

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

Exquisite things

by Anne Cook

Heather Bedell was born in Buckinghamshire, UK and emigrated to Australia in 1982.

After a lifetime of moving up and down the east coast of Australia, Heather chose Nimbin as her place to settle.

Heather's early work in the area of industrial design and manufacturing provided her with the skills to pursue her life-long desire to design and create a range of jewellery.

Heather's eye for good design and her affinity with nature have enabled her to produce extremely beautiful and delicate pieces.

Heather works primarily in sterling silver and natural materials, with the influence of Art Nouveau and Japanese art coming to the fore.

Heather's love of metalwork goes well beyond creating skilfully-crafted jewellery, and she is of the belief that a switch or a dial on a machine or even



a motorbike part, if it is well designed and fashioned, it is a pleasure to contemplate.

In addition to being a skilled jewellery-maker, Heather is an accomplished painter and has recently completed a series of works on canvas that depict some of the farmyard animals that she grew up with during her childhood in Buckinghamshire.

These small, but incredibly sweet paintings of cows are by far my favourites, and just add to the list of "exquisite things" that Heather has



brought to us.

If you would like to see these lovely things, come and visit us at the Nimbin Artists Gallery in Cullen Street, open from 11am to 4pm, 7 days a week.

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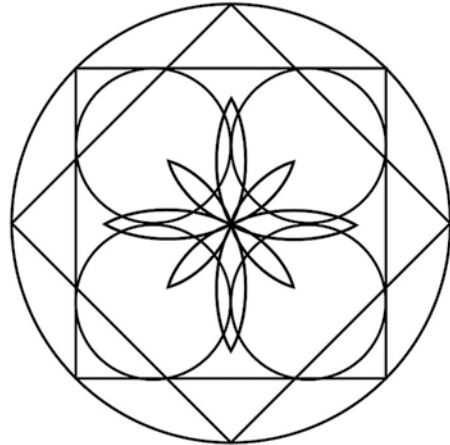
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Artistic and culinary offerings



Felted neck cowl by Melissa Hume



'Home Grown' by Pauline Ahern



'Techno Head' (detail) by Pauline Ahern

The current exhibitions at Blue Knob Hall Gallery are 'The Fibre Show – Warp & Weft' and 'Looking Back – Moving Forward' by Pauline Ahern in the Solo Space.

Looking Back – Moving Forward

This solo exhibition by Pauline Ahern has proved that art, political statements and humour always have a place in our lives, and can inform and move us.

Her use of found objects and materials are turned into works that make powerful statements, which is a wonderful attribute for any artist.

Pauline is a mixed media artist using, where possible, found and gifted objects, exploring many mediums to create quirky and unique pieces.

Her stitching and machine embroidery over original photographs printed on silk are a direct contrast in their sensitive and delicate approach to materials.

From Techno masks made from found objects to Eco and rust printing techniques, combined with a fertile imagination, makes this exhibition a testament to the scope and techniques that can cross all mediums.

The Fibre Show – Warp & Weft

This is an annual exhibition which is always highly regarded by the local and

visiting fibre 'fanatics'.

The quality of work each year continuously excites fibre artists from all mediums of the art/craft.

There is a variety of work on display, with the popular felted work of Melissa Hume and her beautifully crafted vests and shawls with a new design of a neck cowl that would enhance any piece of clothing.

Brigitte Stievermann's exquisitely woven baskets add to the depth and dimension that these Fibre Shows produce from our local community. There is a big variety of work among which are felted garments, re-purposed clothing, embroidery, tapestry, knitting, crochet, wood, basketry, standing lamp, handmade books and sculpture.

This has been another outstanding exhibition that is all about the materials and crafts that our lives are made of. Both these exhibitions will run concurrently until the 26th September and will be open to visitors and complying with the regulations required for numbers allowed in our gallery space.

Blue Knob Cafe

Blue Knob Cafe will be opening on Friday nights starting Friday 18th September.

Please join us for Friday Night

'Windy Day' tapestry weaving by Linda Whitefeather



Specialty Dinners, beginning with authentic Indian cuisine; a delicious culinary experience with the offerings being Ayurvedic chai, Roghan Josh, Chicken Chasni, Vegetable Korma and scrumptious Indian desserts.

At present, advance bookings are required as numbers are limited. Phone 6689-7449 or email: bkhgallery@harbourisp.net.au

Artist's & Friends Lunch

The next Artists & Friends Lunch will be on Thursday 24th September at 12.30pm. Bookings as above.

Prints, paint and pots at Roxy



'Waratah and Gum Nuts' by Deborah Brown



Jenny Kitchener 'Mother's Vase' memento mori 2019



Pots and Paints by Rodney Brown

The letter P will be prominent in the September exhibition at the Roxy Gallery, Kyogle with works using techniques of printmaking, painting and pottery.

Deborah Brown, Rodney Brown, Wendy Cain and Jenny Kitchener are a group of friends who live in and around the Kyogle district and share many years of experience in working with techniques in these mediums.

'Print, Paint, Pot' seemed like an appropriate title for an exhibition of works from artists who combine similar techniques in their works but focus on using different mediums, from the embossing of marks to relief in surfaces.

All of which are aspects employed in working in printmaking, painting and pottery.

