

Weave and Mend Festival 2009

by Granny Breath Weaver,
Festival Co-ordinator

Nimbin's Weave and Mend Festival is on again... always beginning at the end of third term.... on the last day of school, this year falling Friday 2nd to Tuesday 6th October. Due to weavers wishes, we have negotiated with Nimbin Central School for five days this year. Other artists such as painters and woodcarvers have expressed interest in joining in on the relaxed hands-on festival, and they are most welcome to join us.... musicians are invited to busk at the festival and/or join in our music night around the fire on Saturday night (Oct 3).

The Weave and Mend Festival – this year our 5th – is organised by Wednesday Women Weavers (www!) in co-operation with staff of Nimbin Central School. We are sponsored each year by Nimbin School of Arts and Nimbin Hemp Embassy. Our Festival costs little to run, no-one gets paid and any donations go into the Young Peoples Art Trust Fund, established four years ago for sponsoring local young peoples art initiatives at Nimbin Central School.

This year will be the first time a project will be sponsored. The project is an initiative of Nimbin Aquarius Landcare Group Inc., Nimbin Central School and Wednesday Women Weavers. The project called Mulgum Creek – The Way of Water entails hands-on experience at the Nimbin Community Garden, tree planting, water testing and more. Students will then put their experiences, ideas into art form and produce their own booklet featuring their stories paintings, poems and photos of their Mulgum Creek experience. This book will be sponsored by the Trust Fund, as well as art materials. The Art works will then be exhibited in Nimbin. The project is due to



start towards the end of term, finishing next term.

The Weave and Mend Festival invites weavers from all places to come and share their techniques. Our local weavers have at present about six different techniques. These techniques were mainly passed on to individual weavers by Aboriginal women from N. E. Arnhem Land, Cape York, and Victoria. We fully acknowledge the gift of their sharing their knowledge and fine skills with us. With this sharing of skills, the acceptance and practice of these techniques and the associated profound knowledge, means responsibility to the "holders" or "keepers", custodians. This responsibility means practice and keeping it alive through "daily" practice and keeping it alive through generations upon generations of weavers by sharing the knowledge.

Weaving is, amongst so many other things, fundamental across cultures. Every person reading this will be wearing something woven – mostly today woven by machines

(which "eat" fuel) and the skill to weave is removed from us and replaced with the skill to work the machines. To hold the knowledge of survival skills is the most empowering experience, now denied through industrialisation. To learn how to make string or rope from the land is a profound spiritual experience, the string itself a weaving together of fundamentally two threads. With weaving it takes two. Intertwined they are stronger....some so strong they are unbreakable.

The making of the string is so "time" consuming, the end result is no time exists whilst making string, weaving, painting... creative concentration is a healing in itself. This five-day festival includes the essential Chai Tent and good food, a hearth, and of course the school facilities and playground for children.

Camping is encouraged for everyone, even those who live close by. It is a total experience of sharing then, and a relief from the everyday mundane surroundings at home. Children love it... couldn't be more perfect for children.

Entry to the festival is by donation, camping is by donation and two-hour (continual) workshops are \$5 each workshop per person. Workshops are announced on the blackboard each morning. Anyone interested in running a workshop, put your name down on the day.

For more information, phone Co-ordinator on 6689-7129 or write to P.O. Box 530, Nimbin, 2480.

Geomancing the Land

Alanna Moore, an international expert on subtle environmental energies and their enhancement, is coming to Blue Knob on 11th October to teach a practical one-day course in how to detect the geomancy of the land.

What's geomancy? "It's a sort of Australian Feng Shui, although it isn't bound by all those conventions as the Chinese art is," says Alanna.

Seeing the land through the eyes of a geomancer like Alanna is a way of perceiving in a "more indigenous" manner, as Aboriginal people do. "It reveals any energetic origins of the mythos of the land and that includes the spirits of nature, or fairies, as the Irish often call them," she said.

Alanna, who has Irish genes and lives there half the year, sees many such traditions in common between Australia and Ireland. She even runs classes teaching the Irish there how to detect the whereabouts of the fairies (as well as teaching all over

Australasia and parts of Asia and Europe).

She also works with the subtle powers of rocks, the volcanic ones particularly, and makes stone arrangements such as labyrinths with them.



The application of energy dowsing, or divining, to gardening is another unusual area of Alanna's experience, and this and the creation of small versions of Ireland's Round Towers, as "paramagnetic antennae designed to energise the surrounding atmosphere and soil and thus enhance plant growth", will also feature over this hands-on workshop day.

The co-founder of the NSW Dowsing Society 25 years ago, Alanna lived in the Blue Knob region in the 1990's, where she learned much local geomantic wisdom.

A prodigious writer of articles for magazines and books, including 'Divining Earth Spirit', 'Stone Age Farming', 'Backyard Poultry Naturally', and 'The Wisdom of Water', Alanna has an informative website including a free web magazine (which is being archived by the National Library, for being of 'national significance'), at www.geomantica.com

For bookings phone 6689-7268 or email Alanna at info@geomantica.com



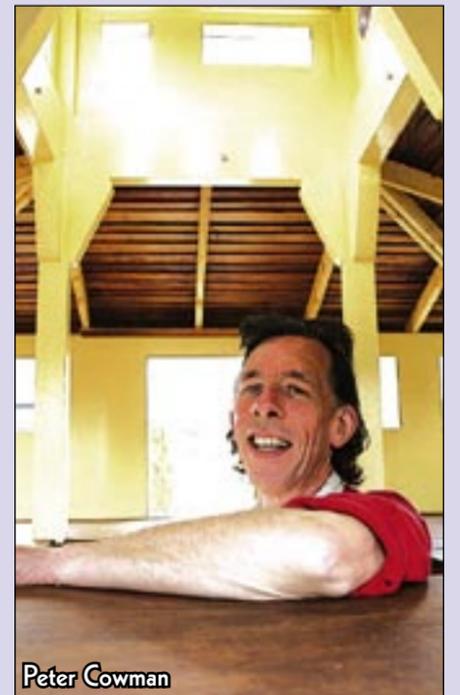
Irish architect ignites the dream

Irish Architect Peter Cowman, will be helping Northern Rivers locals to explore "Invisible Architecture" in a forthcoming workshop at The Channon. Peter is the Director of the Living Architecture Centre and is well known internationally for his innovative and down to earth approach to housing design and construction.

