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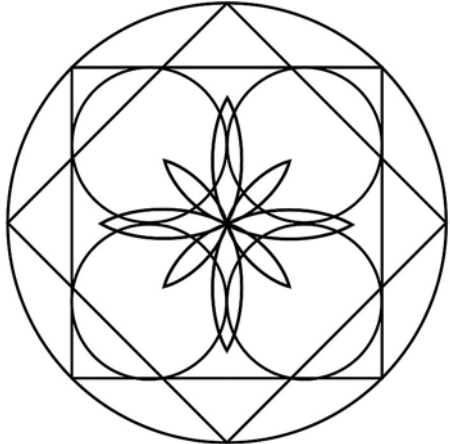
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The joyful and lively art

by Anne Cook

Maria Heaton is the Nimbin Artists Gallery artist of the month for July.

Maria is a highly accomplished artist who has exhibited for many years, and is a long-time member of many local art societies and art groups, with her works being collected both nationally and overseas.

Having always had a passion for art and horses, Maria of course chose art at Ballina High School, but it wasn't until much later, having tried various creative forms, that Maria came to the realisation that standing in front of an easel, paintbrush in hand was where she belonged.

In addition to bringing into existence her own works of art, Maria has spent over 20 years inviting students to her studio, where she has shared her knowledge of painting and the expertise she has developed over that time.

Maria believes that teaching has given her a very broad skills-base, which has enabled her to continue to grow and learn the craft of painting while nurturing friendships with her dedicated core group of students.

Maria's works are predominantly representational, with a strong visual reference to the real world. Nature is the principal source of influence here, with subject matter ranging from still life to flowers, landscapes, seascapes and portraiture, plus the occasional plein air piece.

While the subject matter depicted in



'Goonellabah Sunrise'

Maria's works is easily recognisable, her artistic independence results in paintings that have a reason for being, rather than just photographic reproductions.

Maria does not feel compelled to produce a continuous "style" of painting, and enjoys experimenting and producing a range of works that reflect her innate ability to use light, shade and colour.

Margaret Olley once said that she wasn't an "artist"... she was a "painter" and Maria decided that if that's good enough for Margaret Olley, then being a "painter" was



'Autumn by the Dam'

good enough for her also!

If you would like to be inspired by these cheerful and lively works of art, come visit us during the month of July at our Cullen Street gallery, our opening hours are 10am to 4pm, seven days a week.

The Fibre Show – Entwined



'Summer Braid' quilt by Maree Clarke (left)

'Waves' by Larni Simpson (above)

(Felt) Red Shawl by Melissa Hume (right)



The current exhibition at Blue Knob Hall Gallery is the annual Fibre exhibition, 'Entwined'.

Every year the wonderful fibre artists and artisans in the area are able to showcase their work in the endless variety of materials we call fibre. With everything from man-made to natural fibres, we make art, sculpt and transform fibre into the everyday items we use.

With embroidery, sewing, felting, weaving, adorning our bodies, walls and gardens, we create astonishing, sometimes humorous and beautiful work. We are all a part of that old adage "the fabric of life".

A warm garment to wrap around ourselves such as Melissa Hume's vibrant red shawl, and the beautifully hand-crafted queen-size quilt called 'Summer Braid' by Maree Clarke, are examples of the utilitarian use of fibre in the everyday.

Helena Herendi's understated and subtle wall hanging using merino wool, flax silk and handmade onion paper would grace the wall of any home, and Larni Simpson's sweet wall piece called 'Waves' harks to the homely and the age-old craft of embroidery brought into a contemporary art-form.

There is much more to see in this exhibition, which will run until Saturday 31st July.

Blue Knob Café

The June Friday Night @ Blue Knob Cafe (Japanese Ramen

Night) with guest chefs Andre and Kaori was booked out early.

The next Friday Night @ Blue Knob Café will be on Friday 23rd July at 6pm. Costs for the meals are \$20 for mains/\$6 desserts. For menu details and bookings please contact the café by email: bkgcafe@gmail.com or phone 02 6689-7449.

Artists & Friends lunch

The next A&F lunch will be on Thursday 29th July at 12.30pm. For more info, please contact the Gallery 6689-7449 or email: bkhgallery@harbourisp.net.au

Graham Ferguson 1930 - 2021

Sadly, a cherished member of Blue Knob Hall Gallery and long time friend of artists, writers and singers, Graham Ferguson passed away peacefully at Lismore Base hospital on 18th June.

