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*a taste of art*

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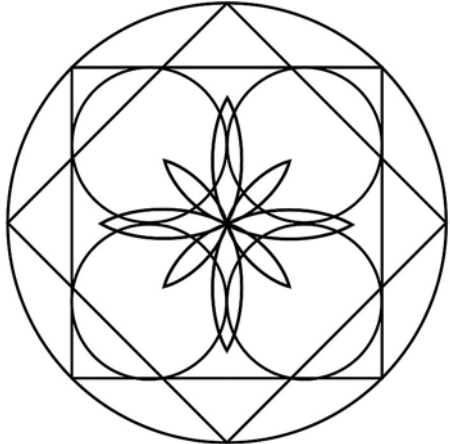
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# The blooms of May



'Shades of Blue' – watercolour



'White Rose' – watercolour



'Plumerias' – oil on canvas

by Anne Cook

Nimbin Artists Gallery's artist of the month for May, June King is in her 80's but is one of the Gallery's most active and prolific artists.

June has stated that as an artist, "I am at a time in my life where I like to make my time and my art count."

June started out her painting career in New Zealand where she exhibited her work widely, winning the prestigious Hope and Sons art award in Dunedin, and has had her work hung in the Telstra and Trust Power competitions.

During her time in New Zealand, June owned and operated her own business, the Gemini Gallery.

June is an accomplished artist who is able to work across a broad range of mediums from oils through to pastels, acrylics and even sculpture.

However, for those who are familiar with June's work it is her skill in the use of watercolour that she is most well-known for.

To paint in watercolour, an artist needs to be bold and determined, as the medium requires that the artist make their brushstrokes without hesitancy, whereby seamlessly bringing

together the magic of colour and light to create beauty on paper.

June has put together a delicious body of work for this month's exhibition, inspired by nature and a celebration of the harmonious colour that resides all around us.

Flowers, flowers and more flowers will be gracing our Artist of the Month wall for all of May, so if you enjoy the delicate nature of watercolour or the sensuousness of oils, come in and partake in the loveliness of it all.

The gallery is open seven days a week from 10am to 5pm, and is located on Cullen Street.

## Making a mark at Blue Knob



'Suburbia – Lismore Style' by Janifer Fraser

**Wood & Metal** is the current exhibition by Jennifer Unwin at Blue Knob Hall Gallery's Solo Space.

There is a calm and serenity to Jennifer Unwin's images which are influenced by her love of grass trees, their shape and texture and the way they stand as guardians in the forest.

She uses recycled fruit scraps in some of her prints, as another way to influence the printmaking process and become more sustainable in the practice of mark-making.

She's currently exploring the ways wood and metal have influenced lifestyles down through the ages in a contemporary sense and the many ways they influence the mark-making process.

Jennifer is an emerging visual artist and printmaker. Her works in both photo media and printmaking have been collected locally and interstate from several recent exhibitions in Ballina, Nimbin and around the Northern Rivers region.

Jennifer has also recently collaborated as a photographer in an on-line book yet to be released, highlighting the project to save the Bungabbee forest near Nimbin.

### Domesticated

This exhibition by the members and artists of the gallery has proved to be a delight and has thoroughly covered the theme in a variety of mediums.

There is a great range of interpretation, with humour, whimsy and some subtle yet bold statements on the nature of 'domesticity' (including the 'undomesticated').

In a ceramic wall piece with light, pastel colours and flowery decoration by Toni Begley called 'Home is where the heartache is', the usual 'Home Sweet Home' homily has been turned on its head with a scar that denotes the all-too-regular implications that things are often not 'sweet' in our homes at all.

Both exhibitions will run until Saturday 29th May.



'Home is where the heartache is' by Toni Begley



'Home – Hearth' by Jennifer Unwin

### Blue Knob Café

The next Friday Night @ Blue Knob Café will be Friday 21st May at 6.30pm. Costs for the meals are \$17 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 Thurs 27th May at 12.30pm

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



# Regional artists on display



'Don Fernando's Cunning Disguise' by Michelle Dawson,

In *Quiet* by Tweed Shire artist Amelia Reid and *Figura Subcinctus* by Byron Shire artist Michelle Dawson are now on display at Tweed Regional Gallery.

In *Quiet* is an expression of Reid's experiences and observations during the lockdown period.

The artist considers the works as a documentation of time passing - exploring light, shadow and architectural features.

"In lockdown the experience of home was concentrated; we were bound to it," Amelia Reid said.