Peter believes there is an "architect" in all of us, and that the desire to create a space that is uniquely "us" goes right back to ancient times. His workshop helps people to pin down that invisible space they are dreaming of and to set about making it a reality. And this, he urges, can be done without suffocating mortgage debt or long-term damage to the planet.

"Generally in house design," he says, "you start with something of yourself, but you end up with something that totally represents someone or something else. We are swamped with so much information about what we should need and want, it's harder and harder for people to really be themselves and live their own unique dream about what they really need and want."

"In my workshops I like to find fun and challenging ways for people to let their inner architect out. This is a very interesting way to get to know oneself and get in touch with what one's life is all about. The workshop allows one to explore spaces that one might already be dreaming of and to give expression to these in drawing and model form. I also demonstrate practical ways for such spaces, ideas and dreams to be realized out in the world."



Peter Cowman

And usually," he adds, "the end result is usually so much more functional and affordable than people ever thought possible. Fancy that!"

Peter's workshop will be held at The Channon Hall on Sunday 11th October from 10am to 4.30pm. To make a booking or for further information call Bernadette on 02 6689 1578.

For further information on Peter Cowman and Living Architecture, visit livingarchitecturecentre.com

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Does the phoenix know?

by Dr Elizabeth McCardell, M. Counselling, PhD
(Phone: 0429-199-021)



After a thousand years, the phoenix, a magnificent but mythic red-golden plumed bird builds a nest of myrrh twigs, and at sunrise bursts into flame. From the ashes a new fluffy baby is born.

The question is, does the phoenix know when she is dying that she will rise again, or does she know only death?

I have been mulling this question a lot recently. The image of the phoenix at the end of her life is dramatic as much as poignant and wonderfully serves to describe the dying of the old and rebirth of the new in the therapeutic situation.

The process is often very painful, and therapeutic counsellors fulfil a useful function in nurturing this new life, of highlighting unthought of choices and other ways of being. We connect old experiences with novel ways of seeing, bringing freshness and creativity to lives worn out by life adjustments that no longer work.

Many clients come in dark despair. They can see no going back and no going forward. Does the phoenix know she will rise again? In that bleak place, who can know whether she will embrace beauty and life again? Is this the end? It is difficult to know, even for the both of us. It seems all light is sucked out of the room. As a counsellor I sit, listen, wait for and nurture the new stirrings in the ash.

Extreme emotional pain often shows itself in uncontrollable weeping. Though literally heart tearing (what a rich word, with its double meaning), these are good tears; they are the waters that nurture the soul. Though I can see this crying as soul nurturing, the client knows only huge pain with apparently no end.

When Magdalena* came to her first session, she'd brought many stories of

incredible abuse and her tears were tangibly just below the surface of an apparently bright smile. As she talked, they welled up and she cried deeply and without holding back.

I noticed over the following weeks that the urge to cry diminished and she found in her core, new strength, and a new inner spaciousness. She emerged from the devastation that she felt her life had become and I saw in her a new and wonderful beauty and an ease that rippled into the rest of her life and that of her family.

The most terrible state is when such pain is not felt for what it is, but leaves a person numb and stuck. Horrible life stories are referred to in a most matter of fact way and accompanied by no emotion. And yet the client has come to counselling. I learn that he feels nothing, he can't get emotionally engaged in anything, everything feels flat and uninteresting. He wonders whether life's worth living for everything has lost its savour.

Tom rang to make an appointment. We agreed on a time; Tom cancelled this first meeting and asked for another time. I rescheduled and we met a week later. I saw a man with an immobile face and a flat voice. He did not engage with me, but spoke as though I had not spoken. He told of his experience as a soldier in the Vietnam war as if this story belonged to someone else.

Our work together was lengthy, and started with him identifying what he used to be passionate about, before Vietnam. Like the phoenix who remembers her songs as she built her pyre, the memory of things Tom used to love doing had enough "juice" to re-ignite the fire of new possibilities for his present life. His voice and face mobilized and he became interested in his own and others' lives.

The story of the phoenix is also a story of death and those who grieve over the death of a beloved. To Kate, who had lost a child, I asked the question, "What if?" What if the phoenix doesn't rise from the ashes? What if she does? What then? I gave her a sheet of paper and asked her to explore, with crayons, the "what if". To my delight there was an outpouring of glorious colour representing multiple possibilities, potentials and mysteries.

Sometimes clients come to see me with the tell-tale signs of new growth just starting to show, like little birds with new feathers just forming. Though the anxieties of old continue to be the preferred stories that the clients tell themselves, very new and wonderful things are afoot: and I can see this in their faces and demeanor. There is a new softness, a lightness of being. The little phoenix, though, is still unsure of herself and the counselling work has to continue a bit longer, until the changes are fully fledged (a good "bird" word) and she is ready for free flight on her own.

