

A TASTE OF ART



blueknob hall gallery

Blue Knob Ceramic Studio
Blue Knob Cafe

Gallery & Cafe hours:
Thurs 10am - 3pm, Fri 10am - 3pm
Sat 8:30am - 3pm, Sun 10am - 3pm
Ceramic Studio: Thurs - Sat 10am - 3pm
Ph: 0266897449 www.blueknobgallery.com

Lucas Verhelst BSc MRACI

ONLINE MATHS TUTOR



also Chemistry and Physics TECHNOLOGY

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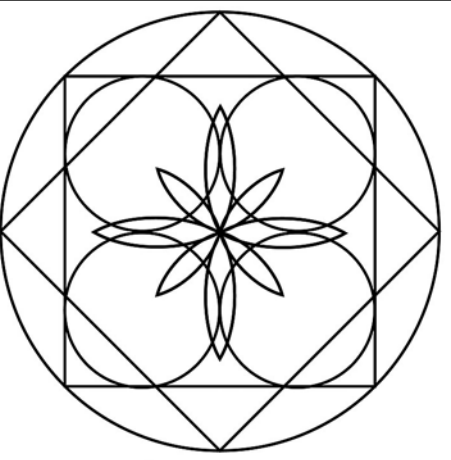


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Easing restrictions allow re-openings



Blue Knob Gallery is gearing up for easing restrictions. Blue Knob Cafe is continuing to provide takeaways from Wednesday - Friday, 11.30am - 3pm and Saturdays from 8.30am - 2pm during the Blue

Knob Community Market. For info on what's available on a weekly basis, you can check out the Blue Knob Cafe Facebook page. The usual fare of pies, meals, coffees and cake are all there.

The café hopes to resume with the 'new-normal' dining experience in mid-June, depending on the continued Covid-19 regulations, and our ability to provide a safe space for our valued patrons and volunteers.

The Centre Stage craft area in the Gallery is available on Saturdays during the Farmers Market for any of those small purchases: cards, craft, small artworks and wootops for felting that you might like to buy.

The Gallery is planning to open its first post-Covid-



19 exhibition in the last week of July with the Fibre Show - Warp & Weft. This exhibition is open to all the fibre arts, and is a much-enjoyed annual event at the Gallery.

For any enquiries about Blue Knob Cafe, Blue Knob Hall Gallery and Blue Knob Ceramic Studio, please call the Gallery 6689-7449 or email: bkhgallery@harbourisp.net.au

Artists Gallery slowly unfurls

by Karen Welsh

As the world begins to unfurl itself from its enforced dormancy to a new way of living, so too will the Nimbin Artists Gallery slowly begin to unfurl itself.

The month of June will see the Nimbin Artists Gallery continue to offer 'Open by Appointment' arrangements, as we work towards opening for a few hours each day, probably, perhaps and maybe by mid-to-late June.

Plenty of behind-the-scenes work to be carried out in the meantime - a good spruce up, new spacings to be sorted, new artworks and our volunteers, (now well rested!) will be raring to go to welcome locals and tourists alike back to the treasures of our local artists. Until that happens, and if you would like some personal shopping time, please email us: nimbinartistsgallery@gmail.com



'Cuban Man' by Anne Cook



'Our Birds' by Karyn Fendley

New lease for Lismore Theatre Company

by Jenny Dowell

Lismore Theatre Company is celebrating after Lismore City Council voted unanimously at its May meeting to grant the company a new five-year lease for the Rochdale Theatre on Ballina Road, Goonellabah.

In 2015, Council had agreed to examine interest from potential buyers of the building at the end of the current lease in July this year, but fortunately staff recommended that the current lease arrangements to LTC offered the best use of the building from both an economic and social perspective.

President of LTC Sharon Brodie, who addressed the meeting prior to the vote, expressed her appreciation to the councillors and staff. "The unanimous vote was wonderful news. We now have security for the next five years allowing us to plan for our shows well into the future."

Part of the lease arrangements will be a negotiated higher lease fee that may prove a challenge to the company,



particularly as the current pandemic-induced closure continues.

Sharon added, "Long term, we may be interested in purchasing the building but we would need a grant or a generous benefactor to help if the committee decides to go down that path."

During the downtime of the current Covid-19 restrictions, the committee has not been idle. The new roof has been installed plus insulation in the ceiling, seating has been repaired

and the theatre has been thoroughly cleaned.

"The set for *Educating Rita* that was due to open on 20th March is intact and the cast Elyse Knowles and Gray Wilson continue to work on their lines. The Company has also been exploring other possible productions via Zoom readings," said Sharon Brodie.

When the restrictions allow, LTC will be ready to once again entertain the community with high quality productions.

In 2019, NORPA received a \$1.16 million grant from the NSW Government's Regional Cultural Fund to upgrade the audio and lighting equipment, along with outside signage and illumination, at Lismore City Hall.

The upgrade increases the profile of Lismore City Hall and awareness of the cultural activities that happen in and around the building. Or, will do, once people are able to go out and see a show.

And in case you can't find it, a large LED digital sign will soon be added to the corner of Molesworth and Bounty streets establishing the Lismore City Hall precinct as a prominent gateway to Lismore and the CBD.

"We can't wait to open the doors to our community in Lismore and beyond, when we are able to do so legally and safely," artistic director and NORPA CEO Julian Louis said.

