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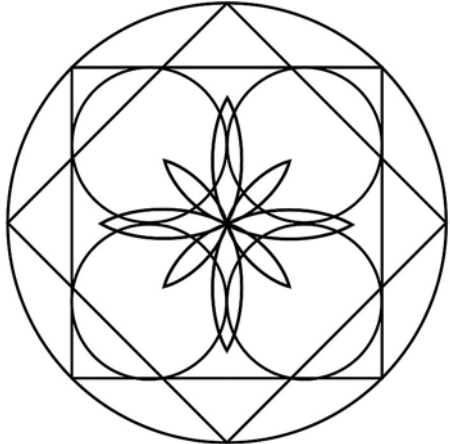
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# Treasures to be seen



by Anne Cook

The Nimbin Artists Gallery artist of the month for June is Jude Lane.

Jude is a highly credentialled artist, having obtained her Bachelor degree in Visual Arts at Southern Cross University, she now imparts her knowledge and skills to her Visual Arts students in Glen Innes whilst creating her highly individualistic works of art.

During Jude's studies of Visual Arts, she investigated many different



'Rocky Falls'  
'Abandon Past'  
'Helensburch'

mediums, and has combined them with the skills she has learnt through

previous experiences in producing an array of different styles, all with the same undercurrent of techniques.

Jude has been a creative person since her childhood, having been inspired by her mother Jan Shaw who was an internationally-recognised artist working in the Russian school of decorative art known as the 'Zhostovo' style.

Under her mother's influence, Jude went on to master this style, and in doing so created her own form of expression through the use of inlay work using shell and semi-precious stones, the application of gold leaf and burnt patterning encased in a resin-covered mount.

For anyone who has seen Jude's work, the aforementioned description goes

nowhere in describing the truly amazing visions of contemporary Australian art that Jude's works embody.

Jude's body of work has been a journey of self-discovery, a sanctuary to loosen the hold of family conflict, pressure and rejection. Sifting and separating through layers of conflict and understanding the innate emotions that have driven her as an individual, resonate within her artworks.

The lush, earthy colours of Australia, the unique land formations and the rich layers of her family history capture and showcase her inner turmoil of raw emotion and feelings of clarity.

A selection of Jude's works will be on display at the Nimbin Artists Gallery on Cullen Street, commencing 6th June. Our winter opening hours are 10am to 4pm. Please come in and prepare to be enchanted by these truly unique works of art.

## The Fibre Show – Entwined



'Bob's Clock' by Bob Bishell

'Blocked' by Kim Jones



'Three Little Piggies' by Amanda Doran



It's that time of year again, and Blue Knob Hall Gallery's annual Fibre exhibition, 'Entwined', is looking good. There is so much in our lives that brings us together in some form or other, and makes us all part of that old adage "the fabric of life".

Fibre is integral to our lives; it is the wood we use to build our homes, the fabrics that cover our floors, windows and furniture. With everything from man-made to natural fibres, we make art, sculpt and transform fibre into the

everyday utilitarian items we use.

With embroidery, sewing, felting, weaving, adorning our bodies, walls and gardens, we create astonishing, humorous and beautiful work that can make a statement but also comments on the state of humanity and the world around us.

Amanda Doran's wall piece is just such a statement. 'Three Little Piggies', made from papier maché and styled after the traditional flying ducks, make reference to colonial powers and the portraits of privileged peoples that hang in our clubs and public spaces.

With each little piggy having its own plaque such as "This little piggy plays the stock market", anything goes when it comes to fibre. To find out what the other two little piggies get up to, you will have to come along and enjoy the one show a year dedicated to the glorious medium – fibre.

Kim Jones, 'Wild Weaver' is a

regular contributor to the Fibre Show, and her exquisite hand-spun, hand-woven, knitted silk and wool garments/artworks are a testament to the precision and dedication to her craft.

These and much more are worth a visit. The exhibition runs until Saturday 1st August.

