

A T A S T E O F A R T



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

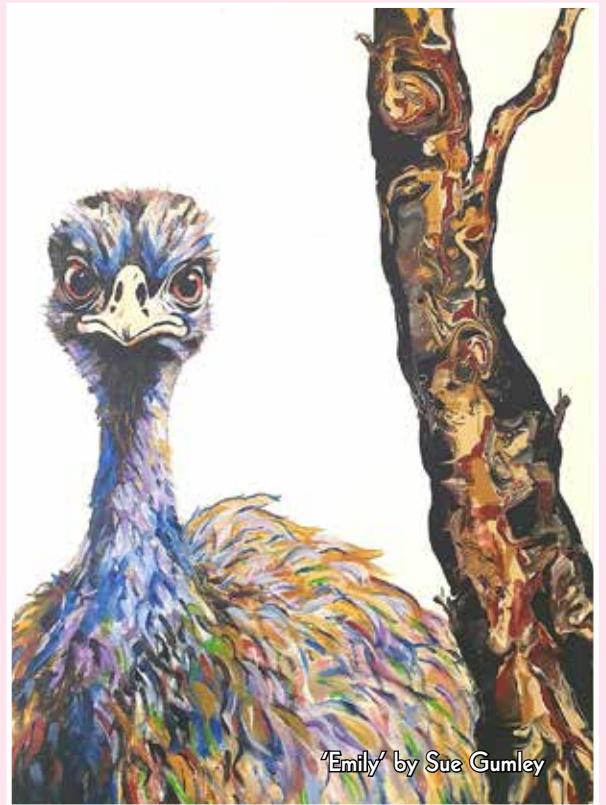
Nimbin Post

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'Emily' by Sue Gumley

I remember a time when you loved me

The art space of Nimbin, and the wider world out there, is never dull, tried and true.

Art techniques of old are valued, worked with, and yet continue to twist, turn and open us up to new paths.

Ryan Dandelion is one such artist. His new and adventurous art techniques are an intriguing factor in his current exhibited work 'I Remember a Time When You Loved Me' (above, left).

Ryan has used a combination of

photography, inkjet printing onto cotton fabric and included a process with melted aerial reconnaissance film! What a combo, with a fabulous result.

Ryan's talents have led to him being a finalist in the National Photographic Portrait Prize at the National Portrait Gallery, in Canberra.

Watch this space, as they say, as winners will be announced mid-August. Exciting times for a brilliant, young, local artist.

Another local artist open to strong, bold art interpretation is our current

Artist of the Month, Sue Gumley.

A brave technique of using white: white sky, white clouds, white background, white earth, and then strong, dense colours in her subjects: trees, birds, snake.

Very few come into the Gallery that don't exclaim: "Wow!"

Sue's exhibition closes at the end of August, so don't miss it.

Nimbin Artists Gallery is open seven days a week, 10am to 4pm (mostly). Phone 6689-1444, or see us on facebook and instagram.

Fibre Show revels in fibre art in many forms



by Ali Walker

Each year, Blue Knob Gallery transforms into a rich tapestry of colour, texture, and tradition for its annual Fibre Show, a celebration of contemporary and traditional fibre art in all its forms.

Titled 'Material Gains', this year's exhibition showcases the incredible versatility and beauty of fibre-based practices, from age-old techniques to modern interpretations.

The exhibition features a diverse array of works crafted from natural and recycled materials, including hand woven textiles, coiled and twined basketry, felted items, intricately knitted and crocheted pieces.

Clothing and wearable art highlights the connection between fibre and fashion. Handmade garments merge function with flair and reflect an interest in slow fashion and sustainability.

Visitors will see and feel the familiar



warmth of wool, the structure of woven threads, and bold experimentation with form, colour, and concept.

While some works honour traditional craft, others push boundaries blurring the lines between functional object and fine art.

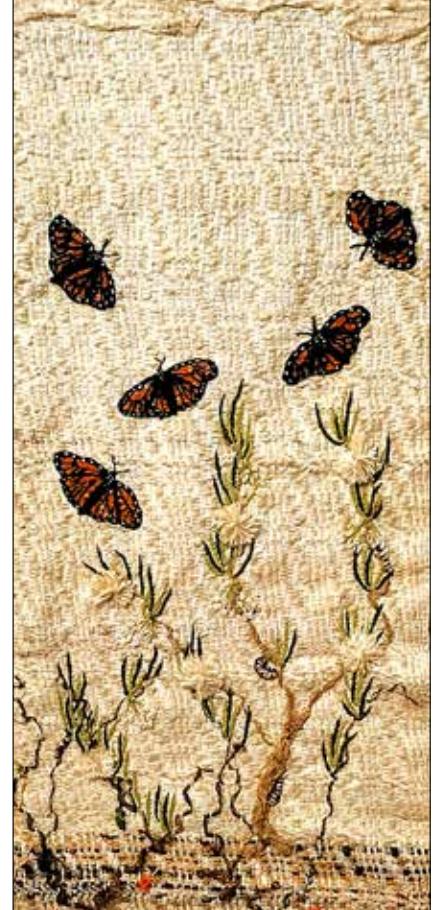
Material Gains is a tribute to the tactile, meditative, and the deeply personal process of making by hand.

