

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

0400251817

Fin de siecle fantasies
yantra pty. ltd
yantraseeds.com



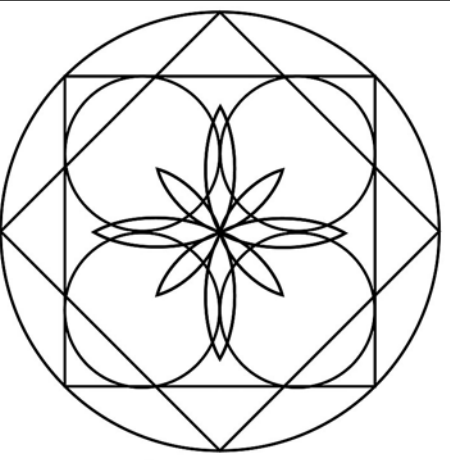
Tom Thumb Earthmoving



- Civil
- Domestic
- Environmental
- Earth & Waterworks
- Roadworks/Asphalt
- Range of Machinery
- Free Quotes

0457 895 414
tomthumbearth@internode.on.net

ARMONICA
Espresso Bar & Wood Fired Pizza
50 Cullen Street NIMBIN
66890094

ROXY
GALLERY

131a Summerland Way Kyogle
Open: Wednesday to Saturday 10am - 3pm, Sunday 10am - 2pm

Easing back to better times

by Karen Welsh

So... what's been happening at the Nimbin Artists Gallery to report on?
Hmmm, looks like it was a month of zip, zero and zilch.

Oh, but what an April it was – rest, relaxation, renewal and restoration of our artistic endeavours have risen to the challenge as we heed the health needs of peoples across the globe.

Artists of our community are such an important and vital component of our village and, through no fault of their own, have had their livelihoods stripped away by this sudden stop in most of our lives.

Our current Government's support for the arts has been sadly lacking for some years now, and in these pandemic times continues to be bereft of any compassion towards the artistic world, let alone the artist as an individual and an important element of everyone's 'village'.

But government gloom will not prevail as the Gallery eases back into planing and re-scheduling behind the scenes as we await the approval to re-open.

We have decided not to defer the annual Nimbin Art Fair, but to cancel it entirely for 2020, and will throw our full support behind the Spring Arts Exhibition in September, if it goes ahead.

For the month of May, the Gallery can offer, by appointment only, admission to the Gallery for personal shopping, by a maximum of two persons only at any one time.

Please email the Gallery: nimbinartistsgallery@gmail.com with details of your interest, your best phone contact and two options for a suitable time, and we will do our best to accommodate.

Emails will only be checked daily, so please be patient.

This small gesture is one of goodwill to our local community and our artists as we hope to ease back to better times.



'Nimbin Poster' by Amanda Bragg

'Night Flyer' by Marie France Rose



An Artful Breakfast by Donna Sharam





So much happening, but nothing to see yet

by Ruth Tsimbilis

As the Roxy Gallery sits quietly in its own space, complying with physical distancing regulations, so much work is happening behind the scenes to get art into view.

When something happens unexpectedly, any business is faced with the shock of a lost market and the reality of how they get that market back. The Roxy Gallery is no different from any other business in this respect.

With a visitation of over 400 people a month perusing the artworks on exhibition, to only the director watching over the display, the gallery has been faced with moving ahead into the other worlds of engagement.

Mid-May will hopefully see the Roxy Gallery working on-line with the first in a new platform of gallery space being offered. The virtual exhibition will offer the public the opportunity to see artworks that could be hanging in the gallery.

The aim is to bring artworks that will be hanging in the gallery to the viewer who can, at this present time, not be in the gallery.

The first virtual exhibition will be 'A Way with Art' by three local artists, Mandy Bell, Vicky tulle and Monique Jerome, will take the viewer through a presentation of their personal journeys in their final



year studying Visual Arts at TAFE.

This seems a very fitting exhibition to pilot as the Roxy Gallery's first on-line show.

To add to this, the Roxy Gallery will be setting up at its main entrance a window display featuring works by three artists for all those people getting their walking exercise in to view.

Keep your virtual eyes peeled to the screen for the launching of the virtual Roxy Gallery. Check the Roxy Gallery out on facebook or at: www.kyogle.nsw.gov.au/recreation-community/community-facilities/roxy-gallery

Until further notice the Roxy Gallery is supporting local and regional artists behind closed doors, and the gallery will go on to do the same when the doors re-open.

Artwork by Mandy Bell

Home is where the art is



perfect for people of all drawing skill levels, online via Zoom.

The session on Thursday 21st May, 5-6pm features amazing local artist Joanna Kambourian (pictured left), who will be exploring colour, shape and pattern.

You can read about Joanna's art practice and see her artwork on her website: <https://msbrownsloounge.com.au>

The session will also be recorded and uploaded to our You Tube channel for people to watch later.