### Blue Knob Café

The next Friday Night @ Blue Knob Café will be Friday 25th June at 6pm. Costs for the meals are \$20 for mains/\$6 desserts. For menu details and bookings please contact the Café email: [bkgcafe@gmail.com](mailto:bkgcafe@gmail.com) or call 02 6689-7449.

### Artists & Friends lunch

The next A&F lunch will be on Thursday 24th June at 12.30pm

For more info, please contact the Gallery 6689-7449 or email: [bkhgallery@harbourisp.net.au](mailto:bkhgallery@harbourisp.net.au)



# The Heroine Paint



Kylie Banyard, 'Holding Ground 2' (detail)  
Amber Wallis, 'Leaf-covered A-Frame' (detail)

This exhibition at Lismore Regional Gallery brings together the work of Amber Wallis and Kylie Banyard, highlighting their visions of painterly utopia. Their work pays homage to American Abstract Expressionism of the 1940s and 50s, which strove towards an alternative image for art and painting. Spontaneity stood at the centre of this, and a purist's distillation of materials. The counter-culture of the 1960s and 70s, which held similar desires to collapse walls, is also present in both artists' work. Despite intentions towards a new



agenda that went with these aspirational movements, and increased freedoms for women post WWII, power remained largely patriarchal, and women were and continue to be marginalised by this status quo. Feminist underpinnings in the artists' work comment on this inequality. 'The Heroine Paint' positions Wallis and Banyard as though time has stood still, and at the crescendo of their declared influences and references, however it is experienced with the hindsight of today. The exhibition is on show from 12th June to 1st August.

## WAG and BAA at Kyogle



by Ruth Tsimbinis

The Roxy Gallery in Kyogle is inviting you to join the Woodenbong Arts Group (WAG) and the Bonalbo Artists Alliance (BAA) to view a stunning array of works from artists in the Upper Richmond and Upper Clarence catchments. "We are expecting an exciting display of works from up to 30 artists across a range of media including acrylic on board and canvas, watercolours, digital photography, collage, felt, fleece, audio and digital media and pastels," said Diana Keen, secretary of WAG. "We've been together as a group since 2009 and people have been working either independently or together towards our annual show. We are fortunate to again group with the BAA, and I like to think of this as a way of connecting with artists from other small communities," said Diana. Vilya de Tozser from the Bonalbo Artists Alliance is looking forward to the show. "In recent shows we have been displaying works that explore challenging themes, and now we are happy to be moving forward and celebrating our environment. The works show people interacting with the environment, and



there are many interpretations of the Upper Clarence," said Vilya. The show runs until 4th July. The Roxy Gallery is located on the first floor at 131 Summerland Way, Kyogle. Gallery hours are Wednesday to Saturday 10am to 3pm and Sunday 10am to 2pm.



Anna Jackowiak-Hoare, 'Turkeys Nest Gully'

## Go green at Serpentine

by Fiona McConnachie

Started in 1974 by the United Nations, World Environment Day is an international day of environmental awareness and action that happens on 5th June each year, hosted in a different country, with events focusing on a central theme. World Environment Day 2021 is being held in Pakistan. Its theme is 'Ecosystem Restoration', with a special focus on creating a good relationship with nature. This year's event will also mark the launch of the UN Decade on Ecosystem Restoration 2021-2030.

We can't go back in time to when the world was a greener place, but what we can do is plant trees, clean our oceans and rivers, and make peace with the natural world that fuels our everyday lives. The Serpentine's current member's show is 'Let's Go Green!' in conjunction with World Environment Day, and will explore our relationship with the natural world through our member artists' individual visions and interpretations. What is our relationship to the natural world? What does it look like? Is it political; environmental? Is it visual?



'Song of the Boat' by Bill Gustavsson

Sentimental? Spiritual? All these questions and more can be addressed through the visual experience and connection with individual works of art. The Serpentine spectrum of local artistry is diverse. There are no limitations on depth or breadth, nor style. Green-themed is our collective inspiration. This is also a People's Choice Award event, and the prize is \$200. The chosen work will be declared at the end of the exhibition on 28th June.

