

NIMBIN ARTISTS GALLERY
presents

NIMBIN ART FAIR

Sat 30th March - Sun 21st April
10AM to 5PM DAILY
NIMBIN SCHOOL OF ARTS

CONTACT: PH 02 6689 1444
www.nimbinartistsgallery.org
nimbinartistsgallery@gmail.com

Prepare for the Art Fair

by Tonia Haynes

The Nimbin Artists Gallery kicks off its 'Art Year' with the annual Nimbin Art Fair, which opens on Saturday 30th March for three weeks, closing Sunday 21st April.

Applications are now open, and artists are requested to have all submissions in by 11th March.

Entry forms are available at the Gallery at 49 Cullen Street, and on our website: <http://nimbinartistsgallery.org.au>

Art prizes

The Gallery will once again host the Margaret McLaren Art Foundation art prizes at the Art Fair.

Margaret McLaren was a long-term volunteer at the Gallery and as part of her legacy the Art Foundation was established as a separate entity, to continue her love of the Arts and to especially support local artists.

There is a total of \$5,000 to be awarded with \$2,000 for best Emerging Artist and \$3,000 for the most outstanding artistic work.



Last year's winners Marty De Weerd, Emerging Artist (left) and Paul Roguszka

In the interim, the Gallery continues to serve our local community and visitors with our volunteer staff, and exhibits a myriad of unique art styles and works by our very own local art community year round.

The Nimbin Artist Gallery is at 49 Cullen Street, in the heart of the village, open from 10am to 4pm, contact us on 02 6689-1444, email: nimbinartistsgallery@gmail.com or see us on Facebook.

Nimbin Newsagency & General Store

Art & Craft Supplies
Gifts
Groceries
Fruit & Veg
Hardware
Stationery
Newspapers & Magazines
Beauty Products
& Much More

Terry Bressington

PLASTERIN' NIMBIN'

0427 891626

Gyprock walls and ceilings
New work or renovations

Lic. No. 100169C

Did you know?
All our links are clickable in the web edition.

PERCEPTION

BOOKS CRYSTALS GIFTS

47 Cullen Street, Nimbin
66 891 766

A month of women at Serpentine



(top) 'Chinese Bride, Australian Wedding' by Joanne Mulcahy Zubani
(above) 'Expanded Field' by Maya Veit



'Sun Worshipper' by Sandra Joran



'On a Hot Summer's Day' by Kim Brereton

Kim Brereton lives in the bush surrounded by rolling, layered hills and magnificent old forest red gums.

Her work is created from a multi-layered life narrative, reflecting her passion for sustainable habitat gardening, nature, wildlife and a 'bower bird love' of collecting, recycling and repurposing.

Serpentine Gallery is proud to present Kim Brereton's solo exhibition featuring charcoal, inks and mixed media collage on paper and canvas. Kim's body of work is influenced by Nature and includes abstract landscapes and abstract figurative works, fibre work and installation.

'On a Hot Summer's Day', acrylic and mixed media on canvas, shows Kim's beautiful style of 'free-ranging still life'.

Please join us to celebrate the opening of Kim Brereton's solo exhibition with cheese and wine on Saturday 10th February, 6 pm at Serpentine. Kim's show runs from 8th to 19th February. All welcome.

Group show

Then next opening is 'The Art of Woman'. This group show features practising and emerging artists who

identify as women and live in the Northern Rivers.

This diverse and exciting exhibition is being held in conjunction with International Women's Day and the Lismore Women's Festival 2024. The Serpentine's Director, Corinne Batt-Rawden said that the response has been so great that artists have been invited to submit just one work each this year so we can showcase as many artists as we can in this popular exhibition.

Local artist Joanne Mulcahy-Zubani is exhibiting her beautiful piece 'Chinese Bride Australian Wedding' (pictured). Joanne explains: "Chinese immigrants have been coming to Australia since the 1830's. They operated cattle stations, dug for gold and built our railways. Australia Chinese relations have been strong for centuries. 2020 has seen our relations falter; trade wars are in full swing and our export industries are paying the price."

In this mixed media work, made up of etching, drawing, painting and collage of Chinese silk onto a dismantled dishwasher panel, Joanne pays homage to our Pacific friends, in a hope for rectification of our mutual appreciation.

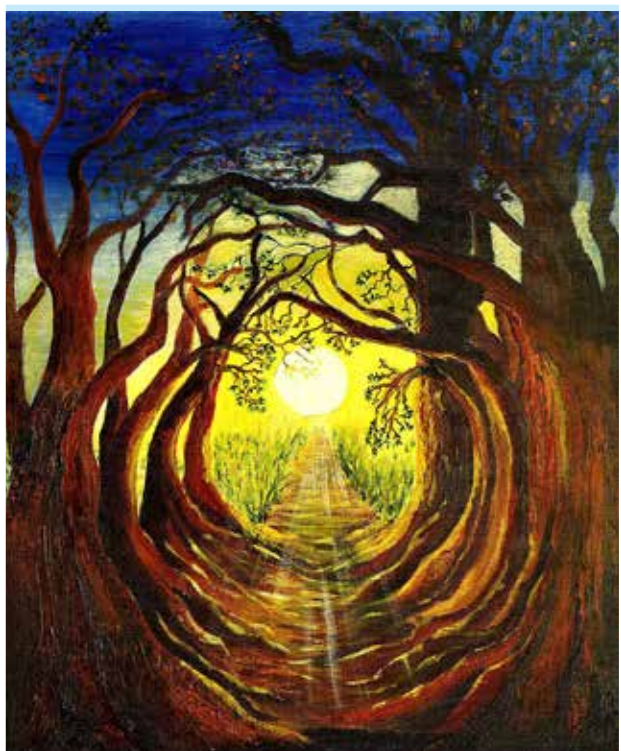
Also exhibiting in 'The Art of Woman' is artist Maya Veit with her oil painting 'Expanded Field' (pictured). Maya Veit

said, "I am inspired by country, my lush garden in Lismore Heights, family and community. I also work as a Paediatric Nurse at Lismore Base and feel a deep connection to our beautiful Lismore community."