Whether you come for inspiration or appreciation, the exhibition invites you to slow down, look closely, and feel the stories spun into every stitch.

The exhibition runs until Saturday 13th September.

Blue Knob Cafe – has a great selection of freshly made gourmet toasties, pies, savoury pastries, specials, cakes and coffee/drinks. We look forward to seeing you on the cafe verandah for food, art and a great view of Blue Knob.

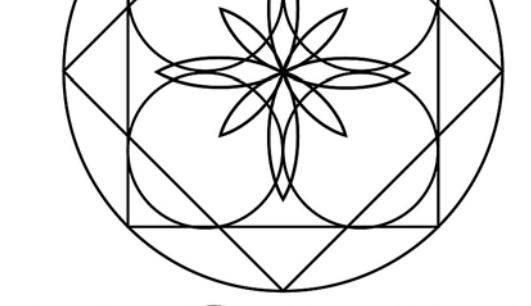
Blue Knob Writers Group – meet weekly at Blue Knob Cafe on Sundays. For more info contact Alex 6689-7268 or Helen 0487-385-134



Blue Knob Singers – meet on Thursdays at 3.45pm in the Gallery. Everyone is welcome. For more info, call Peter on 0458-487-865.

Sound Journey with Amma – Gentle breathwork flow and sound journey mediation, every 1st and 3rd Wednesday, 6-7.30pm in the gallery. Bring yoga mat, cushion and something to keep you warm!

Moore Workshop Space is available for hire. Please contact the Gallery for more information.



ROXY GALLERY

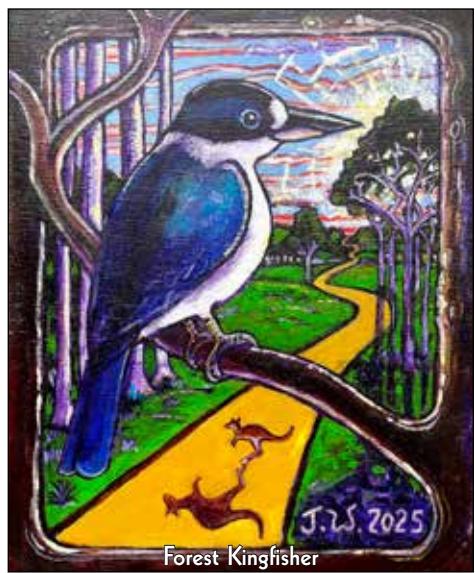
131a Summerland Way Kyogle

Open: Wednesday to Saturday 10am – 3pm, Sunday 10am – 2pm



Did you know?

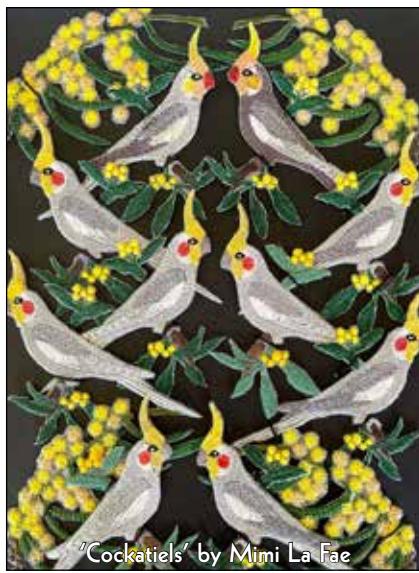
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Forest Kingfisher



Spangled Drongo



'Cockatiels' by Mimi La Fae



22 studios open for Mud Trail

Strictly for the birds

by Jimmy Willing

Today I'm at my work-bench studying dandelions, cattle egrets and another of North Lismore's old houses slated for demolition. It's commission work from one of Lismore's old families who wish to have a memento painted before their family home is destroyed.

Putting money on the table to commission artworks like this shows that although the politicians and the Philistines see no value in our old neighbourhood, this is not a view shared

by the families who lived their lives and raised their children in the bucolic bliss that is North Lismore.

It's sunny today and the studio is warm as I push the paintbrush around, and it seems to me that my audience has spoken, and most of all what they want from me these days is birds and wildflowers. So my next show will be called 'Strictly for the Birds'.

Unlike my first solo offering at the Joy Love Art Studio, this is a group show and I've invited my mates and colleagues to exhibit with me.

The first works for the show have

just arrived in the post, being a flock of embroidered cockatiels from Mimi La Fae that I'm setting up in a glass case.

There has been an overwhelming show of support from a wonderful array of talent, including Jenny Kitchener, Penny Evans, Steve Giese, Penelope Sienna, Michelle Jones, Lisa Doherty, Gilbert Laurie, Kudra Falla-Ricketts, Kerrie Van Power, Alan Ussher and Mimi La Fae, with historical works by Neville Cayley.

'Strictly for the Birds' opens at 12pm on Saturday 13th September at The Joy Love Art Studio, 82 Lake Street, North Lismore and you are all invited.

Back for its 13th year, the North Coast Mud Trail celebrates the vibrant ceramics community with a self-drive weekend event across the beautiful Northern Rivers.

To be held on 16th and 17th August, the event invites art lovers, collectors and curious adventurers to explore 22 studios across the Byron, Ballina and Lismore Shires.