For more info contact: claudie.frock@lismore.nsw.gov.au

Hurford Portrait Prize

The Hurford Hardwood Portrait Prize is a biennial prize open to artists Australia wide and is now in its seventh year, having started as the Northern Rivers Portrait Prize.

This national portrait prize was originally open to paintings and drawings, but has now expanded to include portraits of any subject in any medium.

Last year's judge Dr Michael Brand selected Nicole Kelly's 'Jumaadi + Clouds + Rain' (pictured above) as winner of the Prize.

The judge in 2020 is artist Abdul Abdulla, and the winner will receive \$10,000 (acquisitive prize).

Entries close at 12am Monday 29th June. The exhibition will be on display from 7th November 2020 until 31st January 2021.

Entry forms are available on-line at: <https://hurford-hardwood-prize-2020.paperform.co>

In this unprecedented time of social isolation, and with Lismore Regional Gallery being closed to the public, we want to be able share the art and community's experiences.

Share your home art experience with us and post photos of the art you are making at home.

Post your photos on our social media platforms: Facebook & Instagram tag: [@lismoreregionalgallery](https://www.facebook.com/lismoreregionalgallery) and use the following hashtags: [#homeiswheretheartis](https://www.facebook.com/homeiswheretheartis) [#lismoreregionalgallery](https://www.facebook.com/lismoreregionalgallery) [#northernriversartists](https://www.facebook.com/northernriversartists)

Or send your photo with your name to Claudie Frock: claudie.frock@lismore.nsw.gov.au

Your photos with one of these hashtags may be displayed on our social media platforms.

Sound Connections

Young people are invited to be part of sound installation artist Brett Canning's Together//Alone Residency as part of the Lismore Quadrangle Program.

Brett's current Together//Alone Residency artwork 'Sound Connections' is a sound-art work focusing on school student perspectives during isolation.

The project asks students to make audio recordings of responses to a few questions around how they are

feeling at the moment, how they are connecting with family and the outside world, what community looks like for them at the moment, what they are looking forward to doing once restrictions ease.

Dialogue from these interviews will be set to a soundscape highlighting natural sounds from the area: birds, insects, wind, creeks flowing, frogs, rain, sea, frogs etc. The intent is to make a work focusing on meaningful connections in our region in this time of isolation.

Students listening to the finished work can know that they are not alone in the way that they may feel at the moment.

If you are a young person or know a young person who would like to be involved in this project, please contact Brett Canning via his email: brett@germinaterecords.com

Peggy Popart's Online Art

Join Peggy Popart, Lismore Regional Gallery tour guide, for an Online Art Adventure for kids' and their families.

Join Peggy online via Zoom from 11am to 12noon Wednesday 13th May. This is a free event.

Quick Draw Club online

The Quick Draw club is drawing with a special guest artist. It is a fun, social and quick drawing session,

Serpentine Gallery prepares to re-open



by Yvonne Preston



by Fabian Pertzelt



by Damian Koch

by Fiona McConnachie

As with all supposedly "non-essential" businesses, the Serpentine Gallery has been closed for the time being, but as some restrictions have been lifted we are contemplating opening our doors again.

We can easily maintain social distancing as long as we monitor the numbers of people in the gallery. We're not exactly the

AGNSW but we can accommodate three to five visitors at any one time.

We're also going to take the opportunity to give the gallery a bit of a spruce-up, so a working bee involving our volunteers is in order. There'll be more details on our Facebook page in the very near future – we'll keep you posted!

I want to thank all of those who have donated money to help keep the Serpentine going – it's almost like having a system of patronage.

We have a wonderful landlord who has eased up our rent but we still have bills to pay so many, many thanks to all of you who have contributed.

Another thing to think about is the therapeutic benefits of the arts. We are all under a lot pressure and stress, so making art (or just working through your emotions via "attacking" a piece of paper or a guitar) is a way of managing these distressing times.

The arts have never been more necessary, not just as entertainment (though that's good too) but actually as a vehicle for dealing with isolation, fear and depression for yourself.

There are lots of workshop videos available on Youtube and they vary from entry level to professional level with plenty of hands-on stuff there to entertain the kiddies as well and keep them sort of busy.

I've chosen my favourite artworks

from over the last six months for you to enjoy... here they are!

Our contact details are as follows, so please feel free to call for any enquiries as to possible bookings (for later in the year) or any art info and leave a message and we'll call you back promptly.

gallery@serpentinearts.org
[Facebook.com/SerpentineArts](https://www.facebook.com/SerpentineArts)
(02) 6621-6845

17a Bridge Street, North Lismore.

If only you could hear the trees SCREAM

by Bernadine Schwartz

Living where I do, one could easily believe that it's just another day out there in the big bad world, except the silence hasn't been interrupted not once by a plane or a car and it took me back to an interview I saw many years ago.

