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Nimbin Spring Arts Exhibition

by David Hallett

After a couple of on-and-off exhibition years where regular seasonal exhibitions were cancelled, then additional Summer or Winter exhibitions were added, the Nimbin School of Arts is very pleased to be managing this year's Spring Arts Exhibition during the busy Spring school holiday period.

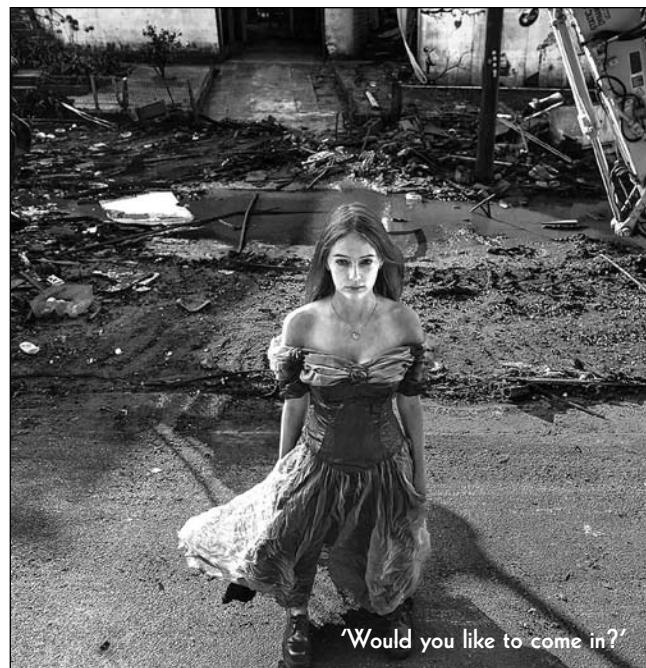
The exhibition will open on Saturday 23rd September, and will then open daily until Sunday 9th October.

Registration forms for entry to the exhibition are now available at Perceptio Bookshop. Please note that exhibition spaces and screens are limited. For further information, contact the School of Arts on 02 6689-1766.



'Peacock Kingdom' by Fiona Cole

Local mono award-winner



'Would you like to come in?'



'Rearrangement'

While Lismore-based photographic artist R J Poole still lives in the Northern Rivers Region, these days his work is seen in places far beyond the North Coast.

Earlier this year he attended the long delayed opening for the National Portrait Prize in Canberra, where his entry was chosen by renowned artist Bill Henson.

In February he was photographing in Italy where his work was exhibited in Genoa by Corrado Leoni and later this month his photos will be included in a show in Mexico.

In the meantime, Poole's entries in the Mono Awards – Australia's and New Zealand's largest competition that showcases monochrome works – has won two People's Awards for images depicting some of the devastating flood damage in Lismore.

Less is more + Time's almost up



'Melting Stripes' by Amelia de Zwart

Blue Knob Hall Gallery is exhibiting 'Less is More' in the Main Gallery, and 'Time's Almost Up' by Amelia de Zwart in The Solo Space.

The artwork for 'Less is More' has been a great surprise and astounding in its beauty, size, depth and variety. One can't go past 'Joanna the Goanna', the 2.6 metre mosaic by artists Jane Foundling and Jack Horner.

She climbs our wall and has that 'look' (I'm watching you!), that is so familiar to us all when a surprised goanna runs up the nearest tree.

It has been a delight to have artists who are exhibiting at Blue Knob for the first time, and we welcome them all. Jacinta Dignan's white on black work 'Coherence' is the epitome of 'Less' and Jasmine McHenry's 'A Glad of Mermaids' has us thinking 'More' of those please.

The artists have covered a multitude of ideas, from some of the big issues affecting our planet to the smallest details of our lives, wants and needs.

In 'Time's Almost Up' in The Solo Space, Amelia (Milly) de Zwart shows she is passionate about the environment, and her



'Joanna the Goanna' by Jane Foundling and Jack Horner



'African Dog' by Amelia de Zwart

been created over the past two years.

These artworks are mainly focused on the effects of our footprint on this world; how the flora and fauna are affected by humanity.

Both exhibitions are running until Saturday 8th October.

For more information please contact Blue Knob Hall Gallery at 02 6689-7449; or by email: bkhgallery@harbourisp.net.au

Blue Knob Café is humming along, with Sunday brunches and lunches proving popular. We're open Thursday to Sunday from 9.30am. The kitchen closes for meals at 2pm with coffee and cake available until 3pm.

There is a regular menu with specials and we look forward to seeing you for your café and art experience.

THE PAINTED YEARS



'Myself' by Anthea Moffatt



'Urban Summer'

by Ruth Tsitimbinis

'The Painted Years' is more than an exhibition but a celebration for artist Anthea Moffatt's long involvement in working in the creative arts.

After all, it is not every day you turn 90 years of age and have an exhibition opening on works reflecting your life's journey.

This exhibition is a new body of work that tells a story of the artist's life, the many places lived and the fond links

to these places.

Anthea Moffatt has lived in Kyogle for many years and during this time she has maintained a sound involvement in exhibiting at the Roxy Gallery, Kyogle in both group and solo exhibition with her works always being enjoyed and purchased by many.

It is a great honor for this gallery to show her new body of paintings and join with Anthea as she enters into her 90th year on the planet, and

her 74th year on this planet as a visual artist.

