

As Covid-19 restrictions are gradually eased, Lismore Theatre Company is looking forward to unpacking *Educating Rita* from its storage box and staging it as the first performance for 2020 as originally planned.

"We had planned to open *Educating Rita* on 20th March as our first show for the year, but those plans were disrupted by this pandemic," said LTC President Sharon Brodie.

"While our actors Elyse Knowles (pictured) and Gray Wilson exited stage left, they continued to rehearse at home."

While new dates are not yet announced, Director David Addenbrooke is keen to see audiences enjoying *Educating Rita*.

"This Willy Russell play is witty and explores the Pygmalion story of personal growth," David said. "I'm delighted to have two of the finest actors in the region in this production."

The stage setting has remained intact during the period of hibernation, and the committee is implementing plans to ensure the safety of audiences and crew as the theatre reopens.

The committee has been granted temporary rental relief by its landlord Lismore City Council and has completed significant roof and insulation works during the break.

"We are ready and eager to welcome back audiences," said Sharon Brodie.

"We hope those audiences come to enjoy *Educating Rita* and support Lismore's only community theatre company."

Regional gallery exhibits



'Be a man' by Paulette Hayes, machine embroidery on cotton singlet top.
Photo: Cherie Winter

Control. Abuse. Kill.

17th June – 23rd August

She'll be right, mate! is the result of years of experience, thought and art-making about women. The exhibition honours the women who were murdered in Australia in 2013.

Using data from Counting Dead Women (an awareness campaign which researches, records and publishes every reported femicide in Australia), Paulette Hayes invites the viewer to confront what cannot be said and brings light to heal the wounds around what has been kept secret.

Hayes uses two powerful symbols to signify women and men, and to speak about where this violence frequently occurs.

She takes the home as a symbol of women's safety and daily life and highlights it as a site of ongoing and accumulative violence.

The blue singlet, casually called "the wife basher" in Australian vernacular, is a poignant and brutal motif, with the child's singlet pointing to when this behaviour is sometimes learned, starting a continuous cycle of violence.

The information in the vinyl panel Remembering Our Sisters, 79 houses constructed from paper, was sourced from the Counting Dead Women

campaign. Each house is a small memorial to the women who lost their lives.

This exhibition is now on show at Lismore Regional Gallery.

Dissonant Rhythms

17th June – 16rd August

The national tour of artist Ross Manning's mesmerising light and sound installations visits Lismore Regional Gallery.

Fans, fluorescent tubes, and overhead projectors are repurposed to create exquisite interplays of light and sound for the national tour of Ross Manning's Dissonant Rhythms currently at Lismore Regional Gallery.

Audiences will experience mesmerising encounters with light, movement, and sound scored by carefully manipulated technologies during the internationally acclaimed artist's Australian tour.

Dissonant Rhythms is the Brisbane-based artist and musician's first ever survey exhibition, which premiered at the IMA in 2017. Receiving significant acclaim, Manning recently unveiled a major new commission at Carriageworks in Sydney (2016), presented new work at the Shanghai Biennale (2016), and was featured

in MCA's Primavera (2009) and The National Museum of Contemporary Art, New South Wales (2019).

Over the past decade, Manning has developed what could be described as his own world, animated by light and sound.

Combining choreographed mechanical movements with gravity, friction, and chance, Manning's works mix sonic and luminous landscapes.

