

Sleight-of-hand, Smoke and Mirrors in Honduran election

by Warwick Fry

The fact that only 30 per cent turned out to vote on November 29, in a country where voting is 'mandatory' was a victory for the Resistance Front, who had been calling for the boycott.

The 30 per cent is especially significant given that the Honduras Electoral Tribunal claimed a million more eligible voters than is estimated to exist by the CIA!

While police imprisoned and beat up hundreds suspected of inciting people not to vote, the people still stayed away in droves.

But while it is an overwhelming expression of popular support for President Zelaya he is still a virtual prisoner in the Brazilian Embassy and it is expected that Micheletti will continue to 'act' as President until Zelaya's term expires at the end of January and the incumbent ('Pepe' Lobo) takes over.

Honduras' 'de facto' government got away with 'leveraging' quasi-legitimacy for its Clayton's coup, and not surprisingly used a technicality to get its way.

The consensus internationally and domestically was that the legitimacy of the November 29 elections be recognised if and only if President Zelaya was reinstated. There were hurrahs and optimism when Micheletti (the de facto 'President') signed agreement to this on October 30. Zelaya wasn't reinstated, but they had an election anyway.



Election scenes. Hondurans stayed home in droves during the election (above); police guard ballot boxes (left); leading dissident Luis Aguilar makes his point (below).

weekend before, incredibly, that the elections would be recognised whether Zelaya was reinstated or not. It was a gross betrayal. If the US does not resile from that position it could create divisions within the OAS.

The ALBA countries (ALBA is the Spanish Acronym for 'The Latin American Bolivarian Alternative', the trade/financial bloc underpinned by Venezuela and Brazil that has set up a Latin American alternative to the World Bank and the IMF) are talking about pulling out of the The Organisation of American States (OAS) if US interests so heavily dominate it. Panama, Colombia, Mexico and Peru would be expected to support a US line in spite of the official position of the OAS, and the Obama administration's political ambiguity.

Democrat Congresswoman Jane Shikowski when visiting Honduras is clearly shocked at the conditions prevailing, describing at a press conference in Tegucigalpa "a serious deterioration of Human Rights in Honduras since the coup".

Observers are wondering whether the US is prepared to go so far in brinkmanship to breaking up the OAS. Specious legitimisation of the regime on November 29 could mean that the Obama administration is deferring a minor problem until it becomes a major one.



The US State Department visit by 'heavy' Thomas Shannon that led to deposed President Zelaya signing an agreement with acting 'President' Micheletti was seen as a diplomatic master-play. Shannon had been 'around' Honduras in the two weeks before the coup.

But then there was that nasty little sub-clause hidden in the 'accord'; the agreement, de facto President Micheletti insisted, was to be ratified by the Honduras Congress, and the High Court. Micheletti simply didn't bother to convene the Congress.

The deadline to reinstate Zelaya passed (it was November 5) and the local Resistance Front determined to boycott the elections and withdrew the candidature of the only opposition candidate. It is still uncertain how much (if any) of the international community will refuse to recognise the legitimacy of those elections if the US decides so.

Meanwhile, in the weeks leading up to the election date, the police were out in the streets preventing gatherings and censoring critical media.

The US State Department stated the

Contact and Mindfulness

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



A few years ago I spontaneously devised a game where a friend and I, with fingers extended, reach across to touch the other's finger, reminiscent of God and Adam in Michaelangelo's famous painting found in the Vatican. An electric contact is made with an accompanying zzzzzzz. We then break into much laughter.

I like this game greatly (known among my friends as "doing a God and Adam"). To me it sums up the exciting quality of contact, and not just human contact. There is electricity in the contact between humans and other animals and humans and plants and the rest of the earth, when excitement and interest is there.

Recently friends and I swam with seals off Carnac Island in Cockburn Sound off Rockingham in Western Australia – an incredibly beautiful place with pristine waters and white sands. Though there we did not actually touch the seals in a physical sense, we were wonderfully energized in meeting the other.

I also met a shell as I dived down through surging water, my fingers not quite close enough at first, but with an extra kick, I touched, grasped, and plucked it from the sea floor. This was a gift for a friend. The shell's sharp salty smell a sweet reminder of her days on the West Coast's beaches.

It is likewise wonderful dropping down the streets of cities, like Sydney, meeting a surge of people as they come up the other way; of making contact with a smile with people I don't know; of chance meetings with the like minded in book shops or cafés.

Or the contact of meeting eye to eye with a green tree frog found under a tarpaulin in my backyard, or hearing a bird reiterating my laughter, or the deep swish of the wind in the trees as I, too, realize something new. Or the touching of an ancient melody caught for a moment on my lips.

Contact is extraordinary. Here we are, entities apparently separate, coming together in maybe a short time, and meeting and sharing and parting. It is this rich encounter that excites me when I greet each client. Indeed, it is the promise of such rich encounter that I look forward to when I wake up each day.

In contact, though, there is something even more powerful than the delight of connecting. In contact



we can move into new levels of consciousness with ourselves, one another and the deep ecology of the environment. This requires mindfully being present and watching without attachment to what arises for us in our bodies, our breath, and the passing parade of our thoughts.

When we are profoundly present for another person, our presence shifts the other's conscious experience from their pain-body (as Eckhart Tolle describes it) to a gentler state of being.

Staying in contact within ourselves is much harder. When we are afraid we want to escape from it; when we are angry we want to lash out; when we are embarrassed we want to end our embarrassment, and so on. These inner feelings generally

have deleterious effects on our ways with others and our world.