Visitors will visit potters in their personal workspaces and experience live demonstrations, participate in workshops, hear from artists in their own words, and buy their handmade ceramics.

President of North Coast Ceramics, Venessa Skye, says "The Mud Trail is more than an art event. It's a celebration of creativity, connection, and community. Visitors get to see where the magic happens and gain an intimate insight into the process behind each piece."

Offering a weekend of hands-on engagement, the Mud Trail lets visitors build their own itinerary, travelling at their own pace through the picturesque hinterland and villages of the Northern Rivers.

Free brochures with a map and program are available in local cafes, stores, galleries and tourist information centres, or you can plan your route online at: www.northcoastceramics.com

Whether you're a seasoned collector or simply pottery-curious, the North Coast Mud Trail promises a rich, immersive experience.

An exhibition of delicacy and disorder



'Morbidezza 1'
by Dervis Pavlovic

'Seven Deadly Sins 1'
by Dervis Pavlovic

a sensory journey through works that blur beauty and decay, tension and tenderness.

From bold, harsh expression to intricate geometric surrealism and shadowy impressionistic forms, this exhibition brings together artists, each morbid in their own way, to open pictorial portals into strange and otherworldly realms.

Prepare to transform your mind and soul through art that challenges, enchants, and disturbs in equal measure.

'Morbidezza' opens Friday 15th August, 5.30-9.30pm, and runs until Saturday 23rd August.

Scarlet

One of our most popular annual members' exhibitions, 'Scarlet' delves into themes of sexuality, love, lust and the erotic. This year's highlights include Love, Kisses and Connection.

Artists are invited to prepare works in any

medium, including live performances on the night, to bring the theme to life.

This year Scarlet will run alongside the stunning works by Dervis Pavlovic's 'Seven Deadly Sins' exhibition.

Dervis explores the possibilities and confrontations of social and political art. He draws from a surreal sense of an apocalyptic shift taking place in world politics and a breakdown of social cohesion.

"The human figure is central to my painting which aims to represent my fascination with human behaviour, as expressed in 'The Seven Deadly Sins,'" he said.

'Scarlet' opens Friday 29th August, 5.30-9.30pm, and runs until Saturday 13th September.

Serpentine Gallery is at 3/104 Conway Street, Lismore. Open Monday to Friday, 10am-4pm; Saturdays 10am-2pm. Visit our website: www.serpentinearts.org

Roxy Gallery Kyogle is very excited to present 'Strings Attached', a unique exhibition by acclaimed local artists Christine Spedding and Leigh Arnold.

Running from 8th August to 14th September, this immersive showcase re-defines String Art through luminous two- and three-dimensional works, activated by ultraviolet light.

Both artists bring neurodivergent perspectives to their practices, transforming mathematical concepts into a stimulating visual and spatial experience.

Christine has always been fascinated with pattern and colour and has recently added string to that list. She now utilises string within her creative practice – from intricate works to large-scale installations.

Leigh, a prolific local and

international artist, inspired by string theory (unrelated!) and quantum physics, reimagines his hand-drawn mathematical artworks as three-dimensional structures.

Together, Christine and Leigh replace pen with thread, canvas with timber, and equations with radiant, laser-like geometries.

By using string to connect a series of points on opposing planes, these connections, governed by mathematical principles, transform into complex, visually stunning designs.

The exhibition uses ultraviolet lighting (black light) to highlight the lines and forms made by the strings and cast shadows that morph as viewers move through the space.

Launch event: Saturday, 9th August from 6pm. Roxy Gallery is open Wed-Sat: 10am-3pm; Sun: 10am-1pm.

This month, Serpentine Community Gallery presents two outstanding exhibitions, and a performance workshop that you don't want to miss.

'Body Is Country' workshop

Join facilitators Mitch King and Tess Eckert for a creative movement workshop that invites participants of all ages to connect with Country through the body.

Explore how movement can express and deepen our relationship with the elements – earth, water, air, fire, and the animal body.

The 2.5-hour workshop guides you through visualisations, creative games, and playful tasks using the elements of dance

(space, shape, time, emotion, and story). Participants will reconnect to both inner and outer landscapes.

No dance experience is required. The event is on Saturday 9th August. The workshop starts at 2pm, and the performance is from 5.30 to 6.30pm. Children under 13 must be accompanied by a guardian.

Limited tickets are available through Humanitix; search for Body is Country – Lismore, or go to: <https://events.humanitix.com/body-is-country-workshop-and-performance>

'Morbidezza'

Step into a world where the unsettling becomes sublime.

'Morbidezza' invites you on

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CWA Nimbin cooks up a treat for NAIDOC

by Sage Bryant

Nimbin CWA had the pleasure of collaborating with Nimbin Neighbourhood Centre to provide foods for our community's NAIDOC Day celebration.

Our members worked in the kitchen for days ahead of the event, to create delicious baked goods that we served on the day with tea and coffee. The day was a big success and appreciated by many.

Nimbin CWA continues in our ongoing efforts to provide clothing and bedding for our community's homeless and rough sleepers.

Each winter we buy brand-new clothes to give to those in need, and we work closely with other Nimbin not-for-profit groups to ensure all have access to the material aid they require.

