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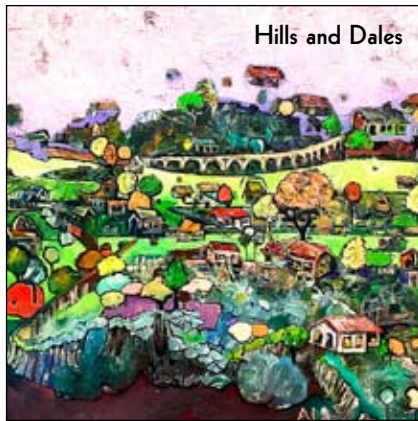
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Behind the scenes at Nimbin Artists Gallery



by Tonia Hayes

There are many artist galleries in the world, but most have austere corridors and impressive walls hung with impressive creative art, where, similar to libraries, one is inclined to keep one's voice to minimum decibels.

The Nimbin Artists Gallery is a cosy room, where one feels immediately at home and with the time and inclination available, could spend hours looking at a plethora of creative imagination, mostly executed within 40kms of Nimbin.

In this friendly place, loud expletives of awe for the amazing local talent are encouraged by the volunteers, who spend many passionate hours in keeping the gallery clean and interesting.

On a monthly basis, these volunteers come together with the glow of eternal youth in their eyes and hearts, because, let's face it, in order to appreciate creative imagination, one must have



eternal youth springing forever in one's heart.

With strong legs that come from many years of keeping nature under control in their gardens, volunteers precariously hang off ladders to move art pieces in order to hang others, while other volunteers (many of them artists) stand below with looks of fierce concentration.

This is to make sure that not only is the piece hung with mathematical precision, but that it is the perfect position for the art piece to be at its most attractive.

And then there is the bookwork: receipts to write – a record of the sale, so that the artist who took so much time to create the piece just bought, receives their commission. Red books for recording sales, blue books for comments. Posters, advertisements, financial records.

One always has the potential of



learning a new skill when one volunteers at the Nimbin Artists Gallery and it is definitely a fun place to be.

Below is a personal rendition by our artist of the month Peter Aland of the things that stimulate this artist's creative imagination:

I paint responding to life's confusions and solutions.

I sit painting most days allowing thoughts and feelings to arise and cease automatically, responding with colour choices and brush mark patterns, allowing the images to emerge.

Happy Landscapes began to appear during lockdown as a deliberate process, only to become darker during the floods. I intentionally finished this series bright.

I paint with the aspiration for a peaceful content environment, inner and outer. I hope the people who come to see my paintings find fun and humour and leave with a smile and/or a unique original painting.

Clay Sisters at Blue Knob Solo Space



Ali Walker,
Tomoko Hautzager



Genevieve Davies



'The Very Hungry Caterpillar' by
Amanda Doran (Paper Clay)

The Clay Sisters are five women who teach at the Blue Knob Ceramic Studio.

The Studio opened in 2016, run by founding member Heather Kimber, and continues to run as a popular learning experience for the novice and experienced potter.

These five women, Heather Kimber, Genevieve Davies, Ali Walker, Cathryn Binstead and Tomoko Houtzager, have given their time teaching as volunteers over the last four years. This exhibition, 'Ten Green Bottles' is about friendship and a playful compilation of ceramics.

Heather's passion was always to open a ceramic studio available to the community. Her love of ceramics and that creative joy has been fully realised by being a part of this space, with this wonderful group of women.

Ali – A serendipitous move in 2016 led her to BKCS and to clay sister number one, Heather Kimber. Since then she fell in love once more with clay, especially wild clay and feels blessed to be a clay sister.

Tomo – started her pottery journey for the first time with Heather when BKCS opened its doors. Her pottery experience has been wonderful and profound, and sometimes challenging. She also feels blessed to have the support of her amazing clay sisters.

Cathryn – After a long absence from pottery, happened upon the BKCS when they moved to the area five years ago. Rediscovering her love for working with clay as a student at the ceramic studio, she was invited to become the fifth clay sister. Together they share the joys of "happy accidents" and commiserate on the not-so-happy ones.

Genevieve Davies – has a lifelong love of clay and enjoys working with people, and is privileged to be part of the clay sisters, giving people the opportunity to express themselves through clay.

Christine Wynyard – As an 'honorary clay sister' she has witnessed the dedication these women have to their craft, exploring their creativity, and experience to those who come along and sharing a creative life. Is the bottle

half full or half empty? We think there is just enough.

Earth's Treasures

This members and artists exhibition reflects the treasures that are lost, the treasures that are wondrous and beautiful to each of our eyes and hearts; or a personal treasure that may have come to us from the Earth's bounties.