Dumping onto others what we experience as suffering within ourselves is no solution (wars are made of this). We do need to acknowledge and make full contact with it within ourselves: to know its edges, the stories that arise and the

habitual responses that surround it, as well as all those grumbly reactions and irritations that we feel in response to it. In staying in contact with the feelings we normally try to dispel, we actually have new capacities, new insights, and new ways of responding. The intensity

lifts. It doesn't generally happen quickly, though. I have found that this method of mindful contact with the suffering I've known throughout my life is often intensely uncomfortable, interesting in a curious way, but difficult nonetheless. I also know, at least for myself, it is necessary in order that I be truly who I am. It is a method of mindfulness I encourage my clients to explore.

Contact is electric and when combined with mindfulness practice fundamental shifts in awareness and new insights and ways of engaging with others becomes real and alive. We become alive, playful and ready to engage wholly with those about us, even the small green tree frog in our garden and the swish of the wind in the trees.

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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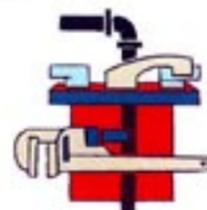
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Imagine beyond endings...

by Binnah Pownall

We are born onto this Earth into a shortsighted society that is parasitic on its host. The Earth's natural environment – our sustainer and home – is still being diminished at greater rates than ever. Some of our generation has spent years waking up to these facts.

In spite of all our actions and after much new information – shared amongst us all on the web – mining and earth-wrecking industries are peaking, seemingly despite the economic 'glitch' we have just witnessed.

Go figure... Statements – same but different – have been made for more than ten years from eminent people warning us of what is to come if we do not change our consuming habits. Just in September this year, another mob of scientists collectively came out and attempted to jolt the world governments into immediate and urgent action to save the Earth's eco-systems from collapsing by releasing new figures showing us that the decline in eco-systems is speeding up quicker than previously thought.

This has seemingly fallen again on deaf governmental ears... while Rome continues to burn.

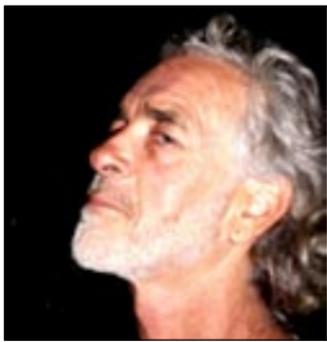
Conspiratorialists would have us believe that it is all part of the plan to bring us to our slave knees. Be that as it may or not, we all must now take on the responsibility for reclaiming our collective free life that is our divine right and destiny to live.

Our autonomy as individuals is unashamedly being taken out of our hands as corporations and their lackey governments skip around our Earth in 'take/take mode'. They are not just grabbing all the minerals and resources for material 'wealth', they are also just quietly grabbing our liberties and rights as human beings.

As the statistics (for what they're worth) show, the government doesn't try to hide the fact that they're not listening to us anymore, as their daily actions betray policies that were laid down for our benefit before the elections.

"The Greens..." – I hear some people tentatively question?

Some are so wary of any group that enters within the existing (morally and in-every-other-way corrupt) system, because, if past trends are true, they are in great danger of getting tainted and compromised with the 'highly contagious pandemic of corruption' somewhere along the line...



We need something completely outside the present system to come and (dare I use the word) 'revolutionise' the destructive greed we all are in the grip of...

The only cure for the sick malaise that hangs over our future at present is a paradigmatic shift in attitude – an out-of-this-world change. If we could only see this change in the simplified terms of 'switching the channel'.

If we vision into the future, our communities will go from being a 'harm-minimization society', to a 'care-maximization society'. In that change of words, is a whole paradigm shift of attitude in how we regard life.

Care maximization infers more full respect for life in general. That foundational tenet of respect seems one of the main things that western society has gradually lost, over the years – on all levels!

There isn't a lot to look up to. There are not many people around who are living up to, or setting any standard worth learning respect from.

This seems to come about from 'true and real' information that we really need as a moral guide for society not being made available out there in the mainstream. In absence of these standards in everyday life, people have looked elsewhere for ideas and heroes and ways to find things like respect. Breakthroughs have been made since the sixties by brave and intrepid explorers stepping outside of the laws and imbibing what are commonly known as 'mind-altering substances'.

Some say that a lot of the present 'mushrooming' interest in ethno-botanical and psychotropic plants used by people, such as Ayahuasca, is because they have the answer to helping us 're-wire our DNA', so as to handle what is to come in the near future - as we hurtle to the gate of 2012 and the 'thinning' of the veils between the dimensions' (in case you didn't know...).

Just like whoever timed it in the sixties to introduce drugs such as the laboratory produced LSD and the more natural (and free) magic mushrooms into the mainstream to kick-start change,

it now seems we have a whole new generational understanding of natural substances to take us inter-dimensionally towards the 2012 change – seemingly all introduced in perfect time to prepare us for the portal opening that is drawing us toward it.

People around this area have always been bold adventurers into strange and different territories – warriors of the spirit, if you will.

The big shift in perceptions needed now is for this Earthbound society to go deep inside and truly connect with its 'self' - and find the respect again. It's a case of '...if it's not out there – look inside...'

And if we can't do it through committed conscious processing and 'workshopping', then people are choosing to increasingly take some psycho-tropic plant matter, journeying - and doing a cram course to clear the way for what life has in store.

We are on a journey and there's no turning back. Adapt or perish is the catchphrase. We immediately need to get out of our heads and get our feet planted firmly on the ground again.

Chicken Little got his/her fifteen minutes of fame the other day when the sky fell on us. So many thousand tons of dusty topsoil fell from the heavens and 'Armageddon' was not far from the lips of many...

