

A TASTE OF ART

**blueknob hall**  
gallery

Blue Knob Ceramic Studio  
Blue Knob Cafe

**Gallery & Cafe hours:**  
Thurs 10am - 3pm, Fri 10am - 3pm  
Sat 8:30am - 3pm, Sun 10am - 3pm

**Ceramic Studio:** Thurs - Sat 10am - 3pm  
Ph: 0266897449 www.blueknobgallery.com

## Fashionating!

46 Cullen Street Nimbin

**Roxy Gallery**  
143 Summerland Way Kyogle  
Phone 6632-3518

**Opening Hours**  
Tues - Fri: 10am to 4pm  
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

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# Artwork for the birds

by Karen Welsh



Felt ware by Melissa Hume



## Mechanics of art

The 'Mechanics of Art' theme arose from a discussion about art: what is art?

If a person takes something like a carburetor and builds a whole motorbike around it, we could say it's a 'work of art'. The construction of any artwork could be called the 'mechanics' of it, but it can also be an abstract idea.

We make a painting or sculpture, by putting something together, creating piece by piece, colour by colour, line by line a piece of artwork. This theme has inspired the work in this exhibition and some surprising pieces will be on show.

'I Stand With...' in the Solo Space is Sophie Amelia's second solo exhibition, and is a mixture of contemporary drawings, inspired by our local culture of eco-activism, and her love of herbs and plants.

Her new works, branch across into oil paintings and a couple of confronting steam-punk sculptures. The originality of the works and how they are displayed swerves away from the standard of neat framed pictures on white walls as she endeavours to escape the conformity and sameness of art and presentation.

Be ready for something new from this homegrown artist who has been drawing on her experiences to bring us another stunning show. Opening night is Friday 5th October from 6.30pm.

October is the month to highlight the works of artistic duo, Melissa Hume and John Hosking.

Melissa and John's artistic talents have been honed and developed at opposite ends of the tactile scale; Melissa using the finest of wools and silks, and John plying sand and cement.

Both produce high quality one-off art pieces that are popular with both our local community and visitors. One could say, tongue in cheek, each "produces artwork for the birds", one with feathers, and one without feathers

Melissa's use of colour, styling and tailoring in her felted wearable vests, jackets and wraps highlight her training and background in the fashion industry. Fabulous wearable art for the female humans without feathers.

John, on the other hand, has focused his designs and artist's eye on the tactile needs of our native birds (the ones with the feathers) producing garden art: birdbaths. Non-slip surfaces for a good grip, wide rims, narrow rims, gentle slopes for varying depth for varying bird sizes – a must-have for all bird lovers.

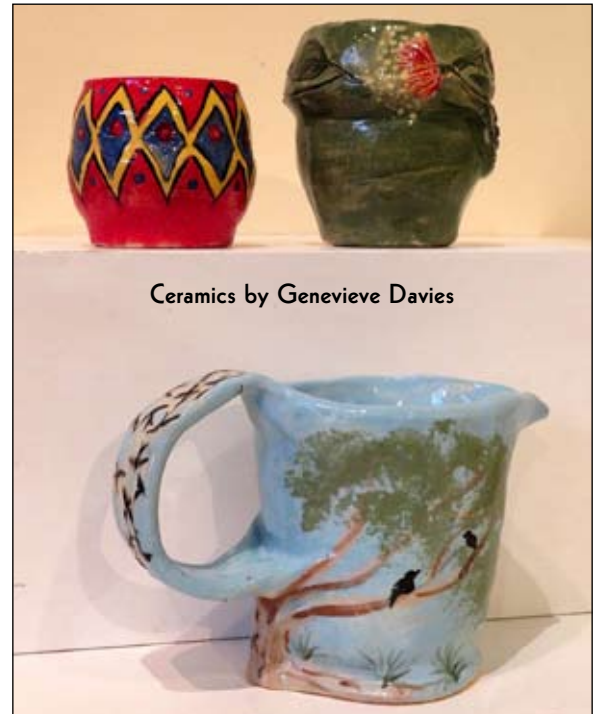
Come in and see John and Melissa's latest works at the Nimbin Artists Gallery, and don't forget to 'pop in next door' to the Spring Arts Exhibition – a must-see during the school holidays.



Bird baths by John Hosking



Artwork by Sophie Amelia



Ceramics by Genevieve Davies

### Blue Knob Ceramic Studio

We now have a dedicated space in the gallery, exhibiting the work coming out of the Blue Knob Ceramic Studio.

These works will be exhibited on a monthly basis and our first exhibitor Genevieve Davies has been working in the studio over the past two years.

Her works are functional as well as colourful, the brushwork is accomplished with her forms lending themselves to the whimsical.

A table with studio seconds is at the Blue Knob Farmer's Market on the first Saturday of every month. Visitors are also welcome to come and view the ceramic studio in action.

### Artists and Friends Lunch

The next lunch will be held on Thursday 25th October at 12.30pm with a set menu for \$20 including main and dessert. Bookings: 6689-7449.

### Moore Workshop Space

A watercolour painting workshop with Lorraine Rogers will be held on Saturday 10th November from 10am to 3pm with a cost of \$50 and again on Saturday 17th November.

Lorraine is a talented artist with a unique style and approach to watercolour. Her use of fresh clean colours and bold darks combined with a passion for her subject matter, result in vibrant and evocative works. Contact the Gallery on 6689-7449 for more info.

# Leader and Eadie - creatively transported

October at Kyogle's Roxy Gallery sees an exhibition by two local female artists who share an understanding of the power of being creative but work in different mediums to express this.

Beginning on 9th October and running through until 10th November is an exhibition of works by Philippa Leader and Jane Eadie.

As professional women who navigate their lives through various paths of nurturing through their involvement in being creative, they both come to a similar place. This exhibition is testament of how the act of being creative can transport the artist to many other worlds.

