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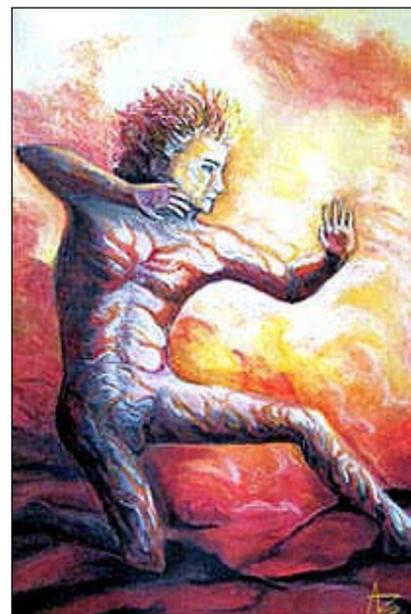
A Cornucopia of Creativity



'Frida in the Garden at Blue Knob' by Philippa Leader



'Save Swift Parrots' by Nozomi Yamashita



'Prometheus' by Ann Belle

by Anne Cook

Nimbin Artists Gallery is holding their annual exhibition, the Nimbin Artists Fair, at the Nimbin School of Arts Hall commencing Saturday 3rd April and running through to Sunday 18th April.

An art exhibition acts as a catalyst of art and ideas to the public, and it is a means by which art becomes accessible and relevant to the viewer. The curators are very excited with the scope and variety of the artists'

proposals for this year's exhibition and are looking forward to introducing the audience to these appealing art objects.

The quality of the work for this collective exhibition is quite outstanding with works from most types of media represented.

There are works on canvas, sculpture, works on paper, mixed media, ceramics and textiles.

In addition to works from familiar artists such as Donna Sharam, Christine Robinson and Leigh Arnold,

there are some new and compelling works from a diverse group of artists that the audience will be viewing for the first time.

Also, apart from the works from the established artists, we will be showcasing works from up-and-coming student artists from Nimbin Central School and Tunttable Falls School.

So come and enjoy this visual feast and support your local artists. The hours for the exhibition are 10am to 5pm, until 18th April.

New exhibitions at Blue Knob



'I Just Want My Kids To Be Happy' by Amanda Doran

Domesticated is the new member's exhibition at Blue Knob Hall Gallery with *Wood & Metal* by Jennifer Unwin in The Solo Space.

Nothing says 'domesticated' like 'tea for two' and a few chickens in the backyard.

'Tea for Two' by Cathryn Binstead is two ceramic teapots that were made as part of an assignment when completing a ceramic certificate at Randwick Tafe in the early 90's.

Amanda Doran's installation piece 'I Just Want my Children to be Happy' is a reflection of how much we want to take care of those around us, be they domesticated or wild.

The origins of the word 'domesticate' comes from Latin *domesticus* 'belonging to the house'.

It can relate to a household or family, domestic chores, or anything that is taken from a wild or natural state to live in close association with, and to the benefit of humans.

It can cover everything from human/animal domesticity, to plants that have been adapted over time by selective breeding.

There is a huge range for interpretation (including the 'undomesticated') and the artists



'Cuchuleain Sentinel 2' (detail) by Jennifer Unwin

exhibiting have had fun with this theme, interpreting it in whatever medium or form they wished.

Wood & Metal by Jennifer Unwin is in The Solo Space and will run concurrently with the member's exhibition.

Jennifer Unwin is an emerging visual artist and printmaker living in the beautiful Tweed Valley near the art deco town of Murwillumbah.

She's currently exploring the ways wood and metal have influenced lifestyles down through the ages in a contemporary sense and the many ways they influence the mark making process.

Her works in both photomedia and printmaking have been collected locally and interstate from several recent exhibitions in Ballina, Nimbin and around the Northern Rivers region.

Jennifer has also recently collaborated as a photographer in an on-line book (yet to be released) highlighting the project to save Bungabbee forest near Nimbin, and



'Tea for Two' by Cathryn Binstead

has also been accepted to exhibit in the upcoming Nimbin Art Fair 2021.

Both exhibitions will be open from Thursday 8th April and run until Saturday 29th May.