We can presently see a lot of 'endings'. Lets face it, there is a lot around to be fearful and apprehensive of. Yet it seems many in our society continue to take ever-more heroic doses of life - so as to crash through (or crash) the attempted 'stymieing of our spirit'. Though everything may appear bleak at times and the spirit may sometimes look dented and dull, we are now called to entertain in our thoughts, the miracle of imagining a future beyond endings.

Now we must think, or dream our desired future into reality - for we ARE the catalysts of change.

Don't wait for anyone else. This is a solo, yet collective gig.

Through the strengthening of our selves, we together, multiply the energy of positive dreaming - towards an in-tune reality.

The more we do this; the more possible it is for that dream to come true.

Happy journeys! Happy dreams. What is real?

For more info on-line, go to:

<http://www.youtube.com/watch?v=TWmuc8jSAV8>

<http://www.realitysandwich.com/print/27975>

<http://headoverheels.org.uk/>



New Flag of our First Light Country

The Githabul Elders from Mulli Mulli, Woodenbong and Nerang, with family and guests, met together and spent three days with United States Pleni - Potentiary judge David Wynn-Miller at Broadwater in late November.

Mr. Wynn-Miller gave a presentation regarding syntax and truth in language.

A flag representing Githabul Sovereignty was also unfurled, which has the main sacred mountains to the Githabul on it, that is, Mt. Lindsay and Mt. Warning. The flag also has the morning star, Venus in the middle.

This is the flag of our first light country.

Voice of the Earth

by Allan Lunare

The voice of the Earth is there for all of us to hear and feel, even though many of us have forgotten how to listen to Her. She is still calling out to us. She is always calling to us to listen to Her, to love Her and sing Her songs. But most of us have forgotten how to listen and hear only our own minds. We have become deaf to the Earth.

How many of us think to stop and feel the Earth before deciding to dig into Her? Planting a tree for example. How often do we stop to consider anything other than the facts of aspect, species, soil type etc? All mind. And then afterwards we feel wonderful that we've done something for the Earth. We pat ourselves on the back, our egos satisfied for a time.

And we may well have done something beneficial for the Earth. But how often do we stop to consider what She may want? How can we even get this information?

Firstly, we could state our intention. "I am going to listen to the Earth" or "I am going to ask permission" for example.

But the mind and ego might not like this. It implies not only a degree of surrender but also an acknowledgement of something far bigger and more powerful than mind. And so we have the modern world, run by ego and mind; narrow, destructive and deaf to the Earth.

But many are beginning to remember to listen to the Earth.

On Sunday 22nd November a small group gathered by Sphinx Rock Cafe to listen to the Earth. She was there



for us and we heard her strong. Our group intention allowed our hearing to be sharpened and our hearts connected with not only the Earth but also with one another.

The separateness of ego/mind dropped for a time and we felt very different. The Earth heard us. We sent Her love and She was glad.

She needs us to listen to Her now. The time is well nigh for numbers of people to gather to open to the wisdom and love of the Earth. We can think all we want about what needs to happen to 'save the Earth' but until we listen to Her nothing significant will change.

I welcome you to join us at one of our upcoming gatherings to begin again the listening. It is very simple. The Earth needs you there.

'Listening to Her' @ Sphinx Rock Cafe Sunday 13th December, 9-11am.

Payment by donation with all proceeds to local Landcare. Call Allan on 0432-047-432 for more details.

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Koala Kolumn



by Lorraine Vass

It feels like we may be in for a long, hot dry summer. A few days ago many parts of the state had suffered three days of temperatures in the 40s, north-westerlies and very low humidity. The fire-rating was severe/extreme/catastrophic. 140 wildfires, many begun by lightning-strike, blazed away; 40 out of control. With the Victorian experience so fresh in our minds, we can't help but be anxious about the months ahead and their impact on koalas on the Northern Rivers.

Three koalas have already been admitted from fire-grounds; one a few weeks after it had sustained burns and other damage from being caught in a controlled burn. Fire can threaten all of us but for koalas the high temperatures and drying wind also means less and desiccated leaf. They need to forage further afield and succumb to dehydration. This may be enough to push a koala which is already in poor health, over the edge. Scarcity of good quality of leaf at this time of year is also a real headache for our leaf-collecting team.

Koalas are commonly thought not to drink; that they get the moisture they require from the leaf they eat. When they need to, koalas will readily lap water. By putting out bowls of water during the hot weather you can help koalas and other wildlife.

Koalas made the headlines last month with the meeting in Canberra of the Specialist Working Group which is assisting the Department of Environment, Water, Heritage and the Arts to prepare the nomination and recommendation for listing the koala as an endangered species under national legislation. The Minister has until September 2010 to make his decision.

Two previous nominations for listing the koala nationally, made in 1996 and 2004, failed. Will this third attempt be successful? There's no guarantee. Incontestable evidence of loss of habitat, disease, road-kill and dog attack drastically reducing koala numbers along the eastern seaboard is not enough. There being no standard tool for measuring koala abundance and trends and the requirement to use the IUCN's threatened species classification criteria (the IUCN still lists the koala as a species of 'least concern'), will necessitate a fair degree



of lateral thinking to come up with an approach which is good science and delivers the ruling so many of us believe is required, that the koala's conservation status is indeed, vulnerable to extinction.

Closer to home, Richmond Valley is now the third Northern Rivers council to commit to preparing a Comprehensive Koala Plan of Management. Like Lismore and Tweed, no time-frame is established. Public pressure in Tweed, where the remaining coastal koalas are under tremendous pressure from development, may push Council into action sooner rather than later.