He was our expert on the Gallery hanging team, well known for his precision and the art of hanging a picture for many, many years. A writer, a member of the Blue Knob Choir, an exhibiting artist and a great attendee of many of our functions, especially the monthly Artists & Friends lunches; always here on Saturday mornings for his coffee and meeting up with friends.

He was a lover of life and more... we will miss his presence but his name will be on our lips and in our hearts.

Journeys in form, space, tone and colour

by Suzie Coulston

Denis Hopking and Eleni Mann invite you to their upcoming exhibition of sculptural ceramics, pastel paintings and charcoal drawings to be held at the Roxy Gallery in Kyogle from 7th July to 1st August.

Denis had been contemplating “What do I do next?” following a move to Kyogle from Byron Shire, and having had his retrospective exhibition in 2019 at the Roxy Gallery, covering 45 years of being a potter and sculptor.

“I had just moved to Kyogle, so I thought that maybe now is the time to go back to the basics of pottery and combine this into sculptural vessels – back to my roots,” Denis said.

“I was born in Africa and over my life I have been taken on a journey from pit-fired African burnished ware to the exciting firings of Raku, a technique coming both from Japan but also further developed in America.

“Saggar firings are also very interesting, where pots are wrapped in foil with a mix of sawdust, copper sulphate, salt, copper wire, coffee grounds, etc and allowed to burn the surface of the clay within the fire but protected by the foil from the direct flames touching it”.

“So my journey after my retrospective exhibition was to make my own Raku kilns... all of these artworks went through a small transformed rubbish bin lined with ceramic fibre and fired with a gas burner, and I also used an open fire with sawdust smouldering the pottery black.”

“My journey became one of creative research, experimentation and exploration. I’m interested in the dimensions of form, space within the form and outside the form. How does form occupy the space? Is form actually bent space?

“I didn’t want to make ordinary pottery. I had been a domestic potter for a long time. I began making ritualistic vessels and sculptural pieces. The techniques I am using in this exhibition are all new to me – even though I have had many years experience in this craft.

“My experiences in England and Majorca were of high-fired stoneware and porcelain. Here in Australia, I moved into sculpting stone, and now my direction is with vessels with sculptural form, colour and fire-flashes burned onto the clay.

“I love making textures, achieving tones on dynamic forms – it’s not straightforward – the intermingling of colours – it’s a painterly thing on three dimensional form... That’s where Eleni and I overlap. Eleni is a painter and I am a sculptor.”

Eleni’s journey evolved from many years of teaching and exploring drawing and painting in schools and workshops.

“A couple of years ago, I was really inspired to look at Leonardo Da Vinci’s portraits. They were mysterious to me – how did he work space into form?” Eleni said.

“I was looking at the edges of his drawings and I had to find out where the mystery lay, for instance, in that enigmatic smile that he used in so many of his portraits.

“So I began drawing some of his portraits. I discovered that the mystery lay at the edge between space and form, and is rendered



Family of sculptural vessels by Denis Hopking



From the Rose series by Eleni Mann

with subtle tonal variation. A sort of soft, smokey, blurred edge (sfumato).

“I then did a series of family portraits applying this knowledge, using the medium of charcoal.

“My journey evolved into a new series of works using colour pastels, incorporating the observations of roses. The rose began to emerge from the surrounding space evoking an inward meditative mood in colour and ethereal light.

“As we know, the Rose has been used through the centuries as a symbol of perfection, and its perfume has been celebrated for its purity above all other flowers.

“The pastels themselves are pure pigment and are applied directly in a painterly method using brushes and fingers, which results in a more sensitive connection with the artwork.

“I am interested in how colour can create a mood – some are fiery, poetic, dreamy or energetic. Others elicit a meditative feeling.

“I am still undergoing this journey – it’s a process, like a rose unfolding. The process is the journey.”

The exhibition will be officially opened on Friday 9th July, 6pm at Roxy Gallery, 131 Summerland Way, Kyogle. Entry is via the lift.



by David Hallett

A first-time Winter Art Exhibition is being held at the Nimbin School of Arts during the June/July school holidays.

The exhibition features works by 45 invited artists, mostly from the Nimbin Valley. Some of the artists, such as Claire Larivee and Margaret Rojo, have been exhibiting at the School of Arts

for over 30 years, while Colleen Coy’s projection artwork is new to Nimbin exhibitions.

While the Winter exhibition was an invitation event, the upcoming annual Spring Arts Exhibition is open to all Nimbin Valley artists.

Exhibition applications will be available at Perceptio Bookshop at the beginning of August, or contact: nimbinschoolofarts@gmail.com

Contemporary artists' latest works



by Janet Hassall

by Fiona McConnachie

The current show at Serpentine Gallery is called ‘Hot Off The Press’ and is running until 26th July.

