

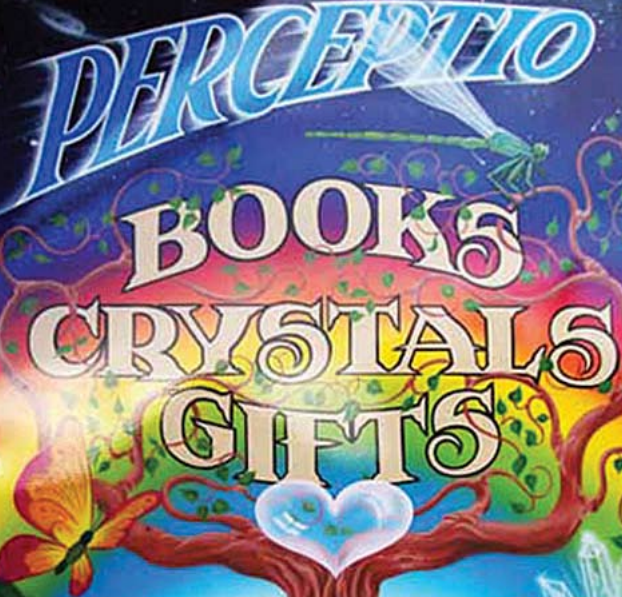
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Expressions of interest wanted for museum site development

by David Piesse

The plans for the old Nimbin Museum site have been approved, some four years after my partner Dr Simon Rose and myself bought the site with our many wonderful visions.

We would like to acknowledge and thank the community for your support and in particular thank Michael Balderstone for his constant positive support from the beginning, and Diana Roberts who helped in critical areas that helped push it through council. We have felt welcomed by the community, thank you.

I think it must be said that if Simon and I had known what Lismore City Council was like to deal with, we would not have bought the land at all.

We have approval for 14 shops (including potentially four food outlets) and a medical centre with a large garden

for the community to enjoy with the Rainbow Lane coming up from the carpark to Cullen Street.

There are shops on both sides of the laneway, some facing into the garden, and three on Cullen Street. Our desire is to create a space that truly reflects the Nimbin community.

Most of the shops are small and would suit artists and local crafts who we will support with comfortable rents. There are some larger shops as well.

We are looking for a baker to make beautiful bread from on-premise stone-ground organic flour.

To get this off the ground, we need people who are interested to apply with their dreams and ideas.

If you have an interest in leasing or purchasing one of the shops please email the exclusive listing agents, Nimbin Hills Real Estate – Yvonne Campbell: yvonne@nimbinhills.com.au or Samara Burcher: samara@nimbinhills.com.au

Farewell and thanks, Karlin



1990 AGM, Karlin is in the middle in the black top

by Diana Gosper

On 10th and 11th October, I was very fortunate to be able to attend Karlin Bracegirdle's last ever Living with Solar weekend workshop in Nimbin at the Rainbow Power Company premises.

Although I have lived off-grid for most of my life, I still learnt a lot.

In this article I want to say thanks and recognise the many people whose lives have been touched by Karlin's no-nonsense, friendly, articulate, witty and incredibly informative workshop.

There were only six of us in this last course (four of them were RPC staff members), and I felt lucky to have so much attention to myself.

Karlin mentioned she has done over 200 workshops, which at an average attendance rate of 10, means she has helped over 2000 people on their solar power journey – giving away her weekends every second month, raising a family, building a house – all that other important stuff at the same time.

I take my hat off to a very bright, very

strong, inspiring and hard working woman. Karlin's partner and her son also worked at RPC, making it a true family affair for many years.

Karlin used to work 9 to 5 at RPC, and like she says, it was for the love of the job, and the uniquely "high percentage of hands-on experience/knowledge within the RPC staff".

RPC was instrumental in creating some of the policies and standards that are still used today.

On Karlin's first day of work many, many years ago, she wrestled a giant carpet snake out of the RPC building. She's a tough woman, and I know she is insisting on spending at least one more day at work at RPC... to teach someone how to make mudbricks to replace the bricks that are falling out of our walls, another of her many talents.

Sounds like it might be hard to get rid of Karlin after all her years of dedication – she is still dedicated to the place! That's OK, she is a legend and a champion, and I know I can speak for all of us at RPC when I say she will be sorely missed (if she ever does go).

