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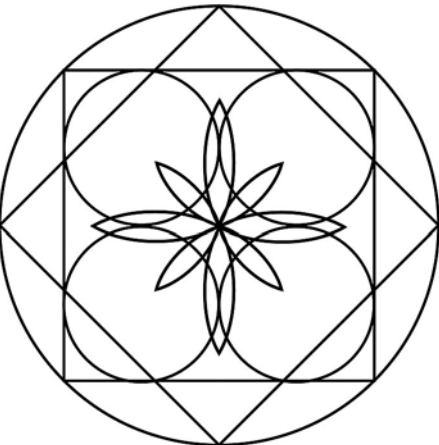
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NIMBIN ARTISTS GALLERY

OPEN DAILY
10am - 4 pm

49 Cullen St, Nimbin

CONTACT: PH 02 6689 1444
www.nimbinartistsgallery.com
nimbinartistsgallery@gmail.com



ROXY GALLERY

131a Summerland Way Kyogle
Open: Wednesday to Saturday 10am - 3pm, Sunday 10am - 2pm

Did you know?

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Go to: www.nimbingoodtimes.com and click away

Connecting with space at Blue Knob Hall



The members exhibition 'A Sense of Place' explores the ways in which artists interpret and respond to their environment, the landscape, the homes and communities we live in.

A great variety of artwork by the artists conveys what it means to connect with place.

Despina Angeli's three installations, of large threaded ceramic beads, Buddhist Malas, are outstanding sculptural pieces. They remind us of how being present, with a quieter mind, can connect us to where we are, and the places we live.

Jennifer Edwards' exhibition 'Into the Wild West II - Turquoise Clouds' in The Solo Space is also based on what's

'Blue Dog' by Jennifer Edwards

around her and in her environment.

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

Her art is colourful, personal and becomes a language, which is explored along with the viewer. She has continued this exploration over the last few years with this exhibition featuring portraits of her family, dogs and a self portrait, along with the 'Wild West' paintings.

Both exhibitions will run until Saturday 19th July.



'Love' (108 Beads) by Despina Angeli

The Gallery's annual Fibre Show will follow, with work due in Sun 20th July. Fibre artists who are interested in exhibiting can contact the Gallery for more information, phone 6689-7449 or go to: <https://blueknobgallery.com/gallery>

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

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

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

The Moore Workshop Space is available for hire. Please contact the Gallery for more information.

Inspiration from the outback

My name is Susan Louise Gumley. I am a local Nimbin artist with a studio in town, called FeatherGum.

I have been an artist all my life, through water colours, stained glass and other mediums. My recent exploration is with acrylic on canvas.

My new exhibition is a reflection of my travels through the outback last year. Gumtrees of all colours and shapes have stayed with me.

I hope I have created a large enough forest in the Nimbin Artists Gallery for you to see and feel the texture of what is in my



Above: 'Two Red Rock Wallabies'
At left: 'Gumtree Kookaburras'



mind.

My journey included fossicking along the way. I began to dream of opal trees coming up out of the desert.

I tried to capture the opals and gems in the gumtrees and the colours of the landscape, as well as the birds and animals on our journey.

The white backgrounds

represent the endless possibilities of the outback.

Hope to see you in the Nimbin Artists Gallery in July and August, at 49 Cullen Street, open 10am-ish to 4pm-ish, seven days a week.

Contact the gallery on 6689-1444, or on facebook, at: www.facebook.com/@Nimbin-Artists-Gallery-100057367194456

All quiet on the North Lismore front

by Jimmy Willing

After Cyclone Alfred, the old High School fire and the insane destruction of my neighbourhood in the first six months of 2025, North Lismore has finally gone back to being its sleepy old self.

It's even got a bit sunny and warm, and it's left me free to get on a roll with my bird production at The Joy Love Art Studio. I like the idea of turning the joint into a painted aviary, and as such I've decided to call the next art show 'Strictly for the Birds'.

The bird show will be a group effort, a Spring arts affair that will showcase works from some of the country's finest bird artists.

Support for The Joy Love Art Studio has been huge and has come in many forms, and I thank all those who have helped and enabled me in this latest chapter of my artistic journey.

I will do my best to live up to the faith that you have in me and make the studio something that Lismore can be proud of.

Although I have the blessing of the Love Family to set up and work in their abandoned family home, I am a squatter and I did fear public condemnation for taking up a rebel stance.

I was worried that Lismore's good old boys might look at me askance, but they smile and wave at me from their utes, just like they always have; in fact they seem to be smiling more.

I have not become Public Enemy Number One as I feared, but quite the opposite has become the case as folks are stopping me in the street and asking to shake my hand.

On other matters, My Army from The Dress Up Box was a great success at the Lismore Lantern Parade, with many of my toy soldiers and pirates having had so much fun that they wanted to sign



up for next year before they had even finished the march.

