

PAINTING & DRAWING ART CLASSES

for beginners and advanced students, offered weekly on Wednesdays 5-7pm and Fridays 10.30am –12.30pm



The Creative Sanctuary Nimbin

For info, call Oceanna Phoenix Brown 0403-710-327 or email: thecreativesanctuarynimbin@gmail.com
www.thecreativesanctuary.net.au



Nimbin Servo

02 6675-7906

Liberty

- Fuel, oils, automotive needs, ice, gas refills & Swap'n'Go
- Nimbin Bakery pies & sausage rolls, drinks, icecreams
- Bread & milk, newspapers, cigarettes, Nabropure water
- Stock food, horse & cattle food, lucerne, pet food & bones
- and lots more

NIMBIN SERVO SHOP

Open 7 days: Mon-Fri 7am-6pm,

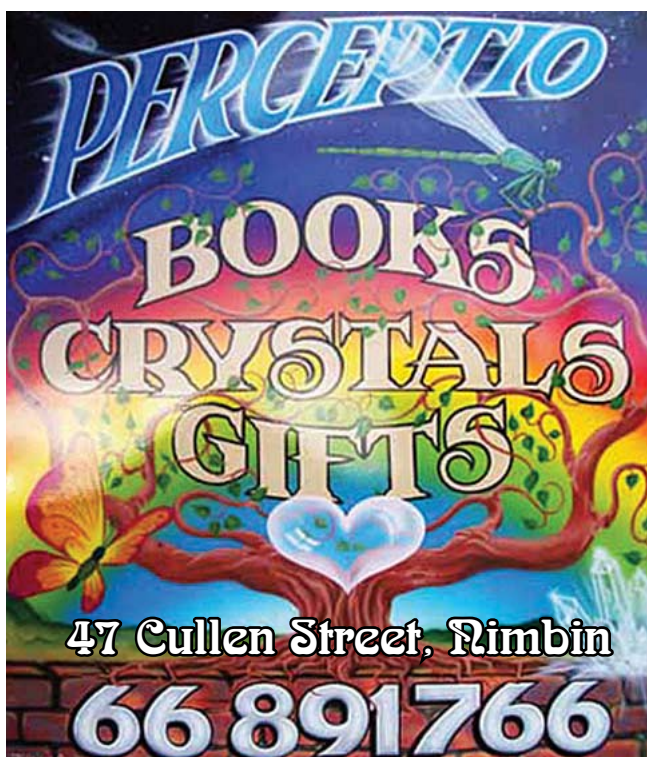
Sat-Sun 7am-5pm, Pub Hols 8am-4pm

NIMBIN TRAILER HIRE

Phone 0423-926-228

**IT MIGHT BE SMALL, BUT
IT STILL GETS NOTICED!**

For a limited time, you can buy this space for only \$30.
Email: nimbin.goodtimes@gmail.com



Nimbin Artists Gallery welcomes the New Art Year



Leigh Arnold and Karen Welsh, as representatives from the Margaret McLaren Art Foundation, announcing the art prizes.



The Nimbin Artists Gallery recently held a social soiree to celebrate a 'Welcome to the 2023 Art Year'.

After a few years of social flat-lining, it was decided to bring together artists and friends of the Gallery to get 2023 off to a flying start. The event was well-attended and we all thoroughly enjoyed the social mingling with food, wine, art and music.

The highlight of the evening was the announcement of not one, but two Art

Prizes to be awarded at the Gallery's annual Nimbin Art Fair, 8th to 25th April.

Sponsored by the Margaret McLaren Art Foundation, the major prize of \$3,000 will be selected from all entries, while the \$2,000 prize will be open to works by artists who qualify as an emerging artist.

Margaret, who died in 2018, was a long-serving volunteer at the Nimbin

Artists Gallery, and supporter of local artists. Her legacy has led to the establishment of an Art Foundation in her name, to continue her life-long love of the arts, and artists.

The 2023 Nimbin Art Fair will be held from Saturday 8th to Tuesday 25th April.

Entry forms will be available from the front desk at the Gallery or on-line: www.nimbinartistsgallery.org

Dreams, myths and reflections

by Helen Fry

From February 9th to the 20th, Lismore's Serpentine Gallery welcomes local recognised artist Dervis Pavlovic (pictured) to its walls, in a stunning exhibition of 40 of this artist's most recent works.

Dervis, says he uses his art to grapple with his own personal concern about the problems facing the world such as climate change and political unrest. He takes inspiration from the classical painters of the 17th and 18th centuries, but brings a modern and sometimes even surrealist eye to his easel.

Dervis describes his art as magic realism, and it is true, there is a wonder and an edge in his paintings; and many are set in magical, mythical and other-worldly dreamscapes.

Dark, sometimes erotic, and often set in exotic locations, the paintings are both beautiful and unsettling. They are the result of the labour of a man who takes his art very seriously and who seeks to improve with every new work.

"There are artists who make paintings just for decoration," he says, "but I want to make a statement and tell a story."

"Art has always been a challenge for me. I don't see it as a hobby but as something I take seriously and hope to improve upon over time," says Dervis, who has won many arts awards in his dedicated career as a



'Kirsten's Harem'



painter.

Dervis takes on this challenge daily, going into his sun-room studio at about 10am and staying there until 4pm in the afternoon. Over the past three years of Covid this daily routine has enabled him to produce an impressive number of new paintings, many of which will appear in the exhibition.

See Dervis' engaging solo



'The World on Fire'

exhibition, Dreams Myths and Reflections, at the Serpentine Gallery, 104 Conway Street, Lismore, phone 0492-964-819.

The official opening is

at 6pm Saturday 11th February. Refreshments, music, meet the artist and a not-to-be missed exhibition.

