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Generational genres in Kyogle

by Ruth Tsimbinis

The Roxy Gallery presents 'Generational Genres', an exhibition of intergeneration local artists that brings together grandparents and grandchildren born in the 1940s and 2000s.

The exhibition opens on Friday 10th June between 6 and 8pm, and will be a great opportunity to come along and meet up with the artists Carol Horton, Anne Langley and also their grandchildren, who will be exhibiting in the Steppin-Up Gallery located in the foyer entrance to the Kyogle Memorial Institute.

Carol Horton has pursued her interest in painting and drawing over many years. She likes to explore techniques and styles of producing art. Carol has contributed to many group exhibitions throughout the years at the Roxy Gallery, and through this exhibition both she and Anne are delighted to include contributions from their grandchildren who have been inspired by them both to make art.

Carol's grandson, Bodhi Wornes, has invited some of his creative friends from Kyogle High School to join him in an exhibition of artworks at the 'Teen Genres Kiosk' at the Steppin-Up Gallery.

Anne Langley began painting about ten years ago under the mentorship of another local artist Elspeth Lake. She fell in love with working in oils, but at a two-day workshop with another local artist, Christine Cameron, she became mesmerised with working in watercolour. For Ann the 'happy accident' of using watercolours triggered a bigger quest to learn and experience more in painting and drawing.

Anne's granddaughter, Jessica Langley, is currently a full-time art student and is developing her profile through social media platforms under the name of 'Sweet Little Valley'. As her skills develop, so does her approach to using mediums such as graphite, charcoal and oil paint.

Jessica says, "I am constantly in love with the little moments and things that make life so beautiful. I believe that is what my art is about, depicting all that life is and can be in a way that is elegant."

'Generational Genres', a collaboration of artists born in the 1940s and 2000s, will officially open to the public from 10th June and exhibits until 3rd July.



'Swans on the Lagoon' by Anne Langley Below: Hydrodipped panel by Carol Horton



Wollumbin Art Prize applications open

Tweed Regional Gallery and Margaret Olley Art Centre has announced the establishment of a new major art prize, Wollumbin Art Award (WAA), with a total prize offering of \$30,000.

The award will be held biennially and is open to artists living and working in the Tweed, Byron, Ballina, Kyogle and Scenic Rim shires, as well as Lismore and Gold Coast cities.

The award offers a first prize of \$15,000 and a two-week residency at the Gallery's Nancy Fairfax Artist in Residence Studio.

The Gallery has also established a \$10,000 First Nations Bundjalung Award, which includes a solo



exhibition in the Gallery, and a \$5,000 Emerging Artist Award.

For young artists aged between 5-18 years living in the identified areas, the Wollumbin Youth Art Award (WYAA) will also be calling for entries.

Gallery Director Susi Muddiman OAM said the Gallery was committed to supporting regional artists.

"We are so thrilled to be able to present this new award, and to be able to offer opportunities for artists at a time like this, when many

artists would have lost work and materials during the recent floods," she said.

The inaugural judge is writer, curator and editor of VAULT Magazine, Alison Kubler.

"Alison brings a wealth of knowledge, from art history to contemporary practice, and as a resident of the Gold Coast region she is the perfect choice for an award that celebrates the visual arts on both sides of the border," Ms Muddiman said.

Entries for the WAA 2022 will close at 5pm, Sunday 17th July.

See: gallery.tweed.nsw.gov.au/prizes-awards for conditions of entry.

Landscapes and fibre at Blue Knob Hall

The 'Sacred Landscapes' exhibition will continue until Saturday 18th June.

As a combined theme with the members and artists of Blue Knob Gallery, it has been well received with an Opening afternoon held on Sunday 1st May, with Andy Blythe as the guest opener.

Being the first opening event in quite a while, it was well attended and brought back the energy that can be had at these events.

With some readings from the Blue Knob Writers group anthology *Sacred Landscapes*, and a performance by Bill and Bazz straight from the anthology, it was a fun afternoon.

The *Sacred Landscapes*

anthology is available at the Gallery for \$10 each, with the proceeds being donated to Blue Knob Hall Gallery.

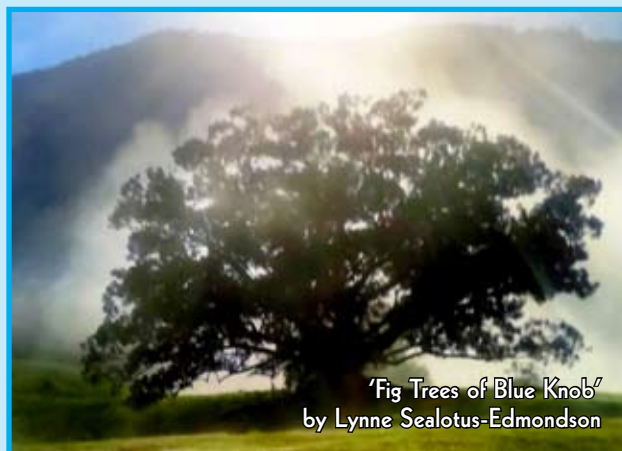
BKH Writers Group

There will be another chance to hear some more from the writers and artists of the Blue Knob Writers Group on Sunday 12th June from 2.30pm with more readings and discussion. Refreshments will be available.

