

# Koala Kolumn



by Jennifer Creed



If you see a sick, injured or dead koala call the koala rescue hotline: 6622 1233

In the last issue of the GoodTimes I remarked on how few Koala sightings

were reported probably due to the winter season. This has changed dramatically in the past two weeks as volunteers of Friends of the Koala have been called to attend to over 20 sick or injured koalas needing our care or assessment.

An unusually long cold snap is taking its toll and on a trip to Nimbin last week I noted the paddocks showed the stress of frost damage as well as the lack of rainfall. Unfortunately the koala food trees are also suffering. Our leaf collectors are finding it difficult to source any luscious new leaf tips vital for nourishing the sick koalas we have in care and most trees are only producing poor quality leaf.

Several of the koalas we have attended are presenting with very poor body condition. A koala's metabolism is geared to their diet and they require a constant intake of leaf. Although a thick fur is present they have very sparse fat reserves and if koalas stop eating they will rapidly lose muscle mass and become more vulnerable to overnight zero temperatures. Their energy levels quickly deplete whilst they are trying to find edible leaf and longer travelling time on the ground further exposes them to predators and vehicles.

If you have any trees on your property or roadside you think may be suitable for our leaf harvesters please contact our hotline phone 02 6622 1233 with the location details.

Also remember we do provide trees for plantings if you would like to increase the koala habitat in your area.

You will find the koala food trees botanically listed under the Nursery section of our website.

This month's feature photo is of Gillian who weighed a fragile 254 grams upon arrival into care. She is suffering from a fractured pelvis and pneumonia and was found at the base of a tree with her mother calling from above for her. A kind observer waited with her, hoping her mother and she would re-unite, however little Gillian was unable to climb back onto her mother due to her injuries. By this time she had become cold which probably caused the pneumonia.

Please remember we are available 24 hours a day to offer immediate advice and in a case like this keeping the joey warm and organising immediate safe transportation can result in a positive outcome. Gillian has now been taken to the same carer who has "Lucky Phil", the little male joey from Tweed Heads who featured in last month's article. Pairing up of joeys in care reduces stress and helps with their long term development although the home carer now has double trouble!

We rely on and greatly appreciate members of the public who observe the treasured koalas in their area for any signs of stress or illness. For further information on how to tell if a koala is in distress please visit our website: <friendsofthekoala.org> or phone our hotline 6622-1233.

# My Woodii Hybrid

by David McMinn

The Woodii Cycad (*Encephalartos woodii*) is now extinct in its native Kwa Zulu – Natal (South Africa). One male plant was discovered in 1895, but no female plants were ever found. Thus, sexual reproduction would have been impossible in the wild. How did this solitary male plant survive? Unfortunately this enigma still remains a mystery.

The original large clump was broken up, with the trunks and basal suckers being distributed amongst the Kew Gardens (UK), the Durban Botanic Gardens (South Africa) and various other plant collections. Fortunately, the Woodii Cycad may be propagated easily by vegetative means and now there are an estimated 500 plants cultivated around the world by botanical institutions and private individuals. The male clone is therefore under no threat of extinction in cultivation.

However, there is a program to collect pollen from male Woodii Cycads to hand pollinate the cones of female plants of a closely related species. The rationale is that, after several generations of back cross-pollination, a near genetically pure female Woodii Cycad may be produced. This would allow sexual reproduction of the species, with a possible reintroduction back into the wild. There is also the remote chance of a sex change in one of the male plants. Spontaneous sex reversal has been observed in other cycad species.

In 1980, I was very fortunate to obtain



a seedling of a first generation hybrid of a Woodii Cycad crossed with *E. altensteinii*. It has grown reasonably well over the past few decades, but it has yet to produce a cone so that I can determine whether it is a male or female plant. If it is female, I will be looking for someone to provide some pollen from their male Woodii Cycad. There may possibly be a source within Australia.

The Woodii Cycad and related hybrids grow vigorously in full sun or light shade, preferring warm temperate and subtropical climates. They tolerate mild frosts and cope well with various types of soil, provided they have excellent

drainage. The plants need plenty of room to grow, as a single specimen will eventually spread into a large suckering clump. A pure form of the Woodii Cycad grows to about 6 m in height with a large crown of 2.0 – 2.5 m long arching leaves.

