

# Children's Art Trust Fund

by **Granny Breath Weaver**  
Wednesday Women Weavers

Our local Weave and Mend Festival established the 'Children's Art Trust Fund' at the first festival in 2005.

All 'profits' have been deposited in this account for the specific purpose of encouraging and supporting young people's art in our own beautiful local community.

The idea of having an annual exhibition of their work in the heart of our town has been suggested.

Having recently been the recipient of an art award, I would like to support our youth by donating \$250 of this prize money to the Trust Fund.

Since then, many promises of similar donations have come forward. Our local



This year's Weave and Mend festival

business community has generously donated gift vouchers for our annual raffle, which is still happening.

Tickets are on sale at Nimbin Artists Gallery and the Nimbin Hemp Embassy, and the raffle will be drawn

at the November Nimbin market.

So far, our Trust Fund has over \$1000 with further monies coming in from the raffle, and promised donations.

Our weaving community would like to thank all members of our wider community for their interest and support in our Festival.

In particular we would like to thank Nimbin Central School staff, Nimbin School of the Arts for their annual donation of \$200, Nimbin Hemp Embassy for providing the essential wood for our communal fire and donations of hemp string.

Donations for the raffle came from Nimbin Hemp Embassy \$100, Hempting Around \$25, Perceptio \$20, Butcher \$30, Susukka Trading \$20, Emporium \$60, Fashionating, Revolving Crystal and of course thanks to our local Nimbin GoodTimes for publicity, and the Nimbin Aquarius Landcare Group Inc for their chai tent.

# The Ceramics of Dawn Thirlaway

by **Stephen Wright**

Ceramics can have the characteristics of being both highly intimate and highly technical.

Unlike other art forms, such as painting or drawing, a ceramic is something that seems to have its own personal space.

The sense of touch connects ceramics to us in a visceral way. We don't routinely run our hands over paintings or see them from multiple viewpoints as we move around a room. Ceramics, having been crafted by the hand, seem to look to the hand in seeking appreciation or communication. They seek the viewer's tactile sense.

Dawn Thirlaway's work in porcelain produces ceramics that take on the appearance of fragility. It's only when we exercise the sense that ceramics are made for – touch – that we discover their profound strength. Porcelain has the associations of precision and of harmony and balance. It also has an association with a precious kind of fragility. Dawn Thirlaway's work flips that perception around by taking the poise that the look of fragility offers and uses it to mask the surprise of her work's strength.

It's something of a Zen aesthetic perhaps, where the simplest things are of course the most difficult. Like chanoyu, the tea ceremony, to which some of Dawn's work is eminently suited, her creations echo the words of Okakura's famous Book of Tea; "Those who cannot feel the littleness of great things in themselves, are apt to overlook the greatness of little things in others." If you understand that the shape of a cup is a profound thing, you will be drawn to Dawn Thirlaway's work.

Dawn is known for using her work, and the



processes of creation behind it, as a way of facilitating understanding of deeply traumatic experiences. Her recovery from cancer became intimately bound up with her work ceramics, and as she says herself, negotiated for her "a new way of living in the world."

Cancer is not just the name of a physical disease, but also of a whole raft of accompanying and distressing conditions such as depression and anxiety. In other words, when we become physically ill, we can become very ill in spirit too.

Dawn's exploration of this issue in her work enabled her to reconstruct her identity in very difficult times, which is something that art can be very good at when engaged with honestly. In ceramics perhaps we can see and feel that strange tenuous connection between body



and mind, where all kinds of unusual and unimaginable things take place.

Art is always in some sense a mirror, and what we see in it is brought forth within ourselves. You get a story about yourself when you make art, and you get some help in imagining your own story when you view and respond to art.

Dawn Thirlaway's understanding of these processes and how they come about is what enables her work to be so strong, so direct and so simple. When we come across art with those characteristics, it's always a sign that some deep interior winnowing has taken place, a kind of poetic of reconstruction, where no reconstruction seemed possible.

Dawn's ceramics will be exhibited at the International Art of Good Health and Wellbeing Conference, 17th - 19th November, University of Melbourne. Dawn will also present a paper at the conference that talks of how her artwork assisted her recovery from cancer.

Dawn Thirlaway's ceramics are available locally at the Nimbin Artists Gallery.



# The Jiggi story

The aboriginal tribes of the Northern Rivers of NSW have many legends such as this.

If you are interested in learning more, get the map "Spirits in the Rocks, Trees and Mountains of Bundjalung Country" by Michael Smith.

It is available from Perceptio bookshop, the Hemp Embassy and the Visitor Information Centre in Nimbin.



# Images of Uki Exhibition

For the third consecutive year, art lovers will have the opportunity to enjoy the wealth of talent in the Tweed Valley when Ukitopia hosts the *Images of Uki* Exhibition on 20th and 21st November.

This year's theme is 'Where the Mountains Touch the Sky', which is also the village's entry statement.

The work on display will include photography, painting (oils, gouache, acrylic, watercolour, pastel), drawing (charcoal, graphite, crayon), sculpture, ceramics, woodwork, needlework, metalwork, etching, printing, papier mâché and objects d'art.

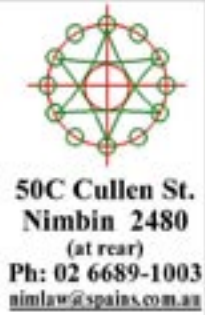
The exhibition is open from 7pm Saturday 20th November to 3pm Sunday 21st November at Uki Hall, and entry is free. For more information and application forms go to [www.ukitopiaartscollective.com](http://www.ukitopiaartscollective.com)

Pictured (right): Festival director Natascha Wernick with Uki artists Lisa Gair, Michele Bevis, Elias Harmony and Marie France



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# Tibetan astrologer visits

Tibetan astrologist and physician Dr Jhampa Kalsang PhD will be visiting Nimbin on November 15 for talks and consultations in Tibetan astrology.

Dr Jampa graduated in 1989 from the Tibetan Medical and Astrological Institute of H.H. the Dalai Lama, in Dharamasala, India. He completed a full course of study and six years of training in Tibetan studies with an emphasis on traditional Tibetan astronomy, astrology, medical astrology and Buddhist philosophy. He has been on the staff of Tibetan Medical and Astrological Institute and was one of their



senior lecturers.

Dr. Jampa has spent the last eight years teaching, lecturing and attending conferences in America, Italy, France, Germany and Spain. Dr Jampa is resident in San Diego, California. Because of his extensive and intimate

interactions with Westerners he is able to relate to and has a deep understanding of the Western culture and its social and psychological mores.

Dr Jampa will giving talks and astrological consultations at the Yoga Room at 131 Keen St, upstairs next to Markus Goeldi's rooms in Lismore on Sunday 14th November, and at Birth and Beyond in Nimbin, on Monday 15th November, and at he will also be giving consultations at Mullumbimby, Byron Bay and the Gold Coast.