Fabulous Fibre

The Fibre Show is on again, it will be open from Thursday 23rd June and will continue through to 13th August.

This annual exhibition has been held at Blue Knob



'Fig Trees of Blue Knob'
by Lynne Sealotus-Edmondson

Hall Gallery for more than 15 years as an annual mid-year event, starting with the wonderful felt-makers and fibre artists of the area.

It has continued to change over the years as different artists with new and old

forms of transforming fibre into artworks and the everyday items that we use, wear or admire.

Lyndall Lee's 'Colour Cacophony' (circa 2013 exhibition) made from recycled Telstra wire is



'Colour Cacophony' by Lyndall Lee

a great example of the experimentation that has continued over the years.

Watch out for more news regarding this exhibition in the July edition of the *GoodTimes*.

For more information regarding exhibitions or Blue Knob Café, please contact: bkhgallery@harbourisp.net.au or bkgcafe@gmail.com or phone 02 6689-7449.

Art Fair

by Anne Cook

The Nimbin Art Fair which is usually held in April was delayed a little this time around and is now set to commence Saturday 2nd July through to Sunday 17th July.

The Art Fair is hosted by the Nimbin Artists Gallery, which is a community gallery that actively encourages all types of creative styles and exhibits on an on-going basis with a diversified range of works from artists living in and around Nimbin.

The Nimbin Art Fair is open to all local artists, plus artists Australia-wide. As an annual event that has been a feature of Nimbin for the last decade, the Gallery has hosted an exhibition turnover of close to 6000 visitors during the duration of the event.



On display will be a large range of art including works on canvas, works on paper, glass, jewellery, ceramics, clothing, fibre-works plus sculptural and installation pieces.

This year's event will see the return of artists whose work we are familiar with, such as Donna Sharam, Pauline Ahern, Deb Lees and Maureen Whittaker, plus some new and exciting works from Gold Coast artists.

Art is joy, and as most of us are currently seeking restorative experiences, come and spend some time (and money, if you wish) viewing



and enjoying this year's stunning display of creativity.

Exhibition times are from 10am to 4pm daily at the Nimbin School of Arts.

Engaging the community

by Corinne Batt-Rawden

"Creativity is the voice of the soul and is as vital and as natural as dancing." – anon.

Serpentine Gallery's recovery has been slow, but we are here and have been working behind the scenes to move towards bringing some crucial creativity and arts back to our community.

We have temporarily cancelled our exhibitions for the rest of the year as Lifeline's beautiful building we are inhabiting will be undergoing a makeover for quite a while yet. To begin bringing arts and life back into the area, we have begun brainstorming with our team and some wonderful members of the Lismore Art Club who have been an invaluable support during this time.

We are all excited to get back to engaging with our community. The ideas that we are excited about include having a stall at the local markets, running creative workshops, and engaging in some fun pop-up art performances.

If you are interested in being involved in our new developing team or would like to participate in any of our projects, please feel free to get in touch by email: gallery@serpentinearts.org

For your enjoyment, we have selected two artworks from our collection of

rescued artworks to share with you this issue.

Firstly, we would like to present 'Individual Journeys' acrylic on canvas by Tara Freeburn, to acknowledge that although we all have a shared collective experience, everyone's individual journey within that shared experience is unique to them.

We present 'Women and Wolf', acrylic on canvas by Rebecca Bryant for those who were separated from their familiars during these turbulent times. There is nothing so pure as the love from an animal.

For those of you who have not had time to go see your hairdresser, we present 'I Asked My Hairdresser for Something New', oil on canvas by Lucy Car.

And to celebrate the change in government and hopes for a greener future, we present 'Gaia Dreamer' mixed media by Beau Ravn. It is during these glimmers of hope that we allow ourselves to dream big.

Serpentine's flood recovery has been supported by the Australian Government's Regional Arts Fund which supports the arts in regional and remote Australia. For this we are grateful, and we would like to thank Arts Northern Rivers for the much-needed support and funds to rebuild.



'Woman and Wolf' by Rebecca Bryant



'Individual Journey' by Tara Freeburn

We know how difficult it can be to prioritise our art practices in times like these, but we need our creative outlets more than ever. Keep creating.

All the best from the Serpentine team.