They spoke with a man who was thought to be the oldest man in Russia at the time, and he was asked what was the most noticeable change during his long life and he replied, "The world was quiet once."

Today, most people would have to travel miles upon miles to find that elusive sound called silence and it wasn't that long ago when the night sky could be seen in all its glory but now it's near impossible to escape the bright lights, when the planet is lit up like a Christmas tree 24/7.

The birth of industrialisation is embedded in history and even our psyche, as the human race's greatest achievement and over time it instilled a belief in society that we can live without the natural world, until eventually all ties with Mother Earth were severed.

Whenever I read Mark Twain recollecting his life and his journeys to faraway places, it reads like a wondrous fairy tale. He makes reference to the annual journey south of migratory birds, that would periodically darken the sky for weeks on end and camping

overnight among the ancient ruins of Baalbek with a camel train headed for Jerusalem.

And his vivid descriptions of what were once the great forests of America, where the trees seemingly touched the sky, brought tears to my eyes. This is what our home once looked like, and only a century or more later, I'm hard pressed to find any resemblance.

As global warming progresses, scientists are now realising how intricately entangled the workings of our planet are, as unforeseen circumstances bring disastrous outcomes.

As I write this article the sky is being darkened not by migratory birds but by a plague of locusts three times the size of New York and they are eating their way across Africa, the Middle East and the Indian subcontinent, with new swarms forming from Kenya to Iran.

Global warming is to blame, causing extreme rainfall and heat, that is accelerating plant growth and scientists have now learnt it reduces elements such as nitrogen, which locusts prefer, resulting in frequent prolific swarms that are becoming harder to prevent.

A new study from the journal *Nature*, indicates that global warming is on the brink of ripping apart entire ecosystems, as rising temperatures go beyond the tolerance of thousands of animals simultaneously,



Old Moreton Bay Fig Photo: Sue Stock

including key species such as bumblebees, that play an integral role in the reproduction of plants.

The study focused on the repercussions of inaction and placed great emphasis on the fact that it's no longer a case of ecosystems could collapse, but will collapse, and I'm still reeling from the study's conclusion.

It explicitly stated that it could be completely gone before the end of this decade, and beginning as soon as now. This is the stark reality that scientists have been warning us about for decades and even today, it continues to fall on deaf ears, and now the time of retribution is here.

The American Midwest is suffering from a mega drought, which usually means twenty years or more of drought conditions, but this one is predicted to last centuries, as vast stretches in North and South America, spreading

from Oregon and Montana and through the four corners, into West Texas and Northern Mexico, rapidly becomes a barren wasteland.

The cause is shifting storm and rain patterns, and now wildfires as well as pests are also reeking havoc, with the loss of millions of acres of forests now creating frequent and dangerous dust storms.

Even large parts of the Andes, travelling all the way down to the coastline, are suffering from an unprecedented ten year drought, that has brought a dramatic reduction in the flow of rivers by as much as 80%.

While here in Australia, we've lost over 20% of our forests to bushfires and in one season, yet our governments continue to destroy what remains with wild abandon.

Tim Brodribb is a plant physiologist based in Tasmania, who has been studying the affects of global

warming on trees for over 20 years and measuring all the different ways that it's killing them.

His ten-year review was published in the April issue of the *Science* journal and concludes that if global warming maintains this pace, it spells big trouble for most trees alive today, and they will not survive the next 40 years.

The negative impacts of rising temperatures and droughts are already outpacing the fertilisation benefits of higher levels of carbon dioxide, and because they are slow growing and long lived, our forests can't possibly adapt in time.

New detailed information and modeling of how water stress kills trees, suggests there is a drought threshold for tree mortality, when they go beyond their limits. With his microphone, Tim can hear the trees actually take their last laboured breaths and explains exactly what is occurring.

During severe heatwaves and droughts, air bubbles invade the tree's delicate watery veins, cracking them open with an audible popping sound, that actually resembles a scream and with his special camera, he is able to capture the very moment the tree's drying leaves split open forming a lightning bolt pattern that disrupts photosynthesis.

The review doesn't end on a positive note at all but instead predicts hotter droughts that

will lead to the proliferation of dying forests on a global scale, with trees already perishing or struggling to stay alive.

African cedars and acacias are dying, the Amazon is struggling and junipers are on the decline in the Middle East. In Spain and Greece global warming is shrivelling oaks, and even in moist temperate Northern Europe, as well as unprecedented droughts have stressed vast stands of beech forests.

Nobody and I mean nobody, will ever convince me industrialisation created a better world for us all to live in, and I certainly don't need to walk a mile in our children's shoes. Standing in them for just a moment is enough for me, when they are all facing premature death.

Greed has a stranglehold on the entire world and John Lennon would be turning over in his grave. A man that had faith in the power of people but tragically for our children and our forests it will only ever be a song.