So, to my original question, does the phoenix know when she is dying that she will rise again, or does she know only death? Though the cycle of life, death, life has an inexorable quality to it, and we humans know it at least theoretically, the felt quality of each place in the cycle has an almost absolute reality that conceals the rest of the cycle to us - at least sometimes. Another person, like a counsellor, can be a useful fellow companion, there to nurture the new bird into its new place.

* All case details and names in this article have been changed.

Hold the light

by Binnah Pownall

Crunch time is upon us - just in case you haven't noticed.

The crunch affects people in different ways. Nimbin is where the line has been drawn. This line originally said no to fear and greed, no to lack, and yes to love, and sharing the abundance that we know is available to all.

There is a danger that the line is getting blurred.

With every new wave of refugees from down south that has come here since the seventies, the pure reason for a new direction that was commenced here over thirty years ago now, has needed protection - 'ere it be lost in less deeper understandings of the source of things and how we relate to it.

Nimbin is called to hold the light. Whether we like it or not. If we have been drawn to live here, we are called upon to take responsibility for this job - for this is the focus that the Aquarius Festival seeded.

Although it is not done yet, we have held off the next technological assault on our natural life, which was the secret overnight erection of the police communications tower. This perceived (so far) win gives us further impetus to get stronger on what we love about life here - and that is: **Freedom.**

Many of us love it enough to stand up and be heard and counted - and filmed by those who are against free expression. But who cares, for what have we to hide. Nobody has bothered to do anything about the imposition on our privacy from the presence of the cameras because most of us have nothing to hide. We don't hide that we flout the laws on drugs because we believe we know what we are doing.

We never have been that popular with the government because we tend to think for ourselves. You may have noticed that that poses a problem for our present style of so-called democratic government which has been clearly shown to presently be in the clutches of the corporate business world. This is a world where money and so-called wealth is raw power over intellect and common sense, hands down.

For those up top, it has not got much to do with us now - other than their need for our labour... but I digress.

One perturbing and disturbing energy that has crept into the Rainbow Region over the years and that is threatening to rust away and re-corrupt our morals and social fabric is; the specter of Hippy Capitalism. Witness:

- Hippies charging top dollar for pot to their have-not friends.
- Hippies renting out all styles of 'houses', 'cabins', 'bails' and just plain 'flops' -with or without power or water - also for top dollar to their have-not-so-called friends!!
- See Hippies selling land at 'market prices'! Just what is going on??

The rip-off continues into 'Alternia'! Beware the Capitalist Hippy! Be conscious 24/7 - and keep a check on these dis-eases, lest they become pandemics - again.

Half the mob go north and 'overseas' for winter while the other half shiver and are scrounging for wood and going without food for a few days until the next bit of manna oozes from the government titty by way of Centrelink. Go with open eyes next time you're in Nimbin town, and have a look at how skinny some of our family is...

Why do people who live in this area and identify generally with a so-called 'alternative' lifestyle still choose to want to profit from others in their extended family or 'tribe'? Are we still that insecure - or is it just habit? What is this profit thing all about anyway?

Hey you so-called hippies, can't you see it's just your

fears of lack of abundance and past narrow selfish games playing themselves out again? Whatever happened to caring and sharing??!!

It is time we actually started (*in reality*) supporting each other (*our friends*) more.

Not saying here that caring and sharing doesn't happen at all, it is just too rare - particularly for a community that prides itself (generally) on a better way. And it doesn't necessarily mean we need to blindly give to those who mostly want to always take, either.

But we really have to start walking our talk now and living the dream - so to speak.

We are in great danger of repeating what is pulling down community out there in the business world. This is, placing a financial division in between people in this town who could otherwise be closer friends.

How many of us have seen in the past, money issues and business pulling apart an otherwise as-good-as-family-friendship? If we can't change old patterns and move forward, who can?

And don't forget the many benefits of caring and sharing -think of the warm fuzzy feeling you get, the good rest at night you have, without having to drug yourself into oblivion.

Think of the open love you will receive from those who witness such selfless generosity. Think of the love generated from such acts and how it flows forward into other situations. Think of how you can appease the deeds of the past by giving now.

That's community and that's how we do it - different. It's how we hold the light, and the line in Nimbin, isn't it?

Dr Elizabeth McCardell, M. Counselling, PhD
Counsellor/Psychotherapist
For those who want to bring mindfulness to, and some relief from, that which is creating depression, anxiety, drug and alcohol excess, relationship problems, prolonged grief, or a sense of meaninglessness in their lives.



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Koala Kolumn

by Lorraine Vass

In the lead-up to the local government elections last year, Friends of the Koala canvassed candidates' position on koala conservation across the Northern Rivers through our Koala Friendly Candidates Campaign.

We were pleased to see that a good sprinkling of koala supporters was elected to office. Being almost twelve months down the track it's timely to consider what the new councils have achieved for the koalas.

This first year of the term has coincided with several other impacting factors including the State government's continuing overhaul of the planning system which is seeing the preparation of new local environment plans (LEPs) in accordance with a standard instrument and the release of the *Recovery Plan for the Koala*. At the Federal level, the *Review of Progress in Implementing the 1998 National Koala Conservation Strategy* preceded release of the *Consultation Draft National Koala Conservation and Management Strategy 2009-2014*.

In my view it's fair to say that none of this activity meant much to the general public or to the majority of elected reps. However, lodgement of applications for major developments at Kings Forest and Cobiaiki in Tweed and quarries in Lismore, as well as the World Rally Championship, has heightened and broadened awareness of the koala's plight.