"Lismore City Hall and NORPA are crucial to the nightlife and night-time economy of Lismore. We're looking to expand this even further with our live music program, which will include



Let the show begin... well, soonish

showcasing local talent at our new Courtyard Bar and regular band and cabaret nights in the Studio.

"We will continue to build on our relationship with Kate Stroud, formerly of the Dusty Attic live music venue, in making Lismore City Hall a space for our music-

loving community to come together."

Ben Franklin MLC was also delighted to see the outcome of almost two years of work. "It (Lismore City Hall) has become an arts, culture and entertainment hub for the Northern Rivers and beyond, and deservedly

so. I hope once the pandemic is over the community will get behind it."

State Member for Lismore Janelle Saffin congratulated NORPA on transforming Lismore City Hall into a vibrant contemporary performing arts centre by using the Regional Cultural

Fund grant to best advantage:

"It now looks like a performing arts centre," Ms Saffin said. "I have been watching this take shape as I do my afternoon walks. I secured funding when I was Federal Member for Page to begin the work of modernising the hall, along

with the former Mayor Jenny Dowell."

Lismore Mayor Isaac Smith was equally positive about the improvements.

"This upgrade of Lismore City Hall enhances NORPA's ability to attract high-quality touring productions to our town, and to stage local productions," he said.

Venue and events manager Jumana Schriefer is keen to get the lights back on: "Lismore City Hall has gained recognition among national and international promoters and touring companies as a premiere venue to include on their national tours. We're actively talking with the industry during the lockdown as touring is expected to increase dramatically once restrictions are lifted."

Mr Louis and the team are ready for the green light.

"When the time is right, we'll invite the community to come together and celebrate Lismore City Hall," Mr Louis said. "It holds a special place in our hearts and history as a meeting place for our community for some 55 years."

Serpentine Gallery has been very, very busy

by Fiona McConnachie

We've been busy at the Serpentine Gallery despite "lock-downs" and "social distancing". The gallery is undergoing major re-furbishment – painting walls and fittings, renovating the kitchen and bathroom and generally fixing the place up.

Meanwhile we've established a small exhibition and gift area in Gallery 2 and we're open for business so to speak.

"Ngalingah Mijung Dubais" means *Our Happy Women* and the group, *Our Happy Women* have a range of gorgeous handcrafted tea towels, silk scarves, original hand printed gift cards, bookmarks and other items to raise funds for the amazing work they do in the community and these we have on display and for sale at the Serpentine.

Janelle Saffin and Auntie Mim, Amelia Bolt and Kayleen all gave speeches to the elders that attended the launch of the *Our Happy Women* installation. You can watch the speeches on the Serpentine Community Gallery Facebook page.

Janelle Saffin showed her support by purchasing a painting by local young Aboriginal artist Tara Freeburn who is exhibiting her work for the first time. "This is going to hang in my office," said Janelle.

Another work by Tara Freeburn, 'Meeting Rivers' (pictured) is available for sale at the Serpentine.

It is with great honour that we can provide space for community groups such as *Our Happy Women* to have a space to showcase and sell their creative works.

The theme for Reconciliation Week this year is 'In This Together', and as artists, we are. The network of community groups that support each other creates a net that holds the community.

Corinne Batt-Rawden from the Serpentine Gallery said it's easy to reach out and invite groups to be engaged, especially during times of reflection such as Reconciliation Week.

Please feel free to drop in to the gallery – we can maintain social distancing etc. and our volunteers are "manning" the gallery Monday to Friday 10am to 4pm and Saturday 10am to 2pm. For any enquiries, do ring the Serpentine on (02) 6621-6845 or email: gallery@serpentinearts.org and we can be found at 17a Bridge Street North Lismore.

For all updates on gallery activities visit our Facebook page: [Facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)



Above: 'Meeting Rivers' by Tara Freeburn
Below: Hand-dyed silk



'Around the Bend to Urbenville' by Vicky Tulle

Roxy Gallery re-opens

by Ruth Tsimbilis

The Roxy Gallery will be opening up to the general public from 10th June following the compliancy measures put forward by the NSW Government to reactivate this space in a safe Covid-19 way.

Mandy Bell and Vicky Tulle will be exhibiting works in 'A Way with Art' from 10th to 27th June.

This will be a wonderful exhibition of the art they have been producing while undertaking a Visual Arts Degree at Lismore TAFE, this year being their final year of studying in this course.

Given all the stops and starts our world has been experiencing, both artists are keen to use this exhibition opportunity to assemble the works they have

produced throughout their educational journey.

Both women were booked to exhibit in the gallery during the month of May, so given this didn't take place, they offered a very Covid-appropriate Mother's Day opportunity on Sunday 10th May with a special drive-by pop-up exhibition of their works.

Held in the driveway of Mandy's residence, this social distancing art exhibition was a real treat to see happening in our community.

Now these works and more will be hanging in the Roxy Gallery, which will have some changes to its hours of operation.

As we move forward, the Roxy Gallery opening hours will be Wednesday to Friday from 10am to 3pm and Saturday from 10am to 2pm.

Some reflections on life are best expressed in verse...

The Mermaid

Keeping her lone vigil
the enigmatic Iluka mermaid waits,
arm raised shielding her moist eyes,
the setting sun glistens
dancing across the mirror-glass water.

Her ancient ancestor Atargatis,
great Syrian goddess
not to blame really
though the legend remains.

The trawlers head seaward,
wave to their protectress
crucial for a safe return
no guarantees in this work,
the sea is a cruel mistress
but the spiritual connection remains.