Liberty led the people, Napoleon followed his star and we were successful in the quest to bring elements of my fantastical lantern paintings to life.

It's a strange phenomenon where the

parade once influenced the paintings and now the paintings are influencing the parade.

We filmed it all, and I'm sure that the best bits will end up in the Rock and Roll movie that I'm creating with The Real Gone Hick -Ups.



Lismore Art Club marks 65 years of creativity

A cornerstone of the Northern Rivers creative landscape, Lismore Art Club is thrilled to present its 65th annual exhibition, opening on 1st August and running until 22nd August at Flourish Gallery.

This landmark show marks an extraordinary legacy of artistic expression, community engagement and cultural continuity in one of Australia's most vibrant communities.

The exhibition will feature a diverse and inspiring array of works by current club members, spanning painting, drawing, sculpture and mixed media.

From established artists to emerging talents, the show offers a rich visual tapestry that reflects the unique voices, stories and perspectives of the Northern Rivers region.

Club President Jeht Burgoyne said, "This year's exhibition is more than just a showcase of beautiful art, it's a celebration of 65 years of friendship, growth and creativity."

"Our members bring a wealth of experience, passion and individuality to their work. It's always exciting to see that come to life in our annual exhibition."

Flourish Gallery is located at 15 Casino Street, South Lismore. Gallery hours are Wednesday to Friday 10am to 4pm and Saturdays 10am to 2pm. Opening night is Friday 1st August, 5pm to 9pm. All artworks are available for sale.

Underfoot compositions closely observed

Roxy Gallery, Kyogle proudly presents Understories: 'Things Fallen' and 'Tidescapes' by acclaimed multidisciplinary artist Karena Wynn-Moylan.

The culmination of nearly a decade's work, this exhibition unites both series in this collection in a single space for the first time.

Running until 2nd August, the show features pioneering work that redefines oil painting through luminous, watercolour-inspired techniques.

Karena's career spans painting, music, film, and radio. She has won numerous prizes in recognition for her work across a range of media; held 18 solo shows, and participated in over 200 group exhibitions. Her work is held in private and public collections worldwide.

In Understories, she subverts traditional oil painting by layering transparent glazes from light to dark, harnessing the canvas's raw whiteness as her only light source.

The result is a radiant interplay of decay and renewal in coastal, forest, and garden fragments – rendered with Renaissance-inspired precision and modern



material science.

"By isolating patterns from nature's chaos, I'm documenting dissolution – but also the quiet beauty within it," says Wynn-Moylan.

The poly-cotton canvases, selected for their ultra-smooth brilliance, intensify the glow of her hand-ground pigments, merging watercolour's delicacy with oil's permanence – a distinctive approach you won't see elsewhere.

A storied creative force, Wynn-Moylan has curated festivals, composed for MONA, and won international accolades for her radio documentaries.

Understories reflects her lifelong dedication to



artistic experimentation and environmental storytelling.

Karena will be offering a workshop on her unique

layering techniques – sign up to receive details at: <https://roxy-gallery-kyogle.kit.com/32adb9ae06>



Bodywork

The Serpentine Community Gallery presents 'Go Figure' in July, a celebration of the human figure through art.

It brings together a bold and beautiful collection of works that explore the human form in all its complexity, vulnerability and strength.

Featuring 29 local, emerging and established artists, this group exhibition dives deep into the body as subject and symbol – revealing the endless ways it can be reimagined, honoured, challenged and transformed.

As a motif, the human figure is universal. It crosses cultural boundaries and carries a spectrum of meanings – personal,

political, poetic.

Through painting, drawing, sculpture and mixed media, Go Figure presents a dynamic dialogue of perspectives: playful, raw, reverent, experimental, inviting us to reconnect with the messy miracle of being human.

The exhibition will run from 11th July to 21st July, with opening night on Friday 11th July, 5.30-8.30pm. Meet the artists, enjoy live music and raise a glass to the bodies we live in and the stories they hold.

Serpentine Gallery is at 3/104 Conway Street, Lismore. Opening hours are Monday-Friday 10am-4pm, Saturday 10am-2pm.



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Nimbin Interagency brings together NFPs

by Nimbin Chamber of Commerce

Over 30 passionate community members representing a wide range of local organisations gathered for the Nimbin Interagency meeting on 31st May.

The event was a vibrant reflection of Nimbin's unique collaborative spirit, with a shared vision to strengthen communication, pool resources, and increase volunteer engagement across the village.

Moving forward, three Interagency meetings will be held each year, prior to Village Advisory Group (VAG) meetings, to ensure community priorities are heard at the Council level.

About the Nimbin Interagency

The Nimbin Interagency is a collaborative initiative that brings together local not-for-profits (NFPs), service providers, community groups and volunteers to:

- Share updates and resources;
- Co-ordinate projects and events;
- Discuss challenges and solutions; and
- Strengthen the fabric of our community.