Mourn not for me

For Terry Beltrame

Mourn not for me
 For I never died

Think not long of me
 For I was never born

Make no grave nor shrine for me
 Seek me not at such places

For I am nowhere
 But everywhere

I am the rising wind and the roaring sea
 I am as you are

I am the still lakes
 And the placid forests

The deserts and the fields
 And the wave-worn beaches

I am the fullness of the teeming seas
 And the emptiness of deep space

I am the light of the rising sun
 And the darkness of the eternal heavens

I am the same moon reflected
 A million times in a million lakes

I am the wonder in the eyes of the newly born
 And the knowing in the eyes of the dying

I am all this and none
 I am as you are

Brothers! Sisters!
 I am you, as you are me

So dance and sing, my kin!
 And sing and dance

Offer no rituals – no prayers for me
 I require none

If you should require prayers then make them

But do not make them for me

Weep if you would weep
 Weep and tremble and

Laugh and laugh and laugh
 Before the grand mystery

Weep if you would weep
 But weep not for me

Weep for the sake of weeping
 Weep because your eyes would weep
 And your hearts and your souls

And weep with all your being
 But weep not for me

Pray for nothing. But pray! Oh pray!
 Pray for the sake of prayer alone

And may every moment be your prayer
 And may everywhere be your house of worship

Mourn if your hearts would mourn
 But mourn not for me

Be not sad
 For I have not left you

I have gone nowhere
 Where would I go?

Brothers sisters!
 Mourn not for me

Mourn not for yourselves
 And mourn not for me

Mourn not, nor dream nor hope
 For time is but an illusion

Struggle not in vain efforts
 Seek no achievement or goal

For life and death are but mere appearances
 And we are but their witness

– RB Lonetree

Macbeth goes online

Covid-19 has hit community theatre hard, like many other arts organisations. As a result of the lockdown, Lismore Theatre Company had to postpone *Educating Rita*, its opening show for 2020, and cancel the rest of the 2020 season.

This was devastating for the Company, as it has not been able to use Rochdale Theatre in Goonellabah to perform or rehearse, or for the actors to hone their skills.

As a result, in addition to regular Zoom play-readings, LTC decided to provide its actors with a safe, socially distanced acting exercise by staging a filmed, rehearsed reading of Shakespeare's *Macbeth*, in conjunction

with the Star Court Theatre in Lismore.

The stars of *Educating Rita*, Elyse Knowles and Gray Wilson, play the lead roles of the Macbeths and are joined by 10 other LTC regulars in this production co-directed by David Addenbrooke and Kylie Fuad.

That filmed and abridged version is now available to watch on YouTube.

The easiest way to access the film is via the LTC website at: www.lismoretheatrecompany.org.au

There is also a link on the website for our community members and friends to make a donation to the company to help the company stay afloat in these hard times.

With the help of our community, LTC



Gray Wilson and Elyse Knowles

looks forward to staging *Educating Rita* and a full season of other productions in the new year.

New song begs for rain

by Rhys Walker

I've grown up in Northern NSW, having been here since I was four years old. I started playing music at 18 as a coping mechanism for internal challenges, and am in my 20s now.

I'm responsible for the 'fake band' (me playing all instruments, pretending to be five people; producing/mastering/all artwork, etc) called 'klee shade'.

klee shade has been lucky enough to be played on over 46 radio stations across multiple countries, scored from multi-national conferences to skateboarding videos, and been released alongside artists like Harts, Safia, Meg Mac and more.

It was exhibited on the podcast of two of the biggest comedians in the world today, Tom Segura and Bert Kreischer, yielding close to a million views thus far, over 900,000 at this point (on Instagram alone). They have 2.7 million followers between them!

Through these successes, I've never had any desire to rockstar it up; I was simply thankful for music as a vent for the emotional turmoil of my home life and more deteriorating – not capitalising on



the publicity of any of it.

However, with this, the new debut single – a refined, perfected version of the song that ended up on all those radio stations, entitled *Beg For Rain* by klee shade – I'm kicking things into serious gear with the expansion of this project.

I feel it has potential to turn into a bit of a moment in music history. And I think this place in the world has a lot to do with where the sound of it came from.

The song opens with an unconventional

acoustic tapping introduction reminiscent of a John Butler Trio/Andy McKee piece, but quickly unfolds into stoic song writing, leading to the finale section that is ethereal in a way I think has not been achieved ever before.

One of the final lyrics in the song, when it reaches its peak, is "Just take it slow, settle in for the ride..." which I've been using as a headline/tagline for posts.

It is deeply indicative of the growth and new music that has happened within said 'fake band' since the time of its first release to radio in September 2015 – singles, EPs, all soon to be released.

You can hear my new single here: www.youtube.com/watch?v=z4xgUirh1pM

It has been released from my self-operated record label www.shaderadio.com to: 7Digital, Amazon, Anghami, AWA, Claro Musica, Deezer, Google Play, iTunes and Apple Music, JioSaavn, KKBox, Spotify, Tidal, Tiktok, Xiami, YouTube Music and more.

My social medias include: @kleeshade and @ksrhys on Instagram, 'klee shade' on Facebook: www.facebook.com/kleeshadeofficial Twitter: @kleeshade Spotify: smarturl.it/ksbfr

I hope you might have a listen.