All *Encephalartos* species and hybrids have been classified as endangered, as the wild populations have been over exploited in their native Africa. These plants fall under the CITES convention and thus no wild collected material may be traded. All material from cultivated plants (eg: plants, seed, pollen, etc) may not be traded internationally without proper CITES documentation.

Background. The only cycads most Nimbin people would be aware of are the common Sago Palm (*Cycas revoluta*) or *Macrozamia johnsonii* (cnr Cullen and Thorburn Streets). Knowledge of other species would be limited.

In the past, cycads have been promoted as 'food of the dinosaurs' to emphasize their primitive origins. Cycads dominated the world's flora during the Mesozoic era around 150 million years ago. With the emergence of flowering plants, they became botanic relics, being restricted to small populations within limited geographic ranges in warmer climates.

Although they look like small palms, cycads are in fact distantly related to conifers and produce cones rather than flowers on separate male (pollen bearing) and female (seed bearing) plants. Cycad species are highly sought after for garden plantings, given their attractive palm-like form and great botanical interest.

## GRIST

ENVIRONMENTAL NEWS FROM WWW.GRIST.ORG  
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### Beijing To Build Windmills For 2008 Olympics

Beijing has started work on 33 windmills to supply clean energy in time for the 2008 Olympic Games. Reuters reports the \$76 million power stations, situated on the outskirts of Beijing, are expected to produce an estimated 100 million kilowatts of electricity a year to reduce the city's reliance on polluting coal-fired generators. The windmill project, which China claims to be the 10th largest in the world, would also cut carbon dioxide emissions by at least 10 million tons a year. . . So, how to harness the muscle power of those athletes with their Olympic-sized carbon footprints?

### We Wouldn't Kid About This

Environmental problems kill some 4 million kids a year, WHO says

Gloom and doom alert: About 4 million kids younger than age 5 die every year due to environmental problems including air pollution, water pollution, and chemical exposure, according to a new report from the World Health Organization. In fact, more than 30 percent of illness and death in kids due to disease can be attributed to environmental factors, the researchers say. The report found that the developmental stage of life a child is at when exposed to an environmental hazard could be just as important as the level of exposure in determining what happens to them. "Children are not just small adults," said WHO researcher Terri Damstra. "Children are especially vulnerable and respond differently from adults when exposed to environmental factors -- and this response may differ according to the different periods of development they are going through." The report also confirmed the disproportionate effects environmental hazards have on poor and malnourished children, who are often exposed to the worst hazards and are least equipped to deal with them.

### Too, Too Sullied Flesh

Meat production spews more greenhouse gases than a three-hour joyride

The next time you chomp a hamburger, think of this: the process of getting that beef to your bun may have spewed more greenhouse-gas emissions than leaving all your house lights blazing while taking a three-hour joyride in your car. Researchers looked at beef production in Japan and its impact on climate, water, and energy, and came up with sobering statistics. Wanna hear more? Not including transportation of meat from farm to store, production of 2.2 pounds of beef (OK, yes, that's a big burger) also spews the same amount of CO2 as an average European car driven 155 miles, and uses enough energy to keep a 100-watt light bulb bright for nearly 20 days. Methane-heavy cow burps and farts comprise most of the greenhouse-gas emissions; two-thirds of the energy used by the industry goes to producing and transporting feed. What could be done? Improve waste management, the study authors say, or shorten the interval between calving. Or, if we may suggest something totally crazy: Stop eating so much meat.

### Tibet Warming At Twice Global Average

The Tibetan plateau is heating up by 0.3°C each decade. At more than twice the worldwide average, according to a new study from the Tibet Meteorological Bureau, as reported by New Scientist. The research reinforces a growing realization that high altitudes in tropical regions are experiencing dramatic temperature increases similar to those at the poles. Over the last 50 years, temperatures in the Arctic and Antarctica have risen by 0.2°C and approximately 0.5°C per decade, respectively, according to data from the Intergovernmental Panel on Climate Change.