This exhibition offers an eclectic mix of works, styles and subject matter and will be on show until 4th OctoberV



'Spheres' by Wendy Cain

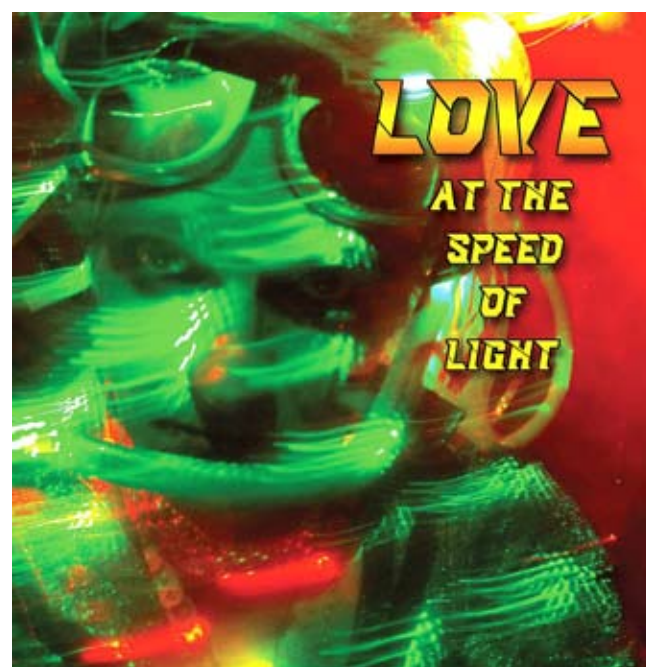
Rainbow Ridge School

The Steppin' Up Gallery, located in the foyer of the entrance to the KMI, also has a new exhibition installed: 'A Window into Rainbow Ridge School Students Arts and Crafts Creations', with works from students from Kindergarten to Year 8.

Rainbow Ridge Steiner School is a K-8 school in Kyogle Shire. The school has a strong arts and crafts program embedded in the curriculum that offers wonderful opportunities for students to express and develop their artistic and handwork skills.

They are excited to have an opportunity to display their work at the Roxy Gallery in the Stepping Up exhibition space.

Some works in this exhibition are outcomes from remote learning during school closures in the earlier part of this year. The exhibition will be on show until the end of October.



Music always finds a way

Local musician Tim Tonkin has just completed his long-awaited solo music project, *Love At The Speed Of Light*, a five-track EP infused with heartfelt stories.

Having committed to many music and film projects over the years in collaboration with local artists, Tim felt the time was right to lay down songs he felt compelled to create.

This EP was a labour of love for Tim, who recorded the songs in his home studio and plays all the instruments, with the exception of his long-time friend and musical collaborator, Dave Hight of Nimbin's Bush Tracks recording studio, who plays bass on two tracks.

Dave also mixed the EP from his home in Greenock, Scotland during Covid lockdown, which involved many jovial Zoom meetings to nut out the musical intricacies of the songs.

Love At The Speed Of Light will be available as a CD and on-line in early October. You can hear the new EP on-line now through all streaming platforms

David Shaw's unique visions

by Fiona McConnachie

The next exhibition at the Serpentine Gallery is a solo show by Brunswick Heads artist, David Shaw called 'Through My Eyes'.

Most of the work in this exhibition was created during the current pandemic which has required long periods of lockdown, the ideal condition for creativity, isolation and quiet, an artist's utopia.

David says: "The work you see displays a range of emotions, from optimistic and cheerful, to dark and foreboding, all part of the journey called 'life'. My life has been spread over 86 years and like the exhibition, is a miscellany of occupations and experiences.

"I am a late-comer to art, starting just before retirement over twenty years ago. I have little formal education in painting or sculpture, just the experience of doing. My art is for me, not created for a market, it is a release for emotions, and an enjoyable, obsessive pastime which serves me well.

"I have held many successful exhibitions, most in and near Sydney. Each piece you see here is unique, like nothing else in the universe. It is a hand-produced manifestation of life as seen... Through My Eyes."

David also wants us to take the time to look and enjoy, but to feel free to be critical and ask questions and if you do like something, talk to him and he will consider reasonable offers in these difficult times.

David's show runs until 14th September, with the opening night on Friday 4th, 5.30 – 6pm. The exhibition will be formally opened by local jazz man, Greg Lyons who will also be



providing live music with his special guest, the wonderful Laura Noble.

Elemental

After David's solo show is our next Member's exhibition, 'Elemental'.

As usual our theme is very open to interpretation... it could be forming an essential or typical feature; fundamental or "failure is always apparent at this elemental level".

It could be concerned with chemical elements or other basic components e.g: "Elemental analysis", denoting uncombined chemical elements. More interestingly, related to or embodying the powers of nature or (of an emotion) powerful and/or primitive: "a magical, elemental desire". It can be a supernatural entity or force – "gods and elementals looked out upon the worshippers" – but either way, it's a broad and hopefully inspiring theme.

If peeps could bring their work in by 15th/ 16th September, then we can have the show hung and ready for the opening on Friday 18th September at



5.30pm. Again we are totally open to any medium and if you have any special requests for display just contact the gallery on the number below and our curator will help.

The Serpentine Community Gallery is located in North Lismore at 17a Bridge Street, phone 6621-6845, email: gallery@serpentinearts.org

We are adhering to the Government regulations on strict social distancing, hand sanitising and masks, and we ask all visitors to sign the Covid-19 tracking sheets at our front door. Thank you in advance for your co-operation.

Big prizes up for grabs in youth poetry slam



Budding young Northern Rivers poets aged 12-24 can register their interest now to be part of the new online Youth Poetry Slam. The on-line event will be run by local arts collective Poets Out Loud on 1st November.

Young people can enter as an individual or team, with a \$400 first prize up for grabs thanks to Griffith University. Entrants are given the opportunity to professionally film their entry for free, and also receive free mentoring to build their skills. Registration is open now at: www.poetsoutloud.org/youth

The Youth Poetry Slam offers young people a chance to have their say and be heard. "Poetry has created a new way for me to share my voice in a style I feel I can be listened to," says Kingscliff High student Jasmine Logan, 13 years (pictured).