New album and novel launch for Janie

In October, Janie Conway Herron (pictured) held an intimate launch of her project of novel and songs called *Another Song About Love* at Music Bizarre in Lismore.

With the assistance of local poet and author Christine Strelan, Janie launched the project by playing some of the songs from the album and signing copies of the novel and CD to a Covid-safe small but intimate gathering of friends, readers and listeners local to the Northern Rivers.

"It was a well-needed ritual to send the project out into the world," Janie said.

Janie Conway Herron comes from a well-known, richly musical Australian family. "Growing up in Melbourne with brothers Mic and Jim Conway was pure creative delight," she said.

Encouraged by their parents to create, perform and explore, each of the Conways have gone on to have unique and successful careers in the creative arts.

Playing music and songwriting is an exciting and rewarding part of Janie's life. She has performed in many bands in inner city Melbourne and Sydney and toured nationally.

With a doctorate in creative writing, Janie has spent 15 years teaching, mentoring and co-ordinating the Creative Writing Program at Southern Cross University.

Her essays, poems, and short stories



have been published in numerous journals and anthologies; her first full-length novel, *Beneath the Grace of Clouds*, was published in 2010 to great critical acclaim.

The novel and the collection of songs bring Janie's creative worlds – music and writing – together for the first time.

Another Song About Love is a fictional memoir that opens in the burgeoning music scene of 1980s Melbourne when Lillie Bloom and her friends form a rock band playing gigs around the inner city. It's a time when roles for women are undergoing great change and ideals of romantic love and the nuclear family are being challenged.

Struggling to juggle her music career and a rich personal life with being a mother to her son Jesse, Lillie is determined to find success in the world of popular music but ultimately ends up singing about love more than experiencing it.

There are many obstacles along the way for Lillie and her youthful search for perfection is tinged with uncertainty but this uncertainty is ultimately a gift of wisdom. In the long run it is not success but love of life itself that enables Lillie's coming of age.

As the wheels of the music industry churn through her life, it is ultimately the love of friends and family and especially her son Jesse that helps Lillie survive on the rocky road of sex, drugs and rock and roll.

The novel is accompanied by a collection of original songs, and the song title of each is shared with a chapter in the book. Janie recorded the songs with her son, Tamlin Tregonning and a number of notable session musicians. Tamlin also produced and mixed the songs.

The novel and CD are available for sale in Lismore at Music Bizarre and the novel is available at Book Warehouse.

You can also buy on-line; for more information, go to: www.janieconwayherron.com

the curious savage

by John Patrick



The show must go on!

by James Straiton

Come one, come all and join us for a new local production!

The Nimbin Theatre Group would love to invite you all to come along to the Nimbin Bush Theatre or to an exclusive performance at the Starcourt Theatre in Lismore for our performance of *The Curious Savage*, by John Patrick.

It's an intelligent and gentle comedy that's sure to make you smile. Tickets are available on the door and will be \$15, but booking early will

ensure a seat, as due to Covid regulations seating is limited.

Performances will be at:

• Nimbin Bush Theatre: 3rd, 4th, 5th December, 7pm. Bookings: <https://nimbinbushtheatre.com>

• Starcourt Theatre: 11th December, 7pm. Bookings: www.starcourttheatre.com.au

We hope to see you all there and as always, if you are interested in being a part of community theatre or exploring your creativity do not hesitate to contact us by text message on 0401-756-615.

Introducing Budjerah

Budjerah, an 18-year old singer-songwriter from Fingal Head, has released his debut single *Missing You* via Warner Music Australia.

Crafting a sound that melds the formative elements of gospel and soul with pop and R'n'B, the first chapter from Budjerah is timeless and distinctively compelling.

Premiered by Richard Kingsmill on triple j, 'Missing You' pairs longing lyrics with a sparse sonic palette. The song taps into the sense of isolation Budjerah knows he isn't alone in experiencing.

Raised in a home full of instruments and playing in family bands, making music was inevitable for the young singer-songwriter. "I grew up singing Sam Cooke and listening to gospel singers like the Clark Sisters. My dad taught me how to sing, and that's the kind of music that has been around since I was little," he says.

Budjerah found kinship with ARIA and J Award-winning artist Matt Corby, who produced his upcoming debut EP.

Corby's studio is located close to Budjerah's home, and the two clocked countless hours comparing notes and crafting the sound that would introduce the world to what Budjerah can do.

"In my music, I think of how I'm going to use my voice as an instrument before the melody and anything else. Matt is classically



trained, so he pushed me vocally. We both really like the real, organic sounds of instruments."

In his music video, directed by Mos & Co, the carefree visual accompaniment highlights the spirit of summer and captures Budjerah in his home town.

Profound and powerful, it's clear Budjerah's tales will bring listeners closer together.

