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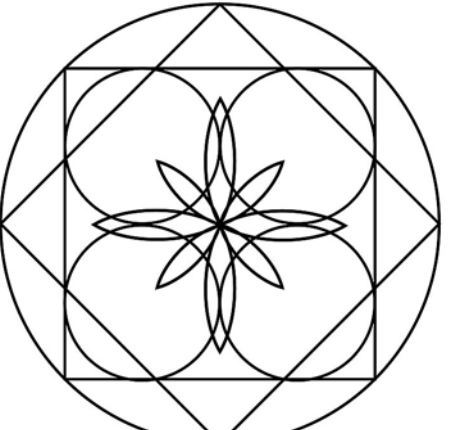
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Arcadia in Nimbin

by Anne Cook

Nimbin Artists Gallery's featured artist this month is the highly acclaimed local artist Ian Pearson.

Ian was born in the UK and spent some time in Canada before coming to Australia in 1960. He studied at the University of Sydney, National Art School and Alexander Mackie College.

A painter in oil and acrylic, and printmaker, he has exhibited in Sydney since 1977 and in Melbourne in 1989.

Ian's work is represented in the National Art Gallery, Canberra and institutional and private collections.

Ian's recent body of work entitled 'Arcadia' is about taking the viewer to a place of stillness and quiet, where we can train our attention on the bare essentials of each piece and where the sparseness of the work feels rich and luxuriant.

The term Arcadia is often used to designate a place of rustic innocence and simple and quiet pleasure, where one is unaffected by the passions of the larger world.

In his paintings, Ian invites us to enter this quiet place, choosing not



to compete with the "noise" that surrounds us daily but seeking refuge in the simplicity of "pure painting" – a celebration of colour, light, texture and the relationship of paint to canvas.

Ian's aim is to make images that initially seduce but only reveal themselves over a prolonged period of contemplation.

Ian draws the analogy with Beethoven's string quartets, music stripped down to bare essentials, abstract and elevating, transcending



"meaning" and existing in the realm of pure experience.

Ian's work will be on view during March at the Nimbin Artists Gallery in Cullen Street, Nimbin, open from 10am to 5pm daily.

Just a reminder to all artists that the proposals for participation in the annual Nimbin Artists Fair are due on 15th March.

Proposals can be delivered by hand to the gallery, or forwarded via email to: nimbinartistsgallery@gmail.com

Going out on a limb at Blue Knob



'Pointing the Finger – A favoured gesture' by Graham Ferguson

by Christine and Heather

'Out on a limb.....' is the current exhibition at Blue Knob Hall Gallery.

It has turned out to be a quiet expression of the theme, and some thoughtful works have been created.