Our op shop is open every Wednesday, and Sunday market days, providing low-cost clothing and we are always grateful to receive donations of clean clothing and bedding.

Our toastie days are proving to be a big hit with the local community! Each Wednesday following the Sunday Community Market our rooms are open, and as well as the usual op shop day, we serve yummy inexpensive toasties and healthy drinks. Why not pop by for lunch, a browse and a chat!

Meet our members

Each month you'll hear from one of our members about their CWA journey.

What is your name: Robyn

Where do you live: On a 100-acre property at Coffee Camp. It is far too much work for us, but it has a stunning view up the Goolmangar Creek valley towards Blue Knob and Mt Nardi.

The part I really love is that there is a lot of slightly degraded dry sclerophyll and dry rainforest bushland on our hill up behind the house. We are working on it slowly and hope to restore it to quality bushland.

We are also planting food forests, which are nicely starting to produce edibles, and try to keep the setaria grass out of the garden, which is not an easy task (and it is totally overgrown with choko and pumpkin). We have three delinquent rescue steers who provide



great manure for the garden, and like nothing more than a scratch and some molasses.

When did you join the Nimbin CWA: April 2022, after we moved up here in October 2021 from Sydney.

Why did you decide to join: I went to an open day in the rooms. Linnet was sitting there and started chatting to me as if I was a part of the family.

I immediately felt at ease and socially comfortable (what a relief) and that here was a place and group in Nimbin I might fit in. That turns out to be true.

What positions have you held in the branch: International officer for the last two years. Each year the CWA of NSW select a country of study, where we aim to learn about, and even potentially support, that country. The first year, our country of study was France. We had a decoupage day, a Bastille Day French cuisine luncheon, and Aline Binetruy came to give a great talk at the branch meeting about French culture, (and what the Swiss think of the French!) Very interesting.

We had also hoped to learn how to make hard cheeses, but unfortunately, that visit didn't come off.

This year we are studying the Republic of Korea. The gals had a fabulous time making Kimchi in the rooms, guided by Jasmine, and Kaz put on a great private Korean BBQ for us down at the Bush Theatre and Cafe.

Pauline, our expert craftsperson, has created a very authentic Korean

"hanbok" outfit for a doll to enter into the CWA of NSW doll competition. She did an amazing job! We are planning to enjoy some Korean cuisine at The Forest Café Lismore, on the Korean 'Liberation Day'. Who knows next year what the next country might be...

What do you enjoy most about your membership: They are good people in the CWA. They just want to help people, chat with them, or feed them up. I love the ethic of the team. Everyone wants to pitch in, up to their capacity of course, and to contribute. I love helping people, and so the CWA is a logical win-win place to do this.

One of my favourite bits is at meetings when we decide to support such-and-such a person or group who is in need. It is the core of what we do. Plus, it is a joy to go on the Saturday morning street stalls, or work on market days, where we get to serve and chat with locals and visitors alike. I am getting to know more locals that way and feeling more a part of Nimbin.

One of the perks was when CWA had a showing in the Nimbin Fashion Parade 2022. We modelled our second hand clothing and hand-made aprons. What a fun night. I discovered I have an aptitude for modelling. Go figure.

What do you look forward to: The next fashion parade and seeing what new ways I can contribute to the branch and the community in the future.

Dates to remember

- **Open Days:** 10am-3pm on the 2nd and 3rd Wednesdays of the month, plus every Wednesday following the Community Market Sunday.
- **Op Shop Days:** 10am-3pm, 1st and 4th Wednesdays of the month.
- **Community Market Days:** 9.30am-3pm on the 4th and 5th Sundays of the month.
- **Street Stall:** 10am-12noon, most Saturdays, outside the newsagents.
- **Branch Meeting:** 3pm on the 2nd Monday of the month, new members always welcome!

We are located at Figtree House, 81 Cullen Street, Nimbin (next to the firehouse via Sibley Street)

For enquires phone: 0461-412-831 or email: secretary.cwa.nimbin@gmail.com



Kyogle Council has revised its waste voucher system so ratepayers can either dispose of one large load of rubbish for free or a combination of smaller loads.

Ratepayers will receive a \$50 voucher to use at

Council's landfill or transfer stations. Individuals can use the voucher for one ute and trailer load (maximum size 7x5 feet) of general waste, or a combination of smaller loads up to the value of \$50.

Vouchers can't be used to dispose of asbestos,

hazardous waste, or dead animals.

Kyogle Council Mayor Danielle Mulholland said the system would give ratepayers greater flexibility and choice when using the waste vouchers.

Under the new system,

Council staff will keep track of how much of the voucher is used until the \$50 is exhausted. Any unused value is not redeemable for cash or credit, and transactions will not be permitted by combining voucher and cash/credit.

Breeding season risks

by Kyi Van Hooff



The Northern Rivers Koala hospital has been very busy over the past few weeks as we move into breeding season.

It's important to remember koalas are more active and way more exposed to risks and misadventure, so please – drive slowly at dusk and dawn and be mindful that koalas are active!

Here are some stories of recent intakes at our East Lismore base:

Elara and Zelly

Elara, a six-month-old koala joey, was found alone on the ground after her mother, Zelly, was seen fighting with another koala. During the altercation, Elara fell from the pouch.

