

NIMBIN ARTISTS GALLERY

OPEN DAILY
10am - 4 pm

49 Cullen St, Nimbin

CONTACT: PH 02 6689 1444
www.nimbinartistsgallery.org
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Optimistic scenes of idealised everyday life

The new artist of the month at Nimbin Artist Gallery, Amanda Bragg expresses a sense of light-hearted fun and community spirit in her paintings by using colour and movement in a manner that makes one want to smile.

Amanda Bragg says: "The past few years have seen some tough times for our region. A devastating flood, fires, Covid and the cost of living crisis have all impinged on our sense of well-being.

As we recover and emerge, I do my best to imagine new possibilities, including a fresh start and the community coming together to celebrate, repair and regroup, because it is evident that with the right community spirit we have ultimate control over our future.

In contrast to the frenetic pressures of an overcomplicated



'Bangalow Street Race' by Amanda Bragg

system, I feel the need to capture more simplified and ideal scenes of everyday life in order to create a joyous and playful mood that exudes optimism.

One of the unique joys of the

Northern Rivers is its many smaller townships and villages that have their own special qualities and diverse cultures and are full of beauty and natural wonders that keep me

inspired and motivated.

I feel so lucky to have a chance to paint the many charming villages in a region where one can experience a sense of community spirit.

We can all dig deeper to build connections, look after each other and inspire uplifting communication. It is not money and power that is important, but rather authentic human relationships so that we live in harmony and support one another's celebration of life in a fun and curious manner.

I hope my art warms your heart and soothes your soul."

The Nimbin Artists Gallery is open seven days a week, 10am-4pm at 49 Cullen Street, Nimbin.

TAFE students' graduation show

by Artis Tree

Once again this year, Serpentine Community Gallery will be hosting TAFE NSW Visual Arts graduation show, showcasing the art and design of over 20 students and opening on Friday 24th November.

All are welcome to join us for what will be a diverse and popular show.

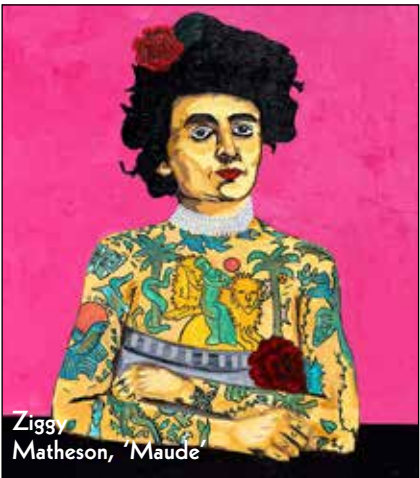
The title of the exhibition is 'Reverb 23' and will include paintings, prints, drawings and sculptures.

It will reflect the viewpoints and preoccupations of students who have been encouraged to use aspects of art history in their creative processes, resulting in a depth and variety in the work.

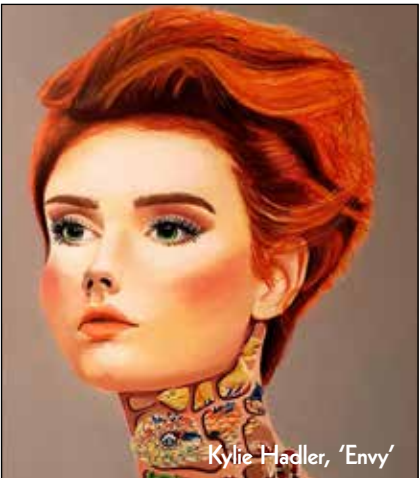
The content and technical approaches on show in 'Reverb 2023' vary, from painted portraits of notorious women to figurative representations of the Seven Deadly Sins. There are skilled drawings of a Gothic nature and collages with themes risqué.

Also on show, surrealist sculptures and prints based on dreams and symbolism. As usual TAFE graduation shows involve a great variety of artwork, there is no house style and the quality is outstanding.

Students from the Diploma of Graphic Design will also be in the show. Graduates from this course learn skills appropriate to the needs of the design industry. They develop logos, produce



Ziggy Matheson, 'Maude'



Kylie Hadler, 'Envy'

branding systems for new products, as well as posters, advertising and desktop publication.

TAFE NSW Lismore has a tradition of developing a blend of skills and personal vision in its creative industry students. This formula prepares graduates well for careers in the arts industry. Past students are seen regularly in the cultural landscape of Lismore, exhibiting, and running small businesses based on creativity.

Group show

And, don't forget, we still have the amazing member group show 'Out of the Shadows' on until Friday 17th November.

Opening night for this show came at the end of a very rainy Friday, but

that did not deter the crowd. Over 50 gathered for the opening and were entertained by singing and guitar playing duo, Fez and Jules.

Over 30 exhibiting artists truly came out of the shadows to provide us with a range of interpretations of the theme, from political comment on the recent referendum, to magical realism, fantasy, and psychological exploration.

It includes a range of paintings and prints, plus some creative steam punk sculptures and pipe cleaner superheroes. There is still plenty of time to drop in and see the show.