Artists have given this theme some thought and produced works that cover everything from the real to the imagined. Amanda Doran's piece takes us to the world of childhood stories that we grew up with, that explore the nature of the world and the wonder of it all.

The Opening for both of these exhibitions will be held on Sunday 16th October from 2.30 to 4.30pm.

Blue Knob Café & Gallery is open from 9.30am Thursday to Sunday with meals available until 2pm, and coffee and cake available until 3pm, with a regular menu and specials. Phone 6689-7116, email: bkhgallery@harbourisp.net.au

EMERGING BLACK ARTISTS AT ROXY



Theresa Bolt

by Ruth Tsimbinis

The Roxy Gallery has been working alongside Arts Northern Rivers to support and host an exhibition by emerging Aboriginal artists living in the Northern Rivers region.

Through this exhibition, the Roxy Gallery hopes to provide people with a broader insight into the creative talents of the artists on show.

Artist Jai Walker, who first exhibited at the Roxy Gallery in 2003 has gone on to hold his own solo exhibition at Boomalli in Sydney.

Artists Margaret Torrens and Janelle Duncan recently created a work with the Casino Wake Up Time group, titled 'Slumber Party'



Jenny Fraser

that was shown at the 2022 Sydney Biennale, taking their fibre and printmaking talents to a new level.

The artists involved in this exhibition are producing works in a variety of mediums from painting, ceramics, fibre and textiles along with works in the printed form of block prints, screen-printing and film and screen media.

The works in this exhibition are contemporary and draw upon some traditional elements of local Aboriginal art styles and storytelling.

The official opening of this exhibition will take place on Saturday 15th October from 1pm to 3pm, where



Margaret Torrens

members of the public will have an opportunity to meet the artists.

Day of the Dead

On Sunday 30th October join us at the Roxy Gallery to mark *Dia de los Muertos* (Day of the Dead ceremony) from 2pm to 4pm.

In the gathering spirit, Jenny Fraser will be curating a Solid Screening of Indigenous short films.

Let us have a yarn and raise a glass in joyful tribute of our loved ones in the spirit world.

Jenny asks that you get into the spirit of this event by coming dressed for a spooky Mexico Style event and bring along some flowers. There will be prizes for the best dressed.

Art on Bundjalung Market in Kyogle

by Ingrid Wilson

The Art on Bundjalung Market is coming to Stratheden Street, Kyogle from 9am 'til 3pm on Saturday 22nd October.

Celebrating the creative cultural heritage of the Bundjalung region, the event features hand-made arts and crafts by established and emerging artists and collectives who are working with traditional and contemporary materials including weaving, ceramics, carving, photography, painting, and textiles.

Art on Bundjalung Market is an opportunity to see, experience and purchase incredible work being produced by artists of the Bundjalung region, and offers a unique chance to 'meet the makers', hear their stories and share their culture.

Beginning with a Welcome to Country, the event will also present local music, dance, and cultural family activities. The cultural program



Photo: Kate Holmes

and the development of on-going opportunities.

Art on Bundjalung Market is presented by Arts Northern Rivers, the peak arts organisation for the region that works to deliver services and projects that foster artistic innovation and excellence to ensure access and engagement with arts and cultural activity.

Jane Fuller, Arts Northern Rivers Executive Director said: "The overwhelming success of the delivered Art on Bundjalung Market events in Lismore have proved the importance of continuing to deliver this event to our community.

"A joyous day of immersing ourselves as a collective community in the incredible cultural offerings of our Bundjalung creatives and artisans, this is a highlight on the Northern Rivers calendar."

For more information, visit: artonbundjalung.com

Test your metal

by Nyree L Smith

To celebrate the coming of a new season of classes, I'm offering two half-price tickets for my 6th November Sculptural Metalworking class, available for Nimbin and surrounding village locals.

I get a lot of people coming to my classes from the larger coastal areas, even as far as Coffs Harbour. I really want to encourage, and make more possible, this amazing craft for local residents.

To learn to weld and make metalwork is expensive, and opportunities are scarce. I hope this will make someone's day and open up this new world to them.

In the class we explore various metal fixing and forming techniques, including welding and shape forming.

It's lots of fun and you get to take home your own piece of garden art made from recycled metal materials and objects.

It's all to exercise your creativity and to gain new skills. For more details, visit: www.smithart.com.au

Email me at: nyree@smith.com.au for the discount code, first in best dressed!



Nyree with recent artwork, part of the Gateway to Cape York Sculpture Park project, Lakeland Qld. Made in collaboration with Alison Allcock, concept by Roseanne Gordon and the Guugu Yimithirr Warra people of Hope Vale, Far North Qld.

