

A TASTE OF ART

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gallery

Blue Knob Ceramic Studio

Blue Knob Cafe

Gallery & Cafe hours:

Thurs 10am - 3pm, Fri 10am - 3pm

Sat 8:30am - 3pm, Sun 10am - 3pm

Ceramic Studio: Thurs - Sat 10am - 3pm

Ph: 0266897449 www.blueknobgallery.com

Bringing Light

into the Dark Room

ART Exhibition

Billen Cliffs ARTS & CRAFTS CENTRE

Friday 13 June 2025 5:30pm

Official launch with S Sorresen at 5:45pm

MissChief Musings on piano and

the breadth and depth of Billen Cliffs creatives on show.

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All our links are clickable in the web edition.

Go to: www.nimbingoodtimes.com and click away

A sense of place, exploring where we live

A

Sense of Place, the new member's exhibition at Blue Knob Hall Gallery, explores the ways in which artists interpret and respond to their environment, the landscape, the abodes and communities we live in.

These themes often shape a creative practice, whether through physical geography, emotional resonance, cultural belonging or personal memory.

Our sense of place is often woven from narratives and myths, creation stories, family histories and even fictional tales; all of which help us understand and imagine the places we call home.

'A Sense of Place' invites artists to participate in a diverse and thoughtful interpretation of what it means to

'Cowboy Dream 1' by Jennifer Edwards

connect with place.

'Into the Wild West II' by Jennifer Edwards in the Solo Space – Jennifer's work is based on what's around her and in her environment.

This exhibition features portraits of her family, dogs, and a self portrait, along with the 'Wild West' paintings.

Through her research and finding influence, Jennifer has been led to her interpretation of the Wild West by French contemporary artist, Mark Maggiori.

Her art becomes a language which is explored along with the viewer and she has continued this exploration over the last few years.

Both exhibitions will run until

'Golden Man' by Craig Walton

Saturday 19th July.

Blue Knob Café has a great selection of freshly made gourmet toasties, pies, savoury pastries, specials, cakes, coffee and drinks. See our Facebook page for more info about the café.

The Blue Knob Writers Group meets weekly at Blue Knob Café on Sundays. For more info contact Alex on 6689-7268 or Helen on 0487-385-134.

Blue Knob Singers meet on Thursdays from 3.45pm at Blue Knob Hall. Everyone is welcome, just turn up, or for more info call Peter 0458-487-865

The Moore workshop space is available for hire. Please contact the gallery for more information.

Miss Prissy on show in Nimbin

N

imbin Artist Gallery's artist of the month is Clare Johnson, aka Miss Prissy.

Clare lives and works in the shelter of the Caldera, where she finds peace and tranquility in her surroundings.

Her works reflect an appreciation of the simple joys of life and also reflect her sense of the absurd.

Her Leunig-like prints and small pique assiette mosaic pieces, all created from recycled china, can be found at her stall at local country craft markets.

But this month, the Nimbin Artist Gallery has the privilege of exhibiting some of her original works and some larger, more delicate mosaic pots and mirrors.