The Serpentine Community Gallery can be contacted for any enquiries about exhibitions, bookings or upcoming shows on 0492-964-819 or alternatively email us at: [gallery@serpentinearts.org](mailto:gallery@serpentinearts.org) Our volunteers will be happy to attend to your queries. Our gallery is situated in North Lismore at 17 Bridge Street, and our opening hours are Monday to Friday 10am to 4pm and 10am to 2pm on Saturdays. Do drop in any day, you are always welcome.

## AN IRON MAIDEN OUT CAWONGLA WAY

by Nyree L Smith

Award-winning metal artisan/ fabricator, Nyree L Smith of Smith Art, loves her tools and wants to inspire others to get into all things metal. With over 30 years' experience in her trade, Nyree has at last opened her new workshop in Cawongla. Nyree moved here a few years ago from the coast and loves this area. "I'm not really the coastal sort, too built-up now. I love the mountains and bushland around here and the people are awesome, so friendly and the 'vibe' is very artistic. I love how people really embrace eco-living, it's inspiring," Nyree said. Nyree is offering the unique opportunity to learn a variety of artistic and practical metalworking skills in her brand-new workshop in Cawongla. "I want people, especially women, to know how empowering metalwork can be," she says. "I can literally build anything in metal (excluding foundry work), and it's a great feeling to have that sort of independence. Also, being able to 'talk-the-talk' with tradies, (and seeing through the bull\*\*t too!) is a bonus."

Nyree has trained in Australia, and well as with master blacksmiths and restorers in Toledo, Spain and the Queen's Armoury in London while on a Churchill Fellowship, and is keen to



teach others what she has learnt. Both Byron College and Lismore Art Space have taken her on as a trainer, and her Facebook page reviews (Smith Art Workshops and Classes) sing her praises. She's a massive bundle of knowledge, so check out her website: [www.smithart.com.au](http://www.smithart.com.au) to find out more about Nyree and see examples of her awe-inspiring work. Nyree can teach ancient metalworking techniques such as blacksmithing and tin smithing, as well as the more modern ones, including electric welding and metal

fabrication, and private tuition is available. Build your own gates, the sky's the limit. Contact Nyree at: [nyree@smithart.com.au](mailto:nyree@smithart.com.au) if you have ideas for upcoming classes.



Spiral bowl



# Bushwalkers explore Mt Nardi



by Peter Moyle

Just what good walkers have been looking for: dry and cool conditions, perfect for our activities.

It is always easier to rug up against the cold than put up with stifling heat, although rain, even though it is needed for our incredible environment, puts a bit of a damper on things when heavy.

Last month the club headed up to Mt Nardi and spent four hours walking about and the great views in all directions combined with the re-growth made for an enjoyable day.

As usual we had a particularly good turnout, and the companionship that goes with a club of like-minded individuals was first rate. A great way to enjoy our forests and beaches, sharing the experience.

With the colder nights coming on and the local National Parks undergoing a significant rebuilding of camping areas, we will be doing more day walks, always trying to get a balance with travel times and variety, from coastal to rainforest to escarpments.

New members always welcome: \$25 a year. Come along as a visitor for \$10, deducted from membership if you later join, and see what we have to offer.



## Walks programme

Sunday 11th July

**Brunswick Heads into the Tyagarah Nature Reserve**

**Leader:** Peter Spearritt 0421-055-292

**Grade 2:** Walking on the coastal track south about 12 km, diversions to view Simpsons Creek, a relaxing walk on a sand track/road, some paperbark forest and coastal heath. This is a lovely bit of coastline which has seen rehabilitation and maintenance. Return on the beach and a swim for the keen ones. Flat terrain with sand tracks and possible wet feet if you miss a wave on the beach.

**Meet:** 9.30am Brunswick Surf Club **Bring:** water, lunch and hat. I am sure a nice spot for a coffee after can be found. Ring Peter for more details.