Contact Serpentine Gallery at: gallery@serpentinearts.org

Tender ground at the Roxy

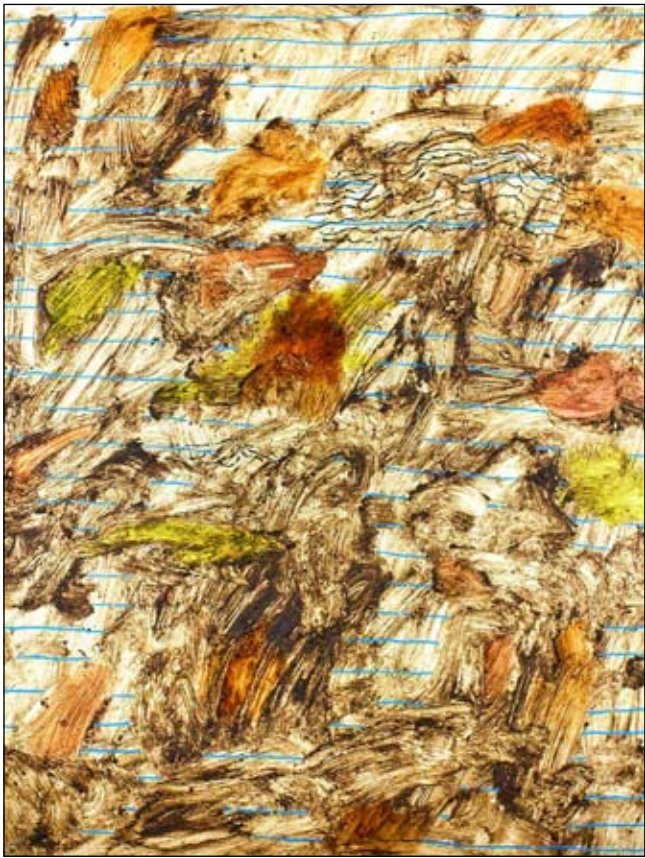


'Waterlily Dreams' by Belle Budden

by Ruth Tsimbinis

Artists Sally Amber, Belle Budden and Matthew O'Brien have been sources great inspiration from the land they live on. Along with the respect, humility and gratitude they all have for this country, there have been sources such as objects, dyes, shapes and forms to make works for their current exhibition "Tender Ground".

All three artists are multi-disciplinary, working to create through drawing, painting, printmaking and found object assemblage, art that speaks from the land and of the land they live on. Experimentation and ephemeral approaches to producing art that comes from nature is an element to all their art practices. In this exhibition, all three artists are connecting their art making to



'Awareness Wind Dialogs' by Matthew O'Brien

the knowledge they have of nature, the understanding they have of native plants and the depth of colours and shapes that come from nature to produce art works. Tender Ground will have an official opening event on Friday 3rd February from 6 to 8pm. All are welcome to take the opportunity to meet the artists and discuss their works. This exhibition will be on until 5th March.

First exhibitions for 2023



'Birdbath' by John Hosking (above)
Bob's Wood Works by Bob Bishell

Blue Knob Hall Gallery's first exhibitions for the new year are 'Colour & Form' for the members and artists exhibition with 'Bob's Wood Works,' by Bob Bishell in The Solo Space. **Colour & Form** – For artists and artisans these two crucial elements in any art practice can be one of the most challenging aspects of making art. As artists we interpret what is before our eyes or in our imagination and bring that reality into a variety of forms. Whether it is a painting, sculptural piece, photography, or fibre; colour, form, light and shade give shape to how the viewer looks and sees an artwork. The artists who contribute to the exhibitions at the gallery always surprise with their imaginative interpretations of the themes. **Bob's Wood Works** – Crofton Road Woodworks is the summary of Craftsman Robert Bishell's life. His timbers and materials are all recycled and have a history all of their own, often incorporating chapters of Bob's life living with the Gumatj People of East Arnhem Land and working in Gove, NT, while travelling extensively throughout Australia.

Both these exhibitions will be open from Thursday 9th February with an afternoon opening event on Sunday 12th February, between 2.30 and 4.30pm, with refreshments provided by Blue Knob Café. **Fundraiser Raffle** – A beautiful Hans Heysen framed print, 'After Morning Mist' (1915), has been donated to Blue Knob Hall. Tickets (or a donation) can be purchased at the Gallery. **Backyarders Table at Blue Knob** – a 'Back Yarders at Blue Knob' table is up and running at Blue Knob Hall on Saturday mornings 9am – 12.30pm, with local produce and crafts. **Blue Knob Cafe** is steadily humming along with a regular menu and specials board, with great coffee and cakes. With the covered cafe veranda looking out to the beautiful Blue Knob, it's worth a visit and you can enjoy the ambience of this volunteer run Gallery, Cafe and Ceramic Studio. For more info or enquiries on what's happening at Blue Knob: bkhgallery@harbourisp.net.au phone 02 6689-7449 or go to Blue Knob Gallery, Cafe & Ceramic Studio Facebook page, or: www.blueknobgallery.com

DIANBUNG
GARDENS

UPCOMING EVENTS

Feb 11-12 Gardening Abundance Weekend Workshop
Mar 4 Open Garden Day
Mar 11 Soap-making & Natural Cleaning Workshop
April 1-15 Permaculture Design Course

Open hours: Wed and Sat 10am-3pm
Other times by appointment: 0429-147-138

74 Cecil Street, Nimbin Phone 6689-1755
admin@permaculture.com.au

VENUE FOR HIRE

A TASTE OF ART

a taste of art

blueknobhall
gallery

Blue Knob Ceramic Studio
Blue Knob Cafe

Gallery & Cafe hours:
Thurs 10am - 3pm, Fri 10am - 3pm
Sat 8:30am - 3pm, Sun 10am - 3pm
Ceramic Studio: Thurs - Sat 10am - 3pm
Ph: 0266897449 www.blueknobgallery.com

YOGA IN THE RAINFOREST

WEEKLY CLASSES IN TUNTABLE CREEK & ONLINE
YIN YOGA: GENTLE BUT POWERFUL
YOGA & WRITING: A MIND, BODY & SOUL EXPERIENCE
YOGA CURIOUS?
I LOVE TEACHING BEGINNERS!

SMALL GROUP & SUPPORTIVE VIBE
PRIVATE CLASSES AVAILABLE BOOKINGS ESSENTIAL
FOR MORE INFO EMAIL: SUSANPAGET@GMAIL.COM
@THERAINFORESTFARM YOGA WITH SUE

ARMONICA
ESPRESSO BAR & WOOD FIRED PIZZA
02 6689-0094

ROXY
GALLERY

131a Summerland Way Kyogle
Open: Wednesday to Saturday 10am – 3pm, Sunday 10am – 2pm

A moment

by S Sorrensen

“Here we are!” she shouts at me. She’s shouting because the gale-force wind is making it difficult to hear, even though I am only a few steps behind her. Or maybe it’s the rain that dampens the sound. Or maybe the sleet.

