

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 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





Control. Abuse. Kill.

17th June - 23rd August

She'll be right, mate! is the result of years of experience, thought and artmaking 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 cound

Combining choregraphed 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."



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



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.

Serpentine ?

by Fiona McConnachie

e'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



www.nimbingoodtimes.com

July 2020 The Nimbin GoodTimes Page 15

LIVING IN AN OVERCROWDED WORLD

by Bernadine Schwartz

oo many people in this world today, never give our home a second thought, despite Mother Earth being the hand that literally feeds us and I'm starting to believe that society have no concept at all that we live on a planet that's a living entity and has been for 4.54 billion years, to be precise.

I can't understand why we go to such extreme lengths restoring and safeguarding anything from vintage cars and buildings, to Egyptian mummies and dinosaur bones, that are artefacts or things long dead, while we constantly neglect our only home, which is the oldest treasure we have.

The process of universal creation gave us this planet, that spins at a rate of 1,037 miles per hour and revolves around the sun at an incredible 67,000 miles per hour or thereabouts, which is a miracle in itself and yet society's gratitude for this amazing planet is hard to find.

Like a freight train in the night, there's been a perpetual push for progress and it's growing faster and becoming more reckless every year. One week there's bushland and the next week there's another massive service station or Maccas, take your pick, and any piece of land left on this planet, no matter how big or small, is either dug up or built upon.

There's nothing progressive about destroying 10% of the planet's wildernesses in the last 25 years, but we have, and there's no end in sight, simply because there's too many of us and we won't stop breeding, that's the bottom line.

Of all the land on Earth, 33% is taken up by deserts and 24% is mountainous, and of the remaining land, 90% is used for human purposes, leaving a paltry 10% untouched, according to geoscience.org and yet we only account for .00018 of Earth's non-marine biomass as a species. Living proof of how greedy we really are.

There are two different methods for calculating a threshold for the global population, one is maximum and the other is optimal and don't be deceived because there is a huge difference between the two.

A maximum population falls in the range of 4 to 16 billion, where a number can be indefinitely supported at a given consumption level by a given environment and I must emphasise this doesn't take into account constraints due to the carrying capacity.

Estimates for an optimal population, is based on a carrying capacity that can be permanently maintained, as well as other criteria that clearly distinguishes it from merely surviving.

It makes provisions for a size that produces the best results, including sufficient wealth, universal human rights and access to resources that recognises bio-capacity, which is the amount of energy to satisfy human needs, while simultaneously allowing

the biosphere to regenerate, therefore keeping ecosystems and resources intact without reaching depletion.

Other factors such as the preservation of biodiversity and the support of cultural, intellectual, artistic, and technological creativity were included and the final figure arrived at was 1.5 billion to 2 billion.

The big problem is we passed that number in 1900 when the population was only 1.6 billion and today it just keeps rising. Last year it stood at 7.6 billion and by May this year it climbed to 7.8 billion and it's expected to be 8.6 billion by the mid-2030s, 9.8 billion in 2050 and a massive 11.2 billion by the end of the century.

We can't point the finger at anyone else but ourselves for the instigation of, not a wave but a tsunami of extinctions and untold environmental destruction and degradation to Mother Earth and more people equals more of the same.

The planet is already severely fragmented leaving most ecosystems so small, they can't support any significant wildlife and scientists are

warning that urgent action is needed to preserve what is left, particularly when only 5% have any kind of protection.

What this world lacks and has needed for decades is long term vision, especially when this home of ours once had the possibility of another billion years. Instead we have politicians and CEOs who can't see past their nose and are guilty of gross mismanagement and negligence, never once recognising the true importance of managing a planet and all that live upon it.

Statistics can reveal a helluva lot, so when I learnt that 30 years constitutes the time between each generation, I got the calculator out and divided a billion by 30, and came up with 33,333,333.3. That's how many potential generations we have probably robbed the right to life and it's absolutely appalling to know that from the beginning of 1961 the world had a substantial ecological reserve of resources, that disappeared after only ten years, and since then we have been running in deficit mode where demand for resources now exceeds availability by 50%.

And how many generations did it take to cause so much devastation and deplete the planet's resources that took billions of years to be produced?

Every individual has a responsibility before conception to ensure their child will come into a safe world that can feed them and give them access to clean water but the cold reality is, no one can guarantee any of these things, not government or your chosen god. In fact, our own government encourages population growth with baby bonuses and their motivation is purely for monetary reasons, more people equals a bigger economy.

I know for many it's a touchy subject but it's inhumane and unethical to bring new life into this already overcrowded world and if you look at China and India, the evidence is there. Together they account for 37% of the world's population but the total of their combined arable land is only 19%.

There's nothing more distressing than watching a child suffer and there was a time when the sight of a newborn baby filled me with emotion but today the emotion I feel is not one of happiness, but deep sadness, knowing they are entering a precarious and dangerous world with nothing but hardship and suffering ahead of them.