Ploughing through the plankton-green sea
engine humming a tinnitus tune
a perfect beat,
a heartbeat for the fishermen,
slowly
the dark of night nudges in.

The Iluka mermaid breathes easily again,
the trawlers return
the sun pushing them in,
a gentle bow wave slides across the bay.

Her eyes are dry,
now she settles in for the day.

– Robert Maddox-Harle



The Lie of Separation

The table was round
As were the helmets
That sucked in the lie
Of separation

The earth was flat
Flat like the minds
That believed in the lie
Of separation

The difference of others
Stirs cruelty in hearts
Fuelled by the lie
Of separation

Now fear brings disease
And bodies die
Destroyed by the lie
Of separation

But the truth of oneness
Flicks a resolute smile
At the lie of separation
And continues the journey
Home

– Tonia Haynes

Corona Virus

The planets all aligned in Capricorn.
Tear down the institutions. Change the world!
What devastation can dark Pluto spawn?
What deadly little devils be unfurled
to rid our social system of its dross,
the inequality and greed? So let's be fair.
We need a shock. We need to feel some loss
to wake us all up. Know we failed to share.
Let's cleanse the Earth. Let's make way for the new.
Or like in old times – lots of air and space
for trees and birds and animals and just a few
two legged men and women. Let's shake up the
human race!

– Robbie Wesley



Disinfectant Donald

Disinfectant Donald carries 'round a bottle of
Lysol day and night
He quickly has a bit followed by a bit of angst and
a fit of fright
He pumps out that stuff only then to slump far
below his accorded height
Denial his only hope Donald is a dope in shedding
all his might
Let him inject all he needs let him beg let him plead
till he sees the light
Expose him when you can a very nasty man so
stand up in this fight
President he may be and at the cost of sanity but he
never ever will be right

– Andy Putnam

The Selkies of Rona

At the edge of the world an island
A home to none but me
The grey seals and the Petrels
And the vast eternity

But one day while I was walking
The rocks beside the sea
I spied a Selkie in the waves
Wild and young and free

She came ashore and shed her coat
And upon those rocks she let it lay
To bath a while in the noon-day sun
And I... stole it away

How weird the world we live and
love in
How wonderful and strange the life
I stole a Selkie's coat and I
Made her be my wife

Ever the sea breaks on the shore
Ever the shore breaks on the sea
Ever I found her gazing seaward
Singing mournfully

Singing, singing mournfully
Of her home upon the sea
How it pained me to see her so
But I could not set her free

I could not set her free
So I kept her coat locked in a chest
And I kept her close to me at night
Where she slept upon my breast

Ever she sang to the ocean
And ever it sang to she
Deep into her soul it sang
'Come home. Come home to me!'

One day a child was born to us
A boy with the look of she
And with his mother's longing
For that place upon the sea

And to the boy his mother sang
Of that place over the foam
Filling his heart with wonder-lust
And one day I awoke alone

The sea shall have what the sea desires
She could never belong to me
For the woman belonged to the ocean
And the woman would be free

The boy knew where the chest was hid
And did what I could not do
Bless the boy for what he did
And bless his mother too

At the edge of the world an island
And this is where I live
With my loneliness and my longing
And this is all I have

I walk the rocks of Rona
Gazing out to sea
Waiting for the day
My love returns to me

And sometimes when the tide is high
And the sun is high in the emerald sky
Two seals, one large one smaller
Wave to me as they go by

– Rob Lonetree

(Selkies are "Seal Folk" in Celtic
mythology who shape-shift by
shedding their skin.)

When we see images of those
ancient bastions, Antarctica
and the Arctic, they're a
world of their own, and they don't
only support the highly specialised
species that live there but serve all
life on this planet.

Both have played a crucial role
in regulating the planet's weather,
reflecting the sun's heat back into
space and storing 69% of the
planet's freshwater and for the last
10,000 years a steady process of
slow melting and replenishment
has been kept in balance but global
warming is literally tearing it apart,
and now has the potential to rid the
planet entirely of ice.

A new study in the April issue of
Science used data from NASA's ice,
cloud and land elevations satellite
(ICES), that use sophisticated
lasers to help pinpoint how, when
and where the world's vast stores of
ice will disappear and it found the
planet is losing ice at a dizzying rate.

Of the roughly 150,000 glaciers
worldwide, the World Glacier
Monitoring Service, observed
30,000 glaciers last year and all
were found to be melting at an
unprecedented pace and as for
the Rockies and the Andes, their
glaciers have vanished entirely.

Mountain glaciers have always
provided an abundant supply of
water through the slow melting of
ice, that numerous cities around
the world and alpine towns and
farming areas depend on but now
communities are not only facing
a shortage of water but also the
sudden collapse of glaciers that
create giant avalanches, carrying
not only snow and ice but mud and
rocks.

Initially, this rapid melting will

increase the flow of rivers but
eventually they'll slow down, and
when they do it won't be possible
for them to produce what they
provide now.

There are countless glaciers in the
Tibetan Plateau, the Himalayas
and Karakoram Ranges, that feed
the great river basins of Asia, as
well as thousands of glaciers feeding
the Indus, Ganges, Brahmaputra,
Yellow, Yangtze and Mekong
rivers, that will make the future
for millions and millions of people
that depend on them extremely dire
when they eventually vanish.

It's the same scenario in
Antarctica where warming is four
times faster than the rest of the
world and the signs are evident, as
parts of this pristine environment
dominated by white, begins to turn
green from unprecedented blooms
of algae that have become so prolific
they can be seen from space.

