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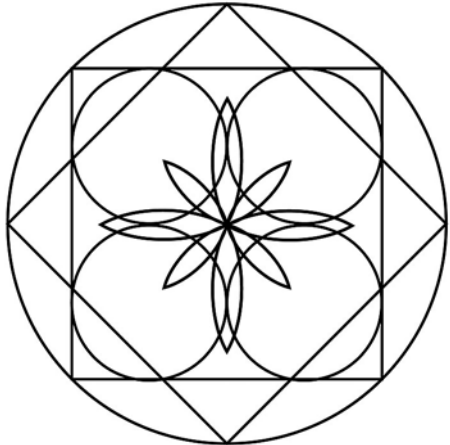
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Poetica and Earth Matters at Blue Knob



'The Dancer' by Craig Walton (above)
'Winter at Lees Paddock' by Helen Douglass

'Poetica' (members exhibition) and 'Earth Matters' by Michelle Walker and Helen Douglass in the Solo Space are the current exhibitions at Blue Knob Hall Gallery.

For 'Poetica' the artists have touched base with another aspect of their creativity as artists were asked to take inspiration from a poem, a line from a poem or song, text or their own poetry to create an artwork. This has brought some beautiful and meaningful works into the gallery and once again the visitors and locals have loved seeing this new work.

Craig Walton's bust of 'The Dancer' is accompanied by the lyrics from Elton John's song 'Tiny Dancer' and is a reminder that we can still hold within us the 'dance', in these times when everything can seem a bit impossible for so many.

With ceramics, paintings and mixed media artwork, the quality of our local artists is once again outstanding and proves how valuable our local artists and galleries are.

Earth Matters is an exhibition of new works by two local artists who share a love of nature and the beauty of her landscapes and before we were thrown into a lockdown Michelle, Helen and a small gathering of family and friends had morning tea at the café/gallery

where their work was well received and supported.

Michelle Walker: Working in acrylics and mixed media, Michelle uses abstract landscapes as both a symbol of the places we inhabit, and the connections and experiences we hold in our hearts to those places.

Michelle draws significant influence from her lifelong love of nature and her previous career in conservation. The past decade living at Serenity Hills farm near Nimbin has meant daily life is intimately spent with the changing rhythms of weather and nature.

Morning walks in the paddocks with her dog, Lulu are a constant in her day and have become a part of her practice – being in and observing nature, and her own connection to the land.

The series, 'Poem of Rust and Water' speaks of the widespread drought that preceded the catastrophic bushfires in 2019/20, and 'Poem of Hide and Stringybark' is an acknowledgement of the tree clearing and habitat loss that continues at an unacceptable pace.

Helen Douglass: Born in Sydney, Helen grew up admiring her grandfather's accomplished watercolour landscape painting. After a busy working career she moved to the Tweed Valley in 2006 and a decade later her painting career began.



'Poem of Rust & Water VII' by Michelle Walker

With her painting, Helen embraces the power of landscapes to evoke memories for the viewer. These current works in acrylics on canvas and board showcase glimpses of the beautiful Tweed region and Tasmania.

Through attention to detail and play with colour Helen captures a strong sense of place and atmosphere. Her work is inspired by the love of the natural world and reflects the images of places of special significance.

'Poetica' and 'Earth Matters' will run concurrently until Sat 25th September.

Blue Knob Hall Gallery, Café and Ceramic Studio are in lockdown at the time of writing. Please phone 02 6689-7449 or email: bkhgallery@harbourisp.net.au for any updates for re-opening.

Environmental emphasis at Roxy



by Ruth Tsimbinis

The Roxy Gallery has been juggling things around and the exhibition programing has slightly altered.

The Roxy Gallery has been closed since mid-August and there is still some uncertainty as to when the gallery will open, but the plan is to start and open up on the 15th September.

Entering into the Spring months, Lush Forest Media and Friends present 'Life on the Edge', a multi-media exhibition shining a light on species, landscapes and communities living on the edge.

This exhibition will kick off from 15th September and remain on show to 31st October.

Photographic and Fine Art combined with Acoustic Ecology and Nature Connected Media weave together a sensory experience exploring Life on the

Edge by a group of local artists who are passionate about the fate of our planet and those living on it.

Paul Daley of A Lush Forest Media has invited Izwoz (Katie Evans & Brad Fettke) plus Avena Osborn to develop an exhibition of works that explore two endangered species and their edge ecology, the Orangutan and the Koala species on the edge of potential extinction in our lifetime – plus a whole suite of species and ecological communities living life on the edge.

The Border Ranges Richmond Valley Landcare Network, Arcoora Arts and Ecology Training Ground and A Lush Forest are partnering to present the 'Boodahbee – Festival of the Koala' in the month of September.

Given the challenging context of ever-evolving Covid restrictions, this event has been adjusted to Plan B – a 'seed' festival to launch the theme and start the ball rolling towards what is hoped to grow into an annual festival. This event will be exploring and celebrating the Koala conservation efforts occurring across the Kyogle LGA.

