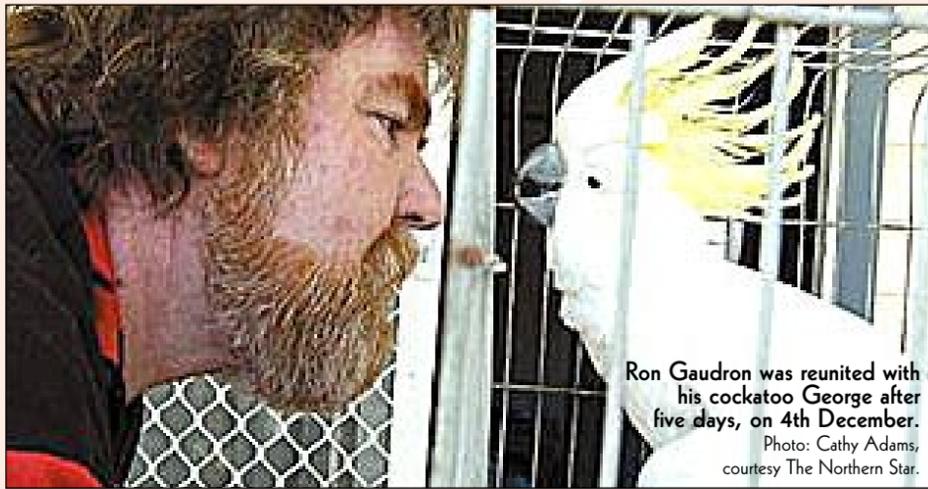


Cockatoo kidnapping: Why we did it "Maverick" Animal Libbers explain their actions



Ron Gaudron was reunited with his cockatoo George after five days, on 4th December.
Photo: Cathy Adams, courtesy The Northern Star.

Dear Nimbin GoodTimes,

We are sending this letter to you regarding the issue of George the cockatoo, who we took from a house in Lismore in late November. This has been a major issue in *The Northern Star*, getting front page at least twice and several others articles between 29th November and 7th December.

Wishing to tell our side of the story and to convey our reasons for our actions, we sent several letters to *The Northern Star*, and since these letters have not been published, we are hoping you will show a less biased approach to the issue of animal liberation and print this for us.

Firstly we wish to apologise to George for any stress he may have been caused. While all effort was put into his comfort and well-being during the week he was with us, it was undoubtedly a traumatic experience and we regret this. We offer no such apology to his captors. We are pleased to hear George the cockatoo might get a bigger cage or, presumably if he entertains enough, even a small aviary. Arbeit macht frei? Pretty damn similar!

The decision to help in the liberation of this cockatoo was made after we received certain information from concerned bird lovers living nearby. We were informed he was around 14 years old, not 34 as was stated in the NS. Additionally we were told he was caught in the wild and not born and raised in captivity. While neither of these facts was instrumental in our decision to return the cockatoo, they did mean his rehabilitation would be longer and trickier.

But contrary to the opinion expressed in Northern Star, simply setting him free was never an option. And since our rehab contacts were nervous about the level of publicity and wanted to wait until the attention faded, and we felt that such a long delay would be unfair on the cockatoo, we reluctantly took a step backwards and returned him to his privatised prison. Again we want to apologise to George, this time because we made him a promise we did not keep. Sorry George.

The action itself was taken after we, a small flock of birds of a feather, began to question the overall morality of the system we live under. Soon, a conspiracy to free all sentient beings from an existence of servitude and exploitation was hatched. What we did was about love, respect and freedom for all.

For these reasons, we condemn the social and economic system that, for whatever reason, justifies the inhumane treatment of

others for profit, regardless of race, gender, age, or species. From small-scale breeders and pet shops to the medical and military research industries, animals suffer for our greed, egos and lust for power.

In addition, human encroachment on the remaining areas of natural habitat across the globe is resulting in an ever-accelerating rate of extinction amongst wild animals and plants. It is not just people and animals that are suffering, our planet itself is under threat. The insatiable need to consume, expand, upgrade and develop must be resisted and halted if the earth itself is to survive as we know it.

Animals are being bred to be sold for the holy dollar, for profit. Whether it's cats, dogs, mice or monkeys being sold to research labs or birds being bred for sale as family pets, the message is the same: profits come before life. We have nothing against people having animal companions; kids, old folks, people in general benefit from such interaction. But it must be mutually agreeable, not one-sided. For instance, a dog that is loved and cared for, taken on walks and so on, is not being deprived of its fundamental instincts.