Anthea studied painting at East Sydney Technical College, undertaking a Diploma in painting, and then went on to teach art before adventuring off to the UK and Europe, working in Jamaica as a commercial artist and pursuing her love of art.

Following her return to Australia she obtained an Associate Diploma in printmaking at Canberra School of Arts.

'The Painted Years' is a body of paintings Anthea wished to connect to her published autobiography. Anthea has created an exhibition to be a blossoming culmination of all her years of painting, with several themes running through her works.

Anthea envisaged this exhibition to be "...partly my background of where I have lived and an exposition of the joy of life."

It is on show from 1st September to 9th October.

Serpentine artists in residence

by Andy Blythe

During September, the Serpentine Community Gallery are 'Artists in Residence' at World Square as invited guests of the Sydney Fringe Festival.

Serpentine is showcasing four artists who were programmed to exhibit this year but were cancelled due to the flooding and subsequent repairs to the gallery.

Last edition of the NGT profiled the first two artists Inara Kent and Rachael Windress exhibiting 1st to 10th Sept. This edition we look at the final two artists, Dervis and Corinne.

Dervis Pavlovic, 11th to 20th September, with his exhibition titled 'Dreams, Myths and Reflections' writes about his exhibition.

"My painting is expressively graphic and narrative in its imagery. I paint symbols of my daily thoughts and feelings. The persistence of darkness in my imagery is more suggestive of my Eastern European roots and a legacy of war and dislocation that coloured my childhood."

Dervis explores the possibilities and limitations of political art and the confrontations such dimensions pose. "I draw from an acute but almost surreal sense of an apocalyptic shift taking place in world politics."



'The Gloomy Sea' by Dervis Pavlovic

He takes a magic/realism approach to render images inspired by daily musings, photographs, media and literature as he strives for cultural significance and integrity in a commodified, corporatised and consuming world. Dervis is exhibiting 15 exquisite oil paintings.

'Inside Out', 21st to 30th September, is Corinne Batt-Rawden's first solo show in Sydney; her work explores physical impulses and abstract pattern making in search of freedom.

The recent floods have triggered many trauma responses within the Northern Rivers community. This human-made disaster is mirrored in various forms throughout the globe through fires, foods, rising sea levels and dangerous weather.

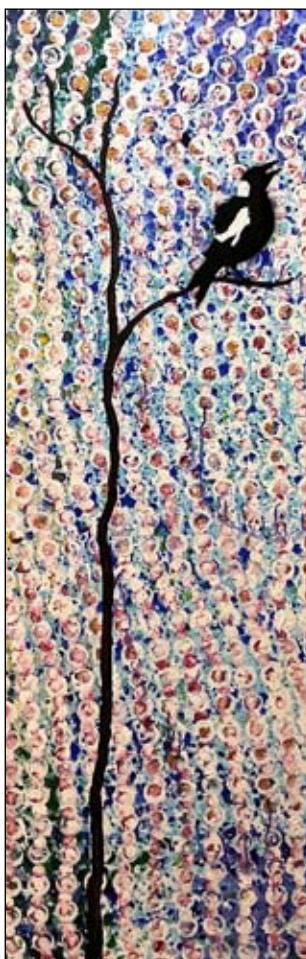
Corinne engaged in a

playful creative practice to reconnect with joy while focusing on somatic expression and tension release as a core embodied technique. The repetitiveness of her process imprints learning within her body through muscle contraction and release.

All four artists will be at their exhibitions from 10am daily so if you are in the Sydney area for the month of September, Follow the signs at World Square located in George Street.

Serpentine also pops up
Meanwhile in the Northern Rivers, you can find us at the Lismore Car Boot markets on the first and third Sundays of the month, and at the Channon Craft Market on the second Sunday of the month.

We have art cards, prints,



'Resting' by Corinne Batt-Rawden

paintings, gift ideas and membership forms for artists. If you would like to be involved, volunteers are welcome to join and artists are welcome to register with the gallery.

Feel free to contact the Gallery on 0492-964-819 or email: gallery@serpentinearts.org

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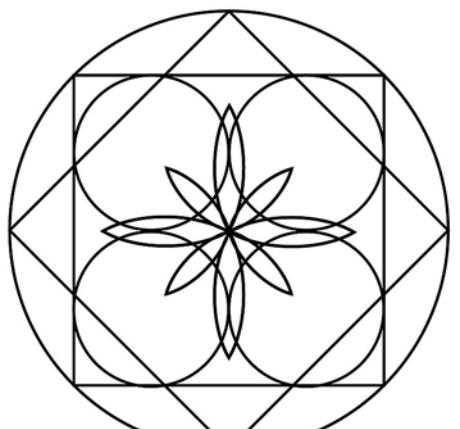
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A reminiscence

by S Sorrensen

I was raised in a small town in Queensland. I didn't like it. Fleeing the perversions of religion, I fled to northern Queensland: the rainforests of the tablelands, the beaches of Cooktown, the wild rivers that ran westwards into the gulf.

