

Nimbin Artists Gallery

by Peter Ptschelinzew

Don't know what the weather is like as you read this but as I write, Nimbin is enduring a sustained wet spell. And my clever machine says the rain is not going away any time soon. David at the Post Office where they "know everything and if we don't we make it up" says the road to Lismore is expected to be cut shortly and the fish van man who sold me my fish for dinner is worried about the road north. Never a better time to visit the Nimbin Artists Gallery, I say.

Gito Von Schlippe has some unusual porcelain and slip cast bowls that are worth a look. Francisco Alvaraz has a lovely collection of ceramic pieces, bowls and others, with his distinctive colours and glazing. They come in sets and individually, demonstrating again that he is definitely No Mad Potter. Speaking of bowls, we only have one large bamboo bowl remaining with the distinctive moon and space theme that screams Leigh Arnold. They have been extremely popular so be quick if you want one.

But we have more than bowls. Come and see – whatever the weather.



Buddha Bowl
Gito Von Schlippe



Eightfold Interlacement Mandala
Sandra Joran



Billabong
Trudi Gausch



Bamboo Bowl
Leigh Arnold

SERPENTINE ART GALLERY

"Place" is the next Members Show at the Serpentine Community Gallery.

Place has many different meanings. That sense of place may be a location, a space, a memory, a sense of belonging.

The natural world, nature, ecosystem, environment, mountains, seas, oceans, hills, forests, lakes, deserts, rainforests, scenery, macrocosm, microcosm; the Universe, space, planets, moons, galaxies.

Inside, outside, at home, in the mind, familiar or strange, scary or magical, spiritual and mystical, unusual, special, sacred, memorable, the place you call "home", dreams, fantasy, legendary place, imaginary place, religious place.

A place you don't want to be or some place you remember; place in the physical, mental, and emotional body.

Place in my world; place in the world; place in life – age, development, childhood – out of place / in place; displaced...



Venezia Vive by Sue Alford

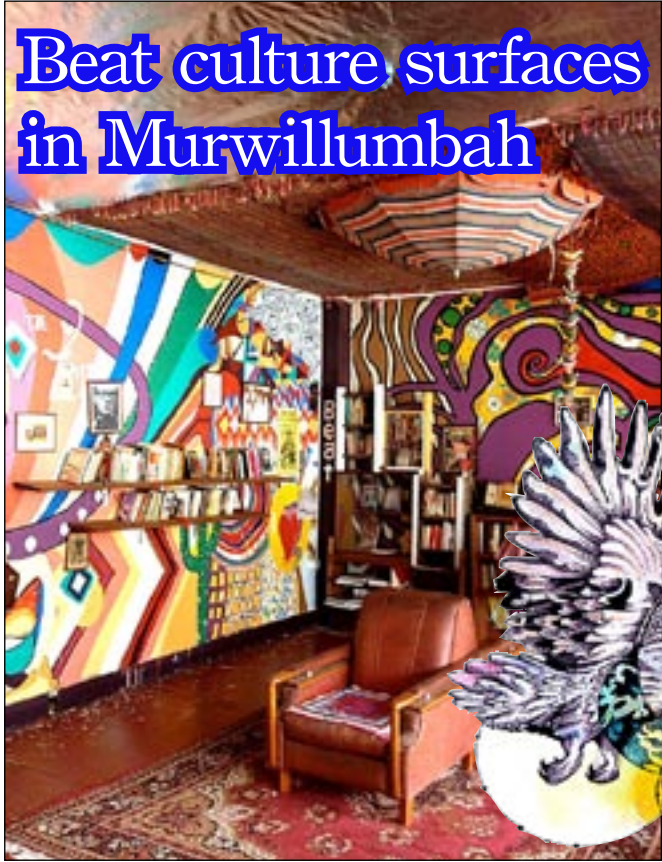
Opening Night is on Friday 3rd February at 7pm.

The exhibition ends on Monday 27th February at Serpentine Community Gallery, 17 Bridge Street, North Lismore, phone 02 6621-6845



"The Serpentine Community Gallery is dedicated to supporting and showcasing the Artists of the Northern Rivers and building a strong artist community"

Willis Farm
Chilcotts Grass
by Gareth
Lindsay Deakin



Beat culture surfaces in Murwillumbah

A fresh perspective on beat culture and the psychedelic aesthetic can now be found in straight-laced Mur'bah, with the opening of the Hip Pocket Bookshop, above Toy Kingdom in the heart of the town.

The unique bookshop stocks a specialised range of inspirational beat literature and resources in an environment that locals have described as 'a time warp to a lost era'.

Proprietor and musician Elliot O'Reilly is keen to share its potential as a local cultural space. He said, "The aim is to help invigorate local fringe culture in Murwillumbah and the Northern Rivers."

To this end, Elliot has been working with Stokers Siding based surrealist, Daniel Foothead to produce the bookshop's first art and entertainment extravaganza, 'Mad about the Void'.

On display will be a

visual feast of Daniel's drawings and paintings, heavily influenced by beat literature and his own adventures 'on the road', seasoned with live blues, poetry and sitar.

Daniel Foothead said, "The show is really an experiment to see how Hip Pocket might be utilised as a venue for locals to perform and display their creations."