Despite several unsuccessful attempts to locate and capture Zelly that night, the rescue team

didn't give up. Elara was taken into homecare with an experienced carer, where she was closely monitored and found to be in good health.

In a wonderful turn of events, the Friends of the Koala rescue team managed to safely capture Zelly soon after. The mother and joey were joyfully reunited and, following a brief period of care, released back into the wild.

Stories like this highlight the importance of keeping an eye out for wildlife in distress and reporting sightings promptly.

With the community's support and a dedicated rescue team, we can



Elara and Zelly



Midnight's wounds



Midnight recovered

continue giving koalas like Zelly and Elara a second chance.

Midnight

Midnight, a 2.5-year-old male koala, was brought into care after a traumatic dog attack involving four dogs.

He sustained significant abdominal bruising and swelling, and his condition was initially critical.

Thanks to prompt rescue and expert veterinary care, Midnight made a remarkable recovery. After a period of rehabilitation and monitoring, he was deemed fit for release and is now back in the wild.

Sadly, dog attacks remain one of the most common and preventable threats to koalas. Midnight's story is a stark reminder of the importance of responsible dog ownership –

keeping dogs securely contained, especially at night, and ensuring they're under control in koala habitat areas.

Thanks to our dedicated community for continuing to support our koala population.

If you would like to know more or support us by becoming a volunteer, please get in touch. Email us at: volunteercoord@friends of the koala.org

1000 letters and still no action on State forests

by Dot Moller

The Nature Conservation Council of NSW is calling for urgent protection of rural bushland after latest land clearing data shows we are wiping out over 66,000 hectares of the Australian bush each year – that's equivalent to bulldozing Sydney's Royal National Park four times over.

CEO Jacqui Mumford said, "The jump in land clearing across NSW by 40% during Labor's first year of governing is a major red flag. The Government needs to get moving on its election commitment to 'end runaway land clearing'.

"The data released today is yet more evidence that NSW's environmental laws are too weak."

Greens MP Sue Higginson said, "The Liberal-National Government made



Friday protest at Janelle Saffin's office

catastrophic changes to land clearing laws to allow more rural land clearing, and since then the problem has only been getting worse, but instead of taking action, Labor is sitting on their hands while the problem gets worse."

Fridays4forests is a local group of forest protectors who seek to raise awareness in our community about the continuing industrial-scale logging of native forests in NSW.

The group also brings this issue to the attention of our political representatives.

Between 2024 and 2025, about 1000 campaign letters were sent to NSW Premier, Chris Minns. Many letters contained personal comments from Lismore residents, councillors and the occasional foreign visitor.

Fridays4Forests handed the letters to Janelle Saffin MP's Lismore office. We thought that our state MP would ensure their progress to the NSW parliament.

After more than a year of waiting, we have not received a single reply. That's right, no acknowledgement at all from the premier's

office. How is this OK?

The passion and commitment of our forest protectors is disrespected by this lack of action. Additionally, the lack of response is building the frustration felt by many, over the slow-moving Labor promises to establish the Great Koala National Park.

Although disappointed, Fridays4forests presses on with a regular monthly stall at The Channon Market, highway actions and annoying Janelle with skits, banners and information sessions most Fridays outside her office in Lismore.

Our pledge: "Every Friday, wherever I am, whatever I am doing, I will act to end native forest logging." We continue to hope.

If you would like to find out more, go to: www.facebook.com/groups/1933307190207489

BIG BUTTRESS

by Scott O'Keeffe ecologist

Whenever I go out for a walk in the rainforest with friends, we always end up at the base of a big tree with massive roots that snake across the ground.

So it was that three of us on a walk in the Border Ranges ended up at the giant in the photo. Then came the debate about what those monster roots actually do. I've had that discussion dozens of times.

The base of the tree in the photo, which is a yellow carabeen, has plank-like roots that protrude prominently from the base of the trunk. They wander across the forest floor, mingling with the roots and trunks of other trees.

These are buttresses. It's a word borrowed from architecture where buttresses are the massive rigid projections that prop up the walls and roofs of ancient stone buildings.

Without these, the old stone behemoths have a habit of collapsing. Someone must have noticed the similarity between old church walls and weird tree roots.

Buttressing is exclusively

a feature of rainforest trees in warm climates. Why? By definition, rainforests occur in high rainfall areas, often on shallow soils.

In many places the shallow soils overlie massive bedrock. In these conditions, the water table may be at a shallow depth and soils remain saturated and boggy.

So, colossal rainforest trees need some mechanism to stop them from tipping over. Buttresses perhaps, like the ones propping up Notre Dame.

Sceptics of the 'Notre Dame theory' argue that buttresses are, compared with the overall mass of the trees they spring from, much too small to provide meaningful support. However, several studies that tested the mechanics of buttresses prove that they provide significant mechanical support.

Imagine the tree in the photo in a cyclone. The force exerted on that tree would be enormous. The studies show that plank buttresses on its leeward side act as props, and they are highly effective! The buttresses on the windward side provide stability in tension.