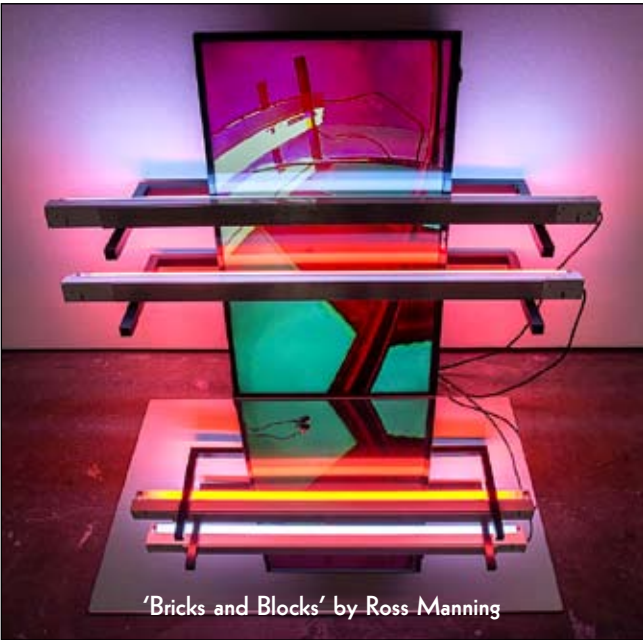
Consuming all manner of household and industrial objects, hardware, and technologies, Manning's practice uses light, sound, and motion to colonise nearly every surface and wavelength in its vicinity.

Dissonant Rhythms was curated by IMA's directors Aileen Burns and Johan Lundh, and assistant director Madeleine King. When describing the work, Madeleine King states:

"He is an obsessive creator of systems that are driven by their own logic, and of moving objects propelled by electricity and their own kinetic forces."

"Manning manages to be analytical and systems-oriented as well as playful and lyrical in his assemblages."

"A domestic fan becomes a propeller for a swinging mobile of coloured light in one work, and animates a rotating spiral of string in another."



'Bricks and Blocks' by Ross Manning



Stitching the seasons

The theme for this year's Alice Springs Beaniefest is 'Stitching the Seasons'.

Local beaniologist Meggan Jack has entered two hats to the Online People's Choice Event: 'Floods – Seven Sisters River Red Gum' and 'Tipping Point – Extreme Seasons'.

For the first time, the Beaniefest is hosting an on-line platform, and people can even buy beanies from communities in remote Australia, something people have been requesting for a while.

The link for voting is: <http://wshe.es/w3faBJ6J>

Bonalbo Artists Alliance



'Unravelling 1' by Marion Conrow

Serpentine re-emerges

by Fiona McConnachie

We've been quite busy at the Serpentine renovating the gallery, painting the walls and establishing a "shop".

It's looking great and is ready for our show 'Re-Emergence' which opens on Friday 10th July at 6pm. This exhibition will showcase the work done by our artist members while in "isolation".

This has been a tough time for a lot of us but it has also been an opportunity to create art and pursue our interests without interruption.

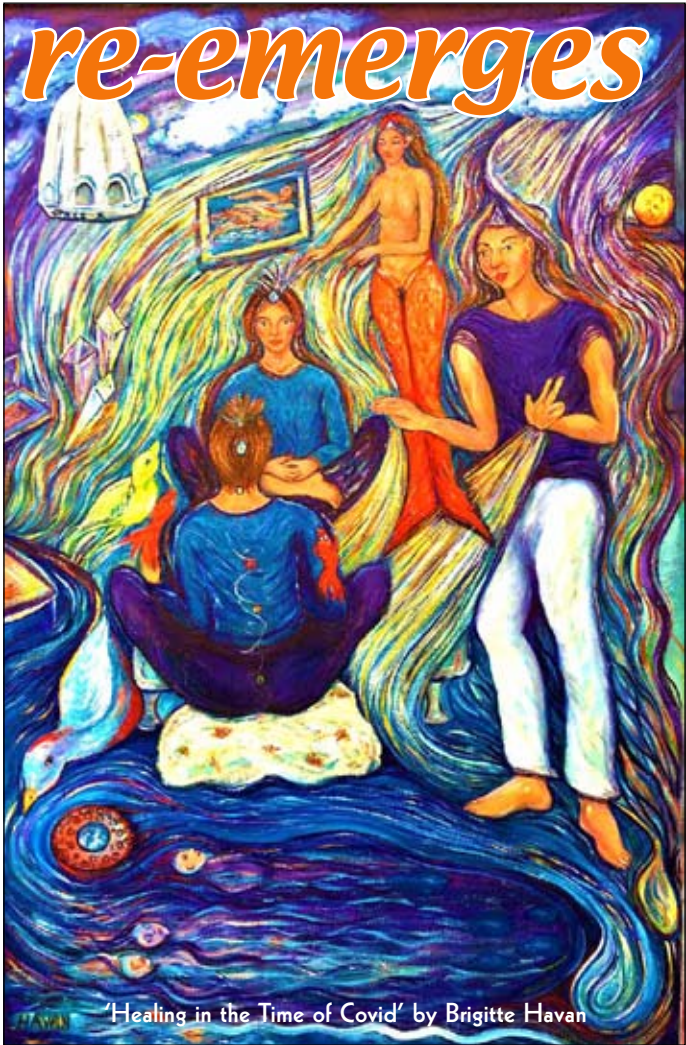
We encourage those who want to contribute art work to 'Re-Emergence' to drop their art off by no later than 8th July, but if you are late with submission please give us a call and we can leave room for your work (contact details below).