"We feel that the Northern Rivers is an area rich with creative energy and people, but there are not many spaces that cater for the grassroots artisan," he said.

"If you are interested in what we are doing and if there is some way in which you might be able to help, that would be fantastic," Daniel said.

Contact him at foothead@gmail.com or through his website www.footheadfly.com

'Mad about the Void' will be held Saturday 18th February, from 5pm at the Hip Pocket bookshop, in Murwillumbah Street. All are welcome for what will surely be an enlightening and eccentric evening of entertainment.



Yolkweb



Mandalaweb

Nimbin Market

In the community centre gardens

Every 3rd & 5th Sunday of the Month:

Sunday 19th February

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Wet weather market is held in
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You're Welcome by Robin Moore

Blue Knob Gallery

by piece
combining relatively
easy techniques with
Sachiko demonstrating
along the way. Maximum
number of participants
10.

To be held at the Moore
Workshop Space, Blue
Knob Hall Gallery on
3rd & 4th March, 10am
– 4pm. Cost: \$150. For
bookings please contact
Sachiko by email on
sachikoart@dodo.com.au
or phone 6621-3427.

Other Events Yum Cha

Held every second
Saturday of the month
– the next one being on
Saturday 11th February
at 12pm. Bookings are
absolutely essential
phone 6689-7449 (please
let us know whether you

have any special dietary
requirements). A great
way to catch up with
friends in a beautiful
setting, sampling Steph's
lovely Chinese delicacies
with a pot of endless
green tea.

Farmer's Market

Held every Saturday
8.30am-1pm. A fabulous
range of fruit, veggies,
seedlings, woodfired
breads and delicious
pastries, as well as local
home-made produce.
The grain mill is also
available to grind your
own grains or buy from
the market.

Artists and Friends Lunch

Held on the last
Thursday of each month
at 12pm – the next one
being on Thursday 23rd
February. Cost is \$15 per
person for set mains and
dessert. Please ring the
Gallery on 6689-7449
if you are planning on
coming along.



Islands of Fantasy by Mac McMahon

'Open House' – New exhibition at Blue Knob Hall Gallery

An open house is usually
indicative of warmth,
company, friends,
family and the coming
and going of people
in a domestic setting
or maybe it could be
interpreted in other
ways, whether that be a
nest of a bird, or a cave
for a bat or beast.

The artists and
members who exhibit at
Blue Knob Hall Gallery
are always encouraged to
interpret a theme as they
wish – it is a starting
point from which to
explore ideas and images.

There is constantly
a diverse expression
of work at Blue Knob
Hall Gallery and

this exhibition is no
exception; from hand
embellished cushions
by Eric Smith to
installations by Francisco
No Mad Potter, the
Gallery and Cafe is
itself an open house that
welcomes everyone.

The opening night is
Friday 10th Feb from
6.30pm with a set meal
available from the Café
for \$15 per person, \$4
for dessert. Bookings are
essential.

The exhibition runs
until 25th March.

Workshops

Decorative Felt Stole –
Two-day workshop with
Sachiko Kotaka.

Learn to create a little,
or quite complex – tactile
or maybe sculptural –

Seascape Weavings Exhibition in Ballina

by Deb McFarlane

I invite anyone interested in
art and crafts to come and
see my 'Seascape Weavings'
Exhibition.

I am a 'free style' weaver, and
I love using unusual textured
yarns and beautiful vibrant
colours in my artwork. I try to
use natural and recycled yarns
where possible and I even undo
knitted garments to reuse the
wool if I am hooked on a colour.
Each large weaving takes about
three months to complete, and I
use over 50 different colours.

The subject of my picture
weavings is usually local coastal
landforms, such as Wategos
and the Pass at Byron Bay,
Lennox Headland, Seven Mile
Beach, Skennars Head, Ballina,
Bundjalung National Park,
Sandon River and a couple of
impressive rainforest waterfalls.

My weavings are framed
under glass to protect them

from bugs and dust and I use
beautiful local timbers in the
frames to complement the
artwork, such as yellow cedar,
banksia, silky oak.

This is my first solo exhibition
and is a collection of my
artwork over the last eight
years. The weavings will be
on display at the Northern
Rivers Community Gallery,
44 Cherry Street, Ballina from
8th February to 4th March.
The launch will be Friday 10th
February at 6pm.

Gallery hours are Wednesday
to Friday 10am – 4pm, and
weekends 9.30am – 2.30pm.
Entry is free.



Living in the Woodenbong hills



by Marilyn Scott

*Jim Grasby (pictured) is an
inspiration to many in these parts
and just a really nice guy. He reminds
us all constantly of how creative we
are and continues to nurture that
creativity. I caught up with him at the
Woodenbong Markets.*

I love Woodenbong, why? I was
brought up in a small village
in England, the countryside;
I feel an affinity with the
countryside.

After going around the world and
living on the Gold Coast, coming
here was soul food. I love the peace
and quiet.

I moved here 10 years ago, I
felt an 'aura of creativity' around
Woodenbong, it smelt of creativity.
I've been lucky to do my creativity,
which is metal structure, using
recycled and scrap metal.