Philippa Leader's body of work explores a spiritual relationship with the land and living things, celebrating the beauty of the natural world, music and friendship from a female perspective.

The beauty of the Northern Rivers



'Wish you were here' mosaic by Jane Eadie

area and the rural community, where she lives close to nature and native animals, provides inspiration. She has combined this love of nature with her passion for fantasy and fairytales, which has been an interest since childhood.

Philippa has exhibited over a period of forty years in many parts of Australia and has explored a wide range of media, and is well known for her portraits and Healing Art images.

Jane Eadie has taken to broken pieces

to create mosaics that reflect and mirror reflection. Her work explores shapes that are broken and reform into a new beauty that reflect nature and precious objects.

'Leader and Eadie' will be officially opened on Friday 12th October from 6 to 8pm. This evening event provides the general public an opportunity to come along and celebrate the artists' achievements and find out more about the creators behind the artworks.



'Guardian of Freedom' by Philippa Leader

## Art meets craft at the Serpentine

by Fiona McConnachie

Serpentine's volunteers show opens on Friday 5th October. All our volunteer gallery staff are very talented artists, and not only is this a great opportunity to showcase their varied skills, it's a way of saying thank you for their dedication and practical support of the gallery. The show runs for two weeks until 24th October.

A silent auction will be run alongside the volunteers show. Over the months since the floods, many of our artist members have donated work for the gallery to auction as a way of raising funds, and finally we've got it together to be able to do this.

The works for auction will hang in gallery one and the auction will run over the following two weeks at least, so all you have to do is drop in to the Serpentine and check out the work and fill out a bidding slip. We'll have a reserve price on the artwork but it will be minimal, so this is the perfect opportunity to buy some great art.

The next two exhibitions we are hosting feature two very individual artists, Judi Lane and Paul Roguszka. This is not a collaborative exhibition, but two separate shows running concurrently. Both shows open on Wednesday 24th October and run until 13th November with both openings on Friday 26th October at 6pm.

Judi Lane is a very dedicated and skilled artist whose work will be familiar to many, as she is a regular exhibitor at the Nimbin Artists Gallery. Her work involves the inlay of pearl shell and gem stones, with detailed pokerwork to describe texture and dimension.



Her 'Hammersley Ranges' (above) series are a unique way of representing the landscape and feature wonderful application of inlay techniques. The Serpentine Gallery is very proud to be showing her exquisite work. Judi's art will be hung in gallery two.

Paul Roguszka's show in gallery one is called 'Hostile Territory' and features both woodwork and paintings (above right). 'Hostile Territory' explores landscapes of alienation – the places where you are "other".

The paintings exhibited are not postcards that you view from outside and then move on; Paul is asking you to climb aboard and go for the ride... a ride rich in symbolism, secret places and magic.

For many years Paul stood at a woodworking bench... his bespoke furniture was his conversation with the world. In his 70th year he downed the woodworking tools and picked up the paintbrush. 'Hostile Territory' unites the paintbrush with the chisel. His four final pieces of furniture will be exhibited alongside and in combination with the series of oil paintings that will be on show.

The cabinets are a collective that's



known as the Fantasy series, and each is designed to hold a bottle of whisky and two glasses. But all four capture the unconscious, and take on a journey from mystery to enlightenment.

For more information on these exhibitions don't hesitate to call the gallery on (02) 6621-6845 and one of our charming volunteers will be able to answer any queries you might have.

If you are thinking of visiting the gallery and you live a fair way out of town, then please phone the gallery first, as due to our currently small pool of volunteers, our hours are a little irregular at this point in time. We are definitely open Tuesdays 10am to 4pm, Wednesday afternoon 2pm to 4pm, Thursdays and Fridays 10am to 4pm, and Saturday 10am to 2pm.

The Serpentine Community Gallery is situated at 17a Bridge Street, North Lismore.

gallery@serpentinearts.org  
facebook.com/SerpentineArts

## Another gong for Rikki

Nimbin artist Rikki Fisher has been honoured with the Artist of the Year Award presented by the Wildlife Art Society of Australasia (WASA) based in Melbourne.

Prior to moving to Nimbin in 2006, Rikki was an active member of WASA. She is recognised nationally and internationally as a Master Scratchboard Artist, and has exhibited widely in Australia and overseas.

Rikki said, "Winning this award was a surprise, an honor and humbling all rolled into one. The Wildlife Art Society of Australasia is an organisation I have been involved with for many years and I have a lot of respect for what they do. "To win the Artist of the Year Award was a real thrill.

My only regret is that I now live interstate and cannot participate in WASA's many activities.

"As for me and my art, my subject matter on the whole is wildlife. I started with Australian birdlife and following a trip to Africa in 2011 my subjects changed to African mammals and other exotic animals. In the same year, my art direction changed again when I discovered Scratchboard.

"Scratchboard has been very kind to me, putting me on the international art map in a way I never dreamed. Having a strong drawing background meant embracing scratchboard was like a duck taking to water. In just three years, from starting as a beginner, I became a Master Scratchboard Artist with the International Society of Scratchboard Art.

"Thanks WASA for this Award and keep up all your good work." [www.rikkifisher.com](http://www.rikkifisher.com)



## People's choice portrait prize acknowledges talents



The gallery visitors at Lismore Regional Gallery have spoken, and their take on the Hurford Hardwood Portrait Prize was that Kendal Gear's self-portrait was their winner.

Since this national portrait prize exhibition opened eight weeks earlier, over 1,000 people have submitted an entry to the People's Choice Award, and Perth-based artist Kendal Gear's painting (pictured) was voted by the visitors as their favourite in a tightly contested list.

Ms Gear said of her work, "The relationship between the outer self that we present to others and internal

self that remains hidden is a topic I often visit in my work. The face emerging out of the blue in this self-portrait is a personal reflection of this relationship, while also echoing the formation of identity and personality".