The group discussed several key themes with concrete actions now underway:



Representatives of Nimbin volunteer organisations at the meeting

Honouring volunteers

- Plan an annual "Heroes of Nimbin" celebration event with fun and heartfelt awards;
- Launch a "Volunteer of the Month" column in the *Nimbin GoodTimes*;
- Support a Nim-FM volunteer interview series and submit stories to local media;
- Create a Nimbin Volunteer Honour Roll (on-line or public display); and
- Explore perks: meal vouchers, certificates, recognition events, and shared training.

Streamlining volunteer efforts

- Build a central volunteer database via: nimbinvillage.au
- Survey organisations for needs and offerings;
- Promote shared volunteer training (eg first aid, RSA, governance);
- Co-ordinate a shared event/ volunteer calendar;
- Encourage remote

volunteering and youth mentoring partnerships.

Collaborative community projects

- Housing discussions: community-led solutions like co-ops and tiny homes;
- Focused support to save Nimbin Bowling Club;
- Use the Nimbin Village website for skill-sharing, grant alerts, and event promotion; and
- Improve visibility of public resources (eg defibrillator map).

Working with Council

- Maintain monthly Chamber-Council Destination and Economy meetings;
- Advocate for local infrastructure: seating, shade, hot showers in amenities block;
- Support keeping developer contributions in Nimbin;
- Leverage the Interagency to raise strategic priorities with VAG and Council.

Skill-sharing and development

- Host community training sessions (grant writing, cultural awareness, digital skills);
- Develop and share tools for effective meetings and volunteer governance;
- Launch a skill-sharing board via Nimbin Village;
- Promote youth work experience and mentoring as employment pathways.

What's next?

- Next Interagency Meeting to be co-ordinated by NNIC;
- Mailing list and meeting notes distributed by the Chamber; and
- Survey of all organisations to capture needs, strengths and collaboration opportunities.

Organisations are encouraged to join the Nimbin Chamber of Commerce (membership for NFPs is free) to stay in the loop with updates: www.nimbinaustralia.com.au/membership-plans

CWA Nimbin goes Korean

by Sage Bryant, Publicity Officer

Each year, the CWA of NSW selects a different country to focus on for study and cultural exploration, and for 2025 it is the Republic of Korea (South Korea).

In keeping with the theme, the Nimbin CWA members have recently enjoyed a kimchi making workshop, as well as a Korean film and dinner night.

These activities not only further our knowledge of other cultures but also help to build and strengthen friendship bonds within the branch membership.

Thank yous

CWA Nimbin Branch would like to extend our thanks and appreciation to Cerise Acacia from The Solar Farm and Whalebone Nursery who donated a \$50 voucher prize for our last raffle.

Your generosity helps our branch continue to serve the local community.

We would also like to acknowledge and thank Karen Welsh, president of the Nimbin Artists Gallery, for allowing us the use of the gallery foyer during the MardiGrass.

This allowed us to store our green-stall items close-by throughout the weekend and was greatly appreciated.

Meet our members

Each month we'll hear from one of our members about their CWA journey.

What is your name? Beverley.

Where do you live? 2½km out of the village, and have done so permanently since 2001, though I have had ties to the village since 1989 when my parents moved here from Yamba.

When did you join the Nimbin CWA? I had an awesome role-model in

my mum, who believed in community engagement of any form.

When we heard that Moksha was looking to re-establish the CWA Nimbin Branch and was holding a meeting to gauge interest, we decided then and there to join. I am one of the founding members from 2019.

Why did you decide to join? Because I want to give back to the community, work with like-minded people, and to help those in the community who are vulnerable.

No matter where I have lived, I have always found an organisation where I could volunteer, usually to keep myself occupied and make myself useful.

What positions have you held in the branch? For the past two years I have been *The Land* cookery officer.

I have also been a branch delegate at the Bathurst and Coffs Harbour Sste Conferences, as well as a branch councillor at several Far North Coast group meetings.

What do you enjoy most about your membership? I enjoy making a difference, even in small ways, using my skills-base of lived experience and work background.

I enjoy strengthening ties within the branch and the community, making friends, and even the rollercoaster ride of emotions this brings with it.

Working with such a diverse range of like-minded women broadens my knowledge and skills, this helps me better fulfil my role and makes our branch stronger.

What do you look forward to? Our branch growing, not only in new memberships, but in what we are able to offer the community in terms of support, and the adventures that go



Bev

along with this.

I am also looking forward to engaging with other near-by branches in terms of competitions for cookery and handicrafts, so that we can improve our skills and earn entries to state level competitions.

Dates to remember

- **Open Days:** 10am-3pm on the 2nd and 3rd Wednesdays of the month, plus every Wednesday following the Community Market Sunday.
- **Op shop days:** 10am-3pm, 1st and 4th Wednesdays of the month.
- **Community Market Days:** 9.30am-3pm on the 4th and 5th Sundays of the month.
- **Street stall:** 10am-12noon, most Saturdays, outside the newsagents.
- **Branch meeting:** 3pm on the 2nd Monday of the month, new members always welcome!