As well as the ability to create,
where else can you see King
Parrots, Crimson Rosellas, Eastern
Rosellas, Satin Bower Birds and
all manner of wild life, in the
backyard! OK they come down for
the chicken feed, but so nice to see
it. Blue Wrens nesting in the front
yard! The wildlife is just incredible,
you wouldn't see this in a built up
area. And the cows, the farm yard
animals, seeing a calf being born.
Things that city people don't even
think about, I love it!

Being as the area was so creative, I
felt like someone needed to tap into
it, so three years ago I started WAG
– Woodenbong Artists Group.

This year WAG has 46 members –
painting, sculpture, wood carving,
drawing, spinning, weaving;
talent that you wouldn't normally
expect in a small community... it's
fantastic!

I'm also a member of Kyogle
District Arts and Borderline Arts
at Stanthorpe and Tenterfield.
Woodenbong is in the middle of
these two districts, I liaise with
both and have made lots of friends
in both creative groups. At the
moment I'm trying to get the WAG
Exhibition at the Roxy Gallery
together, due to start 4th March
to 7th April – official opening 9th
March – and trying to cajole all
our members to get some work
in! Organising artists must be the
hardest thing in the world... Ruth
at Roxy said "Trying to organise
artists is like trying to herd cats!"

But one of the joys of being
an artist is that you can do your
creativity in your own way. A
warped sense of humour helps a lot!

I always say, every day I wake up is
a beautiful day after having a run-in
with prostate cancer. You can wake
up and whatever is there for the day,
accept it, with a sense of humour –
joie de vivre. A sense of humour is
very important. Live your life as if
it was the last day, eventually you're
going to be right.

I fell in love with this aura of
creativity around Woodenbong. It's
like going to some other ancient
place, the creativity, the people who
walked these paths in the past. It's
that creative aura that keeps me
here... and a sense of humour.

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Koala Kolumn



by Lorraine Vass

Friends of the Koala's formation in October 1986 was the result of a few people who were concerned about the destruction of koala habitat associated with the development of Goonellabah.

As well as monitoring development applications the group's early years were devoted to koala food tree propagation and planting. Arrangements were developed with a number of local schools to sow collected seed and propagate the seedlings. Group members undertook tree plantings on the flood reserve surrounding the Tucki Tucki Nature Reserve as well as other locations in the Tucki area. A mailing list of about 100 people throughout the district formed the nucleus for an expanded tree planting programme.

Protecting and expanding koala habitat has been fundamental in Friends of the Koala's core business for over a quarter of a century although how we go about it has changed over time.

We still keep a close eye on development applications and we are increasingly active in policy reform. With the plethora of funding opportunities for landholders, these days we are more likely to be a supporting partner in a grant application and provider of seedlings (we continue to provide koala food trees free of charge to landholders across the Northern Rivers) than hands-on planters. Many members continue to plant on their own properties of course

Seed is still collected by volunteers but instead of the school programs the propagation takes place at the plant nursery at the back of the Koala Care Centre in East Lismore. Today FOK members don't do much communal planting other than for continuing the establishment of koala food tree plantations (all joint ventures; FOK doesn't own any land) which are required for meeting the incredible amount of leaf needed by the increasing number of koalas in care at the Koala Care Centre.

Trees Officer, Mark Wilson, happily assists landholders seeking advice on appropriate koala food tree plantings on their properties. Since 1990 when nursery operations commenced approximately 110,000 koala food trees have been planted from

seedlings propagated and distributed by Friends of the Koala.

The nursery has another function as well and that is to generate income from sales of native ornamentals which assists in underwriting our rescue and rehabilitation activities. The nursery has a steady stream of regular customers but we mostly on-sell to market stallholders and a couple of commercial nursery outlets.

Changing topics, I would like to say a few words about the community debate surrounding the Draft CKPOM and in particular the minority view that there is no need for a management plan because of the increase in koala distribution and abundance reported in Council's commissioned scientific report, 'Aspects of the ecology, distribution and abundance of koalas in the Lismore LGA' (Biolink, Oct. 2011).

The area occupied by koalas has reportedly expanded from approximately 25% of the local government area (LGA) in the period 1949 -1992, to 30% in 1993-2010.

While that's good news the report also points out that 30% is still well below the benchmark of 50%, thus the chances of Lismore's koalas withstanding ongoing habitat loss and high mortality rates are questionable. Indeed, the report clearly states that a 2-3% increase above the naturally occurring mortality rate could still tip local populations into decline.

The analysis is entirely based on koala records sourced from the NSW Wildlife Atlas, Friends of the Koala, Inc. and Council's databases. Baseline information, including population size and relationships between occupied and unoccupied habitat, which is critical for effective management and monitoring is not known.

The scientific literature unanimously declares that loss and fragmentation of habitat is the primary factor in all koala mortalities. The immediate cause



(top) Rehabilitating and releasing orphaned koalas back into the wild is crucial for the long-term survival of the Region's koalas.

(above) Care Centre volunteer, Craig Handy feeding Rosalie but feisty back-young Alikea can't wait.

for most, i.e. disease, vehicle impact and dog attacks are secondary to habitat disturbance.

During 2011 (1 January to 14 December), 154 koalas were received by Friends of the Koala from across the Lismore LGA. Despite excellent veterinary assistance the 77% loss rate of 119 koalas, is very high. Disease was the biggest killer: 71 koalas (60%), followed by car hit: 18 koalas (15%) and dog attack: 9 koalas (7%).