‘Hot Off The Press’ brings together a collective expression of the most recent creative experience and inspiration of our broad, diverse and inclusive arts community.

Times are rapidly changing, and these changes can be expressed through art, ultimately influencing our practice either with developing a new style, exploring a new medium or political and social commentary.

This exhibition of contemporary expression showcases the most recent art created by our artist members, and presents their latest works – the art that has been inspired by current times and the changes we are all battling through.

All are welcome to visit the Serpentine Gallery (10am to 4pm weekdays) to view (and/



‘The Bleaching Event’ by Michelle Gilroy

or buy!) the exciting work on display.

Our next Members’ Show is ‘New Life’, celebrating the renewal of Spring, and will run from 31st August to 20th September.

‘New Life’ is open to your interpretation, and we hope this inspires artistic creation.

Please have your work in no later than 30th August, and if you have any special requirements for exhibition, just contact us and we’ll be happy to accommodate you.

Remember to give us your

details (name, medium, price and contacts), and ensure that “D” rings are attached ready to hang. All mediums and forms of expression are welcome.

The Serpentine Community Gallery is situated in North Lismore at 17 Bridge Street. We can be contacted on 0492-964-819 or via our Facebook page or our Instagram account.

Correction: The artwork shown in last month’s article was by Andrea Gustavsson.



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Seniors social groups in and around Nimbin

by Jenny Martin

Every Tuesday and Thursday we at Nimbin Aged Care & Respite Services host our relaxed and friendly social groups for local seniors. These include morning tea and light lunch in our beautiful rainbow building, all for a very reasonable \$10 contribution.

Lively conversation, sharing stories, photos, jokes and anecdotes bring people together. Often there is gentle live music from guests or volunteers, perhaps some guitar, piano, ukulele, maybe a song or two.

Our quieter Thursday group includes word games and a few rounds of bingo, more suited to frailer people.

Our friendly staff and volunteers are all qualified, experienced and police-checked.

All groups are currently limited for social distancing and carefully managed for Covid safety. All guests are asked the four questions, are signed in and provided with hand-washing and sanitising options.

Whenever there is a heightened risk of Covid-19 outbreak locally, all groups are postponed.

Perhaps you or someone you care for are interested in coming along? Then please phone or pop in to register your interest and a member of staff will get back to you to check your eligibility.

These groups are for people over 65 years old, or Aboriginal Torres Strait Islander over 50 years old. You will need to be MyAgedCare registered (we can help you with that). We welcome enquiries from Home Care Package recipients, and liaise with your approved service provider regarding fees.

NACRS Social Groups are subsidised by the Commonwealth Home Support Program for entry-level aged care. NACRS Social Centre is at Bottlebrush Studio, the rainbow building at the north end of Nimbin Community Centre, phone 6689-1709.

Nimbin Aged Care and Respite Services

Based at the Bottlebrush Studio,
Nimbin Community Centre

DROP IN SERVICES – Monday-Friday
10am-2pm for a cuppa, computers, help to
access support services and information.

DEVICE ADVICE – Wednesdays 10am-
12.30pm, with Mark, IT volunteer assisting seniors with phone,
tablet or laptop issues. Call NACRS or drop in to book a session.

SENIORS SOCIAL GROUPS – booking and fees apply

- Nimbin Tuesday Social Group, 10.30am-1pm. Morning tea, conversation, music and light lunch
- Nimbin Thursday Social Group, 10.30am-1pm. Morning tea, conversation, word games and bingo, light lunch
- The Channon Seekers & Sages 3rd Thursday, 11am-2pm
- The Outsiders Group 1st and 3rd Thursday, 11am-2pm
- Wise Ones at Koonorigan Hall 4th Monday, 11.30am-2.30pm

BUS OUTINGS – 2nd & 4th Tues, scenic drives, cafes for
morning tea & lunch, booking essential, fees apply.

If you are interested in any of these social activities, pop in or
call NACRS on (02) 6689-1709 to find out more.

NACRS SENIORS ACTIVITIES ARE PART-FUNDED BY THE
COMMONWEALTH HOME SUPPORT PROGRAM



Conveyancing in Cyberspace

Some time ago I gave up conveyancing. Now I see that the problem wasn't conveyancing as such, but acting for a friend; never a good idea.

The house in question was shared by two tenants on separate leases. Negotiations were fraught, their landlord being a bit of a control freak. Unlike dentistry or neurosurgery, micromanaging in law is easy for anyone who can use a search engine.