This is also causing the formation
and the spread of green snow, and
scientists on the ground have now
located 1,679 separate algae blooms
along the Antarctic Peninsula coast.

In the Northern hemisphere the
Arctic Sea takes up 4.1 million
square kilometres and acts as a
shield against the sun, and the
thinner it becomes, the faster the
ice melts, which is speeding up the
process further, making the ocean
darker and then absorbing more
heat and accelerating the overall
warming of the entire planet.

One of the greatest threats is sea
level rise and as the ice diminishes
from Greenland, the Arctic and
Antarctica, their gravitational
mass is reduced and this forces the
water to surge towards the equator,
raising sea levels two to three times



faster than the planet's average and
flooding many inhabited islands.

Hydrologists are calling it
'The Great Global Melting' and
they're deeply worried that we
are approaching or have already
reached a threshold of no return.
And if we have, they're certain
that even if our climate returned
to normal tomorrow, it would still
have no effect and the great melt
will continue until there's no ice
remaining.

There's a well-defined pattern
emerging, that clearly spells we're
on a downward spiral and it's taking
us all to the last chapter of human
race, and it's scares the pants off me.

Computer models are showing
that over a third of humanity will
be pushed out of the "climate niche"
we have been experiencing for the
last 6,000 years with temperatures

typical of the Sahara becoming
the new climate. And scientists
consider this an optimistic
prediction.

We revere ourselves and money
and have very little respect for
Mother Earth and have the hide
to call ourselves civilised, while
the natural world quietly runs like
clockwork or did, with every cog
connected and benefiting the whole
ecosystem they inhabit, and they
never step outside their purpose in
life.

I have many images of what we
call "savage" animals in my home, a
Bengal Tiger in a pond with closed
eyes as he enjoys the fragrance of
a water lily, a silver back gorilla
embracing and kissing a young one,
a lioness steadying her cub with
her front paw as it takes its first
steps and a grizzly bear protectively

holding her cub as it attempts to
climb a tree. We can't even find
it within ourselves to save our
children.

For the first time in the history of
the human race information about
anything and everything is at our
very fingertips but we also have the
freedom to choose what we want to
know rather than what we need to
know and this is why every time I
write an article I know I'm probably
preaching to the converted.

We are the ultimate predator,
combined with a high intellect that
we continually abuse, we're ruthless
and greedy and our expectations
grow with every generation so it
was always going to end in tragedy.
The only comfort I can find is,
thank god we will never get an
opportunity to destroy paradises
beyond our own dying world.

To die or not to die?

It's my last day in Victoria after a two-week stint providing full time care for my dear old dad. He's on his last legs and pretty nearly ready to roll off the rock.

It's been an eye-opener for me, witnessing the very individual process of dying again. Dad varies between resignation and acceptance to hopeless optimism about his short-term future. For me it has been about reconciling the differences between my oldest memories of him and the frail, skeletal man before me now.

Living so far apart for the past 25 years has left the process of ageing to my stubbornly under-active imagination. There is still an ache inside me that wants to forget the past weeks and selfishly refuse reality, but I also see the importance of acquittal from a lifelong father-son relationship that hasn't always been easy.

Tomorrow he enters the death production line. Respite care, then probably palliative care a bit later on. He's been in pre-production of course, multiple hospital visits, scans etc. He even picked up the deadly multi-resistant staph infection that hangs out waiting for us in hospitals.

It's not all snake oil and mirrors, but for cases where the docs know from the



View from the loo
by Stuart McConville

outset that they are pushing shit uphill, I can't help but wonder how much of the health care system is just about selling hope and extending life so that someone can make a few dollars.

Now that assisted dying is available in Victoria, it allows people with less than six months to live to end their lives peacefully. I have had this conversation with my dad, and he is at least aware of his options. However, the doctors seem unwilling to provide any definitive prognosis around life expectancy... that makes me wonder.

There is another more personal aspect

to this new legislation. If I had a choice, I think I would take assisted dying, but how do I know if I am not really there yet? I have to be very careful not to project my current fearlessness upon my father.

I do have a selfish expectation not to want to see him suffer. His choice to suffer is now one that is taken, not assumed as it once was. I have to respect that choice, and it is not always easy for me to do that. The scale of pain and suffering that an individual will tolerate in preference to dying will differ in everybody, I imagine.

On a practical note, people caring for their loved ones undergoing chemotherapy should take care to remember that the human by-products they produce are now no longer compostable and must be buried or taken away to sewage treatment plants.

The same applies to septic tanks and flush toilet systems. The biological systems cannot function with the chemo drugs excreted into it. They destroy the cellular tissue of the bacteria required for their correct function.

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

Nature's pharmacy

by Trish Clough, herbalist

In the March edition of NGT, I discussed some exciting research which tested a number of herbal medicines against the bacteria causing Lyme Disease.

An African herb called *Cryptolepis sanguinolenta* was highly effective in killing the bacteria in a laboratory test. It was more effective than the usually-prescribed antibiotics, especially on the latent forms of the bacteria. I promised a more detailed article on this fascinating herb, so here is more of the story.

Cryptolepis is a traditional herbal remedy from Ghana, and has proven effective in clinical studies as an anti-malarial. For this reason it is sometimes called Ghanian quinine, although it does not contain quinine (a component of a different plant called cinchona).

It is also known as Yellow Dye Root, and has African names including Kadze, Koli mekari and Nibima.