But birds in cages? Birds are meant to fly! It's a pretty weird way to show your love; cruel and unusual love, somebody near to us called it. It's about the same as trying to keep a dolphin in the family pool, or bathtub for that matter. But what is this thing with birds? Is it a jealousy thing perhaps – we can't fly so neither will you?

Fortunately, we still believe that with education, organization, agitation and love, humans are capable of rising above the horrendous precedents thus far set by patriarchy, religion and capitalism. We can question the conditioning we each receive. We can set examples, plant the seed of doubt into each others' heads and hearts. Things can change.

We failed in our effort to give George the cockatoo a chance to live amongst other birds, even if only in a large aviary, and again we say sorry to him for this. But, if what we did leads just one person to question the idea of incarcerating winged creatures in such a way, or to challenge the overall values of a society that condones such behaviour, then we have still achieved something. The struggle continues. We will not give up.

Signed with love
Binta Blackbird, Barry Hornebill,
B-Z-Emu for the Black Alliance

Logged forests flogged, says audit report

Forests NSW's supervision of native forest logging has been again condemned after breaches of over 50 statutory licence conditions and four Acts of Parliament were found in a recent audit of logging in Yabba State Forest, west of Bonalbo in north-east NSW.

The audit, undertaken by Dailan Pugh and John Corkill, with the assistance of zoologists and botanists, for the North East Forest Alliance (NEFA), has led to the compilation of a detailed complaint and calls for the Department of Environment and Climate Change to prosecute.

"Forests NSW has systematically failed to identify, and protect from logging, buffer areas required along streams to limit pollution, the trees meant to be retained as critical food resources for Koalas and Yellow-bellied Gliders, and the habitat needed to be protected for the endangered Black-striped Wallaby," said Mr Dailan Pugh, spokesperson for NEFA.

"The removal of the remaining healthy trees from large areas of sick forests affected by dieback resulting from previous logging and climate change is of particular concern. This plunder of the few healthy trees is a death sentence for these already stressed forests. Logging this way makes a total mockery of claims of ecological sustainability," Mr Pugh said.

"When we need our forests more than ever to sequester carbon out of our atmosphere



it is reprehensible that we are effectively killing them and releasing their stored carbon. This single act of vandalism has counteracted years of tree planting in this region," said Mr Pugh.

The audit by activists from the North East Forest Alliance comes 20 years after the Alliance was formed in Lismore in 1989, to increase the area of forests protected in reserves and to combat unsustainable forestry operations.

"Over the past 20 years significant areas of forest have been incorporated into reserves, such as national parks, but it appears that Forests NSW still cannot run ecologically sustainable operations which comply with the law," said Mr John Corkill for NEFA.

"In 1990 we proved in the Land and Environment Court that the then Forestry Commission could not be trusted to observe its statutory duties and log only according to the law. This audit shows that 20 years later Forests NSW has learnt nothing, and still cannot be trusted.

"In 1998 the NSW Labor Government took away our legal rights to enforce environmental laws, telling us that the responsible government agencies would do so. Regrettably, they haven't honoured this commitment," said Mr Corkill.

"If it's serious about its role, the Department of Environment, Climate Change and Water must enforce its licences for water pollution and the protection of fauna and flora. Otherwise Forests NSW's culture of non-compliance will continue to grow and flourish," he said.

The audit report has been forwarded to the responsible NSW ministers, and the Alliance is calling on Environment Minister Frank Sartor to ensure that his agency prosecutes Forests NSW for breaching the Threatened Species Licence and Environmental Protection Licence.

The Audit Report can be browsed on the web at http://nefa.org.au/audit/Yabba_audit.htm and is downloadable at http://nefa.org.au/audit/Yabba_audit.pdf

Koala Spotting

by Ossie Osborne

I have lived on Falls Road for 15 years now and this is the first Koala that I have seen here.

It was spotted by my eagle-eyed gardener, Gai Reid, one afternoon a week ago, feeding in a Turpentine tree just across the road from #52.

'Friends of the Koalas' have been notified and have

registered the event.

They were quite excited as this is a first sighting in this area for them too. Gai thinks that it was a young male, and it possibly came from the late Barry Walker's arboretum nearby.

As there have been four wallaby kills on this road over the last three months, could the users of Falls Road PLEASE SLOW DOWN!