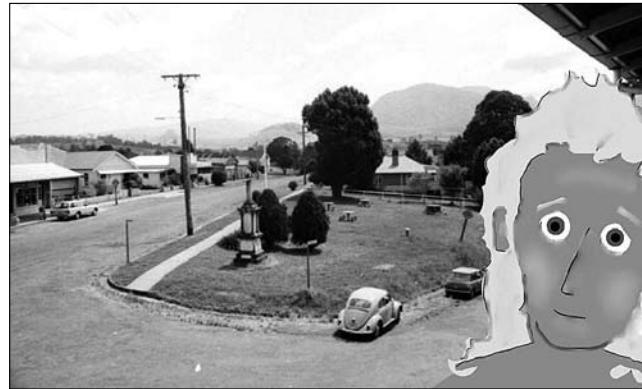
The mysteries and poetry of Christianity turned out to be a trap. The glass was stained, the prayers a warped enticement, the miracles a deviancy. But in the north, I found others like me.

We took communion from nature and found no sins to confess.

But everything changes. I fled southwards, escaping the violence of policemen who were intimidated by our newfound joy and embarrassed by their haircuts. I rolled into a small town with a woman and two kids asleep under an Afghan blanket in the back of an unregistered Holden station wagon gagging on its last gulp of leaded.

It was Nimbin. I liked it.

After the strip searches, the shootings and the house burnings of north



Queensland, Nimbin was heaven. Adrian the cop was a friendly fella who didn't shoot you, strut around like a overly testosterone-teenager, or feel for joints in non-existent sarong pockets.

My family and I slept in a communal house in Tumble Falls community, surprised at dawn by the famous Tumble hack echoing through the valley – a new day heralded with barking responses to first bongs. (We didn't do bongs in NQ; too hard to hide.)

My friends (the Caterpillar tribe) from north Queensland, now refugees, acquired the lease on the Rainbow Cafe. We spent months renovating it before its gala opening.

Now I had my town. And income! (Well, not money

income, but food.)

In time, the fines I'd accumulated for driving an unregistered Holden station wagon led to Adrian, standing beside my ticking Holden on Tumble Road, explaining to me I could pay the fines (I had no money) or spend five days in the one-cell Nimbin jail.

Best five days ever! Mrs Adrian cooked me meals like I'd not had in years. Chops! With mushy peas! There was a shower. With hot water!

The cell door was always open and my friends would visit. We'd play guitar sitting in a circle in the police yard. Bob Marley died and we played 'I Shot the Sheriff' for Adrian and Mrs Adrian, who smiled politely.

At night, after dessert, and when the Adrians had gone

to bed in their house next to the police station, I would put on my going-out sarong, sneak out over the back fence and up to the Rainbow Cafe, and I worked there, making lentil soup.

George Scott would sing and play his guitar there. He was the only person I ever knew who would tie a broken guitar string back together rather than buy a new one. He preferred to spend his money on beer and smokes – which were essential to his remarkable voice.

Around midnight, I'd return to the jail (not always alone) and contentedly lie on a mattress much more comfortable than the futon in the back of the Holden. I would dream of living in a small home (about the size of this cell would do) somewhere close to this little town where prayers are answered and miracles happen – where I was healed.

I found a hill tucked away in a small high valley only one side of 'Dark-Side-of-the-Moon' drive from the village. On the hill, under the cliffs, I built a shack. About the size of the old Nimbin jail. And I always left the door open. I'm still there.

Art imitates life

Well-known artist Rikki Fisher has relocated to Mullumbimby with husband Rob after 14 happy years in Nimbin.

Rikki has also moved on with her artwork, transferring her eye for detail from scratchboard to portraits in oils.

Once specialising mainly in scratchboard art, Rikki has won numerous national and international exhibitions. She was awarded the title of Master Scratchboard Artist by the International Society of Scratchboard Artists.

In recent years Rikki has focussed on portrait painting using oils. She has painted some Nimbin people and her most recent portrait was of Michelle Agoritis.

Rikki felt the work was worth entering in the Dean Cogle Portrait Prize at Dust Temple Gallery in Currumbin.

To her surprise, she was rewarded with First Prize. Rikki's artwork can be viewed at: www.rikkifisher.com



Michelle Agoritis points to 'The Baker's Daughter', the winning portrait of her by Rikki Fisher

Retail therapy

I've been doing some on-line shopping through the government store: www.nsw.gov.au/moneyformates/executiveaids.

They've got some great stuff – I mean I don't want to be a salesperson for the state government but the Nero violins they imported after the 2019 fires are heritage and going for a steal.

I snatched up a brace of thumb twiddlers, great exercise item for pen pushers.

You should check it out

– so much on offer: lots of novel devices. There is a tongue hanger. It's brilliant, it's like a peg for your tongue. Apparently they use them at talkfests and they line up and everyone hangs by their tongue. Too good for them I hear you say, undoubtedly but entertaining?

They have a dog teeth machine to process potential homework, stick on coffee mug rings for inconvenient truths; I was particularly taken by a special under-arm gloves set that can trap your hands there for as long as you want – they never go numb.

There was a pair of what was loosely referred to as hope binoculars – that allows politicians to look at the indefinite future and it looks like the near future to them. They've been using this to design refugees' policy for decades but now thanks to the fire and the floods they have a domestic use.

Also on sale there is a debate discontinuer ... this consists of a steel bucket and a lump hammer. The idea being you place the bucket on your head



Revenge of the Loon

by Laurie Axtens

and one of your assistants thump it with the hammer. I could be wrong, but I swear I saw Kevin Hogan having this done in the gutter outside his electoral office last week. Maybe it was in a dream... tent living does strange things to your psyche.