Sunday 25th July

**Mount Chowan – Mt Jerusalem National Park**

**Leader:** Peter Moyle 0412-656-498

**Grade 4:** 10km approximately 4 hours. 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. There are steep sections involving rock scrambling and if it has been wet, some trail slippery. We will have an early lunch on the walk and for those interested, afternoon tea at nearby Uki.

**Meet:** 9.15am at the trailhead off North Chowan Road, which is off Smiths Creek Road between Stokers Siding and Uki. Walking boots recommended and walking poles or a good pole as well.

# MY TIME - SPACE

I've had my foot on the accelerator of late, so of course ended up with a sore right ankle and a hefty speeding fine.

Obviously it is time to slow down, and yet this brings up much anxiety. Will I get there on time, there is so much to do, I don't want to disappoint, I want to fix and heal and make everybody happy, so then I can finally slow down and relax. I've realised it's a circular argument and I could probably cut out the middle man and start with me. Maybe if I slow down I can feel well in myself, avoid further physical and financial taxing and actually be of better service.

In my attempt to slow down, I've realised how impatient I actually am, how much my ego is attached to the sense of achievement and needing it to be done right about now! Of course my sense of emergency is enhanced by medical training, the need to alleviate pain for others and myself as soon as possible, but its roots began early with the need to alleviate parental anxiety and prevent condemnation. So it drags me and my dependents in an endless crusade of activity, and certainly contributes to 'what's the next thing' of stimulus addiction I see so inherent in our western world.

I have also been thinking a lot about Time. Although my mind is very programmed into linear time thinking, planning and mapping past and future, I'm playing with the idea of 'my' time being more relevant to my needs. For example, as I'm rushing to work, is this actually what my body wants to be doing right now? What pace does it actually want to go at for its own health and happiness?

As I relax into feeling its cues to move or not move, I slip into this expanded

sense of time, my own bubble of time, that seems to travel the bumpy road of life more gracefully, and amazingly enough always align with the perfect flow of exterior time. My first patient will be late or cancel or the meeting is delayed. It happens again and again, and in the same way, I am not in the flow if I rush.

I'm starting to get the feeling that time is actually spherical or at least spiral like everything else, and is contracted and tight inside us when we align with linear thinking and more expanded and encompassing when we are in our own moment. Stephen Hawking in fact proved mathematically that time closes back on itself to form a loop and was 'self consistent'. That its existence is perpetuated by the experience of it.

Does this mean that it is self defined, determined by our experience? Time for example changes according to our attention to it as the difference between 'Nows', as Aristotle first discussed, describing that if we didn't distinguish any change, then the 'mind' seemed to remain in a single, undifferentiated condition that is timeless. It seems our memory creates time and the flow of time creates memory, as Carlo Rovelli discusses in *The Order of Time*.

In *The Special Theory of Relativity*, Einstein also determined that time is relative – in other words, the rate at which time passes depends on your frame of reference so it is open to your influence and available for manipulation. We normally experience ourselves as three-dimensional beings moving through a linear plot of time, but when we pay attention to the moment, the fourth dimension space field of time expands around us, presumably to the measure of our state of consciousness



## In the moment

by Dr Jacqueline Boustany

or how much we are willing and able to drop into it.

I assume this is the practice that our devotees in schools of consciousness are actually training in, to develop the skill of expanded awareness. The only way I have found to experience and manipulate time is through my own body perceptions, the more I feel my internal sensations, the more I bring my breath in to meet them, the more I am in the Now. I feel connected to life essence and all experience, a knowing without a voice to explain it.

Certainly we have all had experiences of this expansion and contraction of time relative to our state of mind, but how often are we encouraged to explore this field of existence. Whenever you are next aware of the rush, the urge for the next thing, the impatience with this moment, take a breath or two to feel what you are now. Then expand that feeling of self into a bubble of 'me in the moment' time and see what happens.

You could even use the transition from one activity to the next, from one room to the next, to just stop to take a breath and maybe it will actually enhance your next thing.

# Nimbin Garden Club notes

by Peter Brooker

Dunbar once wrote of Autumn, "It's all a farce – those tales they tell, about the breezes sighing. And moans astir o'er field and dell, because the year is dying."