We are open and able to maintain social distancing if you are interested in dropping in for a visit and viewing the art we have displayed.

We also are featuring the lovely hand-crafted gift items made by the community group, 'Our Happy Women'.

There are beautiful hand-printed silk scarves, gorgeous baby clothes and woven fibre vessels... all to raise funds for this very important community organisation which supports the efforts of indigenous women in our local area.

Our address is 17a Bridge Street North Lismore and we can be contacted on (02) 6621-6845 or via email to: gallery@serpentinearts.org



'Healing in the Time of Covid' by Brigitte Havan

Artists from the Bonalbo Artists Alliance (BAA) will exhibit in the Roxy Gallery from Wednesday 1st July.

With the gallery back into swing, pivoting in all kinds of ways we are looking forward to this exhibition.

Members of the BAA have asked members of the Woodenbong Artist Group (WAG) to join them in their exhibition in a goodwill gesture after WAG's Woodenbong exhibition was postponed due to the lockdown environment we all found ourselves in.

With a host of over twelve artists from the BAA group and a number of artists contributing from the WAG group the 'Bonalbo Artists Alliance 2020 Exhibition' will be a real collection of talents from the western range of our local government area.

The western range of the Kyogle local government area has experienced within a twelve-month period, drought, fire, flood and pandemic and art has provided a welcome outlet

for many of the interesting creative residents.

This exhibition should tell a few tales on how resilience is nurtured through being creative with some amazing artist works.

So that we provide a safe space for visitors, and that we comply with the NSW Public Health Order for Cultural buildings, libraries, galleries and museums, we will have some new guidelines for our visitors to follow and would ask visitors to respect them.

The Roxy Gallery opening hours will be Wednesday to Friday from 10am to 3pm and Saturday from 10am to 2pm, but closed on Sundays until further notice.

The Roxy Gallery welcomes visitor to the space and is still conducting sales from gallery exhibitions however, the Roxy Shop is closed for purchasing until further notice.

'Bonalbo Artists Alliance 2020 Exhibition' will be on exhibit until Saturday 1st August.

Every now and again I'm reminded of a medicinal plant from my past. A plant that used to be in my dispensary, but it's no longer there. The tincture manufacturers from time to time delete a herb from their range, presumably because of insufficient demand. It's as though there are 'fashions' in herbal medicine. New herbs become 'flavour of the month', gaining popularity and being promoted to practitioners. Colleges change their course content from time to time and herbs are deleted, so new graduates may be unfamiliar with many traditional herbs. I don't believe it's due to a lack of usefulness or medicinal power of the plants.

I think I notice these changes more as I've been practising herbal medicine for –gulp! – 40 years or so. I've started to make my own percolated tinctures so I can revisit some of these forgotten plants.

Recently I was asked to make a herbal formula containing blessed thistle, *Cnicus benedictus*. I consider it one of our forgotten plants. I had it in my dispensary years ago but it was deleted. I was fortunately able to source some organically-grown dried herb and have made a tincture.