On being named winner, she said, "It was great to be part of the exhibition and it's so exciting and encouraging to receive this award, and prize money of \$1,000. It's come at a really good time for me."

Lismore Regional Gallery director, Brett Adlington, congratulated the winner.

"For us, the Hurford Hardwood

Portrait Prize is a chance to support a broad range of artists, emerging and established; local and national.

"We also see this award as a chance for the community to engage with a whole range of artistic styles, and the People's Choice Award is a chance to acknowledge this. Kendal's work is exquisite in its detail and craftsmanship, and obviously resonated with our audiences," he said.

"This portrait prize is a great way to celebrate the art of portraiture, and like the Archibald Prize, we know that many visitors like to have their say about who they think the winner

should be," People's Choice Award sponsor, Brad Gosling of Chandlers Betta Home Living said.

Brett Adlington also thanked the prize sponsors. "To have the support of local business really means so much for us, and helps us support artists in the early stages of their careers," he said.

Director of the Art Gallery of NSW, Dr Michael Brand, previously named Nicole Kelly as the Winner of the Hurford Hardwood Portrait Prize with her work, 'Jumaadi+Clouds+Rain', which now enters Lismore Regional Gallery's permanent collection.

# Chamber Chat



by Teresa Biscoe, President

Getting into the swing of Spring – days are getting longer and opportunities to socialise, soak up some artistic and musical culture abound.

Between the Roots Fest, Community Centre celebrations, Spring Arts Extravaganza, the Nimbinkin Greens Fundraiser for Sue Higginson, Nimbin Farmers and Craft Market and the music from the Bowlo, Pub and Phoenix Rising Café we hardly have a minute to stop and soak it all up.

Spring reminds me of what a great community we have and how the work of our wonderful community volunteers, not for profit organisations and artists enrich and inform our village.

The Chamber is now preparing to launch the new look website and we urge all our current members and all our Nimbin businesses to check it out: [www.nimbinaustralia.com.au](http://www.nimbinaustralia.com.au)

The old site badly needed a revamp and rebranding, as the Chamber committee felt that it did not reflect enough of the unique social, cultural and political values that make this village such an international attraction and the third highest tourist destination in New South Wales.

The new site is modern, colourful and easy to navigate, it allows members to create a visual profile in the directory. The site has been enabled with search engine optimisation so that searches about Nimbin or any of the related cultural and social aspects of our village community will take the person straight to our site.

We urge those who have not renewed their Chamber membership or not yet joined the Chamber to go onto the website, check it out and join on line. Membership is only \$75 per year with a much smaller fee for small businesses with two or less employees (\$50).

Membership gives you a voice at our General Meetings with Lismore Council around development and infrastructure issues. It allows you to be part of the conversation about community projects and where the Chamber directs its funds.

It provides an opportunity to work together on important community issues so we can develop and support the social and cultural values that make our village so wonderful.

Membership also gives access to the NSW Business Chamber with all their services and information, including free legal advice for your business.

We expect the AGM to be held in November, so applications need to be in before the end of this month so they can be ratified before this. So check us out and join us – we have much we want to give to the community, we value what you have to contribute and we can't do it all without you.

## The Channon markets turn 42

The Channon markets were started in 1976 at The Channon Hall.

It started out as a place to share, swap and sell your goods, mainly produce and farming implements were sold. The hub created a place for similar minded folks to come together to discuss purpose and direction behind the protection of our environment.

Today the market thrives with over 200 stalls at Coronation Park, still with the ethic of Make it Bake it Grow it, and provides that same space for like-minded folk to come together.

On 14th October, the markets turn 42 and for the



birthday celebrations they have contracted local legends Jimmy Willing & The Real Gone Hick-Ups to play the party, but that's not all, not only have they contracted Willing's band but also his marionette show, The Von Tramp Family Puppets (pictured) for a one-off show.

So there you go, please find yourself invited.



by Helen Simpson

Only one more house to build and our rebuilding Bolgaun project (with the Nimbin Nepal Relief Fund since the April 2015 earthquake) has succeeded in not only building 12 houses but skilling up the local Nepalis to carry on building, with earthbags, and mostly independently.

Thankyou Nimbin for your support, every rupee has gone into the houses.

Our next and probably final fundraising bash will be a bush dance at Tuntable Falls Hall on Saturday 20th



October. It will also be the Tuntable Falls Community 45th anniversary, and no more fitting a finale than by kicking up our heels and joining in their celebration

of longevity.

This community has contributed generously and supported the project consistently, and we are so grateful. Food at 6pm and



dancing at 7. Ticket for dancing \$10, \$5 children, discount for families and meals separate.

House 12 is due to be built late November under the supervision of Good Earth Global, mainly as a workshop for the village carpenters. We will also be painting the houses already built. For info, phone Helen on 02 6689-1417 and leave a message, or email: [helensim7@gmail.com](mailto:helensim7@gmail.com)

Donations can be made to: Nimbin Nepal Relief Fund Account No 22305642 at Summerland Credit Union BSB 728728. Our target is \$3000, so look out for raffles in town or at the Bowlo over the next couple of months (extra is required for paint).

Last hurdle, then I think we've done it, Nimbin.

# Ganges – an endless flow of paradox

by Simon Thomas

The sun hangs suspended above the horizon like a fiery orange beach ball, afternoon rays fighting to pierce the blanket of brown smog which smothers the Indian sub-continent. Here in Rishikesh, I stare across the surging chai-coloured waters of the Ganges River at another blaze, which itself bridges the gap between heaven and earth. A massive mound of wood is engulfed in flames, upon which a human corpse is roasting like a macabre barbeque. A small gathering of family stand by, their faces ashen and grim. I am transfixed by the spectacle; appalled by my ghoulish fascination with this public display of such an intimate ritual.