In that case, a mutual friend miraculously appeared to mediate the tenancy issues. After this, putting the paperwork together wasn't difficult. You bought a copy of the standard contract from the Law Society, did a title search, ordered the zoning certificate from the local council and plans from the Land Registry, drafted special conditions, added a survey report if you had one, then posted it all (the contract) to the purchaser's solicitor.

By this time there wasn't much left of my fixed price of \$900. Letters, emails, conferences with the tenants and client, numerous calls from the estate agent, and redrafting had eaten it up.

The next steps in the conveyancing dance, to the magic point of exchange, went, at the time, like this: (1) negotiations with the purchaser's solicitor on: how many days from exchange to settlement; whether deposit is 10% or 5%, or a deposit bond; what's included (TV antenna etc) and excluded; whether there'll be a cooling-off period, and other stuff

(2) the other side checked we held identical copies; then (3) we exchanged, by meeting up to swap signed copies. The purchaser's solicitor then posted me 'requisitions on title' and ordered pest and building inspections, and I sent her my answers to the requisitions. The water-meter was read and Discharge of Mortgage received.

She sent me 'adjustments', so our clients each paid, to the cent, their fair share of rates and water rates. Cheque directions were drafted, checked and approved, and settlement arranged.

This was a meeting where cheques were checked and handed over, the Certificate of Title given to



by John Adams

the purchaser's bank (the 'incoming mortgagee'), then everyone shook hands and left.

This year, boldly, I took on a new sale. Everything proceeded smoothly until just after exchange, when an email arrived from the other side: "We will open a workspace for settlement and send you an invitation shortly. Please advise to whom we send the PEXA invitation."

I googled 'PEXA', to find it stands for Property Exchange Australia, an "online 'workspace' that removes the need to physically attend a settlement", a corporation owned by CBA, the Link Group and a multinational called Lightyear Investments.

I begin the process of registering, and am beaten back by an avalanche of acronyms. Also, Mercury is retrograde. But all is not lost. I find a settlement agent. Her name's Brenda. She's registered for PEXA and takes over. She's happy to do all the sums.

That was months ago. I'm getting better at it now. Another old friend wants to buy a house. I quote mates' rates (+10%). He needs to move fast, Lismore currently being national winner in the fastest-rising house-price stakes. Settlement is usually six weeks from exchange. Recklessly, we go for two.

Which isn't long enough. At three weeks the money still hasn't cleared. We reschedule settlement from Tuesday to Friday. The vendor wants penalty interest at \$95 a day. We're up to 11 days by now. I convince myself it's all my fault. Do I lose my fee or a friend?

Then, on Wednesday afternoon, there's an email from Brenda: "Settled." In the attached Settlement Statement, interest has not been included. I think I'm in love.

Recovery after a stroke is possible



by Sonia Barton

On the weekend I was in Coolangatta at the Cooly Rocks dance festival, and I was surprised to see so many people who looked like they had suffered a stroke. I suppose I'm not used to seeing that many people together these days so these people stood out to me. It made me want to write my article about 'Strokes' this month.

Stroke attacks the brain - the human control centre - changing lives in an instant.

Your brain is fed by blood carrying oxygen and nutrients through blood vessels called arteries. A stroke happens when blood cannot get to your brain, because of a blocked or burst artery. As a result, your brain cells die due to a lack of oxygen and nutrients.

Stroke survivors can find it hard to walk and general movement can be very

difficult, resulting in severe pain.

There are two types of stroke

Both types of stroke stop blood getting to areas of the brain:

Ischaemic stroke

A stroke that is caused by a blood clot is called an ischaemic stroke (is-key-mick).

In everyday life, blood clotting is beneficial. When you are bleeding from a wound, blood clots work to slow and eventually stop the bleeding. In the case of a stroke, however, blood clots are dangerous because they can block arteries and cut off blood flow.

Haemorrhagic stroke

Strokes caused by a break in the wall of a blood vessel in the brain are called haemorrhagic strokes (hemm-orr-ragic). This causes blood to leak into the brain, stopping the delivery of oxygen and nutrients.

Who is at risk? Surprisingly a stroke can happen to anyone of any age.

Men seem to be at a greater risk of stroke and as we get older our risk increases. In saying that, stroke is preventable for many. Some of the causes within our control include high blood pressure, being overweight, smoking, high cholesterol, a high intake of alcohol and diabetes.

How can you prevent a stroke?

1. Make time for a health check and take charge of your



own health.

2. Make healthy changes part of your daily life. Stay active, eat well, quit smoking and drink in moderation.

Naturally, a person's state after a stroke can vary depending on their rate of recovery.