Boodahbee is the Gulli-bul word for Koala and is a culturally significant animal for this bio-region. The event will include a display at Roxy Gallery within the 'Life on the Edge' exhibition, a series of small group field activities, cultural



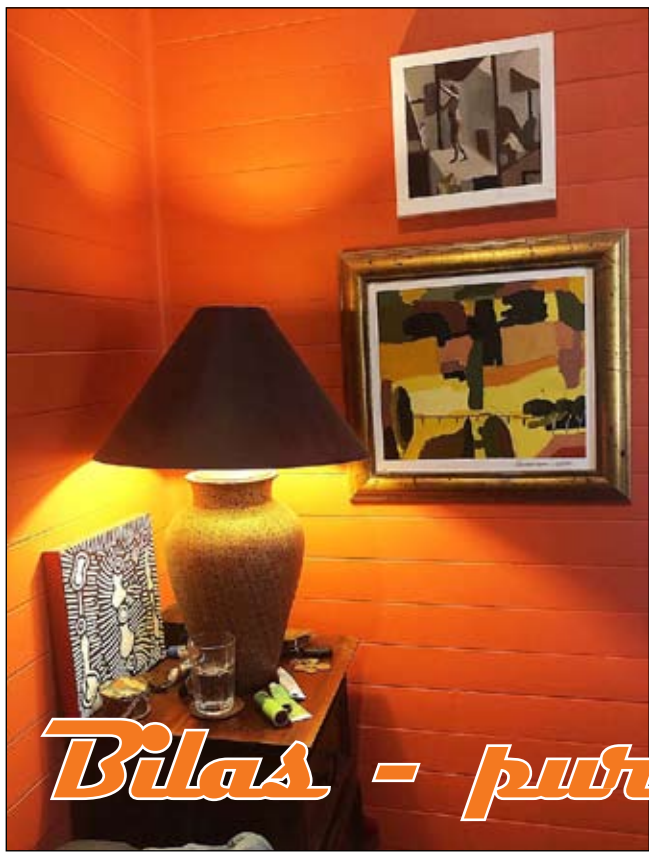
talks with Gulli-bul elder Andrew Johnson and informative presentations delivered on-line across September.

Other creative initiatives will be presented inviting broader community involvement to help shape the 2022 Boodahbee Festival.

For more information on the festival activities go to the events page at: www.brrvln.org.au

Get your Expression of Interest in to exhibit at the Roxy Gallery in our 2022 exhibition program. Kyogle Council has recently developed an on-line capacity for applying to exhibit in the Roxy Gallery.

The 2022 program is about to be developed and is seeking proposals for solo or group exhibitions. Application forms can be accessed at: www.kyogle.nsw.gov.au/recreation-community/community-facilities/roxy-gallery/ and are due by 30th October.



Bilas - purchasing art as a gift

by Anne Cook

The Papua New Guinean term "bilas" means decoration or embellishment.

In this time of Covid and the subsequent periods of lockdown, we have come to appreciate how important our surroundings are in terms of our mental health and general sense of well-being.

When we are busy rushing to and fro in our daily lives, we may

not notice our home environment particularly much, however now that everyone has had ample time to gaze at their blank walls many would have come to the conclusion that now is the time for "bilas".

Not only is the decoration of your home environment good for you, purchasing decorating items such as art as gifts is a great way of lifting the spirits of your friends and loved ones and now that we have all this time on our hands we

can contemplate future purchases.

There are some things to keep in mind when purchasing art as a gift. Firstly, try to establish what the recipient looks for in terms of aesthetics – do they like monochrome or lots of bright colours, do they like a minimalist look or is an eclectic interior to the liking.

Looking at what people like to wear sometimes gives you some clues, it's these small things that

can be revealing and will help you in finding a suitable piece.

It's good to remember that art is someone's personal creation so it's always important to find out about the artist you are purchasing from so you have a memorable story to provide when you give the work.

At Nimbin Artists Gallery we are all about making art a part of people's everyday existence, whether it's one of No Mad Potter's very collectible

teapots, a Donna Sharam colour spectacular on canvas or one of Shaun Murphy's journeys into the metaphysical, there is something that will either make a great gift or provide some relief from those blank walls.

Once you are allowed out and about again, come and visit us at Nimbin Artists Gallery in Cullen Street, we are usually open seven days a week and we look forward to you seeing our "bilas".

New Life brings new life to Serpentine online



'Eggs' by Lucy Car



'Flowering of Gaia' by Kuatarina Mount



'Pink in Watercolour' by June King

by Corinne Batt-Rawden

Well what a month it has been! We just got a new volunteer team at the Serpentine Community Gallery in North Lismore and then lockdowns came to town. Things came to a halt as the future was uncertain.

Our next show 'Les and Lis Drawn Together Again' was put on hold as we waited day to day to see if lockdown would be lifted. Meanwhile behind the scenes, a

website was being built. It is hoped that this new website will be able to keep our local Serpentine arts community connected via online exhibitions and maintaining sales and exposure for we artists.

The timing could not have been any more perfect. We are proud to present to you: www.serpentine.gallery

You can now go there and view 'Les and Lis Drawn Together Again'. Go to the gift shop and

works can be purchased on-line. In good faith, some of our volunteers are offering home delivery art in the Northern Rivers. Why not, you know you want to.