Jasmine is a Bundjalung woman from the Coodjimbarran clan and the youngest performer at Poets Out Loud.

Poets Out Loud director Sarah Temporal said, "If you can rap, that's poetry. If you can rant, that's poetry. If you can get your friends together and speak your mind in three minutes or less, you need to enter the Youth Poetry Slam!"

The Youth Slam is the culmination of a series of poetry workshops offered this year to local schools via the Poets Out Loud Youth Program. The event is also supported by Tweed Shire Council and was originally planned for April during Youth Week, but was delayed due to Covid-19.

Free mentoring sessions begin on 12th September, and entries will be due by 16th October.

For more information, visit: www.poetsoutloud.org/youth

Coming to a town near you

by Bernadine Schwartz

Could someone please explain to me how anyone of sound mind can think it's acceptable to take a risk on an entire planet, even a calculated risk?

I've never quite understood the term familiarity breeds contempt, but after writing about global warming and society's behaviour for a few years, I have a much better understanding, particularly after the results of a survey revealed Australian climate deniers are a-plenty.

The Australian National University surveyed 40 countries to determine how seriously society took global warming, and Australians ranked third in the world for climate denial, twice the global average and what I find impossible to fathom is the survey was conducted immediately after the catastrophic bushfires.

8% don't believe it's serious at all, 10% believe it's not very serious, 21% considered it somewhat serious, 58% believe it's very or extremely serious

It's another kick in the guts for our young, when the older generations, who the young are supposed to look up to for guidance, were found to be mostly guilty of being disinterested, while the young on the other hand who have the most to lose, believe it to be very or extremely serious.

Maybe those climate deniers should ask the 18,000 Australian victims of the catastrophic bushfires if they think global warming is nothing to worry about. So here I go again, the bringer of more bad tidings.

These are undeniably unprecedented times and gone are the

days when the seasons came and went as they should. Instead, the world is witnessing flooding and wildfires on a scale never seen before, leaving nothing to the imagination, as they seemingly converge into one global climate catastrophe.

Summer is now a time when we brace ourselves for that long three-month haul of extreme heat and all we can do, is hope for the best and like it or not, it's here to stay.

The northern hemisphere is experiencing a repeat performance of last summer, except global warming has turned nature's thermostat up higher than ever before, as record high temperatures ranging from the high 30's to above 40OC, cause horrific fires from the Arctic to Central Asia to the Amazon and up to North America, and if it continues, 2020 will go down in history for the worst fires ever recorded.

August has been a month Californians will never forget, when a state of emergency was declared with 119,000 people evacuated with millions suffering from dense smoke, extreme heat and no power, and it's far from over.

Already California has had 6,854 fires to contend with this year, as wildfires burn from the Californian coast all the way to the high Rocky Mountains, and they're larger, hotter and much faster.

An historic dry lightning siege brought 11,000 lightning strikes to the state in 72 hours and was responsible for igniting many of the 370 new fires, and for the first time ever, the National Weather Service issued a tornado warning

caused by a wildfire and all the while temperatures hovered around 100OF.

In Siberia, boreal forests, peatlands, swamps, permafrost and tundra are burning, and in places where the land is usually frozen through most of the year. There was a time when our forests could recover, but according to a study in: sciencemag.org/news, that's no longer the case.

Measurements were taken at multiple sites previously destroyed by fires, to assess the forest's ability to rejuvenate, comparing those burnt pre the turn of this century, to those from 2000 onwards. The research clearly showed most wildfires today are decimating forests permanently, destroying entire ecological communities forever, with areas of zero regrowth rising from 19% in 2000 to 32% today.

There's no denying the world is rapidly warming and drying up and this trend goes beyond drought recovery, including our drylands that are home to two billion people and where one in three crops are grown, but they're turning into deserts and according to the European Commission's World Atlas of Desertification, the pace today is 30 to 35 times faster than normal, causing the loss of 418 million square kilometres of land every single year, equal to half the size of Europe.

The National Academy of Science has predicted that the planet's rainfall will decline 60% by 2050, transforming semi-arid regions into deserts, as the replenishment of rivers and streams, including soil moisture, drops by 83% leaving one out of every three people displaced.



Massive forest fires in Siberia
Photo courtesy Greenpeace

History is already in the making, after last month's official confirmation that Greenland's ice sheet has passed the point of no return, caused by Arctic warming and a decade of brutal heatwaves, that has left it 75% ice-free and it's outpacing scientists' most dire projections.

A sixth of the world's population relies on seasonal snow and glaciers for their water but most are already water stressed as the snow disappears and glaciers retreat, including the Arctic, where it will be completely free of ice by 2035.

For the first time in living memory, the planet's notorious hotspot, Death Valley reached a record temperature of 54.44OC, and according to the world's scientists, perhaps the hottest temperature ever recorded on the planet.

Even if those climate deniers put global warming aside, we're still in way over our heads, with our perpetual logging of forests, pesticides and herbicides, smog, oil spills, mining, ubiquitous plastic, our never-ending generic suburbs, and all our dying rivers and oceans.

All through the years, and there were plenty of them, all I've really heard from most people were faint

whispers of concern, and now we're handing over a frightening world that our children will have to live in where conditions in 2100 will be so hostile that going outside for a few hours could mean death to the fittest, according to a study back in 2017 from *Science Advance*.

In the meantime, people are still wasting their time and energy on conspiracy theories and meaningless causes. I couldn't give a flying ffffk what label you choose! Call it global dimming, call it climate change, global cooling, global warming, it doesn't matter.