Bowen Therapists have seen some wonderful results working with stroke victims.

Through Bowen, blood flow, range of motion and motor function can be improved. Further, it helps reduce facial paralysis, neuropathy, tremor, and pain can decrease.

Seeking Bowen as soon as possible after a stroke is ideal, but it is never too late! Client recovery is also improved when Bowen sessions are weekly, or, even better, multiple times a week. "Small but often" is the key for stroke recovery.

Over the course of weeks and months, you will see the benefits of having this gentle healing treatment.

Bowen Therapy is a natural, drug-free, non-invasive, complementary therapy that can help with post-stroke recovery.

Rather than 'making' the body change, Bowen 'asks' the body to recognise the ailment and make the changes it requires.

During the 30-60 minute treatment, the Bowen practitioner makes small, rolling movements over muscles, tendons, ligaments and soft tissue at precise points on the body, using only the amount of pressure appropriate for that individual.

No hard-tissue manipulation or force is needed or used.

Between each set of moves, the body is allowed to rest for a few minutes, to allow it to absorb the information it has received and initiate the healing process.

Bowen is an extremely relaxing experience and can also aid any stress the stroke survivor may be feeling.

If you have any questions on how I can help you with Bowen therapy please call me on 0431-911-329. I work in Nimbin, Byron Bay and Lismore.

www.bowenenergywork.com.au

This plant is restricted in NSW and Qld and should not be sold or distributed. Recently found in a church-run op shop was Mother of Millions *Kalanchoe delagoensis*, (aka *Bryophyllum delagoense*), lovingly potted up by a well meaning volunteer.

Beware the roadside and market stalls and plant tables at fetés and op shops. Enthusiastic gardeners often propagate plants that multiply profusely in their gardens and offer them for sale.

So pretty when it flowers - other common names are Christmas Bells or Chandelier Plant - MOM is a native of Madagascar. It is tempting to pick some, when espied by roadside, and take home for the table. However, exercise extreme caution. Earning well its MOM moniker, it is a super spreader with an insane ability to reproduce rapidly both vegetatively and via seed.

MOM sprouts tiny new plantlets at the tips of its fleshy pencil shaped leaves. These drop off to become new plants and every one will survive and grow, fast! The leaves themselves can also drop off and become new plants.

This exceptionally hardy species, being a succulent, will survive extended dry periods and thrives in poor rocky soil. The plants can reach up to a metre tall with pinky grey stems. Each stem displays a cluster of red to orange bell flowers from May to October. These flowers also produce significant seed which can remain viable in the soil for a number of years.

As well as being invasive in pasture and bushland, MOM is very poisonous. Livestock can just suddenly drop dead from a heart attack or take several days to decline. They can be affected after eating just a little bit every day. Flowers are five times more toxic than the leaves and stems.



Photo courtesy
marineconservation.org.au

So pretty
when it flowers

While prevention and early intervention are always preferable, hand weeding and consistent follow up can manage small infestations. The roots are usually pretty shallow and come out easily. Fire can be used in some situations as this also destroys some of the seed. On larger areas, build up a fuel load and consult the local Rural Fire Service before lighting up. Flame weeders are also effective on isolated specimens. The thick waxy leaves resist penetration of herbicide so chemical control may not always be successful.

When removing MOM by hand, wear gloves and long sleeves. Take care when handling as the sap is caustic. Bin or burn the waste material. Another disposal method involves leaving it in black plastic bags or bins in the sun to rot down completely to a sludge. Do not compost or send to green waste. It will never die and can, and will, regrow from tiny pieces. Be careful while weeding as leaves readily drop off the stems before they're placed in the bucket. Follow up

inspections for reoccurrences will be necessary for several years.

MOM's cousin, MOT, the Mother of Thousands, *Bryophyllum daigremontianum* or *Kalanchoe daigremontiana*) is also seriously invasive. They are both banned in NSW and Queensland.

Mock orange, *Murraya paniculata* 'Exotica', is also considered an environmental weed in NSW and Qld, though readily available from major nurseries as it's not yet on the restricted list. It is also the 'go to' on social media gardening pages as a recommendation for hedging.

Stop the spread of species with invasive potential. Natives species which clip well into a great hedge include golden penda, *Xanthostemon chrysanthus*, and bottlebrush, *Callistemon* spp. The brown or plum pine, *Podocarpus elatus*, can also take a prune. See fine examples of plum pine topiary in the 'Ju Raku En' Japanese Garden in Toowoomba. Happy Weeding.