The root has numerous medicinal benefits, the most important being its anti-microbial properties. It was introduced to Western herbalists less than 10 years ago by US herbalist Stephen Buhner who has written many books including one called *Herbal Antibiotics – Natural Alternatives for Treating Drug-resistant Bacteria*.

To quote his book (p. 89), Stephen says: "I have used cryptolepis on numerous occasions to treat systemic staph infections that have not responded to multiple antibiotic regimens. It has, so far, never failed. I consider this plant, along with alchornea, sida, and bidens,

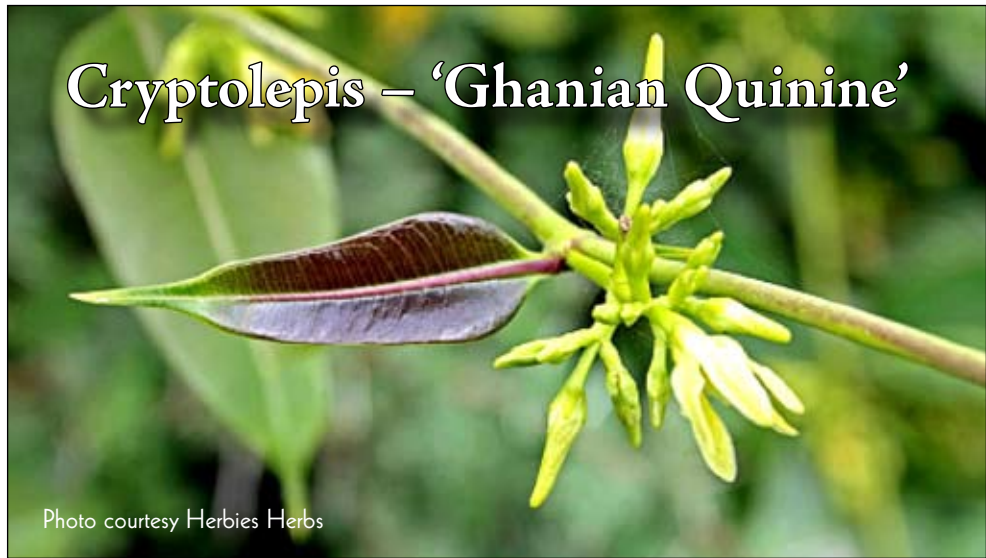


Photo courtesy Herbies Herbs

to be the primary systemic herbal antibiotics for use in treating resistant organisms at this time." Out of interest, the bidens he mentions is known here as Farmer's Friends. We all know this one!

Stephen was introduced to the benefits of cryptolepis by a traditional healer from Ghana named Nana Nkati. The root is used medicinally, often consumed as a tea in Ghana. It has very many applications as a medicine. In addition to being antibacterial and anti-malarial (a parasitic infection), cryptolepis is anti-inflammatory, anti-fungal, mildly anti-viral, and is also used for liver disease, fever, neurodegenerative conditions, diabetes, and as an adjunct to cancer treatments.

In Africa there are at least 14 different cryptolepis species, and also some in Asia, Madagascar, Papua New Guinea, and one in Australia (*Cryptolepis grayi*). The *sanguinolenta* species is the primary systemic anti-bacterial genus according to Buhner. The important active constituents include the alkaloids cryptolepine (the potent anti-

malarial), quindoline, and neocryptolepine.

It can be used as a powder (for wound infections), tea, capsules or tincture. For strong medicinal purposes I recommend the tincture, as the alkaloids are extracted more thoroughly in an alcohol and water base than water alone. Having said that, there was a published study from Ghana showing near total effectiveness in treating malaria with the herbal tea. One company has manufactured the tea in a convenient tea bag form for use in Africa.

I have been using cryptolepis tincture in my clinic for approximately five years. I sometimes use it on its own, but more frequently as part of a herbal combination mix. Dosages are varied depending on the condition being treated. It combines well with other anti-microbials including sweet wormwood, myrrh, nigella and immune-boosting echinacea root.

I have used a tincture that I made from the dried roots, but recently these have been difficult to obtain as world-wide shipping has

been affected by Covid-19.

Fortunately, I have plenty of cryptolepis tincture from a quality commercial brand and it's – almost – as good as my home-made one!

Because cryptolepis is used for serious infections, it is not for self-prescribing. Anyone with significant infections is advised to seek professional help. As a precaution it should not be taken by pregnant or breast-feeding women.

Although generally considered safe, based on traditional use and research studies, there are some cautions especially with the isolated active ingredient cryptolepine (which as a herbalist I would never recommend on its own).

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore after owning 'Traditional Medicinals' for 20 years. Trish is available for consultations by appointment on 0452-219-502 or email: herbalist.trish@internode.net.au
The information in the column is meant for general interest only and should not be considered as medical advice.