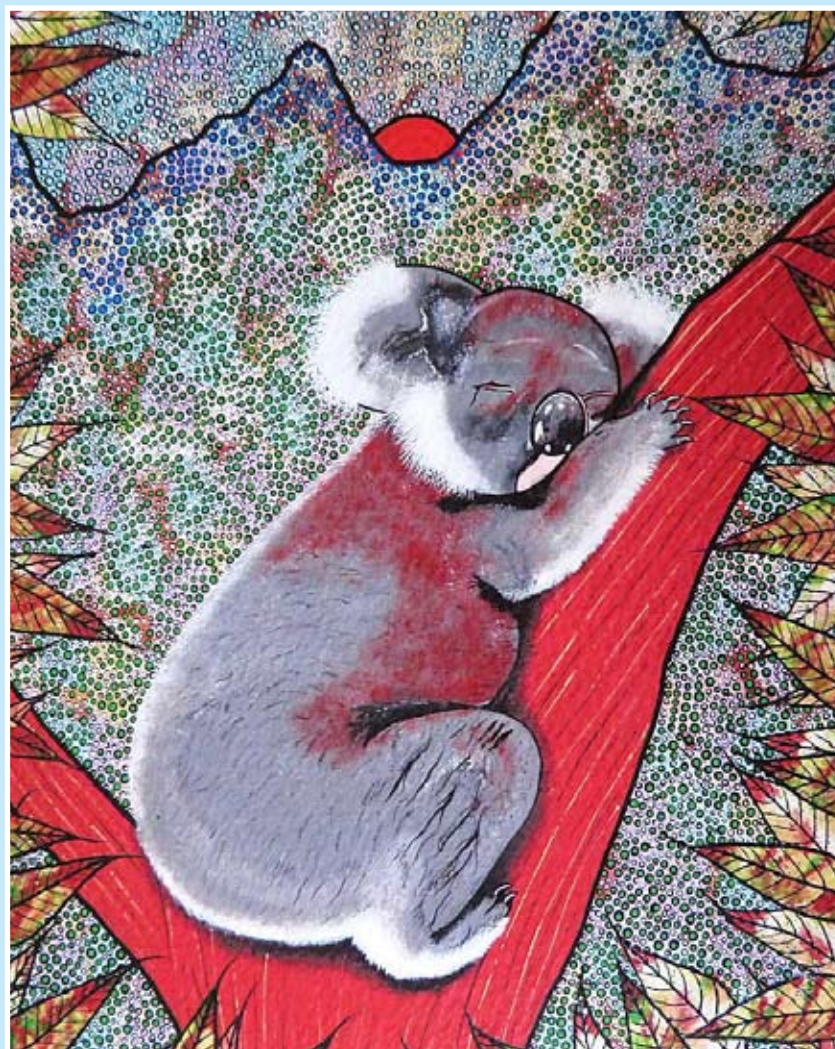
It also shows how we all have unique ways and possibilities of interpretation when it comes to creating art.

A piece by Graham Ferguson, who has been exhibiting work over the last year or so, points us to the notion that being 'out on a limb' can often be forced upon us – his artwork titled 'Pointing the Finger – A Favoured Gesture' is a strong reference to this, and just a little uncomfortable when, or if, we see ourselves in this image.

Another mention is Silvia Briggitt's lovely and touching piece called 'Past and Present – Our Feelings for Teddy' now she is out on the Limb of Life. A gentle tribute to nature and the animals we love and care for.

Oral James Roberts

Blue Knob Hall Gallery is delighted to have as part of its current exhibition



'Koala' by Oral James Roberts

a number of prints and other items by local Bundjalung artist Oral Roberts, a First Nation Widjabal artist who was born in Cubawee mission near Lismore in 1960.

He is a well-known established artist, painting contemporary and traditional art pieces which reflect his close (spiritual) connection to Bundjalung land and culture. His works are often woodcuts with a 3D multimedia presentation, including shells and multilayered work.

His love for art started with tattooing at the age of 14 (and still continues) and he has a Masters Degree in Fine Arts from Southern Cross University.

There is a variety of framed prints signed by the artist, and other items for sale include cards, magnets and

art books. All prints are from original paintings and all proceeds from sales are going to support Wai:bal – Nimbin Aboriginal Cultural Centre. The exhibition runs until Saturday 3rd April.

Blue Knob Café

The inaugural Fridays @ Blue Knob Café dinner in February was a great success and was booked out early.

The next Friday @ Blue Knob Café will be on Friday 19th March at 6.30pm. Costs for the meals are \$16 mains, \$8 desserts. For menu details and bookings please contact the Café email: bkgcafe@gmail.com or phone 02 6689-7449.

Entwined art exhibition

by Ruth Tsimbinis

'Warp, Weft and Easel' is now open at the Roxy Gallery.

As the title suggests, this exhibition entwines 17 artists from the region who connect via their engagement and support of both this gallery and the Blue Knob Hall Gallery.

'Warp' is a direction of threads that run the length of the fabric, while 'weft' refers to yarn that is pulled and inserted perpendicularly to the warp threads, going across the width of the fabric.

Even before an easel is placed into this description, some insight into the type of work in this exhibition can be envisaged.