I painted this artwork at the end of last year after visiting a friend's garden in Huonbrook, who has a shared passion for hippeastrums. Large, lush, velvety flowers that have a luminosity. These incredible flowers emerge each year from the earth, thriving on neglect and the tough subtropical Northern Rivers conditions."

'The Art of Woman' is on exhibition until 15th March. All welcome to join us at the opening celebration from 6pm 'til 9pm on Friday 23rd February at Serpentine Gallery, 104 Conway Street, Lismore Phone 0492-964-819, check us on Insta and Facebook @ [serpentinecommunitygallery](https://www.facebook.com/serpentinecommunitygallery)

Nature's magical qualities



“Art from the heART” is the new artists and members exhibition to start off the programme for 2024 at Blue Knob Hall Gallery. Artists were invited to celebrate the connection between emotion and artistic expression; to submit work allowing their passion, and emotions to guide their artistic process. Whether through vibrant colours, intricate designs, compositions or mediums, there is always a message from the heart in Amanda Doran’s work.

Spirits of Nature – Lessi Rees in the Solo Space. Lessi’s paintings explore the ways in which nature reveals its magical qualities. Her Forest Collection invites the viewer to join her on a journey into the forest, offering places to pause for a while to soak in the magical effects that capture the light

‘Road to paradise’ by Lessi Rees of the natural world. The colours, light, textures and meandering pathways draw the viewer into a magical space where nature forms its own garden, free from the hands of those who wish to manipulate in the world beyond its borders. The seascapes in this exhibition define the transient nature of the tides and their effects on our emotions. Their changeable qualities define the fierceness of force in the crashing waves that leave us in awe. Yet on another occasion these tides can be so gentle seducing us to swim in their caressing calm waters. The Opening for both these exhibitions will be held on Sunday 11th February. Both exhibitions will run until Saturday 16th March.



‘The land of the setting sun’ by Lessi Rees



Blue Knob Cafe

The cafe will be re-opening on Thursday 8th February. Great news for patrons and visitors alike who have supported Blue Knob Cafe over the years. The Cafe will be re-opening on Thursday 8th February with local chef Mick Toner at the helm. We look forward to what he will bring to this unique community space and to seeing you on the verandah and continuing to support this adventure that is Blue Knob Hall.

Blue Knob Writers Group

The group meets weekly at Blue Knob Cafe on Sundays. For more information regarding the Writers Group contact Alex on 02 6689-7268 or Helen on 0487-385-134. We look forward to bringing you more art, food and friendship in 2024. For any enquiries please call 02 6689-7449, email: bkhgallery@iinet.net.au or check our Blue Knob Gallery, Cafe & Ceramic Studio Facebook page.

DIANBUNG GARDENS

Celebrating 30 years: 1994-2024

Feb 10 Garden Tour & Lunch, 10am-2pm
Feb 17 Apothecary Garden Workshop, 10am-2pm
Feb 24 OPEN DAY – workshops, stalls, cafe, 10am-3pm
March 9-23 Permaculture Design Course (PDC)
March 30 Gourd Crafting Workshop

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

VENUE FOR HIRE



A TASTE OF ART



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

ADVERTISE HERE

and be seen in **16,000 copies monthly** of



Half page ad **FULL COLOUR**
from only **\$60** per month
Phone 6689 1148 nimbin.goodtimes@gmail.com

Dancing in the Moonlight at the Lone Goat

The Lone Goat Gallery in Byron Bay presents ‘Dancing in the Moonlight’ by Sydney artist, Ian Thomas.

The exhibition opens on Friday 16th February from 6pm-8pm and runs until Saturday 16th March.

Ian describes ‘Dancing in the Moonlight’ as a “celebration of our vibrant and diverse queer community, an ode to the joy and resilience that binds us under the moonlit sky.

It honours the power of love and the solidarity that emerges from shared experiences.”

Each piece is a vibrant testament to the kaleidoscopic spectrum of queerness – a gathering of identities that bloom like wildflowers, unapologetically colourful and diverse.