We don't know what percentage of Lismore's koala population is admitted into care but clearly a framework for pro-active, responsible management is long overdue.

If you would like to find out a bit more about the koalas you live with, Friends of the Koala is holding a Basic Training Day on Saturday 11 February, from 9.30am to 12.30pm. Topics covered include rescue techniques, assessment and handling, transportation and care of koalas at the Koala Care Centre. Bookings are essential.

To report a koala in trouble, or a sighting, or to book a tour of the Koala Care Centre please ring Friends of the Koala's 24/7 Rescue Hotline: 6622-1233.

For information about koalas and their food trees, or to seek assistance with writing submissions on the Draft Comprehensive Koala Plan of Management for South-East Lismore, visit:

www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233.

Sustainable Saturdays in the Gardens

The new regular Sustainable Saturdays at Djanbungs Gardens will be launched on 3rd March with an introduction to Permaculture. Locals and visitors to our beautiful bioregion are invited to come and discover this sustainable sanctuary so close to town, to see and experience permaculture in practice, enjoy delicious local food and learn new skills.

Each Saturday will offer a guided tour of the gardens at 11am and an afternoon workshop 1.30-3.30pm featuring different aspects of sustainable living, from soapmaking to gardening tips, making natural skin care products to green plumbing. Each week will feature a different speaker and topic.

Refreshments and lunches to tantalise the taste-buds of vegans and selective omnivores, featuring local produce and garden ingredients will be available at the canteen 11am-4pm, prepared by our permaculture chef, Shelley Clements, and local cooks.

The Djanbung team welcome people to do the full day, just book in for the tour or workshop, or simply come along to enjoy the ambience of the gardens and good food. Special meal deals will be available for those doing tours and workshops. The options are affordable, great value, and will help raise funds for the permaculture college.

Sustainable Saturday workshops
March 3: Introduction to



Shelley Clements, Permaculture chef extraordinaire

Permaculture with Robyn Francis
March 10: Crop rotation with local organic producer Angela Skehan
March 17: Create no-dig and sheet mulch gardens with Caroline Todd
March 31: Soap making and natural cleaning with Robyn Francis.
For more info or bookings Phone 02 6689-1755 or check out www.permaculture.com.au

PLANT OF THE MONTH

Cinnamon myrtle / Grey myrtle *Backhousia Myrtifolia*

by Richard Burer,
Project Officer, EnviTE

Cinnamon myrtle is a hardy small tree found along the NSW coast and SE Queensland. Very common in the Nimbin area, it dominates the creek line vegetation along Webster's Creek and is also common along Goolmangar Creek, where its cream/white flowers warm up the summer landscape. Its dense form protects the creek line in times of the all too common raging torrents.

This is a great plant to introduce onto your regeneration projects as it copes with full sun and is reasonably hardy in frosty conditions, though I do recommend protection when young. It is also a good plant on the farm as it is a handsome landscape and screen plant, its dense green leaves introducing the enthusiast into the rainforest environment.



Those interested in bush foods will find interesting its popularity in the 90's as a recommended spice plant, and hence the name given by Peter Hardwick "Cinnamon Myrtle". There were certainly some good selections available some years ago, if you see Peter have a yarn with him about it.

To grow your own, collect ripe seed in autumn and it is also reliable by cuttings, which is recommended. To see some specimens, they are quite common around the Webster's Creek bridge at Stony Chute and in a landscape environment at the memorial baths in Lismore.

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Stu's view from the loo

by Stuart McConville

The sound of rushing water cascading down through bluestone boulders fills my ears. Frogs have become raucous, roistering in their efforts to out-croak each other and romp riotously through the night. It's an orgy out there, water brings life, and life starts with sex. I've created numerous little shallow frog ponds on my place, in order to surround myself with sex and life. From little frogs big things grow. They are the engine room of my re-generating ecology. Since I have no cows and long overgrown pasture, the roads (that can't jump high) have not really established themselves here. Natives rule OK! I've always had a

great love for wetlands. They provide all the ingredients for maximizing the potential for life and biodiversity. They are the great liver of nature, cleansing run-off and producing abundance from the by-products of land based processes. That is why I've placed so much stead in wetland treatment systems for our own byproducts. Reed beds emulate natural systems to de-nitrify polluted water, discharging much less nitrogen into the receiving environment than most other types of treatment system. Of course it begs the question, why add all that nitrogen to our waste water stream in the first place? Most of the nitrogen finds its way into the system via the flush loo, as we pee our



resources down the drain. Urine contains the combination of Nitrogen, Phosphorus and Potassium in quantities to be considered an ideal fertilizer, and it's completely sterile. Urine separating technology is readily available that will source separate urine and faeces, storing urine in a diluted form until it is required for use in the garden, or in the future, collection en masse for conversion into crystalline

fertilizer. For those that own a composting toilet that is used for urinating in, this technology can totally eliminate the potential for ammonia odours. We can supply a specially designed insert that will fit your existing pedestal that is relatively cheap and will continue to provide you with a valuable garden resource for many years. My own system doses directly into my irrigation system, so there is no need to ever empty it manually and my garden loves it. I'd encourage anyone who's a keen gardener to give it a go and watch the results of your own by products as they work for you.