I'm blessed to feel the gentle touch of Mother Earth but for how much longer I don't know. So when I take my afternoon walk I give Old King Cole, my favourite tree and my granddaughter's, a big hug along the way.

There will always be things in life that you can never put a price on, and for me spending time with my granddaughter and Old King Cole is one.

The eye of the storm

by Greg James

Take this moment to stop in the absolute peace of here and now. Reflect your light on the chaos that has brought you here, bravely face it with faith, hope and love, now and always, never retreating.

This inner mantra has carried Ness and me through ups and downs during our 12 years of service, providing seasonal offerings of over 120 varieties of biodynamic hand-grown organic seedlings and herbs, each variety timed to the Northern Rivers home grower. We educate when invited, and give of our time to our Northern Rivers communities when we are needed.

So this is a long overdue catch-up from Greg and Ness at Farmer's Choice Organics. Most of our growers across the Northern Rivers and beyond refer to us as their seedling provider with the yellow punnet, and we have been blessed with volumes of memories of constant streams of love and friendship along this journey of growing with you, so thank you all.

Gardening has been challenging – drought gave way to flood, gave way to dry, and so it goes. Seedling growing of late has been challenging to navigate also, as we are tied to the energies of the planet and her collective consciousness.

We are all in this transition

together and there is only one boat, so here's a little housekeeping to catch up as home food producers, for our long-time growers and newbies alike.

Our yellow punnet return programme was introduced 12 years ago as a durable, colour identifiable plastic punnet for return, cleaning and reuse, to reduce plastic landfills.

Recently we dated some of our punnets and discovered some as old as eight years still in good order and currently circulating in production. Good on you folks!

The second aim of the programme was to build rotating community stock levels of punnets to buffer disasters. The recent quarantine exposed dependence on imported ingredients used in the production process of the punnets, and nearly halted production for us and many others in our industry.

Fortunately, many attending Blue Knob Farmers Market responded to the call returning many punnets each week, which helped maintain supply to demand through limited buying at outlets. Those limits have now eased and stabilised levels of plant production allows us to recommence mid-week deliveries to Mullum on Wednesdays after lunch.

Punnets can be returned to any of our outlets, just leave them at the stand for collection, thank you. (Please don't return dog-chewed

punnets as they are unusable, also those that have been written on.)

We support our west rim communities through the Blue Knob Farmers Market, on the 1st and 3rd Saturday mornings of the month for the moment, and workloads permitting I will return to weekly as soon as possible.

To all who have embraced and provided to our Backyarder's table, you bless us with diverse and tasty delights to discover each week as our planet shares her bounty through all of you, and we all have something to put on the table.

I especially love that more children are bringing food to the table, so to Anamaya and Richard who lovingly tend the table, we are truly grateful.

Panic buying 'preppers' have pretty much wiped out seed from well known Eden Seeds and Green Harvest for the rest of the season. This story is similar for some other commercial seed companies.

If you are not keeping seed refrigerated or properly sealed, cool stored and used within its viable life cycle, it is wasted and never gets a chance to help build our life-giving seed banks. Find a way to return seed into the life cycle it was created for.

The proliferation of butterfly and cabbage moth activity is stressing many growers and we are no different, we use little to no pest control most of the year, and spray only where we do



Greg and his seedlings, with Janaki and her beautiful flowers

not want them to be, most unwise to curse the symbol of metamorphosis.

Conundrum: spray only what you must to protect your food, not their natural food.

The use of agricultural neem oil at 10ml per litre mixed with Natures Way AKA Dipel, 1 sachet to 10lt of water, coat well and regularly for a couple of weeks. The neem oil is best added to a jug of warm 400 water to activate the emulsifier, then mixed into a watering can or spray unit.

Neem water mixture on its own can store premixed for 12 months, but Dipel won't keep once activated, so needs to be used straight away. Just shake and spot spray when required, and don't forget to rinse your nozzle after spraying.

Neem oil from Batphone P/L has proven best, and they market it as a soil and plant fertiliser rather than its traditional use as pest control, available from Norco and Mitre 10 stores.

People are now looking for inner

guidance beyond 1.5m distancing and 'stay at home and wash your hands'. It will be those closer to the living soil of the garden who will find that space to remove themselves from the fray, far beyond the barrage of narratives of social media; turn it off!

You are the great leader of the Kingdom of You. Spend time with you in the garden now, even if it's under an umbrella contemplating within the garden which is yet to be. As local visionary elder Rusty Harris said, "The Earth is to be a garden", it is that simple.

So dig, sow, grow and share, as you discover the power of you.

Farmer's Choice Organics seedlings are available at: Mitre 10 Murwillumbah, Eden@Byron Nursery, Mullum Co-op, Santos Organics Mullum and Mullum Herbs Stuart St. Deliveries Mullum Monday mornings and Wednesday after lunch, Byron lunchtime Wednesday, Blue Knob Farmer's Market 1st and 3rd Saturday mornings, 8.30am.