I'm very grateful I can top up my dispensary with herbs that the commercial manufacturers don't like. So I'm now excited to reconnect with blessed thistle.

Blessed thistle should not be confused with milk thistle or St. Mary's thistle (*Silybum marianum*). Both herbs are used for the liver, but they are not the same plant and there are features unique to each one.

Blessed thistle is a Mediterranean annual plant which is now found in many parts of the world. Like most thistles, it can become a common weed, especially in open sunny wastelands. Its name came from the Benedictine monks and means "blessed".

The monks grew it in the monastery gardens and used it to treat symptoms of The Plague (Black Death) in the fourteenth century. It is recorded in literature of the time, sometimes under the name of holy thistle. It was used



Photo courtesy About-garden.com

Nature's pharmacy
by Trish Clough, herbalist

to expel poisons and treat many other complaints. Appropriately, it is an ingredient in the liqueur Benedictine.

Its most common use in more recent times is as a bitter digestive tonic and liver detoxifier. Poor liver function can lead to brain fog, fatigue, nausea and poor digestion. Blessed thistle also has diuretic properties, and so helps to detoxify via the kidneys as well as the liver.

It has proven to be one of the most useful herb for stimulating breast milk supply in nursing mothers. For this use it works well combined with fenugreek, and can be taken as a tea or a tincture.

Blessed thistle is also anti-inflammatory and immune boosting. Studies have confirmed its effectiveness against a range of bacterial infections, and some of its active constituents suggest it may have anti-viral properties.

It reduces histamine release in mast cells, so may be helpful with allergy symptoms. In general it can be considered an all-round wellbeing tonic.

According to *A Modern Herbal* by

Mrs M Grieve (a herbal bible), it has a "high reputation as a heal-all". It is useful against all kinds of fevers.

She reports 16th century herbalist and author Culpepper as stating "It helps swimplings and giddiness in the head, or the disease called vertigo".

It was recommended for headaches including migraines. It was considered to help with "thick hearing". Culpepper also says it "strengthens the attractive faculty in man." I'm still trying to work out what this means.

Warnings: Blessed thistle is contraindicated in pregnancy. It may cause contact dermatitis or allergy in some people. Excessive doses may cause nausea or vomiting.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years and conducts her own clinic practice in Club Lane in Lismore. 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.

Embracism = erasecism

View from the loo
by Stuart McConville

The Border Ranges Antarctic Beech forest is the most northerly extent of this amazing tree, hanging on to existence on the cold wet southern slopes shrouded by cloud.

It grows there as a community, mostly of its own kin, surrounded by the diversity of the rest of the park.

Like many plants, it prefers to live as a monoculture, using symbiotic relationships with other species only when they do not threaten its dominance of the light-giving canopy.

In the animal kingdom there are many such species too, where they thrive as a community and alter their environments to suit survival. We humans are one such species.

Over the millennia we have grown apart as tribes, as civilisations, as cultures, separated by the tyrannies of distance and time.

Now, after conquering with



technology, we are thrust together and challenged by how different we have become since we all had the same mother.

We behave as if we are different species in nature, fearing the dominance of one over the other, reacting to our instinctive imperative to survive.

Only children are immune, as they are still under their parents' protective umbrella and have no need to react to each other with racist thoughts.

Racism is one of the many normal negative thoughts most people participate in at some point in their lives. It is just as persistent and

ubiquitous as violence, theft, aggression and many other negative emotions.

The only way to erase it is to embrace it and the pain that bears it and come to terms with why it exists on a deeper level, and even then we may never succeed.

Disparity does exist between racial groups. It is obvious that white Anglo culture has managed to dominate Australian society.

A few days ago I walked the Myall Creek massacre memorial trail, sadness permeated my bones to the core. The fear that both settlers and indigenous people had was evident.

The squatter who initiated

the disaster was never charged. This and many more atrocities are still with us in the form of inter-generational trauma that we can only hope to dispel by never forgetting and forgiving at the same time.