But Christmas is just around the corner and you may be thinking of shopping for presents. Friends of the Koala's Support-a-Koala program makes a thoughtful and satisfying gift for both giver and receiver. You can choose a koala from the gallery on our website, or better still, involve the person to whom you are giving the gift by getting them to choose the koala they would like to sponsor. We also offer gift vouchers to the amount you nominate from the Friends of the Koala Plant Nursery, a range of koala-motif jewellery and other merchandise, as well as wildlife Christmas cards designed by Di Stockbridge of Wildcare Queanbeyan.

Friends of the Koala does not receive recurrent government funding. We rely on our own fundraising efforts, sponsorship arrangements, membership subscriptions and the success of our grant applications. Clearly we couldn't do what we do without the endorsement and support of the regional community so when it comes to purchasing those presents, think how you can benefit Friends of the Koala as well.

Wildlife rehabbers are on call 24/7, 365 days a year. Over this Festive Season, spare a thought for those wonderful individuals who voluntarily forego a drink and even leave their Christmas lunch to attend to a distressed koala or other critter.

Information about koalas, their food trees, Friends of the Koala's Support-a-Koala program and other gift ideas 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, seasonal greetings and happy koala spotting

NIMBIN NEIGHBOURHOOD CENTRE EVENTS



Launch of Nimbin Seed Exchange Network

This will be held at "Birth and Beyond", 54 Cullen St, Nimbin (behind the Apothecary) 6.30pm on Friday 4th December. Cake and drinks will be available. \$10/\$7 entry.

View J and M Fanton's latest DVD on seed saving "Seeds B'long Yumi". Discussion and ideas for the new group plus seed/plant material swap.

For more information contact Julia DesBrosses on 0419-442-611 or Jenny Creasy on 6689-7533.

NNIC Community Xmas Party

Nimbin Town Hall on Friday 18th December from midday onwards. Santa will be attending. Come along and enjoy Xmas lunch.

Plastic Bag Free Nimbin

We are still collecting the last of the Plastic Bag Free surveys from local businesses. Survey results will be published in the February 2010 Community Calendar.

Sustainable Nimbin

– Community Survey – Okay Nimbin-ites..we know how much you hate surveys...but it's time for the Nimbin community to **stand up and be counted!** You will find a copy of the Nimbin Sustainability Survey inside the December Community Calendar. The survey is being conducted by NNIC on behalf of the Nimbin Food Liberation Front and has two purposes. Part A of the survey is designed to collect some hard data on the current sustainability of Nimbin including its catchment areas. Part B is

for the purpose of the Food Liberation Front's investigations into the feasibility of establishing a food co-op or Farmers Market in Nimbin.

Please complete the survey and return to NNIC by the end of January 2010. Please encourage everyone you know to participate in the survey. We are specially interested in the MOs in relation to part B, so if you are from an MO and are willing to distribute the surveys on your community and possibly collect them back up again, please contact Nat at NNIC.

Extra copies of the survey are available at NNIC either at our office or via email: nimbimic@yahoo.com.au

Nimbin Community Solar Farm NEEDS YOU!

Exciting News! NNIC has been funded to build a solar farm in Nimbin. Due to the recently announced NSW legislation regarding the Solar Feed In Tariff, it would appear that we are unable to locate the entire farm in one place. We are seeking Expressions of Interest from any community-based organisations located in the village of Nimbin who would be interested in participating in the Nimbin Community Solar Farm by hosting an array of 10kW or less on the roof of their premises. NNIC will provide a percentage of the income generated by the solar farm to the Host organisations. The income for Hosts is likely to be similar to the income they would receive from a 1kW grid feed system installed at their premises...but without any cost outlay for the equipment. If your organisation is interested, please contact Nat at NNIC on 6689-1692.

PLANT OF THE MONTH

Black Bean

Castanospermum australe

Selected by Richard Burer
Project Officer, EnviTE NSW

The yellow and red pea-like flowers and glossy dark green leaves are distinctive features of the Black Bean tree.

Castanospermum australe is a local tree which is often found adjacent to water courses. Look out for large trees along Goolmangar Creek, south of Nimbin.

Black bean trees produce hard and heavy boat-shaped pods, each containing 3-5 seeds. Although poisonous to man and beast, Aboriginal people made the seeds edible by cracking them and leaving them in running water for long periods. They dried, roasted and pounded the results into a flour for making a type of bread.

Our local black bean tree population has been under threat from the practice of collecting seeds and selling them by the kilo to China, where they are used to produce happy plants. Thankfully the *Castanospermum australe* has a good chance of survival now that China is producing its own seeds.



Black bean trees are great additions to the farm or garden, where its flowers attract lorikeets, bats and possums. It grows best with fertile soil and plenty of water. Don't plant too close to the house as the tree can reach to 35m, although it grows quite slowly. One of ours reached several metres over 10 years, but this is an exception as I haven't seen such good performers since.

This is an ideal children's propagation project as the seeds easily germinate and grow into a tall strong plant. Fill a small pot with well drained potting mix and place one seed in each pot. Plant out when about 1m high.

EnviTE is a not-for-profit organisation providing employment, training and professional environmental services.

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A new beginning...

The Nimbin Environment Centre is being run by a new management committee, and we could do with your help.

The new committee has chosen a path that will see the Association engage the community in productive and positive ways, for example we are now assisting the Nimbin Neighbourhood and Information Centre with data collection for their Sustainable Nimbin Survey. Drop into the Environment Centre and fill in a survey.

While our new path sees us actively engage with other community organisations, we still have our own campaigns running.