Just as the moonlight illuminates the darkness, our queer community sheds light on the world with resilience



‘Summerland’, 2023. Machine sewn vinyl lettering, fringing, Indian tassels on patchwork flag based on colours of Pansexual Pride flag. Photo: Karim Konrad

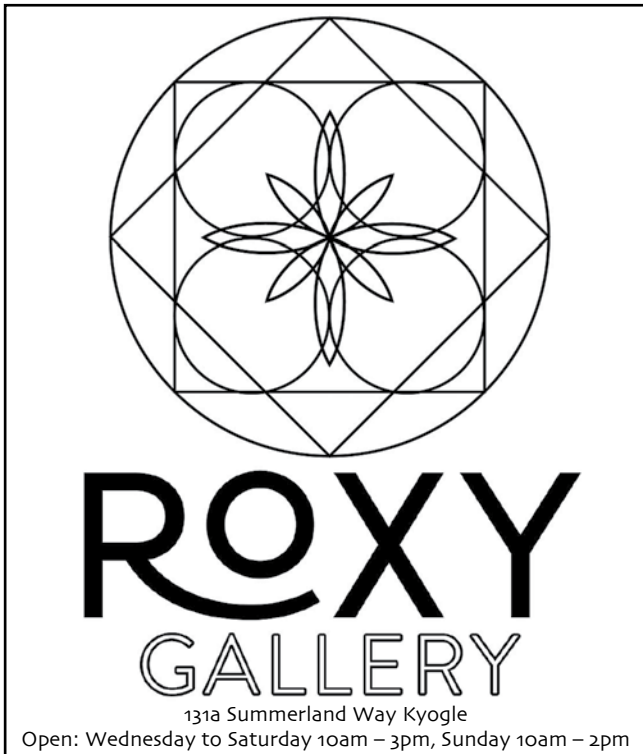
and a radiant spirit that transcends boundaries. Highlighting often overlooked narratives, the work references the transformative energy and boundless creativity of the Northern Rivers queer communities. “In a shared space of

colour and exhilaration, I’d like to acknowledge the fearlessness of queer elders who paved the way, the unity of coming together and the strength that comes from being unapologetically, authentically, and joyfully ourselves,” Ian Thomas said. The exhibition will also



‘Moonlight’, 2023. Pleather lettering, brass grommets on patchwork flag based on colours of Gay Men’s Pride flag. Image courtesy the artist.

contain a cabinet with a display of Queer history from local Queer Elder, Ian Teacosy Gray, who the artist has spoken with at length.



The war between Hamas and the Israel Defence Forces



by Mark Pestell

The extent of the bombing followed by the ground forces with tanks etc; the payback for the invasion of Israel's land; the killing, rape and stealing of Israel's people, by the continual punishment and pushing of Gaza's civilians around like on a giant human Chinese checker playing board.

The clearing of land with such power, all the destruction, the endless round of hatred, all could have been averted if Israel had developed a policy of buying land, buying land legally.

What then has been achieved is a solid two-state idea where an opportunity for sustained peace would have been developed.

For thousands of years, Jewish people have been victims of racial abuse violence and pain.

It took the shocking suffering of the Second World War for the majority of the planet to swing towards the idea of establishing a homeland for Jewish people.

The move towards supporting the cause of an Israeli democratic state began in the late

1940's. Israel has become a wealthy liberal society which has been a wonderful achievement.

Now with this attack by Hamas, on 7th October, predesigned for various reasons, has created a response of aggression where Israel so horribly cruel, is in danger of again, in the longer term, degrading itself back towards the days where they may well globally become isolated and abused as a race.

The total maddening violent world of the anti-Semitic responses such as suicide killing, reinforcing age old prejudices etc will outlast this conflict. It is totally plausible that eople will uphold preconceived judgements or convictions; such is the terror Israel is carrying out.

Regardless of what Israel says, there always is another way to bring back kidnapped people. Mossad with its skills, observation technology such as the world's best investigative spy technology called 'Pegasus' with time would track where the kidnapped were, and the Hamas members who carried out the deadly attacks and put them in a court of law.

A legal answer to those



who inflicted rape and horrors of the attackers in the kibbutz on women, children and men of various ages would be to punish them in court on criminal charges, even to the level of the death penalty given – but it would have been a legal process. Now it is more likely these criminals will get away.

With the ruling of the International Court of Justice (ICJ), the reverse can now happen with Israel being declared a state that is committing genocide against Palestine in the wake of the Hamas attack.

The ICJ highlights Israel's public rhetoric, including comments from Prime Minister Benjamin Netanyahu, as evidence of the Israeli army carrying out 'genocidal intent' repeatedly on about two million civilians since 7th October.

What Israel has done is to spawn new and enduring hate. If allowed, the media has drawn attention to the destructive explosions caused by bombs, drone missiles, armed soldiers and tanks.

The devastation we have witnessed in Gaza serves as a clear reminder of the horrific impacts of military action.

The question being asked:

what is next?

Gaza is flattened; almost all of the population of over two million is living in one of most densely populated places on earth and have lost their homes, infrastructure, and are starving, hurt, angry, alone.

Israel's attack is so hard, it could be assumed it is carrying out a systematic elimination of an ethnic group of people of human beings from Gaza on the two million Palestinians and other minority groups who live there. The term that is being used globally, this attack is already leading to or is going to lead to genocide.

Other concepts used by commentators milder in comparison, including comments by the heads of the United Nations that this war is going to lead to forced migration or deportation of millions of people.

Another possible solution is to give Palestine total self autonomy. The brains behind the invasion by Israel forgot the longer-term drive of self-determination human beings have; to be free.

This drive is developed from a hatred of those who dominate. History is littered with revolutions rising from hate. It is a natural human need to be free, to live free.