For more information phone Yagia Gentle, 6689-1547.



## Paul Roguszka Exhibition: "The Northern Rivers Years"

## Yum Cha at Blue Knob Hall Gallery



by Len Martin,  
Arts and Gourmet Food correspondent

A large crowd turned up to enjoy a double celebration at the gallery's regular end-of-month *Artists and Friends Lunch* in October – to celebrate and christen the beautiful new tables that Paul Roguszka and some of our members have been making for the last couple of months, and also to celebrate, ingest and enjoy the gallery cafe's latest wondrous, exotic food offering – Yum Cha.

Stephanie Seckold and Heather Kimber have been planning to start doing Yum Cha for some time, and now their plans have come to fruition. And so, we lucky few (alas numbers were limited) had the fantastic privilege of dining at one of NSW's most spectacular beauty spots, Blue Knob, surrounded by the exquisite artistry of the gallery's current *Print* exhibition, some even more privileged to be seated at a masterpiece of mixed master-mistress craftsmanship, in fabulous company, and perhaps just the teeny-weensiest bit of wine.

Now your actual Yum-cha does involve just a little bit more formality than your usual swanning into the local Chinese takeaway, though it's not quite as formal as the Japanese tea ceremony, (oh the memory of those Geishas!) but there are certain rules and procedures.

Fortunately for the hoi polloi, the delightful Stephanie gave an authoritative outline of the ceremonial aspects of Yum Cha – how to delicately tap the table with two fingers (as distinct to belting it with one's fist) to signal thanks, and how to subtly tilt the lid of the teapot to signal "More!" and would you believe it, the lid-tilting worked!

And then the food started arriving, and kept coming – oh what a feeling. First, little vegetarian money bags with tofu, shitake mushroom, soy and sesame, followed by seaweed tofu cakes in a sustainably fishy broth then, in succession, pork dim sums, spring rolls, chicken dim sums, coconut prawns, San Choy Bao and BBQ pork ribs.

When the gallery's Yum Cha is finally offered to the general public – and it is planned for Saturdays at noon just as the Fabulous Blue Knob Hall Farmers Market winds down, starting on Saturday November 20th – it will be offered in both vegetarian and non-vegetarian format at \$15 per head.

Because it is fairly labour intensive to produce, numbers are limited to a maximum of 20, so we absolutely need to know who will be coming, whether one is vegetarian or non-vegetarian and also if one has any food allergies. Thus, if one wishes to partake of this fabulous food, it is essential that one books on 6689-7449, or email [bkhgallery@aapt.net.au](mailto:bkhgallery@aapt.net.au) preferably some days in advance.

The Northern Rivers is well known for its vigorous and vibrant arts and craft scene. Many are familiar with the high quality of work found in our local galleries and shows. Sadly, many skills are under-represented, woodwork being one: while many take up woodwork as a hobby, very few make it a lifetime endeavour. One who has, is craftsman Paul Roguszka (pictured), one of only a handful of serious woodworkers in the area.

Paul is largely self-taught and has been creating with wood since the late 1970s when "we needed a coffee table so I made one". Typical of Paul; the table had to be round, a challenge for someone with no woodworking skills or tools! He used the table for a few years before selling it on.

Paul's background is in fine art (painting) and this shows in his work. "I had dreams of being a painter, but quickly learned that it would not happen, so I started to express my ideas for paintings in woodwork.

"In the mid-1990s I had a solo exhibition of hard-edged abstract painting for my graduate diploma. While I was happy with the collection, I still felt that more work was needed for resolution. About five years ago I revisited the theme, developing my ideas in small cabinets. This developed into series of cabinets that I call 'whiskey cabinets.'"

"This has been a rich creative source for me and is on-going, and in many ways I consider these pieces as follow up paintings from the mid 1990s," Paul said.

Paul's work is definitely craft; it is obviously functional, but the calm proportions, the subtle use of the tonal variation and colour of the different woods, and the definite presence of each piece are witness to Paul's background in fine art.

The rare cabinet timbers that Paul uses are mainly from the Northern Rivers area and were cut over twenty five years ago, or are salvaged.

Most are no longer available commercially, the trees now protected in national parks. Paul views his timber stock of over thirty species as rescued timber.

Paul is having a solo show of his work at the Blue Knob Gallery. He describes it as: "A sort of retrospective-ish show of the last ten years, *The Northern Rivers Years.*"

The official opening for the exhibition is Friday 26th November at 6.30pm and it runs to Sunday 5th December at the Blue Knob Hall and Gallery.

Pictured: Ancient Memories



Pictured: Ancient Memories

### "The Northern Rivers Years" Retrospective Exhibition

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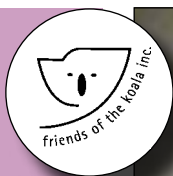
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# Koala Kolumn



by Lorraine Vass

There can be no other Australian animal that has been the subject of more research than the Koala. A lot is understood about its biology and the threats it faces. Nevertheless there is considerable variation in research methods and there are large gaps in understanding factors like genetic variability and national abundance.

Then too the world in which our koalas live is changing, just as it is for us, and we have yet to fully understand the impact of those changes.

So, how does a grass-roots community organisation such as Friends of the Koala, licensed to rescue rehabilitate and release koalas, contribute to research which will hopefully result in better or new management actions for the species?

The answer is in two ways, assisting directly by forming partnerships with scientists to work on specific projects or more indirectly through the use for scientific purposes of the data we collect and report to government.

The more satisfying for us is the direct approach because we have so many questions about our Northern Rivers koalas. Rightly or wrongly we feel our koalas have not been given the on-going attention they deserve by government or by academia. We have been quietly working to change this.

Better understanding of the genetic make-up of the regional koala populations is fundamental. After all, genetic diversity is integral to the long-term viability of all species. Through our long-standing association with Southern Cross University, a project was formulated.

We started taking tissue samples from deceased koalas for DNA analysis. However finding someone to carry out the analysis proved difficult and our samples sat around for a while until a University of Queensland PhD student, Kristen Lee, learned of them. She readily agreed to extend the area of her study of koala genetics in south-eastern Queensland to include north-eastern New South Wales

A major concern we have as wildlife rehabilitators is the high incidence and diversity of disease we see in so many of our koalas compared to other areas in New South Wales as well as Queensland. These days we attribute about 66% of mortalities occurring in animals admitted into care, to disease.

Kristen's work may have opened a window to understanding this situation. She has identified two distinct koala populations in the Northern Rivers, one to the north of the area which was occupied by the Big Scrub and another to the south, in and around the Lismore area.

The southern cluster had reduced diversity compared to the northern cluster and may be the result of the small number of founder animals which successfully crossed rivers and radiated to the south. Recent man-made roads or habitat fragmentation may still be acting as barriers to gene flow.