Wild about your garden?



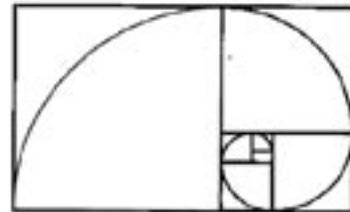
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by Sophia Hoeben

**W**e are once again in the process of creating a beauty spot on this tiny blue/green planet. This will be the third wastewater treatment system my partner Harry and myself have designed and built from scratch, and it is fast becoming another area of beauty on our small share of land.

The three stage system of a digester and two ponds, one a facultative pond and the other a tertiary reed pond, works by digesting and neutralising all waste material and associated bacteria by anaerobic fermentation. This process is the cheapest and easiest method of treating human bacteria, pollutants, detergents and even chemicals.

There are many advantages to this system of wastewater treatment. There is absolutely no run-off from our patch of Earth, and every drop of water which falls from the sky, either land in the swales, (smiles on the landscape I call them), or on the roof, from where it goes into a 5,000 gallon tank for our use. From tap to digester, from digester into a facultative pond from where it overflows into the tertiary or reed pond.

There is a spiritual aspect to creating a beautiful pond system. At first, with nothing more than three holes in the ground, it was hard to see the aesthetic nature of what we were doing. Digging such holes manually by shovel may not seem like much fun unless, like us, you take it easy and do it bit by bit. Nearing sixty, we could do it no other way!

Next, we lined the two ponds with black plastic and chicken wire before we plastered on the cement. In these days of wonder and coloured rendering cement, we were able to finish it with a coat of rustic ochre. The actual digester was nothing more than a \$100 black plastic tub, which fitted neatly into the pre-dug hole.

On top of this, we built a simple rectangular box, the top of which is slanted towards the sun and made out of black Laserlite worth \$50. The sides of the box were made of left over bits of our ceiling cladding. The unit was painted entirely black and then completely sealed with silicon (there's even black Silicon seal

available these days).

We recently bought a small \$25 pump to place a small fountain in the middle of the facultative pond, to not only aerate the water, but humidify the air on-site. A \$5 terracotta pot made a good pedestal for the base of the fountain, hiding the pump neatly underneath.

The whole thing became a labour of love, which occupied our minds and bodies when we were home. Currently, we are in the process of cementing in rocks around the pond and eventually flowerbeds will surround the whole water treatment area.

**Y**ou may think it strange to be so devoted to a waste water system, but in the end, the beauty speaks louder than words when I sit overlooking our well-done work. The satisfaction of seeing the finished system working at peak efficiency was worth the effort.

On a monetary note, had we employed someone to do this for us, it would have cost up to \$10,000.



Harry Neville

## Nightcap Forest Festival Interim Program

### The Dance

The Nightcap Action Group will hold the 25th Anniversary Ball at the Nimbin Hall, 7.30pm 20th October 2007. Cost of entry \$10.00.

Food catered by Judy Hale, music performed by Nimbin's finest local artists, sound by Bo Kaan, Deadly Sound Productions, with banners by Elspeth Jones.

Special Guests: Di Kivi, Ian Cohen, and possibly the former Premier of NSW, Neville Wran.

### The Camp

Free on-site camping at 'Stumps', the old protest camp on Mt Nardi, from 17th - 21st October 2007.

Events: The official opening of the camp by the Bundjalung elders.

Sharing food & stories of the protest around the open fire and reliving the spirit that saved the trees.



Live music, workshops and Regional Autonomy Conference, guided tours of the forest.

### The Festival Markets

In Cullen Street, Nimbin on Sunday 21st October 2007.

Music by Robert Bruce, Skylarks, Bo Kaan and many other local artists.

### The Historical Display

At the Nimbin Regional Gallery, from 17th - 21st October.

Displays, photos, films and memorabilia of the times. Gold coin donation.

For pre-Festival registration and bookings, phone Nightcap Forest Festival Committee Planning Co-ordinator on 042 685698.