Blue Knob Café

The next Friday @ Blue Knob Café dinner will be on Friday 23rd April at 6.30pm. Costs for the meals are \$17 for mains/\$6 desserts.

For menu details and bookings please contact the Café email: bkgcafe@gmail.com or call 02 6689-7449.

Artists & Friends Lunch

The next A&F lunch will be on Thursday 29th April at 12.30pm. For more info, please contact the Gallery 6689-7449 or email: bkhgallery@harbourisp.net.au

The beauty along Lions Road



by Ruth Tsimbinis

Artist Sally Joyce has travelled the Lions Road many times in her life, at many stages of her life.

This road represents many journeys for many people, and for Sally Joyce this road represents the leaving and the coming back to her home environment, while through this exhibition she's emerging from 'professional motherhood' back to creativehood.

'Lions Road – Scenic Journeys' has been a body of work Sally has been developing over many years of her travelling on this road. In collaboration with Margaret Rollings, Angela Rollings-Munns and the Kyogle Lions Club, this exhibition at Roxy Gallery will form an historic, nostalgic and contemporary view of land this road traverses.

This is the road to Sally's home town of Kyogle; the road that she left home on and the road that she is so grateful to be able to return to home on. Sally says, "As a landscape painter I have soaked up the beauty of this road through different seasons and times of the day.

"Over the last 20 years, I have paused many times at every single bridge crossing, collecting images of creek vistas for an idea I had, to one day, create an exhibition of landscapes celebrating the beauty of this majestic road and all that it stands for."

Just like artists, the makers of this road had an incredible imagination, were innovative and creative, and showed a spirit of determination that lives on in the community of Kyogle.

"I am delighted that images from the Kyogle Lions Club on the making of this road will hang on the Roxy Gallery walls in conjunction with my paintings and drawings and be recognised in a creative context."

Joining Sally in this exhibition will be mother and daughter photographers Margaret Rollings and Angela Rollings-Munns with their own interpretations of the beauty that is the Lions Road.

'Lions Road – Scenic Journeys' will be on exhibition at the Roxy Gallery until 2nd May. The Roxy Gallery will be closed on Good Friday and Easter Sunday.



Brolga Young Persons Art Prize winners announced

Kyogle Youth Action in partnership with the Roxy Gallery and Kyogle Council is thrilled to announce the winners of the first annual Brolga Young Persons Art Prize.

Competition was stiff with around forty high quality entries submitted responding to the Covid-inspired theme of 'Change'.

The winners were: Maddison Smith of Casino for her work 'I Don't Know What to Expect from Love', with the judges praising its use of composition, technical skill and subject matter.

The best under-18 was Damian Rea, also from Casino, for his work 'Inbound' which also scored very well in the open category.

Runner-up in the open category was Julia Romilio for 'Deluge of Dread', while Lucy Wilde won a Highly Commended Award for her work 'Wheel of Unforeseeable Futures'.

The organisers would like



Winners and judges of the prize (l-r): Maddison Smith, Bec Tapscott, Lucy Wilde, Kate McGain, Julia Romilio and Damian Rea

to thank our three judges Bec Tapscott, Kate McGain and Ross Tamlin for their valuable time and insight.

The winners' work will be exhibited soon in the Roxy Gallery's Stepping Up space.

All winners have also won a mentorship with Roxy Gallery Manager Ruth

Tsimbinis, with a view to producing work for a group show in 2022.

The Brolga Art Prize would like to congratulate everyone who entered the competition and would encourage them to keep an eye out for its next iteration launching later in the year.



Artwork by Kane Bowman

Altered Figures

by Fiona McConnachie

Our next exhibitions at the Serpentine Community Gallery are two solos. First up is 'Altered Figures', a show by Kane Bowman. The show runs from 6th to 19th April, with the opening night on 9th April.

Next is 'Beneath the Naked Eye', the first solo exhibition by Shannon Bourne. This is a visual exploration of and an inquiry into what is beneath 'unified worlds'.

Shannon uses colour and movement to create these images of 'life's garden' and the realms of life and death.

The opening night is on 23rd April and her show runs until 3rd May.

Michelle Gilroy is a valued member of the arts community here in the Northern Rivers. She has been a long-standing contributor to our gallery with her increasingly skilled and beautiful work.