Stu runs Pooh Solutions Compost Toilets and Consultancy. For more info check out www.poohsolutions.com or call Stu on 0427-897-496.



The Way of Weeds



This time last year Wax Jambu was smothered in live Lantana – no fruit. This year it is heavily laden. BTW: no chemicals used in the process. Just secateurs, hand saw for the thicker stems and a little sweat!

by Triny Roe

'Weeds' means different things to different people and can evoke strong feelings, not withstanding the wide range of species this word encompasses and the impacts that various species impart. Australia has become host to a plethora of new plant species since the First Fleet arrived. The early, and later, settlers brought with them food, fibre, medicinal, and ornamental species from probably every other country around the world. These plants have formed the staples and variety of our diet, decorated our streets and living spaces and generally enhanced our lifestyles. Not all these plants stayed meekly where they were put in the paddocks and gardens. Some of the newcomers escaped and behaved quite differently in the wild. They grew big and bold, often

dramatically changing the balance of existing plant species. In time they became 'naturalised'. Some notorious weeds like Lantana not only prevent other species from germinating in their vicinity, they can grow up and over other trees and shrubs, smothering them, breaking branches and eventually killing them by excluding light. Lantana is found in many parts of Australia and well deserves its listing as a Weed of National Significance. Here in the Northern Rivers region with high rainfall and mild climate lantana is vigorous. Lantana doesn't only impact native vegetation. The 'ideal' landscape is not necessarily just natives everywhere. We have to accept modified ecological and biological systems. The people need to eat. The land needs to produce food. This can be harder in the presence of

weeds such as lantana. Impenetrable thickets of lantana can establish on pastures reducing their capacity to run cattle. Though the lantana berries are edible when black and ripe, the green berries and the leaves are poisonous. Cows can't eat it or die when they do, and there are always a few that do. Stock losses and less grass – less rump roast, steak and T-bone for them what eats meat. Fruitarians, vegans and vegetarians are not immune from the depredations of lantana. This plant can also adversely affect fruit trees if left to grow beneath and climb, smother and strangle them. Competition for light, nutrient and water will severely reduce the number of fruit the trees will bear, not to mention broken limbs.

The lantana berry is popular with birds which transport the seeds far and wide. The next tree or shrub visited gets a personally fertilised potential plant ready to germinate. Seedlings will readily grow at the base of a tree where the mower can't reach. It's not just degraded and damaged landscapes where weeds, or naturalised species such as lantana can cause problems and need managing. It's easy to pull up seedlings when they are small, especially after rain has softened the soil. Don't wait till they have stems of 5cm diameter and stretch up into the canopy for several metres. Lantana is not the only weed or naturalised species that can appear uninvited on your patch. If you live on the land or just have a small

garden, learn to recognise the different plants that grow on it, if you don't already know what they all are. Be on the lookout for new plants appearing. Species which could become problematic can be carried onto your property on car tyres, machinery, footwear, or even purchased in the market or from a roadside stall and

deliberately planted. For more information on weeds in the local area visit Far North Coast Weeds website <http://fncw.nsw.gov.au> Local resident, David McMinn's excellent website: www.davidmcminn.com/ngc has articles on plants suitable for the Nimbin region and on weeds – including ones you can eat.

MOs to tackle weeds

Expert advice and information on weed control will be presented to residents from Multiple Occupancy communities at a forthcoming Community Weed Information Workshop. At the workshop there will be presentations from EnviTE, Landcare and Far North Coast Weeds, Dr Leigh Davison will share his community's bush regeneration experience, and at 12pm Bob Roberts will lead a guided tour of the Landcare site at Lillifield. Representatives from communities including Lillifield, Avalon, Rob Farm Hamlet, Samarabin Pty Ltd, Nmbngee and Billen Cliffs have been invited to attend, to find out more about weed issues and potential solutions. The Community Weed Information Workshop will be held on Saturday 18th February, 9am -12pm at Lillifield Community Hall, next to Barkers Vale Public School, Kyogle Road, Wadeville. Morning tea will be provided. If you are unable to attend, further workshops will be held across the North Coast. For more information please contact Kim Curtis 0427-335-502, kim.curtis@fncw.nsw.gov.au or Emma Kirsner 0427-335-526, emma.kirsner@fncw.nsw.gov.au



Last-minute bargains

Sisters Ariana and Yasmine found some great haute couture bargains at the Gorgeous Joint's closing party. Amidst the bubbly, proprietor Rita said, "I've had a ball over the couple of years I've been here, and thanks to all my customers I've managed to pay my rent on time and live in the style that I'd like to become accustomed to!" Rita intends to stay in the area.