“Here we are!” she mouths again, turning to look at me, wanting a response.

“Great,” I say with all the enthusiasm of an unfit older bloke who has been following a fit younger woman up and up and up for hours and hours and hours. My knees hurt. And my neck. And it’s cold. I don’t like the cold.

“What?” she shouts back. I just smile and nod. I’m good at that. I’ve been doing that for two hours: “Not much further,” she’d say. I’d nod and smile, obviously misunderstanding what “not much” means.

“Is that the peak?” I’d asked when a rare break in the cloud cover showed a mountain peak looming ahead of us.

“No,” she said as the cloud opening closed and another opened, briefly exposing a peak so high I hurt my neck to see it. “That’s the peak,” she said.



She sits on a rock and grins broadly. There are no rocks above her. There is no more up. She has summited. She gazes happily into a wall of fog so thick that it blurs her outline despite her being only a few metres from me.

I sit on a rock a few rocks below her, the wind whipping my raincoat collar against my cheek. That stings. I could die here. Others have. Earlier, we’d passed a monument to two men who died in a snowstorm on this track. (I don’t know who they were following.) I don’t want to die. I know I will eventually, I think about that, but I don’t know if a snowstorm is a good way to

go. I mean, it’d be really cold, right?

Technically, I haven’t summited. I’m a couple of metres below where she sits at the very pinnacle of her achievement. But do I care if I actually get to the very top of this mountain? No. Will I go the extra metres to the top? No. Definitely not.

“Come up here,” she says. I try to but my knees have locked up. No way I’ll be able to climb down this god-forsaken hill. Do they have helicopter rescue? I mean, it’d be embarrassing but – I pay taxes...

I walk like a zombie up to her.

“There, you’ve done it,” she

says.

“Great,” I say.

“What?” she says.

I nod and smile. We look into the fog together. What’s the point? It’s, um, grey.

“You okay?” she asks.

I wipe some fog from my eye.

She puts a hand on my knee (ow!) and reaches into her backpack with the other, retrieving her phone.

Oh my god! Is there reception? Is she phoning the helicopter?

“Check this out,” she says, showing me the screen. Oh.

“These are pics I took last time I was up here.” (What? Twice?) She points left into the wall of fog. I can’t turn my head, but I figure it’s, um, grey.

“Over there is the Southwest National Park. It stretches forever. It’s amazing.” She shows me the photo. I nod and smile.

“And over there,” pointing to the right into the fog, “is the D’Entrecasteaux Channel.” Swiping the screen: “And the Huon River. Fantastic view, right?”

We sit here, she and I, 1.25 kilometres up a mountain in southern Tasmania, buffeted by wind, wet with rain, blinded by thick fog, looking at the view on her phone.

“Great,” I say. A helicopter couldn’t see us anyway.

Cataclysm anniversary

As we close on the first anniversary of the cataclysm that drowned Lismore; every passing day leaves the once Grande Dame looking more and more like the bleached bones of a leviathan; a vast washed corpse of a city – with a ‘Lease me now’ sign in every second window.

The businesses aren’t returning though, much to the chagrin of the speculators who have picked up the empty structures for a song. Maybe they think there is an endless supply of ill-informed big city escapees who will pay pre-flood rental prices, maybe they think that the indebted citizens of the stained city, so impoverished and fatigued from their ordeal, will have no choice but to press the replay button.

What they don’t understand, indeed what they can’t understand, is the effect of a near-death experience on a normal human. It’s not that we don’t want to come back – many of us simply can’t.

A good many of our people, chin deep in stinking brown fluids, said their final goodbyes to loved ones before being miraculously saved this time last year. The rain on the roof, once so mellifluous and slumber-inducing, wakes us now clammy as we reach for



Revenge of the Loon

by Laurie Axtens

the mobile phone to read any potential BOM warnings.

Although help was at hand in the days and weeks following the catastrophe, as the weeks turned to months the unity of response has slowly been replaced by division; the insured verse the uninsured, the top of the re-settlement lists verses the bottom of the list and the flooded verse the unflooded; as we’re all individually case-managed out of any hope of collectively bargaining for a better future.

Certainly that’s what the powers-that-be have planned for... but this is the Northern Rivers... this is the bastion of balliness that brought the world Bentley.

This is a big year, a defining year and one thing is for sure: now is not the time to desert your neighbours.

THE NEW SOCIAL CONTRACT

Shapeshifting

by Anand Gandharva

It may not look like it at first glance, but society has (some) brains.

Community forums, leaders, institutions, local government, state, federal, global agencies: they provide services, infrastructure, bylaws, goals, contracts.

All worry about where we are going: temper accent on self-motivation, pigs in a trough; focus on where the ship of state or community heads.

How many shipwrecks does it take before a lighthouse is built?

It is not only local concerns about nature disappearing, Global Village parliaments like United Nations (UN) and the influential, large employers’ network, the World Economic Forum (WEF) call for ‘a new social contract’ to avoid biosphere and economic disaster.

Survival of many of us, children and grandchildren.

All show humanity is in

serious strife. Eight billion ‘Customer Kings’ now gobble up environments at a frightening rate. What was sustainable in the past, no longer is. Exceeds the regenerative power of nature.

It seems materialism has run amok. Why? Some are influenced by the chemicals in animals. They are full of nutrition, but also unwanted emotions like fear, aggression, and cruelty needed to live in uncivil nature.

It makes no sense bringing the laws of the jungle within human society.

Godfearing Adam Smith wisely observed that the economy is best managed by unleashing people’s desires. But he did not say how to control the floodgates.

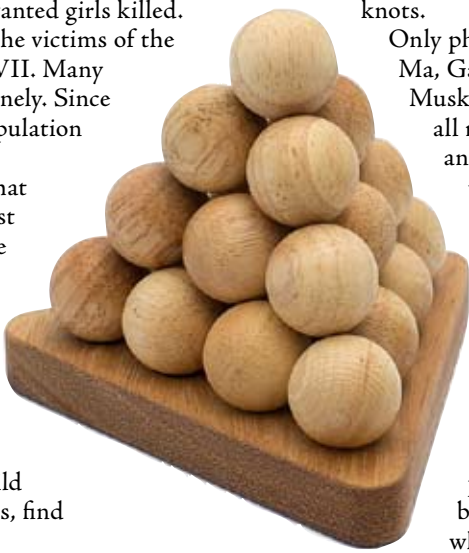
Many have spoken since then: either stop making out, or change habits.