Michelle Gilroy's 'The Garden' is also up on the new website for your viewing pleasure. These works are also available for home delivery. What a great way to support your local artists. 'The Garden' is a study of coral reefs in oils. Enjoy.

Then on the Spring Equinox,

Thursday 23rd September. 'New Life' is a group show celebrating Spring by artists in the Northern Rivers. At the time of writing, this exhibition will be hosted on-line and possibly hung in the gallery as well, depending on what happens with the Health Directives.

If you are an artist in the Northern Rivers and would like to participate in the next group exhibition, 'New Life' please contact the Serpentine Community Gallery.

From the team at Serpentine, stay safe everyone and be gentle with each other. Focus on the things within your power to control, focus on the little things that please you and spend time with anything from nature, but most of all create.

Create anything, let your mind go wild and have fun and enjoy the process. You never know what dormant creativity lays within when given the time and space to emerge. Enjoy the new website.

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RUOK?

by Sonia Barton

Just over three years ago I moved to the Northern Rivers area from the Northern Beaches in Sydney.

I felt like I really needed to leave the city and fate brought me to do a house-sit in Cawongla through a house-sitting website.

I've met some beautiful people up here and made many friends. How lucky have I been? Fate led me to Nimbin and I started working in the Birth and Beyond room at the back of the Apothecary and I've rented a room there since September 2018.

So now we are in this situation regarding the virus, which has affected every person in the world on all levels. Mind, body and spirit have been affected.

During the last two weeks I've had a few phone calls from my friends in Sydney asking me how I am, and they are telling me about how they are feeling about their situations including the loneliness of working from home; not being able to see their families and friends; depression setting in; feeling like there's never going to be an end to the situation; stress, and then overeating and drinking too much alcohol through boredom.

My answer to them has been many-fold. Besides assuring them that we will come through this eventually, I think that the main thing I think we have to do is to get back in touch with nature because it is so healing. I told them to go for a long walk; sit by a tree; look at the sky in the day or the stars at night. If you have no garden, then sit by a



plant in your house.

Stay in "stillness" and try and come back to your heart centre, and breathing into your belly rather than the normal shallow breathing that we tend to do.

Bring your mind back to the present moment – when you do that, you realise that in this present moment everything is actually okay. As we know there is only ever the present moment. When you start

projecting fears into the future you can start creating that – if you are projecting, then try your best to project a happy outcome into the future because we are creative beings who are creating our future lives in every moment.

Ask yourself, "How do I want my future to look?" Happy, peaceful and harmonious? Then dream of those things. When you start thinking of doom and gloom, change it immediately by thinking of something you want to do in the future. It's like a crossroads – which road do you want to choose in this moment?

I think it's a good idea to call your friends and check in with them whenever you get time, as well.

Another thing you can do to look after yourself is make sure you keep your immune system strong. I take a tablespoon of colloidal silver every day, Zinc, Vitamin C, Vitamin D. I get plenty of sleep and have 10-20 minutes of sunshine every day. The morning sun is best.

I change my thoughts sometimes

by imagining myself meeting my family from a flight in Brisbane, welcoming them and taking us all to a beautiful house which I've rented for them close to a beach. I know they would love a holiday like that. The feeling in my body changes immediately and my mood changes from apprehension to love and happiness. Imagination is the key.

I'm still here, I'm still treating in Nimbin, Byron and Lismore. If you've tried Bowen therapy or Reiki with me you know that the relaxation that you get from a session is so beautiful. If you're feeling stressed and need a little time out and want to treat yourself even though you have no physical issues, just give me a call to book an appointment. I'm here for you.

Sending love to each and every one of you... and remember to be kind.

Sonia Barton practices Bowen therapy and Reiki. Contact her on 0431-911-329 or go to: www.bowenenergywork.com.au

Emotions and the immune system

How do the emotions affect the immune system and our physical health?

Quite frankly I'm writing about this, because for the past two years, since Wuhan Willie unzipped its fly, I've been up and down like a bride's nightie.

It feels a bit similar to when I was a kid and Mum would say to my scowling face and folded arms. "Eat your veges. Think of the starving children in India."

Well, right now, like then, I don't very much like what is being served at the table and it is a challenge to extend compassion towards the far worse plight of others.

Nevertheless, I know that negative emotions cause damage, so am doing my best to stay cool. Although, apparently, these days one is not 'totally cool.' One is 'totally sick.' So, no wonder we're in trouble.

In the 1930s and 40s there were many experiments done on animals and children to prove that food was more important than love and affection.

Enough to say that the experiments returned miserable results and many animals and children were mentally and emotionally damaged for life, due to lack of love.

Four years ago a friend, who is vegan and meditates daily, contracted cancer in the kidney and two years ago suffered a massive heart attack that almost killed them. And for a while, they did not understand how their healthy lifestyle could reap such dire consequences.

As an observer of this friend for some years, although they could be charming and likeable when they felt like it, generally, their relationships with others was detached and condescending. And they gave little thought as to how their actions might affect those



by Tonia Haynes

around them.

It took the shock of a heart attack for them to realise that they are just as vulnerable as the rest of us, and now their relationship with others and themselves is softer and kinder.