This is possible because



plank buttresses have thousands of moderate sized roots and millions of smaller feeder roots extending into the ground where the buttresses snake across the forest floor. This provides the anchorage needed to prevent the tree from tipping over. The intertwining with roots of other nearby trees creates a network of support for all nearby trees. The buttresses are beneficial for whole

forest ecosystems, not just individual trees. Buttresses come in all sorts of shapes, sizes, and configurations, from the planks in the yellow carabeen in the photo to the stilt roots of pandanus trees. The variety in forms suggests that buttresses have functions other than just mechanical support.

Some rainforest trees might need a way to improve

gas exchange in the poorly aerated boggy soils where they grow. Porous structures called lenticels are abundant on the above ground sections of buttresses. These have a role in gas exchange as part of the tree's metabolism.

Some species also have large pores in their roots that can make up a significant part of the volume of root. This is also thought to improve gas exchange.

It is sometimes claimed that buttresses increase soil fertility in some way. There is no evidence that buttresses fundamentally change soil fertility. However, buttresses do have a significant positive impact on soil texture, aeration and the rate of nutrient turnover.

Buttresses capture large amounts of plant and animal material in the myriad of compartments, chambers and spaces that they create. These places provide additional surfaces and mini habitats for micro-organisms and small vertebrates.

This extra biological activity accelerates the breakdown of accumulated organic matter more rapidly than it might on open ground. The resulting improved soil structure increases root growth and penetration, increasing stability.

This improved soil texture

and rapid nutrient cycling is undoubtedly of some benefit to the tree, but it also increases biodiversity at a very local scale, and more widely through the ecosystem.

The physical form of a buttressed tree is part of something bigger; it is a key part of the ecosystem in which that tree lives.

A whole range of ferns, mosses, orchids and other plants thrive in the spaces created by buttresses. If you look at the photo of the yellow carabeen, you will see that one of the compartments is full of nice moist humus, and there's a healthy bangalow palm. Tree buttresses also create living spaces for a wide variety of small vertebrates.

Buttresses evolve over eons. They are not random variations in individual trees. The major characteristics of a species are shared by all individuals even though there are some minor individual variations. Buttresses differ between species, often markedly, although the differences are not always obvious to the untrained eye.

However, the characteristics of each species are consistent enough to allow an experienced observer to identify a tree based on its buttresses and trunk.

The sounds horses make and what they mean

by Suzy Maloney

Horses are often seen as quiet animals, but anyone who spends time around them knows they can be quite vocal.

While not as noisy as dogs or birds, horses use a variety of sounds to express themselves, communicate with one another, and interact with humans.

Understanding what these vocalisations mean can deepen our relationships with them and help us respond more sensitively to their emotional and physical needs.

Neighs and whinnies: Long-distance calls

The most iconic horse sound is the neigh or whinny. These are loud, far-carrying vocalisations that serve a social function.

Horses often whinny when they are separated from their herd or human companions, expressing a mixture of

anxiety and hope for reunion. It's a way of saying, "Where are you?" or "I'm over here!"

Horses recognise each other's voices and will often respond with their own whinny when they hear a familiar horse calling.

The tone and pitch of a whinny can vary depending on the horse's emotional state, higher pitches may indicate stress or excitement, while lower ones may be more relaxed.

Nicker: A gentle greeting

Nickering is a softer, lower-pitched sound, usually made with the mouth closed.

It's often heard during positive interactions, when a horse sees a familiar human approaching, when a mare greets her foal, or when a horse anticipates food or turnout.

A nicker is essentially a friendly "hello" and is one of the most heartwarming

sounds a horse can make, it's definitely my favourite.

It signals that they are feeling safe, content, and pleased with what's happening.

Snort: Alert or curious

The snort is a quick exhale through the nostrils and is often associated with alertness or curiosity.

When horses snort, they may be processing something new or uncertain in their environment.

It's a way of clearing the airways, but it also serves a communicative purpose, signalling to others to pay attention.

In a relaxed setting, repeated snorting can even be a sign of comfort and enjoyment, like during play or after a release of tension.

Context is key here, as snorts can mean very different things depending on the body language that accompanies them.



seriously and assess the environment or interaction.

Squeal: Protesting boundaries

Squealing is usually associated with dominance, irritation, or boundary setting.

It's most often heard during social interactions between horses, especially when one invades another's personal space or during initial introductions.

Mares tend to squeal more than geldings or stallions, particularly during hormonal cycles, but all horses can and do squeal.

If a horse squeals when being saddled, groomed, or asked to move, they might be protesting discomfort or confusion. Listening to this can help identify sources of tension or resistance.

Groan or grunt: Discomfort or effort

Horses may groan when lying down, stretching, or working hard.

A soft grunt during a strenuous effort, such as jumping or heavy exertion, can be normal.

However, repeated or sudden groaning might signal discomfort, soreness, or even pain.

It's important to observe the context, if groaning becomes more frequent, or is paired with changes in behaviour, it's worth consulting a vet or bodyworker.

Listening deepens the bond

The more we attune ourselves to the sounds horses make, the more we can understand what they're experiencing and how they feel.

Their voices, subtle or bold, are windows into their emotional world.

By listening not just with our ears, but with our presence and attention, we show respect for their communication and strengthen the partnership we share.