Restricting people having kids has been popular since Robert Malthus, but makes little sense in this vast universe, with green revolutions. China’s disastrous ‘one-child-policy’ ended up getting

25 million unwanted girls killed. More than all the victims of the horrors of WWII. Many men are now lonely. Since abandoned, population has doubled.

No matter what food eaten, most people have fine spirits – enjoy Aquarian poems, read *Nimbin GoodTimes*, do science, art, garden, build beautiful homes, find nature blissful.

Improving social contracts need not forbid desirables: simply change human nature. There is no sense in making more behavioural rules. The old ones already are way too much, often contextual, and barely working. Volumes full, making folk suspicious of governance. Who can read them all? They are costly to administer and tie down huge slabs of us in



knots.

Only pharaohs like Ma, Gates, Bezos or Musk can navigate all rulebooks, and they have to hire an army of legal eagles and yes-men to climb the apex. In a democracy people can believe and be what they like. Just pay user-prices.

It is not a matter of making people behave better with more rules, it adjusting the ‘Ghost in the Machine’ (borrowing from Arthur Koestler and others): our spirit.

Not the basic personality, because that can’t be done without tinkering with DNA, but the sideshow of cultural rules, values

and faiths.

That is done easily: change food intake from predatory to herbivore. Plant-based foods contain all nutrients, farming takes only 1/3 of land and water.

Predators behave differently from herbivores. Predators have to be sly, live in small, competing groups, while herbivores are meritocrats. People can merge into a Global Village.

The short of it: we’re like giant insects, and in several generations, we need to behave more like bees to survive. It may take part of the 21st Century to effect change. Wasps can be mean and live in small colonies, bees are usually nice and live in large hives.

A social contract is a tacit agreement between state and individual, popular since written by luminaries like Hobbes, Locke and others.

There so many of us, humanity needs new rules to ensure healthy environments. But we don’t need another brick in the wall.

It is time for a change of heart.



The Incredible Journey

WHERE TO WATCH OUR TV PROGRAM:

Gem
Sunday 8:25am

ENOW

YouTube

COME ON AN INCREDIBLE JOURNEY with Gary Kent

The Incredible Journey
GPO Box 274 Sydney NSW 2001
info@tij.tv • 0481 315 101
www.tij.tv

Nimbin Tax and Accounting

PUBLIC ACCOUNTANTS

Income Tax Returns – Individuals, Partnerships, Companies, Trusts and Primary Producers
BAS & Bookkeeping Services
Business Software, Business Advice, Grant Acquittals

Weekdays 9am - 5pm, Saturdays by appointment.

Discount for Centrelink recipients

Tel/Fax 6689-0470 Mobile 0427-855-077

Birth&Beyond Building, 54 Cullen Street, Nimbin
(Parking available at rear)

PO Box 645 Nimbin 2480 Email: accountant@nimbintax.com.au

Old Vintage Stuff Wanted

SMALL FURNITURE, OLD WARES, BRIC-A-BRAC AND MORE!

Deceased estates, pre-garage sales visits or just scaling down – home, garage and shed

Local dealer for over 15 years

CALL ADAM FOR A CHAT ON 0416-225-376 ANYTIME

In the spirit of animal connection, happy year of the yin water rabbit

by Donna Connolly

Every year as the Chinese New Year ticks over I always look at the animal, the energy and lessons that are imbued by that particular creature including the element it falls under, using this as guidance for the coming year.

Under the January 21-22, 2023 New Moon, we shift out of the year of the yang water tiger and into the year of the yin water rabbit.

In Chinese astrology, the rabbit brings hope, peace, and harmony. It is a much gentler energetic expression compared to the tiger, which means 2023 is a good year to slow down, focus on what is really important, and make resting and recharging a priority.

The Year of the Rabbit holds the qualities of yin and water, which are both soft and gentle energetic expressions.

While we are encouraged to flow, trust our intuition, and seek joy, we may also find it challenging to make firm decisions, set boundaries, and take leaps of faith when it comes to our goals.

The yin nature of the rabbit encourages us to move from our hearts and to stay open to the flow of the universe.

Rather than pushing forward or asserting what we already know to be true, yin energy asks us to stay open to new possibilities.

We are encouraged to keep an open mind and not limit ourselves by restrictive thinking, attitudes, beliefs, or even goals and dreams. By keeping ourselves open, we may just surprise ourselves with the direction our life takes.

The element of water also represents going with the flow, and being more receptive to our higher senses. Last year we experienced the element of yang water, which



is connected to rapid-flowing water and large bodies of water such as the ocean and dare I say it, floods.

Yin water however, is softer and is connected to slow-bubbling streams, lakes, and rain.

While we can feel more relaxed and calm this year, there is also the tendency to stagnate or perhaps feel stuck in one place. We may find it harder to move forward or find ourselves moving forward quickly and then having a long period of pause.

While we are all in need

of some rest and recharging after the years passed, we will have to work a little harder to keep ourselves directed to avoid feelings of stagnation.

Working with rabbit energy

As the rabbit is synonymous with creation, fertility and rebirth, we may find ourselves birthing something new or clearing space for the new to arrive.

With creative energy high, we can explore new ways of being; think about things differently, or come up with

some inspired ideas and turning them into something tangible.

In general, don't lose sight of your end goal, get distracted from what is truly important, or miss out on an opportunity because you were napping through it! And don't allow your ego to misguide you.

This is where keeping an open and flexible mind will come in handy. Challenge yourself to keep learning and growing, and allow the universe to surprise you!

For making progress and for the best success in the year of the rabbit, take action during the season of Spring.

Also, the year of the yin water rabbit will be fantastic for the hospitality and wellness industries, especially those that cater to indulgence and relaxation.

Creative industries will also get a boost, thanks to the intuitive and expressive nature of the rabbit.

With strong fertile energy around us, it could be a very entrepreneurial time, bringing a growth in small businesses. More people may decide to start or expand their families too.

The rabbit is also associated with love and friendship, making it a fantastic year to focus on socialising, networking, and expanding your community.