A farce indeed: in Autumn the grass is growing slowly, tanks are constantly replenished, doonas are tucked under chins and the sun is bright but cool. Nothing there to moan about.

It was under that bright cool sun that some 38 members of the NGC wandered about Jon and Sue Honke's 25-acre property in Wadeville. They bought the place 11 years ago and it will surprise you to know it was covered in lantana, a prolific shrub with pretty pink flowers.

They removed the lantana, and have spent the last 12 months putting up new fencing to house their goats and 21 Dorper sheep, a breed that sheds its wool.

Eighteen months earlier they established a stand of approximately 500 eucalypts, of two or three varieties, that will



eventually be used for poles. Sue has created a lovely rose garden at the top of the driveway and, beyond the cow bales, there is an orchard of Pecans soon to produce its first crop.

The 25 acres were subdivided from a much larger parcel of land with a somewhat chequered/ colourful history. In the early to mid-seventies, people came to the property to play tennis on the Wimbledon-like lawns near the remains of the original house. It then became one

of the first MO's in the area, but not officially, as was demonstrated when the locals, on horseback, joined the police to drive the 'Hippies' off.

There is ample evidence of their campsites dotted about, including a stack of bottles left by the then town drunk, and the abandoned engine of a Morris 1000. Now a beautiful weatherboard home with three finials adorning its roof, stands further up the hill.

The house, brought down

from Brisbane in 1992/3 boasts, of all things, marble steps leading up onto the veranda that once belonged to the Brisbane Treasury building. I hope I haven't told the Treasury where they can find their steps.

Our next meeting is at the Bush Theatre Cafe on 19th June at 2pm. As usual, bring a plate to share and the urn will be on, but remember this is a local business and the purchase of coffee etc will be an option. Members, friends and new Nimbinites are welcome.





## View from the loo

by Stuart McConville

The Mouse King woke up hungry. After nearly 30,000 years there wasn't much he hadn't tried.

The collective memories flooded through him as he tried to recall something in the larder that would inspire him.

As usual, the taste of the first bite of the enchanted fungi he had feasted upon in the Beginning rose to the surface like a bad ear worm... there was definitely none of that left.

It was the reason for his immortality, his telepathy and capacity to tap into the mouse collective mind.

# Of mice and men

Since the Beginning, he had selectively bred into every mouse the capacity to communicate telepathically, immortality however, was his cross alone to bear.

He had watched the rise and fall of his subjects countless times since the advent of human agriculture, but this year was something else entirely. The human plague had grown to proportions never seen before, and the result was a massive increase in food supply for the mice.

It was his idea to train spy mice to infiltrate human society and telepathically increase their potential for food production using mouse ingenuity. Humans were blissfully ignorant that their ideas came from mice.

Over the years, the King had bred humans to the level that now demanded them to produce vast quantities of food for mice.

Something wasn't right though. His plan was not working. Humans had been struck down with a virus

that was taking hold and the complexity of human society was causing a rift in his grand scheme.

Although the vaccines the mouse king had telepathically implanted in laboratories across the world were quite capable of saving the humans, a lack of trust and confidence in each other was undermining his best efforts to save them.

He had observed similar things on a smaller scale when ancient civilisations had crashed for the same reasons.

It was even beginning to happen amongst his own subjects. A conspiracy had taken hold that the reason the King warned against eating the green pellets was that they were the path to immortality, which he jealously guarded.

Apparently, death was a pathway to another world where all mice were immortal and enjoyed abundant food from a never ending human plague. Millions of mice

died excruciating deaths as a result of the poisoned collective mind.

Populations of both mice and men had reached a tipping point. The level of complexity in both worlds was so high that corrupted processes were intrinsic to function.

Misinformation was rife, trust was at an all-time low and choices an all-time high. The role of evidence no longer mattered.

His stomach groaned and he rolled out of bed, resigned to another meal of Gilgandra grain. Far below, from the bowels of the Earth, Gaia was desperately trying to tune in to both Mouse and Human collective minds with a message of salvation. Both species, however, had forgotten how to hear the Earth's heart.