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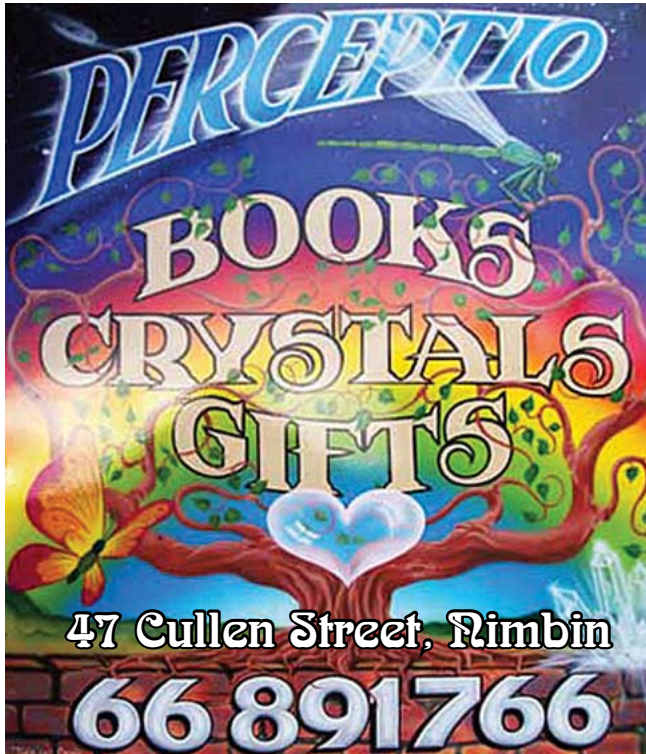
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ADVICE FOR MEMBERS & GUESTS

Nimbin Bowling Club and the Greenskeepers Bistro thank members and the community for your continued support.

The Club will be re-opening with Covid-19 restrictions on Wednesday 17th June

Wednesday, Thursday & Sunday: 2.30 – 6pm
Friday and Saturday: 2.30 – 9pm
with Bistro open 5 – 8pm



The power of now!

My son is doing algebra at school, something I used to love in my day, because it was always so satisfying figuring it out.

Our minds love a puzzle, a problem to fix even if there is no actual point to the outcome. It's having the tenacity to work through the problem that may be the benefit, just as we feel so much stronger when we come out the other side of any puzzle in life.

The courage almost seems to arrive after the event or in response to it, but when we reflect we know it was always there just under the chaos, maybe fragile at first but present, and now we know for sure what we are made of.

Again, maybe this is the whole point of life, to realise who we really are by working through our problems. And our brains are perfectly geared for the process, guided by our hearts.

I'm moving through some deep levels of self realisation and it's certainly not easy, but "necessity is the mother of invention" and we often find that doing our best with what we have is actually enough, even though it may not feel like it at the time.

We all have great plans for changing our lives but often it really only takes a little bit of added care or attention to make a difference. So many of us are already fatigued from pushing ourselves hard in life when maybe we need to move more slowly, having time to listen to our feelings and attending to our deeper needs.

But can we be happy with incremental change? Often our egos are so primed by comparison to others that we need change to be dramatic and now. In fact, our nervous systems are so used to drama, with daily exposure through media and each other, that we feel a bit



In the moment

by Dr Jacqueline Boustany

bored with incremental change.

It really is such a challenge to sit still and let the world go by, that I have to pay other people to create a class, a therapy, an environment to give me a reason to do just this.

Return to the inner space, feeling the sensation of agitation, of restless anxiety, of fear of not doing enough or being enough, even the frustrating tension of boredom. Breathe into and around feelings of resistance to what is, or even indulging the feeling of wanting to run away and then slowly return to feel the drop in the body with deep acknowledgement of what is there.

It may not be pleasant and you certainly don't have to like it, but at least its real. A tangible sensation you can sit with, rather than it going around your head in a disorientating spin. Maybe our brains are trying to work it all out but just doesn't have the tools to do so or maybe it's not even a problem that needs fixing.

Maybe it's an opportunity, to "probe in" to our deeper dimensions. Notice the innate curiosity we have of what is really going on for us and the natural nurturing that comes hand-in-hand with noticing our discomfort. We want to help, to fix,

to figure out the 'problem'.

This intention comes from our love. Simply holding that part with our attention, no need to change or fix, just being aware of what is, is often all it really needs. Non-judgemental witnessing, and bingo, something has already changed. We are aware of our loving selves, our attentive awareness, our compassionate souls. We hold ourselves, those parts that didn't get held when that's all we needed in the first place.

I've done this with many a person, and it always turns out the same. We discover our core nature is love, from where all our parts come, the worry, the fear, the sadness, the anger and the joy. We appreciate the innate intelligence of the body to hold these emotions until we are ready to meet them.

And still it manages to run all our bodily systems without direction or even being asked. Its drive is to keep us alive, to survive long enough to grow and learn, to evolve and even thrive. And when we hand on our knowledge and awareness, we are all effectively expanding our consciousness hive.

Just as the cells of our body found it was easier to function as a team, so have we, as mammals collectively organising our tribes. But it all starts with our primary relationship, that within ourselves.

If this reality is a hologram, as many scientists now believe, then anything we do in that space has an immediate effect on the rest. It may be the only true power we hold to change any situation, and it's even more fun than algebra.

Listen to some Eckhart Tolle for inspiration and if you need to pay someone to hold and guide the space, I am willing and able on any Saturday in Nimbin.



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Limiting beliefs are the enemy

What would your life be like if you had no limiting beliefs about yourself? What would our world look like if we all had unwavering acceptance of ourselves as the powerful and loving creators we really are?

If we knew we couldn't fail? If we knew we were deserving and loveable? What would it feel like to be that confident?

We all have core beliefs that guide our decisions and attract the life circumstances that stem from our deep subconscious.

They rob us of our mental strength, affecting the way we interpret events in our life and influencing how we think, feel and behave. Worst of all, they are inaccurate and unproductive and limit our potential in life.

Self-sabotage is a symptom of limiting beliefs, and who doesn't do that?