View from the loo

by Stuart McConville

I now know something about what it must have felt like to be a leper. People look at me like they are expecting me to explode. I do my best to give them space as they shuffle sideways down the supermarket aisle so as to keep their distance when I pass. Frightened eyes stare out from the masked faces of a suspicious public. I am not a drooling, coughing or spitting disease vector. I am just going about my normal life and sometimes forgetting that I am not far enough away or have moved closer to look at something on the counter. I am human. I am not afraid. I am full of compassion for those who are though. I can see the fear, smell it sometimes. It is like a demon that has escaped into our world and now we must find a way to exorcise it from our lives. Our love

I am... what if?

for one another is the key. We must all remember that a stranger is just a friend we haven't met. We must instill in ourselves the courage to trust people from the outset. Too many people reserve trust until it is earned. Trust is freely given and received. It should never be earned, only rescinded from those who don't deserve it. When we can look at each other and smile again we will know things are getting back to normal. I have had my moments over the past weeks. Sadness when I realise that the blame game has started in earnest and that there is still little mention of the root causes of the virus. Frustration at Covid social distancing systems that are designed to not only distance but alienate. Anger at the uptake of certain conspiracy theories that threaten war with China. A roller coaster of emotions, which is not surprising given the upheaval that we have seen in past months. My mind wanders into the territory of dangerous ideas. What if life were a bit over-rated? What if upon birth, our spirits were crying and screaming no, no... please not another round of LIFE! Have we been wasting our time propping up peoples' lives with modern medicine and cures for nearly everything when death releases us back to the place we'd rather be? Of course there are no answers to these questions, but I still think we have become complacent with our own indestructibility. Most of the time we have been around as humans, life was pretty cheap. You needed at least ten kids to make sure a few of them lived to pass on your genes. Kids didn't even get a name til they lived for long enough to make it worth getting attached to. So we were accustomed to loss. We must have been tougher and more able to cope with death on a regular basis. I am sure it was not pleasant, but I can tell you from my own very personal experience it is not very nice watching someone die slowly of cancer at a ripe old age either. In the natural world, the very young, the unhealthy or old are all vulnerable to diseases, predation and dying in general. Corona has come along and given us a tap on the shoulder. Hey... you humans... you are part of the natural world. It was a very light tap too. It will be interesting to see how many of us sit up and take notice.

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

Zooming through self-isolation

Excellent news – Natural health practitioners are able to resume face-to-face clinic consultations. I received an email confirmation this week from my professional association, Australian Traditional Medicine Society. Previously there was confusing and contradictory advice between national and state and territory restrictions. During this time I have become the Queen of Zoom (the previous month: "What's Zoom?"). Longer consultations have been internet or phone based, and clinic visits I restricted to collection of medicines and 10-minute check-ins. With hand sanitiser, social distancing and all the recommended precautions as well. As I work a lot with Lyme Disease and other tick-borne infections, I was previously doing some consultations via Skype. The recent increase in working from home prompted a much overdue cull and tidy of the shared home office. Disturbing that Zoom clients can see the untidy bookshelves in the background! Do I keep all those herbal medicine journals and seminar manuals from the last 20 years? Many years ago I finally discarded my original herbal medicine notes from my studies with Dorothy Hall, after hanging onto them for decades. Recently there has been a huge upsurge of interest in her teachings from (much



younger) herbalists, and I so wish I had kept those notes. I am pleased to say I'm not treating anyone with Covid-19 illness, as we are fortunate to have so few cases locally. I have however been prescribing a lot of immune supporting herbs and supplements to improve people's resilience. I was chatting to a herbalist friend recently and she found her main demand recently was herbal treatments for stress, more so than anti-viral herbs; stress caused by fear of the virus, and the pressure of changed routines and social isolation. Beneficial herbs for stress include lemon balm, lavender, passionflower, and chamomile. These can be used regularly as a herbal tea blend, especially if you have some in the garden. These herbs can be helpful for sleep problems. I particularly like lemon balm as it also has anti-viral properties. My key herb and current favourite (one of them!) is Baical (or Chinese) skullcap. It is calming, anti-allergy, anti-inflammatory, anti-bacterial and anti-viral. In Chinese medicine terms it



is used to clear 'heat and dampness' with symptoms such as fever, irritability, and phlegmy cough. It is especially indicated for heat in the lungs with a stifling sensation in the chest. It is also beneficial for the liver, kidneys, high cholesterol and diabetes. Echinacea also helps with stress, as it has a regulatory action via the endocannabinoid system, and it boosts the immune system. For fatigue associated with stress, a useful herb is withania (also called ashwaganda). It supports the adrenal glands which help the body's stress response. I like to prescribe it in a powder form, mixed with yoghurt or similar. It improves energy, but not in an overstimulating way. Vitamin C and B complex vitamins are essential to healthy adrenal functioning. Because of high demand with the coronavirus and immune concerns, Vitamin C has been difficult to get. Not quite of the 'TP' level of panic buying, but it's up there (along with zinc supplements). For additional support