There are 'room elephants' as well; huge ethereal pachyderms that allow you to condemn and rescue the same thing in a single thought bubble – say like destroying North and South Lismore while rebuilding the CBD because major and catastrophic flooding doesn't affect these areas exactly the same way?

Tyre-kicking toe caps, telescope of works, auto crashing hard drives, self-retracting public reports, public manicure shavers; it's a dazzling display and a beautifully presented web page – everything a committed executive could want as they develop and redevelop policies in the fullness of time to deal with the pressing issues of human tragedy that abound.

How to close Pandora's box

With over eight billion people, opinionated and free individuals, the question arises how humanity can still be managed.

Calm the waters. There are over 200 nations, 500 tribes, many faiths. Every country, party, town, community has multiple divisions. Views differ.

How to unite the Global Village, close the lid on Pandora's Box? Proceed not on divergent paths of personal righteousness, but to the Milky Way, solving the problems of economic scarcity, exploitation, pollution and population explosion with abundant new lands and resources in the sky, without violence?

Sustainable, growing humanity. The solution lies in food. Taste, not nourishment. Consumer choice. Just like alcohol influences behaviour, so can chemicals in diet.

Omnivores may see the world as predators, where everybody is a potential enemy, especially if one looks different, has incompatible faiths, gender, beliefs, looks, ideas, etc. How to unify these differences?

Was Darwin myopic in seeing the world as a competition between species, a natural selection of skills. Yeah, the picture is not complete. Human origins tell a wider story. People learn not only through competition, but also from co-

Shapeshifting

by Anand Gandharva

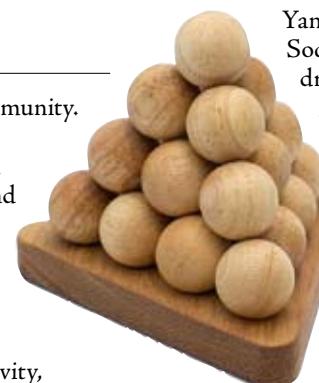
operation, teamwork, community.

It is true that mankind owes space travel, modern technology, art, science and more to competition of ideas, but it is equally true that we were successful as a team by trading crops and goods, sharing dreams and creativity, specialising and signalling jobs, inventing together.

It is time society stops empowering individuals with predatory skills, opportunism. It leads to snapping at heels, replacing old dogs for new ones. It makes every Jack into a King; it leads to Facebook (pardon, Meta) style "I am right and you are wrong" sector dogmatism.

So, how to close Pandora's lid? Isn't it like closing the gate after the horse has bolted? No, it is a fundamental change in the psychology and economy of society, from hunter to gardener, from omnivore to herbivore, from apex predators to meritocracy.

The horse turns out to be an hallucination. The can of worms a fata morgana. It is not that, as with the Greek tale, curiosity killed the cat, releasing the curses.



Yang is balanced by Yin. Society allows for social drinking, but disallows inebriated driving. The cost is too high. Marihuana releases creativity, like an uncaged bear, but authorities worry about wild animals upsetting norms, paying taxes.

One may argue that the achievements of society are many, and that most people control themselves admirably, regardless of what they eat.

History is grand indeed. People stand on the shoulders of those who went before, organising nature, building tribes, etc. But the story of humanity has barely started, with track changes along the way. Humanity goes from the era of natural selection, to selecting genetics.

Humans are related to mammals: consuming them is barbaric, without sufficient thought or empathy. There are herbivore civilisations, and humanity has outlawed many things in order to build community, such as public nudity, unsanitary defecation, incest, duels, theft, insulting speech, cruelty to pets, false panic (like yelling "Fire!" in a theatre).

It may take new laws, take time. But it will close Pandora's Box.

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The whole radish

by Evie Fairley

The radish has been cultivated for over 4000 years although its true origin is disputed amongst botanists.

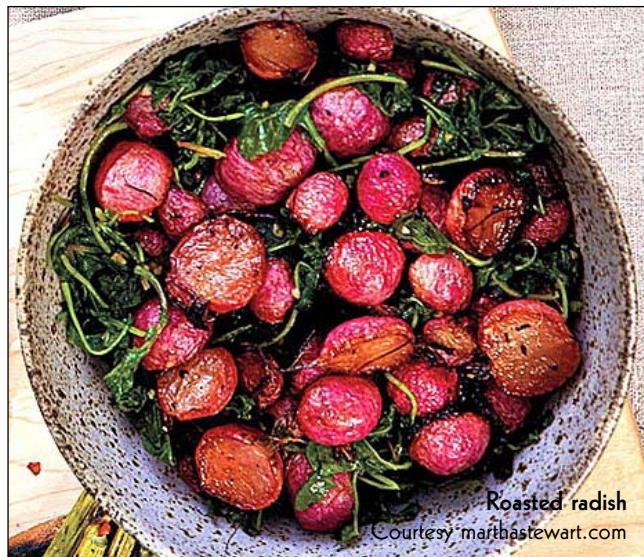
Possibly native to Asia yet domesticated in the Mediterranean, this pungent cruciferous vegetable has been eaten by the ancient Egyptians, along with garlic and onions, while building their pyramids, and was an offering to Apollo in the temple of Delphi, along with turnips made of lead, beets of silver and radishes of gold.

The folklore surrounding radishes mostly stems from Ye Olde England. If you needed to find where a witch was lurking, all that was required was to uproot a wild radish plant while reciting an incantation, and the witches whereabouts would be revealed.