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A moment 4

by S Sorrensen

Yahoo! Yippee! A change of government! Pop the champers! Plant a tree! Roll a big one! Feel the teal zeal! Let's dance! (I have some bebop jazz I could slap on the turntable.) It's a great day for Australia! Blah, blah, blah...

I don't buy it. Well, I'm reluctant; let's put it that way.

Sure, I am having a wee drop of Tamberlaine organic shiraz – that's not something I do every day. (Usually, it's Farm Hand or that French stuff.) But I'm not celebrating; I'm just, like, drinking.

My ex reckons I drink because I'm in avoidance. Yep. She's got it. Smart woman.

I'm definitely not celebrating that a little over half the population thinks that Morrison was a dick (two-party preferred). What it means is that just a little under half of Australia thought that Morrison wasn't a dick. Or, at least, a dick that should retain power. That's not heartening.

I promised myself long ago not to get emotionally involved in elections. You just get your heart broken, either by your team not winning or, more tragically, by your team winning and... nothing changes. It's like the Tour de France: riders take turns leading the pack, but everyone is heading in the same direction.

The last time I got emotionally involved, I was devast... oh, but that was not an election.

So, I'm listening to the rain, not Coltrane. Actually, that's not true. I'm listening to a lack of rain. It's startling because I haven't heard a lack of rain for so long. Can you actually hear a lack? Yes, it's loud on the roof today. And it deafens me in politics.

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Big Rob

Revenge of the Loon

by Laurie Axtens

Young Robert was well-dressed, candid and diligent. A loner, a bit timid, but openly respectful.

Then I presume some insult or sudden rebuke changed all that. The hush puppies were replaced by thongs; his slacks, striped shirt and tie were replaced by stubbies and a provocative t-shirt; and grooming was abolished from his personal routine forever.

The transformation was profound. He moved to the Northern Rivers, officially changed his name to his nickname, Big Rob, and opened a small business. This brought him into conflict with council because, as any small business operators will tell you, council often places imposts and requirements that make opening and running a business onerous.

Big had a number of legal accreditations and had always had a strong interest in the minutia of legal matters; an eye for i's that aren't dotted, and a temper for t's that aren't



crossed. This all happened just as social media was taking off, and Big found it easy to provide himself with a platform for his strong opinions.

For apart from an eye for detail, Big held strong opinions regarding 'biggering' mostly (more on this later) and a dislike for identity politics; women's issues, indigenous land claims, alternative lifestyles etc.

As you can imagine in the Northern Rivers, this brought him into more and more conflict and from the relative safety of social media;

he thrived on this, building a small but avid following and an equally avid group of loathers. Finally he was getting the attention that his diligence and candour deserved. He ran for office, any office going, and at the most recent Lismore City Council election he was elected.

Now it might not seem like it, but this column is endeavouring to find the common ground where Big and I intersect; and where Big deserves positive reinforcement for endeavouring to do the right thing. Big's commitment to reclaiming and re-opening the free swimming pool in South Lismore is one of those things. A commitment that led former mayor Smith to place an AVO out against him... this I applaud... not the methods but the intent. Big and I are both iconoclasts with little time for identity politics.

I also think we should, if not respect, at least acknowledge that Big is intelligent and hard-working. Rumour is he only sleeps four hours and is already making council workers answer a tsunami of councillor requests – holding them to account not just for present decisions but opening a 'hub' for retrospective

critique. Transparent governance has never had such a ferret.

Obviously I'm opposed to the 'biggering' proposed by Big, ie the biggering which is the Dunoon Dam, the Nimbin pipeline and the biggering of the Lismore levee bank. They're simply stupid ideas that have long been discounted and discredited. Even on these matters Big will be the grain of grit around which the community will wrap a pearl of wisdom that will stop those stupidities from happening.

All this aside, Big can help us with other things, many other things. If council isn't mowing your parklands adequately, if they're not fixing your potholes, bubblers or dealing with storm drains and back flow, Big will badger them like no councillor before. We can and should bring the bludgeon which is Big into play; to making our civil society more productive and more civil.

To contact him and I strongly encourage you to do so on all matters (he will bring controversial, even revolutionary motions before council) – his phone number is 0414-347-771 and you can send him emails at: big.rob@lismore.nsw.gov.au

New lights at the end of the tunnel 2

Shapeshifting

by Anand Gandharva

When someone dies, has a near death experience, Out-Of-Body trip (OBE), is a great mediator or a very experienced druggie, one sees a bright light. There is more to it than that. Not only do people see the light, they also accumulate precious chemicals in their Third Eye.

Crazy as it sounds, human bodies transport many magic chemicals to their Third Eye at passing. Autopsies prove it. Like a plane can't fly without fuel. Is that for the spirit body?

How come the Egyptians knew about Third Eyes? About lotus flower power? It is only a tiny organ somewhere in the middle of the brain.