A few Councillors have taken on the task of koala conservation with courage and determination whilst settling-in to their role as elected members. They are contending with shattered financial positions, lingering and even chronic apathy and the plodding pace of directional change. Crs Katie Milne in Tweed, Simon Clough in Lismore and Donna Kinnish in Richmond Valley are to be commended for their tenacity, but even they will admit, it is slow going.

Friends of the Koala's conservation mission requires that we speak out on issues that impact on koalas. There is certainly no shortage of them: private native forestry, logging in state forests, agricultural land practices, urban sprawl, lack of specialist veterinary services, poor understanding of disease, shoddy compliance with legislated protection measures and so on.

We also seek opportunities to contribute to policy reform, by way of making submissions to all levels of government, by briefing our elected representatives to ask questions in council or parliament, by providing forums to bring together practitioners and by participating in forums provided by other organizations. Our core business comprises many strands other than the rescue rehabilitation and release of individual animals and our interest extends beyond koalas on the Northern Rivers.

This brings me to the situation of Victoria's koalas. At the beginning of August, Sam, the koala that survived the inferno of Black Saturday, died. Sadly, she was lost to chlamydiosis, a disease which



Frankie

ravages most mainland koala populations. Sam had undergone surgery to have cysts caused by this disease removed, however there was too much internal scarring to proceed and she had to be euthanased.

Soon after, the Royal Commission's public hearings into the bushfires were being reported in the press – night after night there were grabs on the news, including horrific shots of hillsides denuded of everything apart from charred tree trunks.

I did not hear or read one word directed to wildlife, much less koalas. I guess the loss of so much human life completely overwhelmed all other aspects of the fires, at least in the public's mind. But I wonder how the koalas down there are faring. The number of animals that perished is unknown. Using as an indicator the lesser numbers rescued and brought in to care than in 2006/7, it may be assumed that many more koalas perished than in earlier fires.

The Strzelecki Ranges was one of the worst hit areas. The koala population there is nationally significant because, unlike most Victorian populations, it is genetically robust. However only remnants of habitat have been spared – patches in gullies where the fire jumped overhead or where the grass was a bit thicker. Vast tracts of charred trunks are still just that – six months on and they have not coppiced. The trees will probably die.

Any koalas that did survive will be contained to those patches. So where can the koalas that have been rehabilitated be released? Suddenly Victoria's apparent dilemma of koala over-abundance is turned on its head. Not completely of course because, as well as the unknown loss of animals, there is enormous loss of habitat. With Framlingham, the Strathbogies and now the Strzeleckies pretty much gone, the likely impact of the approaching Summer on the Victoria's remaining koalas must be anticipated with dread.

Information about koalas, their food trees and Friends of the Koala is available at www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233.

Until next time, happy koala spotting.

King Orchid

by David McMinn

Every few years, our King Orchid (*Dendrobium speciosum*) produces a spectacular display when it sends up long spikes, each with a multitude of small creamy yellow flowers. Fortunately it is quite common in cultivation and well worth growing in any garden.

The main feature of the King Orchid is its adaptability and toughness, as it can be found growing in climates ranging from temperate to tropical. It is native along the east coast from eastern Victoria to north east Queensland. Its only limitations are excessive cold and areas where the plant could become completely desiccated.

King Orchid is found growing in the tops of trees in rainforests and over rocks in drier eucalypt forests. It will grow at warm low elevations, as well as in the cool highlands. Fortunately, it is not threatened with extinction in the wild, unlike some other native orchid species.

The plant consists of numerous elongated pseudo bulbs up to 45 cm in length, each topped with two to five leaves. It will eventually grow into a large clump two to three metres across if space permits. In your garden, King Orchids may be grown on trees or over rocks and does best in dappled, light shade. In heavy shade, the plants will flower poorly.

Attach the plant to rocks or a tree by using twine or wire. It will take some time for it to become firmly attached to the substrata. Leaf litter collects amongst the stems and breaks down to provide nutrients for the plant.

If grown in pots, they must have excellent drainage. Pine bark chips or a special dendrobium potting mix are most suitable. The plant may have to be re-potted quite frequently, as it will outgrow the size of the container. Never attempt to grow this species in soil, as the constant moisture will rot the plant.

Liquid fertilizer should be applied during

Photo courtesy Australian Native Plants Society



the growing season (spring – summer) to promote optimal growth. Importantly, it should be watered sparingly during the winter months.

King Orchids may be propagated by dividing the large clumps into new plants. Growing from seed is very difficult and best left to confirmed orchid enthusiasts. Plants can be purchased from nurseries and at the local markets. If you are cheap, ask a friend with one of these plants for a cutting.

Another attractive species is the Pink Rock Orchid (*Dendrobium kingianum*), which is a small plant with attractive pinkish flowers. In the wild it is usually found growing over sunny, rock outcrops in areas with high humidity.

It is native from the Hunter River (NSW) to south east Queensland. It is very easy to grow provided it is given perfect drainage, humidity and plenty of light.

The genus *Dendrobium* is currently undergoing an extensive taxonomic review and some forms of King Orchid will be reclassified as new species.

PLANT OF THE MONTH

Red Kamala *Mallotus philippensis*

Selected by Richard Burer
Project Officer, EnviTE

Red Kamala is a hardy and resilient tree which regularly attains a height of 25 metres, although it tends to be smaller and bushier when growing in the open. It is often found in regrowth rainforest, on the edges of forest and on watercourses.

The tree is distinguished by its yellowy-brown flowers, found on separate male and female trees, which are evident until November. Following the blossom, a three-lobed fruit covered



in a deep red powdery glandular substance appears. This powder is made into a red dye for silk in India where this species also occurs.

The name *Philippensis* refers to the first collection in the Philippine Islands. It is very common locally and

is most likely found on your property.