Jerry Grace

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Choice Cancer Treatment

by Leanndrah

The 2005 Australian Senate Inquiry into Cancer Services found that a multidisciplinary team management approach was recommended in order to increase survival rates, reduce waiting times and provide better patient satisfaction.⁸

More than six years later these recommendations have not noticeably changed Cancer Services in Australia. The fact is that treatments for those with cancer are as prevalent and varied as the lollies in a lolly shop. However, these options or knowledge are not usually seen on offer together. Orthodox treatment facilities continue to negate or 'witch hunt' other treatments for those with cancer.⁵

Rick Cantrell (PhD, MD, PsyD), reports that a successful cancer case according to the American Cancer Society and the American College of Oncology and Hematology means that the person survives for 5 years. Both the American Cancer Society and the American College of Oncology and Hematology admit that a person is likely to survive cancer for 7 to 10 years even if they do absolutely nothing. Alternative medicine's track record of curing cancer is 10 times higher than that of conventional medicine. "Medicine is about money, not about your health and the system traps people, especially the elderly, disabled and poor into a deadly treatment regime that puts them in an early grave."⁶

Sometimes orthodox treatment is lifesaving and called for – but it does seem foolish not to complement orthodox treatments with a changed lifestyle, meditation and healthy diet. Stuart Cameron is a local secondary cancer survivor, "I'm alive because of chemotherapy and surgery plus Naturopathic

knowledge and treatments"⁵. His choice of complementary treatments included: acupuncture, Macrobiotic diet, lifestyle changes, herbs, meditation, hypnotherapy and self research. His secondary cancer only developed because of his return to a previous unhealthy lifestyle and environment. He now will permanently stay in this healthy environment and keep a healthy lifestyle and diet including spiritual practice in order to save his life. His advice is, "Make food thy medicine, medicine thy food"⁵.

Radiotherapy can cause tissue damage that never heals, particularly without some complementary treatments. Low grade infection and pain may be a major leftover from orthodox cancer treatments, let alone the lack of confidence, ability to deal with stress and irrational fears it seems to leave as well. My mother had bowel cancer back in 1994 and had surgery with radiotherapy and a little chemotherapy. In 2002 she had orthodox treatment for uterine cancer with strong chemo (she passed away 4 years later not from cancer aged 70). After this orthodox treatment, she never had control of her bowels, developed osteoporosis, had many bone fractures and was medicated for diabetes. Despite taking barley grass powder for years as a complementary treatment, she continued to have 'a hole in her bum from the radiotherapy (1994)'. In 2001 she tried applying some cream I made from fresh ribwort, and it healed the lesion.

Cancer cells feed on: NutraSweet, Equal, Spoonful, Aspartame, table salt, milk, meat-based diets, acidic environments, antibiotics, growth hormones, parasites, coffee, tea, chocolate, undigested food, anger, unforgiveness, bitterness, stress, distilled water, low oxygenated environments.⁶

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Anti-cancer choices

Very small amounts of honey or molasses, sea salt, unsweetened soy milk, fish, little amounts of chicken, diet of 80% fresh vegetables and juice, whole grains, seeds, nuts, a little fruit, alkaline environment, 20% cooked food, fresh vegetable juices, raw vegetables 2 or 3 times a day, green tea, purified or filtered water, supplements to build the immune system, a proactive and positive spirit, loving and forgiving spirit, relaxation and enjoyment of life, exercise daily, deep breathing to help get oxygen down to the cellular level.⁶

Here are some reputable and alternative/complementary approaches/treatments for those with cancer:

Essiac Tea: This is a blend of organically grown burdock root, sheep sorrel, slippery elm and rhubarb. Originally an Objibway Indian preparation. It was used earlier last century by a French Canadian nurse Rene Caisse.⁷

The Cure for All Cancers, Hulda Clark: A complicated herbal, and 'black box' regime which breaks the cycle of parasite infection believed to cause cancer. Also a vitamin and amino acid regime of treatment.²

The Gawler Foundation: Dorothy Edgelow's Recipe for Life 1 & 2 used as a text of vegan and raw food recipes. Ian Gawler is the founder and a driver of meditation as a major factor in keeping cancer at bay. It is based at Yarra Junction in Victoria Australia with a facility to stay in.³

Cansema: Is an escharotic salve that actually seeks out and destroys cancer cells and draws the tumors out. Bevan Potter from Gin Gin Qld is an agent for the salve in treatment of 'animals only', <http://store.bevanpotter.com>⁵

Apricot Seed Kernels: go to www.naturalnews.com for information.

Herb Robert: Dr Otto Warburg, twice Nobel Prize winner said in 1966, "The prime cause of cancer is lack of oxygenation of the cells."¹ Isabell Shipard in her excellent herbal wrote, "Using herb robert regularly, can be something really practical we can do, for overall wellbeing".¹

Nimbin Compassion Club: Mail-order canna-cookies to prospective members with a written recommendation from a registered general practitioner or natural therapist to alleviate



debilitating symptoms like nausea from chemotherapy, instead of antinausea drugs which can cost up to \$10,000 a pill.^{9,5}

It is your responsibility not to blindly follow the orthodox narrowed-down advice without broadening your information sources with regard to wholistic treatments of those with cancer. Do not let fear imprison you into being the next victim of the 'Big Pharma'. No matter what happens to your health, you should always remain in charge of your treatments and find what treatments help you stay in control of your own life, offer you true comfort and help you live a dignified life however long or short it may be. It is YOUR CHOICE.

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Leanndrah (pictured) is available for appointment through the Nimbin

Apothecary, Cullen Street, on Saturdays. See her ad at left.

Inspiration at Birth & Beyond



by Kirrah Holborn

B. ClinSc (complementary medicine) Traditional Wisdom

I just received a message from a new mum who had come to Birth & Beyond when she was pregnant. She was so grateful and expressed her deepest thanks. She felt that listening at Birth & Beyond had helped her know what to do and therefore enjoy a better birth experience.