We had a protestor arrested recently (pictured above), though she and the other 150 other people or so she was arrested with were released without charge because protesting on the steps of Parliament House in Canberra is not actually a criminal offence.

The protestors were asking our Prime Minister to set a greenhouse gas reduction target of 45% at the upcoming talks in Copenhagen. Christine Milne and Bob Brown from the Greens came out to speak with the protestors, thanking them for their passionate commitment to a better world.

Thursday 26th saw our active little arrestee front



up in Brisbane to protest outside the BHP Biliton AGM. Protesting in full costume and silently demanding environmentally sound choices from this profit driven industrial complex is enough to reveal the ignorance of quite a few share-holders present for the meeting apparently. "They were a bit rude to some of the group," she said.

Another of our members was seen recently raising awareness of the putrid state of our local river systems. Peace Freeborn paddled his kayak between the Ballina Street bridge and Planet Music in Lismore collecting rubbish from the river.

In a little under ½ an hour, his kayak was literally a boat full of trash (pictured). Instead of just binning the trash as he usually does, the opportunity to raise awareness in the broader community presented itself when he was interviewed by the Northern Star for their weekend edition.

Although the Northern Star story lacked significant detail, the photo that accompanied the story was worth at least a thousand words. "People have been complimenting me on my effort all week," said Peace. "Every one of them has received an earful of recycling advice, believe me."

The Nimbin Environment Centre holds regular general meetings in the Green Room at the Nimbin Community Centre, 2nd and 4th Tuesday of each month, at midday. Come along for a nice cup of chai, a chat and help us make the world a healthier place.

Written by a volunteer, for and on behalf of the Nimbin Environment Centre.

Diary of a Pet Owner

by WOOF

Monday:

Got back from work late today, both tired, but she did seem to remember where to find the toys after I had given her a few hints, and we got in a good hour of healthy recreational play before her attention wandered – she obviously had her mind on dinner, but that was okay. It reminded me that I was feeling a little peckish myself. Had a nice evening by the fire. She seems to settle down when there is a nice fire going.

Tuesday:

Had to keep a careful eye on her today. We went somewhere that wasn't one of our usual workplaces and I think the change in routine may have been unsettling for her. I did manage to do a quick check for any potential danger spots. Snakes especially, now that the weather is warming up. Couldn't be as thorough as I would have liked though, because she gets agitated if I leave her alone for too long. Pets can be so demanding at times.

Wednesday:

Rained all day, so I used it as an opportunity to catch up with her training. Sometimes I wonder if I picked the runt of the litter, she can be so slow, but other times she surprises me at how smart she can be. She can be good at learning games, although she does lose concentration and becomes erratic after some time, and needs some encouragement. She really is backwards when it comes to food incentives and waiting for rewards – it sometimes turns into a battle of wills. And of course we have very different views on how threats should be dealt with - I'm afraid she still has a long way to go to learn the best way to deal with snakes.

Thursday:

She is in disgrace! Today she went AWOL! She just wandered off alone, getting into who-knows-what scrapes and troubles. She is getting the silent treatment from me, and will be ignored until she realises that she just can't do that kind of thing, and learns to mend her ways.

Friday:

Well – I relented, and let her play for a little while before we went to work. A good day and we decided to reward ourselves with a slab. Well! The guy at the drive through made a big mistake and tried to put the slab on the backseat without checking it out with us first. He was very lucky not to get a nasty bite. He'll know better next time.

Saturday:

Not much happening today, although I did have to keep a sharp eye on her when we went down to get petrol. You can't always trust these bowser attendants...

Sunday:

So nice. I let her have her friend over for the night. He seems to be quite intelligent - learned how to play with the Toys very quickly. I do wish that they could agree to sleep in the same kennel though. I was up and down the stairs all night checking that they were both okay, and that both of them were warm enough. I suspect she gets a little jealous when I spend too much time with the Guests.

Monday:

Just making sure she doesn't get lost when we go out to work, and that we get there on time. Humans can't always be relied upon, but at least we can try to keep them honest...

American Pitbull Terrier

by Noel Lechleitner, Year 9
Nimbin Central School

The American Pit Bull Terrier is a medium-sized dog. It has a short coat and a smooth, well-defined muscle structure. Its eyes are round to almond shaped, and its ears are small to medium in length and can be natural or cropped. It ranges from a height of about 45-56 cm at shoulders, and weighs between 16-35 kg. The Pitbull is often confused with bigger dog breeds like all sorts of bulldogs and mastiffs.

Temperament: Usually very playful and energetic, extremely loyal and protective. Unfortunately, although well behaved with his human family, he often does not get on well with other pets.

The reason that the Pitbull has got a bad reputation is because some people keep their dog like a fashion accessory to look tough. Those people don't look after their dog like a responsible owner would. For example, an unsocialised dog that lives in a cage barely bigger than himself, pumped on steroids



and not fed well-would you expect good behaviour from that dog?

The public image of Pitbulls reflects the macho outlook of their owners. Such people don't take them for regular walks to meet other dogs and release their energy (which they have plenty of). Some people still use their dogs for pitfights and physically abuse them – the dogs are deprived of food so that they become more desperate and vicious.

These poor animals are kept like a material possession such as an expensive car, rather than a living being that requires attention, care, affection and friends. Even a Labrador

in this situation would be dangerous, so judging the Pitbull is not fair.

I'm not doubting that a Pitbull needs special attention and care, but with early socialising and lots of patience you'll gain a great loyal pet.