Contrastingly, if you wore a garland of radish flowers it would repel or protect you from demons.

Shifting to an era where science replaced superstition, the radish has much to offer to keep our physical bodies healthy.

It benefits the gallbladder and liver, and is a natural decongestant. If consumed regularly, it may help prevent



Roasted radish
Courtesy marthastewart.com

viral infections such as the common cold and influenza.

The freshly pressed juice from a grated fresh radish is a European home remedy for coughs, rheumatism and gallbladder stones.

A wonderfully fast-growing vegetable in a variety of hues – red, purple, black, yellow, white and green – allows for a large colour palette for your palate.

And now to tickle your tastebuds with recipes using the whole plant.

Roasted radish

serves 6, vegan

2 bunches radish, approx 20
2 tbsp olive oil
Salt/pepper to taste

Italian herb mix

Preheat oven to 220°C, wash and dry radish, then toss with olive oil, herbs and salt/pepper.

Transfer onto an oiled baking tray cook for 45 minutes, stirring halfway through

Radish greens pesto

vegan

2-3 garlic cloves
Bunch radish greens
Pumpkin seeds
Olive oil
Nutritional yeast
Sea salt
Whizz in a food processor and serve over roasted radishes and pasta of your choice.

Food co-op popular

by EaLa

The outside of the Nimbin Organic Food Co-op has had a bit of a facelift, with thanks to Chaquita and Frank for volunteering their time to brighten up the front of the shop.

We are definitely more visible to passersby with the vibrant hues chosen through a voting process within the co-op and the community.

When you step inside you may notice another alteration: new wooden shelving for our fresh produce! Thanks Dave for your beautiful handywork. They have really given the store a lift with their functionality and aesthetic.

We are super-grateful to stock a new local honey producer; Black Dog Honey. Their honey products are available in bulk, in 1kg and 500g jars and also in compostable refill pouches.

The Maltese Vegan is still supplying the co-op with delicious weekly meals, but not for much longer, as he is about to embark on collaborating in a new vegan cafe in Nimbin.

So if you want to take advantage of his vegan culinary delights while they're still on offer in the co-op, now is the time! Visit us in the store to order his meals before Monday at 1pm and they'll be delivered in-store on Wednesday around lunchtime. All produce is from the Nimbin Food Co-op. Bring your own containers for less waste, or biodegradable containers will be provided.

Thank you to all our new members

As we are a community-owned, volunteer-run organisation, we couldn't survive without the wonderful support of the Nimbin community.

Membership enables you a 10% discount on all your purchases year around, although during the month of August we increased that to 15%.



Membership costs a meagre \$25 annually and at present is only \$6, valid until October.

We are seeking a couple of new volunteers; one for a permanent Saturday position, and another person who is completely flexible, to work a variety of shifts that need covered at the last minute, due to sickness etc.

The reward is an initial 20% discount on nutritious organic food, with the discount increasing to 28% after three months of consistent work.

Perhaps pop in and chat with current volunteers about how fulfilling it is to be a part of this wonderful community co-operative.

We would love to welcome you to the Nimbin Organic Food Co-op family.

www.nimbinfoodcoop.org.au

Your pet's purpose

by Donna Connolly

I've touched on your pet's purpose in context with our soul evolution in other articles. I can guarantee you that every pet has a purpose in your life.

We are complex and multi-faceted creatures and animals assist us to make sense of how we show up and interpret our world.

This month I thought I'd give you some examples, so you can investigate and become curious from your own life experiences, including messages, learnings and growth that are unique to the beautiful bonds we have with our beloved pets.

These lessons can be really helpful in discovering our purpose, our blocks and obstacles, including habits and behaviours that no longer serve our highest self.

Animals can achieve this by mirroring our behaviours or illnesses, they can also show us a new way of being as we adapt to their presence in our lives. They can mimic dysfunction in relationships. Or shine a bright, undeniable light on the things that are not working!

Sometimes they are only with us for a very short time and sadly, the lesson can be literally letting go.

Pets can also reflect who we are, how we are perceived, or who we need to become to be the best version of ourselves.

Have you ever had a dog who is really discerning with people and other pets? And yet you are the ultimate people pleaser?

Do you always put others first? Well, Dora embodies this particular lesson beautifully, for me!

Everyone who meets Dora knows she lives life on her terms. She has taught me many things, here are just a few:

- It's okay to speak up;
- Have a preference, be decisive;
- Her messages are always clear;
- I always know where I stand with her;
- She is an excellent judge of character;
- Doesn't entertain fools or inauthentic people;
- She has a strong and comforting presence;
- Dora and I dream together and we have manifested some amazing moments;
- There's always time for a splash in the ocean.

I've always been in awe of who Dora is. Her character and strength make her one of my biggest teachers; 12 years and counting.

Another thing worth mentioning is Dora has

always been loved, from the day she was born. That in itself has been amazing to watch, as I believe fundamentally, that is where her self confidence and self assured attitude stems from.

In turn, this has shown me the importance of making sure that I show myself some love, and self-care, including boundaries and discernment. Needless to say, this is still a work in progress.

Bottom line: Dora believed in me, long before I did!

Edna, my gorgeous rescue dog, turned my world upside down (in all the right ways). I lived some of my best times with her as I made choices and decisions to ensure I gave her her best life.

She demonstrated the importance of taking things slowly, allowing space for the person/ pet to do things in her own time. Edna also cracked my heart wide open showing me the power of unconditional love and how love can create magic moments.