Enough said, so I think I'll end it on that note

\$10,000 IN GOLD

SCIENCE PROVING MERCURY INJECTION SAFETY



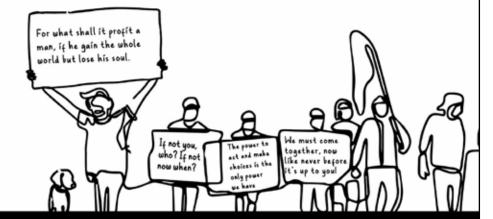
MARCH REJECTING MEDICAL TYRANNY, ENVIRONMENTAL TYRANNY, **ECONOMIC & RELIGIOUS TYRANNY**

7H JULY 2 0 2 0 START NIMBIN COMMUNITY CENTER

VACCINE INJURY PREVENTION NIGHT LIGHT ON CORRUPTION, HONES AND EQUITY COMMUNITY EVEN

HOSE WHO WOULD SACRIFICE LIBERTY FOR SAFETY SHALL HAVE NONE AND DESERVE

SCREENING OF THE SHORT FILM "SAFE TO DEATH" + REY VOICES SPEAKING ON THE ENCROACHING FULL SPECTRUM DOMINANCE IMMENT CYBORG FUTURE. WITH MANDATORY 606 NEW REGISTERED ADULT VACCINES + 5427 VACCINES IN DEVELOPMENT. MICROCHIPS, CASHLESS SOCIETY AND THE 5G-750 NEMF OPEN AIR PRISON. watch film now at www.freewill.today



ALLIANCE Freewill today

470: A cli-fi future on our doorsteps

by Kitty van Vuuren

That will the world be like in 10 years when atmospheric carbon will reach 470 parts per million, when summer temperatures reach just below 50°C, when the oceans eat away at familiar coastlines, when food shortages are common, and when governments no longer govern?

Linda Woodrow's debut climate fiction (cli-fi) novel titled 470 explores this question from the perspective of two sisters and their parents.

Zanna is a young Pilates instructor housesitting in Byron Bay, who worries about her health, her future, and new boyfriend. Her older sister Kat lives with Sophie off-grid in a community outside Mullumbimby, aiming to be self-sufficient.

In Melbourne, their parents Phil and Maureen suffer regular blackouts and water restriction, and worry about their plan to retire and be near their daughters.

The year 2030 is not so far removed from our current experiences. Weather extremes are commonplace, summer temperatures continue to soar, droughts result in the rising food costs, anti-gas protests continue in Lismore, governments are increasingly dysfunctional, and public servants, especially nurses, regularly work without pay.

In this scenario, a cyclone crosses the coast near Brisbane, testing the resilience of the book's characters.

In the middle of the night, Zanna is forced to evacuate to an emergency centre where she hooks up with Java of no fixed address, who ekes out a living by selling marijuana cookies.

After leaving the centre, she returns to her home to find it has washed into the sea. Her only option is to find a way to her sister's community.

Damage to roads and telecommunications has isolated the community, and it is here where the author's considerable permaculture expertise comes to the fore (she wrote *The* Permaculture Home Garden published by Viking in 1997).

In 470, Woodrow explores Kaz and Sophie's measures to adapt to climate change and their ability to meet the problems caused by the cyclone: food shortages, looting, and discord in the community with the arrival of commune members'

extended families who are seeking refuge.

Contact with the outside world is limited due to poor telecommunications, and a single trip to the nearby beach has become a weekend expedition. But after five years there are signs of hope. Community members are able to trade their surplus at the Mullumbimby market and food shortages are gradually easing. Zanna, now a mother, has settled into the community's routines is at home with her family, and is safe for now.

I found myself unable to put the book down, especially with the chapters depicting the cyclone and its aftermath. The description of the characters and their inner worlds is convincing.

Woodrow's short and succinct writing style competently captures Zanna's fears, the urgent actions she needs to take during the emergency, and the numbness that comes with the shock of the disruption. The detail of the permaculture practices that embed the characters is superb, and the focus on family will resonate with most readers.

But the story is unfinished: Java's reappearance at the end of the book demands a reunion with Zanna, and father Phil's trip to Cootamundra where he encounters a bush engineer begs a cli-fi sequel set in a drier and hotter climate.

This debut novel suggests the author is up for it!

470 is published by Melliodora Publishing, Victoria

WWW.FREEWILL.TODAY

FB/FREEWILL.TODAY

FREEWILL.TODAY

WATCH & CONNECT

▼ very now and again I'm reminded ◀ of a medicinal plant from my 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



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-inflamatory 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 swimmings 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.