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RiverTracks set up to help youth at risk

My name is Ahri, and I am the son of Stuart McConville, the regular writer of this column. I was inspired by both my mother and father's environmentalism, and set out to live a life determined to make a difference in the world.

I became very passionate about political change and had many enjoyable activist adventures through my teens and twenties. However, four years ago, as I approached my own Saturn Return, things started to change. I heard the calling to balance where my attention went and I started becoming sensitive to my own and others' mental health.

I started noticing what I have now come to describe as the tsunami of youth mental health all around me. After studying community development, I decided I needed to work with and address the challenges young people are facing but was not sure where to start.

Last year, I received some direction while caring for a 12-year-old boy as a residential youth worker. The young fella had a lot of trauma and had been in and out of youth detention 30 times already. I asked him

by Ahri McConville

about what kind of programs he thought young fellas like him needed to get back on track. His eyes lit up. He started telling me about a place called BackTracks in Armidale.

He described an innovative youth program that works with youth to keep them alive, out of jail and chasing their hopes and dreams. He told me about a place where struggling young people could learn skills that prepare them for a job, heal through interacting with dogs, get out bush for camps and give back to the community. The program even had accommodation out of town for young people facing homelessness.

Hearing all this firsthand was like a little bird tapping me on the shoulder. I knew I wanted to support young men to grow healthy identities, but I realised that unless as a community we start to step up and help the young people struggling the most, we would not be facing the reality and truth of what is going on.

I soon started organising a documentary screening of *BackTrack Boys*, and then organised a community workshop to envision a



Volunteer Sean with Murph who will be part of the program.

better future for youth in the Tweed Valley. Six months on, RiverTracks has been born and we are getting ready to start operating later this year.

Recent research from Mission Australia said that one in ten young people aged 12-17 years old will self-harm, one in 13 will seriously consider a suicide attempt, and one in 40 will attempt suicide. RiverTracks has started because we recognise the youth mental health crisis and we want to respond in a way that brings the whole community with us.

The program will initially be just two days a week for boys in their mid-teens in

the Tweed Valley, but over time we hope to expand the age range, operating time and geographic inclusion of the program. We will explore with the participants what vocational skills they are interested in, and over time establish a social enterprise with them.

Our recent crowdfunding campaign only set out to raise \$15k but ended up raising \$52k, affirming to us that the community wants to work better with struggling young people. How awesome is our community?

If you would like to find out more, get involved or make a donation to RiverTracks, visit: www.rivertracks.org

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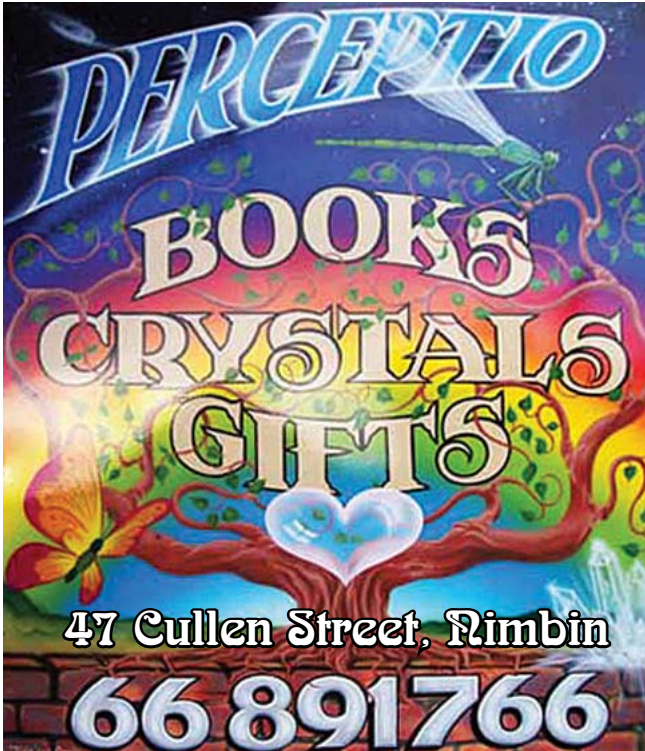
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Plant of the month

Forest red gum *Eucalyptus tereticornis*

by Richard Burer, Bush regenerator

What do drunken lorikeets and koalas have in common? They both adore a local iconic important tree of the Northern Rivers and the valleys of Nimbin, forest red gum.

This resilient tree more often than not has survived land-clearing and harvesting, and is a very valuable tree supporting a wide variety of habitats including being a core koala habitat tree.

Pictured is a very old tree (hundreds of years old), isolated but still attracting koalas to hang out, despite being a couple of kilometres from the next closest habitat tree!