"The functions of home clarified and expanded – a sanctuary, a site of performed domesticities, a liminal space transitioning



'Living Room 2021' by Amelia Reid

into a changed way of being in the world together."

*Figura Subcinctus* is a continuation of Dawson's fascination with the juncture where our civilised selves meet with our untamed, instinctual natures.

The exhibition contains artworks that are themselves hybrid in nature, using a range of materials and employing Dawson's preferences for myth, fairytale, history, natural science, costumery and a pinch of kitsch to ferment a shape-shifting body of work.

"My work is figuratively based and invariably incorporates animals," Michelle Dawson said.

"I am drawn to the aesthetics and lines of improbable looking creatures such as cheetahs, hyenas, dodos, Tasmanian tigers and kangaroos.

"My love of reading, both fiction and non-fiction, also strongly informs my art practice and has been the catalyst for many paintings and drawings."

*Figura Subcinctus* and *In Quiet* will be showing until 11th July.

# Art workshops in Lismore

by Anna Nordstrom

Lismore Art Space has a number of exciting workshops on offer during May.

On 15th May, Raimond de Weerd will teach a workshop of how to make a Camera Obscura. Before photography was invented in the mid-19th century, there was a device called the Camera Obscura.

This device consisted of a dark room with a small hole in one of the walls, on the opposite wall an ever so faint image would appear, upside down and the other way around projecting what was in front of the small hole.

Over time this device became smaller and started to look like an old-style camera. This version of the Camera Obscura was widely used by artists as a drawing aid.

Once light sensitive film was invented, the Camera Obscura simply became known as a 'camera'.

In this workshop you will be building your own small Camera Obscura out of cardboard.

With this you will be able to capture photographs using your mobile phone that are truly beautiful and unique.

All materials are supplied and you get to keep your own Camera Obscura.

On 22nd May, Courtney Heffernan will teach a workshop in needle felting, the process of transforming wool into a 3D shape by using a barbed needle.

Through this process you



Camera Obscura image



Needle-felting

are agitating the fibres so they bond together, creating a solid form.

Drop into your feminine flow as you create your very own 'Mushroom Goddess' by using just needles and wool to bring her into reality.

In this workshop we will be learning some basic needle felting techniques to create this little soft sculpture.

Needle felting is a relaxing craft to learn, and I have personally found it to be

great in relieving stress and anxiety. The perfect craft to be able to drop into your creative flow!

Be inspired during these winter months, visit the website for more information: [www.lismoreartspace.net](http://www.lismoreartspace.net)

Lismore Art Space is located at 1 Norris Street, Lismore, phone 0419-104-916.

# Word is out

by Ruth Tsimbinis

The month of May sees Kyogle go all wordy.

The Roxy Gallery has gone all out in support of the Kyogle Writers Festival (KWF) and engaged local creatives to think about turning the literal into the visual in an exhibition on 'Word'.

On show until 30th May, 'Word' is an exhibition that explores how we use words in a visual way.

A Word is a description, a point of expression and a direction of meaning. Combine this with tactical elements of art making, add the visual and the meaning of a Word becomes expanded.

This exhibition is a fun play on communication by a very diverse collection of local artists. A broad cross-section of artworks will form a picture of how we interact with letters, meanings, stories and written expression.

Poetry has been transformed into hieroglyphics, turning words into symbols, words have become shapes and in some works, words have become movement.

A number of exhibiting artists have created pieces that explore the meaning of a word, giving the word a colour, a depth and a new perspective.

The Kyogle Writers Festival (14-16th May) will be launched on Friday 14th May from 5.30pm at the Roxy Gallery, along with the Official Opening of 'Word'.

A number of other events will take place in the Roxy Gallery, adding more words to this exhibition. Check out the KWF program on their website: [www.kyoglewritersfestival.com](http://www.kyoglewritersfestival.com)



'Joy Division Lyrics' by Ross Tamlin



'Alphabet of Hieroglyphs' by Janette Faircloth



'Easy' by J Runciman



# Bushwalkers hit the coast



by Peter Moyle

Wow when the weather comes good, it sure does come good. The rains have eased back, and the sun is out and off go the Nimbin Bushwalkers into our great outdoors.

Last month we tackled a couple of coastal areas and were excited to experience these at their best.

With brilliant sunshine and no wind, our headlands and beaches are ideal for a leisurely walk and the club's activities run for about four hours and 12km, giving us plenty of time to stop and take in the views and wildlife we encounter.