Happy Horses Bitless
www.happyhorsesbitless.com

Phone 0401-249-263

Email: suzy@
happyhorsesbitless.com

Facebook: Happy Horses Bitless Bridles

Forest Tops really is tops



Walks Programme

Sunday 10th August Christies Creek between Burringbar and Murwillumbah

Leader: Peter Moyle 0412-656-498
Grade: 4. 10km walking up fire trails before some off-track and along creek beds. The creek walk is special and a highlight, and will be at its best after the wet season. This is my version of the walk; last time we ventured this way we deviated up a new valley and made it a real adventure, this time more subdued.

Meet: 9am Burringbar Train Station where we will carpool to the start. Phone Peter for more details and to register. Good walking shoes/boots needed, as well as the usual, lunch and hat.

Sunday 24th August Minyon Falls and then Condong Falls in the Nightcap NP

Leader: Anne Gilmore 0413-450-440
Grade: 3-4. This is one of the North Coast's iconic walks, walking through beautiful rainforest before reaching the bottom of the falls with the spectacular view upwards and the cascading water at the base. A bit further on to the nearby Condong Falls. All up about 13km.

Meet: 9am at Minyon Grass Picnic Area. Be advised that access from the Dunoon end along Nightcap Range Road is closed due to a landslip. The only access is via Minyon Falls Road from the Repentance Creek end. Ring Anne for more details and to register. Good walking shoes/boots needed, as well as the usual, lunch, water and hat.

by Peter Moyle, Nimbin Bushwalkers Club

Another weekend away saw us head to the Border Ranges National Park and a stay at Forest Tops campground.

A three-site camp, nice and private for the 10 of us with a shelter camp kitchen with a big fireplace.

We were hoping for clear cool days with cold nights and were well prepared; of the four days we had dry days with low cloud and showery nights that with the overcast conditions were mild. Mark's fire each night kept us very snug and relaxed.

The walks are excellent, and we got out and about each day exploring. Brindle Creek Walk – my favourite, following the creek with its clear flowing water and waterfalls.

Bar Mountain and the Booyong Track to Sheepstation Creek via the Rosewood Loop was another rewarding walk.

On all the tracks the left-over damage from Cyclone Alfred was evident. National Parks have done a major clean-up of the tree and landslip damage, all ready for any avid walker, and even with a day trip, a gorgeous experience.

Aquarius Park Landcare welcomes new volunteers



by Rain and Mijimberi

Aquarius Park Landcare is inviting new volunteers to join their growing team and help with restoring native vegetation along the creek at the entrance to the Rainbow Walking Track. No experience is necessary, just a passion to get your hands dirty and a desire to contribute to our community.

At each session seasoned landcarers generously share decades of knowledge and ecological wisdom. For one recent volunteer, a newcomer to the area, it's been a brilliant way to connect.

As someone who only recently moved to Nimbin, it's been a great way to meet locals, learn about the incredible plant communities that once thrived here, and give back to a village that has welcomed us so warmly.

Since October last year, more than a thousand native trees and grasses have been planted, with a remarkable 97% survival rate, even surviving heavy downpours and Cyclone Alfred. "It's pretty exciting," says one

volunteer, "every time I go down to Aquarius Park, I see how well the plants are growing. It's amazing to imagine the emerging rainforest that's taking root."

While the work involves planting and some weeding, the purpose goes beyond beautification. Part of the project's remit is to reimagine and re-establish the natural beauty of the creek, and to create complex ecosystems where creatures great and small can return and flourish.

The group meets once a month, and morning tea is shared after the session. Volunteers of all ages and abilities are welcome. Why not come along, meet some locals, and help bring a patch of rainforest back to life?

Aquarius Park Landcare volunteers meet every third Saturday of the month 8:30–11:30 am. Meet at the Rainbow Walking Track entrance near the Nimbin Swimming Pool. For more information contact Diana on 0427-886-748, email: landcare@nimbincommunity.org.au or go to Facebook: Friends of Aquarius Park.

Anne-Marie's new garden

by Peter Brooker

'I give you this to take with you: Nothing remains as it was. If you know this you can begin again, with pure joy in the uprooting.' – Judith Minty, *Letters to my Daughters*.

Anne-Marie did know this, and shows pure joy at her 'uprooting.' We could see it in her eyes and hear it in her voice as she led us from her veranda and out into the warmth of a sunny winter's afternoon to explore her new property.

Unusually, Anne-Marie, whose previous home was only a few kilometres away from her new home, first saw the property advertised on the internet when she was thousands of kilometres away, overseas. She saw it and knew it would be hers, it was *amor primo conspectu*, or 'love at first sight' even though she only had pictures to scroll through.

The three acres are off-grid, and as we walked toward the vegetable garden with the winter sun on our faces and the 'stone' house at our backs it was easy to see why this property had so enchanted and inspired Anne-Marie.

It sits on the shallow slope of a valley and, although surrounded by neighbours,



Nimbin Garden Club notes

you could be the last person on Earth, yet not feel alone. It could be the setting of Sara Teasdale's poem, "Soft Rains Will Come."

We walked on toward the vegetable garden and entered through what looked like a scaled down lych gate, into a well-ordered series of raised garden beds made from logs. Most of the beds are netted and full of winter vegetables that were already providing food, a great achievement as Anne-Marie has only been in residence for six months or so.