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Nimbin's new Wolf and Lamb Vegan restaurant well received

by EaLa

"The wolf and the lamb shall graze together; the lion shall eat straw like the ox, and dust shall be the serpent's food. They shall not hurt or destroy in all my holy mountain," says the Lord. –
Isaiah 11:6 ESV / 13

Wolf and Lamb Vegan is officially open! Marijonas Vikelis-Curas (Mari) states that the name Wolf and Lamb is a proclamation that a day or a time will come when the wolf and the lamb will be at peace. You may ask, how could the wolf ever be a vegetarian? Mari goes on to say, "We have to look at the harshness and violence of nature, like a lion ripping out the throat of a gazelle. Is that beauty or is it an ugliness that has been acquired through human activity? "Has all the blood (proverbially speaking) that has spilled brought about change to animals that were perhaps once vegetarian? Because a vector of suffering and death that enters reality, which perhaps wasn't there in the first place. So when you think upon those lines it opens up a whole vista of how far back do we go, what was our nature and what was the nature of the wolf and the lion etc before the first death and the first suffering entered the earth?" So the wolf and lamb in that sense becomes the meeting of opposites. The lamb has somehow retained its passive nature throughout the generations that it's existed. Mari explains his perspective by saying;



"Imagine sitting on the horizon of eternity, where you can watch and gauge all unfolding existence. And if you sat there with the wolf, it probably looks and acts nothing like what it does at the moment, because as that creature goes through the generations and takes in the poisoning of the death and suffering of the earth; its physiology and psychology changes to embrace that situation, so I believe omnivores and carnivores are born. "I don't think they self-destructed out of their own intent. It was perhaps something they did that made them vulnerable to that situation." Jodie Lee Street and Mari feel that what

they are offering is one tiny purifying creation that aids in the healing of all of existence. Jodie feels a breakthrough is happening now. She states, "so many people are being drawn to purify, as we've all been so tainted and lost so much through suffering. It's a time of huge change internally and externally." But what is purity? Mari believes, it was our status at the beginning of our existence, before we did anything that marred reality. "That's where the purity is, before we did any damage. That's where the wolf is no longer the carnivore. We have since shut down part of our sense of gentleness and

compassion and then we allowed ourselves to become ruthless." The Ashram Wolf and Lamb is a space where people can come to feel like they're safe and that they can trust what they're eating. There is an integrity in the offering, a heart-centred approach to food creation. "While we do what we do, the world has a little bit less death and a little bit less suffering," Mari said. Jodie believes that the synchronous events that brought Mari and her together is that one step closer to bringing heaven on earth. Mari said, "I feel that Jodie and I are not discovering a new path, but rediscovering an old one" MardiGrass was an overwhelming success for the restaurant. Jodie and Mari wish to thank everyone for their love and support thus far. Wolf and Lamb have seen a few changes since last month. Two days after the September article was published; Manny, the Maltese Vegan, decided this venture was not for him. He will continue to serve the community at local markets and through the Nimbin Food Co-op. Mari and Jodie have organically flowed on and will be open Wednesday to Saturday for Lunch 12pm-3pm and Dinner 5pm-8pm. Come in and enjoy a pure and peaceful eating out experience. As Mari says, "Cleanse and renew the earth, do not feed her more death and suffering and she shall yield up her strength to you once again."

Keep banging on The tail that wags the dog

By way of retraction, I need to apologise for promulgating a falsehood. Last month I insinuated that Lismore CBD is as flood prone as North and South Lismore – of course the Lismore CBD is far more flood prone than the previously mentioned suburbs. A flood only needs to be 11 metres before it rips through the central business district, whereas to get into my living space in North it has to be 12.6 metres. Now you have to wonder why I keep banging on about inundation and building back better. I do. It's boring... but the head-in-a-bucket denialism and the continual shovelling of money into a lemon levied hole leaves me pondering how our species isn't extinct. I thought adaptation was synonymous with survival. It's as though the city has committed itself to winning the Darwin Award. A number of corporates are back as a tax dodge and to appear like good corporate citizens: coffee shops, hairdressers, real estate



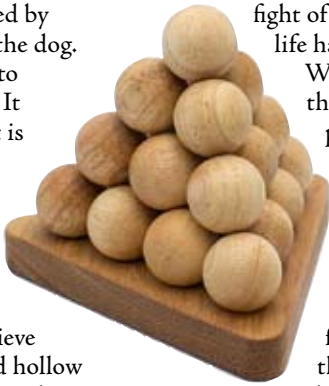
Revenge of the Loon
by Laurie Axtens

agencies are easy-to-move, thread-bare operations – forgivable. The supermarkets' return is a working option because they long since moved upstairs. Why hasn't the entire town followed suit? When we needed to change, we just re-created the same city... exclude the businesses... more than 60% of the shopfronts are empty. And I for one hope for their sake that that one stat remains unchanged. Sleepers wake!