The banksias are in brilliant flower and the birds that feed on them are everywhere enjoying themselves. Off the coast, dolphins can be seen jumping, and further out to sea, birds are feeding.

It does not get much better than this.

This month, the club moves inland and the trip to Girraween, many-times-postponed due to drought, floods and Covid, is back in the schedule. It's a weekend away, and some stay three nights, others only one, but each day we will be out and about enjoying granite country.

Check out our web and Facebook pages for more info and plenty of photos.



## Walks programme

Friday 28th to Sunday 30th May  
Girraween National Park

Leader: Peter Moyle 0412-656-498

**Grade 3-4:** Care needed at drop-off, can be slippery after rain and care needed on tracks. Stunning landscapes with huge granite boulders, clear running streams, excellent waterholes, some easy and some more difficult walking tracks, some steep grades, caution needed at lookouts. We will be staying at Bald Rock Creek camping area. Camping fees of \$6.75 per person/night. Booking on-line: <https://qpws.usedirect.com/qpws/> or by phone: 137468. For more info and to confirm your attendance please phone Peter. **Bring:** camping and usual walking kit.

Sunday 13th June

38/38 and the Hidden Valley – Whian Whian State Conversation Area

Leader: Peter Moyle 0412-656-498

**Meet:** 9.30am Rummery Park camp area near Minyon Falls in the Whian Whian SCA. We were out this way earlier in the year and have decided to return to these beautiful valleys. There will be some scrambling over rocks and some steep climbs up and down, suitable for experienced walkers only. If in doubt ring Peter for advice.

**Bring:** Water, lunch and hat.

# Let's talk about sex

Once a long time ago in a field at a festival far, far away I had an orgasm. Not even with my boyfriend of the time, but listening to music.

Far from being disgruntled, he said, "It's all sex."

I'm sure mushrooms were growing nearby, but it's happened to me in an art gallery, and of course dancing has long been associated with ecstatic states such as this.

Maybe depending on your state of being, life's expression through the arts and life itself can actually be orgasmic. The sadhus talk of this heightened state of blissful awareness beyond the anger and the shame, where the attitude of equanimity and non-judgement is a natural state and isn't that what we are all aching for?

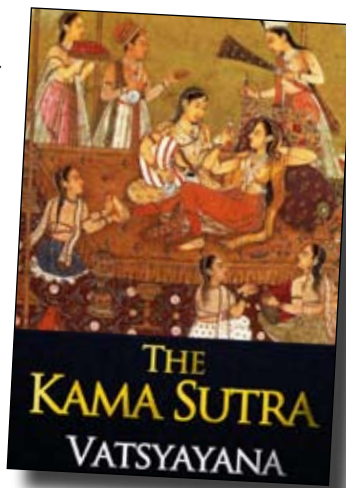
I'm very open to the belief that sex is another pathway to our expanded dimensions and that perhaps women like Mary Magdalene were initiates of these pathways and may have taught the men like Jesus a thing or two.

Certainly there is evidence of mystery schools and books like the *Kama Sutra* that detailed the practice and the initiation rites of sensual exploration.

Nowadays we appreciate the pleasure that physical touch gives us, but do we really ever pay close attention to every new sensation and hold the practice with reverence to allow space in the relaxed but focused moments.

"Each act of union lessens the boundary between self and other" (Darryl Reaney) and can allow an expanded sense of connection to the natural world and a deeper awareness of self, ie: In-to-me-see.

This can change brain waves, enhance hormonal flow, boost the immune system and reduce stress, as



it plugs us in to the Parasympathetic Nervous System which allows healing to happen in a more rest and digest state. It is akin to a single point focus meditation which allows all peripheral matters to drop away in an altered state.

Sex also opens meridian channels and the chakra system, especially if done with slow sensitivity and enhanced by conscious

circular breathing which allows energy to move from the base of our spines to the top of the neural cortex. This may bring with it any blocked emotion and one may find oneself crying with orgasm if the held space is safe enough.

But the *Kama Sutra* was never just a book about sexual positions, it was a book of philosophy on ethics and aesthetics, about the pleasure that could be attained in appreciation of everything from buildings to gardens, perfumes to ethical politics.

We as humans have an innate understanding of when things feel balanced and well proportioned, that drives our search for beauty and even justice.