If you are looking for love, the year of the rabbit offers some strong support.

Yin water energy supports taking a gentle approach and following your intuition.

If you find yourself in a difficult situation this year, come back to this idea and consider ways to be gentle with yourself and others.

If you would like to book with us for an animal communication session or healing, please find us here: www.rivergem.com.au

Many rabbit blessings for an abundant 2023.

Responsible cat ownership



by Tara Price

As a cat owner, it is important to understand and adhere to the responsibilities that come with owning a feline companion. Cats can bring great joy and companionship to their owners, but it is important to remember that they are also living creatures that require proper care and attention.

Cats are a known invasive species and are a significant problem for native wildlife in Australia. They have been responsible for the decline of biodiversity in the country, particularly for birds, frogs, and other small mammals.

Professor Legge, environmental scientist from Charles Darwin University, said people had very deep and conflicting opinions about cats, but there was no denying they were a catastrophic problem for Australian wildlife, which evolved without cats.

"We want to alert and inform all Australians to the threat cats pose to our wildlife. Our community and leaders need to manage this threat far more effectively if we want to conserve Australia's unique wildlife.

"With almost four million pet cats in Australia, this is also a call for those with pet cats to help contribute to this conservation effort, by being responsible with the cats that own them.

"Australia's mammal extinction rate is by far the highest in the world and cats have been a leading cause of at least 20, or two-thirds, of our mammal extinctions over the last 200 years," Professor Legge said.

On average, each feral cat in the bush kills

a whopping 740 animals per year. In a year with average conditions there are about 2.8 million feral cats, but that figure can double when good rain leads to an abundance of prey animals.

On average each pet cat kills about 75 animals per year, but many of these kills are never witnessed by their owners.

This can lead to a decline in the population of native species and can have a ripple effect on the ecosystem as a whole. If there are no rats left, what do the owls and eagles eat?

Cats are also known to spread diseases to native animals, which can further impact their populations. For example, cats can carry the toxoplasmosis parasite, which can cause severe illness or death in native animals such as bandicoots and possums.

To combat this issue, it is important for cat owners to be responsible and keep their cats indoors or in enclosed outdoor spaces, to prevent them from hunting native wildlife. It is also important for individuals to spay and neuter their cats to control population growth.

Another important responsibility of cat ownership is providing your cat with a safe and comfortable living environment. It is also important to keep your cat indoors or in a secure outdoor space to protect them from potential dangers such as cars, other animals, and harsh weather conditions.

Owning a cat can be a rewarding and enjoyable experience, but it also comes with a great deal of responsibility. By providing your cat with proper care, attention, and love, you can ensure that they live a happy and healthy life and that our wildlife does too.

Gentle giants

by Scott O'Keeffe, ecologist

Phasmids (stick insects) are an animal Order that include some of the world's largest insects.

Little is known about the ecology of most of the 3000+ species we know about. There's still loads to discover.

Stick insects are found throughout the world with the exception of frigid areas. Most species inhabit tropical and subtropical areas. 105 species have been found in Australia so far.

Here's a surprise. Most stick insects look like... sticks. However, some resemble leaves or clumps of lichen. They browse a variety of foliage, with forest species mostly being found in the tree canopy.

They avoid predation primarily with camouflage and mimicry. Some species use flashes of bright colours and strange sounds to deter predators. Others can produce noxious discharges including regurgitating their stomach contents.

Stick insects lay large numbers of small eggs that resemble seeds. These do not always need to be fertile to produce offspring. Infertile eggs that hatch usually produce only females. This is known as parthenogenesis. The nymphs moult several times over a couple of months to become adults.

One of our local species can sometimes be seen amongst the twigs and sticks where it manages to look just like twigs and foliage.

The Tessellated Stick Insect (*Anchiale austrotessulata*) is a monster! Despite its confronting appearance though, it's placid and cannot harm you. They're so relaxed that some people breed them



and keep them as pets. I prefer them in the wild.

The raised spines on the thorax (just behind the head) give them their name. You can see these in the photos I took recently at Stoney Chute.

This one is a female. She was about 16 centimetres long! Notice the colour patterns and the outstretched posture. The long lines suggest strands of twigs and foliage.

Other aspects of the coloration help to camouflage her so she does not make a meal for a Pacific Baza (also known as a Crested Hawk).

Tessellated Stick Insects feed mostly in tree canopies above ground, so they are not often seen. They occur from Kempsey, NSW to Gin Gin, Qld, so the Northern Rivers district is well within their natural range.

You have a reasonable chance of seeing one after a good growing season when their populations sometimes "explode".

In 2008-2009, Brisbane naturalists reported enormous numbers of Tessellated Stick Insects in SE Qld. This



A female Tessellated Stick Insect

occurred in a wet season preceded by five dry years.

If you want to see one, search after a big storm. They often blow out of trees and fall to the ground. You will need to look carefully though, because they are quite cryptic.

The one in the photo barely moved when I brushed against it. She just rocked slightly, mimicking the movement of small twigs in the wind.

I panicked when I saw her, thinking I might miss a photo op. I rushed off to find my camera as fast as I could to avoid missing my opportunity. I needn't have worried!

Phasmids have a reputation for being totally sedentary for long periods. Some species are known to remain motionless for more than a month.

The insect in the photo remained motionless in the same place in a bush for two days. So when you go looking, it need only be a leisurely walk.

See the Chew family's excellent website on insects of the Brisbane region: www.brisbaneinsects.com/brisbane_hoppers/tessulata.htm

Nimbin Garden Club notes

Explore Nimbin's arboretum

by Kerry Hagan

Our February Garden Club meeting is an exciting visit to the arboretum in High Street.

In the 70s, Barry Walker, who owned the Nimbin sawmill, started planting out farmland with rainforest species indigenous to the area.

Many of the trees he planted were named, and have now had 50 years to grow.

The 30-acre property has changed hands many times in the interim, falling into neglect at times and allowed to become weed-infested.

In the last two years, Gerard, the new owner has set about restoring the arboretum and removing huge numbers of camphors and other noxious weeds.

While this is still a work



in progress, they are making headway, and the results are a wonderful delight to visit.