Matilda and Patterson, orphans in care.

The Big Scrub's clearance less than 100 years ago provided a rare opportunity for koalas to expand their distribution to occupy an area that was previously inhospitable. Without appropriate genetic management however, that success may not be long-lasting.

One of the guiding principles of wildlife rehabilitation is maintaining genetic integrity. Koalas in some parts of the Northern Rivers may benefit from the introduction of genetically richer stock into existing populations in order to restore fitness and adaptability. Should this prove to be the case, appropriate management practices will need to be developed by the responsible agencies.

Attributing the high level of disease in our koalas to the difference in genetic diversity between the northern and southern populations may be drawing too long a bow, however it signals the urgent need for further research.

A couple of years ago Friends of the Koala initiated the Urban Koala Tracking Project by presenting a submission to Lismore City Council for funding to purchase ten radio tracking collars. Ross Goldingay, Senior Lecturer in Wildlife Ecology at Southern Cross University came on board to supervise the project and helped out by lending a receiver for the project's duration. The data our six volunteer trackers are collecting about the movements of released koalas will eventually provide information which we trust will assist in better management of Lismore's urban koalas.

Even some of our sick koalas that end up at the Australian Wildlife Hospital are doing their bit for the greater good. The Hospital, Lone Pine Koala Sanctuary, Gold Coast Council, and Friends of the Koala are all industry partners in Queensland University of Technology's research project to develop an anti-Chlamydia vaccine for koalas.

Koala conservation is multi-faceted and these three projects illustrate how Friends of the Koala adds value to the lives of those koalas that we cannot save as well as to its core business of rescue rehabilitation and release.

For information about koalas, their food trees, Friends of the Koala's Support-a-Koala program and other ways in which you can assist the koala conservation effort, visit: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233.

Until next time, happy koala spotting.

## Plastics from poo

Courtesy Grist.org

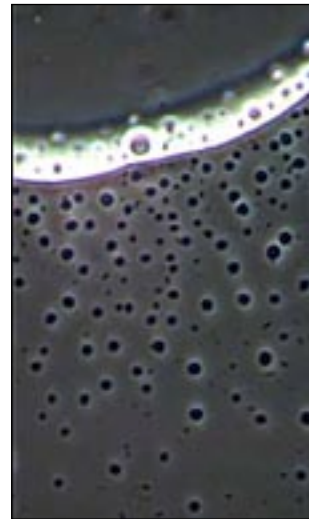
Crap – it's so versatile! It can heat your house, fertilize your garden, and power the grid.

And now creative types have squeezed another use out of this universal human product -- turning it into a plastic that could take a load off our dependence on oil.

A group of recent grads from the University of California, Davis was sick of wasting human waste and was put out by the problems of plastic, and thus Micromidas, the plastic-from-poop company, was born.

It works like this: Micromidas scoops up the "sludge" at the bottom of

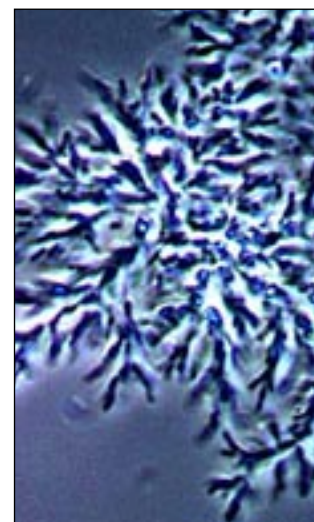
the municipal wastestream to feed to its dream team of microbes, which munch on the sewer sludge and proceed to get fat and happy. The fat is then converted into a kind of polyester that Micromidas



harvests.

By applying naturally occurring microbial processes, the company converts carbon found in organic wastewater into polyhydroxyalkanoates (PHA), a family of high-performance, highly marketable biodegradable plastics possessing excellent physical properties suitable for a wide range of industrial applications.

The bio-refinery processes



consume carbon and other nutrients from waste streams, greatly reducing sludge waste, chemical treatment, incineration, and disposal costs.

Over half of the stinky sludge gets used up, and the bioplastic creation can be used in place of a variety of common petrochemical plastics, such as polypropylene.

The poo-plastic will biodegrade in a year and a half, and is nontoxic to the human body (after all, it should be well acquainted with it).

Life in plastic could be fantastic... if this business can scale up.

The only question that remains is whether the idea came to these guys while sitting on the throne.

## PLANT OF THE MONTH

### Native Frangipani (*Hymenosporum flavum*)

Selected by Richard Burer  
Project Officer, EnviTE

Native frangipani is an attractive local rainforest species. Common in the area, it is often included in landscape plantings.

The specimen pictured is on the Nimbin Road, just outside of Lismore, where it has reached its maximum height of 20m and has grown to be a perfect tree in this exposed position.

Ablaze with cream and yellow flowers in spring, native frangipani is a must for your restoration projects as it is very hardy. The tree can cope with both frost and full sun, and will not be browsed by wallabies.

In the garden, pruning will keep them compact as they do grow quite fast and can become leggy. You often see native frangipani sticking their bushy tops and flowers out of rainforest or regrowth.

Pear shaped brown capsules develop into the summer. The numerous flat winged seeds which hang down are easy to collect and propagate.



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by Robert Carroll, President  
Nimbin Environment Centre

**Plant The Forest**

On 7th November we will be having another free tree day.

We have purchased some trees from Gondwana Nursery and would like to see locals call in and pick up some native trees for planting around our area. If this proves to be a success we hope to regularly have trees available.

A few tips from Gondwana Nursery – Pay attention to the natural habitat of the plant, and its preferred light and heat levels. Try to reproduce the conditions it would find in the wild. Check your plants regularly for signs of stress, pests or disease. Remove dead leaves and flowers as they occur.

**Climate Camp**

We have booked the bus and trailer which will be leaving on 30th November (am) and returning 6th December (pm)

The approximate cost will be around \$150, which includes travel, snacks, meals and refreshments. You will need to provide your own tent and swags etc.

NEC is presently taking donations from the local community who are able to donate big or small to contribute towards the costs of the trip in return making the fares lower for our local community to attend in full support from the Nimbin area.

**Byrill Creek**



Byrill Creek rapids

Tweed Council has approved the construction of the Byrill Creek Dam with the casting vote coming from mayor Kevin Skinner. We are in full support to stop the

devastation this will cause to the local environment, habitat and not to mention the peoples houses that will be flooded in the process. There is a petition being organised to obtain at least 1000 signatures so it can then be put to parliament. We hope to have the petition in the NEC by the time this goes to print. So if you are in support please call in and sign the petition. The reason I was evicted from the Tweed Council meeting was because I informed the councillors that they are public servants and we are the public so they must listen to us.