How did natives in the Amazon Rainforests know how to combine natural ingredients to enter alternative realities? It is not something that is obvious, but takes very specific knowledge and an impossible amount of ingredient mixing.

Even if one rejects extra-terrestrials as implausible, there remains the question why people are here. One may dismiss UFOs, and explain consciousness from evolution, comet strikes and DNA, but still wonder what our purpose is.

Why a brain and a heart? The brain tells us we have to survive at any cost,

while the heart feels compassion, even can become poetic at the sight of raw nature, mountains and valleys, rivers and rain, trees and shrubbery. Why?

What is our mission on Earth? Is there an afterlife, or is that a superstitious feel-good story?

Old scriptures promise eternal life for those who do not sin (act like beasts). A divine reason to behave on this temporary mortal coil, and 'be angelic'. 'God' and angels bestowed life and wisdom on humans, not as a privilege but a test.

When one dies or tries, one sees a light at the end of a tunnel.

It may not be a pharmaceutical body function, God, or relatives who wait for you. It could be aliens at the heart of the Milky Way. A much older civilisation that perfects personalities by growing them. It is possible. One sees and experiences how one lived.

Yes, it sounds terribly human-centric, but provides a code how to behave.

To unravel this, let's look at the universe. It is immensely big so no divine being can possibly keep track of individual consciousnesses. Well,

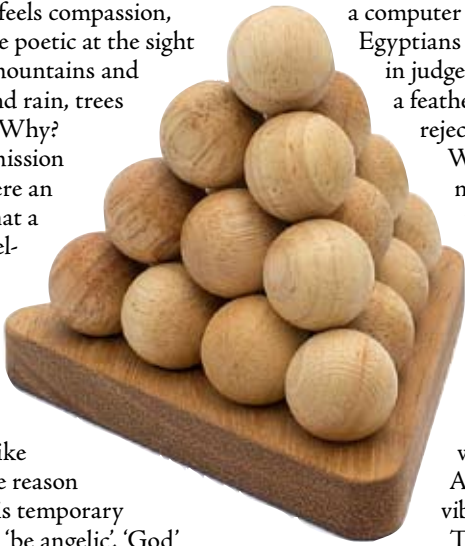
a computer can, and oneself. Egyptians held the heart/spirit in judgement: lighter than a feather is OK, the rest is rejected.

We also know that matter is solidified vibration, and that most of the human body, and anything else, is empty space that hangs together in harmonies. Our solid selves are no bigger than fly shit, a spec weighing many kilos. And even that mass is vibration, illusion.

The secret to this life is simple: life is a projector. You see your own projections. If you are cruel to others, you will be cruel to yourself. What you see, is what you get.

Another conclusion: life is eternal. The network of transported chemicals in the third eye proves it. Why else would the body summon up this to a special chamber? It makes one experience trillions of cells and atoms as one being. You depart as a spirit.

If heavy from guilt, you descend in the earth to try again in new form; if in harmony between logic and caring you are light, go up, up and away to the next form, whatever that is. The sun, a galaxy? It gives another reason to choose wisely.



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The Trial of Julian Assange: A Story of Persecution

by Nils Melzer, Reviewed by John Jiggins

Nils Melzer is the UN Special Rapporteur on Torture. His recently released book on the Assange extradition, *The Trial of Julian Assange*, is a brave and important work.

He began investigating the various prosecutions of Julian Assange in 2019. The most detailed exposition of the evidence in the various trials surrounding the Australian publisher, *The Trial of Julian Assange* corrects the mainstream media narrative substantially.

Initially, Nils Melzer had declined to get involved in the Assange case because he too believed the mainstream media narrative that presented Assange as a spy, a rapist, and a narcissist. But in 2019, Assange’s lawyers warned him that the situation for Assange was becoming critical.

After visiting Assange in prison, Melzer began to see the case for what it was: a story of political persecution: Julian Assange was being arbitrarily punished for having publicised the dirty secrets of the powerful.

Due to his prosecution by several states that had resulted in his prolonged containment, first in the Ecuadorian Embassy, then in Belmarsh prison, Assange had experienced a progressively intensifying state of mental

and emotional distress that amounted to psychological torture.

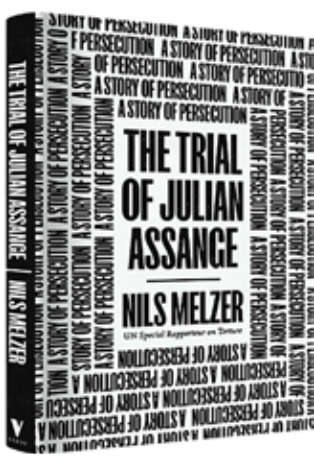
As Melzer writes in his introduction:

“I write this book because, when investigating the case of Julian Assange, I came across compelling evidence of political persecution and gross judicial arbitrariness, as well as of deliberate torture and ill-treatment.”