Whatever's happening it's real, it's tangible, you can see it, you can smell it, you can hear it and you can certainly feel it, come summer, and mask or no mask, it's not going away.

Our scientists' predictions and climate models are becoming a reality, with one exception, they're happening 80 years ahead of schedule, and still there are people who have the audacity to question the world's leading scientists, when most haven't got a degree to their name.

But rest assured climate deniers, you won't be forgotten, because without a doubt, global warming will soon be coming to a town near you.

Not all fires are equal

How did threatened macropod populations cope with last summer's wildfires in Gondwana World Heritage areas? Finding the answer to that important question is the focus of a new project for Southern Cross University ecologists.

A research team is currently reviewing images from camera traps deployed at 130 sites in four national parks in and around the Gondwana rainforests of northern NSW: Nightcap, Tooloom, Koorah and Gibraltar Range.

The 2019-2020 bushfire season has provided an opportunity to work with NSW National Parks and Wildlife Service, as part of its 10-year Burning Hotspots project, to build on existing knowledge to see how the threatened long-nosed potoroo, red-legged pademelon, black-striped wallaby, Parma wallaby and their predators, respond to large-scale intense wildfires.

"We have data for sites from before the wildfire so we are monitoring in fire-affected areas and areas of unburnt forest to determine the response of threatened marsupials along with predators such as dingoes, foxes and cats," said lead researcher Darren McHugh, an ecologist and PhD candidate.

"What we have seen so far is a spread of fire intensity across our parks with some areas burnt harder than others. We know areas like Nightcap National Park were affected by the wildfires but it wasn't catastrophic. However, the Gibraltar Range was hit hard.

"Small scale, patchy ecological burns provide macropods with refugia. It

certainly will be interesting to see how our species have responded to the 2019-2020 wildfires which were very different to the NPWS-prescribed burns we monitored.

In contrast to wildfires which usually occur in the warm seasons and are much larger in scale, prescribed (or ecological) burns are generally conducted in the cooler seasons and are small in scale.

The 2019-2020 wildfires burnt through approximately 5.3 million hectares in NSW (including 2.7 million hectares of national parks) and some were the largest fires to date.

Mr McHugh's recent study, published in the journal Ecological Management and Restoration, examined the response of the threatened species and their predators to prescribed burns in northern NSW, Australia.

"Our study found that the activity of long-nosed potoroos and red-legged pademelons in the national parks on the NSW North Coast did not change following small-scale ecological burns, nor did the activity of dingoes.

"Although feral cats and foxes were present, they showed negligible activity, therefore the threat of predators to our threatened species in the post-fire environment appeared to be low. We attribute this to sufficient unburnt refugia within our burn sites and also very low densities of foxes.

"What this means for better environmental management is that a balance of burnt and unburnt patches should be maintained within prescribed burn management zones to allow for threatened small macropod habitat refugia."

Love in the New Capitalism

by Hayo van der Woude

Let's debate the heritage of our Christian Western civilisation. Can humanity evolve it to an all-inclusive global one, using the highest ethics?

Janis Verafakis (former Greek finance minister) has despaired that Capitalism is unworkable, and needs replacing.

When Richard Hil abandoned think-tanks for solving society's issues, and contemplated the meaning of the LOVE monument in Mullumbimby (*Echo Aug 5*), I clicked. Capitalism is devoid of compassion.

At the heart of our ethics was Jesus, also known as the Master of Love. All he said and did was based on compassion and inclusiveness, particularly for those who were different and disadvantaged.

He was angered by usury in places of worship. I assume his passion for justice derived from deep understanding that usury and greed are the prime causes of inequality. Thus he ejected money lenders from a temple.

Not much more was recorded. He didn't attack religious and government corruption. Instead he focussed on individual ethics. This is where our collective power lies today!

Capitalism is built on ethical foundations of sand because we did not adopt the 2000 year-old wisdom. Thus the Monopoly Game has reached its stalemate,

with all cash and assets in one corner.

The first modern corporation, born 1600, was British East India Co, featuring secret shareholders, mercenary armies, plunder, slavery, rape, maximum return at minimum cost, with no regard for collateral damage.

What are Capitalism's failures?

- The law and the profits, bereft of nourishment for the spirit, are crafted for the powerful.
- Dominant corporations weaponise governments against competition. This retards human advancement.
- The drive for growth with maximum borrowing risks financial collapse and social instability. Individuals suffer job losses and upheavals.
- There are no rules for wars between global corporate giants. Nor are there mathematicians or academics with an overview, daring to expose systemic problems.

Competing corporations, economists and politicians aren't in business to understand how the complex maths of borrowings, interest, money creation, and inflation harms humanity, by swamping the top of the pyramid with cash and assets.

The Failed States of America is champion of The Game. Deep corporate tentacles manipulate the machinery of State.

In China, the Party is akin to a Corporation ruling the state.

Like British East India Co, it prefers proxies in its strong-arm tactics. Hence she's cleverly and bloodlessly belting the world with roads to profit.

All world governments are riddled with corruption and self-interest using the tools of Capitalism. Short-term support for them all rests on vain hopes of economic rescue. Economic gridlock is the chief cause of global turmoil.

Collectively we must stop buying into media doom and gloom. We will get what we focus on. Focus instead on the highest ethics and human potential imaginable.

Assume human history has reached a point equivalent to early childhood development. Of course kids learn from mistakes and hurt others while learning to exercise their free will.

Kids can't imagine their future selves' abilities. Nor can we know the potential provided by our 'Crevolution'.

We are leaving an era of war and exploitation, and experimentation with institutions with hierarchical command structures.