I also instructed them to get in touch with their state and federal counterparts and tell them to stop washing dirty coal with clean water and their will be plenty of clean water for every living species which is a necessity for life. The *Tweed Echo* said that I stated that the state and federal government will stop the dam – I did not say this.

The people will stop the dam. I call this a Water Stealing Plan polluting the water in other areas and then coming for the clean water that has naturally filtered through the forest system.

**Lillifield Biodiversity Field Day**

Lillifield is holding a Biodiversity Field Day on the 14th November at 10am with various speakers in attendance. This is a free event but it is requested that you bring a plate with as much local produce as you can. We have a flyer in our window should you require further information.

**Green Left Weekly**

*Green Left Weekly* is a proudly independent voice committed to human and civil rights, global peace and environmental sustainability, democracy and equality. By printing the news and ideas the mainstream media won't, *Green Left Weekly* exposes the lies and distortions of the power brokers and helps us to better understand the world around us.

We have the *Green Left Weekly* available for purchase, with a few back issues on hand.

# Food Security Workshops Review



by Guy Stewart

The food security workshops held last week at the Blue Knob and Tuntable Halls were a great success. About fifty people participated over the two days. Robina McCurdy did a fantastic job sharing her experiences and keeping the processes on track in a room of "strong individuals".

There were producers, distributors and consumers both young and old. Some people were passionate about the community and for others it was all about the food. It is great to see this level of interest and awareness in our local food security.

On the Saturday morning we set up a huge 2 x 1.5 m map of the Nimbin bioregion. Gardeners visiting the Farmer's Market marked what they were producing and what they wanted to have available locally. We collectively added seed, plant and fruit tree suppliers, bush tucker, processing facilities and animal breeders.

It was great to see a big picture

perspective of what is going on here, there is a lot!

Once we safely navigate the accuracy and privacy issues, this information can be used to connect consenting people with surplus with those that can use it directly.

We identified key areas of local production (eg tree crops) and then evaluated what the needs were, how those were met and who controls it. The local stakeholders were identified in the participants (those that were missing we role played). We physically locked arms and connected the links of the local food network. It was quite a scene and a great laugh. The weak links that needed work were quickly sorted out through a bit of dialogue.

The following day at Tuntable we expanded on what we'd done the previous day. We identified the strengths, weaknesses, opportunities and threats for the key areas of local food production. As well as the goals and vision.

After lunch, Peter Hardwick shared with us some of his insight about local

bush foods. We compiled local seasonal calendars for bush foods and soil fertility.

The working group now has a huge body of community-sourced information to collate and transform into some fabulous local resources and inform our future work.

Check out the Nimbin Food Security group on Facebook for more photos of the event and the fantastic local food resources that are being generated. If you attended the workshops could you please help us out by filling in a feedback form.

There is still heaps to do joining the dots so if you want to get involved come along to a meeting (Last Thursday of the month at the Neighbourhood Centre at 6pm), join the facebook group or email [food@nmc.org.au](mailto:food@nmc.org.au)

With the surveys and mapping well underway, the next big item on the agenda is a local grain mill.

Thank you to Robina, all the organisers, everyone who took part, and the wonderful Blue Knob and Tuntable Halls for hosting us.

**Permaculture successes at country Show**



Djanbung Gardens exhibits took out a swag of prizes in the Pavilion events for fruit, vegetables and flowers at the Nimbin Show



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# Birth & Beyond Revival

by Tanya, Nerida & Kirrah

A group of committed community members are gathering together on Friday mornings 11am-12.30pm to breathe new energy into Nimbin's *Birth & Beyond*.

Our vision for *Birth & Beyond* is to be a place of connecting, support, information and resources. We are story sharing, creating ceremony, nurturing and comforting in a space of trust.

Over the last few weeks we have gathered

to view 'The Big Stretch' - a compilation of natural birth footage, photography and interviews. We also had the privilege of seeing a local mum's homebirth film.

Justeen Cook, a local homeopath, also visited, and discussed the use of homeopathy through pregnancy, birth & beyond.

*Birth & Beyond* has a small resource library and we welcome contributions, loans or suggestions for our collection. If you have borrowed resources/books in the past, please return them so they are

available for others.

We are looking forward to future film screenings, pre-natal yoga, singing and sound, breath work and meditation and nurturing this space of growth and healing.

The gatherings are open to and welcoming of the whole community: women, men and children.

For more information, phone Kirrah on 0429-308-851 or email: [birthandbeyond@googlegroups.com](mailto:birthandbeyond@googlegroups.com)

**SPECIAL NOTICE:** We will be screening 'The Big Stretch' film again on Friday, 12th November starting at 11am.

## Healthy, happy children and Kinesiology

by Amanda Joy

I had a revelation recently, though it has probably been obvious for a while to others... It was, that I would love to focus on improving the general health and happiness of children through my practice of Kinesiology.

It is easy to look at a child and tell how they are feeling, and I have treated children for a variety of reasons, such as emotional upsets, post injury body aches and pains, nose bleeds, hyperactivity, life changing experiences and much more. But, from experience, I have found that there doesn't even have to be anything presenting as a problem, for Kinesiology to have a very positive effect on a child.

A half-hour session can help your child relax and calm down, gain more focus, settle more into their bodies and allow their innocence and greatness to shine through even brighter.

Children respond so quickly to Kinesiology as their connection to 'spirit' is usually still strong, and their bodies are keen to feel back in balance, so they can go back to doing what they do best, playing, having fun and bringing joy to everything they do.



Of course, every child is unique and each session is tailored to what the child needs to receive at the time. There is no age limit for enjoying the benefits of Kinesiology. A child only needs to be able to hold out their arm and I do the rest.

Having taught primary school children for seven years, prior to raising my own family, I have a natural empathy with little people, and find it easy to create a nurturing space for them to relax and receive the wisdom of their own body and spirit.

There is nothing more I enjoy, than seeing people, big and small, after a Kinesiology balance, feeling relaxed and radiant. If you would like to gift your child with increased health and happiness, call today for a half hour session in Nimbin on Mondays, Fridays or Sundays, phone 02 6689-0492.

*PS. I am continuing to work with adults too!*

## Chrissy's KaHuna expands to Uki



Chrissy Schyff is expanding and spreading her wings with KaHuna and is now available on Tuesdays in Uki.

Chrissy said, "I have felt so supported and have received great feedback from everybody in Nimbin and now feel ready to offer my Ka Huna touch to the people of Uki and the surrounding area."

Chrissy will be in Uki every Tuesday, working from the "Uki Health Collective", which is a beautiful room offering sacred healing space, situated down the lane between Happy High Herbs and the Uki Post Office on the main street.

"Ka Huna bodywork, as some of you already know, is unique in its own way as I use my hands, forearms and elbows up and down the body, moving around the table working with energy while applying soft and deep tissue massage techniques," Chrissy said.

"I take care in creating a safe, supportive and sacred space allowing for deep release and offer facilitation for your own experience of self-healing."