We are located at Figtree House, 81 Cullen Street, Nimbin (next to the firehouse via Sibley Street)
For enquires phone: 0461-412-831 or email: secretary.cwa.nimbin@gmail.com

Volunteers wanted

by Kyi Van Hooff, Organisational Support and Volunteer Manager

Koala breeding season is here and the Northern Rivers Koala Hospital is preparing for our busiest time of year.

For the next five months we will be at capacity, caring for sick, injured and orphaned koalas.

Friends of the Koala have been guardians, advocates and protectors of our koala community for 39 years.

Our amazing volunteers work tirelessly as a team providing care, food, transport and rescue support 24 hours a day, 365 days a year.

During breeding season many of our koala carers are also busy responding to rescue calls all over the Northern Rivers which means our koala care teams need extra support to keep up with the demands at the koala hospital.

We urgently need support from the community to continue to do what we do.



If you can spare a day a week, or every second week for three months or more, we urgently need the following:

Koala carers

Afternoon shifts at East Lismore, seven days a week, 12.30-4pm.

These volunteers work to maintain the koalas runs in the hospital rehab, make observations, arrange and provide food to koalas. Full training provided.

Hotline responders

Remote morning, afternoon and evening shifts.

Working from home or wherever you are all you need is a stable phone line, access to the internet, a device and a computer. On-line training provided.



Leaf harvesters

Seven days a week, 9-11am.

Our leafers work in teams of two, collecting koala food in our vans from properties all over the Northern Rivers including our own plantations, for approximately three hours every morning.

Volunteers must be comfortable working outdoors, have a moderate level of fitness, a fully unrestricted drivers licence and a genuine ability



Fudge, who is now 15 months old, has gone to soft release, in a secured area within her home range where she can practice climbing bigger trees. During this time our dedicated rescue team will monitor her closely to make sure she is doing OK, and all going well she will be released in approximately two weeks.

to be responsible and commit for at least a three-month period one day a week, or every other week.

We currently have more than one orphaned joey in care. The cost of raising a single young joey from rescue to release ranges between \$15,000 and \$20,000.

As a charity we rely solely on the generosity of our volunteers and

our community.

If you are 18 or over and you would like to make a difference to the future of our koalas and their habitat, please get in touch with us!

You can enrol to volunteer on our website: www.friendsofthekoala.org or email: volunteercoord@friendsofthekoala.org to find out more.

NSW State of the Environment Report ‘truly alarming’

The newly released NSW State of the Environment Report paints a grim picture of the health of NSW ecosystems, according to the Nature Conservation Council of NSW, the state’s leading environmental organisation.

The State of the Environment report is NSW’s premier scientific report card, released every three years.

It describes the health of our life support systems – the land, water, air and ecosystems, and it tracks trends over time.

This year almost all indicators are “getting worse”.

Key report findings

Since the last report, 36 more animal and plant species have been listed as threatened with extinction.

Since 2021, there have been 190 fish kill events, with tens of millions of fish dying in some events.

Alarming, the fastest growing segment

of threatened animals is those which are critically endangered, which grew by 35 species over the same period. This is a stark indicator of the worsening biodiversity crisis, and shows current settings to protect endangered species are not working.

Across the state, distribution of native land mammals continues to shrink, with fewer habitats left to offer safe refuge.

The clearing of native vegetation remains significantly higher than before land clearing laws were loosened in 2016, with agriculture the main driver.

Projections show that only half of all native animal species currently listed are expected to survive the next 100 years.

Chief executive officer of Nature Conservation Council NSW Jacqui Mumford said, “Every NSW resident should be outraged that our shared natural heritage is being stolen from under our feet.

“The risk to First Nations cultural heritage is intolerable. Indigenous knowledge must be

informing the protection and restoration of Country.

“This report confirms what we already know, and the message couldn’t be clearer. Nature in NSW is in deep trouble and those in power are failing to turn this alarming trajectory around.”

Recommendations

In response to the State of the Environment report card, NCC is calling on the NSW government to:

- Rein in land clearing for agriculture by closing legal loopholes;
- End native forest logging, protecting 1 million hectares of our most precious forest for conservation and recreation;
- Reduce water extraction by irrigators, allowing inland rivers to connect and flow;
- Restore coastal estuaries to protect communities from climate impacts; and
- Increase funding for environmental programs from 1.6% to at least 2% of state

expenditure to resource an effective NSW Nature Strategy.

“Our state’s environment is being mismanaged, and until the developers, irrigators, and logging companies are kicked out of government back-rooms, nothing will change,” Jacqui Mumford said.

“The ecological carrying capacity of NSW has been slashed to 29% of its natural level since colonisation.

“Our rivers are being sucked dry, forests are shrinking, and species are vanishing. We need the NSW Government to act with the urgency that the biodiversity crisis demands.