Also, it would be nice if the local residents could keep their dogs under control, especially at night. I would hate to find this little guy dead on the road during one of my early morning walks.



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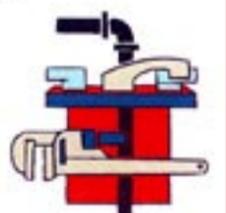
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Koala Kolumn



by Lorraine Vass

Welcome to 2010, the International Year of Biodiversity. Will it be a turning point for the Koala or even for nature in Australia? We'd like to think so. At the very least the year presents an opportunity to celebrate the beauty and diversity of the natural world, not to mention recognising that Australia's biodiversity is in serious trouble.

In early December Friends of the Koala, along with 40 or so other groups across the nation signed on to the Boobook Declaration. The Declaration is auspiced by Friends of the Earth Australia. It arose out of an informal meeting, rapidly morphing from an idea into an action statement supported by hundreds of thousands of Australians.

Boobook calls on the Australian Government to:

1. Acknowledge the critical importance of safeguarding biodiversity as part of Australia's climate change response and commit to correspondingly urgent action to address the systemic drivers of biodiversity loss.
2. Increase investment in biodiversity and ecosystem protection, restoration and management to at least \$9 billion over the three years to 2012 and establish an independent consultative process into future funding and stewardship of Australia's terrestrial, aquatic and marine diversity.
3. Restore and increase publicly funded research capacity.
4. Develop education and training programs for all sectors of the community.

The full text of the Boobook Declaration is at www.boobook.org.au/declaration.htm
Information on the International Year of Biodiversity is at www.cbd.int/2010/welcome/

Around the same time the Australian Koala Foundation announced its revised estimates of koala numbers in the three states of Queensland, New South Wales and Victoria. The Foundation puts the total population between 42,535 (minimum) and 78,830 (maximum) – a long way short of their previous figure of 100,000.

The estimates for the electorates of Richmond and Page, which more or less replicate Friends of the Koala's area of operation, are 500-600 and 400-580 respectively, i.e. an estimated maximum of 1,180 koalas remaining in our neck of the woods (see: www.savethekoala.com/images/conservation/koalanumbers/nswlectorates.jpg).

On the basis of the sighting reports we receive and the animals we admit each year, we believe the figures are too low but we don't dispute that the days of sharing our region with wild koalas are probably numbered.

During Copenhagen the International Union for the Conservation of Nature (IUCN) Species Survival Commission



Gus, aged 10, was euthanased on 14 December.

He had hung on for weeks but the extreme weather tipped him over the edge.

Gus was first admitted to the Koala Care Centre in August 2008. He was treated for chlamydia and released after 9 weeks, but he was back in December, severely dehydrated. He had lost weight, so was kept in care until the end of January.

Gus returned to the wild where he had three families looking out for him. Through the year he was seen often, but it became clear that he was deteriorating, remaining in small trees for extended periods and sometimes dehydrated.

Over his last few weeks, Geriatric Gus got special treatment: a smorgasbord of selected leaf, bowls of water, misting, a watchful eye and finally, a gentle death.

released its report *Species and Climate Change: more than just the Polar Bear*. The report presents ten flagship species chosen to represent the impact that climate change is likely to have on land and in the world's oceans and rivers. The Koala is included because elevated CO₂ levels will reduce the nutritional quality of Eucalyptus leaves, causing nutrient shortages in the species that forage on them. No longer able to meet their nutritional needs, koalas, renowned habitat and food specialists, will succumb to malnutrition and starvation.

On the ground, Friends of the Koala volunteers were feeling the full force of a species under pressure. During the month from mid-November to mid-December we and our vets dealt with the deaths of nearly 40 koalas from across the Northern Rivers. Trauma and fire accounted for only a few. Most died of disease and metabolic starvation; a truly horrible lead-up to Christmas.

But it's not all doom and gloom. Just as the restorative powers of the rain and cooler weather have worked their magic dropping admittances dramatically, we all have the capacity and opportunity to do our bit. Get involved in koala conservation – it's not too late and there's a lot at stake.

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

Until next time, seasonal greetings and happy koala spotting

Diary of a Pet Owner

by w00f



I've decided to give her more independence, and let her do her own thing without me hanging around to keep an eye on her every time we go to work. She seems to know the way quite well now, and I don't have to keep one eye on the road to make sure she doesn't take a wrong turn.

I made this decision after careful consideration and of course, all due care after she passed a rigorous test. This was done quite deliberately, just to see how she would perform. We went to a strange work site and I let her leave the vehicle before I had checked out the terrain thoroughly first.