Serpentine Gallery is open Monday to Friday 10am til 4pm and Saturday 10am 'til 2pm, and is located at 3/104 Conway Street, Lismore. Phone 0492-964-819, email: gallery@serpentinearts.org

The secret life of Collage Club

Collage Club is an on-going community engagement and creative recovery program produced in response to the 2022 floods.

It has been running for 18 months with monthly guest artists who share a skill or concept with participants.

Facilitated by Linsey Gosper, this free, accessible program enables the community to get together and enjoy making collages in a supportive environment.

In 2022, Collage Club received the IMAGInE Award for Innovation and Resilience. Continuing this program supports

recovery sensitively and compassionately, reinforcing the significance of art in overcoming trauma and adversity.

The Secret Life of Collage Club exhibition proudly showcases some of the spectacular results made by the community.

It celebrates the diversity, creativity and resilience of our community and the making of art for play, well-being and connection.

It will be showing until 18th November at the Lismore Regional Gallery pop-up space, 46 Magellan Street, Lismore.



Collage Club takes place each Thursday afternoon from 4 to 6pm, under the awning of the Lismore Regional Gallery building at the Lismore Quadrangle, weather permitting. All materials are provided.

This event coincides with



the Lismore Produce Market, so you can make art, stock your pantry and catch up with friends.

Contact Lismore Regional Gallery with any enquiries.

Whimsical works at Blue Knob Hall Gallery



'Looking from the Outside In' by Hiske Tas Bain (Poetry in Motion)

There is still time to see 'Throw a tree in ocean' and 'Poetry in Motion' until Saturday 11th November.

'Throw a tree in ocean' by bendee productions in the Solo Space is a multi-disciplinary exhibition by the creative duo from Blue Knob, with an eclectic mix of batik, fibre, ceramics, artworks, handmade journals and the first chapter of the masterfully-drawn comic book "Farmboy".

'Poetry in Motion' is an exhibition where artists were inspired by a poem, a line from a poem or song, a piece of text or their own writing, to create a visual work. There are some touching and heartfelt pieces, along with the whimsical and humorous.



'Wastelander Grubb' by Christine Wynyard (Artists Choice)

'The Artist's Choice' will be the new exhibition, open from Thursday 9th November. This show has no designated theme, and artists bring in any works they wish to exhibit. This will be the final exhibition for 2023.

The Opening event will be held on Sunday 19th November, 2.30 – 4.30pm, with nibbles provided by Blue Knob Cafe.

It's been a fabulous year of exhibitions, and this will be no exception. There is always an opportunity at this time of

year for people to purchase a great piece of art or gifts for the holiday season.

Blue Knob Writers Group meets weekly at Blue Knob Cafe on Sundays. For more info regarding the Writers Group, contact Alex 02 6689-7268 or Helen 0487-385-134.

Blue Knob Cafe has an all-day breakfast menu, meals, specials, cake and coffee. Monthly Sunday morning music is on-going on the first Sunday of the month from 10am. For more information check our Facebook page.

D J A N B U N G G A R D E N S

NOVEMBER EVENTS

Nov 18-19 Regenerate Your Soil workshop with Angela Skehan

Dec 21 Summer Solstice Open Garden: Book sales 10am-3pm, workshop & ceremony 3.30-6.30pm

Gardens will be closed Dec 22-Jan 9

Jan 13 Special Garden tour and lunch 10am-1pm

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Annual General Meeting for Nimbin Community Centre

Nov 16th 2023 at 6pm

Birth & Beyond Hall - 54 Cullen Street, Nimbin

If you're not already a member, please apply on our website before our upcoming committee meeting on the **9th of Nov**. This will ensure your approval in time for the AGM.

nimbincommunity.org.au

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Helping to create social optimism for fauna



by Ruth Tsimbinis

The last day of the International Art Textile Biennale 2023 exhibition will be Saturday 11th November, and the Roxy Gallery will be closed on Sunday 12th November to start packing this exhibition up to transport over to Hobart.

This has been an amazing travelling exhibition opportunity for this gallery space. So many viewers from all walks of life and places throughout the region and beyond have spent time absorbed in the selection of textile works from around the world that made up this biennale.

The Roxy Gallery would like to acknowledge the hard work undertaken by Fibre Art Australia in sharing this opportunity with the many lovers of textile arts.

Return to Forever

The new exhibition to be installed and open to the public on Thursday



Left: 'Wolf' Above: 'Dingo Spirit' by Charlotte Sayer

16th November will still keep a global flavour with a local taste.

Growing up in London with a social awareness of issues of fair play, along with a love for animals, Charlotte Sayer's forthcoming exhibition will employ her visual language of personal and political issues to give creative voice to the issues faced by Australian fauna.

"Our country is responsible for over half of the world's fauna extinction," she says.

In her exhibition, 'Return to Forever', employing what is quickly becoming a lost skill of drawing and painting techniques that are not digitally created, Charlotte aims at turning pessimistic thinking into actions of optimism in her exhibition.