If you want to see a small stand, watch out for it on your right as you drive into Lismore from Nimbin – it is near the 50km speed limit sign in North Lismore.

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Tobacco bush
Known fatalities from eating berries.



Black nightshade
Unsafe variability of toxin levels.

Beware of toxic solanums

by Peter Hardwick

The 'Solanum family' produces some major food crops like potato and tomato, but some of their wild relatives are poisonous and should not be eaten.

'Tobacco bush', *Solanum mauritianum*, is a common weed and the berries can be highly poisonous, with human fatalities recorded from eating the berries. The green berries are recorded as most toxic, but ripe berries can still be toxic, with the seed being very poisonous.

Curiously, rainforest wood pigeons seem tolerant of the berries' toxin – unlike humans, they relish them with no apparent ill effects.

Another berry in the same family is the 'black nightshade' – not to be confused with 'deadly nightshade' which is another species altogether. The black nightshades most commonly seen are 'Black-berry Nightshade', *Solanum nigrum*, and 'Glossy Nightshade', *Solanum americanum*, but there are also many other native black nightshades with unknown toxicity.

The green fruit of black nightshade has the highest concentration of poison, but ripe fruit has also caused poisoning. I know of an incident where two people ate six or so ripe berries of black nightshade and suffered severe headaches – probably poisoning. Headaches are a classic symptom of glycoalkaloid

poisoning, and thankfully they did not eat more.

It's confusing because black nightshade is sometimes promoted as a wild food, but there are enough incidents of poisoning to warrant avoidance altogether.

Glycoalkaloids in tobacco bush and black nightshade ultimately have the potential to depress the respiratory system and in extreme cases cause heart failure if eaten in high doses. With children that risk is higher because of the lower body weight.

The other problem with wild Solanum's is that alkaloid levels can vary considerably within the same species. Hence, while no ill effect may be experienced when eating the berries of one plant, another individual plant may have unsafe levels of plant toxins.

There are many tasty wild food morsels in the region – it just worthwhile knowing plant safety before venturing forth on a wild food expedition.

Appropriate Technology Workshops

A one-day series of appropriate technology workshops held in August at the Djanbung Gardens Permaculture Education Centre in Nimbin, took the do-it-yourself approach to sustainability into some interesting areas.

The day began with Geoff Moxham, conducting his last workshop before his tragic death, taking the Djanbung students through the steps of building a small-scale backyard bio-char kiln, built from \$12.50 worth of bricks from the Stott's Island Resource Rescue Centre.

They were shown how to measure the heat in the kiln, how to dry the wood, bamboos etc for charcoaling and how to set up the drum to make the charcoal in. The kiln was ignited and the morning was topped off with

a toast of jaboticaba wine.

In the afternoon, Guy Stewart, a young graduating student from our Diploma in Permaculture Studies, took the students through the steps of making a solar food dryer. Geoff was able to assist with his wealth of experience.

The day ended with the resounding sounds of the students participating in a practical demonstration of blacksmithing with Gilbert Louttit, a graduate of the the trade blacksmithing course at Ultimo TAFE.

Gilbert brought along a forge with a hand-turned blower and gave the students the opportunity to participate in the hand-forging of various joinery methods. Djanbung is now the proud owner of a selection of hooks and rings.



Gilbert Louttit

For information about upcoming courses, call Djanbung Gardens on 02 6689-1755 or visit the website www.permaculture.com.au

Wildlife Rescue Training

by Sherryn Page, Animal Care & Management, Lismore Campus, SCU

WIRES is running their last two-day 'Rescue and Immediate Care Course' for the year, on Saturday and Sunday, 12th & 13th September, from 8:30am – 4pm (both days) at Southern Cross University, Lismore

The cost, \$50-\$60, includes the two-day course, training manual, lunch on both days and one-year membership.

I can't express how important it is for everyone to complete 'wildlife rescue' training of some nature. 95% of injuries or death sustained by our native critters is caused directly or indirectly from human activity. It is the very least we can do, to balance up the equation.

Joining a wildlife group does not mean that you have to become an active rescuer or carer, there are multiple other options available to you, and at the very least, by completing such training you are opening yourself up to having the knowledge and skills to deal with any 'wildlife situation' that may present to you, ready or not.

A good example of this is driving home

from work and seeing a possum or a wallaby lying lifeless on the side of the road. Our initial reaction is 'poor thing', 'that is terrible' and we keep on driving. The real tragedy about this is a lot of these lifeless animals have fully functioning joeys lying inside their mothers' pouches. Every minute they are left there makes a huge difference to their chance of life. Every minute they are getting colder, hungrier and facing an increased chance of being eaten alive by predatory animals.

This happens everyday, simply because a lot of us lack the confidence and skills to pull over and 'simply check' the pouch. This is one of the skills that you will learn at such training days, and I am sure you can see now just how important it is.

Wildlife training is not only about care for our injured or orphaned animals, there is so much you can do 'before you retire', whilst carrying out your normal daily routine. Just being aware of what is happening around us is a very powerful tool to acquire.

So why not book yourself into a course? It is inexpensive in monetary terms, but absolutely priceless in aiding wildlife conservation in our area.