Shapeshifting
by Anand Gandharva

Much grief is caused by opportunism, creating public perceptions by deceitful means, spinning explanations, advertising illusions, or straight-out lying. Used by sly exploiters preying on money, buying behaviour, or votes by gullible people. Confidence tricksters, groomers. Beware of sharks! Being manipulated by devious liars is helped by the majority of humans eating like wolves and selecting the most opportunistic and cruellest as their top dogs. It is totally unnecessary. Taste is a consumer choice. Plants provide protein and all the nourishment one needs. There are herbivore civilisations. After WWII Japan embraced beef, to 'be as strong as the US soldiers that won'. Little did they know the H-bomb was made possible by nerd scientists, like Einstein, a vegan. Are humans naturally predatorial? Evolve by being the most opportune? The current system allows for systematic pollution of Earth, the public estate, in the march for profit. Sly. Out of sight, out of mind. Sustainable? When negative publicity arises, decision makers may be bribed by

'lobbyists', or intimidated by Mafioso: tails wagging the dog. It takes a lot of effort to determine what is best. It is called meritocratic. It is not alone the law of the strongest, competition, it is also cooperation. People serve what produces results. Selection on merit is better than make-believe spin. Yet subterfuge and hollow argument may still win in the contest and marketplace of ideas. To avoid the most opportune predator, humanity has to outlaw predatory acts; not only to punish bad behaviour when caught, but change human values from opportunist 'apex predators' to meritocratic herbivores. Eg, after long debate, it was acknowledged that trade in humans is unethical, demeaning. It led in time to the abolishment of slavery thanks to British influence, and the liberation of all sorts of other discriminated groups from women's votes to disabled ramps. But what about trade in mammals, 'domestication' of those who don't speak one's language and can easily be bullied, fenced in, jailed, used, manipulated and slaughtered? Some people still believe they are superior, that nature is a Darwinian



fight of control, but every conscious life has value in community. We're shielded by society from the Law of the Jungle. Eg, people can tell teachers on schoolyard bullies. The current situation in a plural society, like Australia, is an example of what is to come in equal rights and respect for nature; recognising that humanity is leaving the natural selection era and embracing genetics, evolving from competition 'might is right' to consumer power. The era of genetics shows that mammals are close relations, so that surviving on their tissue is unnecessary, fratricide. The kingdom of plants is emotionally removed. The settling of exoplanets is not right if that means a slaughter of environments, no matter how lucrative. People should not be allowed to travel faster than light if they still act as sly marauders, without any sense of the needs of others. This era has progressed humanity from warring tribes to feuding nations. Time to sue for peace and enter a new age of creative tolerance: Aquarius, the multicultural herbivore Global Village of a Race of Tan.

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Snake bite

by Rob Timmings,
Ozfarmer Australia

3000 snake bites are reported annually in Australia, resulting in 300-500 hospitalisations and 2-3 deaths.

The average time to death is 12 hours. The urban myth that you are bitten in the yard and die before you can walk from your chook pen back to the house is a load of rubbish.

While not new, the management of snakebites (like a flood or fire evacuation plan or CPR) should be refreshed each season.

Let's start with a basic overview. There are five genus of snakes that will harm us (seriously): Browns, Blacks, Adders, Tigers and Taipans.

All snake venom is made up of huge proteins (like egg white). When bitten, a snake injects some venom into the meat of your limb (NOT into your blood).

This venom cannot be absorbed into the blood stream from the bite site. It travels in a fluid transport system in your body called the lymphatic system.

Now this fluid (lymph) is moved differently to blood. Your heart pumps blood around, so even when you are lying dead still, your blood

still circulates around the body. Lymph fluid is different. It moves around with physical muscle movement like bending your arm, bending knees, wriggling fingers and toes, walking, exercise, etc.

Lymph fluid becomes blood after these lymph vessels converge to form one of two large vessels (lymphatic trunks), which are connected to veins at the base of the neck.

Back to the snake bite site. When bitten, the venom has been injected into this lymph fluid (which makes up the bulk of the water in your tissues).

The only way that the venom can get into your blood stream is to be moved from the bite site in the lymphatic vessels. The only way to do this is to physically move the limbs that were bitten.

Stay still! Venom can't move if the victim doesn't move.

In the 1980s, a technique called Pressure Immobilisation Bandaging was developed to further retard venom movement. A firm roll bandage is applied directly over the bite site (don't wash the area) to completely stop venom being transported from lymph vessels toward the blood stream.