Through her visual symbolic language of mixed media and installation artworks, Charlotte will encourage viewers into seeing,

learning, caring and doing more optimistic acts to save species from the brink of extinction.

The official launch for 'Return to Forever' will take place on Friday 17th November from 6 to 8pm.

In a family-friendly environment, Charlotte Sayer will be discussing her creative adventures from the swinging Sixties London art student who worked and taught in Europe and America, working in the areas of social justice and welfare, to retirement in Kyogle and how the stories remain the same but the outlook can be changed.

'Return to Forever' will be on show until 10th December, providing opportunities for people to interact with works installed in the hope to creating social optimism.

For more information, email: roxygallery@kyogle.nsw.gov.au or phone 02 6632-0230.

After the flood

Janelle Saffin

Interview by Yagia Gentle

I want to step back to 2017. That was the biggest flood we knew of in recorded history, although there might have been others before white settlement.

Not much was done after then, and I was not in parliament at that time, and I wasn't thinking of coming back. I decided not to comment about issues, and let the respective members do their thing.

After the 2017 flood, I wrote a letter saying that they should've called for category D funding. Category D means you get a declaration of catastrophic, and then other things flow. Not much happened in response.

So I ran for parliament again, and when I got elected I asked each local government body what their mitigation plans were around adaptation, so that I could start to advocate for change.

However, immediately after I got elected, we had the big bushfires, and I went straight into working with people in the Tenterfield community.

Then there was drought, the mice plague, Covid, and then the mega flood of 2022, which I called a humanitarian disaster. I use that term because we think that only happens overseas, but not in our own backyard. I also use the term, 'internally displaced people', which is usually in the context of refugees from a war zone or major overseas disaster, but that's what's happened to us.

The weekend of the flood, February 2022, I was having meetings with SES and others at the highest level about what might be coming, I was hearing from locals as well as people I know who have some expertise in weather, that something big was coming. I didn't see a preparedness, a readiness, even when I asked about what warnings are to be announced.

I live by the river, and always stay in town when floods happen, because I can then access and arrange services and keep working. Our place always gets cut off, but it never floods inside. So I came into town and stayed with friends in Cathcart Street, in a place that has never flooded before.

In the morning we swam out of the house because the water was rising. I was aware during the night that people were reaching out for help, that emergency services were not answering when you rang the SES or 000.

I get that there were thousands of calls, but there's a thing in emergency services, that if the system becomes overloaded, calls can be diverted to other services such as the Voluntary Rescue Australian, Marine Rescue, Foreign Rescue, RFS, all of that. Calls could have been patched through and they weren't. That shows me something needed to change.

Also, that night, I was acutely aware that people were saying goodbye to their loved ones. I knew this from Facebook and the calls I was getting. A humanitarian disaster like this has many dimensions to it. The trauma shapes what happens for some time, for individuals and the community. I still see that bureaucrats in Sydney and Canberra haven't realised this.

Going back to my friend's house in Cathcart Street, I didn't sleep that night. A colleague rang and told me to get my husband, Jim, out of the house. I replied, "I think this is serious. It may be too late". I was worried about him. I knew Jim would not get out and leave our dog behind. Because there were no warnings, we were a bit complacent. Then a friend rang me and told us to leave.

I woke up my friends, Susan and Marg. It was 2am and we could hear voices and banging through the sound of pouring rain. We rang the SES, as a local in trouble. The

woman was lovely and suggested putting chairs on the table to get out of the water.

I remember Marg looking at us and saying, "Are you stupid, that's not going to work, you'll be sitting ducks, we have to get out." So we stood on the verandah railing, and the water kept coming.

We eventually realised there was no help coming. Through my fog of emotion, I remember ringing Walt, one of my parliamentary colleagues, and telling him that I don't think we will get out of here.

In the light of dawn, a helicopter appeared. Everybody in the street was waving for help. The three of us jumped off the verandah rail and started swimming up Cathcart Street. We avoided a dangerous patch, and headed towards a tyre that was stuck in a tree.

Then Harry, my staff member who lives nearby, came from around the corner in a lime green inflatable canoe. He heard me calling, but I wasn't calling for help, I was singing out to a couple of neighbours who were trapped. I was OK. I trained as a lifesaver in my early days, and I knew how to read the water.

I shouted, "Harry, go and save those people first." Then I thought, "Shit, I don't know how capable he is, I don't even know if he can swim." He managed to get her out, even after his canoe upturned.

Then there was another neighbour, Bernie, who was stuck. I found a wooden plank and tried to get him out using that, but it didn't work. Then another fellow came up from Park Street in a canoe. I screamed at him to come down, and Bernie was saved.

By then I thought my husband had drowned. I hadn't been able to contact him. I had to stay focussed. I had to put that thought aside and get to work. I thought that as the local government member, I have to work to bring attention to this disaster.