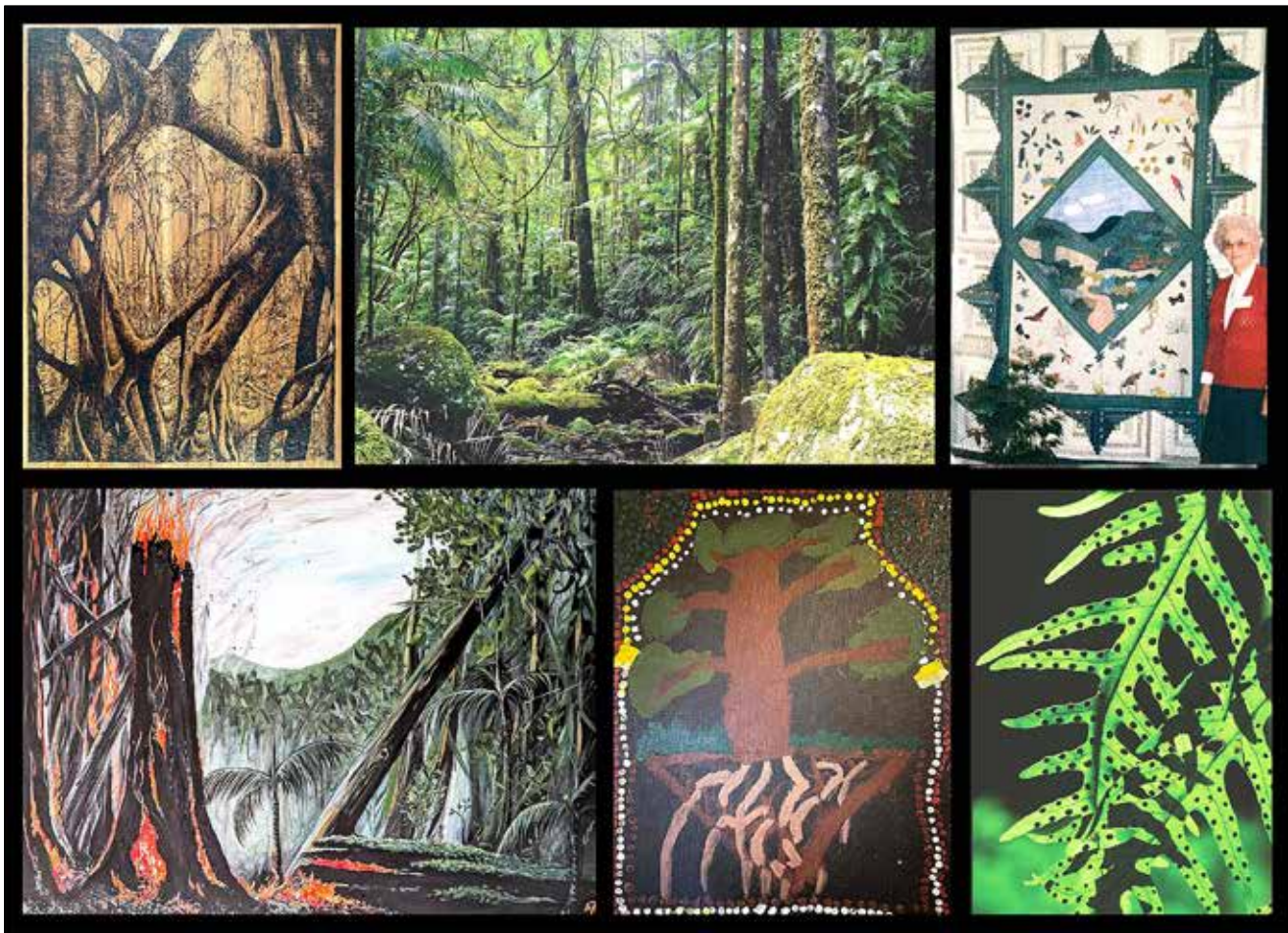
Above: 'Occasionally, a little pruning is required'

Below: 'Riding the storm'

'Sometimes you just know it's going to be one of those days.'

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nimbin.goodtimes@gmail.com



Forum and feast: Caring for Country through waterways of wisdom

'Natural Observations' and 'Waterways of Wisdom', are currently on exhibition at Serpentine Gallery until 20th June.

The two exhibitions are dedicated to the celebration of the beauty, importance and protection of our natural ecosystems, especially forests and waterways.

'Waterways of Wisdom' is a themed collection of art from Serpentine's exhibiting artists in a body of work comprising of ceramic, textile, sculpture, paintings and photography focussed on rivers and wetlands and the interconnectedness of us all with the waterways.

As part of the 'Waterways of Wisdom' exhibition, Serpentine Gallery invites the community to a special evening forum dedicated to the health and wellbeing of our local waterways on Friday 6th June at 6pm.

Set against the backdrop of powerful artworks that honour our rivers and natural water systems, this gathering brings together voices from across the region to share knowledge, stories, and practical efforts in caring for Country.

Held in collaboration with Jagun Alliance, this event will explore the Richmond River through a Bundjalung lens, offering deep insight into the cultural and ecological significance of this vital waterway.

Together, speakers from Richmond Riverkeepers, Richmond Landcare, and Lismore City Council will share updates on current initiatives and community efforts to restore and protect the catchment.

This is a chance to listen, learn, and connect through shared stories of place, resilience, and regeneration. All are welcome to come and yarn, reflect, and enjoy a relaxed evening. The Gallery is serving curry with rice, and drinks

Above: The Nicholson's exhibition Below: 'Expanded Field' by Maya Veit



available on the night. All welcome.

The Nicholsons are well-known for their role in helping protect the Terania rainforest from logging in the 1970's, and their books and on-going activism for the care of rainforests.

For the first time ever, the family is doing a group art exhibition, 'Natural Observations', spanning four generations of the Chelsworth/Nicholson family at Terania Creek.

Many have seen Hugh Nicholson's rainforest identification photography, but this time he's sharing landscapes and other botanical images never seen before. Nan's written word is art.

Sisters, Terri and Elke, share acrylic paintings depicting the fire in the rainforest of 2019, intricate botanical scenes burnt into wood or ecoprinted on paper/cloth as wall hangings. Terri's sons, Tahlo, Elwood, Jett and Marck

Teak all contribute nature-inspired pieces.

Up next, 'Real Fantasy' is a captivating joint exhibition by father and daughter artists, Gerhard and Maya Veit, reflecting on life and beauty in the Northern Rivers.

The show features Maya Veit's striking hyperrealist oil paintings, including her work 'Expanded Field', alongside Gerhard Veit's spiritually infused and masterfully crafted collection, such as 'Tara', a mixed technic in tempera and gold pen.