Three steps: keep them still; apply a bandage over the bite site to an area about 10cm above and below the bite; then using another elastic roller bandage, apply a firm wrap from Fingers/toes all the way to the armpit/groin.

The bandage needs to be firm, but not so tight that it causes fingers or toes to turn purple or white; about the tension of a sprain bandage. Then splint the limb so the patient can't walk or bend the limb.

Do not cut, incise or suck the venom. Do not EVER use a tourniquet. Don't remove the shirt or pants – just bandage over the top of clothing. Remember, movement (like wriggling out of a shirt or pants) causes venom movement.

Do not try to catch, kill or identify the snake! This is important. In hospital we no longer need to know the type of snake; it doesn't change treatment. Five years ago we

would do a test on the bite, blood or urine to identify the snake so the correct antivenom can be used. But now we don't do this.

Our new antivenom neutralises the venoms of all the five listed snake genus, so it doesn't matter what snake bit the patient. Polyvalent is our one-shot wonder, stocked in all hospitals, so most hospitals no longer stock specific antivenoms.

Australian snakes tend to have three main effects in differing degrees: bleeding internally and bruising; muscle paralysis causing difficulty talking, moving and breathing; and pain. Some snakes cause severe muscle pain in the limb, and days later the bite site can break down forming a nasty wound.

Allergy to snakes is rarer than winning Lotto twice.

Final tip: not all bitten people are envenomated, and only those starting to show the symptoms above are given antivenom.



Murwillumbah main street
Photo: Kyiah Jones

Watch for koalas!

Motorists are urged to take care on the roads, particularly at dawn and dusk, following a horror spate of koala deaths and injuries so far this active season.

Since mid-July, at least 30 koalas have been reported to have been hit by cars or attacked by dogs across the Northern Rivers.

Council is joining Friends of the Koala in urging the community to contain dogs at night and keep a lookout for koalas on their properties and when driving, particularly between dusk and dawn.

Koalas are at their most mobile at this time of year as they actively search for mates and new habitat. However, as their habitat is small and fragmented, koalas are often forced to travel long distances on foot through urbanised areas, where they are at risk of being struck by a vehicle or attacked by a dog.

Friends of the Koala veterinary surgeon Dr Jodie Wakeman said the recent number of vehicle strikes had been unprecedented.

"Sadly, over the past two months Friends of the Koala has tended to 30 koalas across the Northern Rivers that have been hit by a car or attacked by a dog. Four of these were mothers with female baby joeys," Dr Wakeman said.

"Although many of the adults unfortunately sustained fatal injuries, we have managed to save 2 of the joeys that are now recovering in homecare after treatment in hospital.

"While admissions to our hospital and calls to our rescue hotline usually spike between July and December, recent numbers of car hits are unprecedented. We understand accidents happen, but we are urging members of the public to call our rescue hotline on 02 6622-1233 immediately to ensure injured koalas have the best chance of survival."

Council's Biodiversity Projects and Planning Officer Marama Hopkins said the severe impacts on koalas across the Northern Rivers so far this year were reflected on the Tweed.

"Our local rescuers have had a particularly busy start to the season, with eight rescues within eight days in late August in the Tweed," Ms Hopkins said.

"This included a fatal vehicle strike on Terranora Road. Losing yet another koala in this well-known koala zone, particularly a healthy young female, is devastating.

"We need to be aware that koalas can turn up in the strangest of places and where we least expect them and take action as caretakers of our internationally significant environment to pass onto our next generation."

Ms Hopkins said that on Friday 16th September, a koala was spotted climbing a tree in the Murwillumbah CBD – highlighting their mobility at this time of year.

Members of the public can help koalas by:

- Containing dogs at night when koalas are most active.
- Providing safe refuges for koalas in backyards such as a tree or climbing pole.
- Observing koala road signs and driving slowly in known koala areas, taking into account there might be a koala on the road.
- Reporting all koala sightings: sick, injured or distressed koalas immediately to the Friends of the Koala 24/7 rescue hotline on 02 6622-1233.
- Sightings of healthy koalas can be reported at:

friendsofthekoala.org
To find out more about the Tweed's koalas, visit: tweed.nsw.gov.au/koalas

Mercury Retrograde and our animals

by Donna Connolly

We've all heard of and experienced Mercury Retrograde. Have you ever wondered how it impacts our relationships with our Animal Companions?

Mercury Retrograde is actually an optical illusion, from our Earthly perspective, where the planet Mercury seems to be travelling backwards. It happens three to four times a year, lasting for around three weeks at a time.

Mercury governs communication and definitely has an impact on how we give and receive messages, with our pets and people, including miscommunication and misinterpretation.