The governments concerned – Sweden, the UK, and the USA – refused to co-operate with Melzer’s investigation. His well-written letters about human rights, the rule of law, proportionality, and the presumption of innocence were treated with an indifference scarcely indistinguishable from contempt that displayed imperial scorn for his United Nations’ mandate.

Fearing his silence would be tantamount to complicity in the cover-up of serious crimes – both those exposed by Assange and those committed against him – Melzer decided he had to write this book. This was a highly unusual action, but he felt a fundamental freedom, the freedom of information, was being deliberately suppressed, while those in power were torturing a dissident for releasing evidence of their war crimes.

As UN Special Rapporteur on Torture, Melzer believed his mandate was to the



people, not to powerful states. He writes:

“This is especially true when it comes to the practice of torture and abuse, when our fundamental freedoms of expression, of the press, and of information are being suppressed, and when those in power claim impunity for corruption and the most serious crimes. So, I suppose, in a way, by writing this book, I have become a whistleblower myself.”

As Melzer’s investigation continued, it revealed rampant legal abuses by the states involved: Assange has faced grave and systematic due process violations, judicial bias, and manipulated evidence in both the UK and Sweden.

The multi-lingual Melzer has two chapters, Swedish Judicial Persecution and Anglo-Swedish Extradition Trial, exposing the legal charade behind the (non-existent!) rape charges that

the mainstream media continually used to blacken Assange’s name.

Despite endless tabloid headlines about rape charges, in nine years the Swedish case never advanced beyond being a ‘preliminary investigation’, and there were never any charges. The Swedish prosecutors seemed singularly disinterested in interviewing Assange or resolving the case in court, apparently because they feared they would lose. The Assange ‘preliminary investigation’ holds the record for the longest preliminary investigation in Swedish history.

Shortly before Assange left for Sweden, US intelligence consulting firm Stratford had outlined the strategy for US allies to adopt with Assange:

“Pile on. Move him from country to country to face various charges for the next 25 years. But, seize everything he and his family own, to include every person linked to Wiki.”

So when two women approached the Swedish police to get Assange to have an STD test, the rape narrative was quickly imposed. Melzer devotes a substantial part of the book to his examination of the Swedish rape narrative and his language skills, his fluency in Swedish, coupled with his authority as a UN Special Rapporteur to obtain evidence about the Swedish prosecutorial process, make

Melzer’s conclusion damning. The Swedish Prosecution Authority never pursued justice or the law – neither for Assange, nor the two women, writes Melzer: “All three were instrumentalised by the authorities for the purpose of political persecution and deterrence.”

Melzer speculates that the Swedish reason for discrediting Assange was that Assange was investigating setting up WikiLeaks in Sweden, naively believing Sweden was an independent country, when it wasn’t. Swedish independence was only window-dressing for the Swedish population; beneath its surface ‘independence’, Sweden was deeply integrated into NATO. The Swedish deep state were aware Assange’s plans to establish WikiLeaks in Sweden would draw major US disapproval!

Twelve years later, ‘Pile-on’ remains the strategy of the US and its allies. This death by a thousand court cases will grind remorselessly on until the Australian people protest about the shameful way we have abandoned our fellow citizen.

For independent media, the case of Julian Assange sets a chilling precedent as numerous journalist organisations such as the Independent Consortium of Journalists, Journalists without Borders, the UK National Union of Journalists,

and the Australian MEAA, all affirm. As Melzer reminds us, when telling the truth becomes a crime, we will all be living in a tyranny.

We are on the edge of that precipice now. The incarceration of Julian Assange for revealing war crimes is the most crucial judicial scandal of this century.

Before they silenced him by locking him away in Belmarsh Prison - *when he had a voice!* - Julian Assange used to say that courage is contagious. As horrible as the story of the persecution of Julian Assange is, the bravery of Melzer, his decision to stand with Assange, knowing the likely consequences, as Julian Assange also knew, demonstrates that courage remains infectious, even when the powerful most wantonly display their bottomless malevolence.

As Melzer concludes.

“Even in the darkest room, the light of a single candle is enough to enable everyone to see. Julian Assange has lit such a candle with his work. He has exposed war crimes, abuse and corruption that has been concealed behind a curtain of secrecy. It was only a brief glimpse behind the curtain, but sometimes one glimpse is enough to change our whole world view. We now know that this curtain of secrecy exists and that a parallel world of dirty secrets lies behind it.”



by Rosalie Shearer, Rainbow Power Co.

Here at Rainbow Power Company, we do a number of things that may not be as obvious as our main purpose, which is to provide the community with great quality solar products and services.

One of these lesser-known activities, that remains a vital part of our commitment to serving our community, is through maintaining high standards of privacy protection when handling the personal information of our valued customers and clients.