The most common negative beliefs you are likely to have are believing you are not deserving or likeable, that you are a failure, unlovable and incapable.

Or believing everyone is against you, that people are untrustworthy or manipulative, which makes it impossible to develop healthy relationships.

Negative beliefs have the unhappy and certain outcome of turning into self-fulfilling prophecies which ultimately

reinforce your unhealthy beliefs. It's a vicious circle which can be tough to break. Most of the time you are not even aware of what is sabotaging your best efforts. You know you are blocked but you just don't how to remedy the situation.

Humans are strange creatures, most of us find it easier to believe negative or limiting beliefs than positive ones. Dr Rick Hanson wrote in his book *Buddha's Brain* "Your brain is like Velcro for negative experiences and Teflon for positive ones, although most of your experiences are probably neutral or positive."

From my experience as a past life regressionist, I would say nearly all of our core limiting beliefs originate from past lives. Here are some real examples from my practice that show how they can turn into self-fulfilling prophecies:

A woman who was always worried about being able to financially support herself had a past life as a peasant in Eastern Europe several hundred years ago. She was thrown a few paltry coins for her back-breaking work by her mean landlord and it was never enough. She felt no other options to feed and house herself were open to her.

In this life she was self employed, having vowed long ago to never work for anyone



by Auralia Rose

else, which she regarded as slavery; however she always struggled financially, in effect becoming a slave to her own beliefs. After clearing that life and the beliefs accumulated through many lifetimes, her fears around money immediately vanished and she started receiving offers of employment, relieving her financial worries.

Another woman came to me wanting to understand why everything she had ever loved was taken from her in one way or another. She subconsciously created situations that validated her beliefs, resulting in quite a tragic life through many losses of loved ones, pets etc. She grew up near the beach and always loved the ocean but she married a man who took her far away from the beach life she loved so much, which she mourned all the years they were married.

Even after her husband had died she felt something was

stopping her moving back to her beloved beach. We cleared the contributing past life, the blocks were no longer there and she was able to quickly sell her house and find another near the beach and was profoundly happy.

As long as I can remember, I always gave money away, often leaving myself short, the result of a past life in Italy in the 1300's where I was a benefactor of a church. I received recognition from the community and a belief that my generosity would earn God's favour and my place in heaven.

In this life I do not have strong religious beliefs, but I always felt that by giving money away my soul would be saved and I would receive recognition from spiritual sources.

After clearing that I no longer felt the need to give money away and better still I found deeper spiritual truths emerging that empowered me to live a more authentic life, as I was only answerable to myself and was more open to receiving assistance from the spiritual realms.

We are not our negative beliefs and if you are ready to be that confident powerful person who came here to share your gifts with the world, I would love to assist you. You CAN thrive.

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Celebrate all things bees

May 20 was World Bee Day. Time to celebrate all things bee – but all is not well in Bee World.

Climate change, deforestation, bushfires, tropical cyclones, floods, droughts and now Covid-19 have all had major impacts on beekeepers in the Australia-Pacific region.

“Without pollinators, many of our food crops would be significantly affected. Yet beekeeping is often on the periphery of agricultural development priorities,” said Dr Cooper Schouten, project manager for the Bees for Sustainable Livelihoods (B4SL) initiative at Southern Cross University.

“World Bee Day is not just about honeybees and honey, it’s about recognising the role of all bees as important pollinators and their value in supporting natural ecosystems and communities.”

Recently, more than \$250,000 has been raised as part of the Hive Aid campaign to help Australian beekeepers and their honeybees. Corinne Jordan, vice president of the Australian Queen Bee Breeders Association, is one thankful beekeeper who has taken advantage of this support to cover essential costs to keep her bees and family bee business alive at this difficult time.

Ms Jordan is an adjunct



Harvesting honey in PNG Highlands are beekeeping guru Mr Wilson Tomato (L), Dr Cooper Schouten and Mr Paki Billy. Photo: C Schouten

research fellow at Southern Cross University and is leading the bee-breeding component of an Australian Centre for International Agricultural Research (ACIAR) funded beekeeping program.

This program, led by Associate Professor David Lloyd and Dr Schouten, seeks to increase the productivity, profitability and resilience of smallholder beekeeping enterprises in Papua New Guinea and Fiji.

B4SL’s research has created resources to inform biosecurity policy not only in Fiji, Papua New Guinea and other Pacific island countries, but also in Australia.

Some significant outcomes of the research are methods for disease detection and best-practice smallholder management.

“Not only does the work by B4SL emphasise the

value for beekeeping to local and national economies, it provides a pathway to enhance beekeeping research capacity and knowledge for key industry partners to use this information to lobby for the sector,” Dr Schouten said.

Covid-19 has meant beekeepers have been unable to hold conferences where they meet to share vital industry information.

In the Pacific region, border closures hit Fiji’s tourism industry hard, and, consequently, Fijian beekeepers, because many Fijian beekeepers supply restaurants, hotels and markets with honey and bee products.

And, adding to the turmoil, local lockdowns meant beekeepers were unable to move their hives before tropical cyclone Harold hit Fiji in April.

Humpbacks heading north

Australian eastern humpback whales are on the move to the warmer northern breeding grounds of the Great Barrier Reef.

This year’s annual migration is a different experience for whale watchers, with Covid-19 social distancing restrictions meaning fewer boats on the water.

Southern Cross University researcher Dr Wally Franklin said whales are making their way past Byron Bay and into Queensland waters. He said younger males tend to take the lead, followed by mature whales, then mothers with their calves.