Everybody, regardless of bodyshape, age or state of health can receive KaHuna bodywork. People suffering stress, depression, exhaustion, physical discomfort and injuries,

confusion, grief or loss may also benefit from Ka Huna Massage. It is also a wonderful way to pamper a friend or yourself.

Chrissy said, "My Ka Huna bodywork can bring the joy of life to your body, a feeling of peace to your mind and a sense of wonder to your soul. I can incorporate Hot Stones into the treatment on request, and I offer a soft nurturing pregnancy massage for mother and growing baby."

In Uki you can phone 02 6689-7066 or 0488-178-150 to make an appointment for Tuesdays, and for Wednesdays you can phone Nimbin Apothecary 6689-1529. Gift cards and home visits are also available.

"During the month of November you will receive an extra ½ hour massage for free on your first visit to me in Uki," Chrissy said. "Do not hesitate to contact me for more information, and I look forward to massaging your beautiful bodies in Uki and Nimbin."

The Uki Health Collective also has other healers and therapist available on different days of the week. So next time in Uki, walk down the lane and check out the information about them all and when they are available.

## Expecting the Unexpected

by Dave Reynolds



During this past week, I received a lesson in the unexpected from the universe. My week was transformed by the sudden and painful onset of a temporary physical condition that has left me hospitalised for a few days. At the beginning of the week it was business as usual, at the end of the week it was the emergency ward and surgical intervention to treat a collapsed lung.

I have experienced considerable physical pain, some fear about what may happen and a strong yearning to be at home with my family. I have been noticing all sorts of thoughts coming and going, some which brought me peace such as 'I am in the best place possible at the moment' and others which left me more unsettled such as 'I'm never going to get out of here'. The thoughts themselves begin as bursts of electrical activity in my brain which arise, stay for a while and then dissipate. When I imagine they are facts about me, I experience an emotional response. When I like the imagined outcome I feel happy and when I don't, I feel anxious. I have been consciously 'letting go' of my thoughts this week and directing my awareness towards my body.

My outer senses have been bombarded with the sights, sounds and smells of an unfamiliar environment, the sanitised reality check of life in a busy hospital. I have been embedded in a moving constellation of the sick, those who care for them and those who care about them. In amongst all this, friends have arrived with sensory treats, flowers, cakes, chocolate, biscuits, books and magazines and their presence has warmed my heart.

At different times, my body has been in states of tension, fear, pain and surrender. I worked to stay in touch with my bodily sensations during the pain, resisting the urge to disassociate from my experience. In doing so I experienced the strongest physical pain that I can remember enduring and I survived. I also came face to face with the reality of my own mortality, the absolute certainty that one day I will take my last breath and leave this wonderful life behind me.

I was deeply touched by some interpersonal contact that occurred during an excruciatingly uncomfortable procedure to insert a length of plastic tubing between my ribs and into my chest cavity. A nurse who I could not see, placed her hand gently on my arm for a few minutes and kept it there until the surgery was complete. It was not what she said or her technical expertise that helped, whilst she was touching me I was not alone under a sheet in the emergency ward. I had someone there with me who was willing to see this through and her simple act of human kindness made all the difference to me.

I am reminded by that incident, and by the quality of contact with the nurses and doctors, of what attracts me towards the practice of psychotherapy, my belief in the healing power of authentic human contact.

The contacting process itself is the workshop and toolkit of the Gestalt therapist. Some clients come in crisis, others with a sense that the time is right to work a little deeper on themselves. All deserve to be met as they are, without judgement, by a therapist who is prepared to show up and facilitate meaningful dialogue. Every life will be affected by unexpected events and at these times the presence of another human being can help to transform the situation into an opportunity for authentic personal contact and growth.

With much gratitude to the staff of Nimbin and Lismore Base Hospitals and all our friends in the community.

*Dave works as a Gestalt Therapist and Counsellor at the Nimbin Apothecary on Mondays (6689-1529) and at Jera House in Lismore on Wednesdays. For appointments in Lismore or on other days in Nimbin, phone Dave on 6689-0426.*

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Dave Reynolds  
Grad Dip Gestalt  
Counselling and Psychotherapy  
Nimbin & Lismore  
02 6689 0426



# Doing therapy with awareness

by Dr Elizabeth McCardell  
M. Counselling, PhD  
Phone 0429-199-021



I'm sitting on a balcony overlooking the ocean up in the Tweed shire and watching the sun rise.

There is a meringue of clouds on the horizon with bands of coral orange breaking through. The sea is low today, a crinkle of waves. A bush turkey hurries by.

I should be content, but I am only partly. I want to be home with my beloved cat; the home I haven't been in for nearly 4 weeks. I've been travelling overseas, attending a conference in that old city of Heidelberg in Germany, and then enjoying Amsterdam and Iceland on a much needed holiday.

Here I am on the coast, north of home. Why? I am attending a Gestalt training residential, to deepen and expand my psychotherapeutic skills, and bring to more awareness my own processes.

To be effective as a therapist, it is necessary to understand – and keep up to date – knowledge of the field and understanding of oneself. To do therapy effectively is to be able to separate out the issues that belong to the client and those that come from the therapist, otherwise the actual needs of the client are not heard.

"Doing therapy with awareness" is a double-meaning-ed title I've thought of for me as therapist, and the kind of therapy work I do with clients.

My work is essentially an existential-phenomenological therapy (of which Gestalt is a part) that aims to bring the client to awareness of how and what they do in their daily experience of life that isn't nurturing to the uniqueness of who they are, to bring to a closure half-finished emotional business (stuff that gets in the way of change), and to allow them greater access to their capacity to make choices for themselves.

What is true for clients, is also true for me as a fellow human being and me as

therapist. To be an effective therapist is to practice awareness.

To be attuned to what is important for a client, I need to be finely attuned to what is important for me. I need to look after myself as much as I encourage my clients to look after themselves.

A stressed-out-of-her brain therapist is not able to do her job; she's ceased to be a therapist, in fact.

I enjoy the sea, the flux and flow of water and sand turned up and around and wind in all its moods matches my energetic process exactly. Qi gong practice, which I learnt some years ago, also employs this flux and flow. Here there is a strong movement outward followed by a gentle one inward, followed by a strong movement, followed by a gentle one, and so on.

Qi gong is an exercise and meditation practice akin to tai chi. The pattern of strong-gentle-strong-gentle is the pattern I follow when working with clients. It is a rhythm that nurtures and challenges in turn, centering and bringing awareness as it goes on.

The Chinese may be wrong in many things, but in this fundamental Taoist truth, I believe they are right. Tao observes the rhythms of nature; a rhythm as natural and as complex as life itself.

Psychotherapy and counselling, in my book, should not be viewed as peculiar goings-on for the unstable, but accessed by anybody wanting aid, support and challenge in order to go about life more fluidly, with greater awareness, astuteness and grit.