In this digital age where more of our day-to-day lives are

taking place online, for work, study, shopping and socialising, it is crucial for individuals to safeguard their personal information by prioritising good privacy practices, and deal with websites and organisations that they can trust to handle their personal details with integrity and care.

In conjunction with Privacy Awareness Week, which is an annual, international campaign that ran from 2nd to 8th May 2022 aiming to raise awareness of the privacy rights of individuals, we wanted to share some practical tips that will empower you to take control of your personal information and establish healthy

privacy habits.

1. Protect your accounts by using strong passwords, multi-factor authentication, or passphrases when online. Even though it can be difficult to remember, it is important not to use the same password for all of your accounts. Make your passwords complex with a mix of upper- and lower-case characters and include numbers and symbols. Using a secure on-line password manager such as Bitwarden can be a good way to keep track of all those complex passwords and store them safely in one place.

Multi-factor authentication (MFA) is a security measure that requires two or more

proofs of identity to grant you access, typically a combination of something you know (pin or secret question), something you have (card or token), or something you are (fingerprint or other biometric). MFA offers significantly more powerful security and protection for your personal information.

Passphrases are another great way to improve your cyber security and are made up of four or more random words. They are longer than a traditional password which makes them harder to guess, but often people find them easier to remember.

2. Beware of phishing! Phishing is a way that criminals try and steal your confidential information such as online banking logins, credit card details and other account passwords. They often pretend to be from a person or organisation you trust and send deceiving messages via email, SMS, instant messaging trying to lure you into their scam and give away your valuable personal information. If it seems unusual or out of the blue in any way, find an alternative way to contact the person or organisation and verify the source. If it feels fishy, it might be phishing.

3. Use free Wi-Fi with caution and check to see if the site is secure before entering personal information. Most free public Wi-Fi networks have very few security measures in place, which means your activity could be easily

accessed by others using the same network. You should wait until you’re at home or on a secure password-protected network before you do things like on-line shopping with a credit card.

Before entering personal information into a website, check the link in the address bar of your browser, and if it begins with https (as opposed to http), and a closed padlock symbol it means the site is secure. When shopping on-line, always try to use a secure payment service like PayPal or BPay, or your credit card, and not debit cards or bank transfers, as these are at greater risk of someone being able to hack your information.

4. Finally, it may seem obvious but make sure you keep all your devices current with the latest software updates, as these often include measures which help to keep your devices free from security holes. Seek out reputable anti-virus software that can detect and protect you from malware and spyware and perform regular back-ups so you don’t lose your personal information if something goes wrong.

If you would like any more information about Cybersecurity or Privacy Protection, visit Australian Cyber Security Centre (ACSC) at: <https://www.cyber.gov.au> or Office of the Australian Information Commissioner (OAIC) at: <https://www.oaic.gov.au> for more great online privacy advice.



Nimbin Garden Club notes

Garden visit re-scheduled

by Peter Brooker

We are 147 days into the year and we have had 25 days of sunshine. I think I speak for most, if not all, Nimbin Garden Club members when I say we have had enough rain and we are now officially over it.

The ground is sodden and unable to absorb any more water. The soil has turned to mud and if you walk across once lush lawns you leave muddy footprints on the grass as you slosh your way to the orange or lemon trees.

All around are ruined gardens, weedy paddocks, luminous mould and car-destroying roads.

Amid all this gloom and doom however, we

find at least three uplifting and encouraging truths. We are alive, the rain will stop one day and this month's article is mercifully short.

The better news of course is we haven't missed out on Sue and Pauline's garden because we will still be going to see it.

So wash off your gummies, find your discarded sunglasses, get out that sun hat and we shall meet again at Lot 33 Jarlanbah, 78 Cecil Street on 18th June.

Make sure you wear a name tag so we can recognise each other and bring a cup, a chair and something to share.

Visitors, newcomers and lapsed members are all welcome to attend and either join the club or pay \$2 to cover insurance.

Impressive floral displays



by Mary Constable

Kyogle Garden Club has held its Flower & Foliage Spectacular, and despite the recent flooding and on-going Covid concerns, it was a great success.

Club members provided a marvelous variety of flowers and foliage, which were used in arrangements and as part of the main display.

This year, the display was based on a dry riverbed, done with stones and set off with plants like Cycads, Bromeliads, Cacti and other

rare plants.

The Garden Club plant sales went very well and we would like to thank members for bringing in such a variety of healthy plants.

We also introduced a large seedlings table which created a lot of interest.

There were also a number of outside stallholders who had visitors taking home boxes of plants.

Visitors came from all over the area, with some from Bethania and Chapel Hill, in Queensland.

Garden Clubs were also well represented from Lismore, Grafton, Bonalbo, Murwillumbah and Peachester.

The event was supported again by St Brigid's Parents Forum who provided delicious morning teas and lunches.

A very busy but rewarding two days!