This news came to me on the new moon. This is a great time for introspection and intention-setting. I was filled with a sense of joy and a stronger conviction to continue this important community work. It's nice to be reminded that the weekly Birth & Beyond get-togethers do make a difference.

This sacred space allows intimate sharing and informing conversations to unfold. Last month we delved into the labyrinth and explored this ancient symbol as a metaphorical map for childbirth. We enjoyed a heartfelt circle of mums discussing "things that aren't often talked about" with pregnant women. A beautiful article about loss of identity was read and a few tears shed. Many natural remedies and tips were shared to help with post-partum healing and transitioning.

Also last month we were lucky enough to be able to see the gorgeous movie "Babies". It was interesting to see that some childhood tendencies like licking dogs and sibling rivalry are similar across cultures!

As you may know, Birth & Beyond is not only for pregnant women but also new mums and babies. Kerry is helping organise the sessions aimed at mums and bubs and I will continue to organise birth preparation sessions for pregnant women.

If you would like to get involved, please contact Kirrah on 0429-308-851 or kirrah@traditionalwisdom.com.au Birth & Beyond meets every Friday 10am-11.30am and is by donation.

February Schedule

- 3rd Feb:** Gentle stretches and breathing suitable for pregnancy
10th Feb: Nappy choices; the pro's and con's
17th Feb: Homeopathy for pregnancy & childbirth (Tarang Bates)
24th Feb: Tune in and explore drawing your babies aura. A beautiful picture to remember.

www.traditionalwisdom.com.au
kirrah@traditionalwisdom.com.au Phone: 0429-308-851
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Holistic Parties

Harnessing the power of healing through community

by Dianna Julia

About ten years ago, I was bright eyed and enthusiastic about all the wonderful things that the healing arts had to offer, and found that it was alive and well at festivals and retreats, but in my own community and suburb, well, it felt like the roughness and rush of the world was more prominent.

I remember going to look for a place where I could just meet like-minded people, and found that they were all small, cliquey, or already had a focus belonging to the modality they were interested in. I loved lots of holistic things, but I didn't know which one I wanted yet! And besides, I've gone to plenty of yoga classes to find that you exchange a brief word or two at the end and then disappear back into your own separate lives. I needed something more. So I mentioned this at a festival and a few people said, "What a great idea, we'll help you."

Then it just happened. I booked a hall, and all these people came. Everyone invited people they knew. We had 70 people in that hall the first night and the energy was so high. (There were no drugs or alcohol by the way, just like-minded people meeting each other in the city). A fire was lit from within. There was a definite sense of homecoming.

What was even more interesting was that I'd 'asked' to meet some like-minded people in my suburb, and that first night there were seven! We all became good friends and life certainly changed for the better after that.

One person introduced me to channelling and psychic connection, which I didn't know much about but was intrigued by, and soon I just started to get messages for myself that no-one else was getting. It wasn't long before I started doing these special spontaneous healings, I didn't ever get shown, but something deep inside me knew what to do.

A few parties later, a guy turned up who loved kinesiology and was a huge influence on my direction. To this day I shall always remember his kindness. I had a lot of blockages but he was in a position to share lots of things with me which kept opening me up and strengthening me.

It just seemed that everyone I met and connected with gave me a piece of the puzzle.

I'll never forget a guy that turned up one party that was from the Western suburbs. Out there, the people he knew were into gangs and trouble, and here was this really spiritual guy who looked rough but had a heart of gold, and he was in ecstasy. I remember him sharing, "These people here finally understand me." You know sometimes what you do just touches someone's heart.

There were many stories like his of those who came into their own, through community. After a while I decided that I needed to get focussed on my own pathway, and got my healing work going. I have exhibited at Mind Body Spirit, have had celebrity clients, and so many things have come together there. I have my community to thank for this.

So, this year, I've decided to volunteer my time and bring back these holistic social gatherings, starting in Brisbane and Melbourne. It's time for a whole new level of community magic to start again!

Come to the Party!

The next Holistic Party will be held at the Nerang Community Hall at 34 Price St, on Saturday 11th February from 7.30 to 11.30pm.

It will feature a combination of holistic activities to have fun and get to know others there, and then plenty of free time to enjoy the connections. We will be sharing hugs and a connected dance experience with a Nia facilitator, followed by nibbles, music and dancing.

It is for anyone, of any age, interested in holistic health, self-awareness, alternative lifestyle and more. There will be a number of people coming from the Rainbow Region.

Eat dinner beforehand, but bring in anything you want to share, networking info or your favourite snacks etc (no alcohol or drugs please, this is about real connection!)

All organisers are volunteering their time and ticket costs will cover all our expenses. Tickets are \$30 each at the door, \$25 prepaid before the day or \$20 each if you bring a friend or more, prepaid before the day. Kids are \$5 (under 15 if supervised), and are welcome.

Any enquiries please contact Dianna on 0410-449-439, dianna@diannajulia.com or see www.diannajulia.com/Holistic-Parties You can also find us on Facebook.