## Men's Shed Steering Committee Formed

The second meeting of people interested in creating a Men's Shed in Nimbin was held at the Bowlo on Monday 25th October and the meeting formed The Nimbin Men's Shed Steering Committee.

The committee currently comprises Martin Gill, Terry McGovern, Earl Morris, Michael Winston, James Fuller and Keith Goodridge.

Martin Gill was elected Secretary and Terry McGovern Treasurer. It was decided to leave the position of Chairperson vacant at the moment until someone comes along who really wants the position.

The next step towards creating the shed will be the preparation of preliminary sketches for submission to all of the stakeholders.

Speaking to *The GoodTimes*, Martin was upbeat about the amount of interest he had received and the progress that had been made. "It's great to see that Nimbin has really embraced the need for a Men's Shed and that so many people are offering to help out," he said.

"Regional communities like Nimbin are crying out for resources to address issues concerning men's health and a Men's Shed will be a major step forward for us."

If you are interested in helping out or just want to find out more please get in contact with Martin at [lillianrock@bigpond.com](mailto:lillianrock@bigpond.com) or phone 6689-7255.

## Activities

### Young People's Activities

Information is being requested about any events/programs/classes that are run in and around Nimbin for young people and children - gym and dance classes, music lessons, drama, ponyclub, other sports etc.

The idea is to create a list of activities, contact numbers and perhaps a calendar, which could be a great resource for parents and newcomers to the village.

Contact Lizette Twisleton, Youth and Community Devt. Officer, Lismore City Council, phone 1300-87-83-87 or email: [Lizette.Twisleton@lismore.nsw.gov.au](mailto:Lizette.Twisleton@lismore.nsw.gov.au)

### Yoga

April Dawe leads classes at Lillifield Community Hall, Tuesdays 9am-10.30am, Wednesdays 8am-9.30am. (a little softer on the body), Thursdays 9.30am-11am.. \$10 regular, \$12 casual or \$20 for all 3 classes.

Suitable for all levels of experience. Beginners welcome. Contact April on 6689-7539.

## Nimbin Hospital info

### Health Notices

• **Nimbin Health & Welfare Association** Annual General Meeting: Tuesday 16th November, 2010 at 3pm Nimbin Hospital Conference Room. New members welcome. Note: venue has been changed.

• **Nimbin Immunisation Clinic** held at Nimbin Hospital 2nd Tuesday of the month, birth to 5 years. Next one is Tuesday 9th November. For appointments call Lismore Community health 6620-2687.

• **Nimbin Womens Health** at Nimbin Hospital. 3rd Thursday of the month. Next clinic 18th November. For appointments ring 6689-1400 or Helen /Gail 6689-1288.

• **Physio at Nimbin Hospital** Tuesdays and Fridays. Phone Community health 6689-1288 with any enquiries.

## Energy Psychology Techniques

by Dana Mynard

Energy psychology is a term used to describe a series of therapies that work with emotional trauma symptoms or situations that cause discomfort.

The defining factor of these therapies is that they rely upon the meridian system in the body for healing. The most popular are: Thought Field Therapy (TFT), the Tapas Acupressure Technique (TAT), and the Emotional Freedom Techniques (EFT). In my practice, I use EFT as both a stand-alone therapy as well as incorporated into the Whole-Hearted Healing technique.

The basis of these therapies is the tapping of acupressure points to reduce the arousal of distressing emotional material triggered from traumatic experiences. As is often the case in our life, past traumatic material is triggered through current-time life events.

Most issues are multi-faceted – that is, emotional symptoms can appear in layers. The first response to a problem may be a reaction of anger. However, you will likely find that underneath the anger is another emotion, such as loneliness, fear, pain, etc. Therefore, you can expect to go through a number of different emotions in one session to bring your rating to zero and experience peace and calm regarding the original problem situation you came to heal.

EFT works great wonders for emotional distress – it's easy to learn and can be applied to a number of issues and/or life situations. The clarifying of units of distress (or how affected you feel by the problem) on a number-line (i.e. 0 to 10, with 10 being the most intense) makes it easy to see the progress you make during the session – with the desired outcome being a zero SUDS rating.



There has been little formal research relating to the actual mechanics behind these techniques, but what has been found reveals that the association the body makes between traumatic

memory and current situations is reduced when the tapping of specific meridian points is performed whilst focussing, or activating the problem in the present.

The tapping sends signals to brain structures, which reduces the hyperarousal. The brain will then reconsolidate the traumatic memory without the traumatic associations, which have been removed (or reduced) via the tapping.

In terms of using EFT combined with Whole-Hearted Healing – it greatly reduces resistance to healing during sessions. Each negative idea (which can be seen as a 'guarding trauma' distracting us from what we really need to heal) triggered during a session can usually be simply tapped away, paving a clear path towards healing the real problem.

As WWH focuses on healing the genetic material, the emotional aspect, whilst useful in gaining an overall picture of the trauma symptoms, can be more of a distraction from healing the biology. Therefore, EFT comes in handy in dealing with the often overwhelming emotional symptoms, making it easier to focus solely on the biological healing.

You can check the EFT website: [www.emofree.com](http://www.emofree.com) for examples of sessions and information. Go to [www.peakstates.com](http://www.peakstates.com) for information about Whole-Hearted Healing.

You can book a session with me Saturdays at the Apothecary in Nimbin – please call 6689-1529. Or call 6689-7533 for more information.

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# Greetings dear reader

by Daniel Keszler

In this column, I want to introduce you to a model, a concept which you may have heard of before and which I feel is appropriate to remind us of again and again.

As we grow up as human beings, we learn to perceive the world in a certain way usually first through observing parents and siblings and then through imitation. We create a map in our mind of the world. We move from a state of pure awareness to a state of separation.

We learn to focus on the physical body and care for its needs, then we learn to think sequentially, conclusively, make judgments, in short, focus the mind. through our perception of seeming separateness, the whole world of duality bursts into being and through our identification with it, we start liking and disliking this experience. Emotions are born, note that they are born out of the mind.

As time goes on we get very busy trying to manage our physical body, the mind and the emotions. Through our identifying with it, we become deeply entangled in it. We forget, that we work with merely a description, a map, inherited from our parents and society. We get frustrated because the map does not help us much, it makes things rather complicated.

Now, this comes from us identifying with it. The solution seems therefore simple. If we stop identifying with the Physical body, the mind or the emotions, we should get out of the misery. How do we do that? We have to establish our original state again: awareness. We have many names for that state,



we want to establish a firm anchoring in this state which is beyond the body, mind and emotions, yet is the very foundation and essence of it all.