"When people listen to my music, they'll hear my experience. A song like 'Missing You' is honest, and I hope it brings them comfort and shows they're not alone."

Budjerah is playing a headline show at Lismore City Hall on Saturday 14th November, 7.30pm, \$40 as part of the Great Southern Nights initiative. See: <https://lismorecityhall.com.au/whats-on/budjerah/>

Check out all the info, grab tickets and follow Budjerah at: www.budjerah.com

A TASTE OF ART

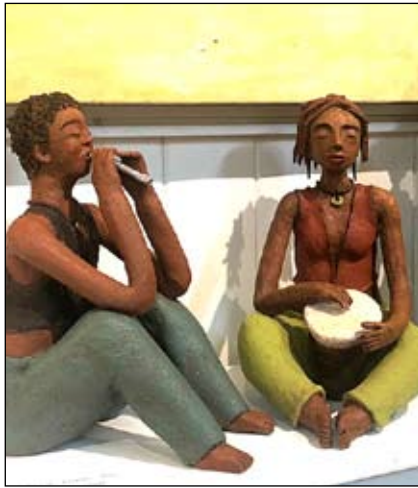


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The early bird catches the art



Figurines by Marie-France Rose

by Anne Cook



'Hovering Lorikeet' by Rikki Fisher



'Eye' by Robert Sheather

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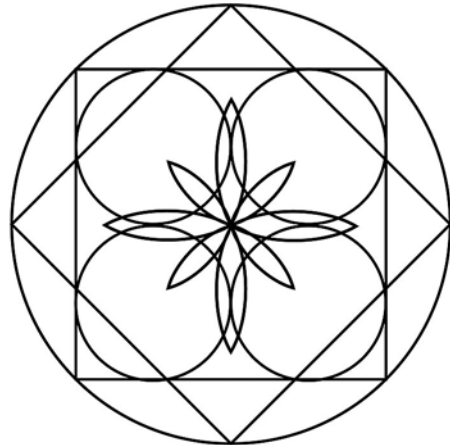


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OK, so it's only November but it's never too early to start looking for Christmas gifts.

Buying art is always a great gift choice and one should not feel that art purchases need to be a high-minded business. Buying something that "matches the lounge suite" is also OK.

At Nimbin Artists Gallery you can choose from works on canvas and paper, sculptural and ceramic pieces, glassware, timber works, jewellery and

clothing, all created by local artists.

The colourful 'Hovering Lorikeet' print by highly acclaimed artist Rikki Fisher would make a welcome addition to any household.

Robert Sheather's Red Cedar 'Eye' would make the perfect present for the person who enjoys a quirky theme combined with artistry and craftsmanship.

The imaginative figurines that have

been created by the very accomplished Marie-France Rose would make for a joyful find under your tree on Christmas Day.

So come into the Nimbin Artists Gallery and get going on some early Christmas shopping or just to have a nice time checking out the art.

We are open 7 days a week from 10am to 5pm at 49 Cullen Street, Nimbin, and we do lay-buys.

A Stitch in Time + The Bold and The Beautiful



Untitled by Janifer Fraser

A Stitch in time

Eric Smith's embroidery has been enjoyed by everyone who has come in to see it. Eric has been embroidering in the Northern Rivers area for almost a decade with some work done in public – while at farmers markets and coal seam gas protests – and other work quietly, at his home in Cawongla.

This exhibition at Blue Knob Gallery contains some pieces from his former life in California. His work is primarily cross-stitch and other counted thread techniques. His prowess and attention to the finest details show that this is a man with exquisite sensibility and sensitivity to a piece.

His attention to detail has won many awards at local agricultural shows, and the Royal Easter Show in Sydney.

The inspiration from historical sources leads you to feel that some works could be 100 years old.

Grampa Joe's Chair is an example of this. Inspired by his great-great-grandfather, Joseph Chapman, who was incarcerated for piracy in 1818, with a skull and bones motif, it takes one back to another time with a sense of place and humour.

He believes that if you embroider an idea, it holds more meaning, due to the time it takes to create the work that holds it. Visitors on Saturday mornings can see one additional piece: the sign created for the BackYarder's



'Long Time Passing' by Bev Leggett Simmons

Table, the stall he manned for many years at Blue Knob Hall.

The bold and the beautiful

This has turned out to be one of the loveliest exhibitions held at the Gallery in the last year or so. Apart from the beauty and the boldness in some of the works, it has a gentle nature to it.

There is the beauty and the pathos of the world at this time of pandemic, upheaval and uncertainty and has provided a space of gentle recognition of nature and the small things in life that continue to provide solace to us all.

Janifer Fraser's big and bold painting ('Untitled') reminds us that home can be a place of refuge and warmth, and Bev Leggett-Simons 'Long Time Passing' lets us know that many things in the world are a long time passing and to be patient and gentle with each other. All the work in these two exhibitions gives us all something to reflect on and enjoy.