At the moment we are supposedly quarrelling with China (and there is no better dark magic, than the magic used by the Murdoch media to strike fear and insecurity into the hearts of all and sundry).

Nevertheless, Chinese medicine has shared enormous wisdom with us over the centuries and knowledge of the meridians, the electrical circuits that do much to control our physical, mental and emotional health, are an important part of that wisdom.

Being that much of my work relates to muscles and the effects negative thought has upon them and also, their related meridians, below is a list that may be useful during this journey of stressful times.

Stomach meridian: Upper body muscles and shoulders. Negative thoughts: worry, can't digest what's going on. What to do: write a list of the negatives in your life and beside it write a list of the positives. You may find that the positive list is far longer.

Spleen meridian: Large back muscles, hands and arms. Negative thoughts: anxiety about the future. Can't see the joy in life. Disapproval. Cynicism. What to do: watch, listen or read something that makes you laugh.

Heart meridian: Shoulder blades, shoulders and arms. Negative thoughts: broken hearted, self-doubt, insecurity, anger. What to do: imagine a pink bubble surrounding and infiltrating all of your heart and healing the hurt.

Small intestine meridian: Arms, front thigh muscles, abdominals. Negative thoughts: shock, sadness, unappreciated. What to do: write a list of all you want in life and review it regularly.

Bladder Meridian: Spine muscles, muscles below the knee. Negative thoughts: fear, dread, panic, frustration. What to do: visualise a white bubble of protection that surrounds you when you are in an environment that makes you feel uneasy.

Kidney meridian: Upper shoulder muscles and muscles in the middle back that extend across to the upper thigh and move the leg. Negative thoughts: fear of being alone, shame, anxiety, depression. What to do: visit a good acupuncturist and then, give someone you care about a long hug.

Circulation sex meridian: The bum muscles, muscles in the hip and the inside thigh. Negative thoughts: bewildered by choices and demands. Stifled creativity, stubbornness. What to do: write a list of what you want in life. Make small efforts towards what you want and review the list regularly.

Triple warmer meridian: Muscles in the shoulder blades. Negative thoughts: adrenal exhaustion due to ongoing stress, anxiety, despair, hopelessness and loneliness. What to do: slow walks. Meditation for short

periods. Relaxing activities.

Gall bladder meridian: Muscles of the inside arms and the back of the knees. Negative thoughts: rage and judgement towards others. Resentment and false pride. What to do: realise that others are doing the best they can right now. Have compassion for yourself and others.

Liver meridian: Muscles in the upper body and between the shoulder blades. Negative thoughts: rage or excessive guilt towards ourselves. Anger, vengefulness. What to do (the best exercise of all): write a letter expressing what you feel. Forget about punctuation and good English (or whatever language you speak). Swear as much as you like. Then, put the letter in a hiding place for two days. After two days, take it out of its hiding place, read it. Add anything else you forgot and then burn it. This tells the sub-conscious that you are finished with feeling like this. Because it is bad for you.

Lung meridian: Muscles around the ribs, down the side of the upper body and the also the biceps. Negative thoughts: grief, loss and intolerance. What to do: be kind to yourself. Be patient. This too will pass. Do your best to look around you at the positive things that are still in your life.

Large intestine meridian: Hamstrings, side thigh and middle back muscles. Negative thoughts: holding onto the past. Guilt, regret, powerlessness. What to do: the letter suggested for the Liver Meridian works very well. When you get to the stage of burning it, visualise releasing your control.

There is nothing in life we can control fully. I truly wish that I had a magic wand which could chase all the madness and conflict away. But it seems that somewhere in our manifestation of life, humans

decided to create a scenario, where we only truly move forward, after we've received a vigorous kick in the head.

Nevertheless, a wise being once told me you may not like what they do, but you must keep loving them. Because it is the love that will make it better.

I am an essential worker and will home visit if necessary. From me you will receive an attentive listening ear, while I assist in relieving your aches and pains with a mix of remedial massage, Bowen therapy and pranic healing. Phone 0439-794-420 for an appointment.

Lockdown logic

Revenge of the Loon
by Laurie Axtens

Obviously the reason for a snap lockdown is to allow the contact tracers time to do their work. Time to find, test and isolate all the individuals who have come in contact with an infectious person.

This should take three or four days, it might take a week, and in rural setting it's possible it might take two weeks. If it takes longer than that, as it has, something is seriously amiss.

Since our Rose Bay visitor, all known contacts have been tested and all of them have re-emerged from their forced 14-day isolation.

No new cases have been found, but still the lockdown continues on the rather threadbare justification that trace amounts are being found in the sewage when that has been the case for months.

Obviously Sydney's cases have surged into a massive wave, but does it make sense to lock up the entire state if police resources would be better spent containing the virus where it's actually out of control, rather than locking up increasingly irate zero-case communities like Tweed Heads?

Crisis management is a peculiar skill; it requires



strong insightful leadership that draws together the community through the clear exposition of a logical position that inspires people to accept their deprivations for the greater good.

Most leadership teams thrive in these conditions because their aim is and has always been the greater good; but for some the task of unifying the community is simply too hard. Why? Many, many reasons.