"*Kama Sutra* is about the art of living and loving well and obtaining and maintaining the pleasures of life – including sex and love," says sex therapist Debra Laino, and I believe that we could further investigate our own methods for prioritising joy and gratitude in our lives.

Early pleasure training would include how to touch a rose petal without crushing it, how to paint with your eyes closed, how to cook with smell alone or how to have sex with clothes still on! In fact, most sex therapists do recommend exactly that to the over 20% of couples who own up to having issues in their



## In the moment

by Dr Jacqueline Boustany

*"If only you could sense how important you are to the lives of those you meet; how important you can be to people you may never dream of. There is something of yourself that you leave at every meeting with another person."*

– Fred Rogers

sexual relationship. Take the pressure off, go back to the basics, feel life through the simple pleasures.

'Sensate focus' could be good advice for most problems or health issues like being more aware of what your body needs to eat or do or not do, as it is always trying to move towards homeostasis if given the time and space.

What I often confront in myself and others is the difficulty in allowing ourselves to feel joy for an extended period of time. It's an intense feeling and takes practice, and may be blocked in its sensation by limiting beliefs or old patterns.

The *Kama Sutra* emphasises being present and making eye contact during sex, but imagine what the world would be like if we applied this to each interaction, with our environment, with others and even with ourselves. Again, it may mean really feeling what is in the here and now for the other and ourselves and that could be painful but joyful as well.

## Nimbin Garden Club notes



by Pauline Ahern

Over 30 members of the Garden Club visited Gwen and Carl's garden in April. Gwen and Carl bought their one and one quarter acre block on Gungas Road in December 1991.

Originally the block was a part of a large cattle property owned by the Butcher Family. The vegetation was grass and two Sally Wattles and a large tree stump.

The tree stump became a focal point in building the house. Gwen had the vision of a tranquil pond and fountain courtyard with the tree stump

incorporated into the design. This vision is now a reality and seamlessly links various parts of the house with the extensive verandah.

Gwen and Carl lived in a funky little bus and over time built a comfortable and welcoming pole house that now sits snugly in the garden that was planted ad-hoc but totally complements the house.

Carl has also set up a 'future proof' stand-alone solar system, showing how it is possible to be independent from the grid.

Rain stopped play during our ramble, which included looking at an extensive

revegetation project being undertaken on the neighbouring block by the new owners.

Being used to 'weather' it was no hardship to adjourn to the big verandah, eat drink and be merry, look at the historical photo album of building the house and planting out the block, whilst admiring the ever-changing Blue Knob views. Thank you Gwen and Carl for a delightful visit.

The next Garden Club adventure is on Saturday 15th May, 2pm at Sue and Jon Hohnke's, 1034 Stony Chute Road, Wadeville. Bring a chair, cup and a plate to share.





**View from the loo**  
by Stuart McConville

When an old friend recently told me she was thinking about leaving her community of 25 years to live in a suburb of Brisvegas, I nearly cried. No housing she could afford anymore. She has organised volunteers for a community centre on the coast for years. She has been staying afloat living in share houses on the periphery of our coastal villages for years on a meager salary, heavily dependent on vague government funding. She and I set up some great environmental programs years ago that still serve the Byron area today. I cannot think of a more worthy member of our community. She is one amongst many who are being squeezed

# Homes are helpful

out of their lifestyles, their communities, and their very existence. The affordable housing crisis is truly upon us, and we must find solutions both long term and short term fast.

The main problem is political will. In NSW we will struggle to persuade our coalition Government to invest heavily into social housing and create social equity over generations to come (as the Victorian Labor Government has done).

Federal Labor tried to address the issue at the last election with a policy to reduce negative gearing but the baby boomers spat the dummy and thought only of their investment properties and we got Scomo.

That leaves only the possibility of local solutions... again it is up to us and our progressive councils to lead the way.

Byron Shire Council has a creative, ambitious social housing plan but not yielding in the short term and financially susceptible in the long.

Lismore City Council allows us to build a granny

flat if we have acreage, but can't seem to get any major housing projects approved.

Greed and commerce over-rule the rights of the community to stay together with permanent holiday letting and tree changers marching in paying 30% more, sight unseen for advertised properties.

The cruel sea of camphor-infested hinterland with a house every 40 Ha laughs at the dispossessed and the homeless. All that wasted space and we have a housing crisis. It is time to have a better look at land tenure reform. There is actually nothing stopping local councils from allowing 40 Ha rural lots to be subdivided in half, except the willingness to create new planning policy.