Nature's pharmacy
by Trish Clough, herbalist

it's good to include rose hip tea. Naturally high in Vitamin C, it gently supports the adrenals as well as the immune system. Licorice root is an adrenal tonic and is also anti-viral (but can increase blood pressure, so should not be taken by anyone with high blood pressure). It tastes nice in a herbal tea blend too. A note of caution: none of the herbs mentioned has been specifically trialled against the Covid-19 virus, as it is a newly emerged virus. These anti-viral herbs mentioned have been found in previous studies to have anti-viral actions, and so are recommended to help with immune system support in general.

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.

EXPRESSIONS OF INTEREST WANTED
For local Yurt / Tiny House housing co-op
– an affordable option for seniors and others.



Kit set yurts from \$15,000 (site available). Also container homes and innovative not-so-narrow fold-out tiny homes (3.7m wide).

Phone Builder / Inventor 0415-638-380
usefultyurts@yahoo.com.au www.usefultyurts.com

TREEFELLAS
Timber Felling
Tree Climbing
BLUE KNOB
Mob. 0429 897 234

Blue Knob IT
Local Professional Computer Troubleshooting
Help with Windows 10 Updates
Phone: 6689-7079 Email: blueknobIT@gmail.com

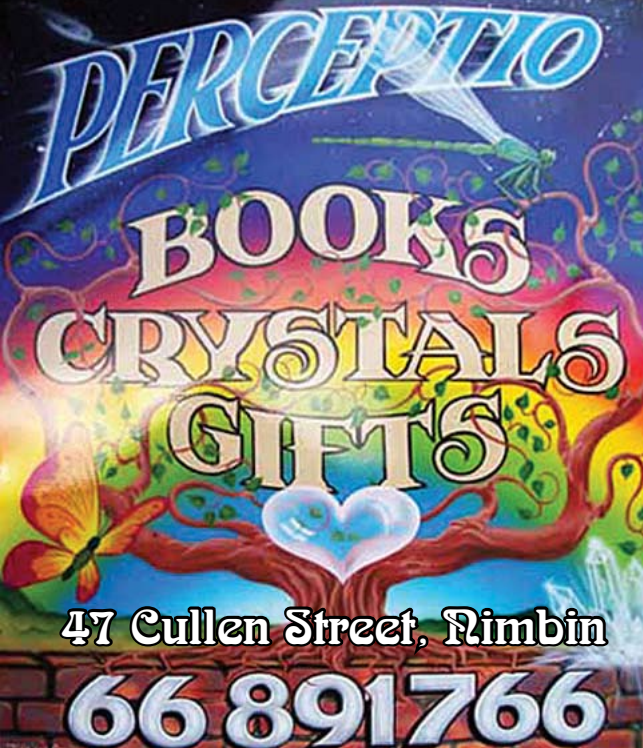
LICENSED DRAINER
• Installations and Repairs
• Septic Systems
• Water Tanks
Phone Ezra 0451-055-411

Nimbin Servo
02 6675-7906
Liberty

- 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

PERCEPTIO
BOOKS CRYSTALS GIFTS



47 Cullen Street, Nimbin
66 891 766

Nimbin
Computer
Support

Computer Repairs
Hardware / Software
Desktop Publishing
Printing
IT Help

81 Cullen St
(In the Nimbin Community Centre)
0487263816
www.nimbin-computer-support.com.au

Past Life Regression
Quantum Healing Hypnosis Technique (QHHT)

Free your Mind, Body & Spirit.
Live with more purpose, balance, ease & joy

Auralia Rose
0422 481 007
auralia_rose@hotmail.com
www.auraliarosewellbeing.com

Artistic Driveways

HOT MIX ASPHALT
Laid and professionally rolled
RECYCLED ASPHALT
CHEAP, permanent answer to your problem driveway
"Does not wash away"
We have 4WD equipment to access steep driveways
Gravel and Base work available – Free Quotes
PHONE BRIAN PERKINS 66 888 354

(Rods) ALL PROPERTY MAINTENANCE

0428 891192

- 1.7 ton excavator with auger
- 4wd 72 inch mower
- 12 inch wood chipper
- Plus more

A PRIVATE CREMATION
– \$2310 includes GST –

- ✓ Loved one taken into our care 24 hours, 7 days
- ✓ All required mortuary attention and preservation
- ✓ Completion of all application and registration forms
- ✓ Doctor's cremation certificates
- ✓ Environmentally friendly cardboard coffin
- ✓ Private transport to crematorium and cremation fee
- ✓ Death registration and official BDM death certificate
- ✓ Return of ashes to loved one's family or friends

Pre-Paid Plan Available – No Administration Fees

Locally owned by Ben & Emma Little
Servicing Nimbin and surrounding areas

All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au

DOLPHIN FUNERALS

The virus of fear and love

OK, OK, OK. So many have asked my opinion on Covid-19 that I had better have a go. Let me preface with the statement that anything I say comes from a privileged position, sitting on the top of the advantage heap amongst my beautiful environmental karma.