Parrots adore the sweet nectar of the creamy white flowers that are sure to cover this tree this winter and happily hang out in the hundreds, drunk on the sweetness of this most beautiful tree's flowers.

This species also provides nesting hollows for nesting parrots, cockatoos and others and it's worth mentioning that a dead one in the paddock is just as valuable as a living tree, as its hollows provide habitat for long periods of time, at a guess over 100 years or at least until those old trees fall over.

If you would like to plant one of these trees, you can purchase them very cheaply from Friends of the Koala nursery in Lismore.



Nimbin Garden



Club notes

Great garden at Bush Theatre

by Kerry Hagan

Going along to a Garden Club meeting is always interesting, and often fascinating.

Our June meeting at the Bush Theatre and cafe definitely fell into the fascinating category.

Located in the old Nimbin Butter Factory, this a unique piece of Nimbin's history.

Built in 1926, the factory was only in operation for about 20 years, after which it fell into disrepair.

In recent years, it has been restored and is now a hub of creative activities.

Kaz, who runs the cafe and Bush Theatre, and her team have created an amazing kitchen garden.

With paths and retaining walls winding down to Mulgum Creek, there's an extensive variety of salad and

herb plants and vegetables which end up in the delicious food and juices in the cafe.

On the other side of the building is the old pump house, originally used for pumping water up to the tower of the buttery. This is the next project for restoration and gardens.

We all are looking forward to seeing the results of this in a couple of years. Thanks Kaz for a delightful afternoon.

Our July meeting is at Christine's house at 104 Gungas Road on Saturday 17th July, 2- 4pm. Please bring a cup, a chair and a plate to share.

This meeting is also our Annual General Meeting. Visitors and guests are most welcome. Car pooling for this one would be great.

We look forward to seeing you there.



Bushwalkers at Girraween

by Peter Moyle

The gorgeous weather continues, and the Nimbin Bushwalkers have been taking advantage of it, with good numbers on our two walks a month. As the nights have cooled down considerably, we will be taking a break from our camping weekends until spring.

Last month we had a weekend away in the Girraween National Park near Tenterfield. As stated, you could not fault the weather, and over three days we enjoyed the granite country and learnt about the history of the area and how almost 100 years ago the locals campaigned and lobbied to have the area protected.

The same fight continues today as we try and stop the rampant destruction of our natural treasures. What a shame, when a quick buck takes precedent over the saving of our lands for future generations.

Our day walk was to the magnificent Whian Whian State Conservation Area and the walk into 38/38 gorge, an incredibly special spot. A large group of members and visitors descended into this valley of palms, ferns, mosses and beautiful seeping water features.

The slow going climbing over fallen trees and huge boulders gave us plenty of time to take in this stunning site.

There are some nice day walks this month, to places we never tire of.

Mount Chowan – Mt Jerusalem National Park Sunday 25th July

Leader: Anne Gilmore 0413-450-440

Grade 4: 10km approximately 4 hours.

There are steep sections involving rock scrambling and if it has been wet some trail slippery. Walking boots recommended and walking poles or a good pole as well.

Meet: 9.15am at the trailhead off North Chowan Road, which is off Smiths Creek Road between Stokers Siding and Uki. This is a combination of a steeper bush trail and fire trail walk. With views across to the Border Ranges and on the way up to Mt Chowan a great view of Wollumbin. We will have an early lunch on the walk and for those interested, afternoon tea at nearby Uki.

Terania Creek Basin, Nightcap National Park Sunday 8th August

Leader: Peter Moyle 0412-656-498 Contact for more info and to register.

Grade 4: Mostly off-track; there will be some slippery rocks and rough walking particularly after rain. We will walk through wild, rugged rainforest, the site of the historic battle to save this precious patch of pristine forest. Plenty of lush rainforest and plenty of water over the falls. This is one of the gems of this World Heritage-listed area.

Meet: 9am at the Channon Tavern for car-pooling or 9.30am at the picnic area at the end of Terania Creek Road, 15km from The Channon. Bring the usual: hat, drinking water, lunch, and good bush walking boots/shoes.



Walks programme



Strike for climate action

Local mother Peach Darvall has launched a weekly strike for climate action at the Lismore Quad, now being held every Thursday afternoon.

"I just can't do nothing when the climate catastrophe we know is coming can be reduced, decreased and mitigated," Ms Darvall said.

Our current government has shown repeatedly their embarrassing and negligent stance on taking any real measures to cool our planet.