No snakes, but believe it or not, two huge slaving almost man-sized feral dogs with steel capped teeth launched themselves

at us from the undergrowth. I warned them off, but then thought 'well,



if she thinks she can handle it here's her chance...'

So, I created a momentary diversion by sliding under the vehicle (a bit like Clint Eastwood in that movie...) thus giving her time to collect her thoughts. Then I watched how she dealt with them. She didn't do too badly. I had to yell out lots of advice, and told the slaving feral beasts what would happen to them if I came out from under the vehicle, but by and large, she handled herself well, and eventually they slunk off, realising that they were up against professionals.

I was so proud of her, I

decided to reward her by allowing her to go out without me while I kept an eye on things around the kennel.

Picked up a *GoodTimes* and felt mildly annoyed that there was a huge typo on my name. Surely the editors realise that my name is very case sensitive? It is w00f at the moment – hope they notice and realise and get it right in time for the next issue.

In fact, I have several issues with the editor. I have a sneaking suspicion that my diaries have been leaked to the 'Undacuvva' dog. I don't get 'cash for comment' like those feline floozies involved with that 'Tiger' character!

I sincerely hope the Undacuvva dog escapes the cage, but I need to know more about the 'modus operandi' before I help him and the other little doggies make their escape. It must be terribly distressing to have to make moral and ethical decisions on a daily basis – especially for a non-human.

PLANT OF THE MONTH

Bangalow Palm

Archontophoenix cunninghamiana

Selected by Richard Burer
Project Officer, EnviTE NSW

Bangalow palms, which grow to about 9m, are found mostly in moist situations, often along stream banks and wet alluvial flats, and sometimes on hill slopes.

The leaves of the *Archontophoenix cunninghamiana* are large – up to several metres long – glossy and dark. In the spring, purple flowers create a striking appearance as they flower at the top of the trunk.

In early Summer, bright red fruit are borne in panicles below the tuft of leaves and add colour to go with the festive cheer.

Bangalow palms are common in this area, often found close to the source of subtropical rainforest remnants and regrowth. To see these palms near Nimbin, take a look towards Nimbin Rocks when standing a few kilometres out of town on the Nimbin Road. The palm valley below the cliffs is spectacular! Further afield, Protester's Falls offers a chance to walk amongst these palms.

In the garden, the Bangalow palm is hardy and rewarding as it copes well in most situations. It can tolerate full sun and strong winds, but not frost.



It is easy to propagate with older seed from the forest floor. Only propagate from remnant rainforest groups of palms as domestic plantings could possibly cross breed with Alexander palms, a native of north Queensland, which is now widely planted in the area. Alexander palms are distinguished by the silver scales on the undersides of the leaflets.

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

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Eucalypts allow Australia to tackle climate change

Australia's eucalypts are a national resource with the potential to provide a source of fuel to reduce carbon pollution from transportation fuels.

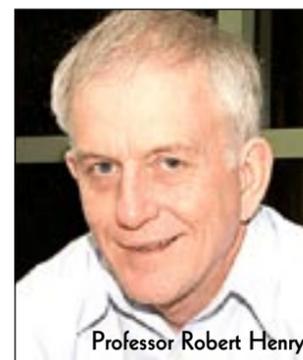


Professor Robert Henry, director of Southern Cross University's Centre for Plant Conservation Genetics and a leader in the genetics of eucalypts, is working with collaborators in the USA and Australia to develop eucalypts as a source of liquid transport fuel, developing a new generation of biofuels for the automotive and aviation industries. "Australia has options to reduce carbon emissions that can

create great savings in foreign exchange and create many local jobs," Professor Henry said. "This may allow us to move forward despite the limited outcome in Copenhagen. "Up to 30 per cent of fuel for Australia's road transport and the aviation industry could be generated through biofuels, creating tens of thousands of jobs in rural and regional Australia and adding \$5 billion to Australia's economy. Professor Henry said research conducted by Southern Cross University had already shown that plant

material from high-yielding eucalypts could be used in the production of biofuels. "By 2025, 30 per cent of the country's petrol could be provided by bioenergy, involving the construction of more than 100 conversion facilities located in rural and regional Australia. "We have world-leading researchers, from both Australia and the US, involved in this research. Our two program areas complement each other and the US, which already has commercial scale production facilities coming

on line, sees the advantage of working with us." "We are anticipating that we could have the first commercial facilities operating in Australia in four to five years. "The spin-off for rural and regional communities in new jobs is enormous. We estimate that between 2015 and 2025, more than 3450 jobs could be created in agriculture and transport, more than 28,000 in the construction of the facilities and more than 16,000 in the ongoing operation of these facilities." Professor Henry said car



Professor Robert Henry

manufacturers were already moving to produce vehicles that would be compatible with biofuel. "The automotive industry is very much in step with us and the aviation industry is also very much on our agenda," he said.