Both artists explore form and meaning in unique and complementary ways. The exhibition opens on Friday, 27th June, with a special event from 5.30 to 8.30pm, featuring guest performers Croaker and the Honey Bee.

Expect an evening of art, music, and inspiration sure to amaze.



The annual Archibald Prize is eagerly anticipated by audiences and artists across Australia.

The Archibald Prize returns to Lismore for the second time, sharing all 57 finalist works of 2024.

Judged by the trustees of AGNSW, the prize is awarded to a notable portrait painting annually. Entries to the Archibald Prize must be painted in the preceding year from at least one live sitting. Since 1921, it has highlighted figures from all walks of life, from famous faces to local heroes, reflecting the personal and intimate stories of our times.

The Archibald Prize 2024 features works by Northern NSW artists Matt Adnate (winner of the Packing Room Prize), Angus McDonald and Ben Smith.

The exhibition is on display at Lismore Regional Gallery at 11 Rural Street, Lismore, from 5th July to 31st August. Hours of opening are Wednesday-Sunday 10am-4pm and Thursdays until 6pm.



Roxy exhibitions

Kyogle's Roxy Gallery is thrilled to announce the artists who'll be exhibiting at The Roxy Gallery for the rest of the year.

After receiving an incredible response to an open call, we're proud to showcase a vibrant mix of local and regional creatives.

A huge thank you to everyone who applied – your passion and creativity made the selection process both inspiring and tough.

The works that will be showcased for the rest of 2025 include oil paintings, string and light installations, leatherwork and immersive installation and contemporary art textiles.

We are very excited to be bringing such a range of interesting ideas and forms

into the gallery.

Stay tuned for exhibition events where you can meet the artists, explore their work, and celebrate the Kyogle and Northern Rivers creative spirit.

Karena Wynn-Moylan, 'Understories – Things Fall and Tidescapes', from 27th June to 2nd August.

Christine Spedding and Leigh Arnold, 'Strings Attached', from 8th August to 14th September.

Mario Sanchez, 'Playing with Leaves', from 19th September to 26th October.

Fibre Arts Australia 3rd International Art Textile Biennale, 7th November – 3rd January.

Roxy Gallery opening hours are Wednesday to Saturday 10am-3pm, Sundays 10am-2pm.



Work by fibre artist Kristi Biezaite

We welcome your contributions
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Nimbin CWA at MardiGrass and Primex



Robin and Ashoka



Helping out at Primex

by Sage Bryant

Nimbin CWA Branch had a very busy time over MardiGrass running our green stall on both weekend days, and selling our handmade and refurbished green wear, much to the delight of locals and visitors alike.

This year we also opened our rooms on Saturday to provide op-shop items, toasties, warm cuppas, and space to sit and rest for a bit.

This is a fabulous way to connect with community and tourists alike, showing that CWA is always much more than tea and scones!

Some of our members recently ventured out to Casino for Primex, to help run the CWA stall. This event was a joint venture with the Far North

Coast Group.

Primex funding goes towards education grants and branches are encouraged to contact the schools in their catchment to nominate students.

We've been cooking up a storm recently, with a huge range of jams, pickles and preserves now on offer.

You can pick up some of these delectable delights at our Saturday street stall, or in our rooms on Wednesdays and market days.

Winter meeting time change

Our monthly members meetings, held on the second Monday of the month, will start at the earlier time of 3pm for the months of June and July, giving us plenty of time to get home before it gets too dark!

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

Cheating on your tax return? Think again

by David McMinn

It is that time of year again when we have to fill in our tax returns, and there is always the temptation to cheat. However, one should be aware of Benford's Law, which the ATO can apply to catch out scammers.

If one obtained a sample of data, one would reasonably expect the first digit of all the numbers in the sample to be 1/9th or 11.1% of the total (ie: numbers one to nine to be in equal proportion).

However, this is not the case as certain samples follow Benford's Law, in which the most common first digit in the numbers of non-random samples is one (30%), then two (18%) right through to the least common nine (4.6%). This law has been verified empirically in a wide range of data.

Simon Newcomb (pictured), a US astronomer, was the first to establish Benford's Law in 1881. He noticed that the first pages of books containing logarithm tables (used in mathematical calculations prior to computers) got much grubbier than the last ones. For some reason, people were using the first few pages far more often than the latter ones.

From his investigations, he concluded that the number one came up as the first digit far more often than any other number. As he could not provide a reason for this grubby pages effect, Newcomb's findings were

overlooked by history.

Benford (1938) rediscovered the effect in the numerous samples he tested. Like Newcomb before him, Benford could not explain why the findings arise, but the sheer weight of evidence he produced resulted in his name being linked with the law.

Benford Distribution is applicable to a wide range of phenomena, such as census data, stock market prices, heat capacities of chemicals, length of rivers, height of mountains and of course tax returns.