They can be from a privileged elite and not understand the intensity of the deprivation.

They can lack the strength logic and decisiveness to do what's actual required.

They can be ill-prepared despite a long lead-in time and multiple warnings.

Or they could be all of the above.

Shirley Miller

1930 – 2021

Obituary by Lis Miller

Shirley was a painter, printmaker, and sculptor. She was born in Brisbane and inherited her talent from her father, a commercial artist.

She studied at Brisbane Central Technical college, meeting her husband Darval an architectural student. Throughout her career, she also studied at Sir John Cass School of Art and Morley College in London, and later Visual Arts at Brisbane CAE.

Shirley's artwork is represented in many galleries, notably the Qld Art Gallery, Brisbane, of which she was a life member and volunteer art guide, and the National Art Gallery in Canberra.

After being widowed for 12 years, Shirley moved to Nimbin, purchasing land on Jarlanbah Permaculture Hamlet in 1993, and went on to build her wonderful house in 1995/96. Shirley was well-liked by the local building fraternity, especially for her great morning coffees! She loved the community living ideal,



Shirley Miller at Blue Knob Cafe Xmas 2015 Photo: Sue Adler

and gladly became an active member of the Jarlanbah Neighbourhood Association.

Shirley was a founding member of both the Nimbin Artists Gallery and Blue Knob Gallery, participating in their set-up, mentoring, curating and representing. Her works ranged from paintings, prints of all mediums, ceramics, leadlight, brooches, sculptures and wall pieces. Her talents were as diverse as art itself, trying her hand at just about anything!

Represented to this day in these local galleries, she also taught painting and drawing

to school students through to architectural students, and continued improving her craft in further education. Her influence reached many people including her children and grandchildren, encouraging education and practice in the Arts.

Shirley also travelled extensively on art tours to places like the Kimberley, Bungle Bungle, Kakadu and outback Qld where many of these magnificent landscapes were represented in her paintings.

On one of her last trips out west camping, the weather was too windy and

dusty to go out drawing, so she decided to draw and paint found objects such as feathers, leaves, rocks, pretty much anything. This led to her works which many would be familiar with, feathers and leaves (hand-drawn and painted), and landscapes of different found objects. Some of these works were reproduced in the form of cards, gift tags, bookmarks and small wall pieces, which made her beautiful hand-painted works more accessible to local galleries.

Shirley suffered ill health in the last ten years but continued to paint, last year celebrating 90 years of age and still painting. She was a fun, interesting character and a wonderful blessing to the arts.

As we pack up the life of Shirley Miller; my brothers Peter, Nick and I would like to extend our thanks and gratitude to the many well-wishes received via email and on the Nimbin Hook Ups post.

Shirley Miller certainly made her mark on the Nimbin community, and we hope you will remember her contribution to the art scene in Nimbin for many years to come.

Time to get on top of those weeds

Weed Words by Triny Roe

Spring has sprung. The days are warming. The Bureau of Meteorology is predicting above the median amount of rain for this month. Get ready for an explosion of weeds.

Weeds are those exotic species which readily establish in new areas, out-competing and over-growing native or preferred vegetation. Yes, you can eat some of them, but plants like madeira vine, *Anredera cordifolia*, grow faster than anyone can eat it. Pigs and sheep will get the runs if they over-indulge. It is one of Australia's Weeds of National Significance and can't be sold, traded or distributed.

Acting quickly will avoid a lot more work later on. If there are only one or two specimens of an opportunistic species, get in early before it matures and sets seed. Weed seed can last for several years in the soil, or over 25 years in the case of wild banana, *Musa spp.* Early intervention is the key to successful land management and minimising effort. Leave it for a year or two, or a couple of months with some species, and you could end up with a large intractable patch.

Madeira vine is listed as a Key Threatening Process in NSW due to its ability to transform and destroy ecological plant communities. Wild banana are also edible, but the rock hard seeds are tooth breakers and make eating them problematic. It too can form dense stands, excluding native species.

Choose carefully what you plant or encourage in your garden, especially if you live close to bushland. Plenty of weedy ornamentals are available in the nursery industry, not to mention market and roadside stalls. Birds, bats and other wildlife easily carry seed deep into the bush where it can germinate and spread.



Madeira vine can establish in a tree trunk

Think beyond the cultivated Mock Orange, *Murraya paniculata*, when planning a hedge. Native species like lilly pillies, *Syzygium spp* or golden penda, *Xanthostemon chrysanthus*, love a good prune and will make an attractive hedge.

Eileen and Joan Bradley pioneered a system of bush regeneration in Sydney in the 1960s that inspired methods used today. The principles are to start in the best areas of native vegetation and clear them. Begin in areas where there are fewer weeds. Clear the outliers first, instances where there is just one or a few, and work towards the thicker infestations. Minimise soil disturbance, particularly on creek banks and steep slopes – ie don't use machinery.

Clear the weeds in stages, doing only a bit at a time, allowing the native vegetation a chance to regenerate naturally. There is often a decent seed bank available in the soil. Sometimes a little soil disturbance is beneficial so as to expose the seed which triggers germination. Don't clear more than

you can maintain. Slow and steady also allows for the wildlife to adapt. Animals and birds can use weeds for habitat and food.