Fibre artist Cherie Shadwell initiated the idea to bring together the skills of people her and her daughter Fiona Shadwell, an artist who works in fabric painting, interact with through their long-standing connections to both galleries.

'Warp, Weft and Easel' will be on show until 28th March, and is an exhibition comprising works in fibre, fabric, ceramics, painting, print with more mediums and techniques entwined.

Predominately, this exhibition is about linking people with skills, interest in sharing their creative expression, interest in art-making, and entwining friendship links.



Above: 'Rainforest Giant' by Penny Moore
Below: 'Star Fish' (detail) by Fiona Shadwell



Students' sculpting success

Two Lismore TAFE students in the Diploma of Ceramics have been announced as finalists in the 48th Muswellbrook Art Prize 2021.

A random text from a classmate prompted Antoinette O'Brien and Brooke Jenkins (pictured) to enter the prestigious event.

Their works are among a total of 12 finalists chosen in the ceramics prize section.

The Muswellbrook Art Prize is one of the largest art prizes in regional Australia, offering \$71,000 in prizemoney across four categories.

After graduating in 2020, Ms Jenkins, a former naturopath and whole-food caterer, submitted a mixed media piece that she created for a sculpture assessment.

She is now designing and selling commissioned stoneware to businesses in the Lismore area.

"I'm completely new to ceramics. I was really surprised to make the finalist list; this is way beyond any of my expectations," said Ms Jenkins.

Ms O'Brien, an established



'Gore Pop' by Brooke Jenkins

artist, is no stranger to recognition after winning the Lismore Regional Gallery Hurwood Harwood Portrait Prize in 2020.

"Receiving this level of recognition is extremely significant and helps my practice," said Ms O'Brien. "It's like hearing a whole community chorus singing we support you and the premise of your work."

TAFE NSW Head Teacher of Creative Arts at Lismore, Rohan Langford, said, "This is an outstanding achievement; to have

one student represented would be amazing, but to have two students clearly shows the level of skill and artistic merit achieved by our ceramics graduates in Lismore."

The 2021 winners of the Muswellbrook Art Prize will be announced on Saturday 6th March, and all submissions will be on exhibition to the public from 7th March to 2nd May.

For more information on the Diploma of Ceramics, visit: www.tafensw.edu.au or phone 131601.



'The Return' by Brigitte Havan



Sunny Willoughby

IWD and drawings

by Fiona McConnachie

The global UN Women theme for International Women's Day (IWD) 2021 is 'Women in Leadership: Achieving an equal future in a Covid-19 world'.

This theme celebrates the tremendous efforts by women and girls around the world in shaping a more equal future.

International Women's Day is an occasion to review how far women have come in their struggle for equality, peace and development. It is also an opportunity to unite, network and mobilise for meaningful change.

To celebrate IWD, the Serpentine Gallery is hosting an exhibition involving all women artists in our community. This show is open to all women, not just our members, and the opening will be on Friday 5th March at 6pm.

All are welcome to attend this celebration of women and their creativity.

Crossing the Line

The next exhibition, called 'Crossing the Line' will represent the current work of two artists, Nathan Dawson and Sunny Willoughby, and will run from 23rd March to 5th April.

Nathan Dawson is originally from Glen Innes. He is a Kamilaroi man, with that side of his family originally from near Narrabri, and he now lives in Lismore.

He says: "I have no formal art-related qualifications, but have been producing and developing my art for many years."

His tertiary qualifications include a Bachelor of Arts/Bachelor of Teaching (Japanese and TESOL), and he has taught Japanese in NSW Public Schools for the past four years.

Nathan has lived and worked in Japan for a total of ten years, during which time he was chosen for the NIKA Art and Design Awards for three years in a row, with his chosen works exhibited in Roppongi Art gallery in Tokyo.

He says, "I mainly use watercolour and pen. The majority of my works are drawn/painted on an acid-free framing board which is attached to a wooden panel. I then stretch a thin plastic tightly over the work and staple it at the back."