I have heard all the arguments about extra traffic on roads; making land smaller will make it less sustainable for cows (cows don't eat camphor); people will build more McMansions etc. Careful planning restrictions and consent conditions would alleviate all concerns.

The \$\$ value locked up

in some of this camphor laurel wasteland could be converted to pay for rainforest regeneration, horticulture enterprises, tiny homes and off grid lifestyles. Or we could just build little boxes on the hillsides all made out of ticky tacky like they did in SE Qld (see next southbound cyclone for results there).

Another solution is to draw up a community values Charter for Real Estate Agents and landlords to voluntarily sign up to. Some benefits would be priority to existing community members for re-housing, only selling rentals to investors with a view to on-going rental instead of holiday letting and many more consensus community values incorporated.

At least that way the ethical amongst us could choose who we use to sell our homes. Tell your local councillors and MPs if you agree with me.

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



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## Curry leaf tree – more than just a flavouring

Many people would be familiar with the fragrant leaves of the curry leaf plant. It grows enthusiastically in our local region. My tree is thriving, after a slow start a few years ago in rather dry sandy soil.

I've always understood that, as a curry spice, it's best to use fresh as it loses flavour when dried. I have used it a lot in my kitchen. The tree, *Murraya koenigii*, is native to southern regions of India and is a popular food flavouring.

Recently I was wondering if there are useful medicinal properties of the curry leaf. I was thinking it would make a spectacular fresh plant tincture. My herbal medicine studies were based on Western herbs, and in the decades since, we have access to knowledge and plants from around the globe.

Thanks to the www, information that was difficult to seek last century is readily available. So my search on the medicinal properties of the humble curry leaf revealed a treasure trove of value. It is a treasured Ayurvedic medicinal herb with the Sanskrit name 'krishnanimba'.

Traditional uses of the curry leaf are numerous. It helps digestion through stimulating the production of digestive enzymes. It is recommended that diabetics take 10 leaves per day for three months to improve blood sugar regulation.



**Nature's pharmacy**  
by Trish Clough, herbalist

It can improve eyesight and is believed to help prevent cataracts. For weight loss, it is believed that chewing a few leaves per day is beneficial. It is known to be a blood purifier, and is used to treat fevers and tuberculosis. These are just some of the possible uses.

Extensive studies have been done on the chemical constituents of the plant to reveal its pharmacological benefits and uses. Clinical studies on humans are rare, however, but numerous animal studies have confirmed the validity of traditional uses.

Chemical analysis shows the presence of alkaloids, terpenes, flavonoids and phenolics. This immediately suggests the plant is highly bioactive, having antimicrobial, anti-oxidant, anti-inflammatory and immune modulating properties.

Studies have demonstrated the plant reduces oxidative



stress, for example protecting the liver from alcohol-induced toxicity. It significantly reduced cadmium levels through a heavy metal chelating action (animal study). Other studies confirm its pain-relieving activity, with its anti-inflammatory action being comparable with non-steroidal anti-inflammatory drugs.

The curry leaf is high in essential oils, giving it the characteristic fragrance. The essential oil is anti-fungal, with added anti-fungal effects from other plant constituents including alkaloids and terpenes. Antibacterial actions are also confirmed with effectiveness against such bacteria as *E. coli*, *Staph aureus* ('golden staph'), *Streptococcus* and *Pseudomonas aeruginosa*. The essential oil showed antibiofilm activity against *Pseudomonas*.

Some of these bacteria are very resistant to conventional

antibiotics, and considerable research is directed into herbal medicine alternatives as the complexity of plants makes them less susceptible to antibiotic resistance.

Validating traditional use, the plant extract when tested against *Mycobacterium* species was comparable with anti-tuberculosis drugs. An ethanol extract (in other words, a tincture) showed a significant synergistic antibacterial activity when combined with the anti-tuberculosis drug rifampicin.

Additional benefits of the plant include protection of the liver and kidneys, immune stimulation, anti-cancer activity, and neuroprotection (brain).

It protects against chromosomal damage from radiation and chemotherapy drugs. Its traditional use as an antidiabetic medicine is confirmed in studies showing a significant reduction in blood sugar levels with the ethanol extract.

So, who knew? I thought it was just a delicious addition to a curry. It's now about to become a well loved addition to my clinic dispensary when my fresh plant tincture is ready for bottling. I am also making a dried leaf infused oil for use as a topical anti-fungal and wound healing remedy.

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

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