When we are settled in that state, we cease to identify with anything and are at the same time in touch with everything. This essence is the same in everything, there is no separation. We have established a state of oneness beyond time and space yet containing everything there is. Then we can let go of desires, because we are already the essence of everything we could possibly desire and we can let go of fear because we are the essence of everything we could possibly be afraid of. The implications are infinite, magnificent and complete.

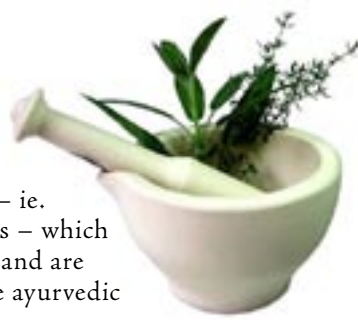
There are many ways to establish that state of being and I believe that is what being human is mostly about: to come from oneness to separation and then go back to oneness out of your own accord. For me, the EMF Balancing Technique has been a very efficient and beautiful tool towards oneness or wholeness, and so I invite you to allow yourself to remember that journey and discover your true nature.

My next workshop: "The Warriors Path" will be held on 18th December. For bookings and enquiries, don't hesitate to call me on 6689-9249.

Blessings, Daniel.

## Ayurvedic Info

This month we thought we'd expand on the panchamahabhoutas – ie. the five great elements – which underlie all existence and are the cornerstone of the ayurvedic approach.



Ayurveda believes that man is comparable to the cosmos, being a microcosm of the greater picture. Accordingly, all animate and inanimate things in the universe are made of panchabhoutas namely the five forms of matter – earth, water, fire, air and ether.

The intelligence inherent in these elements is called mahabhouta, which are the non-physical aspect and precede the physical elements. They are related through the senses to the five actions, expressing the functions of the sensory organs.

Element	Sense related to	Sense organ	Related function	Motor/activity organs
ether	hearing	ear	speech	tongue
air	touch	skin	holding	hands
fire	sight	eyes	walking	feet
water	taste	tongue	procreation	genital
earth	smell	nose	excretion	anus

In the body, the five mahabhoutas are explained in terms of the three dosha (vata, pitta & kapha); the seven dhatus or body tissues; and the three malas or wastes, applicable to humans, animals and plants alike. In food and medicine they are represented by Rasa (taste), Guna (quality), Virya (potency), Vipaka ( post-digestive taste); and Prabhava ( special properties).

### RASA – the taste as perceived by the tongue

Taste stimulates prana (life force energy), in particular the gastric nerves affecting the agni (the digestive fire) in the stomach and enhances the power of digestion and awakens our senses and mind and makes us lively.

Bland foods, though rich nutritionally, may not be nourishing as they lack in taste and therefore don't kindle the agni. A major precept of ayurveda is food must be tasty. As you can see in the table above, taste is related to the element of water – it is only when the tongue is wet that we can recognise taste.

The sanskrit word Rasa has many meanings – essence, so the taste of a plant communicates its essence or qualities; sap, so the taste of the herb reflects the properties of the sap which invigorates it; appreciation; artistic delight; a musical note; thus taste communicates feeling which again is the essence of the plant; circulation; to feel lively; to dance – all of which is reflected in the power of taste.

Ayurvedic medicine has always included the science of cooking with the right spices as we have mentioned before. When we are sick we lose our sense of taste and our appetite. Lack of taste indicates fever, disease, low agni and/or high ama (toxic build up). By improving our sense of taste through the use of spices and ayurvedic herbs, we improve agni and eliminate disease. This, of course, also works as a preventative.

For more information or bookings for treatments, contact us via the Nimbin Apothecary on 6689-1529, or by calling John on 6689-1794 or Helen on 6689-1717..

## Homeopathics... Attachments... Relevance and Age

by Tarang Bates

The idea of growing old, it's an interesting one.

When you become a parent or grandparent and you try and share the vibe with others who haven't yet had the pleasure, some people humour you, others are not quite so patient and it can all end up sounding somewhat lame! Why is this, is it a cultural thing, a generational thing, or perhaps a personal journey that only holds meaning for the individual?

There are people who do get gushy over grandchildren with you and it's fantastic to see your own children falling in love with their children, or becoming parents for the first time. There is also an element of hope, that they will understand how it is possible to have shortfalls along the way, particularly as young parents still finding themselves as individuals – the choices we make are not always in the best interest of our family or ourselves but in hindsight, coupled with (hopefully) a little wisdom garnered along the way, we can look back on these things with some perspective.

These days with old age lapping at the door, the conversations are often centred around issues such as attachment – "finding yourself" amongst the intense love you feel for your children, who are for the most part, grateful to have been loved by you, but want to get on with their own lives and loves – which is perfectly understandable. The fact that we, who grow old, have a need to be relevant and loved with the same enthusiasm that we shared with our young children, is a predicament we often find ourselves in and something we have to deal with as part of our personal journey. Any emotional pain we experience around our own expectations is ours to deal with however hard that may be at times.



So there comes a time when we find ourselves amongst like-minded people who relate to these issues and others whose eyes glaze over, these issues being irrelevant in their lives... they may be at the young family stage, when you almost can't imagine them growing up, let alone leaving home, having their own families or travelling into the sunset to explore exotic places. Let us not forget.... we did it and did we look back with understanding at our parents and their longing? Not very likely!

### HOMEOPATHICS

**STAPHISAGRIA:** is the primary remedy for healing cuts from knives, razor blades, grass, and surgical operations. Also for headaches which come on after anger or strong emotion, itching with eczema on the scalp and some types of warts.  
**ARG NIT:** is useful for fear of insects, spiders, enclosed spaces, heights and crowds. A person confronted by one of these creatures while in a room on their own, becomes extremely anxious to the point of suffering diarrhoea. People who respond well to this remedy are often highly strung, apprehensive and hypersensitive.

For more information on these remedies, a wide range of other Homeopathics, first aid kits, travel kits and Colloidal Silver – contact Tarang at: Nimbin Homeopathics 02 6689-1452 tarangbates@yahoo.com.au

Kookaburra sits in an old gum tree, merry merry king of the bush is he.

Laugh Kookaburra laugh, Kookaburra high your life must be.

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# fashion focus

by Christina Chester

Call it chaotic creativity: all manner of trends have turned up for this year's spectacular 8th Nimbin Fashion Show.

From cute velvet hemp children's fashion by Tina, fresh innovative collections by local students, perfected felting techniques shown by Barbara Mills, our more established designers with their latest collections, to the unashamed display of colours and textures in my own collection called 'Illuminated Shadows'.

It always amazes me what great talent comes out of the hills, and once again we are excited to show you works from our new designers, such as Emah Silberstein with her Flipperty Tippetty Gibbert collection (below), showing the infinite



possibilities using recycled materials. Another debut designer, Jaqueline, will show us her intricate hand-dyed fantasy creations. This year again, Sylvia, with her passion for recycled fashion, will present a surprise, live... also Janice Potter has re-emerged with a new range made from natural fibres, sized from eight to twenty-eight, and this year for the first time we will see the work of the Nimbin Central School senior textile students (including Possum, right), and much more...