Michelle has been working on a new series of paintings and says about them:

"This new work is an exploration of butterflies, a follow-on from my previous exhibition entitled 'In Conversation with

Birds'. These paintings, a selection done in oils on canvas, has again taken inspiration from nature. The work is an expression of my love of nature and the beauty, peace and joy I find within it.

"Butterflies also hold symbolic value to me; they can represent healing, renewal and freedom of the spirit amongst many things to many people. To me they are the very soul of nature. Stylistically, I have in recent times been heavily influenced by the Impressionist movement which I think shows through in my work at present.

"I am really looking forward to my next exhibition, 'Chrysalis' at the Serpentine gallery in November and showcasing my new work. I hope these butterflies will enchant you as they have me."

We are very much looking forward to Michelle's show with her skilled and beautiful images in November.

To keep up with Serpentine news and events, check out our Facebook page or give us a call on 0492-964-819.

Our gallery is located at 17 Bridge Street, North Lismore.



Artwork by Michelle Gilroy

Tweed Gallery Gems

Gallery DownTown in Murwillumbah is presenting a new exhibition of works drawn from the Tweed Regional Gallery collection.

The exhibition, *Director's Choice*, has been curated by Gallery Director Susi Muddiman OAM, who has been Gallery Director working with the collection since 2007.

"It's a rewarding challenge to envision and care for the collection, which I believe to be a significant asset for our community today and into the future," she said.

"When considering this exhibition, I enjoyed reflecting on the history and growth of the collection.

"I selected some personal favourites; some works that we hadn't had the opportunity to exhibit in recent years, and works that reflect the diversity of artists and artforms across our four collecting profiles."

The Gallery's objective is to develop and preserve a collection of regional and national significance with a focus on: Australian portraits; Artworks of regional relevance; Australian artists' prints; and the life and work of Margaret Olley.

The exhibition continues until 13th June at Gallery DownTown within the creative hub of Murwillumbah's MIArts Precinct on the corner of Brisbane Street and Proudfoot Lane.

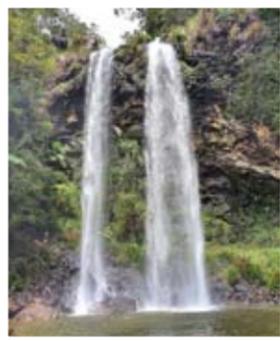
Open Monday to Friday 10am - 3pm and



Joanna Braithwaite, 'Crowning Glory – Portrait of Susi Muddiman OAM 2019', Tweed Regional Gallery collection

Saturday 10am - 2pm. Gallery DownTown is the annexe of Tweed Regional Gallery & Margaret Olley Art Centre.

Exploring Billinudgel and Springbrook



by Peter Moyle

The Nimbin Bushwalkers are back into the bush for 2021, but not quite the way we had planned.

Always nice to go into rainforest in the wet, when the vibrant colours and with atmosphere to complement shows the forest in its best form. Unfortunately, our Terania Creek walk was a bit too wet, and with some planned off-track and creek crossings scheduled, we had to postpone to later in the year.

On short notice we headed instead to the coast and walked the Billinudgel Nature Reserve. Having trails that are mainly sand-based with good drainage, 12 walkers had an enjoyable 12km loop from the Yum Yum café. Only one creek crossing needed boots off, and the rest of the meander through the paperbark forest gave us a chance to enjoy the bird life and ferns aplenty.

Springbrook later in the month had us head over the border into the National Park and what a special day was had, the only break in the very wet weather was our day, and even though things were looking bleak at times, we had no rain and the many waterfalls that this area is known for were at their best, with cascading flows dropping off the escarpment.

A leisurely day out with great company in a must-do location for bushwalking, we had the best of what was on offer. We will definitely be back.

Walks programme

Friday 23rd to Sunday 25th April Yuraygir Coastal Walk – near Broom's Head

Leader: Peter Moyle 0412-656-498

Grade 3: Most will be camping, but you can come for one or both of the day walks. We will be leaving from Lake Arragan camping area on the Saturday morning at 9am; some will walk to Angourie along the coast while others will drive to Angourie, leaving vehicles for the others to bring back to camp, they will walk back to camp. On the Sunday we will do a similar split this time to Sandon River leaving at 8am, most will be camping at Lake Arragan on the Friday/Saturday nights. \$12 per person per night and a vehicle pass required, \$8 a day or better value a yearly pass. Beach, headland and inland track walking, maybe slippery and uneven ground care needed at drop-offs. Good footwear, water and lunch a minimum. Contact Peter for camping details; we have a couple of sites to share if needed.