## A brief history of the Nightcap Forest Action

by Sophia Hoeben

**A**lthough the Nightcap Range was declared a national park as far back as 1932, it was never gazetted, resulting in the commencement of logging at Terania Creek in 1979. The local people, after years of unsuccessful lobbying, were forced into defensive action and the battle for the trees began, eventually bringing rainforest logging to public attention worldwide.

The environmental impact study which was called for at the time was never carried out, yet, through public pressure, the logging ceased until 1982, 'The Year of the Tree', when another handful of committed souls faced the tyranny of the logging industry, as they prepared to log Mt. Nardi and much of the Nightcap Ranges.

Of the three camps established on the mountain, the largest called 'Stumps' was set up on Andy Frame's place and became the focal point of the protest. In the wet sodden conditions of the camp, they found a depth of courage they didn't know they had.

Spending three and a half months in a protest camp and frequently arrested, came at great personal cost for many as they placed their bodies in front of the logging trucks on a daily basis. Those same



Di Keevey

trucks would carry the carcass of a three thousand year-old giant, slain to spite the protesters and cruelly inflict more pain.

Behind the scenes, Di Keevey did not venture in front of the logging trucks, but bravely, and without hesitation, put forward the large amount of money needed to take the matter before the Land and Environment court, risking all she owned in life.

People from all over Australia came to join the battle and make a stand for the trees. Top scientists from all over the world, spoke out in favour of the protesters and warned the public at the same time about the rate of extinction of life on our planet. Yet, the 'Naggers', (the Nightcap Action Group or NAG) as they were known, gained a media-generated image as radical rat bags. The reality was, their passion and

commitment to the forest freaked a lot of people out, as for the Naggers, compromise was never an option.

**R**ainforest logging was subsequently banned throughout NSW, along with the 186,000 hectares of forest saved by those radical rat bags. It was an inspiring victory and the largest amount of forest ever saved in the world by direct action.

The flow on effect was no less than magic as some of the Naggers morphed into the Nomadic Action Group and set off to save rainforests all over the world. As the grandchildren of those initial protesters grow up, they may look to the mountains cradling Nimbin and remember what their grandparents fought so hard for as they take in the astounding beauty of the forested mountains surrounding Nimbin.

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# Homeopathics

by Tarang Bates

Sitting amongst the bustle of the Rainbow Lane, Saturday market, under the loquat tree. No human buskers today, but a serenade of magpies above my head, sounds great, a bit like lotto though, as far as the poo factor goes!

A colourful, social, fragrant gathering of local characters. There is fire man, roo burger man, cow poo man, pea soup lady, lady with the tea towel knickers, flags and buddas. Lots of talk of frosts and frozen pipes, frozen fingers and dead gardens. The frost has been harsh in the last few days and has created an almost, mad max effect, on the space where we gather.

As time goes on, visitors trickle through the colour and chaos, creating an interesting blend of humanity. Smoke from the fire curls the air, warming and comforting. Fire man does seem a bit obsessed though, creating a little more smoke than we need, which aggravates the cough of a little one sleeping peacefully in its path.

It seems there are many everyday things that we come into contact with, that can aggravate the balance of our wellbeing. With the abundance of citrus around, aggravations can result in skin problems such as eczema, with dry itchy skin. Smoke can aggravate respiratory conditions and so on.

The first aid remedies for this month can be used for various symptoms aggravated by allergies.

## KALI BI

A cough aggravated by smoke, possibly with wheezing and hoarseness. Very sticky, stringy mucous, a bit like egg white. Chronic bronchitis, asthma and early stages of croup. A need to constantly clear the throat,



by Dr Jacqueline Boustany  
MBBS(Hons), Dip Paeds, MPH

The world of quantum physics gives us a visionary viewpoint, from which our perspective will never be the same. This may require a momentary suspension of our current reality, and a tuning in to a deeper truth. So while you are reading I encourage you to check in with your body to feel what is really true for you. If only to remember that ultimately we are just that; resonant 'feeling' beings, energy expressing and experiencing itself in matter just like Einstein's equation of  $E = MC^2$  or  $Mass = Energy / Light$ .