We canoed and walked up the hill to Harry's mum's place, and I went to work contacting the media, agencies, anyone that could help. I was aware that locals were out in the water rescuing each other. One local media had been called by SES to take their post down that encouraged locals to take their boats out to save people.

I replied, "Do you want people to live?" he said, "Of course I do."

I replied, "Then ignore the directions from the SES, and I will back you up." I was aware there was a tinny army growing and the different orders they were getting.

At one stage, while on the phone I watched a Blackhawk helicopter rescue two people I know from their roof. I had managed to save my phone, and people were ringing me constantly, desperate for information. It was a case of linking people with services where possible.

Through the night I was also in touch with my neighbours, who have a studio for the Hussy Hicks band. I basically said, "No-one is coming, there is no SES, there's nothing."

They have an old canoe, and they knew Jim was at home. At some point in the night Jules crossed the river and managed to get him out, and then hold him until daylight, when they were both saved by another boat.

Everyone woke to what was needed. The emergency service at Southern Cross University got going because they had done it before. It was literally the vice chancellor and the deputy vice chancellor who kicked it off. It happened across the region. Xavier school in Ballina too. Everybody was just doing what they could. As Aidan Ricketts said, "We had complete anarchy for a couple of weeks, and it worked."

I was on the phone to everyone. The premier, the opposition, federal government, the various services, saying, "What's



happening? Who's coming? How are we going to deal with this? We need fuel, we need food."

An example was when I was talking to Essential Energy because power had gone down at Lismore Base Hospital. The generators kicked in, but they needed fuel. When that was sorted out, I rang them back and said we've got St Vincent's Hospital too. I told them that although it's a private hospital, it backs up the public system. So, they got power happening there too.

In hindsight

Now it's been almost two years since the flood. I feel that the lack of preparedness and the lack of a government body capable to prepare and respond still needs work. The community have been absolutely remarkable.

We're still in recovery, but we're also doing a major adaptation plan of a Resilient Lands Program and a Resilient Homes Program. It's messy. I work on it daily. It was a stuff-up from day one, but, you know, it's never been done before. So, we're doing these two things at once.

That adaptation should've happened years back, so we've got to do it now. But we're doing that while we're recovering.

Businesswise, people have been remarkable and stepped up everywhere. In this region, business and community are all merged together, and that's a good thing, because we need a functioning economy, and a functioning community.

The one thing that's missing, that I called for from day one, is a comprehensive, wrap-around, economic, environmental plan, which covers the spectrum of issues. To me this has been the one missing element all the way through. It's being worked on, but we have discussions like; "Is it too late? Is it still viable?"

A whole lot of things have rolled out anyway, so how do we integrate everything into a working system? I've just got someone in a position of Regional Co-ordinator for delivery of services. We didn't have that before. A go-to person. Plus a few other positions like that. All the services have stepped up to the challenge, like the local Neighbourhood Centres, and the local businesses everywhere. They have been fantastic. What they did, and what they donated.

We didn't have a plan. Even sketched on a whiteboard. It would have really helped to have a plan. Even now, local government is still after that. So, I've got what I call a 'Community Driven' plan that's being worked on. Community drives and articulates the needs, and then we have conversations with all the people who can support that. You don't get everything you want, but it's in the right direction. Resilient Lismore is one example. The Two Rooms project they started, that started with Ellie Bird. It's now got Joel Jensen constructions. He jumped on board, working in a lot of voluntary stuff.

The local churches and religious groups

saw the vision and stepped in. The Winsome emergency accommodation, Mountain Blue berries and nursery, Ian Phillips Good Food Pantry, and lots of others. They've all come together. They were all running on donations.

I just secured five million dollars out of the budget to allow them to continue their work. It was funny. When they all came to Sydney to meet with the premier they said, "Yeh, we want the money, but we don't want to be tied up in red tape. So they organised a system where they're only accountable to each other.

I strongly felt that I could push for systematic change. I advocated for a New South Wales Reconstruction Authority similar to the Queensland Reconstruction Authority. We didn't have anything like that. They do a state mitigation plan where they work with local councils and local communities to develop their own adaptation plans, recognising the different facets such as climate change.

Although the existing Northern Rivers Reconstruction Corporation did a few good things and brought money into the plan, they were very slow at implementing change and woeful with communication.

I submitted an application for a further \$250 million for house buy-back, retrofitting and relocation, but I recognise the community needs more than a grant-led recovery. I recognised that healing in the community could not be done by grants alone. Historically that's what happens, but we need more than a grant-led recovery.

Traditionally, government agencies don't like to go out into community and say things unless they've already ticked all the boxes. This situation was not like that. We need the fluidity of people talking to people. Resilient Lismore is like that. Ellie is doing a great job. I really wanted government people to go into the community, but it didn't happen.

After the Queensland flood they door-knocked 18,000 homes to see how they could help. Now we're doing that. Just as well too. Some people have said they never would have reached out for mental health support, grants and Centrelink support. It's not going to fix everything, but it's saying, "We're here."