“Sightings will certainly start to build up now that we’re in late May. The end of June tends to be the peak of the northward migration as the whales head up into the Great Barrier Reef area with August being their peak birthing and breeding month,” said Dr Franklin, from the university’s Marine Ecology Research Centre.

“The humpback whale population could be around 40,000 this year, which is getting near to where we estimate they were prior to whaling after World War II. In the 1960s, there were only about 150 whales left, so we are very privileged to have this group.”

Dr Franklin and his wife Dr Trish Franklin have been involved in humpback whale research for more than 30 years, founding The Oceania Project in 1988. This year they are publishing three major research papers on whale behaviour from their long-term study of humpbacks in Queensland’s Hervey Bay.

The couple has observed and photographed more than 16,000 whales since 1992 – the year they first met Migaloo, the famous white whale.

“The whales start coming into Hervey Bay from mid-July to mid-October and use it as a nursery to teach their young, then start migrating south again with the southern



Photo: Sue Stock

migration past the east coast running right through to early November,” he said.

“In all our time researching whales we’ve never seen a humpback give birth. In fact, no one has ever observed and reported a humpback birth. The females are incredibly private about birthing.”

When current restrictions ease and whale watching tours begin again, Dr Franklin reminds operators and private vessels to maintain legal distancing requirements around whales.

Vessels must not approach any closer than 100 metres to a whale or 50 metres to a dolphin, with Migaloo given a special exclusion zone of 500m.

Boats are only allowed to approach whales from their right or left flank and never directly astern or ahead which could interrupt migration behaviour.

“Migaloo is outstandingly special and garners a lot of attention when he arrives, which is usually around early July. Sometimes he turns up off the west coast of New Zealand in June then arrives off Byron and the Gold Coast area in July.”

Nimbin Garden Club notes



by Kerry Hagan

We are delighted to announce that, as of 1st June, restrictions have eased enough for us to finally be able to hold a Garden Club meeting.

Our June meeting is also our AGM and will be held on Saturday, 20th June from 2 to 4pm, at the home of Dan and Kerry, 336 Stony Chute Road, Nimbin. 3.36kms from Nimbin Road.

Please bring a cup, a plate to share, and this time, it is essential to bring a chair so that social distancing can be adhered to.

Also, a reminder that annual membership fees are due.

We so look forward to seeing you all again. Visitors and guests are most welcome.



Koala Kolumn

by Susannah Keogh,
Care co-ordinator

A few weeks ago, we had two very small joeys come into care in just over 24 hours. The first was Bronte (pictured), the second was Ivy.

Bronte’s mum was killed instantly after being hit by a car. Luckily, Bronte was completely unharmed and safe in mum’s pouch – which is why we always check koalas who have been killed by motor vehicles.

Once in the hands of our vet and vet nurse, Bronte was removed from the pouch, weighed, worked up and prepared for transfer to her new forever Mum.

Many, many people want to take care of koala joeys thinking it’s all cuteness and cuddles, but the life of a koala joey carer is very hard work.

Bronte weighed just under 200g so was about 4-5 months old and joeys like Bronte require feeds every two to three hours. Every day, all day, all night. By just one person – the person she bonds with, her new Mum, her carer.

The cleaning we have all been getting used to since the arrival of Covid-19 is standard for these carers. Constant washing and disinfecting is part of the routine because any bug can cause their death when they are so young.

Bronte spends her time (apart from feeds) in a humidicrib as she should still be snug and warm in her mum’s pouch. Once she is bigger and strong enough



she will move out and onto the next stage of care (of which there are several), but plenty can go wrong at any stage of care.

It is up to the carer to be watching extremely closely, every day to notice small changes in their behaviour, movement, eating habits and demeanour. You can’t take your eyes off them.

Vet visits are regular and important. Koalas of all ages are remarkably good at hiding being unwell or in pain and regular x-ray/ultrasound/ bloodwork are vital tools in ensuring their best chance of survival.

The second joey, Ivy was slightly older at 6 months of age, but presented her carer with other challenges. Ivy fell from a tree but didn’t have the protection of mum’s pouch like Bronte.

It’s not normal for a koala to fall from a tree – their reflexes and instinct in the trees are amazing – but it does occasionally happen (usually a male chasing a female to mate or two males fighting for territory).

Although they fell together,

the mother left the joey (who was calling for her) where she fell and ran straight back up the tree. As rescuers, this is a sign that the joey is injured and reuniting the joey with its mother is unlikely.

The mothers always seem to know when the joey is beyond its ability to repair and as with most wild animals, save themselves. Survival of the fittest definitely applies with koalas.

Once in care, Ivy appeared unharmed. It wasn’t until her new forever mum saw her that she knew something was wrong. X-rays and tests the following day confirmed her fears – Ivy was bleeding internally and having significant gut issues as a result.

A plan was formulated and within three days, Ivy was a new girl. Her new mum spent countless hours with her, making her move around to heal her gut when Ivy just wanted to sleep and thanks to that amazing work by her carer, Ivy now has a chance to grow into an adult – the dream all carers have for their joeys.

Joey carers are not paid, sacrifice their own time, money and any chance of a social life or sleep – kind of like a normal Mum – the only difference being that they get new joeys every year.

Once the joeys get older, they need feeding less often, but become more active. Playtime is usually between the hours of 10pm and 4am so sleep is a rare luxury. All wildlife surrogate mothers are selfless heroes, and we are all so very grateful for each of you.

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