The Bradley Method also places emphasis on timely and rigorous follow-up. Seasonal herbaceous plants can be readily addressed. Don't let them flower. Plant identification is also important – knowing what's a weed and what's an emerging native seedling. It's a skill that needs to be learned and practised.

Everyone has a biosecurity duty to control weeds. It's also part of being a good neighbour. Neglected weeds will only spread further and cause more damage to the environment. Exotic species often have a competitive advantage over natives, so the bush needs our help to maintain its biodiversity and integrity. Biomass at the expense of biodiversity is not a win-win situation.

Join a Landcare group to learn more about bush regeneration and how to identify native plants.

Happy weeding.



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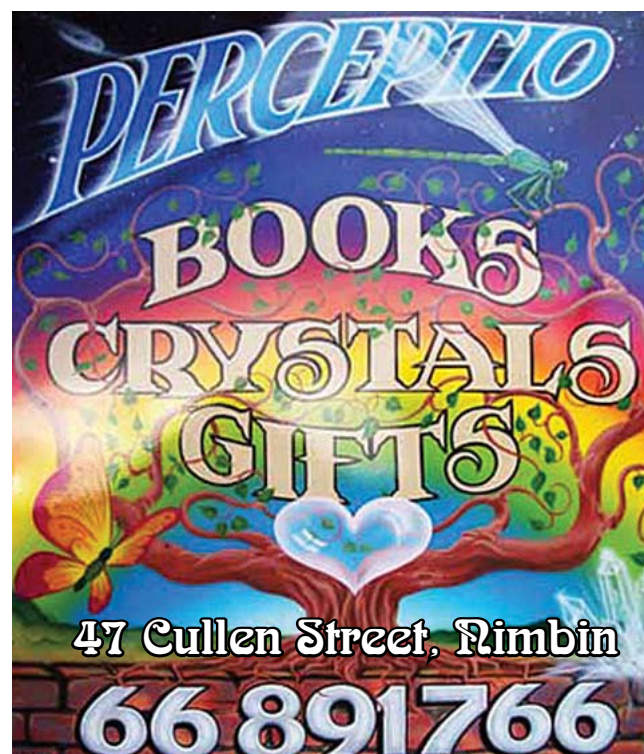
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The Hempire strikes back

by Gerald Taylor

There are two truths regarding cannabis hemp that are typically forgotten, yet without remembering them we cannot change the laws that restrict our use of hemp.

These two truths are:
Cannabis hemp is the first plant domesticated by humanity. Long before wheat and rice, further back even than poppies, humans grew, bred and used cannabis hemp. For almost everything. The Hempire existed even before humanity.

In the 10 millenia of recorded human use of cannabis (both high and low THC chemotypes) no one has died from cannabis toxicity. Unlike salt, sugar or oxycodine, cannabis hemp has no lethal dose. Cannabis hemp cannot kill.

For more than a decade now, industrial, low-THC cannabis hemp has been grown legally in Australia. The plants grown for non-medicinal purposes must produce no more than 0.35% THC. All cannabis hemp crops are tested extensively by the Department of Primary Industry to ensure compliance.

In Australia today a farmer may grow the legal plant, cannabis hemp. The farmer may then process her crop into an innocent, legal and harmless product. However, when the farmer takes their legal crop to market and attempts to sell it, the TGA, Therapeutics Goods Authority, will prosecute the farmer for advertising of narcotics.

It's important to stress at this point that the TGA is the only body standing in the way of cannabis hemp's legitimacy. Agents of law enforcement do not prosecute hemp or its products, the tax department seems happy to accept funds taxed from the hemp industry and the average Australian uses hemp products without a moment's hesitation. There is already a social conspiracy afoot to legitimise hemp.

So, why should Big Pharma fear cannabis hemp so badly? Why will they stop at nothing to vilify it?

The sad commercial truth regarding

cannabis is that it's 100% user friendly. As it's the living plant that produces all the magic, all you need is a seed, a patch of sunshine and a typical kitchen. With these three ingredients you can produce anything Big Pharma can produce in a multi-billion dollar laboratory.

Hemp growers know this to be true because we do it all the time. With no more equipment than a stainless steel pot, a hemp farmer can infuse hemp into an oil that will reduce wrinkles, reduce swelling, reduce inflammation, reduce anxiety and regulate sleep patterns. And all this with no side effects.

If cannabis hemp were to be deregulated as a narcotic, Big Pharma would be in direct competition with every one of their customers. So how to reclassify hemp? And reclassify to what? Clearly hemp is not a narcotic, so what is it? The truth is simply this: cannabis hemp is an extraordinarily gifted vegetable.

Which brings us to politics. In the absence of leadership from our elected leaders, we can expect nothing but obstruction. So long as corporates dominate our parliaments, changes that would hurt the corporates will not be condoned. So long as corporate capitalism rules in Australia, we will continue to have a problem, but there are other ways to bring about change, and we do have some precedents.