And we've all got to be sensitive and trauma-informed. For example, I recently looked at a letter that was about to be sent out, and I said, "No, no, you can't use that language with someone who sat in a ceiling, trapped with the kids for hours, saying goodbye to them."

Our community is amazing. They've shown absolute strength and innovation in how they have responded. I get how hard this has been. It's certainly been hard for me, separating the personal from the public. My driving force has always been public advocacy, and trying to ensure our community is able to recover and thrive.

I see the whole recovery like a mosaic. It's not linear. It's so many things happening at once. Ideally, we would have these plans worked out without the recovery happening at the same time.

Two-forty plus one

by Scott O’Keeffe, ecologist

It’s Frog ID Week from the 3rd to the 12th of November. This is a citizen science project co-ordinated by the Australian Museum, which aims to collect and analyse data for Australia’s frogs about which we know relatively little.

Ultimately this knowledge will be used for science-based conservation. So, this seems like the right time to talk about Australian frog biology and ecology.

There are around 240 species of frogs in Australia, inhabiting just about every environment, including harsh deserts and areas that experience biting cold. 230 (93%) of the frog species we have, are found only in Australia.

For such a dry continent, the diversity of frogs and the breadth of their occupation is impressive. Frogs have adapted to environments that would seem to be totally unsuitable for organisms we usually associate with wet places.

Frogs found in Australia’s arid areas can complete their breeding and development cycles much more rapidly than other species in wet environments. This allows them to take advantage of ephemeral water bodies that dry up rapidly after rainfall.

Many are also able to burrow deep into the soil and/or surround themselves with a barrier to prevent dehydration.

The species that most astounds

me is the Northern Sandhill Frog (*Arenophryne rotunda*). This frog lives in the sand dunes of West Australia where there is absolutely no standing water. They bury their eggs in the sand while it is moist, and the adults develop directly and entirely within the egg – there are no tadpoles.

While we know quite a lot about frog biology, relatively little is known about their place, function and importance in ecosystems: their ecology. We do know that frogs are important in nutrient and energy flows in ecosystems. This may sound a little vague, but we can see what this means when frogs disappear from an ecosystem.

When this happens, they are rarely replaced by any other organisms. So a whole component of an ecosystem disappears. As a result, water bodies can become clogged with algae, producing a cascade of impacts on other aquatic organisms. Frogs are important as food for predators. When frogs disappear, the predators lose a food source.

The gaps in our ecological knowledge of frogs are being reduced by the work of the Australian Museum and citizen scientists. It’s been a very productive partnership! Last year alone 18,000 participants made 285,300 recordings of 186 species of frogs. They achieved this using the free FrogID app to capture and identify frog vocalisations.

The Frog ID project and app

were launched in 2017 and were immediately adopted by enthusiastic naturalists. One of the first uses of the mass of data collected was to create a completely new set of frog species distribution maps to replace the old ones, which were not nearly as accurate or complete.

The FrogID data has contributed to many scientific discoveries with important conservation applications. For example, the data shows that frogs have successfully re-occupied many of the areas burned in the catastrophic fires of 2019.

The data also shows that around 80% of Australia’s frogs are intolerant of damage to their natural environment. However, it also shows that farm dams are important refuge areas for native frogs.

Now I can explain the odd title of this article. Up until just recently, we had 240 species of frogs in Australia. Scientists at the Australian museum reviewed 800 frog calls made by citizen scientists and discovered a new species. It’s been named for the place it was found.

So, the Otway smooth frog (*Geocrinia sparsiflora*) was discovered and then located on the ground using the evidence produced by citizen scientist using the FrogID app.

The app is fun to use and can be installed on any gadget. It’s very easy to navigate and it’s not



Tens of thousands of observations by citizen scientists have shown that well-kept farm dams are important refuges for native frogs. Photo by the author



Litoria verreauxii, the whistling tree frog, calls in the coolest months. In the Northern Rivers it is often the only frog calling during winter nights. Photo courtesy David Paul, Museums Victoria

necessary that you know how to identify any frog calls. But as you use it, you will develop your identification skills to the point where you will correctly identify the frogs in your area correctly every time.

You can find out more about Frog

ID week and download the app at: <https://www.frogid.net.au/frogs>

If you’re competitive, there is a challenge to see who records the highest number of calls, and who identifies most species.

I’ve got my phone ready to record the moment the counting starts.

Gems in the bushes

by Scott O’Keeffe

This delightful gem is a metallic jewel bug (*Scutiphora pedicellata*). It’s one of about 450 species of insects in the jewel bug family (*Scutelleridae*).

They’re easily mistaken for any one of a few other closely related ‘stink bugs’ that you are probably familiar with as garden ‘pests’. They may also be mistaken for beetles because, like beetles, a jewel bug’s wings have a rigid protective covering: the shield.

This species is fairly small. Depending upon the stage of growth, they can be between 5 and 20 mm long. Their bright colours are not all created by pigments. The metallic, iridescent colours, particularly on the shield, are produced by tiny rigid structures that create interference patterns in reflected light. The same thing can be seen in some bird feathers.