Namaste. Welcome to the second Nimbin Environment Centre column prepared by the new committee. It has been a time of settling and regrouping, of preparing to move forward at the Centre.

Our committee has become stable; the culture of infighting that infected the Association recently has shifted to one of mutual respect. Thoughtful discussion of an issue is our preferred method for choosing a course of action, and because of this choice, we will again become an effective community organisation.

Volunteers Wanted

Our greatest need at present is more volunteers, reliable, well-informed shop volunteers with an environmental interest and good public relations skills.

Are you studying a healthy environment, whether in a permaculture setting or at university, and have a day each fortnight to help us share your particular branch of learning with a willing, hungry public? Information equals choice.

Do your skills lay elsewhere? Maybe you enjoy taking money from the public in a less formal fundraising manner? Raffles, cake-stalls, market information stalls, many options all but a committee meeting away, with your help.

Xmas Lunch

Politicians may tell you there is no such thing as a free lunch. We at the NEC disagree with polities so regularly we had to prove them wrong again by

providing just such a thing, a free lunch. Prepared and served by volunteers, there were many satisfied bellies in the village on Christmas Day. Kudos to Rob, Lisa and Ciska.

Bottled Water

Keep an eye out for the upcoming public meeting where we will present information on the environmental folly of bottled still water. It is our intention to push for the removal of bottled water from retail outlets within the Nimbin village.

We would like to see Nimbin embrace the idea of filtered water stations, (just like Bundanoon in the NSW Southern Highlands) as a part of its push to become sustainable.

We are also investigating the feasibility of the NEC going solar. The roof space above our shop could easily provide all our electrical needs if filled with an array of (partly sponsored) solar panel technology.

Cattle in creeks

Local cattle farmers who allow their beasts unfettered access to creeks are also being put on notice, we intend to put our hands deep into your pockets and spend your money on fencing and water troughs. You will not be allowed to continue poisoning our waterways with faecal matter and rotting carcasses.

These are local implementations of global ideas and are typical of the new attitude of the centre. Positive, direct, non-violent action. Be the change you wish to see.

Good Garden Design

by David McMinn

'The fool learns by experience, the wise man learns by the fool's experience'.
- Chinese proverb

With all the new subdivisions around the Nimbin village, there will be many more people moving into the area, building new houses and creating new gardens. Most will be novices in garden design and need to be aware of the common pitfalls that will arise. This could save them a lot of time and money.

Fire Hazard Although infrequent, fire can become a threat in our area, given the right circumstances of tinder dry countryside and strong, hot north-westerly winds. It will happen one day, but fortunately Nimbin has not experienced a major fire for decades. When we first arrived in the early 1980's, the local farmers would talk of the 'fire of 1969', which burnt through much of the valley. Some of the older locals may remember this.

Do not plant any fire-prone trees or shrubs near your house or outbuildings. This includes eucalyptus and various

other species with volatile oils in their leaves and/or dry twiggy dead wood. Remove any Camphor Laurels sited near your buildings, as these will burst into flames during a bush fire. People on small blocks should be especially aware of the fire risk they will be creating for themselves and their neighbours, if they plant inappropriate species.

The Species Must Fit The Site A good rule is "if it grows to 20 metres, plant it 25 metres from your house."

Local gardeners have all had the experience of making bad choices. I planted a Nepalese Cedar in our front garden. The nurseryman did not tell me that it was India's tallest tree and grew to 80m and obviously it had to be cut down. At least someone else was silly enough to make the same mistake with this species on the corner of Sibley and Thorburn Streets. Then I planted what I thought was a nice small Chinese Tea Tree that later turned out to be a large native rainforest species. It is still growing in the garden, but I have to chop the top out of it every few years.

Water Wise Plan to have areas in your garden that will be well watered. In these sites, plant your fruit trees, vegie garden and favourite ornamentals. Other areas should comprise drought tolerant species that cope well with no supplementary

watering. With global warming, the climate in the Northern Rivers is predicted to become drier, hotter and more erratic. Water supply will become a key issue in coming decades.