Both exhibitions will run until Saturday 28th November.

Blue Knob Café

The café is going well, with many thanks to our patrons and the volunteers who are keeping it all humming along under the current



'Grampa Joe's Chair' by Eric Smith

Covid regulations.

We look forward to seeing you here and enjoying the food, coffee and general ambience of the cafe, gallery, ceramic studio and the Blue Knob community market on a Saturday morning.



The Advanced Diploma of Visual Art graduate students at Lismore TAFE have focused their creative vision towards their graduation exhibition and beyond.

Having refined their professional skills, adapted to challenging times and sharpened their engagement with the visual arts community, the students are ready to transform their 2020 visions into meaningful futures.

"The challenges that we have faced both personally and collectively this year are very significant, but we have managed to turn perceived negatives into positives," said student Julie De Lorenzo.

The works by the six students will be on show in Lismore this month.

They are celebrating their exhibition opening innovatively, and are extending a warm invitation to the general public to attend an on-line live stream of the opening on Friday 13th November, 5.30-7.30pm, via Facebook live feed at: www.facebook.com/TAFEArtsNorthernRivers

The exhibition '2020 Vision' is open for people to visit in person, from Monday 16th to Friday 20th November, 10am to 3pm daily at the Drill Hall and Space Gallery, TAFE Lismore Campus, 64 Conway Street.

Beau Ravn, Monique Jerome, Julie De Lorenzo, Tania Alderman, Juliet Rengel and Lynne Sealotus Edmondson

'Breathe' by Julie De Lorenzo



Amber Bedlington, 'The Trypteach 2'



Erika Whitton, 'Graffiti To You'



NORTH OF 19

Year 12 students from Kyogle High School will be exhibiting their final year assessment artworks in a curated exhibition at the Roxy Gallery beginning on 11th November and running until 6th December.

This year has thrown many challenges for students, and what they started a year off thinking to do had to be rethought into what may or may not take place, but with credit to this group they have completed their final year body of work and are ready to share their achievements.

Last year, while undertaking year 11, students and art teachers from the Kyogle High School approached the gallery director to organise an opportunity for these students to exhibit in 2020 with their final year artworks.

This class was showing great creative potential, and the school really thought it would be very encouraging for them to have an exhibition deadline to work towards as part of their final year. With credit to both students and teachers, this became a reality and in some ways it is the icing on their cakes, as school for most students this year has been very different and challenging.

'North of 19' is the title the students have given this exhibition which reflects moving forward from a year that will not be forgotten, where the number 19 links to how Covid-19 has impacted on the path their final year of studies has taken.

Included in this exhibition will be works from students who have undertaken study in the fine arts and technical arts areas.

Have you got your EOI in?

'Change is in the Wind' is the title given to the final exhibition at the Roxy Gallery for 2020 which will see in the new year.

Like the classic licorice allsorts exhibitions run by the gallery over the years, this exhibition provides creatives with an opportunity to get their works out into the public domain along with experience the process entailed in presenting artwork for exhibit.

Expressions of Interest forms need to be submitted for entry into this exhibition by 23rd November. They can be collected from the Roxy Gallery front desk or email: roxygallery@kyogle.nsw.gov.au

Tanea Attwood, 'What I'd like to imagine aliens look like 1'

CELEBRATING OUR COASTAL ENVIRONMENT



'Storm Front' – mixed media

'Latitudes of Salt and Sky' is an exhibition of contemporary landscape works by Beki Davies that pay homage to the breathtaking expanse of the Pacific Ocean.

The gestural abstract paintings are created with photographic mediums that utilise sunlight and seawater to imbue the work with a sense of place that evokes a feeling reminiscent of the wild wind, turbulent waves and infinite horizons of our coastal environs.

These works act as both a celebration and a requiem for the natural coastal spaces that are under threat from anthropogenic climate influence.

Beki Davies was the recipient of the Lismore Regional Galley Graduate Award (SCU) in 2019.

'Latitudes of Salt and Sky' is on exhibition at the Lismore Regional Gallery until 22nd November.

Gallery members get elemental

by Fiona McConnachie

Serpentine Community Gallery is currently exhibiting our members' show 'Elemental'. As is our practice, the theme is very open-ended, but the show sort of coincides with Halloween and all that entails.

Our intention with this show was to encourage an exploration of air, water, fire, earth, metal, and wood and combine them with other facets of reality and the fundamentals of existence. A big theme and a big ask!

There's beautiful work on the walls, and we encourage people to drop in and view the work of our talented members.

In Gallery 2, we're showcasing the sculptural work of well-known ceramicist Ray Moeller. Ray's family has suffered a terrible tragedy and we've mounted this show to help raise money for them.