There is no future in blame games and partisanship. We can take the best and leave the rest, when imagining the inclusive future that spiritual teachers have taught. "What I can do, you can do.

We can create the future we want by removing the banking foxes from the henhouse, and demanding radical transparency.

Herbal first aid: topical applications

I find useful plants tend to pop up where needed, and others that are easy to grow in the home garden. I've had a few minor injuries lately and I've been grateful for some plant helpers and remedies that I've made from my garden.

My long time remedy for ant bites while gardening has been to look for the nearest dock weed. There always seems to be one near the ant infestations. A quick treatment is to just grab a leaf and chew it a bit to get some juice, and apply that to the ant bite. Within minutes the pain seems to disappear. This is also the traditional remedy for nettle stings. Be sure that you know how to identify dock weed, so you're not chewing on a different plant (for safety reasons).

If there's no dock nearby, have a look for plantain. It's also a common weed, with the narrow leafed variety known as ribwort, and the wider leaf called broad leaf plantain. Ribwort is now my favourite herb for bites, stings, in fact any skin inflammation especially if it involves heat, redness, and pain. I made a fresh plant tincture from the whole plant (leaves, seed heads, roots) and it works brilliantly to soothe any skin irritations. It also helps to stop bleeding, and is anti-fungal. A first aid kit in a leaf! (Pictured)

There is an interesting story that plantain was named "White-man's Foot" by North American Indigenous people because the European colonisers brought seeds with them for their journeys and native tribes noticed that they left a trail of this previously unknown plant.

To treat bruises, one of the best remedies is comfrey root. The fresh leaves can be used as a poultice, but the root is more powerful. I make a fresh plant tincture from the roots, which I have infused for a couple of years (not essential, a few weeks will do). I apply this to bruises, as it helps to reduce the swelling and clear away the internal bleeding. A herb that has



Nature's pharmacy
by Trish Clough, herbalist



Ribwort plantain

this property is called a 'vulnerary'. I often follow the comfrey tincture with some calendula oil, especially if there is some broken skin. Calendula is also a vulnerary, but unlike comfrey it is an effective antibacterial remedy. In the past I have experienced comfrey healing the skin so quickly that some infection became trapped under the skin. Adding calendula oil will prevent this from happening.

Calendula grows very well here, particularly if planted in the autumn. It is in flower now and should continue for a few more months. Frequent picking of the flowers will extend the season. I have some in my dehydrator at the moment, in preparation for the next batch of infused calendula oil. I also make creams that contain calendula, comfrey and arnica as an easy treatment for bruises.

If there is nerve pain/inflammation involved in the injury, my favourite remedy is made from *Copaiba oleoresin*. This won't be in your back yard, unfortunately, as it is a Brazilian rainforest tree. However, I keep a preparation (20% strength) for topical applications involving nerve pain

(including toothache). It helps with painful neuralgia.

Copaiba is also anti-inflammatory, antiseptic and tissue healing, so it works very well for injuries. Another useful remedy for nerve pain is St. John's Wort, best used as an infused oil from the flowers.

To accompany these topical remedies, I recommend Rescue Remedy in drop doses as needed for shock and stress, as well as homeopathic arnica for shock and bruising.

All the remedies mentioned are available from my clinic for people wishing to top up their first aid kits.

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.

P from pee

View from the loo
by Stuart McConville

Busting for a leak? Dying for a crap? These expressions may well take on new meaning in a not too distant future where our food is grown from the nutrients we excrete as by-products of our metabolism.

Phosphorus (P), a plant nutrient that we rely upon heavily for global food production, is a *finite* resource with nothing that will ever replace it.

Plants need P to grow, we can't substitute this nutrient like we can substitute coal fired power for solar.

Peak Phosphorus is, by all accounts, around 40 years away. At this point, Phosphorus will begin to cost a lot more than it currently does, as the easy-to-mine mineral deposits will have all but disappeared.

Planning the transition

to nutrient recovery needs to begin now, and the first thing we can do is ask ourselves how we can reduce the consumption of P in the first place.

Stangely enough, the best answer is to eat more plants, since 80% of P fertiliser is used to grow feed for meat, and it isn't rocket science to realise that meat doesn't account for 80% of the full feeling in our bellies.

Reducing consumption of meat to say, Victorian times, (about a sausage a week) would go a long way to helping prevent climate change and preserving our Phosphorus deposits for future generations to use on their crops.

It wouldn't do our overall health a disservice either.

Another way that we can reduce P consumption is to increase the value of the food grown by not being too fussy about its shape, size, colour etc. So much food is de-valued because it does not meet the standards

that we as consumers have unwittingly set for ourselves.

At best, 'ugly food' ends up being used for a lower value product; at worst, it goes to landfill where it produces more greenhouse gas emissions while it rots.

Eat ugly and send the message to the market that it's OK for food to be ugly.

Once we have cooked up our favourite ugly vegetarian delight, there will always be the bits we can't eat.

The best way to recover the nutrients from food scraps is to either feed them to a worm farm or compost them so as the P becomes food for microorganisms which benefit the soil into which the compost is used.

The soil food web then shares back all the nutrients with the plants and the cycle is completed.

Of course it doesn't stop at the table. One person excretes enough nutrients (N, P and K) to grow their yearly supply of bread, so best we find a way to get at that before the bakery runs out of flour.

The simplest approach is to have a composting toilet, which is fine if you have



enough garden and space for one.

Again, the nutrients feed the compost food web, which in turn feed the garden and plants. At some stage though, we will have to recover bulk human and animal urine and mix it up with some fancy (luckily abundant) minerals to produce a cystalised fertiliser called Struvite.