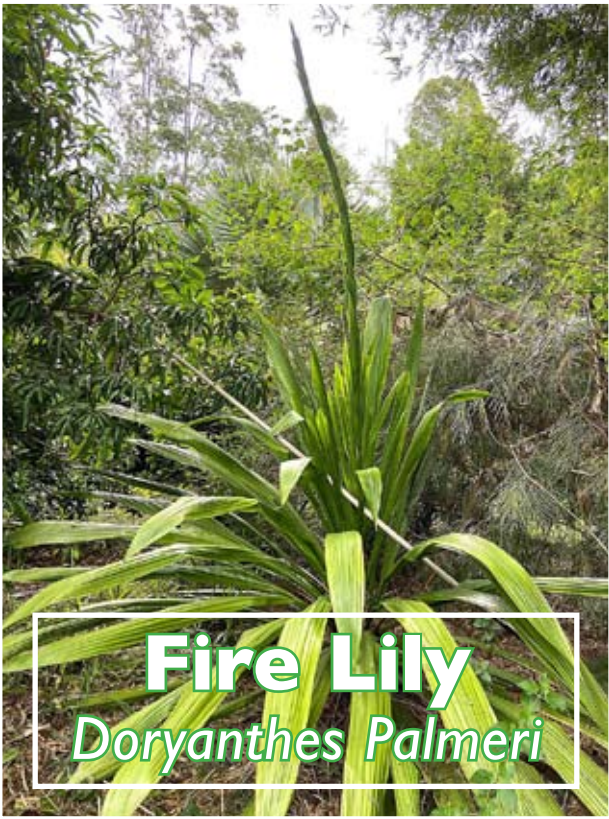
The meeting is on Saturday, 18th February, 2-4pm at 7 High Street, Nimbin.

As the site will be unoccupied, we will need to bring chairs and, if possible, camping tables.

For anyone new to the area, it's a great way to get to meet people, and guests are always very welcome. Please bring a cup and a plate to share.

Hope to see you there.

Plant of the month



Fire Lily
Doryanthes Palmeri

by Richard Burer

A colossal leafy herb, Fire Lily is an endemic clumping lily found on rocky slopes and cliffs on rainforest margins throughout the local area, a stunning flower with large dense red flower spikes arching out of a large lily.

Along with a beautiful seasonal flower, the clumping three metre long leaves make this plant a must for your garden, restoration project or landscape planting.

If you're waiting for a flower you might need to be patient, as the lily (pictured) has taken a good 20 years to flower in our garden, but I'm super-thrilled and it's been worth the wait as it's been in a marginal spot.

A striking plant often found in those special local mountains and cliffs, Doryanthes is a well-regarded cultural asset of

the first Australians, and very useful as a food and fibre resource.

Locally, you can find Fire Lily on cliffs in the Border Ranges, Mountain Top and Georgica, Blue Knob, Wollumbin and the Nightcap. More often than not it grows on sheer cliffs, finding some soil and establishing itself where no other species could possibly grow.

Hardy, easy to grow from seed but slow, Fire Lily is a really nice plant to incorporate into your garden. While the flower spike emerges in summer, it might not reach its flowering until autumn-winter, with black seed capsules ready for seed harvesting in spring.

Plant one today.

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

Paddling Simpsons Creek together



by Peter Moyle, Nimbin Bushwalkers Club

Another year of bushwalking begins, and hopefully without the weather dramas of the last couple of years.

Our local National Parks are slowly re-opening, giving us access to some of our favourite walks. Tune in each month and visitors and new members are always welcome on our walks or camps.

The year started in mid-January with a return to our favourite paddle, the Simpsons Creek arm of the Brunswick River. 15 paddlers set off on the still rising tide heading the 6km towards Tyagarah.

This being one of the biggest tides of the year made paddling easy, and with the crystal clear water had a variety of fish for us to check out as well as the abundant birdlife overhead.

We made our way down to the narrow ends of the estuary before the tide slowed and then turned, giving us assistance on the way back. A convenient sandy beach saw us stop for a refreshing swim, some in the ocean nearby, others in the quieter waters of the river before an early lunch.

The outgoing tide was really moving and made for an easy finish to the paddle. A relaxing refreshment break

while packing up gave us plenty of time to relive the great adventure we'd had. Perfect in every way.

Walks programme

17th to 20th February – Black Rocks campground, Bundjalung National Park

Leader: Peter Moyle 0412-656-498

Grade: 2-3. Another of our great camp weekends. Camp for a night or two or more and day walkers are welcome on both the Saturday and Sunday. Camping \$12 per person per night and you need a NP vehicle pass. Visitors welcome – \$10 to help cover insurance. Day walks will start at 9am.

This is a lovely coastal camp area under trees just south of Evans Head. Jerusalem creek runs from here to the ocean we will canoe and kayak as well as the nice walk besides the creek and ocean walks as well. We have booked large sites 1 and 2 so plenty of room to share; ring Peter if you want a spot or book your own.

Sunday 12th March – Hell's Hole and Whiskey Creek in Mount Jerusalem National Park

Leader: Peter Moyle 0412-656-498

please ring to register your interest.

Grade: 3-4. The first part on fire trails taking us to Hells Hole before walking on some off tracks and steep grades, slippery conditions will be encountered. We have combined the two regular walks; they are joined by a rough bike track. Good footwear needed. Bring water, lunch, and hat.

Meet: Two spots, whichever suits, 9am at the primary school in Uki or if coming from Mullumbimby meet at the Uncle Tom's Pies shop at 9am. Please ring Peter so he can co-ordinate.

Waterway weeding Wednesdays

by Kate Marson

On recent visits to local waterfalls, my friends and I have noticed more weeds and dead trees than normal.

It's rapidly turning into a weed crisis with weeds such as Devils Fig spreading fast.

We came up with the idea of Waterfall Weeding Wednesdays as it's a lot easier to park mid-week.