November 4 rally in Dunedin organised by the Palestinian Solidarity Network Aotearoa New Zealand. Photo: Mark McGuire



Palestinian solidarity demonstrations erupt world-wide as Israeli violence intensifies. Photo: Monte Cruz

No matter what violence is handed out, human beings will always want freedom. This drive of humans having a self-determination, is very similar to how Israel itself was created after the Second World War.

It is not 'rocket science' to understand that after such a conflict the people of Gaza want a means that make them feel they have greater control over the land, society and culture.

Gaza is under the control of Israel, since 1967. Legally Israel has an obligation to support the people that live in Gaza.

What is possible and what is probable and what will happen if and when the fighting is all over is complicated and virtually impossible to assume. The situation is complex as other players such as Egypt, the European Union, Qatar, Turkey, the United Arab Emirates and the United States are involved.

These nations all have conflicting interests in the area, but none have the leverage to push through a solution. Instead, they are actually making it worse.

A comprehensive peace is needed, and sustained by the PLO, Hamas and Israel. Immediately, measures should be done to improve the supply of water, food and electricity. The rebuilding of Gaza should begin, along with the teaching of skills.

Rebuilding takes time, and the feelings of hurt, pain and anger will take generations to heal. Goodwill is a key to having a lasting peace. Without peace nothing can be achieved.

Essential is to allow the freedom and movement of the Palestinian people. Restrictions on the movement of Palestinians by Israel is a key issue in the current conflict. The first protests or the First Intifada in 1991 resulted in the total enclosure of Gaza in the mid 1990's.

Even after the Oslo accord, with the separation between the West Bank and Gaza into three zones, there was little change to the restrictions. People cannot move freely.

What is clear is the biggest winner of this shocking conflict has become the Palestinian cause.

Local Palestine solidarity events packed to the rafters

Northern Rivers Friends of Palestine is a community organisation dedicated to advocating for the rights and well-being of the Palestinian people.

The group works towards raising awareness about the on-going conflict and promoting peaceful resolutions for all the people in the holy land.

Oxfam says: "Israel only allows 10% of the necessary food aid to enter Gaza ... The situation in Gaza is monstrous and a blight on our common humanity."

The Friends of Palestine response to this is a powerful expression of cross-cultural solidarity, allyship, and humanitarian fundraising.

Sound from the Ground, an Indigenous Palestinian and inter-tribal unity event and fundraiser, held 11th January at the Nimbin Bush Theatre, featured Australian



Palestinian Juman and Murrawarri man Eshua Bolton (pictured) in a unique fusion of didgeridoo and ancestral Arabic songs.

Ceasefire Jamboree, with music, community, solidarity, a musicians' fundraiser gig, was held on 13th January at the Coorabell Hall, featuring the Lionheart Rebellion, Trillah, Julie Hayes, Bush Doctors, and much more.

Both events were very popular and virtually sold out.

Notable speakers included Sajah Mustafa from Northern Rivers Friends of Palestine, who said, "There is an actual genocide happening in Gaza; we need a ceasefire and humanitarian aid now."

Subhi Awad added, "We bear witness to modern-day unrelenting atrocities and deliberate famine in Gaza; this must stop now."

Sue Higginson, NSW Green MP, said, "We must keep showing up and continue to stand for a

ceasefire and a just peace."

Mandy Nolan, Federal candidate for the Greens, said, "The Northern Rivers has a rich history of opposing war, and we stand on the shoulders of decades of peace activism."

The solidarity events attracted attention from local media, as well as providing a musical and visual representation of the group's commitment to raising awareness about the humanitarian crisis in Gaza.

Northern Rivers Friends of Palestine will present **Sound from the Ground 2** at a date yet to be confirmed.

Subhi Awad said, "Join us together in solidarity, using the universal language of music to advocate for peace and justice."

100% of proceeds go to Olive Kids, an Australian Foundation dedicated to support the children of Palestine.

One in thirty-thousand

by Scott O’Keeffe, ecologist

The whole of Australia has around two hundred species of butterflies; relatively few for such a huge area. This is because butterflies are not well adapted to the harsh arid and semi-arid areas that make up a large part of the continent. Butterflies fly during the day, and most species cannot tolerate the high daytime temperatures and dry conditions of the interior. Moths, in contrast, are mostly nocturnal. Thus, they are able to avoid the harsh conditions in arid or semi-arid areas that exclude butterflies. They are also suited to milder coastal and sub-coastal areas. This adaptability is reflected in the variety and abundance of moths in Australia where we

have between 20,000 and 30,000 species. Anthelids are a relatively small family of moths with about 74 species in Australia and 12 in New Guinea. Although this family contains relatively few species some locals are colourful and conspicuous, so they’re worth discussing. A couple of characteristics distinguish Anthelids from moths in other families. Anthelids have antennae with regularly spaced teeth, which makes them look feathery or like combs (pectinate). You can see this on the local species in the photo. Adult Anthelid moths look soft and furry, as their bodies are covered with long, hair-like scales. Compared with many other moths, their wings are quite broad. The hind wings on

some species, such as the one in the photo, are often brightly coloured. You might sometimes encounter adults in the daytime roosting under branches or in other sheltered places. But you are more likely to see them at night as the adults and larvae are nocturnal. The larvae are typically very hairy. Depending upon the species, most feed on wattles (Acacias), eucalypts or grasses. The larvae pupate under logs, in leaf litter or under bark. Like most species of moths in Australia, not much is known about Anthelids. Any observations of Anthelids that you make are worth submitting to the citizen science database *iNaturalist* to increase our knowledge about this poorly documented family.