All fashion on show is locally designed and made, and will be for sale after each show.

This acoustic and visual feast will be brought to life with sound and lights by Tim Tonkin and Jonathan.

Opening night will be on Friday 12th November at 7.30pm, a Saturday afternoon matinee will

begin at 2.30pm on 13th November, providing a great opportunity for children and families to see the show. Later on Saturday evening, the final show will commence at 7.30pm.

Tickets are available at *Perceptio Bookshop*, Nimbin 6689-1766 and at *Sum1s Recycled Clothing* on the corner of Carrington and Magellan Streets in Lismore.



For more information, please contact Christina Chester 0427-326-790.



## Bowen Therapy for the Tough and Bullet Proof

by Tonia Haynes  
Bowen Therapy, Spinal Realignment, Pranic Healing, E.F.T.

Last night I spilt a full bottle of red nail polish on the carpet. My silent shrieks of horror reverberated off the walls as I frantically attacked it with nail polish remover and a carpet stain eliminator which would probably kill a toad at ten paces.

It is true, I am accident prone. I have been so for much of my life.

A chiropractor told me many ages ago that my clumsiness was caused by some weird trip happening in my sacrum, (that's the vee shaped bone which holds the bum together at the base of the spine) which hindered the nerves getting the messages to my brain in time for me to react accordingly, one hundred percent of the time.

I could have kissed him for a week, except his wife was the receptionist. Finally, the fact that I could easily fall over a matchstick on a road supervised by a council that cares, had a reason beyond my control.

I was extremely grateful to have been given the permission to be soo embarrassing soo often.

Over the years since then and many osteopathic, kinesiology and bowen treatments later, I do not fall over match sticks in the road as a rule, but occasionally the accident demons throw me a curved ball to let me know they continue to have a desire for my attention.

I still can't work out if they are reminding me to love my demons, as I am told we are meant to, if we ever want to make it to the land of forever rainbows and non fattening, ice cream – or if they are just plain naughty.

Fortunately the victimized carpet is one tough dude.

Not for our carpet the prissy request of shoes off at the door. Oh no, our carpet blithely accepts muddy gardening shoes, animal hair and excreta, heavy furniture drag races and numerous visitors both animal and human, as part of daily life.

Casually it tosses all

debris to the wind with the occasional assistance of a vacuum cleaner and once again looks fresh and gorgeous.

Even the nail polish remover ruffled not a hair of its resilient head.

Nevertheless changing the colour of the carpet from hot red nail polish back to its normal shade of caramel took time and effort. Even now it is still a pale pink in parts, but further treatment over the next few weeks will hopefully, once more, bring it back to its normal, unassailable self.

Many of us believe that just like that carpet we are strong enough to cop all the kicks of life and keep soldiering on..

When the big red nail polish hits, we cover up the stain of a red, hot pain or chronic ache with pain killers or denial, because it's proven not to be fatal and we can still function – sort of.

We forget the old but true saying. 'The moment a problem presents itself, somewhere there is a remedy created with which to fix it.

Sure, we may try a bit of this or a bit of that, but if the problem does not disappear forever after a few consultations, we throw up our hands in surrender to the belief that we will just have to live with it, because having more treatments of the same, or trying something else is too expensive, or too hard.

We are inclined to be impatient with ourselves, thinking if something doesn't fix itself poste haste, there is nothing more we can do.

Well, I may never remove the stains fully from our carpet, but I guarantee that persistence will win out and by the time I've finished with those stains, it will require a very close look to notice they are even there.

So it is with us. I see people who believe they have a back, neck, limb or hip problem that will never go away. Some have actually been told that the only way to fix their problem is to have surgery.

After a few treatments they feel much better, but because the problem is still present, if less excruciatingly invasive, they give up the treatments. All too soon.



I can think of two cases of frozen shoulder where the harassed owners were told by masseurs and doctors alike that to free the shoulder at all they would need the muscles cut and restitched.

Six bowen/kinesiology treatments later, one of them joyfully painted her ceiling with no discomfort and the other is just happy to once again be able to scratch her back in difficult to reach places.

It is not always necessary to jump on muscles from a great height in order for them to surrender. Sometimes they just need a gentle reminder to return to work to support their mates.

I am not saying that people with a chronic skeletal or muscular problem caused by accident, or wear and tear of the bones will ever return to the pristine resilience that they once knew and indeed, some may need surgery in order to return to a quality life.

But like the nail polish problem, more often than not, given time and persistence it is possible to turn a burning hot red into a very pale pink that is hardly noticeable unless concentrated on.

It may take some personal effort such as gentle exercises and an alkaline diet that involves more green stuff to increase the effects of the bowen therapy and spinal and muscle realignment I have to offer, but I promise, nail polish remover and carpet stain eliminator will not be part of the regime.

After all, we all deserve to be treated better than a carpet, no matter how tough and bullet proof we may think we are.

I am in clinic in Nimbin Tuesdays and Saturdays.

In the meantime, may your lives be filled with love, light and laughter.

For an appointment, phone 02 6689-0240 mobile 0439-794-420.

## Cook's corner

### Recipe of the Month

by Carolyne



in sugar. Bring to simmer. Simmer for 20 minutes or until rhubarb is tender.  
2. Stir in corn flour mixture. Cook stirring, for 3 minutes or until mixture thickens. Divide between individual oven proof dishes.  
3. Topping: Place flour, baking powder, sugar and butter in a food processor. Process until mixture resembles fine breadcrumbs. Sprinkle over rhubarb. Bake for 20 minutes or until topping is golden.

Till next time, Love, Carolyne.

For information, call Carolyne at the Coffee House Nimbin, 6689-0590.

### Rhubarb Crumble

I thought this would be an excellent recipe as rhubarb has just come into season.

500g Rhubarb trimmed and cut into 2.5cm pieces  
¾ cup caster sugar  
¼ cup corn flour blended with ¼ cup of water

#### CRUMBLE TOPPING

1 cup of flour  
2 teaspoons of baking powder  
¼ cup caster sugar  
45g of butter

Oven Temp: 180 C, 230 F, Gas 4

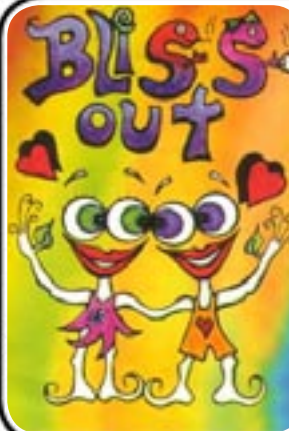
1. Place rhubarb in a saucepan. Pour over just enough water to cover. Stir



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**Tonia Haynes**  
20 years healing experience