Rishikesh stands on the confluence of India's holiest three rivers, the place where the fabled Ganges spills out from her rugged Himalayan gorge and begins her journey through the plains, sharing her watery blessings with millions of people along the way. Here especially, Hindus believe that her surging torrent will carry away the impurities of body and soul, if only they can bathe in her waters. Likewise, to be cremated and have one's ashes cast into her tide should help ensure the best possible rebirth.

Thanks to such auspicious geography, this town is the epicentre of yoga for the planet, and as I watch the human body being consumed by fire, Sanskrit mantras ring out across the valley from a crackly loudspeaker. The steep riverbanks are cluttered with buildings, from pink multi-storey pagodas to rustic shacks, all aiming to attract the attention of the countless pilgrims who flock here all year round to seek blessings, learn yoga, or visit their guru, just as the Beatles did 50 years ago.

I wander down towards the edge of



the churning river. The banks are lined with long concrete steps, the ghats, which allow devotees access to the holy stream. Five women before me, three generations of one family are taking to the water, fully clothed, despite the fact that a fellow human is being incinerated not 100 metres away. They descend the steps until they are waist deep in the frigid flow, then with hands clasped at their chests, dunk their heads below the surface of the water. Their dark skin shimmers as droplets roll off their arms, and they look at one another in beatific calm, certain that their sins have been absolved. With the bathing done, the women tie their hair with colourful cloths, then arrange an offering in a bowl made out of dried leaves. They place sweets, flowers, incense, and a candle inside the makeshift boat then launch it out into the turbulent waters, giggling and chatting as they watch it dart off into the swift current. Finally,

they fill plastic bottles with the holy water to share with their friends back home.

The blaze across the river has reached a frightening intensity. Volatile flesh feeds ravenous flames, sending plumes of black smoke racing into the heavens. Two barefoot men, clad only in white dhotis have been poking the flames with sturdy poles all the while. One of them now raises his stick above his head and murmurs an inaudible prayer. As he brings it down on the dead man's skull, a cracking sound rings out across the river, and a ball of flame explodes out of the pyre.

Night has fallen by the time the flames have burned down to orange coals. Reflections of coloured lights dance across the water as the two men rake up the remains of the fire and send them for their last journey, sizzling and popping into the muddy waters of Mother Ganges.

# Cutting through the haze: medical cannabis education

by Louise Graves, Nimbin Hemp Embassy and Heather Gladman, VP, Australian HEMP Party

A two-day course on the essentials of medicinal cannabis aimed at practitioners was held in Sydney on 8th and 9th September, hosted by the Medicinal Cannabis Education group.

Attended by around 60 people, mostly medical professionals, we managed to attend the second day only, due to flight cancellation because of storms in Sydney.

The lectures on day one covered subjects such as the Endocannabinoid System, pharmacology, delivery and dosage, clinical evidence and so on. On day two, everyone was given scenarios and asked to suggest a prescription, having been schooled the day before on different medicines and dosages.

There was a palpable sense of frustration in the room due to the extreme difficulty in accessing medicinal cannabis for clients, in contrast to the available and expanding evidence of the benefits of cannabis therapy, and growing patient demand.

Particular emphasis was given to mental health and dementia. These two conditions are highly over-medicated with prescription drugs, effecting few beneficial results and often dangerous consequences, while the alternative, medicinal cannabis treatment is known to give positive and beneficial results with no known adverse side effects.

The extremely difficult process clinicians in Australia are required to endure to be allowed permission to prescribe medicinal cannabis, is not only insulting to the intelligence of a highly respectful profession, but blatantly and politically obscene manipulation by big pharma and their political proxies.

For example: a patient might have three different conditions – let's say Crohn's disease, migraines and PTSD/anxiety/ depression. If this patient requests medicinal cannabis all three conditions can effectively be given relief with a high CBD low THC formulation.

However, for the clinician to gain permission to prescribe medicinal cannabis, he/she must provide evidence that the patient has been treated unsuccessfully for each separate condition with EVERY available allopathic

drug. As such, there is a formidable number of drugs one patient must wade through for each condition.

Application forms (at a cost of \$500 each), are submitted to the NIIM Human Research Ethics Committee (HREC). If and when the application is successful, it is then submitted to the Therapeutic Goods Administration (TGA) Authorised Prescriber Scheme.

The course showed doctors how to apply to the TGA, and the form itself caters for both "Approved" cannabis and "Unapproved" cannabis. The TGA rep at the course expressed confidence that cannabis will soon become easily accessed for medicine, and hinted at the possibility of home grows!

However, the irony and idiocy of this current regulatory overkill is that we have a large percentage of population walking around medicated on a cascade of prescription drugs at best band-aiding a condition, and clinicians have to jump through a maze of burning hoops to prescribe a natural herb.

When and if they receive permission, the quality of the herb dispensed is dubious. It was noted several times throughout the day: "Is it any wonder patients seek black market medicinal cannabis?"

It is worth noting the personal story one medical officer attending the weekend courageously shared with us. This man is a practising GP. He has Parkinson's Disease. The available prescription drugs provide no relief for him and he self-medicates twice daily with medicinal cannabis, (which he obtains, of course illegally) and is thus able to sustain a working, functional, quality of life.

Another doctor complained of a sore shoulder, so we shared a small tub of hemp balm. Five minutes later she reported the pain was gone and she felt a beautiful warmth in her shoulder.

The main answer to legalisation lies in the political arena. Denial of the obvious benefits of medicinal cannabis lies in short sighted, negative, and fear mongering conspiracies. Where do the root causes lie? Who benefits from keeping a healing plant illegal? Who pumps out these prescription drugs?

We humbly submit – big pharma, lining the pockets and donation boxes of political parties.