Sunday 9th May Mount Nardi – back of Nimbin

Leader: Peter Spearritt 0421-055-292 please ring to register your interest.

Grade 3: Some rocks to walk over and track can be slippery, care needed at drop-offs.

Meet: 9.30am at Mount Nardi Lookout or possible carpool from Nimbin. In the Nightcap National Park. Peter will take us on a couple of the popular walks in this area about 10 to 12 km. Been a few years since we have been out in our own backyard.

Bring: Water, lunch good walking footwear and a hat.

The name of the game

Can we stop the naming and shaming? I mean it. Can we?

Sometimes I doubt we can. As long as we identify with an EGO mind, we are programmed to label and judge. Bad, good, safe, not safe, want, don't want, our 'monkey mind' goes on and on, most of the time without us even realising we have made yet another assumption.

It doesn't care if its real or imagined as long as it has a story to tell, a reason to exist. And so goes on an endless life story of drama, sadness, anger, betrayal, fear, misunderstanding, naming, blaming and shaming that keeps us in this limited paradigm.

The current favourite label is to call someone a 'Narcissistic Sociopath'. Lets analyse this statement. In deeper psychological realisation we all have moments of being 'narky' when we are feeling insecure and vulnerable. Narcissism is a cover to hide our insecurity from other people and most importantly from ourselves.

Remember that 95% of behaviour derives from subconscious perceptions built in the first years of life. As a protective mechanism from emotional pain, people build walls around themselves. Unfortunately, this further compounds the perception that other people don't care and it's safer to be on their own or hurt others before they are hurt. This can also happen within ourselves as the voice of the critic.

"The force that draws behaviour through complicated sequences of conscious actions all too often comes from the ever-powerful magnet in the subconscious realm of the limbic brain, where the pleasure/pain nuclei lie." – D. Reaney

People don't intentionally want to hate others, but we will do anything to avoid being hurt again or even perceive ourselves to be vulnerable as we were in childhood. "One of the pitfalls of

childhood is that one doesn't have to understand something to feel it. By the time the mind is able to comprehend what has happened, the wounds of the heart are already too deep." – C. Zafron

As our caretakers were often unable to attend to our emotional needs, let alone teach us how to meet them ourselves, we have to create an Outside Me to protect the Inside Me we can't even admit to.

And it is always someone else's fault. The 'us and them' story is the oldest in the book. Don't we find it hard to take the blame when it really is our fault. Our Ego will lie, cheat and steal to avoid being found wanting.

Shame has been described as having the lowest vibration of the emotions we experience and scientists have noted its effect on literally tightening our DNA coil so less genetic information is available to be expressed. It's a very uncomfortable emotion and our minds are generally programmed to avoid pain, so it doesn't sit with us easily.

But then life wasn't meant to be easy, it was meant for us to experience ups and downs and make choices about our behaviour.

Ultimately that is all we can control in our current dynamic, but we don't seem to understand the power we possess. Expanded awareness knows it is not what is done to us but how we respond that creates suffering. With this perspective of love, the 'membrane of individuality' becomes porous and we can grow together.

"We must own that every human being counts in our expansion, for each is a member of a single organism. When we war, we are warring against ourselves." – B. Lipton

The first step is to stop thinking that your 'enemy' is strong. They may be outwardly capable or successful, but the way they are behaving reveals what has to be a fundamental psychological



In the moment

by Dr Jacqueline Boustany

weakness. No contented, reasonable or wise person would ever set out deliberately to harm another human.

The 'enemy' may seem daunting, but in a kind of cosmic justice, you can be assured of their inward misery and mediocrity. You are dealing with a wounded figure, not an impregnable foe.

According to the Emotional First Aid Kit, the viciousness isn't really about you. Something about you may have triggered a historic reservoir of oppression or anxiety they may not even be able to identify. You may be the victim, but are not the cause of their folly and you may even have more of a choice about how to respond. Are they actually helping you to move on and decide once and for all not to be a human doormat?