This period also has a slowing-down quality to it, allowing us to review and re-evaluate situations from a different perspective.

Lessons and situations show up for us, assisting us with deepening our understanding while allowing us to process this new information. These can have a familiar theme or feeling from the past, bringing about lots of Aha and WTF moments. Sometimes both in the same instance!

Our pets, and animals in general are very sensitive to energy and frequencies. They are constantly tuning in to their surroundings, other animals, including humans, to gain information, feedback and cues.

They, like us, can have moments where they are triggered or reminded of past circumstances.

I happened to witness this first-hand with Dougie-Ra, the Doggo who rescued himself and came to live with us last year.

We have recently moved to an unfamiliar place, which has seen Doug regress slightly, such as finding a boot in a waterway on a walk, really brought



him undone, initially. He has also occasionally covered when he sees the lead, objects or hands above his head.

While I was having my own memory moments, I could sense that the very same was happening with Doug.

The beauty of these retrograde moments is they show us how far we have come and progressed. They give us a fantastic opportunity to process and allow residual emotional energy to pass through us to release, and most of all they give us the ability to become an agent in our recovery, where we take the situation and become empowered, and potentially learn to approach similar situations from a different viewpoint.

When I saw how impacted Doug was by the presence of the boot, I became fully present myself, and I let Doug take his time with it. Sniff it, touch it, engage it, growl at it, even play with it, until he showed he was ready to go. Then he didn't give that boot a second glance as he walked away.

Our pets are tuning into our energy at the time of Retrograde too. Quite often if there is a power dynamic or issue to be harmonised between us, it will be brought to the surface at this time.

It is really important to understand that there is a strong likelihood of miscommunication and misunderstanding with our furry and non-furred friends too. It's a great time for looking at the bigger picture and re-evaluation, checking in with what is and isn't working.

Our animal friends are excellent at guiding us in this process. Look to them for guidance and answers, they have an amazing unconditional, open way of processing things.

It is also important to keep an open mind in these times as unexpected "out of the box" solutions may show up as a wonderful surprise.

Most of all, working with the planets and their cycles is a perfect example of "knowledge is power". There is no need to be afraid when we can harness the energy and align with the frequency and wisdom of our celestial teachers.

We would love to connect with you and your pets.

Animal Communication Readings are extremely helpful for animals with behavioural and dietary issues, allergies, anxiety and unresolved trauma, or if you just want to know if they are happy and content.

Understanding things from your pet's perspective can be life-changing. At the very least it will help deepen your bonds, and give you some strategies, remedies and solutions to help them live their best life.

Or if your beloved pets have crossed over, we can connect with them to assist with processing and closure.

The Soul's light is eternal.

www.rivergem.com.au

Nimbin Garden Club notes



Blue Mountains blooms

by Kerry Hagan

September found us in a very busy time in Nimbin. Garden Club had to be cancelled due to MardiGrass and there wasn't an alternative weekend free without activities, so in lieu of a report about a Nimbin garden, I'm doing a second one about the Blue Mountains.



Our club secretary, Anna, and I caught the train from Casino to attend a birthday party in Wentworth Falls.

Spring is in its first magical flourish, with tulips, daffodils and bluebells at their peak under canopies of Rhododendron and newly emerging maples.



Photos: Anna Conley

A bit too early for the famous cherry trees of Leura Mall, which attract hordes of tourists.

Like everywhere, the Blue Mountains have been decimated by heavy rains and landslips. All the best lookouts are closed and everyone is advised to stay away from bushwalking tracks.



Nevertheless, on our one fine day, the gardens are a beautiful, colourful delight.

Our October meeting will be at Sharon and Neil's, 24 Stony Chute Road, Nimbin on Saturday 15th October, 2-4pm. Please bring a cup, a chair and a plate to share.

Looking forward to seeing you there.

Group of the month



Websters Creek Catchment Landcare Group

Community Tree Planters Edition

by Richard Burer

Spring is here and the plant of the month can't get all its glory without a bit of help from the community.

The Websters Creek Catchment Landcare group, taking in the the locations of Blue Knob, Lillian Rock, Stony Chute, Mountain Top and Wadeville, have been busy working, planting out riparian vegetation following recent floods.

This crown land site at Stony Chute (pictured) has been having dedicated help

with volunteers working tirelessly cutting out weeds and planting trees to try restore some balance for our environment.

This group encourages all to come along and help the environment and help plant the right tree in the right place.

Contact them on 0400-766-910, or email: lcotterell58@icloud.com for further information

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com

Lamington National Park – a great escape

by Peter Moyle

As I write this, the rain comes down again and it looks like some areas will get 100mm.