"I really enjoy the human face and this is most of the subject matter of my artworks."

I also enjoy layering drawing and creating interesting works in which you can look and keep engaging with the work and find new things that you might not have seen before."

Sunny Martin Willoughby says of her work: "I love to draw and I want to show everyone! I want my drawings to be whimsical and joyful. I want people to smile when they look at them."

"My art obviously isn't 'high art' because I love to colour-in with art line pens! As such, it reflects the influence of styles traditionally associated with 'low art', like graphic design and Pop Art, but the Dadaists and Surrealists have also influenced my practice."

"There's also a couple of nods towards my dad's Expressionist-inspired collaging."

Sunny and Nathan have organised music and performance for the opening night on 26th March, and we encourage all to come along and view the exciting and fresh work created by these two artists.

The Serpentine Community Gallery is situated at 17 Bridge Street, North Lismore and our hours are Monday to Friday 10am to 4pm and Saturdays 10am to 2pm.

Half century of pottery

From humble beginnings working out of an old cow bail in 1971 to featuring at Tweed Regional Gallery, the Murwillumbah Potters have reason to celebrate their 50th year.

Commencing on Friday 5th March, *Earth 'n' Fire* is an exhibition featuring the works of Murwillumbah Potters Inc, celebrating five decades of firing up the kiln to share their passion for pottery.

The ranks of the Murwillumbah Potters have grown over the years, and now 40 potters call the old schoolhouse at Fernvale home.

The exhibition at the Gallery features works of potters past and present, including creations fired in traditional wood, gas and raku kilns. The works demonstrate the diversity of styles and skills of members, with a selection of functional, decorative, sculptural and unique ceramics.

"We are thrilled that Tweed Regional Gallery can help celebrate this important milestone for Murwillumbah Potters Inc. This group has contributed so much to the artistic vibrancy of the region," Gallery Director Susi Muddiman OAM said.

Earth 'n' Fire: Fifty Years of Murwillumbah Potters will be on exhibition until Sunday 2nd May.

On Tuesday 16th March, 9.30am-2.30pm, the Friends of Tweed Regional Gallery and Margaret Olley Art Centre Inc will be



Pottery by Shirley Kennedy

hosting a studio tour of the Murwillumbah Potters Club in Fernvale.

The event will include demonstrations and is an opportunity to learn more about the group's history. For more information and to book, visit: fernvalestudiotour.eventbrite.com.au

For information on current and forthcoming exhibitions at Tweed Regional Gallery and Margaret Olley Art Centre, visit: artgallery.tweed.nsw.gov.au

Bushwalkers up the creek



by Peter Moyle

The year has got underway for the bushwalkers.

We started with a paddle on the beautiful Brunswick River and, using the incoming tide, made it 6km up Simpsons Creek. The crystal-clear water gave us great views of the fish and the structure of their habitat, of course a refreshing swim was a bonus as was the company of folk who love the great outdoors.

The change of tide, well calculated by leader Steve, saw us once again paddling with the current and an enjoyable return was had with a stop to follow the fire trail through to the deserted beach some 4km from Brunswick where a couple of hardy swimmers had a quick dip in some rough seas before a return on the calm waters.

A great way to start the year in the hot weather and now for some walking.

The wet season has finally arrived and into the rainforest we go, just what we like: dripping growth and vibrant colours. Even if raining, a great place to be in these warm conditions. We cross the border next month and head to Springbrook National Park just gorgeous this time of year.

More adventures are planned, so check back regularly to see what the Nimbin Bushwalkers are up to.

Walks programme

Friday 19th to Sunday 21st March
Springbrook National Park, behind the Gold Coast

Leader: Peter Moyle 0412-656-498

Grade 3-4: Care needed at drop offs, can be slippery after rain and some rough tracks. Stunning views, clear running streams, spectacular waterfalls, some easy and some more difficult walking tracks, some steep grades, caution needed at lookouts. We will be staying at The Settlement camping area. Camping fees of \$6.75 per person/night. Booking online: <https://qpws.usedirect.com/qpws> or by phone: 137468 for more info, and if you want to share a site, please phone Peter to confirm your attendance.