We can ask to have a conversation with them and express our case with calm and dignity or just don't believe or even answer their counter-claims. This may offend the Ego, but often I find the most effective thing to do is not add my talking stick to the fire at all.

Ultimately it's impossible to have even a halfway interesting life without attracting people who may hate you. Their presence, says nothing about you, and everything about the amount of unhappiness in the world.

Maybe one day you might find a way to forgive them for their unwarranted nastiness and see it for what it really is; a symptom of their need for love.



Nimbin Garden Club notes



by Peter Brooker

The grey clouds merely hovered and kept the rain at bay as we wandered through our first garden of the year in March.

Adding to our good fortune, we found Gabal Road freshly graded, making it flatter and less-pock marked than any road we took to get there.

And when we got there, Carole and Alan met us on their large veranda and told us about the origins of their beautiful garden and equally beautiful house.

"We arrived on the property 43 years ago," Alan said. "There was a derelict house and no garden, some big blue gums, a couple of jacarandas and two lacebarks, one of which had to be cut down."

The lacebark, like some other trees and some palms, had been planted too close to the house but the lacebark also hid treachery behind its deep pink bell-shaped flowers.

When the flowers, clustered at the end of the branches fell, they left behind seed pods that exuded a clear gel,



which if left on vehicles could remove the paint.

Carole and Alan lived in the garage for three years before restoring the house and adding the verandas. The garden, appropriately, just grew, it wasn't planned or designed.

There is a lovely paved sitting area nestled under a grapefruit tree, a majestic camellia, scattered weeping lilli pilli, a bunya pine and, of course, citrus trees and vegetable plot.

There were orange blossom orchids and tongue orchids clinging to the bark of trees.

Pathways twisted through

and around the many garden beds full of the colours provided by salvia and other plants I forgot to write down.

And just when you thought you had seen all that was on offer, a raised, circular pond rises up with a fountain at its centre.

On Sunday, when we had all gone home, the rains returned to this place of rivers.

The next garden is at Gwen and Carl's, 190 Gungas Road on Saturday 17th April at 2pm, where we hope to see even more than the 26 members we saw last month.

Bring a chair, a cup and a plate to share.

Flower Show

Kyogle Garden Club will be holding their Annual Flower and Foliage Display on Friday 16th and Saturday 17th April at St Brigid's School Hall, Wyangarie Street, Kyogle from 8am to 4pm both days. Entry fee is \$2 plus raffles.

The Display is held to promote the Garden Club and also local businesses which will have both displays and saleable items.

Phil Dudman from ABC Gardening Australia will make a guest appearance from 10.30am on Saturday.

Light refreshments will be available; great picnic venue.



Bees Knees are shaking

View from the loo
by Stuart McConville

A lone bee hovers past, no doubt getting over a dose of cabin fever, as it heads out in search of a flower that hasn't been smashed by the heavy rain.

It's the day after the deluge, and the sky is a washed-out windy remnant of the heavy rain clouds from yesterday. There will be slim pickings today, but something, somewhere will get pollinated, and most likely result in a piece of fruit for you or me.

I have always been in awe of bees. Even a little frightened. I came close to death as a child, showing off my father's hive to a mate after school, with no mask or smoker. The bees swarmed and attacked, stinging the back of my neck, leaving me with such a swollen throat I could barely breathe.

The builder (who had been renovating our

house) returned to collect something he'd forgotten and found me on the floor going blue. I was rushed to hospital where they unceremoniously shoved a tube down my throat and saved my life.

Luckily, I have had plenty of opportunity to learn about bees and their behavior, so what was fear became intrigue and eventually understanding with a large dose of respect.

That is why I was shocked to learn that our local bees are now threatened by an insidious chemical that has been banned in the UK, France and Canada due to its impact on bee colonies.

According to reliable sources, the Department of Primary Industries have been advocating the use of Neonicotinoids, a group of pesticides that act as a neurotoxin to insects, for the control of Macadamia nut borers on the North Coast.

The previously used range of control agents used for nut borer are apparently no longer effective due to drought, poor timing and incorrect rates of application.