This beautiful local moth displays the characteristics of the uniquely Australian family of Anthelids. Photo by the author

All mixed up

by Scott O’Keeffe ecologist

Where ecosystems collide, there will be enormous drama – this is the ecotone, transition areas where different biological systems blend and compete for resources. Transition areas between ecosystems like a forest and a wetland, may be the result of chemical, physical or climactic boundaries in a landscape. A blend of flora and fauna will occur at the treeline on a mountainside where the harsh climate at high altitude pushes trees to the limits of their physiology, favouring grasses and wildflowers that can cope with the cold and prefer to grow in bright sunlight. An ecotone can also be the product of an abrupt stress or disturbance such as a landslide or a fire. Ecotones are often easy to discern in a landscape. Differences in the colour, size and structure often give them away. For example, an abrupt difference that appears as a line might show where a fire has burned from a dry forest into the edge of a wet forest type. The boundary will be less obvious as time passes and the area damaged is colonised by plant species from both ecosystems. In this ecotone, plants from both wet and dry forests will compete to occupy the area with its increased

light levels, and temporarily elevated fertility. The combination of plants contributed by both the wet and dry forests will create a unique visual boundary with a “fuzzy” edge. Years later, this ecotone will remain visible to those who look carefully, revealing where the catastrophe occurred. An ecotone is not just defined by its plant life. Animals, fungi and microbes also respond to changes in light levels, moisture, fertility and soil chemistry. In an ecotone, the overall species composition will differ from what is found in the adjoining ecosystems, but this does not necessarily mean the ecotone will have higher biodiversity, just a different mix. The breadth and character of an ecotone may change over time, particularly if they arise from a disturbance. Less so if they are associated with a landscape feature, since landscape features such as soil type, slope, and climate persist for long periods and usually change slowly. Examples of ecotones that persist for long periods can be seen on rocky coastlines and on the fringes of permanent wetlands. Ecotones on rocky coastlines are often visible as coloured zones. Each zone will have a different mixture of molluscs, barnacles, sponges, marine algae, and herbaceous vegetation just



An ecotone between native grassland and eucalypt forest. Photo: NSW Dept Climate Change, Energy, Environment and Water



The ecotone between grassland and riparian forest in Queensland’s Channel Country. Photo: The Wilderness Society

beyond the reach of seawater. The slope of the coastline, the duration, frequency and extent of inundation, tidal range, frequency of rainfall, and the nature of the substrate on which the ecotone rests are complex influences on its character. At the landward edge are terrestrial plants and ecosystems modified by salt spray. Next, there is a zone where inundation occurs during storms and very high tides. This blends into a zone where tides move water back and forth, regularly exposing surfaces to sunlight and wind. In the next zone, surfaces are only exposed to wind and direct sunlight during extreme tidal events. Furthest away from the terrestrial ecosystem is an aquatic zone that is wholly submerged. In local mountain areas we can see an ecotone between rainforests that line streambeds in deep gullies and valleys, and forest ecosystems away from the

valley floor. At the edge of the streambed, there is abundant water, still air, high humidity and sometimes relatively fertile alluvium. As you move up the hillsides water becomes scarcer, but the humidity and soils support a different type of rainforest whose component species are different from those that grow next to the stream bed. Even further up the hillsides, the soils may be quite rocky and relatively less fertile, and the humidity may be lower with more exposure to wind and bright light. Vegetation here must be tolerant of a somewhat harsher environment, and conditions will favour the development of ecosystems dominated by eucalyptus tree canopies. The ecotones at the boundaries between these distinct ecosystems are more like a gradient than a distinct line, but an observer familiar with local vegetation and landscapes will be able to pick out the ecotone. Landscapes that are highly modified by humans also have ecotones. They are often very conspicuous, even if we don’t find them inspiring or attractive. Locally, wherever you see remnant of the various native forest types adjacent to neglected or abandoned cleared land, there will be an ecotone between the native forest and shrubby vegetation dominated by fairly simple combinations of privet, lantana and exotic vines. In some places, the native forests merge with dense stands of camphor laurels. Despite the vigour of the invasive species these ecotones are not “near monocultures.” Admittedly the aggressive exotic species are very efficient at suppressing the growth of native species, but native species persist. As with any ecotone, there is a drama of competition and exclusion playing out. There is some blending of species, with seedlings and saplings of each vegetation type always present, to a greater or lesser degree. As most bush regenerators know, natives bide their time, waiting for conditions to change, allowing them to recolonise ground in the ecotone, and create the conditions that favour native vegetation over exotics. Ecotones are sometimes conspicuous and distinctive enough that some observers classify them as ecosystems in their own right. If this were the case, in ecosystems we would expect to see some plants and animals that are unique to it, but in ecotones there are very few examples of this. Ecotones are usually a mix of species from adjoining ecosystems. Studying ecotones is fascinating, and helps us to understand how organisms react to stress and disturbances. Understanding these processes can help us to make informed decisions when we are managing landscapes to conserve biota.