Knob Blue



Local Professional Computer Troubleshooting Help with Windows 10 Updates

Phone: 6689-7079 Email: blueknoblT@gmail.com

LICENSED DRAINER

- Installations and Repairs
- Septic Systems

Phone Ezra 0451-055-411

• Water Tanks

Nimbin Servo

02 6675-7906 iberty

- Fuel, oils, automotive needs, ice, gas refills & Swap'n'Go
- Nimbin Bakery pies & sausage rolls, drinks, icecreams
- Bread & milk, newspapers, cigarettes, Nabropure water
- Stock food, horse & cattle food, lucerne, pet food & bones
- Local grass-fed Wagyu meats, and lots more

NIMBIN SERVO SHOP

Open 7 days: Mon-Fri 7am-6.30pm, Sat-Sun 8am-5.30pm, Pub Hols 8am-4pm

NIMBIN TRAILER HIRE

Phone 0423-926-228

imbin

Computer Repairs Hardware / Software **Desktop Publishing**

Computer

81 Cullen St (In the Nimbin Community Centre)

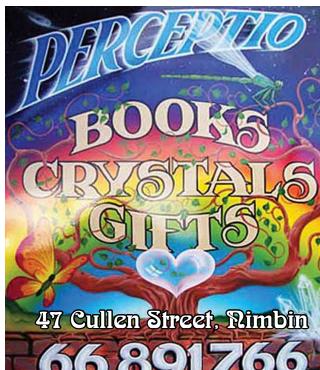
0487263816

Printing

IT Help

www.nimbin-computer-support.com.au





Embracism = erasecism

View from the loo

by Stuart McConville

¶he 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

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

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

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.

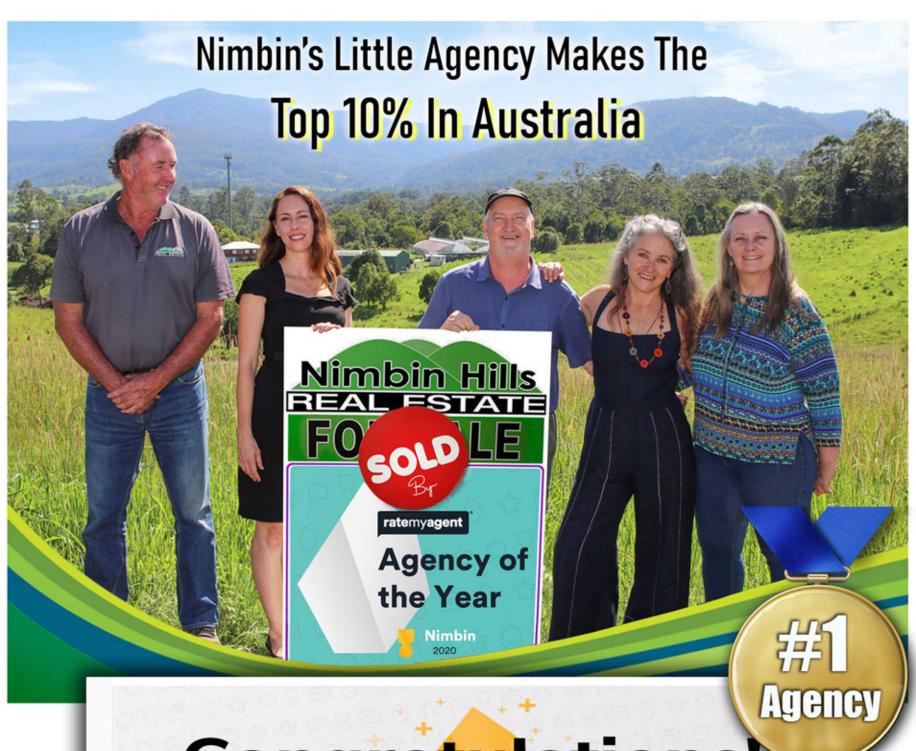
The art of survival still remains as it once was all those years ago, when humans evolved as social creatures, dependent on each other. Collaboration is the key, not competition.

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

www.nimbingoodtimes.com

July 2020

The Nimbin GoodTimes Page 17



Congratulations!

Your agency is an Agency of the Year Award winner

Congratulations John!

Nimbin Hills Real Estate is an Agency of the Year Award winner fo sales in 2020!

A fantastic achievement, this puts Nimbin Hills Real Estate into the top 10% of agencies in Australia – a true testament to the outstanding level of client service provided by the entire team at Nimbin Hills Real Estate.

Mark Armstrong CEO & Co-founder



agent of the for all their loyalty and

Agent of the Year 2020

Nimbin Jacqui Smith

A big thanks to all my vendors and purchasers year awards 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

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.



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

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 Tuntable 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 ongoing help with their health and education.

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.

Koala Kolumn

by Susannah Keogh, Care co-ordinator

n 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

within only a few weeks.

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

(inflammation of the caecum and colon)

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.