Although Neonics are not listed as a control in the DPI fact sheets, there are also



Courtesy aussiebee.com
© Michael Batley

five other chemicals listed as having a high impact on beneficial insects.

Publications by the DPI regarding pest management tend to bemoan the fact that some of the heavy chemicals that penetrated timber are not available any more (banned) rather than pointing to the heart of the problem, the monoculture style of farming.

Climate change has changed the life cycles and habits of many common pest species and our response is to throw more toxic chemicals at the problem!

If we are to future-proof local horticultural industries, we must get on board with diversifying farming operations and avoid over-reliance on monocultures.

There are great ways to do

this with other native species such as Jelly Bush (makes Manuka honey), Lemon Myrtle and a host of other useful plants that beneficial insects can use to increase their numbers and control pests.

What will it come to before the DPI and the Maca industry realise that the best way to create a clean green image for their product is to rip out every fifth row and plant forage for beneficial insects.

The DPI was contacted for a statement, however no reply had been received prior to the NGT deadline.

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Some thoughts on Covid-19 vaccinations

Recently I have been asked by some patients whether I would have the Covid vaccine. It's a good opportunity to have a conversation about the issue, and I'm finding people are wanting to discuss it. It is an individual decision, and I'm putting out my personal view.

Briefly, I will have the vaccine, not because I feel vulnerable about my own health, but because I feel a social responsibility to be vaccinated in this case. Without a widespread vaccine roll-out, it seems large numbers of people worldwide will continue to have lasting health complications or will die from the virus.

In Australia we are fortunate that the various state governments have implemented effective systems to suppress the spread of the virus and so we have very few cases of community transmission. Yes, mistakes were made along the way. Hopefully better management was learnt.

However, as it is a global pandemic, we will not be free of the risk without a significant vaccine roll-out. People have endured strong lockdowns in some locations, and businesses in general have been very disadvantaged. Travel is significantly curtailed. Understandably people and governments want to get "back to normal". This may never be possible. There will need to be a new normal.

The devastating consequences for people in most other countries is shocking. Hospitals unable to cope, death tolls in hundreds of thousands, many people without employment or health care. So many families worldwide have been devastated by the loss of loved ones, many of whom are not in the frail elderly category.

I feel angry and distressed when I see the refusal of many governments

overseas to see what seems so obvious, and which have missed the opportunity to go hard on containing the virus. Often half-hearted measures have been used which are unable to slow the spread of the virus. For example, why transmission of the virus was believed to be a risk after 10pm in the pubs, but it was 'safe' to spend maybe four hours drinking prior to this.

So, the vaccine. I don't see any way of controlling the pandemic worldwide in the longer term without widespread vaccination programs. We do know that the vaccines are not perfect, and they don't completely prevent people getting infected. However we do know that the rates of hospitalisation and deaths are almost eradicated. This potentially makes it a similar level of risk as a bad head cold, something which is not devastating and gives a good chance of returning to almost 'normal'.

There are some concerns of safety issues with the vaccines. Some people have allergic reactions, some have adverse effects. This will happen with any vaccine program or any medication. It is a trade-off where the benefits significantly outweigh the risks. Having said that, we know that 'herd immunity' can be achieved without needing 100% of the community to be vaccinated.

My belief is that the most vulnerable people, eg frail elderly or those with serious pre-existing conditions, should not necessarily have the vaccine, but if those around them are vaccinated it may be sufficient protection. Because it's all very new, the research hasn't answered all the questions around this.

I do have concerns about the hysteria from some sections of the broader community that the vaccine roll-out here is too slow and inadequate. I acknowledge the implementation is poorly designed. However, I also am



Nature's pharmacy
by Trish Clough, herbalist

reluctant to feel entitled to an early roll-out of limited vaccines when I see so many other countries in desperately worse circumstances which are not being prioritised for vaccine availability. I am in the priority group here because of my age (eek!), but I would prefer my vaccine to go to PNG instead. Those in countries at very high risk should get priority.

So in summary I believe the decision to vaccinate is a risk vs benefit assessment. For me the benefit of keeping other people safer and reducing deaths is worth what I see as a smaller risk of possible adverse impacts to my health from having the vaccine.

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 The information in the column is meant for general interest only and should not be considered as medical advice.

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