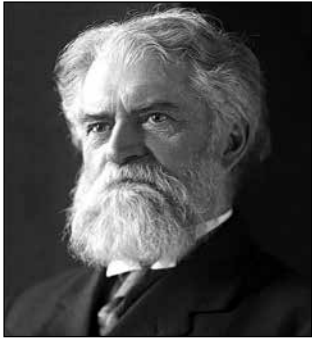
There are certain conditions that need to be met before Benford's Law can apply:

- The sample must be large enough to allow the predicted proportion of numbers to manifest;
- The numbers should be free of artificial limits and allowed to take any number they please; and
- The sample must not comprise random numbers, which by definition should have the first digits in equal proportion.

The law also makes predictions for the frequency of the second digit, third digit, fourth digit and so forth.

The law holds no matter what units are used. For example, it applies to the drainage areas of rivers regardless whether the units are in hectares, acres or square miles. The units may change, but the outcome from the law does not.

Hill (1998) of the Georgian



Institute of Technology realised that ultimately everything that can be measured is the outcome of some distribution process and thus obeys logarithmic law. As Dr Mark Nigrini of the Southern Methodist University commented:

"If we think of the Dow Jones stock average as 1,000, our first digit would be one. To get to a Dow Jones average with a first digit of two, the average must increase to 2,000 and getting from 1,000 to 2,000 is a 100% increase. Let's say that the Dow goes up at a rate of 20% a year. That means that it would take five years to get from one to two as the first digit. But, suppose we start with a first digit of five, it only requires a 20% increase to get from 5000 to 6000 and that is achieved in one year. When the Dow reaches 9,000, it takes only an 11% increase and just seven months to reach the 10,000 mark, which starts with the number one. As you can see, the number one predominates at every step of the progression, as it does in any logarithmic sequence."

Benford's Law is very

relevant in real life situations. An accountancy student submitted his brother-in-law's business accounts as part of his university course work. Most of the numbers began with the number one: 93% in fact, with none of the figures beginning with two through seven. Obviously, the brother-in-law was a tax fraudster.

One US tourist company audited their internal accounts and found that there was a spike at '65' in their analysis of healthcare payments. On further investigation, a supervisor was found to have made false claims for heart surgery, issuing 13 fraudulent cheques to herself for between US\$ 6,500 and US\$ 6,599 each. The discovery was made despite the supervisor's best efforts to conceal the swindle.

Benford's Law is now being increasingly applied by businesses and governments to detect tax and account fraud. According to Mark Nigrini, "The problem for fraudsters is that they have no idea what the whole picture looks like until all the data is in. ... Fraud usually involves just part of the data set, but the fraudsters don't know how that set will be analysed: by quarter say, or department, or by region. Ensuring the fraud always complies with Benford's Law is going to be tough – and most fraudsters aren't rocket scientists."

When you are filling in your tax details this month, remember Big Brother may be watching.

Mid North Coast flood recovery

Community Flood Response



Photos: NSW SES

Taree and the wider region needs urgent support from around Australia to get the community back on its feet, and in a national first, SES and community groups have co-ordinated formally to deliver critical services and support.

A group of local residents led by Holly Rankin and Tanika Perry have formed Mid-Coast Community Flood Response (MCFR), bringing together individual volunteers and diverse community groups such as RSLs, SLSCs, sports clubs and others.

With over 600 volunteers signed up in 24 hours, MCFR's rapid response is working to ensure relief efforts are safe, strategic and aligned with the official emergency response.

The scale of this disaster is immense – over 50,000 people were cut off at the peak of the flood, over 10,000 homes affected, with more than 700 rescues conducted across the region and five lives tragically lost.

"With the community, we're mobilising people to work safely alongside the SES," said Holly Rankin, a spokesperson for the group. "We're bringing together locals, using our networks and local knowledge under the safe direction of authorities to ensure help gets where it's needed – safely, efficiently and at

scale."

"By working in collaboration with the SES we can communicate real time needs of the community, and ensure local knowledge and connection is applied at every step."

Tanika Perry, Director of Birriwal Consulting, First Nations Lead for MCFR said, "We are working alongside the Biripi & Birpai community to form a mob-first response, ensuring elders and community are at the heart of decision making and recovery planning, now and in the many weeks to come."

Holly Rankin said, "We need help for Taree, Wingham, Kempsey and the Mid-North Coast region right now. We are actively seeking volunteer support from all over the country."

The MidCoast Community Flood Response is operating out of a shared Volunteer HQ in Taree in collaboration with SES.

Register to volunteer as an individual or community group, or get in contact at: communityfloodresponse.com Facebook: MidCoast Community Flood Response

"This initiative can show what's possible when locals lead, authorities engage at scale and the country rallies behind us," said Holly.

'We are in a new climate reality'

As communities across the Mid-North Coast and Hunter grapple with the aftermath of catastrophic flooding, NSW Greens MPs Tamara Smith and Sue Higginson have called on the NSW Government to urgently abandon its on-going support for policies that fuel climate disaster, including coal and gas expansion and native forest logging.