So one day when you ask me if I am taking the piss, the answer will be most definitely yes.

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

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Just what does NH&W do?

by Jen Ireland

Nimbin Health & Welfare Assoc Inc (NH&W) has been active in Nimbin and surrounding areas for 38 years, having been formed in 1982 and incorporated in 1989. Still many local people are unaware that NH&W exists and the role it plays in the local area.

NH&W has an important role auspicing Nimbin Aged Care & Respite Service (NACRS) and the Nepal Housing Project. It facilitates the Nimbin Affordable Housing Initiative and the Nimbin Interagency Forum. Plus, much more...

Faye Scherf joined the NH&W Committee in 1992 and was president for many years. Faye is still on the committee and explained that its first important achievement was to employ an aged-care worker, Elizabeth Morgan.

Another achievement was a weekly visit by the government dentist from Goonellabah for a consultation visit.

NH&W was instrumental in getting a physiotherapy service and a pathology service in Nimbin.

For many years, NH&W representatives were on the Police & Community Liaison Committee to tackle the drug problem in Nimbin, mainly focusing on heroin.

NH&W backed and supported St Vincent's to move into the current building next to the

Police Station, writing letters regarding the need for St V's to have proper premises.

NH&W also played a part in getting the Nimbin Physical Activities Centre (NPAC) up and running. This came about via a Building Active Communities (BAC) grant to Nimbin. The Nimbin BAC committee included Kay and Len Martin as representatives of NH&W.

The Older Women's Forum was successful in getting Mulgum House under way, with much moral support from NH&W. Mulgum House was independent aged housing consisting of communal kitchen, lounge, activity and leisure areas.

In 2003, the Nimbin hospital was being rebuilt. NACRS had a room in the stand-alone building housing the community nurses and other allied workers. NH&W/NACRS negotiated temporary rental accommodation at Mulgum house to continue service delivery.

NACRS workers sat in on meetings with Anglicare when residents were given notices to quit and continued to support the eight residents who refuted the eviction notices. They were successful in having the eviction notices cancelled.

In 2010 NH&W/NACRS secured funding from the Department of Ageing, Disability and Home Care, and National Respite for Carers programme, of approximately \$50,000 to refurbish and rent Bottlebrush Studio. NACRS moved to the premises in June 2010.



Jenny Martin (left), GM of NACRS with NH&W Management Committee (standing): Gwen Trimble, Shabayah Truscott, Jan Hendrie, Dr. David Helliwell, Jen Ireland (seated): Jane Treasure, Faye Scherf, Karen Welsh. Members not present: Chibo Mertineit, Helen Simpson, Ed Kiefer, Judy Hales.

Over the years, more grants have been received for aged-care services, with NH&W being the auspicing body for those grants.

Other achievements of NH&W include campaigning for public transport in and out of Nimbin, apart from the school bus.

Indigenous wellbeing has always been important to NH&W, employing two workers at times to support local Aboriginal Elders. Our most exciting recent achievement is the Aboriginal Elders' veranda currently being built at Bottlebrush Studio.

NH&W facilitates the Nimbin Affordable Housing Initiative, focusing on long-term ways to address the ongoing housing crisis.

NH&W also facilitates the Nimbin Interagency Forum, held every three months in Nimbin. This is also an excellent opportunity for local health, support and

community organisations to network with other service providers.

Finally, NH&W auspices the Nepal Housing Project, which has built 12 houses in an area affected by the Nepal earthquakes.

At present, NACRS has ceased group activities at Bottlebrush Studio due to Covid-19 restrictions. However, they are still able to offer individual support at the centre, in the community or at home – particularly for any isolated older people in Nimbin and surrounds.

Bus outings are being run for six people at a time, and computer and device support is available by appointment.

Nimbin Health & Welfare is an incorporated association which always welcomes new members. If you are interested to learn more or join NH&W, please email Jen Ireland at: cycad5@iprimus.com.au

Sitting with uncertainty

by Dr Jacqueline Boustany

I don't know about you, but my head has been a patchwork of confusion trying to work out the truth of our current situation for myself and my patients.

What are the pros and cons of wearing a mask, what testing is effective, do we really need to keep cleaning when the virus is mainly airborne in transmission, what happens to all the good bacteria we need and more recently, why can't I get my patients over the border for medical care when we are miles from Covid central?

As far as the masks are concerned, research does show they reduce transmission of air-borne pathogen if a person is sick, but really you should just be at home. There's the consideration of infection from asymptomatic or early viral prodrome, but the viral load is lower at this stage so distancing would be effective.

Wearing a mask when ill may increase the person's inhalation of viral load, and generally it can increase breathing frequency and carbon dioxide and decrease oxygen which can suppress your own immunity and increase the stress response.

Even the World Health Organisation (WHO) have been reluctant to advocate for universal facemasks, so I certainly don't recommend them prophylactically when the local risk is so minimal. Plus, there's research to show it interferes with human interaction, emotional interpretation and can even trigger PTSD.

If it makes you feel safer wearing one, then that may buoy your immune system, or if it is a legally enforced requirement then make sure it is only for short periods; take five quality breaths before putting on a mask and take long, deeper breaths whilst wearing them. The greater risk has been shown to be in enclosed environments or in the city.



At least this brings awareness to the importance of the breath and how we can harness it to influence our health. For example, just 10 minutes of slowed breathing a day is helpful to reduce high blood pressure. We are also all very much more aware of the basic hygiene practice of washing our hands, but the deep-clean trend may not be necessary.

The WHO has recently noted that there are "no specific reports which have directly demonstrated fomite (surface particle) transmission" and it probably contributes to less than 5%.