Wicking beds, a type of garden bed with a water reservoir at the bottom devised by Australian inventor Colin Austin, were brought from the old home, put in place and planted out. But before that could happen, the existing garden beds which were empty,

except of course for weeds including seaside daisy, had to be cleared out and filled.

So the soil meant for the wicker beds was used to fill them and more soil ordered for the wicker beds. Above the vegetable garden a pumpkin patch is under construction with a scaffold type structure for the pumpkin vine to climb and drop its fruit through the holes, making the picking easier.

There was, of course, a great deal of mowing and brush cutting done, and in the doing a number of snakes were found which, according to many spiritual traditions, is a good thing. The snake is seen as a symbol of healing and wisdom; and as a symbol of the divine feminine, the power of the feminine to transform and heal, hence the use of the Rod

of Asclepius, a snake wrapped around a rod in medicine named after the Greek god of healing.

Down toward the creek where the platypuses swim are the many fruit trees, a jaboticaba, fortunately the same size as the one left behind, a lemonade, all the citrus, loquat, mulberry, mango, a nashi pear, mandarin and persimmon, all of course in need of pruning.

Toward the west of the house beyond the sapote and the blueberry bushes is a large dam that flooded in the rains a week after Anne-Marie moved here, and somewhere nearby the horseshoe bat that came inside and stayed the night, is probably wondering what all the noise is about, but as we and it have discovered,

Love is a place, and through this place of Love move (with brightness of peace), all places.

Yes is a world, and in this place of yes live, (skilfully curled), all worlds. – E E Cummings, *Love is a Place*.

Thank you to Anne-Marie for her hospitality. The next meeting will held at Sharon and Neil's, 24 Stony Chute Road, Nimbin on Saturday 16 August at 2pm, which will also incorporate the Annual General Meeting. Please, as usual, bring a cup, a chair and something to share.

Regulatory issues with Vitamin B6

by Trish Clough herbalist

I've had people asking about Vitamin B6 in supplements, wanting to know whether it really is dangerous, and wondering about recent news reports. So, briefly, the answer is yes, it can be dangerous.

As an adverse effect, high doses have been known to cause peripheral neuropathy. This is a nerve damage condition, and it can be severe and sometimes permanent. Symptoms are varied, but it often presents as burning or stinging pain, numbness or weakness. It usually affects the hands and feet.

Other medical conditions can cause peripheral neuropathy, including diabetes and chemotherapy treatment for cancer.

The Therapeutic Goods Administration (TGA) is the Australian government regulatory body overseeing medicines and supplements. Supplements containing Vitamin B6 are not restricted in availability, but do have limits on dosage.

Media reports state the TGA has 170 cases of B6-induced neuropathy reported since 2020. The harmful effects of neuropathy from B6 have largely been from high doses taken over a long time period. The TGA also reports some individual cases from lower doses.

One difficult issue is there are different forms of manufactured B6 yielding a variety of names. The synthetic B6 that is mostly used in supplements is pyridoxine.

Additionally, there are more bioavailable or 'active' forms that mimic the structure of naturally occurring B6. They are pyridoxal 5-phosphate and pyridoxamine 5-phosphate. These forms are superior as they are co-



factors in many enzyme reactions in the body, helping amongst other things to support important neurotransmitters. Unfortunately, some supplements containing the active forms of B vitamins will also contain the synthetic pyridoxine.

People can be unaware that they are taking Vitamin B6. Many supplements containing B6 do not have 'B6' on the labels, using instead the various terms mentioned above. Yes, it is important that we know what form of B6 is in the supplements, but labelling should require that these are specified additionally as B6.

People can unknowingly take multiple supplements containing vitamin B6. Each product may have a safe amount, but taking several supplements creates a risk of overdosing. It would be apparent that a B Complex contains B6 (even if it's not clear from the label).

However, B6 is often included in magnesium supplements, zinc supplements, methylation support products, and multivitamin supplements. It is also added to some fortified breakfast cereals and energy drinks. Natural food sources are

considered safe because the levels are very small compared with supplements and fortified foods.

The best food sources of B6 are turkey, tuna and beef liver. For vegetarians, chickpeas are very good, and also bananas, avocados, spinach, seeds and nuts. Two medium bananas provide a similar amount of B6 to one serving of tuna.

I would encourage anyone taking supplements to check the labels in case they are taking more than one containing Vitamin B6. What is considered a safe level? It's a bit uncertain, because people will vary in their susceptibility to neuropathy depending on their medical history, genetics and diet. The TGA permits doses of up to 200mg in a supplement.

In 2020, because of concerns and reports of neuropathy, products with more than 50mg of B6 are required to have a warning label. The TGA is currently considering public awareness campaigns, consistency of labelling of B6 ingredients and possibly stronger warning statements.

A proposal was put to the TGA that supplements with 50-200mg of B6 be changed to Pharmacy Only, but so far this has not been accepted. Public consultation on the issue has recently closed, and it is anticipated any changes will be implemented in February 2027.

Trish Clough has been a practising herbalist for more than 30 years and has her own clinic practice in Iluka.

Trish is available for consultations by appointment on 0452-219-502 or: trishclough2@gmail.com

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