I am saddened also by the fact that we Anglos feel the need to dominate culture.

Our own trauma from the centuries of surviving in Europe through wars and winters, famines and plagues must be truly momentous.

I am sure that if many white Australians knew the stories of their ancestors at the hands of the English, Romans, Vikings or whomever, we might understand better how we became so horribly brutal upon landing on these shores.

The art of survival still remains as it once was all those years ago, when humans evolved as social creatures, dependent on each other. Collaboration is the key, not competition.

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

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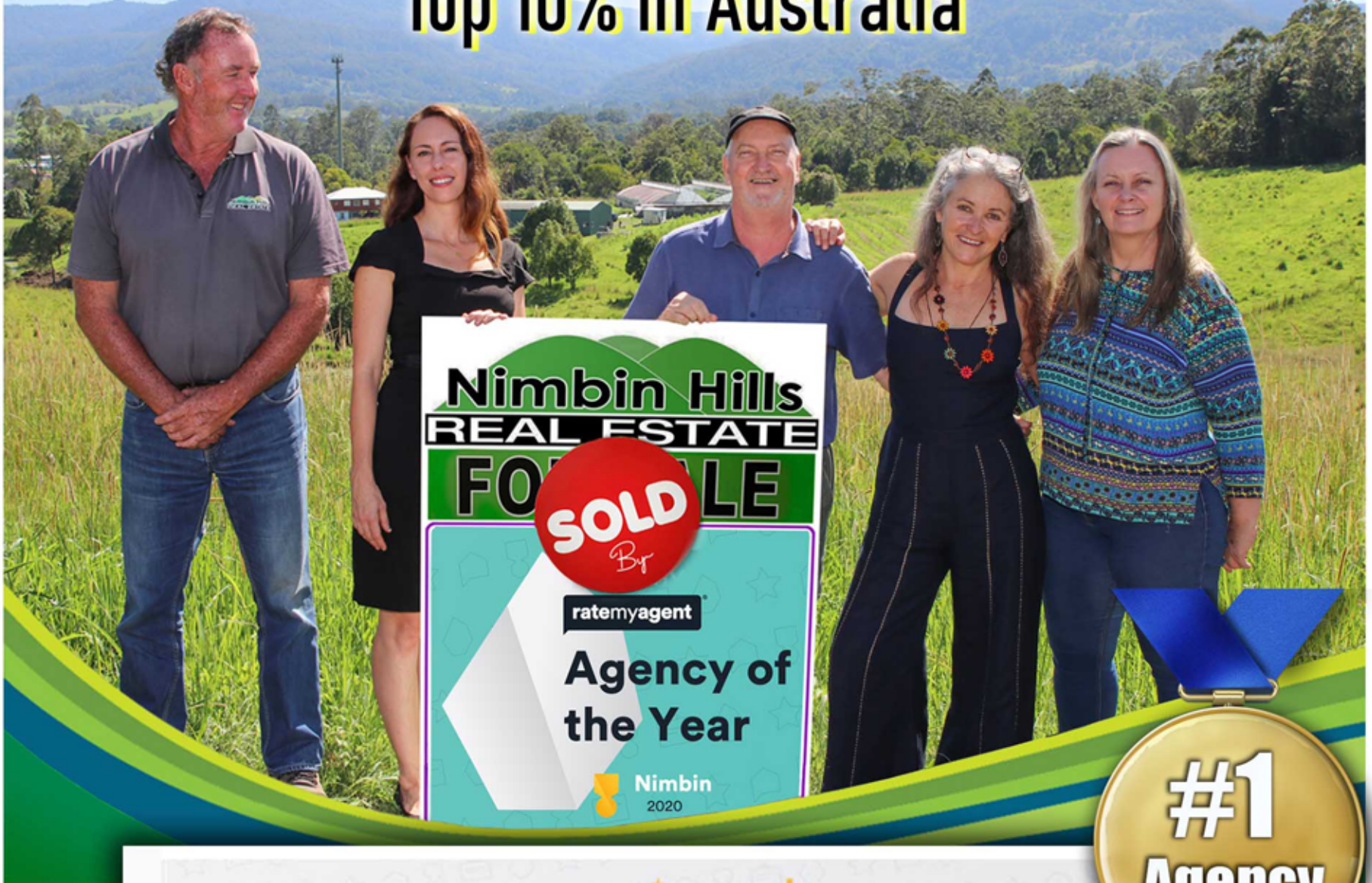
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Mark Armstrong
CEO & Co-founder