“The NSW Government urgently needs to develop and implement their Nature Strategy, fix the laws that aren’t working and truly chart a path out of this crisis.”

“This is an opportunity for Premier Minns to secure a legacy as the government that stood up for nature by acting urgently to stop extinction, restore ecosystems, and protect the future for all of us,” Ms Mumford said.

I'M A FAN

by Scott O’Keeffe, ecologist

“Only weigh 10 grams, but watch out if you trespass on my two-hectare territory!” I would describe grey fantails as ‘pugnacious’.

Grey fantails (*Rhipidura albiscapa*) are members of a family (Rhipiduridae) of 24 species of very active insectivorous birds.

The members of this family are found only in Australasia and South Asia.

Grey fantails are easily recognised by their bold grey and white plumages and long tails that they continually fan, cock and wave from side to side.

Males and females have similar plumages. Females are slightly smaller than males. Young birds have similar plumages but with more buffy-brown edges in their feathers.

In the Northern Rivers

district, grey fantails are particularly easy to see in winter. This is when birds move from the highlands to lower ground and form flocks with local resident birds. Other birds from further afield also move to the district in winter.

The migration and movements of grey fantails are complex and not very well understood. Some populations are nomadic and some are sedentary. Sedentary populations may be increased seasonally by migration from other areas.

In some areas where the populations are substantially migratory, grey fantails will form flocks of up to 200 birds. Some of these move long distances; up to 1200km over three years.

Grey fantails occupy most habitats in Australia that support woody vegetation. They are found in all but the most arid treeless areas,



from sea level to an altitude of 1500m. They occupy the edges of warm and cool rainforests.

They are most abundant in wet and dry eucalyptus forest, especially those with a tall canopy and a dense shrub layer. In semi-arid areas they prefer woodlands dominated by mallees or acacias.

Grey fantails have

successfully adapted to a variety of highly modified landscapes. These landscapes have something in common: the presence of lots of woody vegetation, and it needn’t be native.

In agricultural areas you can find them in patches of remnant vegetation surrounded by pasture or crops. They also occur

in orchards, plantations, windrows, Lantana thickets and homestead gardens.

They’ve also adapted to agroforestry landscapes and do well in regenerating logged areas, native eucalyptus plantations and pine forests. The Northern Rivers area has the full complement of these landscapes, so grey fantails are easy to find.

Why are grey fantails so conspicuous? Their diet! They feed mostly on small flying insects. Studies of fantails have shown that up to 82% of their diet consists of winged ants.

They catch these by making sallies from fixed perches, plucking their prey from mid-air, often after a lengthy chase.

Grey fantails breed between August and January. The breeding season may be slightly longer in southern areas, during which they may raise two broods.

They are known for their very vigorous defence of nesting territories against all comers, including large, lumbering humans.

Like other related fantails, their nests are beautiful little cups of woven grasses, lichen, and moss, bound together with spider webs. The nests may be built anywhere from one to 30 metres above ground. Clutches usually contain about three eggs, but some nests may contain up to six.

Both parents incubate the eggs, which hatch in about 15 days. The young fledge at 15 to 20 days. Both parents feed the young while in the nest and continue to feed them for another 10 to 20 days after the young leave the nest.

After the young have left the nest, another clutch of eggs may be laid almost immediately and tended while the first brood is still maturing. Several species of cuckoo are known to lay their eggs in fantail nests.

Grey fantails are thankfully still common in Australian landscapes. On chilly mornings they seem to appear out of nowhere.

Active, noisy and cheerful, they always make my day.

How does riding affect a horse's back?

by Suzy Maloney

Riding horses has long been a cherished partnership between humans and animals.

However, while many focus on technique, performance, and the rider's experience, it's equally important to consider the horse's physical well-being, especially the impact riding can have on a horse's back.

A horse's back is a complex structure made up of vertebrae, muscles, ligaments, and connective tissues. Unlike humans, horses do not naturally carry weight on their backs.

Their anatomy evolved for running, grazing, and bearing their own weight; carrying a rider is a learned and physically demanding task.

The thoracic and lumbar vertebrae, which lie beneath the saddle, are particularly susceptible to stress.

How riding affects the back

- Muscle soreness and strain: Caused by excessive or uneven pressure on the back muscles;
- Back stiffness: Often a sign of poor saddle fit, improper training, or lack of muscle development;
- Atrophy: Muscle wasting from poor conditioning or prolonged use of saddles that restrict movement;
- Kissing spines: A severe condition where the bony projections of the vertebrae touch or overlap, causing pain and inflammation.

Recognising back pain in horses

- Muscle atrophy, asymmetry along the back, a hollowed back;
- Resistance during saddling and mounting;
- Changes in gait, reluctance to perform certain movements;
- Resistance to collection;

- Behavioural changes such as irritability or tail swishing; and
- Bucking or pigrooting.