OBSERVING NATURE



WITH MICHAEL SMITH

September happenings:

- Leaves appear on edible figs.
- Some citrus start their second flowering.
- Probably too late to deal with fireweed now, should have killed it two months ago.
- Can't burn off any more without a permit, left it too late again, bugger.
- Diamond pythons and other snakes feel the warmth of the new season and start to feel hungry, and amorous.
- All those tadpoles that have been growing in your cattle troughs are proper frogs now, finger food for reptiles.
- Grapes put on buds and leaves, time to think about their welfare, wallabies will nip them off. Later on birds will attack the fruit.
- By mid September the first mulberries can be picked, Channel-billed Cuckoos arrive from New Guinea to eat them, and breed.
- Just after dark the southern cross can be seen lying on its side to the west of south.
- It is the first flush of spring down in the sandy country on the coast. Worth a trip to see all the wildflowers and have a look at the whales, they are all turning around and heading south for munchies.
- Magpies will still be dive bombing, wear a hat, be forgiving.
- On September 7th all the antechinus (marsupial mouse) babies are born.
- Beetles will start banging against your windows at night.
- Listen for Mopokes calling at night, think of their loneliness.
- Expect just 55mm of rain in this, our driest month.
- By the end of the month, pythons lay eggs and guard them from all perceived enemies.

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NOW WITH EXCAVATOR

Ayurvedic Info

Welcome to spring!! According to the Bhagavad Gita, Lord Krishna states, "I am the soul in the body, the mind in the senses, the eagle among birds, the lion among animals. Among all the trees, I am the sacred Bodhi tree and of the seasons, I am spring."



Now is the time of budding blossoms, return of energy, increase in colour and vitality. The qualities of spring are warm, moist, gentle and unctuous. Due to the warmth, the accumulated snow and ice begin to melt – this is exemplified in the body by the liquifying and movement of kapha (mucous etc).

This is why so many people get spring colds and hayfever. Over winter, the kapha toxins have built up and now is the time of year most amenable to their release. The cold, dry static electricity of late winter eases to spring, allowing vata and nervous systems to relax. This year, unseasonably hot spells have aggravated pitta in particular, causing irritability and intenseness in susceptible individuals. So pitta types should take time to slow down and smell the roses.

Good herbs for spring are ginger and black pepper in cooking; tea made of cummin, coriander and fennel. Foods to avoid are heavy, oily foods, including excessive dairy. If you have hayfever, minimise sweet, sour and salty foods as they aggravate kapha. Bitter, pungent and astringent foods such as red lentils, beans, radishes, spinach, corn, garlic, onions and barley are helpful, as are cayenne and chilli pepper, but remember to be sensible

on the hot days. Juices that are great for this time of year are apple, pomegranate and/or berry juice.

Wake up early and go for a morning walk in the freshness. Sweating cleanses the fat tissue, another domain of kapha, so have a shower after exercise to wash off the toxins released. Self massage stimulates the fat and lymph tissues to move the congestion out of the body.

Yogic postures such as saluta to the sun, the bow, the boat and camel poses all reduce kapha. Bhastrika breathing and pranyama are also helpful. Daytime sleeping is not recommended as it increases kapha.

Be aware that on hot days as the weather varies, a pitta pacifying approach is warranted, rather than kapha pacifying, so always allow common sense to prevail.

Practices such as neti and nasya soothe and relieve the sinuses. They lessen congestion and reactivity to pollens, etc. For instruction, contact us. Head massages also help relieve the pain of sinusitis. Talispaladi is a choorna or powder specific to the upper respiratory tract, relieving cough, colds and hayfever.

For more information and to book for treatments, call John on 6689-1794 or Helen on 6689-1717 or call the Nimbin Apothecary on 6689-1529 for a booking for Thursdays.

Life and Yoga

by Sam

What is Yoga? What does Yoga mean to you? If you have never practiced Yoga before, what thoughts or beliefs do you have about it? Why, in any case would you practice Yoga?



For many people Yoga is a series of asanas or stretches that you do to make the body more flexible and strong. For some people Yoga is about relaxing and rejuvenating the body. For others, Yoga is a way to calm the mind and to de-stress. Those who have practiced Yoga for quite a while may be experiencing increased awareness of thoughts, emotions and the body.

Yoga is all of these things, it is like a flower, all of the benefits resembling the petals of your experience and at the root or the bud is where its true essence lies – **Yoga is Union**. Reconnecting and living in harmony with the deepest truth of who you are which is eternal and infinite. Union is connection, connection is love – pure, accepting and unconditional.

Some of you may question – what does this have to do with Yoga and you? Everything. I continue to experience all of the already mentioned benefits but the real gift has been a deeper awareness of what it is to be me, and how the experiences I have on my yoga mat are a direct reflection of how I experience and react in my daily life.

Yoga opens the body and centres the mind on a very deep and profound level, layers of tension start to peel away – physical and mental – emotions arise, sensations increase – both pleasant and unpleasant – and an opportunity to let go is presented. Life on and off the yoga mat can be like this – sometimes uncomfortable and sometimes comfortable. This will always change as every moment and everything changes.

I cannot control this, this is Universal lore, what I do have is a choice. I can choose to resist and reject what arises, or I can choose to accept and bless what arises. Most humans are conditioned or encouraged to turn away from pain or discomfort and to only seek pleasure and bliss. This is an unbalanced approach to life and will surely lead to disharmony.

I want all the good feelings but I don't want the bad feelings. "All I want is love and light".... Love and Light is wonderful, but it is delusional to think we can have one without the other – yin/yang, darkness/light, sun/moon, they are two sides of the same coin. You have a choice to accept and bless your day to day experiences or to reject and resist these experiences.

I have learnt that resisting and rejecting causes suffering whereas acknowledgement and acceptance brings freedom. This takes practice and discipline – whether I am on the yoga mat or not, it doesn't matter, I always have choice – accepting **my challenges** and **my joys**, taking a moment to look deeper and be curious to what this experience is teaching me.

As my beautiful partner says, "Once you learn the lesson you receive the blessing (blessing)" Nature, galaxies and our Mother Earth always seeks to find balance, why would we humble humans be any different.