Only Plant Non Weeds The weed issue in our area is already bad enough, but unfortunately it is going to get a lot worse. With more newcomers will come more weeds. Do not make this mistake.

Check to see if a particular species is a potential weed threat - do an internet search or ask an informed local. Your favourite garden plant can quickly become your next weed nightmare. Plant only those species that are either native to the Northern Rivers or are known to be non weedy. This will still give you a very wide selection of plants to choose from.

Winter Sun, Summer Shade Do not plant tall evergreen trees on the north side of your house, as this will give you a gloomy, chilly winter. Similarly, plant tall shady trees on the west side to give you an early sunset in summer and protect the garden from the hot westerly sun.

This is all commonsense, but you would be surprised how many people make silly mistakes. Ask informed local gardeners for advice, as they have had many years of valuable experience growing plants in our valley. All the best with planning your new garden.

Sustainability Workshops in Kyogle

CTC@Kyogle

Grove House, Kyogle's newest community and training venue, has hosted a range of different training courses and workshops since it opened in March last year, with Kyogle Community College and Job Service providers using the training facilities to improve employment opportunities for locals.

In January, Grove House will be buzzing with activities of an international standard. Dr Wendy Sarkissian (pictured) will be running two-day workshops for people working in community

groups, organisations and all levels of government who need skills to help their communities in taking the steps necessary to make the transition to new and sustainable ways of living and working in the future due to the impact of climate change and Peak Oil.

The workshops will be held on Thursday and Friday 14th and 15th January, 9am-5pm, and repeated the following week, on 20th and 21st January. Cost for the two-day workshop is \$300.

Dr Sarkissian, the author of six books on community

engagement and housing, has also worked as a social planning consultant since 1981, pioneering innovative planning and development approaches in a wide variety of countries and contexts. This work has earned her forty professional awards.

She has taught in many Australian and overseas universities. She is a Fellow of the Planning Institute of Australia Trained as an educator, she holds a Masters of Arts in literature, a Master of Town Planning and a PHD in environmental ethics.

"We are very excited



about getting someone of Dr Sarkissian's standing to run the first of what we plan to be a series of seasonal professional workshops," said Pat Anderson, the centre manager of Grove House.

For further information about the sustainability workshops, phone 6632-1833 or 0429-928-672

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New Energy Activation

by Daniel Keszler

Greetings Dear Reader!

I am here again with new information about what is happening with the *EMF Balancing Technique*® at work and with enlightening inputs for you to enjoy your journey here on earth even more, if you wish to.

I like to provide you with viewpoints from the New Energy perspective, a perspective with the purpose of empowering each human to their infinite potential, empowering people to live their most enlightened life with health, happiness, abundance, purpose and infinite growth.

Will and I have been in Sydney for our proficiency Sessions in the *EMF Balancing Technique*®. We are both now awaiting our Accreditation and are very happy to work in this field of facilitating balance, empowerment and growth for our fellow humans with this New Energy modality.

Once more a very quick description of the *EMF Balancing Technique*®:

We work on the Energy Anatomy of the recipient. Just like we have a physical Anatomy, so do we have a Energy Anatomy which is likely far more complex than our physical one. The structures we work with mainly are two powerful Energy centres, one above and one below the body. They are connected through a central Core Column which is where our true Essence is. If we life consciously in and from our Core, we can be in constant balance and synchronicity. Surrounding our body are fibres of light and energy which we call the Universal Calibration Lattice(UCL).

These fibres have very specific functions and also act as interface between us and the rest of the Universe in a very multi-dimensional sense. Between the Core and the fibres are the infinity loops, highways of communication, constantly exchanging information. This can be seen as the energetics of how we relate to the world and the world to us. We facilitate four Phases at present, yet

with further training we can facilitate 12 Phases, each one building on the previous one. While a single treatment may be all some require to establish an essential balance and harmony, the benefits of all 12 treatments is immeasurable.