Quantum physicians describe matter as condensed vibration or frozen light, like condensation of steam into water and eventually ice, as the molecules are progressively slowed. This also demonstrates how matter is affected by its environment. In fact everything we see is part of a continuous 'field' of electromagnetic charge, and what our senses are actually picking up is the difference between vibratory frequencies. Extrasensory perception, like knowing someone is in the room, with your eyes closed is picking up the 'vibe'. The brain is a processing and retrieval unit of the field of our current experience, talking to itself and the rest of the body in the language of wave interference, but the mind is the whole body experience. Every cell is perceiving and responding to its environment as the receptors on the cell wall are communicating to the rest of the cell via crystalline microtubules, influencing the production of energy molecules by the mitochondria and informing the DNA of what proteins to produce.

An example of this is the effect of emotion in the body. As we have a thought, (more often unconscious than conscious which makes things difficult to track), a physical chemical reaction matches that thought. The effect of this chemical cascade is not just felt by one part of the body, it's a whole body experience, like the adrenaline feeling of fear preparing the body to 'fight or flight'. As this reaction is meant to be a matter of life or death and thus happens in less than a third of a second it is actually statistically impossible for this reaction to wait for the traditional 'lock and key' hormone theory, where the hypothalamus - pituitary gland sends a message to the adrenal glands to release adrenaline to affect other cells.

Fear or any other emotion, chemical or nutrient has its own signature frequency, which changes the electrical charge of the cell to have a certain reaction, depending on the cell. The immune system might react to the message differently to the hormonal system, depending

on what part of the 'radio' band they are tuned into. 'E-motion' is thought energy in motion. Different emotions have been categorised into different frequencies, shame having the lowest vibration with peace and enlightenment at the higher end of the scale. This vibration affects the coiled DNA superconductor, causing it to tighten or expand respectively, turning its genetic programs off or on and correspondingly decreasing or increasing the production of protein.

One way of understanding this is ageing, which occurs because of a decrease in proteins like elastin in the skin, chondroitin in the joints or even digestive enzymes. Suppression of emotional states like shame, fear or grief, limit the production of these essential elements as they slow DNA drive. When emotions are not acknowledged, often because they are unacceptable to the conscious mind in our current culture, they are stored in the body as vibration, at times called an 'emotional cyst'. This slows down the flow of information, circulation and perineural healing to those cells, with enormous effects on cellular function. Contained stress has been linked to suppression of the immune system for example, allowing infection to take hold or the cell may withdraw from the 'dis-ease' in the environment so much that it continues to replicate without receiving normal inhibition signals from its cellular community, a theory of cancer creation. Defensive emotions such as anger, ie failed suppression of grief, tend to inflame and irritate our cells, leading to heart disease, gastric ulcers, migraine, hypertension, autoimmune disease and inflamed behaviour such as bipolar disease or schizophrenia.

Much of this information is foreign to the medical community and continued suppression of our natural emotional experience by any purely symptom relieving method, including drug and alcohol dependence, perpetuates mental and physical illness in our culture. We use these things to cope in an environment increasingly filled with fear, as we are separated from our divine nature and nature herself, by unconscious untruths generating e-motions like shame and may end up withdrawn from our own community, just like our cells. Beliefs such as 'I am not enough' or 'there isn't enough' can be tested using cognitive awareness techniques such as 'The Work' by Byron Katie. Testing the validity of these thoughts and allowing the experience of who you are without the thought is truly liberating. After all are you your thoughts, your emotions or your mood?

Scientific knowledge notwithstanding, it is easier to experience this for yourself. Next time an acute

emotional reaction presents itself, feel in to your body for where it is centered. No one else can really understand it like you do for a start, and it's often not the emotion that's the problem, but our struggle with it, our denial of it to save face, to cope in the way we have been taught by shoving it down further. All emotion has a physiological reason for our survival: Anger may indicate protective boundaries have been crossed or fear allows us to be on alert. The body doesn't know the difference between real and imagined fear, but the conscious mind can help, listening to it as you would a child, validating your right to have a normal reaction and thereby providing its needs in an ultimately self-sustaining way.