I am grateful and continually surprised at how a simple group of postures (Yoga) has brought me to a more loving and accepting view of myself and life. Yoga helps me to find balance, to move closer to connection and love, to let go of judgements and fears and to allow the organic nature of life to flow through me.

Sam is a Certified Yoga Teacher running classes at the Birth and Beyond Room, Nimbin - Tuesdays (9am) and Fridays (8.30am). Contact her on 02 6689-7055.

HOMEOPATHICS, homebirth and magnolia blossoms

by Tarang Bates

It is surprising how relaxing it can be to watch an insect sunning itself on a leaf in the early morning rays – stretching out its wings, rubbing its legs together, or sitting on the grass watching an ant carrying food – clambering over blades of grass and rocks. Sometimes it's good to just sit and stare.



One of my other favorite mind calming tools is counting backwards. The mind is not used to going backwards, so it seems to get confused and switch off (on some levels anyway). You would be surprised at what lurks beneath the conscious layers....causing stress and disharmony.

The counting seems best done at a moderate speed, so you place your awareness on each number as you go. If you lose track, either start again, or pick up where you left off.

I am surrounded by beautiful blossoms – the most spectacular being the giant Magnolias sitting elegantly on their gracefully arched boughs. Above them in the naked Pecan tree sits a noisy Friar bird shouting its head off, these birds remind me of miniature vultures. Jasmine vines dripping with fragrance, port wine Magnolia and Orange trees bursting with blossom. I love the recurring quality of nature, along with the seasons...

I'm not so impressed by the way arrogant politicians recurringly – regardless of season – make idiotic decisions, while wearing blinkers and ear plugs, then proceed to cement them in law. The current situation threatening Home Birth in this country is nothing short of tragic. I thought there was a glimmer of hope when we got rid of Johnny – but this even surpasses some of the stuff-ups perpetrated previously by him and his cronies!

Something positive is the relaxing of trans-Tasman travel, especially for those of us who have family across the ditch, and here's a thought – Home Birthing

is actively encouraged and very affordable over in New Zealand and only three hours away. Perhaps some of our Kiwi sisters could set up birthing houses for Aussie refugees.

Seems to be plenty of Soughing and spluttering going on (and muttering - about towers and skate parks) around the valley and hills at the moment. Homeopathics are quite efficient for prevention if you are on the ball and dose up regularly... especially if others around you are ill.

AAGE and the Flu Prevention remedy are both worth using, even if only a few times a week. As far as the muttering goes, well that is a bit harder to treat.... anyone got any ideas?

HOMEOPATHICS

RUTA GRAV: Is a great remedy for tendon and ligament damage and overstrained muscles, particularly around knees, shoulders, wrists and hands. Useful for sciatica with pain into hips and thighs, that is worse at night. And pain in the small of the back that is worse first thing in the morning. Ruta is often used in combination with Arnica for injuries.

DROSERA: Is considered to be one of the main remedies for whooping cough. However it is also useful for coughs that present a similar picture to whooping cough. Irritating, dry, spasmodic coughing fits that cause choking and breathing difficulties, particularly bad at night and lying down. Sore throats that are rough, dry and tickling with a hoarse voice.

These remedies are available from Nimbin Homeopathics. Contact Tarang 6689-1452 or tarangbates@yahoo.com.au.

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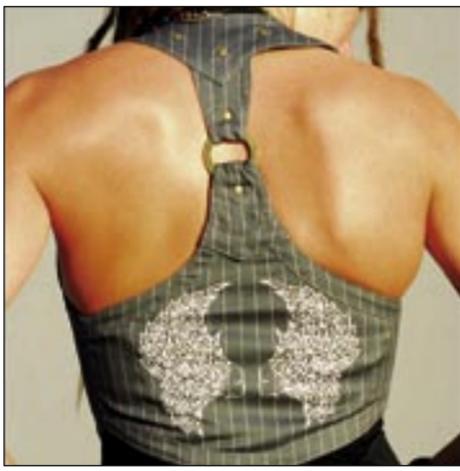
Myvanwy Fleur SHA CREATIONS

Just over a year ago, in a little shack the Nimbin hills, I dreamed up a collection of wearable art pieces. With a background in creative arts and airbrushing, I was inspired to incorporate artistic design with practical application. So I decided to create unique and creative clothing and have recently established a fashion label, Sha Creations.

As an airbrush artist, I was motivated to move beyond art for art's sake alone, and create more functional art. I am a self taught designer/sewer. For me, the journey creating clothing was to continue a pathway of the artist and simultaneously be supporting myself living rurally in these changing times. This community is blessed to be inspired by the many creative people sharing what they love, which to me has stimulated direction and growth potential. The journey supporting ourselves through our creativity builds our independence which is so life enriching, satisfying and empowering.

My creations are inspired by the magical realms and connection with nature, and incorporate geometry and sacred symbology. Clothing designs combine soft comfortable textiles with screen-printed artworks. I use the sacred geometry flower of life pattern to line the inside of many of my pieces and more decorative symbols on the exterior. Fabrics used are quality stretch cottons and soft brushed cotton weaves. Designs merge urban style and elvin flavours with gorgeous earthly coloured tones, practical for all occasions for men and women.

You can find me and my designs at the local Sunday Northern Rivers Markets and local



Byron Bay Clothing store, Etnix also retails a range of my designs. I also travel and share my creations at music and lifestyle festivals around Australia; Exodus, Free Creation, Rainbow Serpent (Melb), Winter Solstice (Cairns), Kuranda Roots (Kuranda), Peat's Ridge (Syd) and more...