These bright colours are probably a warning: touch me and you’ll be sprayed! So don’t go poking them, just



admire them without disturbing them. Otherwise, you’ll get an unpleasant burst of some pungent, irritant chemicals.

Metallic jewel bugs (MJBs) are a native Australian species. You’ll sometimes find them in the bush, often in clusters, concealed under loose shingles of tree bark. They feed only on plants, and not just natives. Since they also feed on many exotics, metallic jewel bugs are also found in urban areas. I found the one in the photo on an aubergine plant.

To get a meal, jewel bugs use beak-like mouthparts that enable them to deposit their saliva into plant tissues. The plant tissue dissolves allowing the bugs to suck up the resulting green stew.

MJB’s life cycle is the same as all other members of the family. They lay eggs in clumps. These hatch into nymphs that are like partially developed miniature adults. The nymphs moult up to five times, eventually reaching the winged adult form. Unlike insects such as butterflies, MTB’s have no larval or pupal stage.

Jewel bugs, and lots of other insects for that matter, can be hard to distinguish one from the other. Little is known about them. The citizen science app *iNaturalist* is a perfect place to get almost instant identification of animals like this or to have a tentative ID confirmed.

Most importantly, it’s a place to leave a little bit of information about any plant, animal or fungi that, along with all other observations, builds more comprehensive knowledge.

You don’t need to go far to do some science. There are all sorts of organisms right near you that we don’t know much about. So how about you go out, find them and start showing us what we need to know?

Byron Council moves to phase out single-use plastic

In its own war on waste, Byron Shire Council has drafted a Single-use Packaging and Materials Policy to phase out single-use waste from its operations and facilities and in the open spaces it manages.

The draft policy, which is on public exhibition until 28th November, is targeting a wide range of single-use items such as cups, plates, cutlery, and straws. This includes items deemed as ‘compostable’ or ‘biodegradable’.

It will apply to staff, Councillors and people using or hiring Council halls or spaces, which will include events and markets.

The policy also aims to eliminate the use of balloons and decorations such as glitter and confetti at Council facilities and in parks and road reserves, and will apply to Council offices, pools, and sporting facilities.

Danielle Hanigan, Manager Resource Recovery, said, “Single use items are created without considering what happens to them at the ‘end of life’. They are used for such a short period of time but their impact on the environment lasts for decades.”

“As an organisation working towards zero waste to landfill, we need to lead by example and avoid unnecessary waste streams.

“We want people to look at reusable alternatives, which will result in less waste going to landfill, less emissions and importantly, less litter being washed into our waterways.”



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Nimbin Garden Club notes



by Pauline Ahern

Twenty members of the Nimbin Garden Club visited Saskia's house and garden last month. The community of Paradise Valley is well established, and over the years thousands of trees have been planted. Her house is one of the featured houses in



Mandy Hales' book *Unique*.

Saskia has an orchard and vegetable garden in a very picturesque setting. She inherited a large, long-standing grove of running bamboo, and to her credit, has found a way to cull them, turning it into bio-char. This bamboo is an on-going problematic plant.

Saskia volunteers at the Nimbin

Environment Centre and is happy to pass on her skills and knowledge with the non-toxic method of bamboo removal.

She also has cleared acres and acres of lantana, creating open space around the house. Thank you, Saskia for sharing your space and knowledge with us.

The Garden Club's last visit for the year will be on Saturday 18th November at Carly

and Scott's place, Lot 5 Rob Farm Hamlet, 56 Rob Road Lillian Rock.

Bring a chair, cup and food to share for afternoon tea.

Look out for Kerry and Cherie selling raffle tickets in the street for our big Christmas raffle, (many prizes to be won) and drawn at the Garden Club's Christmas party on Saturday 9th December.



Eat, shit, die

View from the loo
by Stuart McConville

Crazy Joe squinted towards the horizon. Dust the colour of a desiccated dingo covered the curvature of the earth in every direction. Old habits die hard. Joe wondered, again, why he bothered looking for the rain clouds that nearly never came.

It was evening, so there wasn't much chance of any water in the catch trays below the mist nets. Hopefully the morning would bring in some moisture-laden air.

Joe wasn't really crazy, but that's what people called him back in 2031 when he started collecting human shit for his soldier fly larvae to feed on. Like shit, the name stuck.

As with most of his generation, he'd been raised as an Aussie water baby to surf, swim and love water. Now the hard reality of climate change had hit home and the country had been in drought for 15 years straight.

He had had the foresight to set up his protein larvae farm in an outback town where mammal-based protein no longer grew. The Great Artesian Basin had dried up to less than 50 active bores and these were a pitiful sight to behold as they had all but ceased flowing.

The small community he lived in still mined opal and old shafts had been used to store water when it had rained, but the earth was thirsty and it didn't stay long. Only the tough folk that could never go back to a city stayed out here now, surviving on the meager scratchings from abandoned claims and whatever moisture they could glean from the mist nets.

It was too expensive to get freight out from the coast and people were hunting and eating whatever they could find.