As usual there is evidence on both sides of any argument, so once again it comes back to our own personal risk analysis and using the current situation to bring awareness to our lives. But grounded connection with one's truth is easily mystified by fear, especially when it comes to life and death.

Our heart and gut feelings are often overruled by the mind, which is programmed to be negatively biased and fear based, as this has kept us safe over millennia. This includes the media and political responses which are made up of emotionally reactive human beings too.

The book *Sapiens* by Noah Yuval Harari, certainly gives one perspective, when we consider that the human mind and physiology is much the same as our ape ancestors. Reading the excerpt on chimpanzee social interaction, including the alpha males vying for top position by

hand shaking to baby kissing, leaves me wishing the grooming was still included.

Our anxious mental insecurity served us well as middle of the food chain foragers, but we rose to the top of the food chain too quickly for our minds or the environment to be able to adapt. Ever met a lion or a shark with insecurity issues? Even my household cat has no qualms about the position he holds in the family.

We rose to this position by the power of collective imagination, on agreed stories of truth, order and fabrications we can belong to like religions, corporations or even state borders drawn in lines. This may go against our biological knowing, so no wonder it creates confusion and resentment.

But those in power are doing what they think is best, based on the 'civilisational tilt' to control in the face of uncertainty. We are also seeing the need to blame others when faced with 'not being in control', the us-and-them mentality regularly played out in our great delusional illusion.

A 'misperception', which by definition represents a lack of knowledge, translates to a lack of power. "The problem the world now faces is distinguishing true knowledge from misperceptions," – Bruce Lipton

So what is the narrative that runs on in the back of your head about you, your life and the people around you? Are you enough, are you safe, do you have enough and if not, is that actually true?

I for one cannot afford to give way to too much catastrophic thinking when I have so much to live for, but I do acknowledge the uncertainty of our time and have found the most powerful practice to be 'sitting with uncertainty' through the feelings it creates in my body.

Try it some time and you will find a very grounded place in which to hold the emotions coming up for us all.

Francesca d'Espiney Barlow (Fani, Fran, Flo, Floresta) 1942-2020

Obituary by Linda Noordewier

Francesca was an ardent feminist, eco warrior, naturalist, osteopath and activist.

Born in Porto, Portugal in 1942, she was the first born child of Elza and Fernando d'Espiney. When she was ten years old, her family left the fascist Portuguese dictatorship of Salazar by ship and arrived in Sydney in 1952. They first lived in Bondi Junction with Francesca attending Bellevue Hill PS and then Randwick Girls HS, where she excelled academically.

Her parents were staunch communists and the three children (Francesca, Zinha and Nano) were members of the Eureka Youth League, where she met her first husband, Hans, on a communist party bushwalk. Her first child, Linda, was born in 1961. In 1967 her son Karl was born to her second husband, Keith.

Francesca moved to New Zealand with her third husband Ian after losing custody of Linda and Karl. Her third child Janaka/Jack was born in Invercargill in April 1975. Later that year as a single mother with baby Janaka in arms, she returned to Australia.

After living a year at Bronte Beach, near her parents' home, she moved to inner city Darlinghurst, where she commenced formal studies in shiatsu massage and macrobiotics at the East West Centre. She then studied osteopathy at the School for Osteopathy in Bondi Junction.

Around this time Francesca's activism focus increased and she protested at Mount Nardi in 1982, becoming a warrior for the environment. She then protested and was arrested at Pine Gap in 1983, with her daughter Linda. In 1986, her proclivity towards nudism/naturalism received international attention after being arrested for allegedly baring her breasts to the Queen at the Opera



House during the 1986 Royal Tour.

Francesca left Sydney in 1988 for the Northern Rivers region, first living in Lismore at the Rainforest Information Centre. She then chose an alternative lifestyle by living in teepees on various communities around Nimbin.

With the inheritance from her parents, Francesca was then able to purchase a property in North Lismore, near the river, surrounded by rainforest. She loved nothing more than to sit on her verandah and have a cup of tea. During this time, she strongly supported the Vote for Women movement, which sought to increase female representation in parliament.

Francesca's health never fully recovered from the tragic death of her youngest son Jack, who died at the age of 38 in 2013.

She was a free spirit, who was not reigned in by convention. She lived true to herself and remained passionate about many causes.

Francesca is survived by her children Linda and Karl, their respective partners Alex and Ruth and her grandchildren Makeda, Leo, Harry and Sam. She is also survived by her sister, Zinha.

She will be greatly missed by all who knew her.

Please join in a celebration of Francesca's life on Wednesday, 16th September from 4pm to 7pm at Armonica Café, 50 Cullen Street, Nimbin. (Clothing optional.)

Covid causes hall funding woes

by David Hallett, president

Locals have been asking just what's happening with Nimbin School of Arts.

During the restrictions of the Covid-19 pandemic, most of the School of Arts major events have been cancelled since late March.

All of the annual performance shows and festival programmes have been cancelled for 2020, including the Autumn Arts Fair, MardiGrass forums and shows, Roots Festival, Nimbin Performance Poetry World Cup as well as the March and August Blue Moon Cabarets.

Restrictions on numbers attending events, cabarets or

concerts, and issues regarding social distancing have led to other private functions and meetings also being cancelled or postponed.

While the Nimbin region has so far been spared the infection and the strict lockdown or curfew of other areas, the pandemic has had various effects on the Nimbin community, and particularly on the School of Arts.

All manner of public performance has disappeared during the pandemic, and this has affected the NSA as well as all of the singers, musicians, acrobats, comedians, poets and dance ensembles which have lost performance opportunities and their income in the past six months.