The Incredible Journey

WHERE TO WATCH OUR TV PROGRAM:

Gem
Sunday 8:25am

5NOW

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 Acquisitions

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

Nimbin Post

Open 8am – 5pm Monday – Friday

• BANKING • MOBILE PHONES
• IT SUPPLIES • BILL PAYING
• WESTERN UNION • GIFT CARDS

Mail leaves at 2pm sharp

Locally owned and operated 



Nimbin Garden Club notes



Garden Club Christmas lunch

by Peter Brooker

Gardens worth waiting for

"There are days of silent sorrow in the seasons of our life; there are wild despairing moments, there are hours of mental strife; there are times of stony anguish, when the tears refuse to fall; but the waiting time my brothers, is the hardest time of all."

Well, Sarah Doudney has nearly summed up the time

we have spent staring out of windows waiting for our first garden of the year.

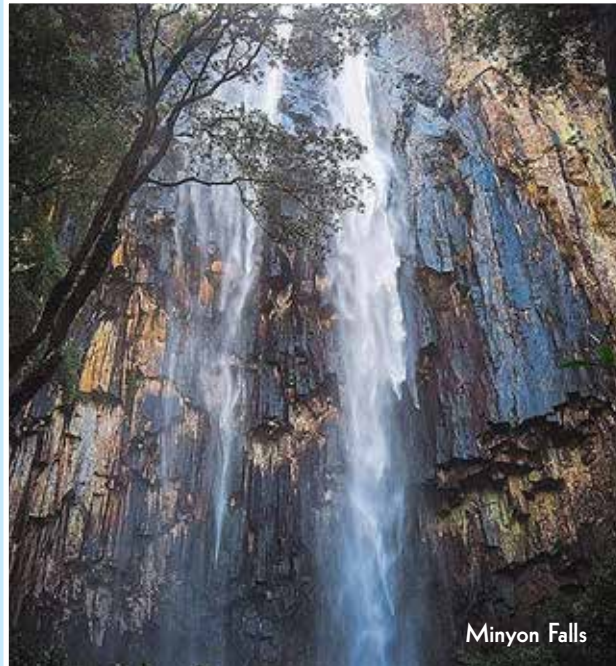
That time is now upon us as we prepare to descend upon the home of Ken, the Captain of Blue Knob RFS, Share 23, 94 Symonds Road, 2pm until 4pm on Saturday 17th February. Yes, the second month of the New Year is upon us and we have great gardens ahead, so the wait for our first garden is over.



While we wait for the others, we should remember Henry Van Dyke's words: *"Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love (gardens) time is eternity."*

Remember our catch phrase, "bring a chair, a friend, and something to share" and we'll see you at Ken's place.

Bushwalkers on two Sunday walks



Minyon Falls

by Peter Moyle
Nimbin Bushwalkers Club

The Nimbin Bushwalkers are back into the great outdoors for another year. The hot weather has kept us quiet over the holiday break, but we have had a couple of activities on the water. A well-attended paddle on the Brunswick River was just the thing for a hot day and we tackled it to coincide with a king tide to give us a bit of a help with the incoming tide as we made our way up the south arm, Simpsons Creek, heading towards Tyagarah.

This is our most popular paddle with the gorgeous scenery and birdlife aplenty. The clear water of the big incoming tide also gives us a magic view of all sorts of fish, crab and underwater landscapes. Timed well, you can catch the turning tide for the return journey.

February and March can still be very hot and humid so a couple of walks coming up with plenty of water to cool down with and some shade to help. Visitors are always welcome and contact the walk leader to register your interest.

Walks programme Sunday 18th February – Goanna Headland at Evans Head

Leader: Ron Smith 0497-792-789. Please ring to register your interest.
Grade: 2-3. Some rocks to walk and track can be slippery; care needed at drop-offs.

Meet: 9.30am at Chinaman's Beach car park. Two beautiful coastal walks: each year we come here, and we never tire of this wonderful spot and a nice coffee after. A walk to Goanna Headland, followed after lunch at the beach, by a walk through Dirrawong reserve. Each walk takes about 1.5 hours.

Bring: Water, lunch, and a hat. Good sturdy footwear needed. A swim after is always refreshing.

Sunday 10th March – Minyon Falls, Nightcap National Park

Leader: Sha East 0421-653-201. Please ring to book in.
Grade: 3. Some rocks and tree roots to walk over and track can be slippery, care needed at drop-offs. There should be plenty of water on the falls and always an enjoyable walk. Starting at the picnic area at 9am. Comfortable but appropriate footwear for bushwalking required.

Meet: 9am Minyon Falls Picnic Area.

Bring: the usual, hat, lunch, water.



Evans Head

-----Biogas-----

The federal Government have recently announced a plan to get more gas from the Australian fields sold onto the Australian market. Meanwhile there is a push for all new homes to have electric induction cooktops to reduce the overall gas consumption.

The older homes that were never wired for high current cook-tops will have to use gas a lot longer or face costly re-wiring. One way we can reduce our dependency on fossil fuel gas is to produce our own from household bio wastes and humanure.

This would have the added benefit of vastly reducing landfill emissions as the waste currently ends up as a potent greenhouse gas (methane) in the tip anyway.

There are many ways to build a home biogas digester, but not many safe ways. Dealing with a flammable gas means a very professional approach needs to be taken.

I heard about a system where a large plastic lined pit was built at the beginning of a driveway to a rural western property. The owner collected road-kill kangaroos and filled the pit, then put a heavy plastic sheet over the top with

rocks and earth to seal it.