On display and for sale are sculptures by Ray and his son, Mark Majchrzak, so this is a great opportunity, not only to help Ray and his family but also to purchase some really very lovely art.

From 16th to 30th November, local artist Michelle Robinson is having a solo show in Gallery 1, and Kate Hay's work surrounding the issues of mental illness will be on show in Gallery 2. Keep an eye on our Facebook page for more



'Ancient Energies' by Mark Majchrzak



'Horatio' by Maire Douglas
'Blip' by Dougal Binns (detail)



'Balance' by Ray Moeller
'All Hallows Eve' by Inara Kent



November tips for your spring garden

by Caroline Nature

The Nimbin rainfall report for October, which has been recorded at Goolmangar Creek since 1893, says we have had 54mm + up to today (28.10.20), which brings our yearly total to 1200mm so far.

We seemed to have missed out on a few big rain storms in October and it looks like November will make up for it with more rain expected from both the colder southern and tropical north areas throughout the month. At our place we have had about 70mm, all in the last week, and the garden is loving it. November is the last spring month and there are two full moons. Gardening according to the moon cycles and seasonal changes allows us to develop a deep connection with nature's rhythm and flow.

1-8 November

The Taurus full moon falls on the 1st. In the following week, waning gibbous, it is a particularly fertile time to plant root crops which will be ready to harvest in autumn and throughout winter. Our great sub-tropical climate allows us to grow "island food", staples like taro, cassava, arrowroot, yacon, sweet potato, ginger, galangal, all easy to grow from cuttings or bulbs. Plant perennials now and be game to pot up cuttings like mint, geraniums, thyme and

oregano which are all easy to grow. Use a good potting mix, preferably organic, cover any roots or if it's a cutting bury half of the stem in the soil mix. Keep the water up to them daily, unless it's raining, until they look healthy enough to plant. Weeds are growing fast, so get them when they are young and easy to pull out with the rainy weather. Throw weeds in a bucket with water covering them, for a week, stir every day, then apply that weed juice, which is full of nutrients, in a 10:1 ratio water to weed juice, back to the roots of your plants and watch them grow. Weeds like thorny devil fig I chop up and put in a burn pile outside of the garden. We harvested around 10kg of Desiree potatoes this month from a 2mx2 plot planted with 10 old girls hiding in the cupboard. Potatoes with growths are best planted in the drier cooler months and are ready to harvest 3-4 months later for spring eating. Thanks to Nimbin Organics for providing such fertile produce, nothing is wasted!

9-14 November

This week's waning crescent moon has a lot of rain predicted. Be prepared by clearing drains and mulching plants well. Keep a bit of space between the bottom of your plants and the mulch if you can, to allow for air flow. This phase of the moon is about maintenance and review of the garden more than planting. How does everything look?

What needs feeding or pruning? Are there seeds to collect? Rain means mould at this time of the year, so be mindful to check plants and remove anything that looks sickly. During heavy prolonged rain, we use shade cloth and umbrellas over vulnerable plants and seedlings to stop foliage damage and waterlogging. If you have a worm farm, remember to check they are OK with any heavy rain event. We use aloe vera as a border plant to control weeds and water flow, it's easy to transplant, make sure some roots are attached, and it's a handy herb, excellent for burns and has a beautiful orange flower.

15-21 November

This new moon in Scorpio is time to plant leafy greens, kale, lettuce, cabbage, mustard greens, rocket, dill, fennel, coriander. Nasturtiums, pansies, cosmos, violas and marigolds are easy and quick to grow and so beautiful in the garden, providing colour splashes and doing their secret work with the insects. Flowers can be fragile with intense sunshine, so plant them where they can have some shade time during the hotter days over spring and summer. Perennial herbs like oregano and parsley grow well under citrus trees where they have partial shade. We have large tubs of water in semi-shade filled with an edible slender celery we use fresh and steamed, we believe it is a native.



Calendulas

During the last waxing crescent moon I planted Kangkong into a tub, it's a tasty, Asian water spinach and easily grows from a cutting. Having a variety of perennial greens to eat in your garden provides you with important vitamins and minerals for your good health and immunity.

22-30 November

This waxing gibbous moon is time to plant fruiting vegies and fruit which will be ready in mid to late summer. Cucumber, squash, zucchini, capsicum, eggplant, tomatoes, rosellas and tamarillos grow well over the summer months, enjoying the heat and the rain. You can still plant your leafy greens at this time. Our mulberries are finished and the blueberries are fattening up, strawberries, NQ native raspberries and Brazilian cherries are ripening every day and the plum tree is covered in small fruit. The last oranges are hanging on. Gardening is all about growing what you want to eat and learning along the way how magnificent all of nature (including us) really is. Happy gardening!