Plans are already on the drawing board for next year, with 21st and 22nd April being the proposed dates, so if you missed this year put it on your calendar for 2023.



by Peter Moyle

The wet weather continues and the forecast is not looking good for the next few months. This is causing havoc with our schedule, with quite a few walks in National Parks closed and access to those open restricted.

Keeping in mind the safety of walkers, finding interesting and varied walks has been difficult. We have found some high ground that tends to be firmer and out of the mud.

A few weeks back we were fortunate to have a glorious day after a week of rain and tackled Goonengerry National Park.

Bushwalkers seek higher ground

Being on top of the escarpment gave us sure footing, and the creeks and rainforest were at their best.

This is a lovely area with some off-track areas as well as the fire trails. It can be very popular, but on our visit we had the park to ourselves.

If new members and visitors are interested in a walk, contact the walk leader who will advise of conditions and sometimes late changes.

Walks program

Sunday 12th June
Christies Creek between Burringbar and Murwillumbah

Leader: Mark Osberg 0408-113-125

Grade: 4. 10km walking up fire trails before some off track and along creek beds. The creek walk is special and a highlight. Will be at its best after the wet season.

Meet: 9.15 am Burringbar Train Station Park where we will carpool to the start. Ring Mark for more details and to register. Good walking shoes/boots needed as well as the usual, lunch hat and lunch.

Sunday 26th June
Byron Bay Lighthouse by train

Leader: Peter Spearritt 0421-055-292

Meet: 9.30am at the North Beach Station, Bayshore Drive, near the Sun Bistro, allowing time to park (no cost) and purchase our train tickets, \$4 each way, for the 10am solar train departure. Alighting from the train, we will walk to the Lighthouse via Wategos Beach (some steep sections) returning via the Tallows Ridge Track, in time to catch the 15.15 train back to our vehicles. Approx. 10-kilometre walk. Bring lunch and water. Coffee and ice cream at the Lighthouse Cafe.

Sunday 10th July
Rocky Creek Dam – the full circuit

Leader: Peter Moyle 0412-656-498

Meet: at Rocky Creek Dam Picnic Area at 9am. We will follow the tracks we did at the AGM before continuing into 'The Big Scrub' in the Nightcap National Park. On tracks, but as usual some can be uneven and slippery. Good walking shoes/boots needed as well as water and lunch. A nice after-walk get-together at the picnic area.

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Healing

by Suzy Maloney

There are so many facets to healing, and for it to occur a holistic approach that addresses all of these is likely to be more effective. The different facets of healing I'm talking about are physiological, mental, emotional, experiential and environmental. Where horses are concerned, just as with humans, all these facets need to be looked at concurrently, but for simplification I will address each individually.

Physiological – If the situation is serious always call a vet first. If of a lesser degree we can help the horses ourselves. Sometimes an issue will be obvious, such as a lump or wound. At other times horses may have a pain or problem in their body that is not visible, and of course they are unable to tell us with words. The way they indicate that all is not well is behaviourally. Whenever a horse has a change in behaviour the first place to look is the body. Nothing else you do will have any effect if the horse is in pain.

Checking vital signs is easy and can let you know immediately if there is a serious situation. It's good to know what is 'normal' for your horse, as each is slightly different, as then you'll know when there's a change. Taking their signs when they're well is great practice plus establishes the baseline. A horse's resting signs are as follows – rectal temperature 37 – 38.5 C, respiratory rate 10 – 24 breaths/min, heart rate 28 – 44 beats/min and gums pink, moist with capillary refill less than two seconds.

If any of these signs are outside normal range, call your vet. If not, help your horse in whatever way is appropriate, eg antiseptic spray, Rapigel etc then wait and watch. Horses are incredible self-healers and, in most situations, will deal with whatever is happening themselves. Observe your horse to see if they're improving, if so great, if not and it's worsening, or if you're unsure, then again, call the vet.

Mental – For a horse to be mentally happy, they need a herd. The herd is one of the most important things for horses. The herd is the structure that a horse is



programmed to live inside. Without it horses can develop troublesome mental states expressed as stereotypic behaviours (cribbing, weaving etc.) and depression. Horses are capable of suffering from all the same mental health issues that humans do such as anxiety and depression.

The other major mental health problem that horses have is humans. Horses can develop severe mental health problems when handled violently, with confusing messages and inconsistencies and by humans who don't understand their perspective. Handling wild born brumbies that have not been mentally influenced by humans has shown me exactly what happens to a horse's mind after a life of human interaction.

It's quite an eye opener as to what we do to horses when we interact with them. By always asking the question, "How would this be from a horse's perspective?" we have a better chance of understanding their reality as opposed to inflicting our own on them. With the result being a more mentally healthy horse.