"No sooner have the people of the Northern Rivers marked the third anniversary of the devastating 2022 floods, than communities just south of us are facing another deadly climate-driven disaster," said Tamara Smith MP, Member for Ballina and Greens NSW spokesperson for Disaster Relief.

"Some flood levels in the Hunter and Mid North Coast have exceeded those of 1929. These are not one-in-100-year events – they are our new reality, and they demand a serious response from Government."

Tamara Smith expressed her deep concern for affected residents, saying: "My heart goes out to those who have lost loved ones, the nearly 800 families who cannot return to their homes, to the townspeople and business owners whose lives have been upended, to the farmers who have lost stock and crops, and to the SES workers and volunteers holding these communities together. No-one is untouched by this disaster."



Sue Higginson MLC, Greens NSW spokesperson for Climate Change, said the disaster must be a turning point for government action on climate.

"The science has long warned us that climate change would drive more frequent and more intense flooding across the east coast of NSW. We are now living that warning, and yet the Minns Government continues to approve new coal and gas projects, and allows the ongoing destruction of climate-critical native forests."

"The peer-reviewed attribution report produced by ClimaMeter as the floods were going on, demonstrate that the intensity of the floods were a direct result of human activity and climate change."

"The fact that the NSW Government approved the extension of a large coal mine during these climate fuelled floods, is a reckless act of harm against all communities living on the front lines of the

climate crisis.

"The Government is committing acts of climate negligence. Every day they delay real action is another day it fails the people of NSW."

Both MPs have called for:

- An immediate end to new coal and gas approvals in NSW.

- A moratorium on native forest logging to protect carbon stores and natural flood mitigation.

- Urgent review of planning and housing approvals in flood-prone regions.

- Increased funding and permanent support for disaster preparedness and community resilience programs.

"Climate change is not a future threat – it is here, and it is destroying lives," said Tamara Smith. "To pretend these floods are simply freak weather events is wilful ignorance. The NSW Government must face reality and take responsibility."

Yancoal faces backlash at AGM over mine expansion proposal



The Nature Conservation Council of NSW (NCC), Rising Tide, and the Knitting Nannas have staged a protest outside Yancoal Australia's AGM to protest their plans to expand their controversial Moolarben coal mine, which will clear over 100 hectares of endangered koala habitat.

Three youth climate advocates also attended the AGM to put questions to the company on its planned expansions and the impacts on threatened species.

Yancoal is currently seeking state and federal approval to expand its destructive Moolarben open cut thermal coal mine in the Mudgee region, on First Nations Wiradjuri Country in NSW.

The mine expansion poses a serious threat to the survival of koalas and other threatened species like the Regent Honeyeater, a critically endangered bird species – of which there are only 250-350 individuals left in the wild.

In August last year, Lock the Gate Alliance detected a mother and baby koala within areas set to be cleared by Yancoal for the expansion.

The NSW Environment Department has said the project could threaten the survival of the local population – potentially causing regional extinction.

Yancoal plans to expand the mine right up to the border of



one of NSW's oldest conservation reserves, the Munghorn Gap Nature Reserve – an important local tourist spot.

According to Market Forces, Yancoal paid \$0 in tax for the financial year of 2020/2021.

"Koalas are on the pathway to extinction, fueled by climate change and habitat destruction. Yancoal's proposed Moolarben koala killing coal mine cannot go ahead," Manjot Kaur, Mudgee local

and NCC coal campaigner said. "We're here at the AGM to tell Yancoal the community doesn't want this destructive coal mine expansion going ahead."

"Mudgee is lucky to be so close to the incredible bushland at the Munghorn Gap Nature Reserve. No one wants to visit a regional park and see a giant hole in the ground."

"The NSW Government has emissions targets, which they're

projected to fall well short of meeting. NSW communities, including Mudgee, are already feeling the impacts of climate change with increased floods and fires.

"We can't afford any new coal mines and expansions – not just for the sake of our endangered wildlife, but for people and communities already being hit with climate fuelled disasters," Manjot said.

Horses are prey animals

by Suzy Maloney

Recently my husband read one of my articles in which I mentioned that because horses are prey animals, they exhibit certain types of behaviours.

He said he couldn't really relate to that, as he had never experienced being prey. For him it didn't carry any meaning. So here are my thoughts on this prey idea in relation to horses, as this is where they live every day.

Horses evolved in environments of open plains and grasslands, where they were vulnerable to large predators like big cats, wolves, and wild dogs. Unlike apex predators, whose primary instincts focus on hunting, the survival strategies of prey animals like horses are rooted in their ability to detect danger and escape quickly. For millions of years, they

have survived not through domination, but through vigilance, sensitivity, and flight. The mind-set of prey animals is survival first. They live in a constant state of awareness; every sound, shadow, and sudden movement could be a sign of danger.

A horse's instinct is to flee first and assess the threat later. This defining trait of prey animals is referred to as their "flight over fight" response. This reflexive reaction, often referred to as 'spooking,' can be triggered by any sound or movement, or something unfamiliar in the environment.