"The half-measures, delaying, denying, divisive behaviours and lack of any urgent, effective, far reaching, systemic organisational change to decrease the effects of Global Warming are not to be tolerated in the midst of a Climate Emergency.

"The federal Budget showed us all clearly where the government's allegiance lies. Not with the people of Australia, but with the uber-rich and big corporations.

"Their actions speak more clearly

than their silver tongues. Why would we let them stand on our necks while they sell our future?

"So I am raising my voice and striking in the Quad to demand our government makes those urgent changes needed so desperately to bring Australia to zero emissions by 2025. And I urge everyone to raise their voices too. Rise up. Rise up in any way you can in your life to facilitate planetary cooling and let our government know how unacceptable their insufficient and weak Climate Change policies are.

"Global warming is accelerating faster than was expected. We have a very small window to act NOW. This decade is the make-or-break one, the 2020's."

All members of the community are invited to join in, from 1.30pm to 3.30pm each Thursday at the Lismore Quad, and demand the Federal government take effective action on climate change.

Towards the Nimbin Aquarius 50th

by Benny Zable

Planning is underway to celebrate the 50th anniversary of the Nimbin Aquarius Festival, to be celebrated from 12th to 21st May, 2023.

A major feature of the original Nimbin Aquarius Festival was being welcomed to country by the local First Nations people.

This, I believe, was a first since the invasion. A reminder that this country was never ceded by the (Ab)originals of this land.

Since then, a listening and learning towards a healing process had begun with us strangers occupying their land. We have been graced by their generosity of sharing, love and care for country.

So gradually the country with its inhabitants had been transformed from a ghost town surrounded by a poisoned denuded dying landscape to a much sought-out place to visit and live.

During my wanderings around this island continent and overseas, I had witnessed First Nations peoples ceremonially leading and sharing their care for country.

What has Aquarius to do with this? Remember that song from the musical *Hair*? It goes like this...

When the moon is in the seventh house,

And Jupiter aligns with Mars,

Then peace will guide the planets,



And love will steer the stars.

This is the dawning of the age of Aquarius,

The age of Aquarius: Aquarius!

Harmony and understanding,

Sympathy and trust abounding,

No more falsehoods and derisions,

Golden living dreams of visions,

Mystic crystal revelation,

And the mind's true liberation,

Aquarius! Aquarius!

– by Gerome Ragni, James Rado and Galt MacDermot.

The song is about making peace with ourselves, one another and the Earth, ultimately.

Nimbin Aquarius was a do-it-yourself event, hosted and bankrolled by the Australian Union of Students (AUS), and organised by Graeme Dunstan, Johnny Allan, Maireid Sullivan, Paul Joseph, Vernon Treweeke, and architect student Collin James.

Barr Stone and Fatima consulted with First Nations people to set the staging for this happening.

I heard about it on the grapevine and pulled together a group of friends to come over from

Melbourne to stage a mixed-media production of H. G. Wells Time Machine at the now Bush Factory, now a theatre. One show only.

Most of the time I ran creative dance movement workshops in the Nimbin Hall in the mornings, sharing body interactive skills towards crowd-motivating happenings during the day. These skills we learned from each other became handy for protest actions today.

I had plans to do a version of this at Tuntable, but got hooked into other more pressing issues we are still talking about today.

One of them is the modernisation of weapons of mass destruction in the age of remote control technology (see: *disruptlandforces*), one of the issues to bring to the Aquarius 50th anniversary to prepare creative community skills for up-and-coming direct actions.

Absent friends

It was sad to hear our good friend Graeme Ferguson had passed away. He devoted his life to help Nimbin evolve to be the community it is famous for. May he rest in peace.

Also this year one of my teachers passed away, Anna Halprin who created and ran the Tamalpa Institute in Marin County just across from the Golden Gate bridge, San Francisco.

Cannabis comp features best of the best

by a special correspondent

During June the 2021 Cannabis Cup was held in a Covid-safe manner in Nimbin.

There were 18 bud entries, 10 hash entries and four cannabis extract entries.

The bud comp was a close race, with only six votes separating the first three place winners. Number two bud won the trophy with 52 hard-won votes.

The hash comp had a clear winner, number five hash ball taking the Hashish Dish Trophy with 54 votes.

The extract comp was a hit with faeries and tokers alike, with number three extract blitzing the competition with 73 votes.

A wonderful day was had by all, and the atmosphere was so thick it could be cut with a knife at times.

The winners walked away not just with trophies but with the satisfaction that comes from producing Ganja Faerie food, definitely the nectar of the gods.

A big thank you to the organisers and faeries for their joint effort.