The American pitbull terrier or Pitbull terrier is one of four breeds of dog classified as Restricted Dogs in NSW, under S.56 of the NSW Companion Animals Act 1998. It places stringent conditions on owning a Pitbull. See www.dlg.nsw.gov.au

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OBSERVING NATURE



WITH MICHAEL SMITH

December happenings:

- Mud dauber wasp makes its nest.
- Peak birthing time for Koalas.
- Christmas beetles bang against the windows at night.
- Lemon Myrtle in flower.
- Nests are full of baby birds.
- December and January are the warmest months, average maximum temperature 29 degrees.
- Broad-leaf privet in flower.
- Kookaburra chicks are fully independent.
- Baby Brushtail Possums can be seen peeking out of their mother's pouch.
- Mosquito populations breed up.
- Australian teak loses its leaves.
- December 22nd is the Summer Solstice, the longest day of the year.
- Bushfire season.
- Wattle seeds are plentiful.
- Gum emperor moth caterpillars feast on euclypts.
- Plenty of macadamia nuts to pick up (bush nuts).

This concludes Michael Smith's series of nature observations, based on some 25 years of observing. Thank you, Michael.

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The New Energy has arrived! And with it the EMF Balancing Technique®

by Daniel Keszler

We are excited to announce this New Energy Work as part of our region's offer to facilitate Balance, Self Empowerment and Wholeness, which are important elements of growth and 'healing'.

It so happened that Will Power and Daniel Keszler got led together and engaged on a journey to the busy city of Sydney. The purpose of this journey was one of discovery of Self, a journey to become more of who we are, to discover this grand wholeness, the core of our being, and mind you, I had no idea.

OK, it's time to introduce Debbie Morris, who is a wonderful Supervisory Teacher and Master In Practice of the EMF Balancing Technique®.

She organised for us country folks a six day EMF Balancing Technique® course in which we learned to facilitate and received the first four Phases of this wonderful modality.

More about EMF Balancing Technique®

We don't stop where our skin stops. There is far, far more to us than meets the eye. The basic intent of an EMF Balancing Technique® session is to balance the Human Electromagnetic energy field, allowing the individuals energy to open as many circuits as possible to the Cosmic Lattice or Universal Energy Source.

This personal connection facilitates potent Self-empowerment and can lead to spontaneous release, even without insight, in a single heartbeat.

We are a part of the Cosmic Lattice (Universal Energy Source) simply by virtue of our existence. Our individual energy field or Universal Calibration Lattice® (UCL) is our personal connection to the Cosmic Lattice.

Each EMF session calibrates and strengthens the entire UCL which stretches, releases and reorganizes itself into the next highest pattern of balance, thus opening as many circuits as possible to the Cosmic Lattice and larger aspects of Self. The calibration process occurs for everyone, whether or not one is conscious of it.



The core of our being holds unlimited potential. The stronger the flow of energy within the core, the greater the access to the wisdom/knowledge within.

Why have an EMF Session?

There are many reasons people come for an EMF Balancing Technique® session:

- a desire and need to totally relax and de-stress,
- a desire to 'heal' (release the energy restraints of the past),
- a desire to understand Self and bring clarity and insight to present life situations, a desire to live more powerfully, peacefully and fearlessly in 'now time' and move into future potentials beyond any previous limitations. • a desire to grow spiritually and empower Self...

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Will Power and Daniel Keszler are available for facilitation of Phases I-IV.

You can reach Will on 6689-1480 or 0407-293-433 or email: nimbin1@tpg.com.au

You can reach Daniel on: 6689-9249 or 0419-182-989 or email: sirius@yellowspace.net or call the Nimbin Apothecary: 6689-1529.

You wonder what that New Energy is?

To get a taste of it, visit Allen Stacker's website www.pointsofpower.com.au

Also worth checking out is www.EMFWorldwide.com

Peggy Phoenix Dubro is the originator of the EMF Balancing Technique®, which is now practised and taught in 70 countries around the world.

"Peggy's innovative work with the field of all life leads us to the place in ourselves where love, healing, and peace begin. Her techniques are practical, effective, and they work!" ~ Gregg Braden, author of The God Code, The Divine Matrix.

Ayurvedic Info

This month, we continue on with food do's and don'ts. As we enter the sweltering summer, appetite diminishes and we tend to look for cooling salads.

All very well, however, raw food is hard to digest and aggravates vata, making you feel spacey and vague. A good guideline is ¼ of the meal can be salad, with pitta types able to digest a little more. The addition of garlic, dressing, lime juice and black pepper helps begin the breakdown of the raw food, as do spices.

Most people unwittingly create toxins in their bodies by the consumption of incompatible food combinations. These can aggravate the doshas, cause allergies (including autoimmune reactions), malabsorption and disease.

VIRUDHA AHAAR (incompatible food combinations)

- Milk or yogurt with sweet and sour fruits/ sour fruits/ citrus. Milk and bananas for example diminish digestive fire (agni) and produce ama (sticky toxins) rapidly, causing allergies, sinus congestion, colds, coughs, lethargy, etc.
- Vegetable starches and fruit. The fruit sugars digest much faster than the vegetable starches causing indigestion and creating ama.
- Grains and melons. The sugars of melons digest much faster than heavy grains, causing indigestion and ama. Melon should always be eaten alone.
- Honey must be taken only uncooked. On heating honey, it turns into a thick gluey mass which sticks to the mucous membranes and clogs the digestive channels producing ama.
- Milk and meat proteins. Milk is cooling while meat is heating. This combination produces ama. Science has proven that this combination of proteins inhibits the absorption of calcium.
- Nightshades eg eggplants, tomatoes, potatoes and chillis are incompatible with milk and milk products, melons and cucumber.
- Eggs are incompatible with milk, yogurt, cheese, bananas, melons, fish and meat. Corn is incompatible with bananas, dates and raisins.
- Lemon is incompatible with milk, yogurt, cucumbers and tomatoes.
- All fresh fruit should be eaten alone, at least ½ hour away from other foods.
- Iced water should not be taken with meals as it dampens the digestive fire.