Trying to organise and plan walks has been a real challenge this year, and when you have a look at the NSW National Park website you can see the large number of parks totally closed until further notice.

Those that are open have very restricted areas for walking.

Taking all the drama of the year's weather disasters into consideration, the Nimbin Bushwalkers have been fortunate to only miss a few walks and camps, and the ones we have had, have been on great sunny days and were well-attended.

The club had a few days away to Binna Burra in the Lamington National Park behind the Gold Coast, and 11 members took to the many varied tracks available.

The views and variety of terrain make this a great escape.

The year's rain has made this an incredibly lush environment. The regrowth after the devastating bushfires that destroyed the hotel three years ago shows the resilience of nature as the flora and fauna recovers.

We have more weekends away and over the next few months will head out to Girraween and then the coast to Minnie Waters.

Walks programme

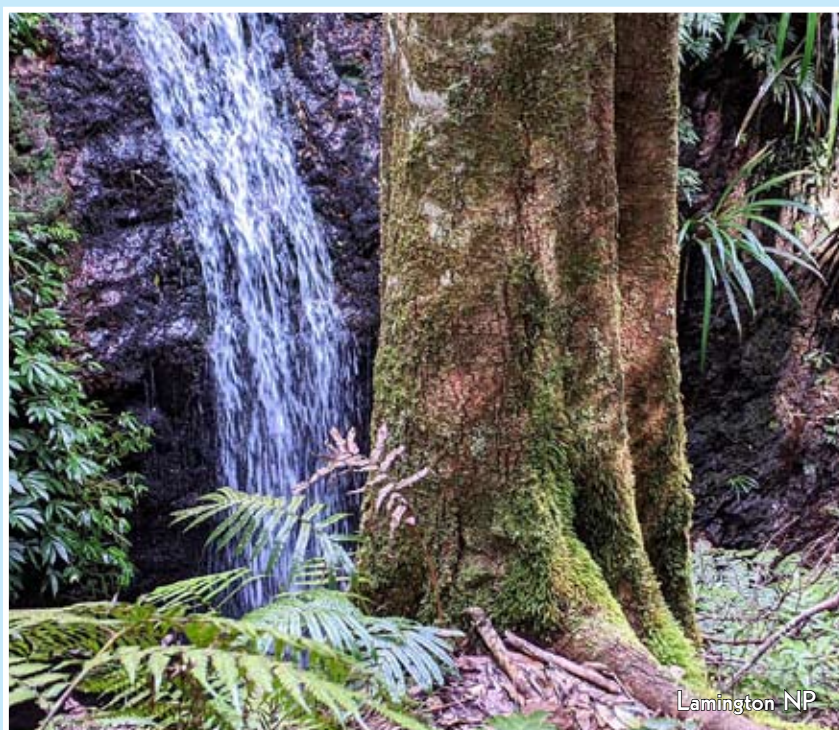
Friday 14th to Monday 17th October

Girraween National Park

Leader: Mark Osberg 0408-113-125
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 water holes, some easy and some more difficult walking tracks, some steep grades, caution needed at lookouts. Camping fees of \$7 per person/night.

Mark is going for a week, so plenty of options around the dates. For more on camping info and to confirm your attendance please phone Mark.

Bring: camping and walking gear, drinking water and firewood. See: www.npsr.qld.gov.au/parks/girraween



Lamington NP



Surprise Rock at Lamington NP

Sunday 30th October Walk, AGM and Lunch at Minyon Falls

Leader: Sha East 0421-653-201
Grade: 3. On the day there will be a 2-hour walk starting from the picnic area at 9am. Comfortable footwear

for bushwalking required, the meeting commencing at 11.30am and chaired by President Pete, so a short one.

The club will put on a BBQ lunch with a variety of choices and an array of salads.

Meet: 9am at Minyon Falls picnic area.

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Confident horses

by Suzy Maloney

We would all like our horses to feel confident. A confident horse is open, inquisitive, and brave enough to go to unfamiliar places or try new things.

A horse lacking confidence is nervous and unsure of new things, and generally not as happy and easy to be with.

As part of my daily work, I have observed that confident horses are much easier to manage and learn quicker and easier than non-confident horses.

To be confident a horse needs to feel safe. They need an environment that nurtures and cares for them. This includes where they live, other horses and the people they interact with.

To ensure there is nothing we are doing they could feel threatened by, we need to listen to them all the time and develop our relationship.

By placing the value of our relationship with the horse above training and what we want them to do, we help our horses feel safe and confident with us.

If a horse perceives danger, they communicate this to the rest of the herd energetically and physically, so the herd can survive. If we are with a horse and we ignore them when they communicate this to us, they may see us as unsafe and not valuable members of the herd.