Stuart McConville runs Pooh Solutions Waste Water and Compost Toilets, [www.poohsolutions.com](http://www.poohsolutions.com) 0427-897-496

## Cardiovascular disease: a complex mystery

Cardiovascular disease (CVD) refers to poor functioning of the heart and blood vessels. Heart attack and stroke account for 1/3rd of deaths worldwide.

There is a lot we can offer as natural health practitioners to support and encourage healthy aging and heart health. Many CV episodes are preventable. The known risk factors such as high blood pressure and high cholesterol don't always correlate very well with CV events.

There is a lot more complexity to cardiovascular health than simply drugs to manage blood pressure and cholesterol. Genetic factors play a large role, with a complex interplay of inflammatory processes affecting blood vessel integrity.

Diet and lifestyle contribute significantly to cardiovascular disease risk. On average, the risks are: overweight (35%), age (22%), smoking (16%), and lack of exercise (11%). Aging of course we cannot change, but all the other factors are modifiable.

Medical testing to assess risk is generally not comprehensive. Blood pressure, cholesterol and triglycerides are routinely tested, but more detailed testing is usually not done until a person has a serious episode or significant symptoms.

Since age is a large risk factor, it makes more sense to do a thorough risk assessment (and preventative management) at an earlier



## Nature's pharmacy

by Trish Clough, herbalist

stage.

In addition to blood pressure testing and lipid studies (cholesterol, triglycerides and apolipoproteins), a coronary artery calcium (CAC) is a very significant indicator, but as yet is not in the Medicare Schedule. A GP can give a referral for the test but the patient will have to pay \$150-\$200.

The lipid studies show the ratios of protective vs inflammatory (disease-causing) substances. The CAC shows the amount of hardening in the coronary artery wall. These investigations will help determine the actual level of risk of a serious CV episode, and therefore help direct treatment priorities.

Patients often ask for advice on what to do for high cholesterol. If the 'LDL' component of the cholesterol is too high, it can definitely increase their risk. However, it is difficult to assess unless there is more information from their other tests and symptoms and lifestyle risk factors.



Olive leaves

Some people are wise to take prescription statin drugs, but they are not necessarily the most helpful for everyone. Regardless, there are natural health interventions that can be used in all cases.

Studies show excellent results with the so-called 'Mediterranean Diet'. It is one of the most important interventions people can do, along with increasing exercise and stopping smoking.

The basics of the diet are daily intake high in vegetables, fruits, seeds, raw nuts, whole grains, dried beans and other legumes, and lots of olive oil. Seafood is recommended at least twice per week, with less frequent intake of poultry, eggs and dairy products. Red meat and sweets are discouraged.

A diet high in antioxidants is beneficial to reduce the oxidative damage associated with inflammatory changes in the heart and blood vessels. Studies show that green leafy vegetables, beetroot juice, cocoa, berries, raw garlic, turmeric and ginger, and green tea are very helpful. Herbal medicines that help lower LDL cholesterol

include globe artichoke, fenugreek and nigella seeds.

Given the complex nature of CVD and its many risk factors, there are herbs that can be used to support other aspects. Hawthorn is beneficial to the heart muscle tissue; gotu kola, olive leaf and ginkgo biloba help to stabilise damaging plaque build-up in the blood vessels; Dan Shen and ginger can improve blood viscosity (thickness).

Some of these also help to reduce high blood pressure. There are many other herbs and supplements that can reduce risk, either alone or when safely combined with medical prescriptions.

A very important word of caution, however, is all interventions including dietary changes should be assessed for suitability by an experienced practitioner. Some herbs are not safe when combined with specific prescription medications.

Some dietary modifications are unsuitable or need monitoring, for example green leafy vegetables if the person is taking warfarin (a blood thinning medication). Beetroot can be a problem if there are kidney stones or a sensitivity to dietary oxalates. Individual food allergies or sensitivities also need to be considered.

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

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



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