In general, any excessive wind, bloating, lethargy and heaviness after eating is indicative of maldigestion and a closer look at your choice of food combinations can improve your health dramatically.

Soymilk and canola oil are prevalent in our society. Soymilk dampens the digestive fire and blocks the scrotas or fine channels in the body. It forms a latex-like substance that agglutinates or clumps the red blood corpuscles which reduces oxygen supply to areas such as the eyes. This means that there is a strong link between soymilk consumption and glaucoma which has increased markedly in recent years. Processed soy products like tofu and tempeh don't affect the body in such a negative way.

Canola oil, which seems to be added to so many products and is often genetically engineered, is similar but more severe in action. It is a semi-drying oil that is used as lubricant, fuel, soap, and synthetic rubber base and as an illuminant for the slick colour pages you see in magazines. It is an industrial oil and does not belong in the body. It also causes emphysema, respiratory distress, anemia, constipation, irritability and blindness in animals and humans. These and other health-affecting compounds like trans-fatty acids mean that careful label reading can truly help you maintain your health.

Most people will eat incompatible combinations at one time or another, especially over the festive season. We hope this will be of some assistance to help your stomach through. Merry Christmas to you all!

We have a clinic day on Thursdays at Birth and Beyond. Appointments can be made via the Apothecary on 6689-1529 or by ringing John on 6689-1794 or Helen on 6689-1717.

Homeopathics, Flame Trees and Ticks

by Tarang Bates

It's that beautiful steamy, red time of the year again – Poinciana blossoms – huge canopies of them and wine red Frangipanis.

Flame trees come alive – often looking like rather insignificant creatures – so much so that the only gorgeous Flame tree in our village was in danger of being destroyed by developers.

I have been trying to capture the image of a Wonga Pigeon, for the children's book that I have written. Incredibly shy birds, definitely bare feet and hiding behind a tree sorta action! At the moment they are often seen in pairs or family groups waddling around, big, plump and beautifully spotted.

It is also TICK season at the moment, this runs from September through January, although the season up here in Northern NSW seems much longer.

If you or your animals have a tendency to react badly to tick bites, it's worth considering a regular dose of the homeopathic tick nosode – IXODES

This remedy is prepared from tick poison and may assist in the prevention of toxic reactions from tick bites. As a preventative measure - 2 or 3 doses per week, (a dose being 2 drops.) Animals can be dosed in their drinking water....stir well.

The paralysis tick – Ixodes holocyclus, can be deadly for animals. The most common signs are a cough or vomiting, your animal being overly quiet or having difficulty walking – looking a bit wobbly, fever, loss of appetite and a change in the sound of the voice. The toxins cause a slowly progressive paralysis by blocking the motor nerves of the body and the first area commonly affected is the throat.

Humans may also have allergic reactions to tick poison. The treatment of both humans and animals is pretty much the same.



It is always best to start using the homeopathics as soon as the tick is detected. IXODES is the first remedy to think of, particularly with animals. I often recommend using ARSENICUM for poisons in the body or LEDUM for puncture wounds in conjunction with Ixodes.

If you or your animal is starting to have a bad reaction to the tick poison, it is very important to maintain frequent dosing, say every 10 – 20 min depending on the severity of the reaction, for up to 10 doses. You should notice a difference after 3 to 4 doses, if so you could start dosing further apart.

If you haven't detected the tick early enough and your animal is showing signs of respiratory distress or paralysis, continue dosing with the Ixodes...and consider remedies such as CONIUM or LATH SAT.

ACONITE or RESCUE REMEDY may be used for shock and fear and Vitamin C – 3 teaspoons of powder dissolved in warm water or broth or milk fed to the animal with a syringe, for a small animal about 5ml 4x daily and a large animal 10ml 6x daily.

It is important not to feed your animal solid food, only small amounts of water for a couple of days and then a little soft food to avoid choking.

All of these Homeopathic Remedies are available from Nimbin Homeopathics on 02 6689-1452 or email tarangbates@yahoo.com.au

PS.....correction from last month.....I am probably ¾ of the way through my lifespan...not ½... silly me!!

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Thinking of a New Year's Resolution?

Your life up in smoke

by David Hoffmann

The cost of smoking (your life) is something that we hear about regularly and we see on the advertisements that the government health organisations run through media all over Australia, but why do 20% of us still choose to smoke when we are so aware of the consequences? And did you know that 50% of Australian Aboriginal and Torres Strait islanders smoke?

When someone inhales the chemicals from a cigarette, the body reacts in many ways. The nicotine that we absorb gives our body that feeling of 'a hit' or burst of stimulus. There is no other drug that is absorbed into our system as quickly and gives us so many bursts in such a short period. The body adapts to and almost relies on those hits, so when the nicotine in the bloodstream lowers our body stimulates it to have another cigarette to fill that craving.

As your body becomes used to the process, it becomes more resilient to the nicotine so to have the same affect as before, it must have more of a hit, so it again stimulates you to smoke more, this being the cause of people increasing the amount they smoke.

Without that hit, people become angry, depressed and unable to concentrate and generally distracted until they have that hit to build the level up again. It is a process

that does not make it easy for a smoker to give up or even reduce the amounts they smoke each day.