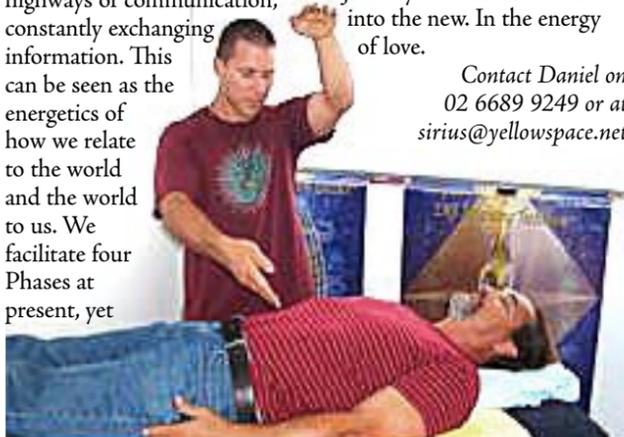
Next month I will provide a short description of the first four Phases.

Now we further explore the New Energy. In time I will include excerpts from some of the New Energy teachers, but for now just a preview of things to come.

The New Energy is:

- Understanding that the new energy is a *totally new, real and existent* physics, and metaphysics, and not another 'ground-breaking' spiritual philosophy or a fancy term for new age.
- Shifting from the illusory old energy world of duality (*Win-Lose, Success-Failure, Oppressor-Victim, Good-Bad, Right-Wrong, Love-Hate, Greater-Lesser*) to oneness, and unlimited life – and freedom
- Claiming the infallible power of inner guidance, and a total lack of worry about the future – an absolute "knowing" that all is well and in perfect divine order.
- Getting out of your human way and operating from the viewpoint of the higher self. Moving beyond all the old energy abstractions of supplication, meditation, worship, followship, struggle and goal setting into the new energy world of divine creation and synchronicity, where all the power, all the answers, all the solutions and all the things that you need exist – NOW!
- Learning to give thanks (appreciation and gratitude) to yourself, and not to a "supreme power" outside of yourself, because the "supreme power" is not outside of yourself, but is yourself. And so much more... for the unprecedented journey... across the chasm... into the new. In the energy of love.

Contact Daniel on 02 6689 9249 or at sirius@yellowspace.net



Ayurvedic Info

Continuing our series about food and its relation to health, we thought that this month we'd talk about the gunas.

The Ayurvedic tradition teaches that food is not only for nutrition, to nourish the body, but also affects the mind and consciousness. As we have a physical constitution (Vata, pitta and kapha), we also have a mental constitution characterised by the three gunas:



Helen

sattva, rajas and tamas. These are universal qualities necessary for the process of creation. They are equally necessary for maintaining our psychobiological functions. Because of sattva, we remain conscious and reawaken every morning.

Sattva means light and is our connection to the infinite, and is responsible for the positive aspects of personality, such as compassion, purity, clarity of perception, truth and altruism. Ideally, 70% of our makeup should be sattvic.

Sattvic foods are one of the main ways to attain this ideal. They include fresh, organic fruit and vegetables; dried fruit such as dates and figs; organic dairy products; basmati rice; coconut; pomegranate; mung beans and lentils.

Rajas is the principle of activity and movement. Because of rajas, our thoughts, feelings and emotions move in a creative way. Ideally, men should have about 20% rajas and women should have about 10%. Rajasic foods include tomatoes, sour fruit, corn, buckwheat, spinach, broccoli, pickles, white meats and adzuki beans. Rajasic imbalance presents as overemotional, hyperactive, anger, a basic speeding up of thought and metabolism and can be assisted by adjusting the diet.

Tamas is the principle of darkness and inertia. It allows us to sleep, be tired and therefore rest. Ideally, men should have 10% tamas and women should have 20%.

Excessive tamas is fear, servility, ignorance and loss of connection to the light. Tamasic foods include avocado, watermelon, plums, mushrooms, garlic, onion, pumpkin, hard aged cheese, beef, lamb, pork and brown rice. The operative word here is balance – hence the percentages to give guidelines in designing your individual diet.



John

PAKORAS

– A yummy and easy festive food which can be eaten hot or cold with favourite dipping sauce.

The following quantities are likely to make more batter than required for one meal so store the excess powder in an air tight container.

Batter: 1kg besan/chickpea flour; 75g or less of salt; 25g cumin; 25g garam masala; 1 teaspoon tumeric; 1 teaspoon asafoetida; 25g fennel seeds; 1 teaspoon ajwain; ½ teaspoon chilli (optional)

Finely slice onion, sweet potato, potato, cauliflower, broccoli or your choice of vegetable. Cook spinach separately as it fries faster than root vegies. Add water to make a thick batter that covers the vegies without running off.