In my own experience of this, when I can really allow the truth of the emotion some room to move, it does! Be aware, however that the resistance to admitting your humanity has been unconsciously trained in us, like a man not allowing himself to cry. This is often learnt in childhood, if we are cared for by people who don't feel safe to cry or scream or sit with their own pain and so the cycle continues. In terms of Emotional Intelligence (EI) children are bringing up children, as our elders and their wisdom have been removed into retirement villages and the process of initiation into adulthood has been lost. As we grow we achieve developmental milestones, both physical and psychosocial. Erickson (1974) described critical stages of personality development where the individual would have the opportunity to learn key concepts such as Trust in the 1st year and Autonomy in toddlerhood. Without a safe environment for emotional expression, the concept may not be learnt and problems with that issue will continue to arise in later life. It is said that 70% of issues in childhood occur in the first 7 years of life, a further 20% in the second 7 years. If these issues remain suppressed, they will project out holographically in the person's life until the concept is learnt. This is why someone who may have mastered one section of their life may still behave illogically in another. EI is the key to owning our whole selves, which leads to self empowerment, success and good health.

As a last thought, quantum physics describes the universe as holographic, just as the cells are a reflection of their environment. Everything we see outside of ourselves is within us, whether judged as 'good' or 'bad'. Our one chance at true empowerment and liberation is to be able to sit with all these aspects of ourselves, without judgment and thus transcend them. That way we can see the 'good' in the 'bad' and no longer be controlled. Good luck!

because of thick mucous and inflammation in the sinuses.

## APIS

Is worth trying in the case of allergic reactions to peanuts and other allergies that create swelling of the airways. Sore and sensitive swellings, after bites or stings. Body puffing up, swelling of face, lips, tongue and throat. Pricking and itching all over the body, rashes and hives. Violent itching, especially at night. Red spots that burn when scratched and bee stings.

## URTICA URENS

Itchy scalp and skin, like nettle rash or prickly heat rash, often combined with rheumatism. Itchy blotches, hives, violent itching and burning skin. All respond well to urtica as a first aid treatment. It is also a useful remedy to antidote problems from eating shell fish.

These remedies are available from Nimbin Homeopathics, contact Tarang on 6689-1452 or email tarangbates@yahoo.com.au

ALSO some first aid remedies and kits etc are available from my stall at the RAINBOW LANE, SATURDAY MORNING NIMBIN MARKETS.

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# Let's Get Physical Goes Global: A postcard from France

by Sue Boardman

Paris offered a stark contrast to our experience in Shanghai. Gastronomic and wine degustation activity took precedence over physical activity with only glimpses of the occasional jogger or bike rider.

It was a different story in the French countryside. From the south of France to the Normandy coast we encountered a range of physical activity and at all levels of intensity.

Boules or petanque courts were to be found in every hamlet, village and town. Every day we saw groups of men playing this very old game that has some affinity to lawn bowls. But we never saw women playing! I cannot explain why.

Tennis courts and football fields were apparent in all villages of reasonable size. Piscines or swimming pools were sprinkled here and there but were often only open for 2 months of the year!



In the famous city of Carcassone we enjoyed the performance of one of the most physical buskers we have ever seen! It was a fantastic display - a crossover between yoga, acrobatics and juggling requiring intense concentration and a contortionist's body!

Serious walkers were everywhere in the national parks and mountain regions. This is a serious activity in France not only because of the numbers who participate, but also because of the climate and geography. If you are not properly equipped you could freeze to death!

The Tour de France has been on over the last month. Now this is intense! Climbs of thousands of metres in the Pyrenees and hundreds of kilometres in a day! This is a sport for elite athletes. That does not stop thousands of other people from participating in the French passion for cycling. Everywhere you look you see a cyclist. The sport includes all age groups. They have some fantastic scenery to ride through too.

In the elegant city of Montpellier we were fortunate to witness a display of folk dancing by a

group of French and Spanish high school students. Lots of fun and a great way to learn a new language.