While it may seem dramatic or even irrational to us, this behaviour has helped horses survive in the wild for millennia. Horses' muscles and cardiovascular systems are specially designed for this quick burst of energy. Our

modern domestic horses don't know that there are no large predators out there, they respond instinctively based on their hard-wired genes and genetic memory.

Understanding this instinct is crucial for us as horse people, because it shapes horses' everyday behaviour and interactions with us. They may startle when a person approaches too quickly, or shy away from unfamiliar objects or loud sounds. These responses are not signs of aggression or disobedience but are simply a horse's way of processing the world through the lens of a prey animal.

Patience, consistency, and calm energy go a long way to helping horses feel safe. Punishing a horse for reacting to fear can deepen their anxiety and erode trust.

There is an emotional cost to being a prey animal, as

their lives are often marked by heightened stress and anxiety, especially when it comes to interactions with potential predators, such as other animals or humans. This stress can manifest in numerous ways, such as excessive sweating, increased heart rate, or behavioural issues like biting, kicking, or bolting.

Managing stress in horses involves providing them with a predictable and calm environment. Horses thrive when they feel safe and secure, and their prey instincts can be alleviated when they trust their handlers.

In the wild, horses rely on the herd for safety. Being part of a group means more eyes watching for danger and less chance of being singled out by predators. This natural tendency toward herd living affects how domestic horses behave today. Horses form strong social bonds, and isolation can be extremely stressful for them.

Understanding the prey nature of horses changes how we approach training. Traditional methods that rely on dominance or punishment can trigger fear responses and create stress and mistrust. Modern horsemanship leans into methods that



collaborate with the horse's instincts rather than against them. Even routine care, like grooming or farrier work, can be stressful for a prey animal.

Approaching horses calmly, allowing them to see and understand what's happening, and giving them time to adjust can turn these moments into opportunities for bonding rather than fear.

A horse's identity as a prey animal means they experience the world through a lens of potential danger. While they can learn to feel safe and even become incredibly brave, the prey mindset never fully disappears. It's our responsibility as caretakers and companions to be compassionate, to respect

that instinct and create an environment of trust and safety.

When we understand what it means for a horse to be a prey animal, we begin to appreciate their reactions, their needs, and their unique way of seeing the world. And in doing so, we become better partners for these incredible animals who, despite their fears, continue to place their trust in us.

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Bushwalkers delighted by National Parks after rain

by Peter Moyle, Nimbin Bushwalkers Club

Crossing Whiskey Creek

I won't mention the weather, except to say we have had our average annual rainfall in less than five months; on the coast over 1500mm or 61 inches.

We managed two great walks last month, the first doing parts of the new multi-day walk from near Uki to Minyon Falls, the Gidjoom Gulganyi Walk. The two shortish trails at the start, Unicorn Falls and Whiskey Creek, both in Mount Jerusalem National Park, were combined to make an 11km four-hour adventure and the vibrant colours throughout and flowing streams courtesy of the rain have made this one of our favorites and is highly recommended.

Later, after a seven-day postponement, we made our way to Goonengerry National Park and after rain it never disappoints with the beautiful clear streams, the rock rapids and the waterfalls dropping off the escarpment.

A treat this trip was spotting one of the vibrant blue Lamington crayfish/yabbies, I thought only found in Southeast Queensland, but in our backyard as well.

Walks programme

Friday 20th to Monday 23rd June
Bald Rock and Boonoo Boonoo NP via Tenterfield

Leader: Peter Moyle 0412-656-498

Grade: 3-4. We will be camping at the Cypress Pines Campground at Boonoo Boonoo, a lovely site on the banks of the river. There is a walk to the waterfall from the campsite that takes you past a deep waterhole where we saw platypus on our

last visit. We will also be taking the short drive to Bald Rock, a serious sized piece of granite for the climb up and exploring.

Meet: At the campground, contact Peter to register your interest. You can come for a day walk or you can camp for a night or two or three. In-car camping and tent spots are available to share. We have two large sites booked for the Friday, Saturday and the Sunday, so it's just us. NSW Parks vehicle daily access fee applies, or yearly is better value.

Walks: There will be a walk on the Saturday from 9am and the Sunday from 8.30am.

Camping: Ring Peter for campsite bookings, \$15 per person per night.

Sunday 6th July
Hell's Hole and Whiskey Creek in the Mount Jerusalem NP

Leader: Peter Moyle 0412-656-498

Grade: 3-4. We will be walking on fire trails taking us to Hells Hole before walking on some off-track and slippery conditions around the falls. We will then carry on towards Mount Jerusalem on the new track part of the multi-day Gidjoom Gulganyi Walk. The walk winds through eucalypt woodland and sub-tropical rainforest with a flowing clear creek. We will lunch at the Sandy Ridge campground before retracing our trail. Good footwear needed. Bring water, lunch and hat.