He ran a long pipe back to his caravan and cooked on the resultant gas. Probably not great if you left the gas on but it did work, and sometimes simple is best.

I have seen many biogas digesters in different countries around the world and they all serve their purpose. Most are on a community scale with the local piggery or dairy contributing the effluent for digestion. Removing the sulphides from the gas is the greatest technical challenge. Sulphides can create acidic conditions that eat away at gas jets and other components.

This can be done by percolating the gas through a sodium hydroxide solution but then that needs to be disposed of at the end of its usefulness.

There are biogas composting toilets on the market right now, very efficiently designed and safe, however as yet not accredited for use in NSW. If we are going to be able to effect sustainable change, legislation needs to adapt away from the nanny state and give us opportunities to buy well engineered solutions. In the meantime, an anarchistic



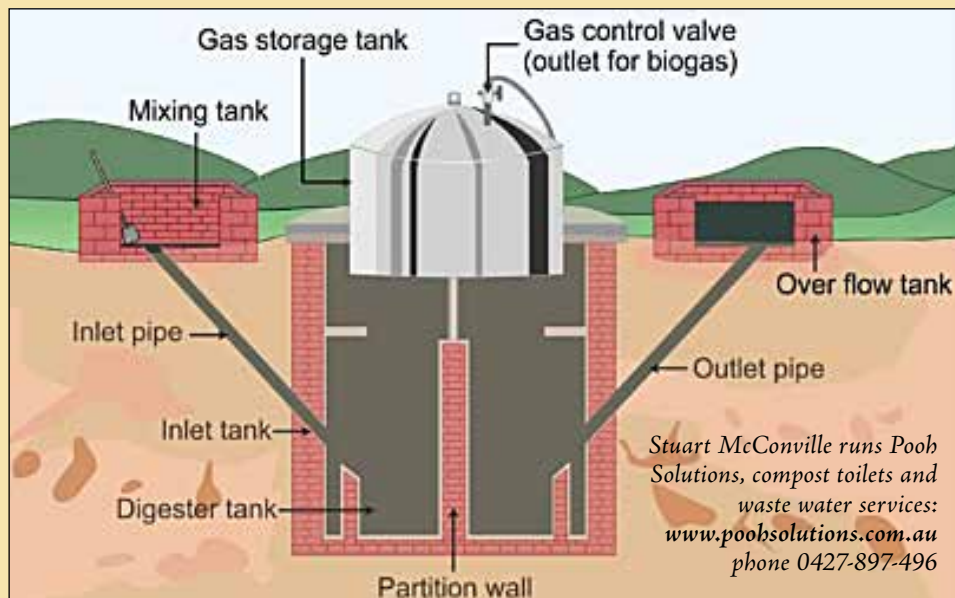
View from the loo by Stuart McConville

approach should be taken!

The existing legislation does allow for owners to build their own waste management facilities without the need to have it accredited by NSW health. Anyone who wants to go down this path should reach out and I would be happy to act in a design capacity. Weirdly an owner built system has more chance of getting approval than a tried and tested commercial design without accreditation.

I would love to see the day when my On-site Sewage Management System designs are not hindered by unreasonable guidelines that prohibit local entrepreneurial talent.

My original pre-cast concrete composting toilet design cannot be sold anymore due to councils not getting behind my behind my product.



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

Kyogle flower show



Kyogle Garden Club Inc will be holding their Annual Flower & Foliage Spectacular again this year on Friday 19th April 9am – 5pm and Saturday 20th April, 8am – 2pm at St Brigid's School Hall and grounds.

Entry fee will be \$3 and light refreshments will be available. There will be lots of plants on display and for sale, along with lots of other garden-related art and products.

Phil Dudman from ABC Gardening will make a guest appearance on the Friday this year from 10.30am. On the Saturday there will be guest speakers and demonstrations



that are sure to be of interest to the keen gardener.

There will be raffles on the hour over the two days, so chances are you will go home with something worthwhile to add to your garden.

A variety of plant stalls with cacti, succulents, bromeliads, natives, indoor plants, fresh flowers and

many more will be available, not to mention the Club Stall which will be packed with plants.

Put these dates on your calendar and come along. Lots to see and a great way to catch up with friends and share a cuppa and delicious homemade delights from St Brigid's Canteen.

Equine relationship counselling

by Suzy Maloney, B.Eq.Sc.Dip.Couns.

Like many horse people, I always felt I understood horses better than humans, especially as I studied horses so extensively doing my Equine Science Degree. However, I work with both people and horses as an instructor, coach, and trainer.

There was an inequity present. I decided to rebalance this by studying humans and have now completed a Diploma of Counselling. While it's great to have this qualification, the best part is all the amazing things I have been learning about my own species.

I feel a deeper understanding of our shared experience, our common strengths, and weaknesses, which has enabled me to feel as comfortable with people as I do with horses. My level of empathy has always been high with horses, and this is now matched with the empathy and compassion I feel for my fellow humans.

I asked myself "What do I do with this new qualification and understanding?" I could step into therapy work with people, but realised I didn't want to leave the horses. So, I have created my own job category and called it Equine Relationship Counselling. My vision of what this entails is open to future change and development, but for now I see it this way.

When I am asked to visit a horse and their human, I often find the two are having trouble understanding each other. As an equine relationship counsellor, I see my role is to function as an interpreter. The horse tells me what is happening for them, and the person does the same.