Nimbin Garden Club notes

by Mandy Hunter

Unfortunately our planned garden visit had to be cancelled last month due to Covid restrictions. Instead, we met at Crams Farm for a walk and picnic. A very pretty half-hour drive from Nimbin, the farm forms part of Clarrie Hall Dam and draws many kayakers to its tranquil waters. The area is stunning with well-maintained grasslands,

picnic areas, spectacular views and of course the lake, which is a haven for birdlife. Our November meeting will be on Saturday 21st between 2 and 4pm at Pam's place, on the corner of Upper Tunttable Falls Road and Newton Drive; the entrance is off Newton Drive. Please bring a chair and a plate to share. Please visit our Facebook page (Nimbin Garden Club group) for any updates. Members will be advised by the usual email.

Walks program for November

Sunday 15th November

Brunswick River

Leader: Steve Johnson 0421-953-814
Meet: Ferry Reserve Caravan Park. Below the highway bridge, straight ahead entering the park at roundabout at 8.15am.
Grade: 2 The tides are perfect for another paddle on the Brunswick River. Sue and Steve will escort you on this lovely paddle up the River and into some side creeks, easy going as their planning sees us using the tides both ways. Bring your kayak, canoe or stand up board. We have a couple of spares so get in and reserve yours. **Bring:** water, lunch, sunscreen and hat.

Fri 27th – Mon 30th November

Woody Head National Park Campground, near Iluka

Leader: Peter Moyle 0412-656-498
Meet: at Woody Head. The club have booked a couple of sites for the three nights, Fri, Sat, Sun. Come for 1, 2 or 3 days/nights if you want to share get in early to reserve a spot or book your own site. Confirm your attendance with Peter, the group site is not available due to the Covid restrictions.
Grade: 2 -3 Ideal for a weekend away, and a great way to finish the year's walks. **Bring:** your camping gear, firewood supplied. Bring your kayak or canoe as we are planning a trip on the Esk River a short drive away. If interested in the paddle and do not have watercraft, let Peter know and he may be able to assist.
Cost: Camping \$17 per person per night. Full shower/toilet facilities. Annual NP pass or \$8 per day for vehicle.

Sunday 6th December

AGM and social get-together

Notice is given 2020 Annual General Meeting of the Nimbin Bushwalkers will be held at 11am at 37 Booyun Street Brunswick Heads. This will be followed by lunch with plenty of options, bring a plate to share, bring your own special diet. The hosts' new BBQ will be available if you want to cook something up. Members to also supply their own refreshments. A great way to finish the year, and a good opportunity to supply input into 2021 activities.



Bushwalkers find Hidden Valley

by Peter Moyle

The Nimbin Bushwalkers have been active the last couple of months as restrictions and locations open up. We have been staying close to home to keep us in the bubble, and we will visit missed favourite spots just over the border next year. As of late, our walks have been well-attended, and most visitors have enjoyed the days and company so much they have signed up on the day. Our recent walk to the Hidden Valley in the Whian Whian State Conservation Area was very much enjoyed by all, a lovely shady walk to a lookout for a break, and after taking in the stunning views, we made our way into the gorge where there was still water flowing after this dry period.

A bit of scrambling up and down, but the slow-going gave us plenty of time to take in the unique landscape at every corner. An easy walk, but one that was agreed by all a must-do after rain to see the wonderful terrain on offer. Walking back, we stopped to take in the new growth from last year's bushfires, and it was amazing to see how nature can recover from such destruction – so much vibrant colour and life taking off and how lucky we are to have such diverse walks to enjoy. The club is starting to wind down for the year, from a safety and enjoyment level the summer months make it trying but members have shown interest in our water sports so we will schedule some river paddles to keep us out and about in our great backyard.



View from the loo
by Stuart McConville

There's a track winding
back to an old fashioned
shack on the road to
Wagga Wagga
If you've been there you will
agree, it has a wonderful
amenity, for those that
need to find it
As an outhouse, it stands
alone for all to use it, the
fabled road to Wagga
bogger
The shack itself is naught to
see, just a bark and pole
affair with cobb'n'co's to
bind it
The loo however, begs to
differ, it was built with
flair and opulence, some
say it is the eighth world

The Wonder Loo

wonder
Upon arrival, you'll find
a marble staircase that
winds up to heavens door,
an elevated spiral
The door itself is silky oak
with smoked opaque glass
and flowing waterfall
etching
Inside you will discover a
most luxurious commode,
the red cedar throne alone
has no rival
A backrest of brocaded
velvet, the floor polished
tallowood, it's really very
fetching
A surprise though to behold,
no water, just black empty
space, not particularly
convivial
The innovation though,
begins below, the darkness
hides its function
A set of whirling blades
chops up your poo and
sends it down a further
chute
Into a chamber so
constructed, to maximize
the vacuum, the poo is
further bludgeoned