## Medican Workshop weekend

Nimbin's next Medican weekend will be held on Saturday 20th and Sunday 21st October, 11am - 4.20pm, a few days after Canada officially re-legalises Cannabis on 18th October.

HEMP Embassy President Michael Balderstone says this will be a topic at the workshops. "We are all watching closely what happens in Canada and people who have been there recently will be able to fill us in at the weekend. It sounds good, but in fact it looks extremely restrictive when you see the detail," he said.

"Punishments have been increased significantly for breaking laws around pot and already many operating dispensaries have been busted and closed down. The government plans on tightly controlling supply and home growing is very limited."

Meanwhile in Australia, the court cases challenging our draconian ways are lining up. Australia's Dr Pot, Andrew Katelaris will be speaking at the next Medican again after spending another four months in jail. He's urging people who can to come and support him in Sydney on 5th November when he has a jury hearing his argument for medical necessity.

"There is no human disease that cannot be touched in some way by Cannabis he says and his is one of several cases that are coming up for medical extracts. I feel for the courts and the police that they even have to deal with stuff like this," said Michael. "The politicians are the problem and they need to shrug off the vested interests and do the right thing by everyone as the public is



clearly ready for medical cannabis to become widely available now."

Andrew Kavasilas will be talking about ongoing lobbying and advocacy in the face of incredible push back and double speak by politicians and public servants. As well as an update from a recent meeting in the Victorian Parliament where high profile activists are seeking to address numerous State, Federal and international impediments to medical Cannabis worldwide, including saliva drug testing in Australia.

Andrew will also speak about his new company Cann Global Limited and its endeavours as a leading Hemp seed food and medical Cannabis company. He stands by the fact that "no government in the world has willingly introduced a meaningful medical Cannabis regime".

Also speaking at the workshop is Dr Deb Waldron from Queensland who has been researching the medicinal properties of Cannabis for more than thirty years and is now studying herbalism.

Malcolm Lee, a healer who has had a similar time studying the healing benefits of pot, has some extraordinary tales to tell. Lawyer Steve Bolt will

speak on Saturday only about saliva testing drivers and the legal situation medical cannabis users find themselves in.

CBD Luke will be talking on Sunday only, about isolates versus whole plant extraction, clinical trials and the recent documentary movies about medical cannabis he has been involved in.

Radic AI who grew up in a herbalist's household will demonstrate herbal extraction methods.

Rayman who saved her life with raw Cannabis juice and Simmo will demonstrate hemp seed oil extraction and speak of its extraordinary health benefits.

And to top it all The Hemp Club will be displaying and modelling handwoven hemp clothing you cannot find anywhere else on Earth.

All speakers except Steve and Luke will be there on both days, and talks start at 11am and aim to finish by 4.20pm, at the Bush Theatre by Mulgum Creek in the old butter factory on the north side of Nimbin. Everyone is welcome, donations greatly appreciated. Excellent food, including Hemp and Matcha Cheesecake, will be available at the on-site Cafe.

From 1pm on Saturday, Sebastian Winter will be performing his majestic piano solos on the outdoor stage, and on Sunday from 1pm Dave Barbara will bring his swing thing along.

Anyone using medical cannabis who would like to tell their story on the day should contact the HEMP Embassy, phone 02 6689-1842 or email: [head@hempembassy.net](mailto:head@hempembassy.net)

## STREET SHUFFLE

Journal of the North Coast's longest serving covert

Seems that once you're on the Prime Minister's payroll it's hard to leave, or maybe that's just the SS, Security Section.

Malcolm always wanted the best hash and it wasn't easy sourcing Afghani primo until he himself hooked me up with some military mates. Sometimes I wondered if it wasn't access to top class drugs that was the prime reason they kept that war going.

Suddenly I'm paid by ScoMo and he's terrified of weed, and I mean terrified.

"We have a marrawanna expert on the SS team?" Apparently his eyes lit up and he wanted to meet me immediately. I however, was a thousand miles north up in the hills with the faeries polishing off the last of a dried shroom soup left over from the night before. Seems it's the new fashion if you're driving, because they're out to get you while they can with any trace of skunk in your spit.

When I got to Canberra a few days later, I had to wait in ScoMo's

office and don't move were the strict orders. Hours later he burst into the room like a steam train and almost shook my hand off like I was his long lost cousin.

"Bethany, bless you for doing what you do. The devil's weed is one of the greatest curses of our times. Personally I'm all for locking up every fuckin' one of the druggie leeches." He swore quite a lot, and I was surprised, but then again he's a walking storm with thunder and lightning possible at any moment.

He ranted on about druggies costing so much. It was all about money for him and it felt like 'dole bludging druggies' was a mantra he'd used a million times. "We've got a critical job for you to do Bethany."

Then he looked me up and down making me feel like a cheap hooker. "Pity you're not a decade or two younger because I believe he likes attractive women, not that you're not, it's just..." But he was gone, confusion took over and I believe he actually blushed.

Next thing he's handed me a top secret folder like in a James Bond movie. He even used the words from one I think, or close to it. "Your mission details are in here. Good luck. Your plane leaves in three hours."

It was surreal. Like we were back in the seventies, which we kinda were when I think of the conversations.

Less than a day later I'm in Ottawa lined up for an audience with no less than ScoMo's equivalent, Justin Trudeau. I'd read the extensive brief on the plane, and it was clear that Justin had grown up around pot, as his hippy mother loved it. And in the hours I spent with Justin that week his mother was never far away. In conversation at first but then physically, and we got on immediately.

Justin in fact wanted his mum, Margaret, to use weed but she insisted on pharmaceuticals for her bipolar disorder. It was their big conversation that went on and on. He argued the chemical imbalance she's been diagnosed with is propaganda to feed you pills, whereas the real issue is her suppressing the wild child inside herself.