I then look to explain to each how things might be from the others perspective. I'm trying to get the two on



the same page and see things through the eyes of the other. This is similar to relationship counselling between couples.

Sometimes with people there's an issue in their life, or they are feeling emotionally fragile. My job is to create a safe space where they can talk about what's happening for them. This helps them be with the horse with clearer energy, which facilitates better understanding and empathy between the two.

At times, the horse is having problems because it doesn't understand what their person is doing or asking of them, or because the person's energy is affecting them. There are many possible approaches to this depending on the circumstances. I might be hands-on with the horse, or simply come to an understanding by observation.

At times I just know. Whether this is due to my training and experience, intuition, or animal communication doesn't really matter, so long as I can uncover something that can help the

relationship between the horse and human.

Doing this work feels incredibly valuable to me. I have been working professionally in the equine industry for over 25 years, and this feels like a culmination of all that has come before. I am excited to be offering this to the world. Since I have been approaching my work from this perspective, I have experienced what I can only call magic moments.

When horses and people find common ground and understanding, their problems seem to melt away. I have been coming away from sessions amazed and stunned by what I am seeing and experiencing.

Recently at a session a client had a visiting friend watching. He was interested in the concept and asked the question, "Who needs an equine counsellor?" The client's response was, "Everyone."

In that moment, I knew I was on the right track.

Self-medication in animals

by Les Rees

There is plenty of evidence of animals self-medicating dating back to ancient civilisations, as scholars wrote about their observations and experimented with those herbs selected by animals to cure ailments common to animals and humans.

This led to the development of herbal medicine as information was exchanged and experimentation led the way to an understanding of the effects of a significant array of herbal plants and their medicinal properties.

However, it wasn't until a few years ago that the scientific fraternity accepted that animals self-medicate. It began with a lot of interest building through the observations of eminent animal behaviourists like Diane Fossey and Jane Goodall, who had witnessed sick animals seeking and eating specific plants not normally part of their diet, resulting in the relief of the symptoms of obvious health disorders.

In those days, this was simply an observation but today there is a vast amount of information available through the efforts of dedicated

zoologists, pharmacologists and herbalists who have examined the medicinal properties of the herbs and their actions on the body.

Studies suggest that horses in the wild not only have the appearance of looking healthy, but when tested, showed little signs of parasite infestations or worm burdens.

Moreover, they had resistance to diseases normally found to affect their domestic counterparts which is hardly surprising given that these horses don't have access to the medicinal herbs that their wild counterparts have as they can graze freely, continually moving onto new ground.

Wild horses often eat plants known to be quite toxic but when eaten in small quantities at any one time, act as medicines triggering specific systems within the body to work more efficiently and subsequently re-balancing them so that normal health can be restored.

Some examples of domestic horses self-medicating can be seen when horses pick at rose hips and nettles, or dig at the ground for clay. The rosehips have high quantities of vitamin C, iron, copper and biotin.

They are an excellent blood cleanser, good for the kidneys,



liver and adrenal glands as well as being an immune stimulant. Nettles are also high in iron and are very effective as an arterial tonic and in blood oxygenation.

Clay is an inert substance, however, it does bind toxins enabling them to be evacuated from the body and it also protects the lining of the gut having an antacid effect, absorbing excess fluids and subsequently curbing diarrhoea.

In an ideal world the horse owner would incorporate herbal lays in areas protected by larger plants that provide shade and nutrients for their horses to be able to self-medicate, but that is a big ask as it involves financial outlay that a lot of horse owners can

ill-afford.

I've been an Equine Naturopath for many years and even after all this time, I'm still amazed at how well horses respond to herbal medicine.

Many people say that their horses are fussy and won't eat anything with medications included in their normal feed, but if I'd had a dollar bet for every one of those horses having the opposite response to a prescribed herbal medication, I'd be a rich woman!

I'm sure that they have the ability to recognise that the nutrients are beneficial to them.

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

Hemp Balm

Thousands of Satisfied Customers Australia Wide
1000+ 5 Star Reviews

“Thanks, after having ankle surgery, 13 screws into my foot this amazing Hemp/Comfrey/Arnica has taken all the pain away..”

Available for sale at Nimbin Candles & Nimbin Apothecary or on our website

CALL 02 6689 1095 WWW.BLACK-SHEEP-OILS.COM

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

It's easy to get into the GoodTimes

Happy Horses Bitless

Considerate Horsemanship

Suzy Maloney B.Eq.Sc.Dip.Couns.
Equine Relationship Counselling
0401 249 263 happyhorsesbitless@gmail.com
www.happyhorsesbitless.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

Lillian Rock Doggy daycare

CALL LEMMY 0476 755 809
LOC 36 Lillian Rock Rd

\$40 FOR THE DAY
6:30AM till 6:30PM
PICKUP & DROP OFF AVAILABLE

Nimbin Servo

02 6675-7906

Liberty

Open 7 days:
Weekdays 7am-6.30pm
Weekends 8am-5.30pm
Public Holidays 9am-4pm

NIMBIN SERVO SHOP

- Fuel, oils, automotive needs, ice, gas refills & Swap'n'Go
- Pies & sausage rolls, drinks, icecreams, milk
- Newspapers, cigarettes, Nabropure water
- Stock food, horse & cattle food, lucerne, pet food & bones
- large range of gardening products