Squeezed this much, your
pulp now must spin out
and out, the liquid sent to
scoot
The product, now a dried-
out biscuit with no smell,
arrives at the junction
Upon which it is crushed
again with hammer mill
into a flour-like powder
The bags of which are
sent far and asunder to
appreciating farmers
Who feed their compost
mixes well with this
liquid-blended chowder
To sate the micro-
organisms' appetite and
help to break the armour
Of dirt so poorly cared for
that it hardly holds water,
nutrients or life-force
power
And if it happened, once in
every while, a child falls
down the toilet's hole
The loo will gurgle and
hesitate, the spinning
blades arrested
The child though frightened,
remained unharmed and
extracted from the bowl

How did it know, this
unearthly loo, to leave said
child unmolested?
The Wonder Loo is a
mystery, like the fabled
myths of old
Who could have built the
thing and why it never
fails
To produce its bags of fine
night-soil which all the
farmers hail
As a thermophilic compost
enhancer to make all
others pail
So if you're ever down that
way and need to loose your
bowels
You will find it clean and
sanitary and smelling
much like flowers
Relax and enjoy the
elevated view, seated upon
the cushion
And make your
contribution to the soil, all
the while a-pushin'.

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

Neurological repair, part 2

Last month's column looked at brain inflammation as caused by viral and bacterial infections as well as environmental toxins including heavy metals. It is likely that damage to the Blood Brain Barrier (BBB), which when intact protects the brain from damaging toxins in the bloodstream, can be a contributing issue.

Improving the integrity of a leaky BBB is advisable before commencing natural treatments for neurological inflammation. Treatments for the BBB include herbs high in the anti-oxidant resveratrol. My favourite here is Japanese knotweed, also known as *polygonum cuspidatum* or *reynoutria japonica*. I use it in my clinic in a concentrated powder form that includes Vitamin C and other anti-oxidants.

Other useful herbs include turmeric, boswellia and herbs that support micro circulation such as ginkgo biloba, red sage and gotu kola. Boswellia specifically lowers a brain chemical that degrades the BBB.

Symptoms of neurological inflammation can include brain fog, fatigue, depression, and emotional outbursts (although there can be other causes of these symptoms). Apart from symptoms and the clinical picture as assessed by a qualified practitioner, there is a simple test for leaky BBB. It's called the GABA test.

GABA is a neurotransmitter produced in the brain and in the gut. It helps produce feelings of relaxation and calmness. The theory is that GABA if taken by mouth should not pass from the bloodstream (after ingesting) through the BBB unless the BBB is leaky.

A measured dose of GABA can be given in a controlled setting and if it creates symptoms such as profound relaxation, a 'drunk' feeling, or in some cases an agitation or 'wired' feeling, the BBB needs treatment. If there is no effect from the GABA, the BBB seems intact.

This test, while used by natural therapists, has not been studied in



Nature's pharmacy
by Trish Clough, herbalist

clinical trials so it is not recognised medically. However, it is considered safe, as GABA can also be used as a nutritional supplement.

Last month I mentioned Gou Teng (*uncaria rhynchophylla*) as a specific for neurological inflammation of the brain. In Chinese medicine it is used for dizziness, tremors, seizures and headaches.

I also use lion's mane mushroom (*hericium erinaceus*) as a really effective long term remedy for neurological repair. Studies have shown it to be effective both in the central nervous system (brain and spinal cord) and the peripheral nervous system (the rest of the body).

I frequently prescribe it along with red sage (*salvia miltiorrhiza*) to support blood circulation as nerve repair also requires good blood supply and oxygenation.

Other issues I like to assess before commencing neurological herbs are gut health and heavy metals toxicity. A 'leaky' gut lining will usually correlate with a leaky BBB. With some patients this needs to be addressed as the first priority with a gut healing protocol.

If the gut lining is damaged and the neurological symptoms are triggered by infections, there will be increased exposure in the brain to inflammatory cytokines created by the immune response to the infection. There is also increasing awareness amongst scientists that the health of the gut microbiota



(the combination of species of gut microbes) has a major impact on mood symptoms.

Heavy metal toxicity causes neurotoxicity in the brain. This can be tested with a Hair Tissue Mineral Analysis (HTMA), which reliably indicates whether a heavy metal detox is needed, and it also shows the relative balance of other minerals and trace minerals which can help explain symptoms.

Hopefully it's apparent that this is a complex issue for treatment, and it takes some time to work through the various phases. This should always be done with professional supervision. There are some contraindications and cautions with the herbs mentioned, and self-medication is not advised.

There will be further information in the next column, which will include dietary recommendations.

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

Trish is available for consultations by appointment on 0452-219-502 or email: herbalist.trish@internode.net.au

The information in the column is meant for general interest only and should not be considered as medical advice.

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