Meet: 9am at the primary school in Uki. Also car-pooling from Brunswick Heads at 8.30am to go to Uki. Ring to organise car-pooling and to register.

Men in search of a shed

After what feels like the longest wet season on record, my mates and I are feeling pretty washed out and blue with cabin fever.

Living on or from the land as many of us do means that prolonged periods of wet weather restrict activities to what we've managed to save up for a rainy day. With this devils piss pot of a wet, I ran out of shed projects months ago.

Anyone who relies on decent weather to make a \$\$ or two, is likely to be feeling the pinch. Builders, roofers, plumbers, earthmovers etc. all have jobs backed up due to inaccessible land and constant rain.

As I write, the sun is shining and I am going hell for leather trying to make hay while it does. It feels like a small window of respite that may close again any minute.

These long wets make it all the more important for Nimbin to have its own sanity s(head) space for men that want to connect and spend time on others projects or teach new skills.

Men's mental health is a growing issue Australia wide and the proliferation of men's shed projects has seen many join the call to do something positive in their communities.

A small group of men



View from the loo

by Stuart McConville

have begun the process in Nimbin and we are heading towards forming an incorporated association that we envisage will be part of the landscape for men in Nimbin, both now and in the future.

Our mission will be akin to providing a welcoming, inclusive, and supportive space for men of all backgrounds to connect, share skills, contribute to the community, and enhance their mental, physical, and social well-being through meaningful activities and camaraderie.

Our vision is to create a vibrant, resilient community where men feel valued, connected, and empowered to lead fulfilling lives – fostering mutual respect, intergenerational knowledge-sharing, and a stronger Nimbin.

Our values are:

• Community – We

nurture strong, supportive relationships and actively contribute to the local Nimbin community.

• Inclusion – We welcome all men, embracing diversity and individuality without judgment.

• Well-being – We promote mental, emotional, and physical health through friendship, purpose, and shared activity.

• Respect – We treat each other with kindness, honesty, and dignity.

• Sustainability – We value craftsmanship, reuse, and sustainable practices in all we do.

• Growth – We encourage learning, creativity, and personal development in a safe and inspiring environment.

At the moment we are sadly bereft of a shed and the land to put one on, so are going cap in hand begging to the Reconstruction Authority this week to remedy the first part, and then find some vacant land to build it on.

After that we need tools, safety equipment and creative energy, which in Nimbin will be the least of our worries. If anyone can help out with any of the above, please join in.

We are meeting fortnightly on Wednesday nights at 6pm in the Aged Care Centre opposite the Oasis. Next meeting 4th June.

Herbal medicine for osteoarthritis

by Trish Clough, herbalist

There is an increasing interest in natural remedies to help with the pain and restriction of movement caused by osteoarthritis. Unfortunately it is a very common health problem, affecting more than 500 million people worldwide. According to the World Health Organisation, 73% of people with osteoarthritis are older than 55, and 60% are female.

Due to an increasing awareness of the risks associated with non steroidal anti-inflammatory medications (NSAIDS), including cardiovascular and gastrointestinal issues, there is increasing interest in research based on traditional herbal medicine.

A study published in 2024 looked at a bioavailable extract of *Boswellia serrata*, which is the tree resin more commonly known as frankincense. It is traditionally used in Ayurvedic medicine for a number of inflammatory diseases including arthritis. The study published in *J. Am Nutr Assoc* involved 80 people and compared the effect of a concentrated boswellia extract with a placebo medicine.

A variety of tests were conducted including MRI scans of affected joints to assess cartilage. The study showed boswellia supplementation reduced joint pain, improved musculoskeletal function (mobility), and interestingly improved cartilage volume. As cartilage provides cushioning of the joints, this benefit of boswellia includes repair as well as anti-inflammatory relief. Inflammatory markers were all significantly reduced in the boswellia subjects.

The modern medical assumption is that the breakdown of cartilage associated with osteoarthritis is irreversible. Medical



Boswellia

drugs so far have been unable to reduce the cartilage damage and are unable to slow the rate of deterioration. This benefit of the herbal treatment therefore seems really important.

Until recently I have used boswellia in a liquid tincture form for my patients. Being a resin, it is necessary to extract it using 95% ethanol. The tincture tastes terrible, I confess. I publicly apologise to those (fortunately few) people who had it in their herbal mixes. Surprisingly some people haven't minded.

However, I now have a preference to use it in the concentrated tablet form instead. A favourite product includes celery seed, turmeric and ginger as well as boswellia. These herbs work very well to give a comprehensive treatment for osteoarthritis symptoms.

Interestingly, a new study published a few months ago investigated a combination of boswellia extract and an extract of celery seed (*Apium graveolens*) with 62 osteoarthritis patients.

The study was a double-blind placebo-controlled clinical trial, meaning it met the high standard of research. A variety of assessment measures were used.

The results showed 'prolonged

symptomatic relief with reduced pain, stiffness, and swelling'. Inflammatory markers in blood and urine tests were decreased in the treatment group compared with the placebo group.