Steps to protect and support the horse's back

1. **Proper saddle fit.** This is one of the most crucial factors in protecting a horse's back. An ill-fitting saddle can create pressure points, restrict shoulder movement, and cause pain or injury. Saddles should be evaluated annually, as horses' shapes change over time due to age, work level, and weight fluctuations.
2. **Balanced riding.** A rider's position and balance have a direct impact on how weight is distributed across the horse's back. Riders need an independent seat, with even contact through both stirrups and proper alignment. Unbalanced riders, or those relying

heavily on reins or stirrups, can inadvertently shift weight in harmful ways.

An unbalanced rider may lean, grab, or hang on the horse, causing discomfort and affecting the horse's movement, or cause the saddle to shift, potentially leading to injury.

3. **Rider weight.** The ideal weight ratio for a rider to their horse is between 10% and 15% of the horse's body weight, including the weight of the saddle and other tack.

This ensures the horse's well-being and optimal performance. What this means is that for a 500kg horse, the weight of the rider plus the saddle shouldn't exceed 75kg.

4. **Rider fitness.** Horse riding is a sport; we don't just sit on horses backs and they take us for a ride. A passenger does this, not a rider. Passengers can place a lot of strain and tension on a horse's back if they're not moving with all the subtle changes.

Unfit riders may struggle to maintain balance and a fluid seat, resulting in the

horse having to compensate for their movements. This can result in discomfort and potential back injury.

5. **Core strength and conditioning.** Just like human athletes, horses need strong core muscles to carry weight effectively and safely.

Incorporating exercises that build core strength, such as hill work, transitions, pole work and stretching helps support the back and reduce the risk of injury.

6. **Training and rest.** Overtraining or repetitive movements can exacerbate back issues.

Implementing varied training routines and allowing adequate rest periods ensures that the horse's back muscles recover and adapt appropriately. Over-riding or neglecting rest days can lead to fatigue and increase the risk of strain or injury.

7. **Regular bodywork and veterinary care.** Massage therapy, chiropractic adjustments, and physiotherapy can help keep the horse's back supple and

pain-free. Additionally, regular veterinary check-ups can help catch and address potential back issues early, before they become severe. Imaging techniques, such as X-rays or ultrasounds, can identify underlying conditions like kissing spines or muscle tears, facilitating targeted treatment plans.

Riding can be physically demanding on horses, particularly their backs. However, with awareness, proper equipment, and thoughtful care, the impacts can be minimised.

By prioritising saddle fit, riding technique, strength conditioning, and recovery, we can foster a partnership that is not only enjoyable but also sustainable.

A healthy back is not only vital for performance, but also essential for a horse's comfort and quality of life.

Happy Horses Bitless
www.happyhorsesbitless.com
Phone 0401-249-263
Email: suzy@happyhorsesbitless.com
Facebook: Happy Horses Bitless Bridles



by Peter Moyle, Nimbin Bushwalkers Club

Finally, a weekend away and with the bonus of weather to match the walks. Boonoo Boonoo and Bald Rocks National Park, not far from Tenterfield, was the venue for 3-4 days of walking, relaxing and socialising.

Ten members made the drive up the escarpment and with dry weather for a change, camped at the Cypress-Pine campground set in the trees besides the Boonoo Boonoo River.

With clear skies and little wind, it was perfect to explore this Granite Country.

The short drive and walk around and up Bald Rock on Saturday gave us great views and a bit of exercise. A couple of shorter walks finished the day before dinner around the roaring fire at camp.

The recent rains made the 12km return walk to the waterfall along the Boonoo Boonoo River a treat, with many foaming rapids and clear mountain water before the waterfall sending water cascading off the range down into the gorge below.

Another highlight was the platypus frolicking in its home lake near camp, and if you kept quiet, it was around any time we went to see.

As usual, a great time with great like-minded friends.

Walks Programme

Friday 18th to Monday 21st July
Forest Tops in the Border Ranges NP

Leader: Mark Osberg 0408-113-125

Grade: 3-4. There are lots of great walks and all re-opened, as are the roads in from Kyogle or Murwillumbah.

Meet: at the campground, contact Mark to register your interest. Come for a day walk or camp for a night or 2 or 3. In-car camping and tent spots available to share. NSW Parks vehicle daily access fee applies, or yearly is better value.

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

Camping: Mark has booked all 3 sites for the Friday, Saturday and Sunday, so it's just us, nice and private. Mark and Michelle will be staying all three nights. For sharing, \$15 per person per night; ring to reserve your stay.

Sunday 10th August – Christies Creek between Burringbar and Murwillumbah

Leader: Peter Moyle 0412-656-498

Grade: 4. 10km walking up fire trails before some off track and along creek beds. The creek walk is special and a highlight. Will be at its best after the wet season. This is my version, last time we ventured this way we deviated up a new valley and made it a real adventure, this time more subdued.