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Transitions

by Dr Elizabeth McCardell

Now is the time of new beginnings, a time of leaving behind the old and embracing what is as yet unfolding. In this month's article I want to talk about transitions, generally, and specifically career transitions.

In Tibetan Buddhism there is a concept known as the bardo. Contrary to what is popularly thought the bardo does not just refer to the period between death and rebirth, but all transitional states. Life is in a constant state of bardo. The transitional states are well illustrated in the ancient Tibetan Book of the Dead, and I could speak of these, but suffice to say, they are described as the clinging (or not) of the ego to past identifications. For example, before, you identified your self by your job as manager of a corporation, but now, you are retrenched you have to think again. You have to de-identify yourself according to your old job, and perhaps move to reconsider yourself not as a worker but as a person. The old identification to a job, and its loss, has brought heartache, yet still you have to work. How much better it would be to work at something that shares in the well-spring of the uniqueness of yourself.

The German philosopher, Martin Heidegger (1889-1976), has a similar concept to the bardo. He speaks of thrownness: the movement between this moment and the next. Imagine a ball being thrown between two people: the ball leaving this moment and arriving at the next moment. The ball does not suddenly arrive at an always expected destination, but travels the distance between, influenced by perhaps a juddering wind or uneven air pressure. It arrives, but its course is not necessarily predictable. Life is like that. Where we find ourselves may not always look possible from the launching pad of earlier life. We do have choices though.

Many years ago I met in the street my old kindergarten teacher. I'd gone to the kindergarten attached to the University of Western Australia's Psychology Department (which could



well have influenced the shaping of my current career). This old kindie teacher was a developmental psychologist and was busily studying us as well as stimulating our growing minds and bodies. So I met this intriguing old lady in the street and she asked me what I was doing now. I was in the process of writing my PhD (on, by the way, the philosophy of embodiment in transitional and reciprocal states). She said, "Interesting... Because I would not have guessed that's what you would do." I wished that I'd asked her what she thought I'd do, but didn't. She continued, "You know, I could usually predict what the boys would do in life, but I could never really guess what the girls would do." This little chance conversation sits there in the background of my mind and I wonder why it is so (or was) that little girls grow up in more unpredictable ways than little boys. I wonder too, whether this trend has changed. I suspect it has. It is common now for everyone to have a variety of careers in the course of a lifetime. The old 'one job for life' thing has passed away.

So, just as much as it is true throughout the Western world, many of us in our community here in the Northern Rivers are transitioning from our old job to a new one, and possibly shifting into another profession entirely. It is said that most people have five careers in the course of their life. This means that the kudos associated with being in a single career strand is not as important these days and there is a shift from identifying yourself by the work you do to who you are and your other characteristics and sources of interest (sport, books, the environment, entertainment, meditation practices, etc). This is a very healthy trend as it means there is a potential for fewer numbers of people

suffering devastating feelings of bereavement on losing an old job. Unfortunately the modern reality is that though we all may be working in a number of jobs across our life time, the loss of a single job carries with it a many layered guilt trip, embedded in much cultural baggage. All the "shoulds" (should have done this, should have done that) and ideas of pride and self-esteem and so on, come bubbling up, like some horrible creature from the deep. I know this stuff well for in my own life, I've worked in several careers and felt the bereavement of losing jobs, the friends associated with them, and the particular geographies of the work environments. I've been a university and tafe teacher. I've been a researcher, editor and writer, and now am primarily a therapist as well as a career transitional coach: all crisscrossing over with no single linear pathway. What I have learned in the past 30+ years is to go with the flow; to not define myself by what work I do and to walk away from jobs that do not nurture me. The old Protestant work ethic, while beneficial in some ways, does not always serve the integrity of the organism

at all well. For sure, some work requires just chipping away and getting through it, but here again is an opportunity to see yourself as a vibrant being in the world, and not merely a dull chipper.

So what is the best way to think about moving on from the old job to the new? In the career transition coaching manifesto that I use as a separate, yet adjunct, part of my therapeutic practice, we need to identify clearly your existing skills, the particular interests you have, your personality type, what further education may be required and who could be contacted to give you a better understanding of the kind of work you are attracted to.

Like the ball thrown from this place to this, we can organize – to a degree – how the transition might look. We can prepare ourselves for the next stage, garner a greater awareness about what is needed to make the transition really work, and enjoy the process of it. Either that, or be buffered around like a ping-pong ball in the vicissitudes of disorganized life, all the while feeling incredible anxiety and pain. I am drawn to the robustness of a conscious bardo.

Nimbin Hospital Info

Immunisation Clinic

At Nimbin Hospital on 2nd Tuesday of the month. Birth to five years. Next clinic 7th Feb. By appointment through Lismore Community Health, phone 6620-7687.

Nimbin Women's Health nursing service

Free and confidential. Every 3rd Tuesday of the month. Next Clinic on 21st Feb. Phone 6688-1401 for appointment.

Physiotherapy at Nimbin Hospital

Every Monday and Thursday. Phone 6688-1401 to make an appointment.

Nimbin Community Nurses

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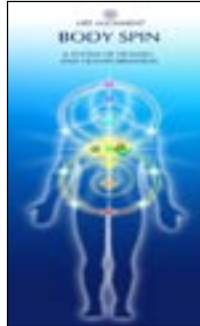
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