Dougie-Ra showed up a year ago. I believe he was called in by Dora, for her to train and to be with me when Dora chooses to transition.

Doug is a young and gentle guy, he loves being loved and is always up for adventure. He reminds me of the



importance of fun. He is also the king of acceptance and flow. He still has some of Dora's traits too; he knows what he wants and enjoys meeting people, he is forever curious.

As I co-habitate with these two individual souls, I can feel their energies as a familiar part of me. Also, when I feel challenged by their behaviour or a situation, I look to myself and become curious to where that shows up for me, what can I do better?

Oftentimes when we find the right solution or adapt/ alter our thinking, the issue resolves itself simply and readily.

Another area where our pets can show up for us, is as their guardians. They can be a representation of our inner yearnings and needs,

whatever is cheapest);
• Obsess and explore all options to deal with an illness or disease, it's amazing how many times a medical condition that exists in the person also exists in their pet in some way; and
• Always focusing on them is also a distracting tactic to avoid dealing with our own life issues.

In a lot of these cases, these are things that we desire and need for ourselves. Sometimes we don't feel worthy or deserving of such extravagance.

Oftentimes I find clients are willing to go without to afford food or treatments for their furfriends. It's okay to put yourself first occasionally.

Animal Communication can assist with a variety of situations, such as understanding perplexing behavioural issues, dietary needs or unresolved health issues.

www.rivergem.com.au





by Kerry Hagan

We could not have asked for a more perfect spring day for our visit to Anne-Marie's place on Webster's Creek community at Blue Knob.

It's been over two years

since we were last there, which was just after Anne-Marie moved there.

The changes in that time are simply astounding. Gone is most of the lantana which abounded before, and in its place are plantings of silky oak and indigenous eucalyptus. Beautiful paving



Photos: Olof Jonnerstig

is now a feature around the house, which sets off the rainforest garden behind. There are now many wicking beds, growing very healthy looking vegetables, despite the bowerbirds having first pick.

Anne-Marie is a wildlife

carer and at present she has orphaned baby possums housed in what was once an aviary, so we had to tiptoe around that area.

For the last 20 years she has been making special teats for feeding orphaned baby animals and supplying



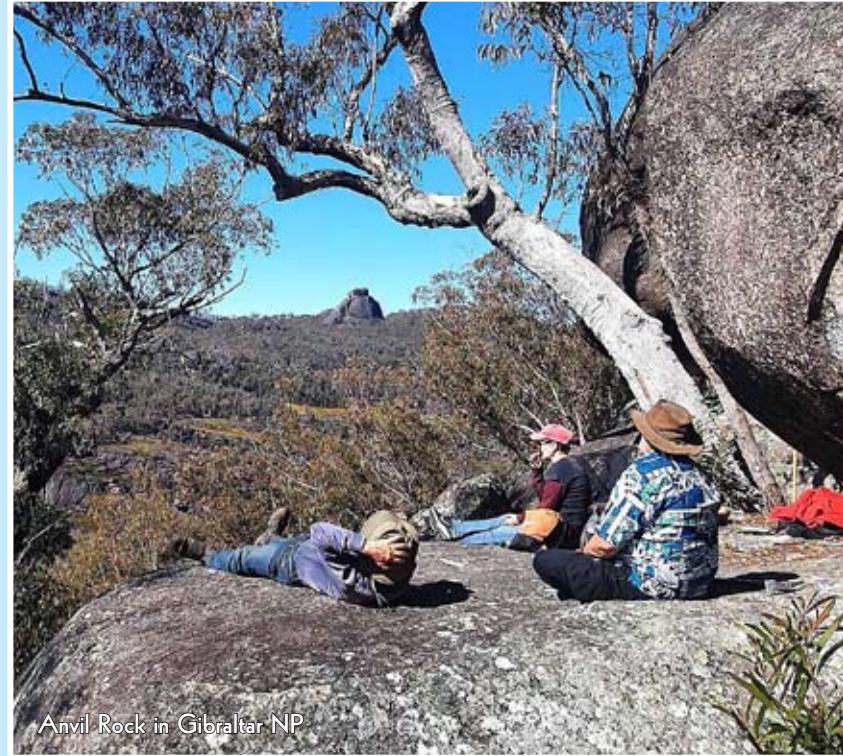
zoos and sanctuaries around the world, but she has now passed this on, which will give her more time to concentrate on her own back yard.

We can't wait to see what she does next. Thank you

Anne-Marie for a truly wonderful afternoon.

Our September garden visit is being postponed due to MardiGrass. Details of our next visit will be published in next month's edition of the *Nimbin GoodTimes*.

Gorgeous weather for the Nimbin Bushwalkers



Anvil Rock in Gibraltar NP

by Peter Moyle

Finally, some gorgeous weather for the walkers to get out and about.

Earlier in August we revisited the Goonengerry National Park which is a great area for walking as it sits on the top of the escarpment and even in the very wet weather stays solid underfoot while also allowing the creeks and waterfalls to be at their best.

Add in some rainforest and it's perfect for a few hours exploring. This we did, walking some different tracks from our last visit, making for an enjoyable day.

Our monthly camp/walking weekend saw us head south to the Gibraltar Range National Park and camping at Mulligans. This is a very well set-up camp site with flushing toilets and cold showers that saw little use due to the season.