In fact, most of the people in this area are deeply appreciating the place we live now, more than ever. They are also mostly content to be at home, not having to go out, spending time in their gardens or finally getting all those long ignored jobs done around the house. Many of us are also facing some home truths whilst stuck at home, reflecting on the outcome of past decisions.

I am looking at issues I can no longer ignore and also appreciating the natural rhythm of living without the constant outgoing distractions. Of course I still have work, so again an honour and a privilege to serve, although I have to encourage many not to forget their long term health issues amidst the chaos.

Many of us have the feeling that something like this was always coming and I'm kinda glad that our greatest test to date in my lifetime is health-related, as we all tune in more to the needs of the body and its connection to the earth. This is, I believe, our most important priority and should guide all our decision making.

Not just our bodies but also our minds and our souls, which is why I wrote about Near Death Experiences (NDE's) in the last edition, to remind us all of the profound evidence that some part of us exists beyond the body. In my mind, death is not the ultimate fear, but not fully living in our truth is.

So as the virus of fear has spread across the earth, I question if this is also a challenge to find our own truth and empowerment amongst the multitude of opinions out there. And I have heard



In the moment
by Dr Jacqueline Boustany

some doozies, all possible and even plausible explanations of what this virus is and the corporate/ political agenda. As a scientist I try to stick to what is evidence-based, but I also try to see the bigger picture in which our reductionist science is embedded.

So there are many levels to this reality, played out on many dimensions we hold within us, and we can only access our truth from what resonates in our feeling body when we take a breath. Finding your truth amongst the many paths feels grounded in the body rather than driven by the head, a strong knowing, easy deep breath, maybe even with the skin tingles of realisation.

Many of us are held by fear where this virus has augmented the victim parts of our personalities, and this dampens the immune system. If we identify the triggers that cause us to react in fear vs love, we can recognise the old belief systems that perpetuate our disconnection with our universal truth. This then becomes an opportunity of learning and growth where we can regain our power. And blessedly we have been given the time.

The whole world is now connected, but for the moment, at a level of fear.

This is supported by the media which feeds off the frenzy and the overzealous enforcement of control by law-abiding services, the consequences of which those individuals will have to reflect on eventually. I trust that most people are smart enough to not endanger themselves or others, merely out of basic self-survival and respect.

Of course the State needed to do whatever it took to reduce risk and make sure hospital services were not overwhelmed, but now that the curve of infection is flattened, we need to analyse the risk to our mental health, economy and sense of connection if such Orwellian control continues. Even to the elderly who are at greatest risk, but whose lives are already curtailed by social isolation.

For now, world debt is delayed, mother earth is healing and the call is out for the end to all warring. More people are reaching out and helping others as is their basic nature. Maybe this is a gift veiled in a threat, stripping us back to our core. We are being offered a Higher path, to hopefully guide a planetary shift by the universal truth of love rather than fear.

This is our opportunity to stop and ground, to reconnect with what is truly important to us, to look after our bodies and analyse our minds and our trajectory on the planet. If you are out of work, ask 'What is the 'work' for me to do, right now?'

Look up *The Work* by Byron Katie, which may guide the self awareness and discovery that may be our real work in 3D limitation. May we transcend the ignorance of who we think we are and greet the reality of our higher consciousness as we navigate through this wormhole with our hearts. What counts is who we are at the end of it all.

I will be seeing people on Saturdays at the Healing Collective from May.



by Auralia Rose

That is a particularly relevant and important question to ask ourselves right now, as the biggest shift ever is happening on the planet. We want to know the truth beyond anything we have been told or believe about ourselves and our existence.

Maybe you already have the answer, if so, high five! For me, the bottom line is to simply bring more love and light to the planet. The way in which I do that is more or less irrelevant, as long as I follow my heart's calling and have fun along the way.

In a previous article I wrote about the huge shift in consciousness that is coming to earth this year. When I wrote that article nobody could foresee what was to come: the corona virus and how it would affect people, with the subsequent loss of lives and the ensuing government

What am I here for?

restrictions, causing huge disruptions to our every day lives.

Most of us are impacted in various ways and degrees: there is fear, worry, anxiety and this can be painful, especially when health, relationships, families and communities are affected.

Yet despite our fears, the social isolation, loss of income, restrictions to our freedom, etc. many people are finding there's an upside to all this, appreciating more time with family, enjoying hobbies and a more relaxed pace of life, realising we didn't really need all those social distractions and material things.