Joe hitched up his hand cart and started out on his morning run to collect the "crow" from all the old compost loo chambers in the shanty town. It was strange to think that people once flushed this stuff away with drinking water. Now he was contractually obliged to return a portion of the larvae protein he produced to the original contributors.

He had made a few dollars years ago converting all the flush toilets to composting loos when the drought began. It was beyond that now. Compost was not as useful as protein. In the process he had collected all the old toilet bowls and made himself a sculpture outside his humpy. There was no mistaking Crazy Joe's place.

Although people still called him Crazy Joe, no one believed it anymore. Joe was a sort of saviour, delivering protein to a community where none had been available before. Perhaps if they had known of his occasional late-night visits to the graveyard to top up his feedstock, they would still think him a little eccentric.

Joe trundled his little cart past the local trading post. A prominent sign out the front read "Crazy Joe Burger - \$45" He laughed to himself as he remembered a bastardised version of an old expression. "If you don't eat, you don't shit. If you don't shit you die." "All the same to me" he thought.

Stuart McConville runs Pooh Solutions, compost toilets and waste water services: www.poohsolutions.com.au Phone 0427-897-496



Terania Creek delights Nimbin bushwalkers

by Peter Moyle
Nimbin Bushwalkers Club

After the great day out at Springbrook National Park, we headed closer to home in October and headed out to Terania Creek in the Nightcap National Park.

Thirteen walkers made the trip and after some car-pooling at The Channon, made our way up the valley to the end of the road and Protesters Falls.

This gorgeous area was a site in the blockade of logging that led to the formation of the National Park.

Staggering to think at how little is left of the Big Scrub, and if this had been decimated what a sad area we would have left to generations to come.

The area has been closed for quite some time to allow National Parks to repair the area from the floods of 2022. Now re-opened, the track into the falls has been upgraded and a new boardwalk added, making access easy for all levels of walker fitness.

Plenty of parking and well set-out picnic areas make this a well worth the effort day out. The falls were a bit light on for flow but the walk in still enjoyable.

Back at the carpark, leader Ron then took the walkers over the creek and headed off-track into the rainforest.

The reekie the week before proved helpful as he only missed his track once and after bit of re-navigation found his destination, a beautiful waterhole in a pristine creek.

Lunch and a swim for the keen and a rest for the rest. Heading back, more beautiful rainforest even if a bit dry, but the walking easy. Thanks Ron, a lovely day and it won't be long before we return.

Walks programme

Sunday 12th November
Christies Creek, Burringbar to 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



The hidden waterhole

highlight. Will be at its best after the wet season

Meet: 9.15am 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, hat and lunch.

Saturday 25th November
Murray Scrub walk in Toonumbar NP west of Kyogle

Leader: Peter Moyle 0412-656-498
Many years since we have come here. From the trip report in 2017: "The Murray Scrub; a most unmeaning name for a magnificent remnant of subtropical Gondwana rainforest, was our featured walk. Containing the largest stand of Red Cedars in NSW, Teak, Booyong, Water Gums, Rosewood and Bangalow Palms, under the cool canopy of these massive trees is an enchanting world

of lush green foliage, a fragrant and soft forest floor and shafts of sunshine highlighting some of our extraordinarily precious heritage."

This is a Saturday walk starting at 9am from the Iron Pot Creek campground nearby. Not a long walk but to take in the beauty of this spot a slow meander of 3 hours. After lunch, an informative shorter walk of 1 hour, again through a magic forest.

Addendum: As this is 35-minutes west of Kyogle, a bit of a drive for some. The Iron Pot Creek campground is my favourite inland camp. I will be camping Friday and Saturday night. A relaxing stay with a busy Saturday at less than \$13 for two is great value. Book your own site at: www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/iron-pot-creek-campground

The joy of equine play

by Suzy Maloney

Horses are not just majestic and powerful creatures; they also have a playful and spirited side that often goes unnoticed. Engaging in playful activities with your horse can be incredibly rewarding, both for you and your four-legged companion.

Beyond the traditional roles of riding and training, playing with your horse offers a unique opportunity to strengthen your bond, enhance communication, and create cherished memories.

In this article, we will delve into why playing with horses is beneficial, and explore some delightful activities you can enjoy together.

The benefits of play

Enhanced bonding: Playful interactions form the foundation of a strong and trusting bond between you and your horse. When you engage in activities that make your horse comfortable and happy, you establish a deeper connection built on trust and mutual understanding.

Stress relief: Just like humans, horses experience stress and benefit from stress-relieving activities. Play provides an outlet for pent-up energy and can help your horse unwind, resulting in a more relaxed and content equine partner.

Improved communication: Playing with your horse encourages non-verbal communication, allowing you both to understand each other's cues and body language better. This heightened level of communication can translate to more effective training and riding sessions.

Physical and mental stimulation: Playful activities challenge your horse's mind and body, preventing boredom and promoting overall well-being. Mental stimulation is as important as physical exercise, contributing to a happier and healthier equine companion.