The weather was quite mild, with warm sunny days and brisk nights but nothing like the low temperatures that are had in June and July.

The walking is first rate with a large number of walks in the park as well as the Washpool that is only 20 minutes away. We spent five days and still missed some of the walks. We will return next year for up to a week to really take in the attractions and atmosphere.

Walks programme

Thursday 15th to Monday 19th September
Binna Burra, Lamington NP behind the Gold Coast

Leader: Peter Moyle 0412-656-498
Grade 3-4: There are varied walks of different lengths.

Meet: At the campground, contact Peter to register your interest. We have not been to Binna Burra for a few years and only parts were in the bushfire. The campground and safari tents were not affected. We planned to come here in February, but the floods closed the NP.

Walks: Each day Friday at 12 noon, Saturday from 9.30am and the Sunday from 9am.

Camping: If you decide to overnight, the club has reserved some nice sites. Some of us are staying Thursday to Monday, so choices are available, confirm with Peter if you want to share. There are limited spots, so get in early; otherwise book your own. The campground caters for tent, campervans, and motorhomes as well as Safari tents if you prefer. Bookings are essential – weekends are always busy, so need to be made well in advance.



Waterfall in Washpool NP

Sunday 2nd October
Lake Ainsworth Coastal Wildflowers at Lennox Head

Leader: Megan Myers 0415-063-302 and Linda Hill 0488-548-700

Grade: 3. 10km coastal walk, easy grade walking behind the dunes. Beach, heath areas and hopefully some spring flowers and maybe some late frolicking whales.

Meet: At 9.15am at the carpark at the end of Lake Ainsworth, Pacific Parade Lennox Head.

Bring: Lunch, hat, and water.

Friday 14th to Monday 17th October

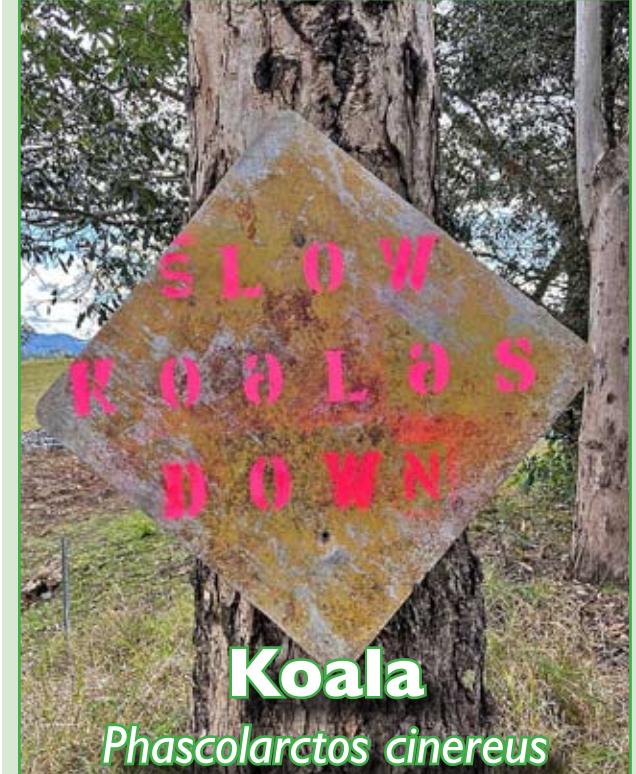
Girraween National Park

Leader: Mark Osberg 0408-113-125

Grade: 3 – 4. Care needed at drop-off, can be slippery after rain and care needed on tracks. Stunning landscapes with huge granite boulders, clear running streams, excellent water holes, some easy and some more difficult walking tracks, some steep grades caution needed at lookouts. Camping fees of \$7 per person/night. Mark is going for a week so plenty of options around the dates. For more on camping info and to confirm your attendance please phone Mark.

Bring: camping and walking gear, drinking water and firewood. You might like to check out: www.npsr.qld.gov.au/parks/girraween

Animal of the month



Koala

Phascolarctos cinereus

by Richard Burer

This month we are being festive, and not only will MardiGrass get well-deserved celebrations, but there are month-long celebrations with the Border Ranges Richmond Valley Landcare network for the festival of the koala in Kyogle, with workshops and everything koala going on. (See program p.27)

Locally in Nimbin we have active populations that have stayed resilient despite serious loss of connectivity, drought and flood over the last many years.

My works take me around the local area working on koala habitat restoration, and there is a great spread of koalas and core koala habitat that can be enhanced with such things as woody weed control (lantana), tree plantings and connectivity enhancements.

But simply just being aware, registering sightings on the Friends of the

Koala website, identifying scratches on high-use trees like the one pictured, and developing scat ID on koala droppings.

A good idea is to be aware of your pets and your neighbours' pets, as recent killings of koalas by domestic dogs in the Blue Knob area are disappointing and unnecessary.

There is not much use in saying slow down around our local roads, particularly at night, but I may as well mention it. Often koalas use the roads to reach preferred trees due to impenetrable weeds and loss of habitat.

It's risky life for this iconic and special species, but let's speak up for those who need our help by contributing in any way we can to preserving them in our lifetime and that of future generations.

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

Wild horses

by Suzy Maloney

Someone asked me to describe my experiences with wild horses, and how they differ from domestic horses. It feels like a suitable time to write this.