Experiential – I introduced this topic in the previous section, here we will look deeper. Every experience a horse has will shape them. From the moment they are born they are absorbing, just like human babies. It's a wonderful thing to meet a dog or a horse that has never had a negative experience with a human. Unfortunately, this is a special and rare occurrence.

Most domestic animals carry baggage that we have put there. When we are interacting with horses, we can be aware of this and look for areas where a horse is fearful or lacking trust and move toward helping to heal these areas.

All handling can go under the word training, horses are constantly learning from us, whether we intend them to or not. Having the attitude that we are doing the training to benefit the horse removes any personal agenda we have, such as time constrictions or how the end result should look. Ultimately each and every horse is

different, and our interactions with them need to respect this uniqueness, not try and force them to conform to some picture we have in our heads.

If we try our best to ensure that our own handling doesn't add more problems to what is already there, that is a gift to the horse. Removing the standard instruments of pain such as bits, whips and spurs is a great place to start and motivates us to look at other ways of communicating with horses besides the traditional methods of creating pain and discomfort.

Environmental – This is a huge one and is often not given the weight it deserves for domestic animals. For exotic animals kept in zoos an enriching environment is of paramount importance for them to be happy and healthy and live a long life. It's the same for horses, even though they've been domesticated. They still gain huge health benefits, both physically and mentally, when in a natural and enriched environment.

The practice of separating horses into small paddocks may be doing great harm to horses (exceptions are those who must be for medical reasons). Horses flourish when in a large interesting paddock not divided by fences and with a herd.

I have a horse in my herd now who has a club foot and chronic swollen knee. His people have always kept him in small flat paddocks to look after his knee, but he still went lame every month or so. Circumstances led to him coming to my property, where he lives in a large paddock in a herd with a massive hill that they run up and down, uneven ground, trees everywhere and lots of different micro-environments.

He has been here over a year now and not once has his knee flared up, and he even stands square now. This result was not expected by any of us, not even me, and is great example of the healing properties of a naturally enriching environment. Sometimes we look after our horses too much.

There is so much more I could say on this topic, but it would turn into a book. I invite you to explore these topics yourself, and look to your horses, as they will tell you what they need if you are listening.

Contact Suzy Maloney at:
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www.happyhorsesbitless.com

La Nina woes



by Les Rees

After all we've been through during the last two years, it has been wonderful to know that there are at least some positive changes on the way. Many have been driven to into the depths of despair caused by isolation, lack of political empathy and the tragedy of losing their homes. The list goes on...

As I write this, it is the day after the election and I'm feeling elated, and I realise that this is something that hasn't

happened in a long time. I'm sure that there are many feeling the same way because now there is a ray of hope for the future.

One certain point is that it isn't just the human animals that suffer from depression, other animals do too which is the reason I dedicate a lot of time to be with mine.

Our horses are really fed up with the relentless rainfall and choose to spend their time in the stables. I'm sure they're not happy, but they do appreciate all that we're doing for them. I'm finding that it helps to spend some time with each of them as I don't like to feed and leave immediately.

Giving them some of your time and attention can offer so much more to brighten up an otherwise tedious day. Grooming and massage helps relaxation and has the added bonus of increasing blood flow around the body and I'm finding that my horses are very appreciative often spending time gently licking me. It's a

two-way communication which is particularly gratifying.

It has been suggested that the La Nina is weakening its hold in a few weeks, so hopefully we can begin to get back to normal conditions soon. People are sick of wading through boggy paddocks to feed their animals, many of which have been adversely affected going through extreme suffering from rain related diseases and lack of feed.

Mud fever and rain scald are caused by a bacterium (*Dermatophilus congolensis*) which attacks skin that has been constantly wet during prolonged rain spells. Horses bite the skin in an attempt to alleviate their itchy skin, causing damage leaving it susceptible and open to subsequent infection from ectoparasites.

Unfortunately, many horses have developed chronic mud fever, causing cellulitis and inflammation of the lower legs and/or lymphangitis which can affect the whole leg.

It's important to move the horses to drier ground with shelter if possible and remove any mud on the legs daily. It's

also important to ensure that rugs are clean and not causing the horses to sweat under them as it can further exacerbate problems for equines with culicoides hypersensitivity that causes Queensland itch.

Feeding is also an important factor, as horses need plenty of roughage in their diet along with adequate mineral supplements. A good herbal option is seaweed and I also add apple cider vinegar and linseed oil to their diet.

There is much talk concerning treatments for rain scald and mud fever, most of which are topical treatments, but it's also important to treat internally as well. The herbal solution involves a treatment plan that helps the body to regain balance by using a medication made up with a selection of herbs that have multiple actions specifically aimed at immune, circulatory and herbal anti-biotic solutions.

This works in tandem with a topical herbal treatment cream. I'm sure we're all in agreement in hoping that the La Nina breaks soon. Keep yourselves and your animals safe.

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