Playful activities for horses

Obstacle courses: Set up an obstacle course in your arena or pasture using cones, poles, and barrels. Guide your horse through the course, teaching them to navigate different challenges. This activity promotes responsiveness and co-ordination.

Equine soccer: Yes, you read that right! Using a large ball, encourage your horse to push, kick, or roll the ball with their nose or hooves. This game fosters engagement and helps your horse develop better motor skills.

Trail adventures: This is a personal favourite of mine. Take your horse for a leisurely trail walk on lead. Let them explore, sniff around, and enjoy the natural surroundings. This type of play is mentally stimulating and offers a break from the usual routine. It also enhances bonding between you and your horse.

Because we're beside the horse we can have eye contact and move our body with theirs. They may encounter new and sometimes scary things in the environment, we are the only familiar and safe place, and they come to trust us to look out for them.

Liberty training: Allow your horse to move freely around an enclosed space without a lead rope. Use voice commands and body language to direct their movements. Liberty training strengthens your horse's response to your cues and builds a deeper connection.

Playful grooming: Turn grooming into a game by using soft brushes and playful touches. Many horses enjoy being scratched on their itchy spots and will show you exactly where they'd like you to scratch, turning it into a fun game. This not only keeps them clean but also enhances the bond between you.

Water play: If you have access to a



Soray

safe water source, introduce your horse to shallow water. Some horses enjoy splashing around and cooling off on hot days. Ensure the water is calm and the area secure when first introducing them to water. As their confidence increases more challenging watery adventures can be included.

Also, a horse can also provide lots of fun at the end of a hot day. I hose my herd off after hot days with them at liberty, and one of them literally rotates his body around so I don't miss any spots. It's a fun cooling activity for all of us, as I often end up quite wet too!

Playing with your horse offers a delightful departure from routine training and riding sessions. It's a chance to connect with your equine companion on a deeper level, fostering trust, communication, and happiness.

The benefits of play extend beyond the momentary joy, impacting your horse's physical and mental well-being.

By incorporating creative and playful activities into your time together, you can create lasting memories and build a partnership built on respect and mutual understanding.

So, go ahead – embrace the joy of equine play and embark on a journey of shared laughter and camaraderie with your beloved horse.

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Giving and receiving love

by Les Rees

Giving and receiving love is the foundation of a lasting bond between humans and their animals.

I'm sure that most people who have animals would agree with that. However, love can be defined in many different ways.

There's the love of adoration, when we idolise our animal's reactions to everyday things that make us smile. Or those times when they do something funny that makes us laugh out loud. Then there's tough love, which can be intimidating for our animals, simply because we want to keep them safe. The list goes on...

However, the importance of how we demonstrate our love can either create loving relationships built on harmony and trust, or create some serious behavioural issues especially when tough love is involved.

A lot of people get mixed emotions when they're dealing with conflict, often failing to note that their animals are behaving naturally for their species. When we allow ourselves to become annoyed it often brings out irrational responses causing conflict and fear in both our animals and us.

Although it is natural for us to get frustrated, it pays us to think clearly about how we express it. This is where having an understanding of animal communication can help us to navigate our way through the minefield of

misconceptions concerning behaviour of different animal species.

For example, tough love is often caused by fear, which is often expressed in uncontrolled anger. Reactions involve shouting and hitting out, using rage to override and control our fears.

Imagine then, the response of our animals on the receiving end of these tirades. It makes no sense to them and can only result in confusion and consequent fear.

This is not the way to give and receive love, and sooner or later our animals' responses will change into either passive or confrontational behavioural patterns.

Confrontational behaviour may or may not be necessarily directed at the perpetrator, it may be directed at other animals or children.

I certainly wouldn't want to be responsible for the creation these negative behavioural responses in any animal. Yet, I see it all the time with horses and dogs that have either shut down or have developed dangerous responses.

For those of you who have read previous articles, you may recall my response to an over familiar horse. By that I mean one who always puts his needs first, always has his face in your face, walks through you to get to where he wants to go.

Because horses are usually much bigger than us, many people overreact in their ferocity of anger towards these horses. This is because they've missed the cues of the silent world of communication that horses use, and in my opinion, the worst



Reddy

thing you do is to strike out at a horse.

Two wrongs don't make a right. And horses can be far more powerful than a human if pushed.

Let's start at the beginning with the constant pushing the nose into your face. Every time the horse does this, poke a finger at the horse's cheek and gently push the horse's face away. After a few times the horse will stop when it sees the pointing finger.

Eventually, it will let out a huge sigh and stop irritating you. 10-15 minutes max is all it takes. Ask yourself how easy was that and why would I want to get myself upset into a state of anger when positive results can easily be achieved in such a short time?

Once the horse becomes docile, stroke it gently and I promise you that you'll also find that little acts of gentle tough love will create mutual respect and create a basis of true communication and understanding eventuating in the giving and receiving of pure love.

Les Rees is an equine naturopath and sports therapist. Phone 0437-586-705.
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