ScoMo of course wants me to

talk Trudeau out of his plan to legalise weed, which of course I am not going to do. Margaret is Justin's biggest supporter, and agrees the law is the biggest cause of mental health problems in Canada at the moment. "If we treated drug use as a health issue, everybody would be better off," is her mantra, or man trap as she called it.

Justin suggested we go for a walk in the garden, and I noticed he left his phone on the desk. Talk about bipolar, he changed personalities when we got out on the lawn. "I wanted to legalise, but they've trapped me," he blurted out, red faced and furious.

"The government has got control of the 'new weed' (as he calls it) and it could well be way worse than it is now. The prison owners have enormous lobbying power, but the big pharmaceutical boys just keep hammering at our doors about the money, the risk, the cost, blah blah. They have amazing military strategies, they work on our weakest links, the religious nutters, with tales of druggie terror."

He went on and on, grateful to find an understanding ear. Well into the garden he pulled out an immaculately-rolled reefer of BC bud which we demolished behind the bushes.

"The pharma people love the drug war so much, their lives, their jobs, their profits all depend on it, I realise now," he went on as we walked back. My parliament is full of ScoMos, you have no idea. Religion is the problem." I thought he was going to burst a blood vessel when he spat out the last two words.

I learnt more from Margaret. The pharma lobbyists stopped at nothing, they had dirt on everybody, she said. And Aussie cops had been over here teaching the Canadians how to do saliva roadside tests and trying to talk the Mounties into resisting legalisation.

"It's simply all about profit," Margaret kept repeating. "Nearly everybody is sucked into competition not kindness" she kept saying until I had to think about it.

And she's right, it's either one or the other ultimately, and money rules for most. I kept thinking about my tribe in the hills who've chosen kindness and sharing. No wonder they're in hiding, she said when I told her about them. "I wish I was brave enough to drop out like them."

That thought stayed central in my mind all the way home on Air Canada.

# Eric's mending skills can restore your wardrobe

by Eric Smith

Some businesses have a plan, some just happen. Out at the Blue Knob Market, I have been filling the occasional empty space by setting up a hand-crank sewing machine and doing a bit of sewing.

It was more of a tourist attraction, really, getting people to talk about non-electric options in our everyday life, and it certainly drew out quite a few stories from people who remembered a Singer sewing machine – belonging to their mother, grandmother, old family stories that could almost be made into movies and operas.

The requests started coming on their own. Can you hem this? This shirt is missing a button. Can this rip be patched? About the same time, I was gifted a heavenly large tailor's treadle machine, disassembled it to reach all the rusty corners, and ordered missing parts online. A few custom sewing requests arrived just in time to help cover the costs, and the big wheel began to spin rather regularly.

Old non-electric machines can take their time and push through more layers of cloth, perfect for adding additional fabric for mending. So I am putting it out there as an official market stall, under my 'Atelier Smith' label. A new crew will be running the BackYarders Table.

There once was a stigma on mended garments. Back in the day when clothing was produced locally, patching rather than buying was to not participate in the local economy. In these days of cheap clothing from overseas, having something mended locally is the exact opposite – local skilled labour is used.

My "mendifesto" is this: do work that lasts, not work that is hidden. Priority goes to strength and washability. But I also believe that repairs should look good, seem right to the garment and its use.

Some tips for ordering mending – many things can be fixed, but items so old that cloth is ripping in random places may not be worth repairing, it will only tear again next to



Eric Smith at the Nimbin Show

the patch. Bring in clean clothing that needs work, and if the area to be repaired is hard to find, put a safety pin or bit of tape on it, so we can quickly have a look and assess the work at hand.

Smaller jobs can often be done on the day, but others will need more supplies and a larger machine, and be brought back the next week. And for anyone who wants some tips on mending their own clothes, just ask. Advice is free, and if you want a turn on the old sewing machine, be my guest.

So now you have one more reason to come out to the Blue Knob Market – local produce, community involvement, the love of art, and the chance to put something in your wardrobe back together. I will also have the farm produce that I brought to the BackYarders at my stall.

The Blue Knob Market happens every Saturday from 8.30am to noon in the grounds of the Blue Knob Hall Gallery and Café, near the corner of Blue Knob and Lillian Rock roads. For more info, check our Facebook, or phone 0415-935-683.

## Further notes on ferments

by Thom Culpeper

The increased interest in the need to consider low energy food preparation and storage is bringing about a growing interest in the general Arts of the Ferments.

The reclamation of our food chain will result in a more rational interconnectivity of society's economic mores and the expansion of a harmonious way of life's actuality and our continuum.

The Northern Rivers is taking a strong position in the support and propagation of this activity. The Blue Knob Farmer's Market: Fibre, Fermenters and Growers, has taken a leading position in this endeavour with their annual Fermentation events. The Nimbin Agricultural Show has now a distinct section for the ferments, both food and clean-green, liquor being of increasing interest.

Lismore AG. Soc. will be presenting a section on the fermentations at the coming Lismore Annual show, Thurs 18th-Sat 20th October, (contact: [www.northcoastnational.com.au](http://www.northcoastnational.com.au) phone 6621-5916) and there will be a similar section at the Murwillumbah Annual Show, 2nd-3rd November ([www.murwillumbahshow.com.au](http://www.murwillumbahshow.com.au)). I would encourage more citizens to have a go at showing. A copy of *The Art of Fermentation* by S E Katz will be a guiding light.

I propose running free classes on ferments at Blue Knob. If interested, contact: [thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)



### A vegan Kimchi

#### Ingredients

1 2.5kgs Napa (Wombok) cabbage  
100gms coarse cooking salt  
5 shallots  
400gms of daikon radish (3mm x 3mm julienne)  
10 green perilla leaves or a small bunch of Chinese chives  
30gms dried wakame (Korean kelp) or 50gms of fresh Tasmanian kelp  
30gms of dried shitake, mushroom, re-freshed (retain this Dashi broth)

#### Sauce

50gms of glutinous rice flour  
600mls water  
200gms of Korean chilli flakes  
1 half of Nashi pear, (juliened)  
100gms of grated ginger  
100gms of garlic (minced)  
150mls of light Soy sauce or gluten-free Tamari  
25gms of salt  
200gms of pumpkin puree

#### Method

Cut the cabbage into six (in half length-wise, then into three sections), allowing the base of each section to remain intact. Cut only half way through from the base, and separate the leaves from each section; cutting all the way through wastes the leaves.