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Jacqui Smith

A big thanks to all my vendors and purchasers for all their loyalty and wonderful reviews. I look forward to another great year ahead. I love Nimbin and I love my job. Totally blessed!
Jacqui - 0439 15 6666





Help a hurting Kenyan family

by Rob Fisher

People's interest in the children of Kenya and the financial support donated is very much appreciated by Kenya Kids International (KKI).

This year, 27 students have been sponsored to attend secondary school and two students are at University. But as we all know, Covid-19 is playing havoc around the world, and Kenya is no exception.

In Kenya schools and universities are closed. Curfews and travel restrictions limit Kenyans' ability to work, and we are hearing that many families are going hungry.

One student wrote: "We are in total lockdown and this makes my poor mother not to get for us food items."

Another wrote: "It has led to the increase of prices of some basic products like food, therefore sometimes

I do sleep without taking anything, since there is no support from the government."

Yet another wrote: "Our staple food before was small fish and kale, but now it is too hard to strive to make it. What we consume is just the black nightshade that is a natural food and grows on the riverbank."

The Kenya Kids International Board discussed the situation to see if there was any way we might help. KKI is not an emergency aid agency, however we occasionally help with special needs in relation to food security and shelter.

We have resolved to try and assist 36 families known to KKI. We plan to provide each family with 30kgs of maize (corn), a staple Kenyan food. Our Kenyan partners, the Agolomuok Students Support Group, will purchase and distribute the food on our behalf.

We need to buy 12 x 90kg bags of maize, each bag costing \$70. However, we do not have sufficient funds to meet the full cost of \$840. Would you consider buying half a bag for \$35 or even a full bag for \$70?

Kenyans get no support from their government, and there are no Vinnies or Salvos to help. Whilst Covid-19 is causing many Australians to face similar challenges to our Kenyan friends, not everyone is as severely affected.

If you are able to buy a bag of maize or give a lesser amount, you will help a hurting Kenyan family.

Your gift doesn't just provide a few meals, you're giving families hope, by showing someone far away cares for them.

Thank you in anticipation of your support. Please transfer your gift by Direct Debit to KKI at Summerland Credit Union BSB 728-728, Account Number 22314767.

Koala Kolumn

by Susannah Keogh, Care co-ordinator

On a cold winter night in June 2018, we were called out to an unusual rescue in Lynwood.

A gentleman had found a koala "somewhere on the road" and dropped it off at a random house without leaving any details. Thankfully, the home owners knew to call our Rescue Hotline and we were able to assist immediately.

The koala turned out to be a tiny joey aged about 7 months and weighing just over 600g. The joey was named Franklin. How he ended up on the side of the road we will never know.

Due to his age and poor condition, he certainly would not have survived many more cold nights without milk or food.

The following morning, he was rushed to Currumbin Wildlife Hospital and apart from his poor body condition, Franklin (not surprisingly) had pneumonia. While usually reasonably straightforward to treat, Franklin's was persistent and recurring.

But his carer Sam was vigilant, and as he grew older, he made a full recovery. He was, however, what we consider a "failure to thrive" koala.

He was slow in growth and development and we were pretty sure by the time he hit 2kg that he would not make it in the wild. We gave him the opportunity to prove us wrong when he was 3.5kg by placing him in a kindy plantation (koala-proof fenced plantation) to see how he would fare.

He failed miserably, losing weight and



condition as well as developing peritonitis (inflammation of the membrane lining the abdominal wall and covering the abdominal organs) and typhlocolitis (inflammation of the caecum and colon) within only a few weeks.