It may also affect how much they trust us and their willingness to communicate with us in general.

When we are listening to horses, they feel safe knowing that if something bad happens, we will hear them and help them through it. A horse who lacks trust in their human is on high alert all

the time.

When we put halters or bridles on a horse, we restrict their ability to move freely and quickly if needed. For the horse this is different to being loose in the paddock.

Horses are prey animals and hard-wired to always be on the lookout for lions, tigers, and bears, regardless of where they live. Something they may have ignored when loose in the paddock, becomes frightening when in a state of restriction because they are not free to run away.

Knowing our own horses and understanding equine body language and energy are our tools. If a horse shows signs of distress and we ignore it or decide "the horse needs to learn how to deal with this" and push them through it, we are effectively saying to them that what we want is more important than their survival.

If we let the horse know we have registered their distress, then help them through it, this grows relationship.

I was recently with a client riding outside the paddock for the first time. The horse wanted to stop and look at something new and concerning. The rider immediately wanted to move him along. I explained 'Digestion Moments'.

When a horse experiences something new, they often need to stop and look at it, think about it, and digest the information. Then they can proceed.

The horse's head was up, neck tight, eyes hard and he did a panic poo. Horses evacuate, in times of stress and potential danger, to flee better if necessary. These poos are runny, as the colon has not had time to absorb the water from them.



Soray

By listening to the horse, and allowing a digestion moment, he dropped his head, softened his neck and eye, then walked on confidently when asked.

We could have pushed him and forced him to keep going. Then he would have had elevated stress levels, felt vulnerable and in danger and have lost his trust in us. If this happens the horse becomes less confident, less sure that their world is safe.

Eventually they will become either nervous of everything or lose all hope and shut down into learned helplessness. Neither of these are desirable.

It is imperative as custodians of horses that we are listening all the time. If we take positive action when our horse is worried, they will come to trust us, feel safe and confident.

Confidence in horses builds slowly, with patience and gentle guidance. This is how we can support our horses to be the best they can be.

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Soul Connections - when the magic happens

by Les Rees

Recently more people in the industry are becoming aware of new avenues of interest that add to the tool set for massage therapists working with animals.

These tools include a vast range of treatments that are used in addition to the basic massage options to enhance the effects of treatments and lead the therapist to a deeper level of understanding not only about the muscular and skeletal systems but also about horses as individuals.

This part is particularly interesting and always worthy of further investigation.

My personal journey has led me to searching for responses both from pressure and from extremely light work that helps me to examine the nerve connections to inform me of possible blockages, often found through using the meridian lines within the body.

However, I've discovered that the most profound responses come from using Craniosacral Therapy Techniques (CST).

CST not only helps with injury and pain but also produces strong influences in the balancing of emotional issues and there have been some interesting and extensive studies that have achieved some amazing results both in human patients and other animals.

CST was founded by Dr William Sutherland, an osteopath who discovered that there was a predictable flow and "pulse" considered by craniosacral practitioners as the third pulse in the body, similar to heartbeat and breathing.



The thinking is that the third pulse should flow freely between the cranium and the sacrum.

Negative impacts such as trauma injuries, stress and toxicity can disrupt the third pulse which forms blockages in its flow. These can be detected and treated using subtle light touch stimulation techniques that aid their release.

This light touch stimulation is where the magic really begins when the animal gradually releases often long-held tensions within the body.

Signs of release can be defined by licking and chewing, stretching, deep breathing and sometimes, head shaking, stretching and lowering the head.

It is truly a wonderful sight to see horses letting go of long held tension when they finally let out a huge sigh.

In my experience they often go to

sleep for an hour or so after a session since the body may need time to readjust.

All biological processes in the body are governed by chain reactions that need energy to fire using a system that co-ordinates its chemical activity.

This is carried out by nerve cells that transmit information using electrical impulses, which is best described as bioenergy generated by nerves that deliver instructions out to the rest of the body via a network in the spine.

For the practitioner, it is a useful option to use information from these pathways to provide a map of health within the body to direct them to work on specific impacted areas of the anatomy.

I have also found that it relaxes the animals, allowing them to release not only the trauma but the associated negative emotions that have been influencing behavioural issues, enhancing the power of body's own self-healing abilities.

It never fails to surprise me that this light, subtle, hands-on stimulation is not only gentle but has profound impact on the animals.

I personally love using these techniques both on horses and on dogs as it allows me to tap into my intuitive self, something which I've learned to trust over the years.

It combines well with other forms of massage therapy and the natural medicines I use as a combination in healing the animals that I treat.

Soul Connections

Les Rees is an Equine Naturopath & Sports Therapist. Phone 0437-586-705.

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