Salt the sections in a 2% brine, leave an hour then dry salt the leaves thoroughly with

the 100gms of salt. Put aside, covered for eight hours.

#### Sauce method

Add the rice flour to the water and heat till thickened. Set aside to cool. Add the other aromatic ingredients and set aside till the chilli flakes swell.

Drain the cabbage and rinse three times.

Slice the daikon into 3mm x 3mm julienne sticks (mandolin). Coarse chop the Perilla and the chives. Cut the shallots into 25ml pieces. Mix the veg into the sauce and leave for two hours, more salt if necessary.

By (gloved) hand, apply the sauce over all the surfaces. Fold each section separately into a more or less air-free bundle, place, cut edge down, in a sealable flat, lidded container. Press all the air out and add remaining sauce and the Dashima broth over the Kimchi and seal.

Leave for two-three days at room temperature to ferment. Refrigerate for two-three weeks to allow the ferment a slow ripening. Remove to a cool area of the kitchen, keeping out of direct light and 'manage' by making sure the kimchi is always under the sauce. This mix may last for weeks in this manner. Keeping relatively cool is important.

# A holistic approach to dealing with migraine

It's quite well recognised that the herb feverfew can be helpful as a preventative treatment for migraine sufferers. I find often it helps, but it doesn't work for everyone.

Although rare, some people can experience side effects from feverfew, especially those with an allergy to the *Compositae* family of plants (daisy family). Side effects are more common after eating the fresh leaves, and can include mouth ulcers and mild gastrointestinal symptoms. Feverfew should not be taken by pregnant women or those trying to conceive.

For some people an in-depth holistic approach is necessary. This is where the herbalist becomes the detective to try to find the migraine drivers for each individual patient.

I find it helpful to have a detailed diary of food/headache/medications/other stressors to look for patterns. Some well recognised food triggers include cheese, chocolate and red wine. However, it is worth considering other foods high in histamine as possible cumulative triggers. Other food intolerances such as oxalates can be involved for some people.

If the food diary suggests a correlation between high histamine foods and migraines, I advise a



### Nature's pharmacy

by Trish Clough, herbalist

histamine reduction protocol. Herbs which help to lower histamine include tulsi, baical skullcap, and albizzia. Quercetin as a natural anti-inflammatory supplement can be added. If there is a pattern of allergies it is recommended to do an intestinal repair treatment with healing herbs and pre and probiotics. A healthy gut produces the enzyme DAO (don't ask!) which helps clear excess histamine.

Some people have a genetic predisposition to high histamine as well as migraine headaches. One of our genes directly affects methylation, and is known as MTHFR. There is a simple genetic test that can be organised from the clinic to assess the presence of these gene variants. If positive, appropriate supplements

can be included to support methylation (which in turn affects many functions including liver detoxification).

Other issues to consider include hormonal imbalances (both male and female) and neurotransmitter imbalances. Low testosterone can be a factor in migraines. This can be addressed with herbal remedies to support the adrenal glands to produce a healthier hormonal balance. Tribulus is a key herb here, but it needs to be Bulgarian (not from China or India) and it needs to be aerial parts, not seeds.

The hormone supporting constituents of tribulus are not in sufficient quantity in many supplements on the market. Some women have a pattern of premenstrual migraines, which can point to specific herbal remedies such as black cohosh and dong quai. Each person benefits from an individually tailored herbal treatment.

Neurotransmitters are 'messenger chemicals' which perform complex roles in communication with nerve cells. Neurotransmitter imbalances, in particular deficiencies in serotonin and/or norepinephrine, can be associated with migraine patterns. This is often the case when stress rather than specific foods seems to be the main trigger. In



Feverfew

the clinic I use a neurotransmitter questionnaire to assess deficiencies based on patterns of symptoms.

The treatments that help are supplement combinations of specific amino acids (components of proteins) combined with herbal remedies. Rhodiola is one such helpful herb. The supplements provide the precursors (building blocks) to assist in the production of neurotransmitters in the brain. Most neurotransmitters cannot be taken directly as a medicine as they do not in general cross the blood brain barrier.

Magnesium deficiency is a common migraine trigger. Characteristic symptoms include muscle tension, cramps, fatigue, insomnia and anxiety. Research shows certain forms of magnesium supplements to be beneficial in migraine management. Zinc deficiency should also be

considered. Symptoms include poor immunity and slow skin healing.

Other supplements with confirmed benefit are Co Enzyme Q10 (CoQ10) and Vitamin B2 in high doses. There are some useful supplements that combine these nutrients along with feverfew in a combination capsule.

The basic dietary management that I recommend is:

- Avoid gluten, red wine, cheese;
- High protein-low starchy carbohydrate diet;
- Drink vegetable juices;
- Take chlorella powder; and
- Drink at least two litres of water daily.

If symptoms don't respond sufficiently with basic measures, it is recommended to have a consultation for more in depth assessment and treatment.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Club Lane in Lismore after owning 'Traditional Medicinals' for 20 years. Trish is available for consultations by appointment on 0452-219-502 or email: [herbalist.trish@internode.net.au](mailto:herbalist.trish@internode.net.au) The information in the column is meant for general interest only and should not be considered as medical advice.

# Nimbin Gym shuts its doors

by Wayne Cuthbertson

On behalf of the Nimbin Gym and the Nimbin Indigenous Health and Fitness Inc, I would like to thank so many people starting with the Nimbin community.