Collagen markers in the blood were increased in the treatment group, 'suggesting collagen synthesis contributing to cartilage regeneration'. The study was undertaken for 90 days, and no adverse effects were found.

While researching the boswellia studies for osteoarthritis, I came across another interesting clinical study on boswellia. Animal studies had previously indicated that boswellia was able to suppress tumour growth.

In a clinical trial in the US, 18 breast cancer patients were treated until the day before surgery (between 5 and 23 days) with a boswellia high dose extract.

Biopsies showed the boswellia treated patients had a decrease of 13% in proliferation of the tumours, whereas a control group with no boswellia intake showed an increase of 54% in proliferation. This was the first clinical evidence showing that boswellia 'can actually suppress tumour growth in a real-world situation in cancer patients'.

This finding also makes me wonder if long-term use of boswellia for osteoarthritis management might also have the benefit of reducing cancer risk.

This is speculation, but it would be interesting for future research.

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

The information in the column is meant for general interest only and should not be considered as medical advice.

My past life as a homeopath

Intrigued about my fascination with Homeopathy spanning 30 plus years, I decided it would be interesting to find out if I had any significant lifetimes as a homeopath.

What I discovered under hypnosis answered my curiosity, as I remembered a life as a dedicated homeopath in London during the turn of the 20th century. The images came vividly. I was a middle-aged man, serious and focussed, dressed in a brown wool suit sitting behind a desk in a dimly lit office. It felt like a sanctuary of study and healing.

The clock showed 2am, the only light coming from a kerosene lamp. I was writing a manuscript for publication in an American homeopathic journal. Working through the night, I opened the doors of my office at 9am, looking forward to a busy day treating patients.

I recalled a time in 1901/2 when London was besieged by plague, dispensing my medicines freely, refusing to charge for my services. Though many of my patients were poor, I was supported by a handful of wealthy individuals who paid generously in gratitude. Their contributions allowed me to carry on with my work.



by Auralia Rose

My life took a dramatic turn in 1915 at the start of World War I when my house was bombed. My wife, granddaughter and I survived by sheltering in the basement. Eventually, we made our way to a monastery with a shelter in the basement, where we stayed until it was safe to leave.

Even in that underground refuge, I continued to write, documenting remedies for the trauma we were all experiencing. I wrote about a remedy called Aconite which is a great remedy for traumatic events and shock, as well as other remedies I knew would be important for survivors of the bombing. These writings became known as *The War Diaries*.

Without access to my dispensary, I began

creating remedies from my surroundings. I was drawn to a small yellow flower that had pushed its way through the cracks in the stone floor of the shelter – a symbol of resilience amidst ruin. I crafted a remedy from it, believing it could inspire strength and hope in those who had lost everything.

Other remedies followed, including one made from the dust of the shelter's crumbling walls. Noticing a shaft of sunlight pierce through a high window, I placed bowls of boiled water where the sun's rays could capture not only the light but also the breeze that wafted through the opening.

With intention, I asked the elements to imprint their energy into the water. This became a remedy I called Sol, a tribute to the healing power of the sun and the eternal promise of a new day.

Upon retiring to the countryside with my wife and granddaughter, I continued developing vibrational remedies using the energies of the wind, moon, stars, planets, and crystals. My granddaughter became my student, and by age 19, she took over my practice.

I guided her until my peaceful death in 1929, comforted by the

homeopathic remedy Arsenicum, which eased my physical discomfort as well as any fear I had of passing on.

In spirit, I found myself at the 'Great Homeopathic School in the Sky'. I felt fulfilled. My earthly mission became clear: to dedicate myself to something I deeply believed in, to always give my best, and to think beyond convention.

Following the teachings of the founder of homeopathy, Samuel Hahnemann, I continued to make remedies found in my immediate environment, some of which were eventually added to homeopathic texts and continue to be studied today.

Though I never sought recognition or wealth, both found me. And in this life, picking up my professional homeopathic practice after 20 years, now makes sense.


Homeopathy continued to be constant in my life over the years though, finding it invaluable for my and my family's health. I believe that this path is in my soul's blueprint and I am continuing a promise made long ago – to help keep this valuable system of healing alive.

Feel free to call me on 0422-481-007 if you have questions or would like to see how homeopathy can help you.



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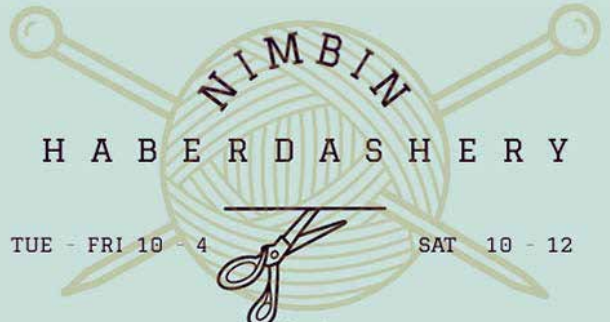
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