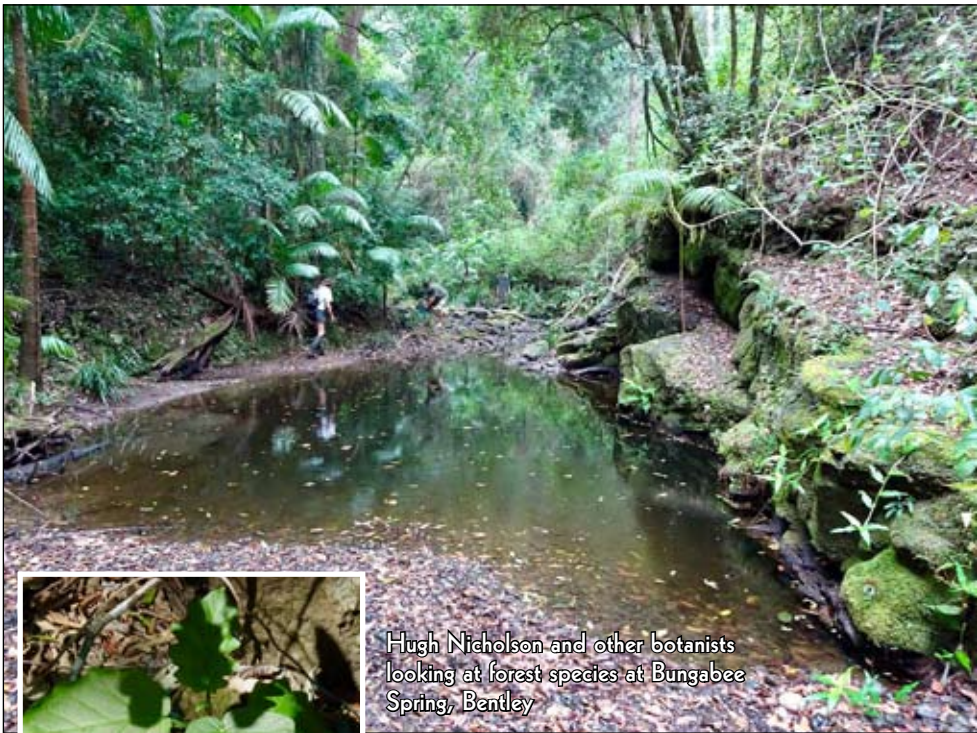
We hope to inspire a Wirritjin collaboration being guided by Traditional Owners in the process of respectfully weeding and planting appropriate plants around our public swimming places and potentially private land around waterfalls and swimming holes.

When I contacted Rous Water, they gave books and pamphlets on common weeds. Council encouraged me to form a Landcare group and write this article to gauge interest in the project.

I have been told by Landcare that Urban Landcare gets \$1,000 a year, but not Rural. Landcare doesn't have a current agreement to dispose of weeds for free.

Council sounded like they would be financially supportive of setting up this group, so I hope they will be fair and flexible, as our waterfalls and waterways are important.

I was also told that Landcare groups need to give plans at the beginning of financial years, but I hope



Hugh Nicholson and other botanists looking at forest species at Bungabee Spring, Bentley



Invasive species at Whian Whian Falls Photos: Omega Breakspear

we can start sooner.

Lismore Council were keen for the Nimbin Cullen Bridge swimming place to be weeded, so I chose to change the name to Waterfall and Waterway Weeding Wednesdays and include this place.

I thank Bunnings for offering some support so far for tough gloves, tough weed bags and some tools.

We would love Traditional Custodian involvement in this project. People with a ute or trailer could be very helpful. Fruit platters and other sponsorship is

welcomed.

Who grows appropriate plants? Maybe we can have a musical fundraiser for plants. Private landowners can show interest.

Many hands make light work. I encourage all to be safe. Young children must be watched by parents. Hats, long sleeved shirts, bathers, natural sunscreen please, plenty of water and

snacks are good to bring.

This will be afternoon landcare, 3pm – 6.30pm every Wednesday if it's not too hot, cold or wet. Carpooling is encouraged.

Please contact 0425-801-460 to show interest or PM FB page Waterfall and Waterway Weeding Wednesdays.

Patience while I officiate the group please.

Walking with horses

by Suzy Maloney

One of my all-time favourite things to do with horses is hand walking. The benefits of this are enormous and it's enjoyable too.

Benefits include deepening connection, building trust, increasing confidence both in each other and yourselves, improving bravery, openness to new experiences, increased safety riding out, car training, improving separation anxiety and sharing new experiences.

When we walk a horse out, things can be new and potentially scary. The horse comes to see you, the leader, as the safe place, increasing trust in you.

Walking beside the horse, we have eye contact, promoting connection and communication. The two of you go places together and have moments, beautiful, challenging, relaxing, stressful, fun, building a deep relationship.

We also see how they manage things, or don't, and work out the best ways to support them. It's best to know what your horse will react to and how, while safe on the ground. This information means less surprises when we ride out, so we can relax and trust them more.

I find these benefits strongest when I walk a horse out alone and away from familiar turf.

When exposed to unfamiliar places with full support from their person, a horse's self-confidence increases. Every time they experience something new and scary, and survive, they get a little braver. Some take longer than others, but most start to feel braver and fairly quickly have reduced fear responses after walking out.

It also gives the horse a chance to

develop acceptance of cars if this is a skill they lack, with you safely on the ground while they are learning.

I do not allow horses to eat whenever they want. If it turns into a grazing session the horse will be focused on finding the next piece of delicious grass and will be less focused on their surroundings, with less intake and processing of new information.

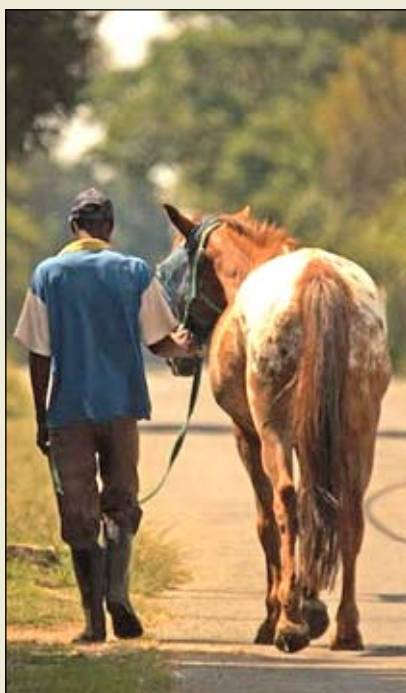
I allow the horse to eat at some point though, often just before returning home, by using downward pressure on the halter and telling them to eat. This then becomes a reward for venturing so far and promotes a desire to repeat the exercise.