The earth is certainly revelling in being able to breathe a little easier, the oceans and rivers loving their cleaner waters and all her creatures enjoying a cleaner environment.

Many powerful and transformative galactic energies have been coming to earth this year and they are creating a wave of awakening with many deep and profound shifts. For many people the corona virus pandemic is causing an awakening as the illusion of their lives breaks down.

The planetary energy is

heavy and dark in many places, but please remember, our earth and all her life forms are a part of this shift. We will continue to see old forms and structures collapse on so many levels, whilst at the same time new structures begin to emerge.

We are awakening to know ourselves as sovereign beings. Our souls are free and we want to experience freedom in our physical bodies. The old ways of control, with people experiencing fear, poverty, overwork, with increasing limits on their personal freedom, is rapidly falling away. People in many parts of the world have gathered to protest corona virus lock downs and their subsequent loss of freedom, income, social interaction etc.

Corona virus aside, what we are seeing is people saying they have had enough of governments and the ruling elite gradually and insidiously eroding our freedom, rights and civil liberties, being dictated to and told how to live our lives. We are waking up en masse, realising our sovereignty and power to determine our reality and our future, knowing our true power comes from within.

Many of us have taken

part in organised world wide meditations where we have dared to dream our deepest dreams and desires, thereby creating them in the quantum field where, with our collective passionate intentions, we will surely see them created. We are meant to live in peace, harmony, unity and love.

As we merge with the new earth reality, becoming empowered creators, we will know great abundance, love, harmony, beauty and peace, where all creations are grounded in love.

This is a very exciting time to be alive and everyone on earth has their own unique role to play in the transition, but we must choose which side of the fence we want to be on... to remain in the comparative darkness of the old earth by refusing to give up lower vibrational ways of being and living, or to actively and consciously pursue the light, continuing to heal and release densities in our emotional and mental bodies, allowing even more light into the places where darkness dwelled.

Meanwhile, love and support each other. We are ONE.

www.auraliarosewellbeing.com
0422-281-007

Gardens are the go at 7 Sibley Street

Wayne Wadsworth (pictured) completes the installation of a hydroponic growing system at 7 Sibley Street, Nimbin's developing showcase of ideas for sustainable living.

The regular workshop series has been put on hold this month, with co-ordinator Steph Seckold saying, "I'm concentrating on the garden for now."

The Tools & Equipment Library and Seed Exchange are both still operating by appointment only. Email: sibley@nmc.org.au



My Dahl curry with yellow rice

by Sonia Bennett

There are many ways to cook dahl. Everybody has a recipe. Mine has evolved.

1 cup of red lentils / 1 onion / 3 or 4 cloves garlic / ginger / 1 cinnamon stick / 1 teaspoon turmeric / half teaspoon powdered chilli or 1 teaspoon 1 green chilli / 1 red chilli cut up / 1 or 2 teaspoons or more of curry powder, any good one / 1 small can of coconut milk / cardamon seeds / kaffir lime leaf / salt and pepper / water / oil.

Heat oil, throw in red lentils just to slightly heat and cook for a few seconds, add onions, garlic, crushed piece of ginger, curry leaves, add water, turmeric, curry powder (not a lot), green and red chillies, a pinch of ground chilli, cinnamon stick, salt and pepper. Cook, but not to a mushy stage, but nice and cooked, then add coconut milk.

When you want to eat, fry some slivers of garlic, curry leaves, a piece of red chilli and



cardamon seeds, try not to burn. Sprinkle shredded kaffir leaf. Serve with yellow (turmeric) rice, mix in some sultanas into the rice. Yum.

Lyndey Milan, a well-known TV celebrity cook who has a cooking show, printed my dahl recipe in her on-line Isolation diary when she was in isolation at the Hilton Hotel.

It's good cheap food, good to eat and tasty.



by Pauline Ahern

Due to restrictions on social gatherings, Nimbin Garden Club had to cancel our April meeting and, at present, it looks like we will have to cancel the May meeting as well.

If there is any relaxation in the rules over the next couple of weeks, we will go ahead with our May meeting, and all details will be posted on Nimbin Hookups. All members will also be notified by email.

Stay safe everyone and we look forward to seeing you as soon as it is possible.

Here are some photographs of some of the beautiful gardens we have visited in the past.



Remembering past garden visits



by I Paddlalot

To all those keen walkers and campers out there in virus land, hang in there.

Once this thing passes and it will, there are plans afoot for the Nimbin Bushwalkers Club and friends to enjoy.

But the wise thing is to bide our time 'til it is perfectly safe. What is a week or two to be able to enjoy our beautiful area safely?

Stay tuned. Hope to see you on one of our adventures in the not-too-distant future.

Meanwhile, enjoy some of our pictures from previous walks.

Take care.



Black Rocks



Fraser Island



Fraser Island