My website is just about to be launched... you can check out more designs on: www.sha-creations.com

Threading a World we Wish to See!

The Nimbin Fashion Shows will be held during National Recycling Week, 8th - 15th November.

Bags full of sorted and clean secondhand material and zippers etc. very cheap, available at the CC Design shop in the old bank building, Cullen Street.

Flying Elephants, Necks and Bowen Therapy

by Tonia Haynes

Bowen therapist and Pranic healer
Phone 6689-9284

A salute to all whose healthy immune systems have kept them free from the flu this winter. May your good health continue.

Spent my birthday in bed with a glass of medicinal rum, having cancelled a potentially wonderful lunch with warm hearted, entertaining friends. Man, I so hate to miss a good party, particularly my own, but the flu had other plans.

Is it those flying pigs? I was asked on numerous occasions. Surveyed the red hoof marks on the back of my neck with some trepidation, until with relief, remembered the marks have always been there, a birthing defect that made the backless dresses even more interesting, during my 'hot' years.

After some consideration, I decided that flying elephants are more prevalent than flying pigs in this area.

And as something lumpy and extremely rough had been insistently perusing my throat for three weeks, whilst also attempting to push the memory cells out of my ears, my eventual self medical diagnoses decided on a strain of invasive pachyderma.

A heart felt whinge to Ganesh the Elephant God, although returning dark mutterings of 'treatment of elephants needs to improve,' also brought some glimmer of a resolution. No more invasive pachyderma if we all learn to ignore the flying elephants.

Our lives are full of flying elephants; they are encouraged in fact. The media loves them and they can make us sound very knowledgeable at dinner parties. Television series are rife with them. Watching torturous and violent scenes gives them wings as the anxiety levels rise ever so slightly.

In other words, flying elephants are our illusions about the future that encourage worry and potential adrenal hype, which in turn, stress our immune system. They weigh

down our shoulders and turn our necks into iron rods, whilst we still hope they are not going to crash down upon our heads.

A wise friend once advised me, if something's bugging you, do something about it. If you can't do anything about it, let it go with the intention that it will resolve to the highest good for all concerned. And choose your television programs carefully.

Great advice which I hold to this day, but as you have probably already realised, I am a slow learner and don't always get the message immediately; hence the case of invasive pachyderma that ruined my birthday.

Human necks are strange things are they not? Designed to be flexible, a communication tool and the pathway of important messages to the body from glands of major importance in the brain, they also carry the heaviest part of our body, the head, on their flimsy trellis.

Not that I am about to tell Ganesh's upstairs mates how to suck eggs, but in my book, human necks are a major design fault.

An average human head weighs between 4.5 and 5kg, enough weight to feed a healthy family of eight, main course. Conversely, a human neck would be pushed to supply horse's doves for six.

The analogy is bizarre I know and I beg you, blame my lack of couth on the invasive pachyderma, but it gives some idea of what our poor necks have to suffer, in order to support a necessary, but much heavier load, our head.

A head that hangs forward over a desk or work bench for six hours, or is pinned directly to the front to watch a computer screen for roughly the same amount of time, or perhaps, is held slightly upward as we aim a teeth jarring nail gun at wood.

Add to this all the other tasks where we need to hold our head at a particular angle, because our head is where our eyes live, and one has some idea of the stresses placed upon our flimsy necks every day.



How long is it since your neck was flexible enough to turn your head to see where you're going when you reverse the car, without the safety belt strangling your chest, as you twist half your body off the seat in order to look behind you?

Necks stiffen from overuse, thoughts of nervous worry and not enough TLC.

In order to protect themselves they throw up their tendons in tantrum, or switch off muscles in a sulk and the tiny bones which hold up the heavy skull have no choice, but to twist out of place, from lack of support.

The messages from the brain, which keep us alert and healthy, are then faced with the arduous task of surmounting low, or higher obstacles as they attempt to make their journey down through the nervous system of a neck that is not fully functional, to the spine and the rest of our body.

We feel foggy in the head, suffer from neck pain, headaches, low energy, shoulder, arm, teeth, ear or jaw problems, or else, just generally feel out of whack.

If any of these dire descriptions fit you, usually the problem can be rectified. Bowen therapy, reactive muscle clearing and gentle spinal realignment all work together to bring a recalcitrant neck back into line and I have some quick and simple neck exercises to share, which will assist in keeping it in balance.

Still at the clinic in Nimbin, Tuesdays and Saturdays and even have an extra phone number you can call, because I am house sitting: 02 6689-9242 (temporary home and appointments) or 02 6689-9284 (usual home and appointments), mobile: 0439-794-420 (no range at home).

In the meantime, pig's bum to flying elephants. Bring on those angels to assist us to appreciate what we have now., Which in this area is usually a lot more than so many others.

Love light and laughter.

Cook's corner

Recipe of the Month

by Carolyne



Method

Cook and mash pumpkin, beat butter and sugar to light and creamy, add egg and pumpkin and combine well, add ginger and salt, add flour to pumpkin mix to make a soft dough, roll out and cut into scones approx. 3 to 4cm thick.

Assemble on tray close together, brush with milk, bake at 220c til well risen and medium golden brown, approx. 15 minutes.

Serve with ginger marmalade and whipped cream.

'Til next month, happy cooking.

For information call Carolyne at the Coffee House Nimbin, phone 6689-0590.

Ingredients

¼ Cup of Butter
¼ Cup of Sugar
½ Cup Cooked Pumpkin
1 Egg Beaten
½ Teaspoon of Salt
½ Cup of Milk
1 Cup of Crystallized Ginger Chopped
2½ Cups of S/R Flour

Pumpkin Ginger Scones

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