In Bunjalung country, the Northern Rivers region of NSW, a new force is emerging: NORHO, Northern Rivers Hemp Growers Co-op. NORHO is made up of 40 or so hemp farmers living and growing hemp in the Northern Rivers who would see the Hempire re-emerge into its place of prominence.

As the Hempire re-emerges globally, NORHO recognises that hemp will play a major role in invigorating cottage farming and that boutique hemp farms will prosper if thought of more as a vineyard than a wheat farm. Branding is important in the global market and Northern Rivers hemp is destined to be the equivalent of France's Champagne region.

We want the Hempire to succeed because we know that if global climate change is the most pressing question then hemp is the answer. Hemp can revitalise our rural economies by spreading the wealth amongst small or cottage farmers. NORHO is at present growing cannabis hemp crops for building fibre and setting up a processing plant for manufacturing hemp bricks. Hemp bricks sequester carbon thousands of times more effectively than the government's failed carbon capture programs.

NORHO is also growing a hemp fodder crop and has built facilities to process it into pellets. Fermented hemp leaf added to stock feeds balances the digestive system and cuts methane production by 90%. NORHO also processes cannabis hemp into cosmetic oils and rejuvenation therapy creams for external use only. Both the fermented leaf and cosmetics are regarded as narcotics by the TGA, so marketing of them is a minefield. But market them we will.

As a co-operative, NORHO emerges fully formed and wielding considerable power. We are all experts in our field, having grown cannabis successfully under the most trying conditions, and allied to our group are processors and marketers both domestic and international. We have two of the finest legal minds in Australia ready to represent us when Big Pharma send in the clowns.

We have a war-chest overflowing with 80 years of injustice and anger. We have a tax department that welcomes our tax donations and a police force that uses our cosmetics to retain their youth and beauty. If you've been wondering why the Northern Rivers police look so damn attractive, wonder no longer.

NORHO will be many things to many farmers and their customers. It will be a grower and a processor and a unifier of people of goodwill. But to me, one of the Co-op's founding members, NORHO will be a tool; a fist if you like, that the Hempire may use to strike back.

Contact: topicalhempcream420@gmail.com

Plant of the month



Heath banksia
Banksia ericafolia

by Richard Burer, Bush regenerator

Fans of flowering Australian native plants should get themselves down to the coast this month to feel the spring glory of our local heathlands.

This widely known banksia is well worth checking out this spring with heathlands coming to life with this large shrub, its orange flower spikes dominating the Heath with a spectacular display. Sometimes I feel all these flowers are so individual; colours changing from red to gold, orange and burgundy.

Growing to six metres, large shrubs can get big and impenetrable, but usually about two metres is an average specimen and those interested in growing them at home could try a dwarf variety that is well suited to the home garden.



by Peter Moyle

Back we go to a forced break from our club bushwalking.

Fortunately, we are in an area where there is very little Covid activity and at least we can get out and about in our local LGAs, exercise being allowed with those from your household or one external friend, which has seen the popular walks and beaches very busy with people making the most of the freedom to get out of the house.

The club's walks calendar has had another hit, but we are optimistic restrictions will ease sooner rather than later, and each month in the *GoodTimes* we have an up-to-date walk schedule ready for when we can go as a group.

The Nimbin Bushwalkers and some visitors went back to Terania Creek on our last walk and what a great day was had. Our long-time member Judy led us to a gorgeous hidden creek with a lovely waterfall.

The track is a little difficult to navigate due to regrowth from the bushfires and trees down due to storms. With some scrambling and climbing, a great day was had. This is a truly magical area, and many thanks to the dedicated groups 40 years ago that forced the government to halt logging and see a National Park formed.

The day finished with the short walk into Protesters Falls, and what a magnificent view it is. A great spot for a family picnic and well worth the drive.

Christies Creek between Burringbar and Murwillumbah

Sunday 26th September

Leader: Mark Osberg 0408-113-125

Grade 4: 10km walking up fire trails before some off-track and along creek beds. We will do a reccie as last time we missed a turn and missed the best part. Bring good shoes, water and lunch.

Meet: 9.15am Tweed Valley Way picnic shelter, 4 km north of Burringbar, left hand side of road or coming from Murwillumbah 4 km south of Five Ways (Stokers Siding turnoff) on Tweed Valley Way.

Goonengerry National Park

Sunday 10th October

Leader: Ron Smith 0497 792789 You must register with Ron as numbers are limited.

Grade 3-4: 10km approximately 4 hours. There are some off track sections that may be slippery. Good walking shoes/boots recommended. We will be walking into an area with some nice waterfalls, hopefully a bit of water

Meet: 9.15am at the Goonengerry Public School. As usual, ring to reserve your spot and bring hat, water, and lunch.



Towards the 50th anniversary of Nimbin Aquarius Festival



by Benny Zable

The Woodstock Festival in 1969 was a defining time for my generation. The youth in the USA, Britain and Australia were cannon fodder for the Vietnam war. It was also a rite of passage for the global fledgling peace and environment movements. A mobilisation of many activists of the time leaving a legacy which is as relevant then as today. You can read some good documentation about the making of the legendary Woodstock Festival Aquarius Exposition at: <https://en.wikipedia.org/wiki/Woodstock> Between 1967-68, I was in London hanging out at the London Arts Lab (see: https://en.wikipedia.org/wiki/Arts_Lab) There I met people who invited me to go with them on a boat trip to the USA for what morphed into the Woodstock Festival. Instead, I came back to Melbourne to follow up and contribute to the experimental art scene on my own home turf around Carlton. This sub-cultural movement led eventually to the Aquarius Festival in Nimbin.