Some ways you can address the issue of giving up are:

1. Call the quit line for support methods 13-18-48 or www.quitnow.info.au
2. Grab a friend to help you keep motivated
3. Reduce the cigarettes that you have slowly (keep a record of how many you smoke each day)



4. Find something to do with your hands when you would normally smoke (a squeegee ball to squeeze is always good). The old saying 'idle hands are the devils work' is pretty close to the mark for someone trying to quit.

5. Focus a little of your efforts getting your body healthier with exercise. The better you feel, the less likely you are to want to put that cigarette back in your mouth. When you undertake the exercise it will also highlight just how much smoking affects your ability to breathe comfortably.

One of the best things you can do in your life as a smoker is to give up. If you have a friend who is trying to give up, ask them what you can do to help them. It might be to go for a walk every day, or just be on end of the phone.

David Hoffman is the proprietor of David's Health and Lifestyle Studios, Lismore, phone (02) 6625-1433.

Bowen Therapy takes off the heat

by Tonia Haynes
Bowen therapist and Pranic healer



I have no idea where the myth came from that hot summer days make us feel sensuous and sexy, and I am absolutely sure all songs about hot summer days bringing fun and romance, are written by those who live in caves, where 25 degrees centigrade is considered a heat wave.

There is absolutely no romance, or fun in needing to wear a piece of sopping wet rag around one's neck, in order to stop one's brain taking on the consistency of a hard-boiled egg.

As for passionate, long, close, embraces. In the last month, my seemingly unresponsive refrigerator has gently held my hot heart next to its freezer compartment at every request; a show of affection for which I am eternally, passionately, grateful.

So what to do while the wise and not so wise argue about whether climate change is being caused by us, or by mother earth going through her natural cycles? All I can say is 'If this is natural, she's having one hell of a hot flush.'

First thing, drink water, at least a litre per day. And for those of you who protest that you drink plenty of fluids, beer, coffee, tea, cordial, soft drinks etc. Try feeding those to your favourite plant for two weeks, without the usual water. I guarantee, the results will be disastrous.

Forget about, 'I am not a plant.' We are biologically very similar to plants, but unfortunately, we were also given the gift of arrogance.

If you are suffering from dizziness and heart palpitations you may just be dehydrated. It happens.

One thing to remember, when it comes to drinking water. Iced water makes the kidneys scream in agony. Cool is best. I was sorta joking about the freezer compartment.

If you are adverse to the taste of this, most life-giving substance, make up a jug with some slices of lemon and a sprig of mint.



Cartoon courtesy of totalpossibility.wordpress.com

Delicious!

We, unlike our green friends, also sweat out copious amounts of our mineral uptake in hot weather, so take a colloidal mineral supplement to keep the body cells functioning as they should.

A body that has efficient and sufficient fuel, handles the heat more efficiently.

Follow the instructions on the bottle, because more is not best, in the case of mineral supplements.

Actually, even plants thrive on colloidal minerals, if they have the water available to distribute them around their variously shaped bodies.

Most of all, take it easy. Forget about daylight saving, what we really need in heat like this, is siesta time, with a wake up daiquiri about four o'clock in the afternoon; after a large glass of water, of course.

I will be in clinic this holiday season.

Well, what else to expect, for a wicked woman who is into siestas and the occasional daiquiri?

For those of you who have asked me. No, Bowen

Therapy is not like Reiki.

Bowen Therapy is definite and precise movements across parts of the body, which stimulate blood and nerve flow, so those poor old muscles and bones get the message that relaxing, returning to their correct position and being good, is much better for all concerned.

Bowen treatments also regenerate the systems of the body toward good health, lessen emotional stress and generally make life seem easier.

For those of you who believe, if it doesn't punch and crunch it can't possibly work, a bit of slap and tickle from a Bowen treatment, with added extra therapies for the individual, may well change your mind.

What better way to face the holiday season and a hot summer, then by feeling pain free, calm and clear headed.

For those of you who were interested in last month's article on the Ixodes homeopathic, as a very successful remedy for the symptoms of tick bite, refer to this month's article by Tarang of Nimbin Homeopathics (opposite). It gives you all the added details you may need to know, about counteracting the effects of these cute little critters.

I am at clinic in Nimbin, Tuesdays and Saturdays. Phone 02 6689-1361 or 02 6689-9284 for an appointment. Mobile: 0439-794-420 (limited range.)

Be cool!

Love light and laughter.

Cook's corner

Recipe of the Month

by Carolyne



for about 1 hour, stand for at least 5 minutes before turning into wire rack.

When cold cut into three layers. To assemble, spread bottom layer with cranberry jelly, sprinkle rolling area with icing sugar to prevent sticking, coat rolling pin with icing sugar, roll 1/2 the almond paste in a circle the size of the cake, gently lay almond circle on to the cranberry, place the second layer of cake and repeat the previous step then add the top layer of cake.

Place the cake in the fridge for about one hour. The cake may now be covered in chocolate gnash or chocolate frosting.

Till next month, enjoy.

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

Chocolate Cranberry Almond Cake

This is a beautifully moist cake I would describe as my black forest variation.

Ingredients

- 185g butter
- 1 1/4 cups caster sugar
- 3 eggs
- 1/3 cup cocoa
- 1/4 teaspoon bicarbonate of soda
- 1/3 cup of water
- 1/2 cup coarsely grated dark cooking chocolate

- 2 cups self raising flour
- 1 1/2 cups whole fruit cranberry jelly
- 2 cups good quality almond paste
- 1 cup icing sugar

Method

Grease 23cm cake tin, line with bake paper grease paper and sides of tin

Combine butter, sugar, eggs, blended cocoa, soda, grated chocolate, water and flour in a food processor, process until mixture is smooth.

Pour into prepared pan. Bake in moderate 190c




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