As the Rugby World Cup approaches chic designer label shops display the latest fashion wear for the rugby going public. You can buy this designer wear in the national colours of your choice, including Australian!

As for the physical activity for the committed tourist: it has to be 'walking'. You walk for kilometres in your attempt to see all 'the sights' and to work off the pastries, cheese and wine.

Au revoir,

Sue

# An easy, natural Skin Care routine



will nourish the dry skin and form stronger, fresher skin cells that will appear over a few days.

6. Follow this up with a nightly pampering of hand balm and you'll soon have hands that are beautifully soft and supple and nails that are strong and healthy. Find a hand balm that contains active ingredients that will ensure you wake up with beautiful soft, healthy hands and stronger nails.

by Cheryl Beasley

To help achieve great looking skin here are 10 easy natural tips to have you smooth, glowing and healthy in no time.

1. Please, please use a body scrub! It will quickly smooth your skin by removing dead skin cells and it will stimulate your circulation to give your skin a healthy glow. Body scrubs are known to help eliminate toxins from the body!

2. Soaking your feet in a foot spa/bucket of warm water for fifteen minutes with foot salts not only prepares your feet for the next two steps but it can also soothe and relieve tired, aching feet.

3. A good foot scrub will remove old skin but it should also deodorize, disinfect and heal your feet too.

4. Using a foot balm has a multitude of positive effects on your feet. Softening, healing, soothing and deodorizing just to name a few. These three foot steps will keep your feet in top condition.

5. Hands can sometimes appear a little dry and crepey. To fix this simply use a scrub designed especially for the delicate skin on the hands so to remove the layer of dead skin cells and 'feed' the fresh skin below with nurturing ingredients. This

7. Bathing can be a great stress relief and we tend not to pamper ourselves much these days. A bath can be very beneficial and healing if you add some salts and oils.

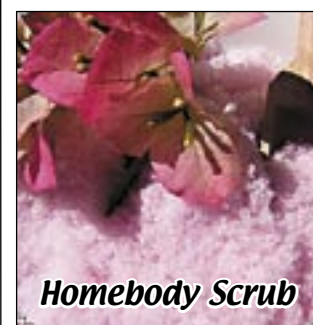
8. Ever tried skin brushing? It doesn't take long, gives excellent results quickly and costs nothing other than the body brush! Great for the circulation, health of the lymphatic system and also helps eliminate cellulite!



9. Lathering your body with a lotion that will encourage healthy skin cell growth is a great way to keep your skin in top condition. Apply it after showering to make the most of those open pores.

10. And finally try spritzing your face and body daily with a nourishing spritz that contains beneficial ingredients. It keeps the moisture up to your skin when it's not appropriate to use a lotion, is fun to use and delivers the nourishment your skin craves in the day.

Please visit us at <<http://www.lanab.com.au>> for further advice and a healing range of natural skin care products.



Homebody Scrub

## Cook's corner

by Carolyne

### Recipe of the Month Quiche Lorraine

#### BASE

500g Unbleached Flour  
1/2 Cup Olive Oil  
1/2 Cup Water  
1/2 tsp Salt  
Pinch of KN Pepper

You can use 300g of Unbleached Flour plus 200g Whole meal Flour for a more textured base.

Bring oil and water to boil, place dry ingredients in to a food processor, gently pour hot oil mix while processing until pastry comes together, remove pastry and kneed gently for about 2 minutes.

Remove false base from quiche pan and very lightly grease, place pastry over base and roll out fairly thin about 3mm, extend pastry about 8cm over the edge of the base, gently lift base with pastry and place into quiche pan, press up sides of pan and cut off spare, trim with a fork. Blind bake at 160 c, for 10 to 15 minutes.



#### FILLING

3 Eggs  
3/4 Cup of Milk

Wisk together with 3/4 tsp. of salt and a good pinch of pepper, chop up filling:-  
Spinach, Fetta, Sundried Tomatoes,

Chopped Ham and grated Cheese. Fill pastry with topping then pour over egg mix add slices tomato and bake at 160 c, for a further 20 minutes or until set.

For information contact Carolyne at the Retro 6689-0590

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