After a mammoth effort, he recovered but was deemed unreleasable.

Once he was healthy in care, Franklin did beautifully and grew into a stunning boy. We received permission in May this year to transfer him to Port Macquarie Koala Hospital, which has become his new home.

He has been dubbed "George Clooney" by his new guardians at Port Macquarie Koala Hospital, and he will live out his days in the Species Management Program with girlfriends Lismore Rose and Lismore Myrtle.

To report a koala in trouble, or a sighting, phone (02) 6622-1235.

Nimbin Garden Club notes



by Mandy Hunter

Our June AGM was well attended. Being the first meeting for a long time, it was wonderful to see old friends and some new faces.

We met at the always welcoming home of our returning president Kerry and partner Dan at Stony Chute.

An enthusiastic committee was elected to oversee the coming year.

Thanks to the efforts of Anna, our returning secretary, we now have a Facebook page and are on Nimbin Hookups.

We have an exciting list of gardens to visit in the coming months. As always, we are on the lookout for more, so

please make contact if you have an interesting backyard.

Our garden visits are held on the third Saturday of the month. Our July garden is yet to be finalised, so please check our page if you would like to attend as a guest.

Members will receive the usual email. Please bring a cup, chair and a plate to share.

Nepal village rebuild faces Covid challenges

by Jan Hendrie, fundraiser for Nimbin Nepal Relief Fund

When the devastating earthquake hit Nepal in 2015, our tireless community nurse, Helen Simpson, set up the Nimbin Nepal Relief Fund to help rebuild the village of Bolgaon.

Helen has worked with dedication and care in our community for nearly 30 years, and yet she happily gave up her annual holidays to work as a volunteer in Nepal with other nurses and doctors from Australia and New Zealand. Helen has been doing this for 10 years.

After the earthquake she noticed a village across the mountain that had been completely reduced to rubble and asked her guide why they were not receiving any help. "Too remote," was the reply.

That village is Bolgaon and now, thanks to the Nimbin Nepal Relief Fund and Helen, we have built 12 new houses in collaboration with Good Earth Global using earthbag technology which is earthquake resistant.

I first became a fundraiser for the Nimbin Nepal Relief Fund in 2015, somewhat daunted at the task of rebuilding a village in a remote part of Nepal, perched on the edge of a Himalayan mountain. Helen however was confident it could be done. Such is her spirit!

The success of this project would not have been possible without people like Helen and the overwhelming generosity of the community of Nimbin and its businesses. The Tuntabla Falls Community has also been exceedingly generous to the Nimbin Nepal Relief Fund and has, as all of you, our grateful thanks.

Many thanks also to the



Nimbin Health and Welfare Association for their support and to all the wonderful volunteers who have made the trek to Bolgaon (at their own expense) to help with the rebuild.

Special mention must be made of Mick Watson (cook at Nimbin Pizza and Trattoria) who was one of the first volunteers to travel to Bolgaon and has returned there on three more occasions.

Mick has worked tirelessly to help rebuild many of the houses, and has earned the love and respect of the Nepali villagers. We couldn't have done it without you Mick! Thank you for all your hard work and generosity of spirit.

We are especially proud that 100% of the funds raised have gone to the village of Bolgaon. We will continue to support the village; its gentle, loving people, their school, and especially the

children who require on-going help with their health and education.

During the pandemic, the village of Bolgaon has been in isolation (not that new for them) and being so remote we feel that they are reasonably safe. However, our Nepali friends in Kathmandu who have helped in many ways with the rebuild of Bolgaon are experiencing a crisis with the pandemic and are in desperate need of masks, gloves and sanitiser.

If you are able to help, your donation (no matter how small) would be much appreciated. You can call into our local Summerland or send your donation via direct transfer, details as follows: Nimbin Nepal Relief Fund, Summerland Credit Union BSB: 728 728, Account No: 22305642

God bless you Helen Simpson and the village of Nimbin.