Meet: 9am Burringbar train station where we will carpool to the start. Ring Peter for more details and to register. Good walking shoes/boots needed as well as lunch and hat.

View from the loo

by Stuart McConville

Anyone who has been brave enough to attempt to navigate council planning laws and do their own development application will resonate with this topic.

Due to the complexity and reactive nature of local government regulations, it now takes a great deal of expertise in planning to make the simplest improvement to your property.

In some cases, the cost of having the planning application dealt with professionally outstrips the cost of the actual build.

There are many good reasons why planning laws are needed, but I believe the time has come to re-assess the fundamentals and make planning applications accessible to everyone again. AI will play a leading role in simplifying the future, but some laws will need to change first.

Ultra vires is a Latin phrase, meaning "beyond the powers". Ultra vires plainly means an action taken by a statutory body or its agent that exceeds the legal scope of its authority.

In my role as a consultant preparing Section 68 on-site sewage management plans for clients wanting to build or upgrade their systems, I am seeing increasing actions taken by councils that fit this description perfectly.

One nearby coastal council requested that I carry two types of insurance policy, professional

Ultra vires

indemnity and public liability, before they would assess my S68 applications (on behalf of independent clients).

I challenged this, with the State Ombudsman coming out in my favour and telling the council to please explain why two overlapping insurances were required when I was, for all intents and purposes, not even working on council land.

The council then backed down and assessed my application, only to try again to apply laws that don't exist in any planning instrument. Again, I had to argue my point strenuously before they finally acceded and approved the application.

In the meantime (six months of mucking around), raw sewage was pooling on the ground at the failed system and the family's five-year old was pretty keen on playing in the mud! This type of behavior on the part of council is unacceptable and reprehensible.

Another case was with another coastal council recently insisting that a land application (septic trenches) area be designed on the basis that the owner might have a private event (party) where the current planning instrument states that load be determined by how many bedrooms the house has.

Again, council acting outside its own planning laws and frightening off a client who just wanted to

legitimise an outdoor toilet and bathroom that already existed. In most cases, clients back down because the cost of challenging council is prohibitive and not worth the fight.

A council closer to hand recently applied a set of State guidelines not yet adopted by the council as a planning instrument in lieu of their existing planning requirements which would have seen a simpler, cheaper system installed over a more complex expensive outcome for the client.

An inland council has decreed that no matter how many people are capable of living at a given address, a minimum of five persons' wastewater must be planned for. This applies to tiny homes with one bedroom!

I am sure there are many more stories of such things happening right across the planning spectrum, and I would encourage any new legal professional who wants to make a name for themselves to take on the task of documenting and pursuing councils that are getting too big for their boots.

There could be a class action that is well and truly needed to bring back some consumer perspective to the planning process.

Stuart McConville runs
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Solomon's seal for connective tissue

by Trish Clough, herbalist

The lead-up to winter is harvest time for the fascinating medicinal plant known as Solomon's seal (*Polygonatum multiflorum*). The story behind its name is as interesting as its medicinal uses. It is a cold climate plant, preferring to grow in partial shade, often in woodlands. There are numerous species in the temperate climates of the northern hemisphere, with species native to North America, Europe and Asia. Sadly, it would not grow in our subtropical climate, but I was very fortunate to know of a herbalist in Tasmania who has it growing on her property. I was able to purchase some beautiful quality dried rhizomes and I now have a tincture and an infused oil under way this month.

A caution is the above-ground parts of the plant, including the berries, are toxic. The medicinal value is in the underground rhizomes, which grow horizontally and in a mature plant can spread many metres. It is a perennial with drooping branches up to one metre long with pretty droplets of sweet-scented whitish flowers, which then form blue-black berries.

There are indications throughout history that it has been used for centuries in Europe, North America and Asia and is a valued and revered plant. The name *Polygonatum* indicates many angles or joints.

Herbalist Matthew Wood (*The Earthwise Herbal, Volume 2*) writes: "The soft, sweet white/yellowish rhizomes look like bones and vertebrae, while the leaves wrapping around the stalk look like tendons and ligaments wrapping



Polygonatum multiflorum

around bones, so polygonatum has been used to strengthen the bones, marrow and tendons."

With ancient traditional use, plants were believed to indicate their medicinal benefits by clues such as these, known as the Doctrine of the Signatures. The plant divinely reveals its usefulness through its shape, colour, behaviour and other characteristics.

The so-called seals on the rhizomes are roundish scars from previous stem origins. The age of the plant can be determined by counting the seals, each one indicating a year of growth. The story for the name Solomon's seal is described in a monograph edited by CF McDowell from Cortesia Herbal Products:

"Solomon's seal is named for King Solomon of Hebrew lore who was granted great wisdom by the Hebrew God and had a special seal that aided him in his magical workings, allowing him to command demons without coming to harm.