Bring: Camping and walking gear, open fires are not allowed. You might like to check out: <https://parks.des.qld.gov.au/parks/springbrook/about.html#springbrook>

Sunday 11th April
Goanna Headland at Evans Head

Leader: Ron Smith
0497-792-789

Please ring to register your interest.

Meet: 10am at Chinaman's Beach car park. Two beautiful coastal walks: each year we come here and we never tire of this wonderful spot and a nice coffee after. A walk to Goanna Headland follows – after lunch at the beach – by a walk through Dirrawong Reserve. Each walk about 1.5 hours.

Bring: Water, lunch and a hat.



Transmuting collective trauma

The more I spend time here in the limited density of 3D, the more I see the effects of collective trauma.

Racial trauma, gender trauma, western cultural trauma handed down through the generations, but it all stems from the trauma of our sense of separation from connected oneness.

This may sound like 'lentils and rainbows' thinking, but this gives us a very practical approach to deal with the difficult aspects of our reality and is maybe why we live in the Rainbow Region.

Max Tegmark from MIT, states: "The universe can be entirely described by numbers and maths," and our holographic co-creation is the sum of our combined frequencies. He compares human experience with characters in advanced games who would think the soft ware codes they were bumping into are real objects.

Our interactive VR simulation is directed by electromagnetic stimulus through a system of activation and reaction (in -out) of the five senses. Plato talked about our perception of reality as us watching our shadows playing out whilst actually being stuck in a cave.

If the basis of matter such as protons and electrons are merely spherical wave-fields of information, which come into 3D density by 'observation', ie conscious or unconscious beliefs (yes, Tinkerbell was right), then this guides what humanity decodes into holographic reality.

Professor of physics, James Gates and his team discovered computer codes of digital data embedded in the energetic fabric of our reality, which take the form of 1 and 0 – a binary system used in computers as on-off electrical charges, which the yes or no in our thoughts collapse into reality.



In the moment

by Dr Jacqueline Boustany

The amino acids C,G,A,T that make up our receiver/ transmitter DNA, also have binary relationships eg A and C= 0 and G and T = 1, that turn on and off potential expression of our genes so our body is also affected.

What you believe you perceive and what you perceive you experience.

Limited perceptions transmit limited frequencies which can only connect or entangle with like-frequencies. Perception confined to the separate body-mind, addicted to drama by the five senses, perpetuates our entanglement with the 'lower mind' simulation.

Ancient spiritual teachers described this as being repeatedly pulled in to the karmic cycle of life. Resistance = persistence. Are we just re-creating lower vibration experiences that keep us trapped in this reality by affirming that we are separate, that there is an us and a them, that those outside of us have control and are to blame?

My favourite version of the many

worlds theory is that we are all our own universe, and I mean everything has its own universal experience. We can only really be 100% responsible for our own sensations, perceptions and manifestation.

The more that we expand our own sense of self-identity and perception of reality the more the frequencies we generate expand and quicken and the more of Infinite Awareness that we can consciously access and co-create.

Our brain pathways will re-form to sync with expanding consciousness and process information beyond our own bubble.

This requires stepping in to the sensations of the heart. To actively sit in the pain of grief that has been generated by our past trauma. This seems to be associated in many minds with 'being a victim' but I can sit with my pain and your pain and be stronger for doing so because I am acknowledging the truth. "You can argue with the truth but you will only lose 100% of the time." – Byron Katie

This isn't easy and can be very uncomfortable, but it is just a strong sensation in the body after all and despite what your mind might tell you, it won't kill you.

Just the opposite, when we are open completely in the heart, open to the pain of the whole situation, us and them, trapped in this collective trauma, we feel into a higher frequency state of heart connection, which will transcend and directly affect the simulation.