When we turn to go home some horses will rush. Hand walking is a fantastic opportunity to work on this safely too. Practising half halts on the lead shows you just how much and how often they are needed, plus trains your horse to respond to them. All this transfers to riding. You will find after a while the rushing home reduces hugely, until it is almost gone.

For horses with separation anxiety, hand walking is a safer way to work on this than riding. One trick is to walk the horse away until just before they show stress (or the horse that remains home shows stress, sometimes they are the problem, not the horse you are leading), then return home.

Keep repeating this; it doesn't matter how many times. Each time the horse usually goes a little further before the stress starts.

This is not a one-session fix; separation anxiety is very real for horses as the herd instinct is strong. It may take a while but with doing this consistently over time it can improve. The message to the horses is they will



not be separated forever, they will be reunited, they need to know this. Separation anxiety is strongest when there are only two horses, where the entire need for a herd is invested in just one other.

Going out into the world with your horse, side by side, has so many benefits for both of you. I did this for months before riding one very green horse out. When we did ride out, his confidence was so high, we could go anywhere, just the two of us.

If you have not tried this, I can't recommend it more highly. And remember, this is meant to be enjoyable time with your horse, so relax and show them how much fun it can be.

Happy Horses Bitless – considerate horsemanship

Email: suzy@happyhorsesbitless.com

Web: www.happyhorsesbitless.com

FB: Happy Horses Bitless Bridles

Phone 0401-249-263

Observation and the art of language

by Les Rees

It never fails to intrigue me to see the extent of knowledge my horses have acquired enabling them to communicate with me and also, I with them.

We've had such an exciting journey learning how to converse with one another by infusing our different approaches in the way we use our individual means of communication between both human and equine.

Today something special happened that left me smiling for the rest of the day providing the perfect example of this.

I was in the garden when I heard a lot of whinnying and galloping going on in the paddock. I looked up to see Red, one of my horses calling me. He couldn't find his paddock mate anywhere and came to tell me that he needed help. He'd tried calling but she hadn't answered him.

I was confused too as they're always together, so I understood his concern. I had a brief look around but couldn't see her anywhere, so I went up to the stables to see if she had come up. It worried me too as she is 21-years old and I was thinking the worst could have happened.

Red followed me up there and became my shadow as we looked together for her. Having searched around, I eventually caught sight of her at the bottom on the far side of the paddock almost hidden by the long grass surrounding her. She hadn't heard him calling because my partner was using the tractor to slash the paddock.



They had lost sight of each other as Red was lame from a nasty fall he had from galloping on a slippery surface after all the rain. He had obviously made the decision to remain at the top of the hill as it was painful for him to put too much pressure on the injured leg.

I gave him the 'walk with me' gesture and although he was in pain, he followed me down the hill towards his friend.

It was so special that he had put his trust in me, knowing that I was the one who could help him. When he saw her he was so happy and nuzzled me in thanks and we all walked slowly back up the hill together to the stables.

This may seem like a simple experience, but when you consider the time it takes to develop and learn a different language it is far more complicated than it first appears.

Horses are extremely adept at finding

ways to communicate with us if we are ready to listen to them. It may begin with simple things like telling you they need water, or that it's time to turn the hose off when the bucket is full, or telling you that they need you to a scratch an itch.

However, it can be developed so much more if you're willing to take some time being with them like another horse. Instead of making demands that suit your needs, how about you involve yourself by observing the rules of engagement within the herd. Once in that space you will be open to learning not only their language but more importantly, their trust.

All my horses will tell me if they're unwell or sore. Their eyes are extremely expressive and are a measure of how they're feeling. Soreness is often missed by lack of observation, as it doesn't always show up until stiffness of movement presents itself, and by then it has become considerably worse and is far more difficult to deal with.

My horses have learnt to tell me by pointing their nose to the area that needs attention to enable me to trace the muscles back to the sight of injury and to address their needs. This was their idea; I didn't teach them to do this.

Once one realised how to get my attention, the others learned how to do it by observing the first one's behaviour. A perfect demonstration of what this article is all about.

*Les Rees is an equine naturopath and sports therapist. Phone 0437-586-705.
www.horsetailherbs.com.au*

Tired, sore and stiff? Get moving and book in with your local Osteopathic clinic!

Osteopathy is a holistic form of "hands on" manual therapy which primarily focuses on the muscles, joints and bones to improve their function and overall health.

Guided by the osteopathic philosophy which considers the body-mind-spirit as a unit, we aim to empower people to regain control of their health and get back to doing the things they love.

Thrive Health Care Nimbin provides affordable osteopathic care to the whole family. SMS or call 0421 178 269 today to book your next appointment or visit us online at: www.thrivehealthcarenimbin.com

CANNABIS
THE NUMBER ONE PLANT

FOOD
BETTER PROTEIN THAN BEEF

FUEL
CLEANER ENERGY THAN CRUDE OIL

FIBRE
STRONGER TEXTILE THAN COTTON

MEDICINE
SAFER EFFECT THAN PHARMACEUTICALS

RECREATION
HEALTHIER CHOICE THAN ALCOHOL

OPEN EVERYDAY 51 CULLEN STREET 02 6689 1842

NIMBIN HEMP EMBASSY

Happy Horses Bitless
Considerate horsemanship

Suzy Maloney B.Eq.Sc. 0401 249 263
Bitless lessons and bridle sales
happyhorsesbitless@gmail.com
www.happyhorsesbitless.com

IT MIGHT BE SMALL, BUT IT STILL GETS NOTICED!

Promote your business with this space for only \$30

nimbin.goodtimes@gmail.com

Tuntable Creek Landcare are seeking Bush Regeneration contractors – Nightcap Connector 2

Suitably qualified and insured local bush regeneration contractors are invited to apply for work in the Nimbin area during 2023-2024.

Please email: vanessapelly@westnet.com.au for details regarding the work and quote, but basic requirements are as follow:

1. Qualifications in Conservation and Land Management (Minimum Cert III) or equivalent and demonstrated bush regeneration skills and experience.
2. Chemical use certificate
3. Own transport and current drivers license
4. Experienced in the use of the splatter gun technique for lantana control
5. Understanding of Safe Work Method for all activities
6. Insurance – Public liability
7. Ability to complete Daily Record Sheets, invoicing and tracking hours worked

If you have already provided your qualifications to me for previous projects there is no need to re-apply, just provide your current hourly rate and availability.