"According to herbal lore, King Solomon himself placed his seal upon this plant when he recognized its great value." It is considered the 'seals' on the

rhizome resembles King Solomon's seal. Not surprisingly, the main uses for Solomon's seal are to treat muscular and skeletal problems. Very specifically, it is recommended for tendon problems.

Matthew Wood writes that Solomon's seal lubricates the tendons, ligaments, muscles and joints. He writes that the plant medicine can adjust the tension on the tendons and ligaments, loosening or tightening as needed.

He also states he has observed it removing bone spurs many times. This condition he says is mostly not caused by excessive calcification, but more by stress on the bone from faulty tension in the connective tissue.

Because of its soothing and moistening properties, Solomon's seal is also traditionally used for intestinal inflammation, coughs, wounds and bruises. It can be used topically to improve the quality of the skin. It is apparently a main ingredient in many expensive beauty products.

Currently I am making a tincture for the dispensary. Perfect timing, as I recently emptied my last bottle. I am also trying, for the first time, an infused oil for topical application.

There are many US brands of oils and salves that are claimed to give excellent results. I'm a little puzzled as the main active constituents are water soluble, so I'm not sure how well they will extract in oil. It will be an interesting experiment!

Trish Clough has been a practising herbalist for more than 30 years and has her own clinic practice in Iluka.

Trish is available for consultations by appointment on 0452-219-502 or: trishclough2@gmail.com The information in the column is meant for general interest only and should not be considered as medical advice.

Finding peace, healing and home on the other side



by Auralia Rose

To many people, death seems forbidding, so final. Scary. The prospect of leaving this life we have known can represent a confusing black void of mystery, Earth being the only place we know with certainty that exists.

This is why I am so pleased to be invited to present at this year's Death and Dying Expo in Mullumbimby, to share my understanding of what happens when we die, gleaned from 14 years as a past life and life between lives practitioner.

During sessions, I guide my clients to the time immediately after their body dies. Here the soul can review that lifetime and experience what happens next.

People invariably report something rare and beautiful beyond the physical Earth plane. In almost 100% of

cases, at the time of death, people are at peace and ready to pass on, regardless of what beliefs they may have previously held about dying. There is no pain, just peace.

Whilst the causes of death vary greatly, there is consistency in what happens afterwards. Through my clients' experiences I have found that far from being something morbid, death is a celebration of eternal life.

When we die a whole new dimension of knowledge opens up. We are no longer limited and hampered by being in a physical body, we experience so much more than we could ever imagine, including answers about many puzzling and perplexing subjects.

Commonly just after someone dies, they find themselves floating above their lifeless body, wishing their grieving loved ones could hear them imploring them not to mourn because they feel wonderful, exhilarated, light and free of pain and all the mental and emotional states and restrictions that plagued them whilst in the body.

They feel detached from their lifeless body lying there. An elderly person may look down and just see a wrinkled shrivelled old body, which they are so glad to be free of.

Initially upon leaving their body, most find themselves



in the light, immersed in a vibration of profound love, where everything just feels good, peaceful, with no urgency to do anything or go anywhere.

If there had been trauma or prolonged pain or illness, they go to a place of rest where the soul receives the healing it needs. They then find themselves in a place that seems very familiar, a place that feels like home, and discover there is life and existence just as real, if not more real, than the physical world they've just left.

Another client reported finding himself in a kind of waiting room and explained it this way:

"It is a place of waiting, a place of introspection. There is a veil between lifetimes.

This place is the veil, a place of conscious forgetfulness so the past will not directly interfere with the future, so the present can be independent of past and future, so that the timeline will remain linear. Anyone can find themselves here depending on what their soul needs."

There are many things than can happen once a soul leaves their body. Belief and expectation are paramount. If people expect to meet guides, family or friends to help them on their way, that is what will happen. If they believe only damnation and hell are good enough for them, that's what they will experience.

It is important to remember that not all beings we may encounter on the other side have good intentions. It is possible that a soul could be hijacked and persuaded to return to Earth through reincarnation, when that may not be what is required for their soul's highest evolution.

This is where a strong connection to their own soul, higher self and the divine creator is very important.

Prior to death, if a person makes it very clear to their higher self that they wish to go directly to wherever the divine creator intends for them, or to the one true light of source, that is where they will go.

Any questions, feel free to call me on 0422-481-007.



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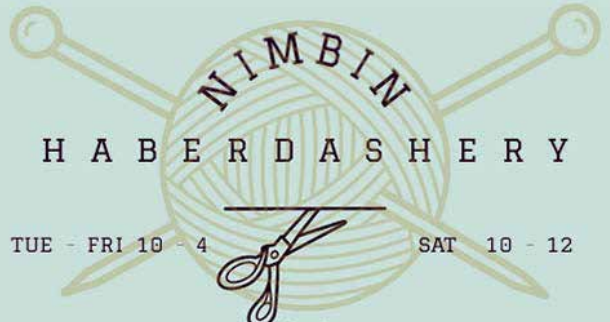
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