"We can see separation through eyes or feel unity through hearts. "Control your vibrations to be a master of your own harmony." – Suzy Kassen

When we see disharmony we can seek a solution or remove the cause.

"Yesterday I was clever, so I wanted to change the world. Today I am wise, so I am changing myself." – Rumi



Nimbin Garden Club notes



by Peter Brooker

As Robert Burns once wrote, "But mouse friend, you are not alone in proving foresight may be vain, the best laid schemes of mice and men go oft awry, and leave us only grief and pain, for promised joy!" That one part later changed in translation to "plans" of mice and men.

And so it was this month for the Garden Club. All our plans, enthusiasm and hopes dashed by the whim of mother nature as she quenched the thirst of our gardens and surrounds. While it was disappointing to postpone the first Garden Club meeting of the year, very few of us will bemoan the drenching we have received.



Tanks are full, rivers and creeks are flowing, and the roar of waterfalls can be heard. Yes, bridges are overrun, driveways are awash and the pot-holes are deeper and more frequent, but things are growing. The grass is greener, the plants are happier, the weeds bigger, easier to find and pull up, and the mould in the old wardrobe is brighter.

The better news is that the visit to the Bush Theatre is only postponed, and we will be attending that garden in the near future. In the meantime, we should prepare ourselves for our next garden visit which, rain and Covid permitting, will be held at the property of Carole and Alan at 220 Gabal Road, Lillian Rock on Saturday 20th March.



Carole and Alan have a well established garden with a 'delightful water feature' and have lived at the property for more than 40 years. If you are approaching Gabal Road from Nimbin end and have reached the school, you have gone too far. I am told it is the road to the left, immediately before the school. Conversely, if coming from Kyogle Road end and haven't yet reached the school, push on, it's the road to the right immediately after the school.

The urn will be on from 2pm for afternoon tea, so don't forget to bring a chair, a cup and a plate to share. Visitors, newcomers to the area and guests are always welcome. Hope to see everyone there.



View from the loo

by Stuart McConville

As I sit perched up high on the loo, I can see the road drain brimming to over-full, about to spill into its first reservoir for the second time in weeks.

I have created a series of wetlands for road drainage and gullies to flow through. None hold water, which is by design. They are ephemeral and leak into the groundwater table and surrounding soil slowly. This is the best way to store water on a large scale.

Water should never be far from our minds, and even closer to our mouths. Even as the gullies flow and the dams spill over, we cannot afford to forget how important clean water is to

Future-proofing our water supply

our ecosystem and planet's health. I am pleased to hear that the rescission motion failed at Rous Council, and the Dunoon Dam is finally off the table. However, the Rous options to future-proof our water supplies are far from complete.

Indirect potable re-use should be off the table too. This involves treating wastewater to as high a standard as is possible, then pumping it back into river upstream of the drinking water take-off point. The only issue with this is that the water quality level is not high enough and there is currently no technology that will make it so.

Endocrine-disrupting chemicals (EDCs) are present in wastewater as a result of the many types of drugs humans use to cure cancer, prevent pregnancy etc. Whilst treatment can result in reductions for some, there is no way 100% can be removed. The same applies to antibiotics, which even in very small amounts can train our diseases to

become resistant to them.

Even for non-potable re-use such as irrigation, EDCs can end up in our food chain as some are small enough to be taken up by the irrigated crops. Groundwater contamination is possible too. EDCs can have big impacts on human health and society in general. Some are oestrogen-like molecules that trick our bodies into becoming more feminine and prevent testes from developing in infants. Some are androgen-like and can over-regulate male hormones. Human sexuality is confusing enough without adding more variables!

The Rous consultant reports that discuss this option make no mention of these factors. Why is this?

Instead of flushing all our problems into the toilets, it is time to think of water use demand reduction at the bowl, not the tap. If we were to implement a scheme where healthy people's urine was collected and converted into fertiliser, as we do with garden rubbish, we

would not only be future proofing our water but also our phosphorus fertiliser demand. This is inevitable, so we may as well start now.