I did get to participate in a few Woodstock anniversaries. A high point for me was to perform the Toxic Tower installation in 1994 for the 25th anniversary at the Woodstock Eco-village in Saugerties. I hope within the next two years some mainstream educational institutions in our region will step up to participate in the Nimbin Aquarius 50th. It is a great opportunity to discuss and exhibit solutions to the climate emergency especially. There is a request from Peter Derrett to interview and photograph people who were at the original 1973 Nimbin Aquarius Festival. Send contact details to me for the Nimbin Aquarius Foundation Inc at: bennyzable@gmail.com

Murals

The legendary couple Peter Wise and Helen who created and ran the Nimbin Trattoria for the last 30 years have now sold their business. They invited many Nimbin Aquarius parties to their restaurant. Before the centre of town was burnt down, Peter Wise, as President of the Nimbin Chamber of Commerce, assisted with funding the rooftop mural project. Peter and Helen also hosted the legendary artist Vernon Treweeke, who originally organised and painted the roof murals for the 1973 Nimbin Aquarius Festival.

Vernon painted the mural above the Nimbin Trattoria during the 40th anniversary of Nimbin Aquarius. Alas he has since passed away, and the mural is in need of a brush-up.

Covid

The reported spread of the Covid-19 pandemic in NSW has divided communities in our region. It happened to be that I was the first to get the jab in Nimbin. A selfie that I posted on Facebook got a lot of reaction. A couple of journalists saw some of those reactions on my page, including a Guardian journalist from the Mullumbimby/Byron Bay area who decided to feature me in a story, which got a lot of views around the world. I hope population levels get to 70-80% vaccination levels as recommended by the Doherty Institute modelling report, so as to get back to nearly normal as to meet, mingle and celebrate once again. In the meantime, make the effort, even though there are so many mixed options about this virus spreading around the place, to mask wearing and social distancing, something everyone can do to ensure staying safe. See: <https://www.doherty.edu.au/news-events/news/doherty-institute-modelling-report-for-national-cabinet>

May the longtime sun shine upon you, all love surround you, and the pure light within you guide your way on...



Benny performing at a Rainbow Gathering drumming circle on Magic Meadow, Woodstock NY 1989

Don't stifle kids' creativity

by Joe Landers


In the quest to facilitate amazing experiences in children's schooling, there are often obstacles to achieving the idealised plans that we have as teachers. It is difficult, if not impossible, to find the will to put limits on creative thought, and it's not just a case of wanting to let them have some fun. In collaboration with Emmy, our Science teacher at Tunttable Falls Community School, I planned a unit integrating learning outcomes from Geography, History, English, Science and Technology, based around a study of Bruce Pascoe's *Young Dark Emu*.

We looked at the houses, agriculture and technology of Australian Indigenous cultures, as evidenced in the various historical documents that this text further brings to light. Central to this unit was the re-creation, in miniature scale, of the indigenous villages witnessed by early explorers, large areas with multiple houses, accommodating approximately 500 people. So we set about designing and building the miniature village with houses made from gathered organic materials, adjusted for scale and application. And then along came creativity, that unpredictable, unfathomable and uncontrollable force.



As the projects progressed, domes were no longer domes, bark layers were no longer shaped to the skeletal structure, rendering was no longer with clay but with varieties of flowers, moss and found beautiful objects. Things just, kind of, got away on us at some point, 'things' being the creative forces of a collective of inspired children. We discussed the issue, considered some re-doing, but eventually surrendered to the force, after noting that the actual syllabus outcomes had all been achieved. It was easier just to mess with our learning outcomes to include Art as well. So they learned, we learned and we all

had fun. All boxes ticked. Some excerpts from the students' workbooks were: "Because European people used their traditional way of agriculture, they didn't understand the simple but effective way Aboriginal people worked the land." "The Aboriginal people would burn landscapes to improve the eco-systems for animals and harvests." As an extension of the English / History skills that we studied in this unit, our next plan is to create an historic project on our school, incorporating interviews and documentation relevant to the first days of the school 40 years ago, an anniversary project.



is still available in Nimbin!
at T.H.C - The Heart Connexion - (opp The Green Bank).
Ask Xenia ...she will get it in for you!



DOES THIS AFFECT YOU?

Changes to care coordination services for Aboriginal and Torres Strait Islander people.

There have been changes to the provision of Integrated Team Care (ITC) services on Bundjalung Country in northern NSW.

Aboriginal and Torres Strait Islander clients who previously received care coordination through Bulgarr Ngaru Medical Aboriginal Corporation will now receive ITC services through Rekindling the Spirit Health Service.

This includes ITC services accessed through referral by mainstream GPs from Tweed Heads to Grafton.

MORE INFORMATION
Marilyn Tolman
Rekindling the Spirit Health Service
0490 848 486