I believe if something is really needed, the community as a whole will support it, and that's what the Nimbin community did.

We started back in 2005, gaining funding for a NRMA 'Youth At Risk' program, which ran for several months at the Youth Club.

With support from Dr Sue Page, who donated the money for our bond, and Adam Harris who loaned some gym equipment, we opened on 2nd June 2010, raising funds through raffles every Friday for more than six years.



Gordon Tallis and Scott Prince (at rear) with the Nimbin Gym committee.

Thanks to Tom Mooney and the Nimbin Hotel for seafood raffles every Wednesday night for almost four years.

Many thanks to the South Sydney Rabbitohs for several donations of autographed jerseys; Penrith panthers' Peter Mulholland; Dave Norman NSWRL; Gordon

Tallis, Scott Prince and Mark Ross for generous support with affordable professional gym equipment.

I would like to make special mention and thank Ruben, Rhys, Marley, Pavo, Evan and Harley and all the 'boys' for their endless support. We could not have achieved what we did without you all.

Thank you Cecil Roberts, president, Elder, friend and mentor for his selfless support.

We started Nimbin Gym to give the youth of Nimbin, black and white, young and old, a place to train, a positive environment and a place to enjoy themselves. A lot of gyms are too serious. Besides fitness, personal training, rehab and weight loss, we concentrated on youth mentoring.

We were open for two years and seven months. The Committee made the decision to close in February.

We have donated the Association's remaining funds to the Nimbin Hospital Auxiliary (see story page 2) and Nimbin Headers Sports Club, which are both great community groups.

Thank you all.

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# Unleashing nature's full potential to thrive

by Matt Downie

For most of human history it was self-evident, that Nature is the producer of all food, fibre, timber and medicine yields that we depend upon for survival.

Consider how obvious this was to people who lived primarily through hunting and gathering. Even today many people still enjoy this aspect of our heritage when they go fishing, foraging for wild berries, mushrooms, fruits, nuts, wild game, much of what we call bush tucker.

The distinction and separation from this pure connection has come about with the advent of certain agricultural practices that are inherently destructive to healthy natural ecology and have served to progressively distance us as a species from the inherent well-being of nature. Chief among these practices is the repeated ploughing of the soil.

A onetime plough-up of the soil can be a strategic action to open compacted soils, add organic matter, seed with new species and/or create contour beds on sloping land. But the repeated ploughing to grow a rotation of mono-cultured crops depletes essential nutrients, destroys the dynamic soil ecology and is the chief cause of erosion and susceptibility to drought.

The imbalance caused from repeated ploughing is typically followed by the range of standard agribusiness practices that are deemed necessary to achieve results after nature has been laid bare. These are the planting of standardized singular crops, the application of commercial fertilizers and an ongoing barrage of chemicals or mechanical control measures against perceived weeds, pests, fungus, bacteria and/or viruses that will inevitable flourish in these imbalanced ecologies that defy three billion years of nature's successful adaptation, colonisation and ability to thrive on Earth.

If we search for the roots of ploughing based agriculture, it seems to have coincidentally occurred around the same time of anthropomorphised deity worshiping. It could even be speculated that the two phenomena are linked, as both are causes of separation from essential life source energy and from nature which is the manifestation of the visible universal life force moving through living forms around us. Adding further weight to this potential historical connection are the religious parables of the fall from the Garden of



Eden, or the Lost Paradise, alluding to a time when humans were entirely at one with their environment-habitat but are now widely dispossessed and living in a state, psychological and conceptual, of division from their own inherent source energy and harbouring a longing (albeit largely subconscious) for a return to a state of connectedness and belonging.

It is estimated that around one third of all the Earth's terrestrial environments still exist in the absence of deliberate human intervention and many of these are robust and thriving. This is of great significance because it shows that there is an underlying pattern of well-being, abundance, and the ability to thrive that inherently exists in nature. So what can we learn from observing these remaining natural ecosystems that are thriving without human intervention?

The universal features of these naturally optimized ecosystems come down to five macro conditions that are being met to greater or lesser degrees throughout the seasons and are as follows.

- 1) Water availability to optimal requirements for the growth of all species through the changing seasons;
- 2) Soil rich in both essential nutrients and a dynamic range of symbiotic living organisms;
- 3) Adequate sun exposure for the light and warmth needs of all species;
- 4) An optimal diversity of species filling every ecological niche and widest possible genetic variation for adaptation within them;
- 5) Freedom from limiting and unnatural processes (ploughing, mowing, spraying chemicals, compacting soil with machinery etc).

The successful provision of these

conditions directly equates to how efficient in terms of time, energy and resources, the production results will be.

Nature offers these and many more insights to anyone who can observe with stillness, humbleness and openness, the simultaneous interplay of the vast range of processes and dynamics that create and maintain healthy natural ecological balance.

The challenges of creating healthy and sustainable food production is now well and truly on the table for examination and improvement. The onset of extreme weather events leading to crop failures around the world and the degraded and contaminated products being offered by multinational corporate agribusiness, mean that Localized food security initiatives are now taking hold all over the world as a growing wave of people seek to reclaim both their connection to the Earth and their sovereign right to healthy foods.

All that's required now is for more people to start supporting locally produced organic foods, or even better, start growing some of their own. We have access to the widest range of food plants in human history now and we can all be learning directly from nature what works well and what is the most efficient way to achieve results that are reliable, sustainable, resilient to climate change and the most elegant collaboration between us and the phenomenal capabilities of nature to thrive.

Matt Downie is a Horticultural scientist with over 25 years experience designing and creating Natural farming systems. Contact him by email: [matt@Zen-farming.com](mailto:matt@Zen-farming.com) or visit: [www.Zen-Farming.com](http://www.Zen-Farming.com)

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