Another version of this would be to subsidise the costs of compost toilets in urban areas against the carbon they sequester and the demand reduction they provide. We need a high-tech return to the days where the night-soil man would come around and take out the "crow". The increasing value of clean water needs to reflect the costs associated with demand management.

If all the reasonable options are not enough, then it might be time to think about subsidising farmers for a system of smaller water supply dams with attached wetlands in the upper catchment where riparian zones in the catchments are repaired from degraded pasture to provide high quality watershed.

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Anti-viral herbs

As we approach the change of season, I'm aware it's a time when viral illnesses can flare.

However, it is likely that contagious respiratory viruses such as cold and flu will be less this year because social distancing and other Covid-19 protective measures have the benefit of reducing transmission of other viruses. Please note this column is not about Covid – that's another story altogether.

The current wet weather at the end of summer has seen a flare of mosquito-borne viruses such as Ross River virus and Barmah Forest virus. Prevention here is also a sensible approach, so wearing protective clothing and repellants makes sense especially around late afternoon/evening if outdoors.

Repellants don't have to involve harsh chemicals. My favourite remedy is a lavender oil spray that I make with a solubiliser and moisturiser. It smells gorgeous and is easy to apply. I re-spray every hour or so to keep me protected from the mozzies.

A healthy immune system is an important aid in reducing the risk of viral infections, and also limits the severity of symptoms. Treatments can be prescribed to help restore weakened immune systems. The majority of our immune function happens via the gut, where a healthy balance of beneficial microbes is essential.

Other issues that weaken immunity include stress (which impacts the nervous system and adrenal glands), poor detoxification, other 'stealth infections' such as parasites, and of course nutrition and lifestyle. There are also genetic (inherited) variants that can contribute to poor immune balance. If someone is chronically immune-compromised, the supportive treatments with herbs and nutrition can take some time to restore a healthy balance.

When someone has viral symptoms, my immediate priority is to use anti-viral and immune stimulating herbs.



Anti-viral herb houttuynia cordata

Echinacea is one of the first herbs to include. I hardly ever prescribe echinacea on its own. I find people expect too much of echinacea, even though it is extremely useful. It supports the immune response, but is not sufficiently anti-viral as a single herb. A combination of carefully selected herbs will be more effective.

Many herbs have a direct anti-viral action, in addition to other benefits. These include St. John's wort, lemon balm, thuja, usnea, baical skullcap, bidens, thyme, houttuynia, hemidesmus, cistus, qing hao, holy basil, licorice root, elder berry, and isatis.

Some of these are contraindicated with prescription medications, pregnancy, and high blood pressure, so they should be prescribed by a qualified practitioner.

The selection of the herbs depends firstly on the nature of the virus. Some viruses have an outer 'envelope' of protection, and so are more difficult to eradicate. Some of the herbs above are effective against enveloped viruses and some will only target 'naked' viruses.

Secondly, the impacts on the body of



Nature's pharmacy

by Trish Clough, herbalist

the specific virus is taken into account. For example, a respiratory virus may include herbs for lung support, cough remedies, lymph gland drainage and mucus reduction. A mosquito-borne virus generally needs additional anti-inflammatory herbs for joint pain. All viruses tend to stress the liver so this should also be supported, for example with St Mary's thistle.

As examples, I like to use St. John's wort with shingles as indicated for enveloped viruses, and because it also helps with the nerve pain associated with shingles. Thuja is also suitable for enveloped viruses.

For respiratory viruses, I like to include baical skullcap as it calms respiratory allergies and inflammation whilst also addressing the viral infection. Other herbs are included as indicated by the exact symptom picture and history of the person.

After using acute remedy herbs such as these, when immediate symptoms have settled, the longer-term preventive strategies can be put in place to repair a compromised immune system if needed.

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 045-219-502 or email: herbalist.trish@internode.net.au

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