The School of Arts has had to cut back on all planned improvements and general maintenance to get through this unprecedented period; however the essential costs of insurance, Council rates, electricity, phone, fire safety and licence fees are ongoing bills that all have to be paid.

The School of Arts is a community asset, it is not owned by Council or any other government or private body, and its reserves are limited. The re-openings of the Nimbin Artists Gallery and Perceptio Bookshop have certainly assisted both the School of Arts as well as the cultural landscape of the village, but the lack of approved hall hire as well as major annual events



has certainly restricted the School of Arts, notably in the on-going maintenance of this extensive 116-year old hall.

Fortunately, Nimbin's annual Spring Arts Exhibition at the School of Arts can be held within the current regulations of safe social distancing, and many artists have already registered to include

their work in the show.

The exhibition will be open daily from Saturday 26th September to Sunday 11th October, and artist registration forms are still available at the Artists Gallery and Perceptio.

For further exhibition info, or if you'd like to assist the School of Arts, phone 6689-1577.



by Kerry Hagan

In March this year, Anne Marie bought a charming house on five very overgrown and neglected acres on the Webster's Creek community.

She purchased a tractor with slasher and a chainsaw and promptly learned how to use both.

In an amazing and dedicated effort that would leave the less intrepid amongst us weak-kneed, she has cleared vast amounts of lantana and other

undesirables.

Anne Marie says that one of the most satisfying aspects of doing this, is what she has discovered underneath. Small forest floor species and even a full grown fruiting bush lemon she didn't know she had.

Also revealed and now show in full glory, are two native tamarinds (*Diploglottis australis*) and a magnificent old blue gum (*eu.saligna*).

Thank you, Anne Marie for a delightful and inspiring afternoon.

Our September garden is at Pam's property at Tuntabla Falls. It's been six years since Garden Club has been to visit and I imagine the progress has been vast.

It will be on Saturday 19th September, 2-4pm at the corner of Upper Tuntabla Falls Road and Newton Drive. Entrance is in Newton Drive. Please bring a cup, a chair and a plate to share.

I look forward to seeing you. Visitors and guests are always welcome.



by Peter Brooker

We are fortunate indeed to have a local Garden Club that is so focused on our community.

Every third Saturday of the month up to 35 members and guests visit a garden and are taken on a tour by the owner. On these walks we learn, not only about gardens and the varied plants and trees, but about how people have arrived here and turned sometimes weed-infested properties, into flourishing and productive spaces.

Nimbin is fortunate to have such a diverse, talented and caring community drawn from all corners of the Earth. Many of the stories about hand-clearing weeds from paddocks, gullies and hill-tops are awe-inspiring. You return home exhausted, inspired and overwhelmed with ideas.

Luckily, after the walk, we can sit and chat over a cup of tea or coffee, have something to eat, and forget that we live in an area with 100 listed noxious weeds and 187 of the environmental variety.

Happy days.

It is during our winding-down phase that we undertake a little fundraising. Those funds are then sent back to the community by way of donations to various causes such as schools, local fire brigades and others.

In the accompanying photo Ken, from Blue Knob RFS brigade and Cam from Nimbin brigade accept cheques donated by the Nimbin Garden Club of \$400 each to assist both brigades in protecting us all.



Bushwalkers conquer Mt Chowan

by Stephen Johnson

On a blustery and quite cold Sunday morning, the Nimbin Bushwalking Club and friends set off to conquer the unknowns of Mt Chowan, in the Mt Jerusalem National Park.

This was I believe a first for the club, and it didn't let us down. If you stayed on the walking track there were some very steep sections to climb, but we all prevailed.

On the way there were a couple of interesting and different views of Wollumbin, and one spectacular view looking south over the Sisters towards Julian

Rocks and Byron. This area that we are privileged to live in and explore never ceases to amaze.

As has become our custom, we headed off to find a late lunch and a good coffee and Uki fitted the bill perfectly and did not let us down.

I'm looking forward to our next adventure.

No weekend away in September, we are staying local, so a couple of old favourites we have not done for a few years are in the schedule.

Check out our website and facebook page for updates, as we all know things can change rather rapidly in these interesting times that we live in.

Fellow walkers and visitors are always welcome.

Walks program for September

Sunday 13th September

Byron Bay Lighthouse by train

Leader: Peter Spearritt 0421-055-292

Meet: 9.30am at the North Beach Station at the end of Bayshore Drive behind the Industrial Estate for the 10-minute ride into Byron Bay.

From there we will follow the beach and coastal tracks to the Lighthouse before returning by a different route. Lunch on the way or a café stop is always an option before the return train trip.

Sunday 27th September

Hell's Hole and Whiskey Creek in the Mount Jerusalem N P

Leader: Peter Moyle 0412-656-498

Grade: 3-4 This walk is in the Qld border zone for those from the north not wanting to leave the bubble. The first part on fire trails before walking on some off tracks and steep grades, slippery conditions will be encountered. We have combined the two regular walks; they are joined by a rough bike track. Good footwear needed.

Meet: 9am at the primary school in Uki or if coming from Mullumbimby meet at the Main Arm Store at 9am.

Bring: water, lunch and hat.

Sunday 11th October

38/38 and the Hidden Valley, Whian Whian S.C.A.

Leader: Peter Moyle 0412-656-498

Meet: 9am Rummery Park camp area near Minyon Falls in the Whian Whian SCA. We were out this way earlier in the year and have decided to return to these beautiful valleys. Beautiful rainforest and hopefully waterfalls as well as lovely views from the escarpment. There will be some scrambling over rocks and some steep climbs up and down, suitable for experienced walkers only if in doubt ring Peter for advice. Bring: water, lunch and hat.