I have just returned from a trip to the red heart of Australia. During the drive from Kings Canyon to Uluru, we came upon a small group of brumbies. It was my birthday and I'd said I would love to see brumbies just that morning.

My companion was a fellow horse woman with whom I have been doing horse workshops. We are both very much on the same page in how we are with horses.

We stopped the car and slowly walked toward the brumbies. We approached the nearest, watching for signs about how close we could come. When we hit his personal body space he reacted, we dropped to the ground and were still and silent.

Both of us have developed the ability to contain our energy when around horses. We relaxed our breathing and heart rates and stilled our minds. And there we remained, time stood still, I have no idea for how long, it could have been 30 minutes, or it could have been an hour.

One step at a time he approached, we kept our gazes lowered and remained relaxed and still. As he got closer it was important to not allow ourselves to get excited, to still our thinking, and not to feel anything except awe and admiration for this stunning being.

He came all the way toward us, then slowly and tentatively reached



out and touched me with his muzzle. He repeated this with both of us, touching us briefly then absorbing the information he had received by smell and feel.

When he was satisfied that we posed no threat, he stood directly over us and relaxed into resting posture. The three of us stayed like this for an indeterminate time. Then he reached forward with his front hoof, just missing my leg. We took this as a message that it was time to leave; he was telling us our time with him was over, that it was enough.

This experience has solidified for me the lessons I learnt from the Guy Fawkes brumby who's been living in my herd for ten years. When he first arrived at my property, I did things with him the same way I would with other horses and got a very different response.

My entire lifetime of working with, studying, and training horses didn't seem to work anymore.

At first, I thought he was just a difficult horse, a bit of a challenge to train and work with. But then I realised it was a different situation to anything I had experienced before and that I would have to throw out everything I knew and start again. He was rocking my boat big time.

After 20 years working as an equine professional, completing a degree in equine science and other qualifications, I realised I knew absolutely nothing.

He was pure horse. Absolutely pure

in body and spirit, not conditioned by humans as a foal or young horse. He was a five-year-old stallion when captured, and all his development had taken place in the wild. He was quite literally an adult wild animal, and he was in my paddock.

This was when I learnt just what it is we do to horses when we domesticate them. The changes are fundamental in how the horse thinks and reacts to the world. His world view was so different to anything I had experienced.

So, I went to his school and opened myself up to all he had to teach. The experience I had with the wild brumby in his natural habitat, was a huge affirmation that I have learnt my lessons.

The beautiful thing is, that now I understand pure horse, I find it still there, deep down inside every domestic horse. By being with domestic horses in the same way I am with wild horses opens a level of communication and connection between us beyond training and conditioning.

What I am talking about is not a set of tricks, a system to follow, or any training tools, this is about working on yourself as a compassionate, gentle, and open-hearted human, someone who a wild animal can feel safe with.

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NIMBIN HEMP EMBASSY

Soul connections

by Les Rees

Having practised natural medicine for some considerable time, I have decided to concentrate more on body work as my research has opened up new interests that shine the light on the healing pathways of the body.

I qualified as an Equine Sports Therapist several years ago but have mainly focused on my herbal qualifications, and the time has come for a reversal of my prime interests and I'm excited about the positive results that this modality can achieve in aiding the body to heal.

During the prolonged wet period, many horses suffered from both physical and mental problems often causing depression.

This was due to conditions affecting their physical ability to cope with the invasion of micro-organisms taking advantage of the wet conditions and the external stresses that for many horses induced depression.

Sadly, one of our horses went through a period of depression refusing to leave her stable during the wet weather.

It began with Queensland itch, causing skin lesions and subsequent itching around her belly and between her legs where sweat was

a contributing factor in attracting the biting midges.

She also had developed an abscess causing lameness and pain and, given that the paddocks were wet and slippery, she preferred to remain in the comfort of her own stable. Many animals were not so lucky to have a dry place at all, so is it any wonder that so many horses were suffering?

During that time, in spite of all the feeding and medications she was having, she lost condition and dropped all of her top line looking as if she was sinking into oblivion. She is 20 years old and had appeared to have given up, but I hadn't.

I'm a great believer in using other modalities because they can work together to achieve positive outcomes. I decided to call on the help of Dr Bruno Ross who came to our rescue, taking blood samples to eliminate possible diseases, and left me with some cortisone injections for her.

After a few weeks she began to get better, but poor weight gain and muscle development was still a huge problem.

During the years of being a naturopath it has been the horses that have taught me how to treat them and I have often thought that they were testing my knowledge to aid me along my journey to achieving it.



In this case my beautiful horse was still unwilling to go out while it was raining. I had been giving her regular massages to aid the relief of stiffness in her body, which was helping a little but she was still very depressed.

So I began by concentrating on relaxing her using energy techniques and gentle massage where I could find blockages. To my surprise she responded extremely well particularly when working on the head and neck area and she had some surprisingly long releases.

Having done this a few times, my beautiful girl licked me for a long time and I'm sure she was telling me that this was leading to a positive outcome.

Several weeks have passed

and I've continued with these sessions on a daily basis and have gradually been introducing some other techniques including working on the meridians and acupressure points.

I am happy to say that she is a different horse now who is happily going out into her paddock to enjoy being with the rest of her equine family.

She loves her sessions and becomes so relaxed that she goes to sleep after each one for an hour or so before heading out to be with her friends.

The great news is that she has also regained her top line and is her old self again.

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