Deep fry in oil of your choice eg. Sesame, olive, mustard, coconut, ghee, sunflower etc until golden brown. Different oils add different flavours. If there are any leftovers, they are a delicious addition to a picnic lunch.

Bon Appetit and happy new year!!!!

Appointments can be made for Thursday clinic at Birth and Beyond by ringing the Nimbin Apothecary on 6689-1529 or calling Helen on 6689-1717 or John on 6689-1794.

Homeopathics... Abundance...

Excess

by Tarang Bates

I am enjoying the drizzle, the cloud and the quiet after the partying. It is good to be home amongst the lush and the green... dripping palms, brilliantly coloured heliconias unfurling their long strands of parrots' beak flowers.

Many types of berries and of course... mangoes... mangoes... mangoes - dripping from the trees. I'm keeping a watchful eye – as are the rainbow lorikeets and bats, who are busy demolishing the rose apples right now.

The bunya nuts are dropping profusely but prematurely which is a real drag – just have to be patient – only been waiting about 18 years since we planted them – maybe they have a few immature years before they get really fired up.

The banana-mangoes, slender green and untouched, hanging amongst the palms just off the veranda have been privy to the partying of the last few days...the jokes, raves, music, sticky fingers, spilt drinks, laughter and love. Debates ranging from immunisation, the secret life of water – to the history and purpose of porn.

Many of us have been grounded along the way... car problems, travel hitches, snake bites, lost keys and fallen trees...

The reasons are many and varied. It has been an interesting phenomenon and certainly not the norm - on such a scale, around my atmosphere. I wonder about the conductor



behind the scenes...the planetary line-ups or perhaps it's all purely coincidental! Really, being grounded is fine, community life bubbles along while we play our own music in paradise. Our village is well stocked with every imaginable treat...well y'know... for our sort of palate. Friends come bearing soy milk and gluten free treats, knowing our household will pull out the camembert and full cream milk.

Food, alcohol, drugs, mental and emotional excess. Hangovers, feeling seedy. Headaches, vomiting or nausea are amongst the many symptoms that are relieved by taking this remedy. **LACHESIS** and **ARSENICUM**: Over the summer period there are always the unfortunate ones who experience snake bites, these two remedies are good to have on hand – used every 10 minutes on the way to the hospital or after medical treatment.

To acquire these remedies, and for all your homeopathic needs, contact Tarang at Nimbin Homeopathics on 02 6689-1452 or tarangbates@yahoo.com.au

HOMEOPATHICS
NUX VOMICA: It's always worth mentioning nux at this time of the year – the time of excess.

Food, alcohol, drugs, mental and emotional excess. Hangovers, feeling seedy. Headaches, vomiting or nausea are amongst the many symptoms that are relieved by taking this remedy. **LACHESIS** and **ARSENICUM**: Over the summer period there are always the unfortunate ones who experience snake bites, these two remedies are good to have on hand – used every 10 minutes on the way to the hospital or after medical treatment.

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Faith in Nimbin's Fashion Future

Happy New Year to all the creative people out there. This year I am committed again to work on the development of a more viable Fashion Industry



The great looking welcome team at the door, Dionne and Paul.

in and around Nimbin. Together as a co-operative we will have more power to create a sustainable future.

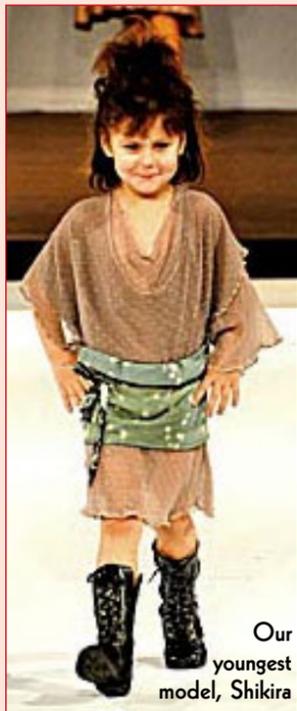
To follow the necessary steps for the funding, we will have to come together soon to officially form the Nimbin Fashion Co-operative. There won't be too many meetings, but the next one is important for all stakeholders and designers to discuss our future and make plans for what we want to achieve.

The meeting will be held Wednesday 27th January, 5pm at CC-Design Shop, 39 Cullen Street. Please make the time and show your commitment for your passion for Fashion.

If you missed the last Fashion Show or want to send a great gift, there is a DVD available at retailers in Lismore – Mimi Tree and Lismore Underground – and Nimbin at Perceptio,

Bringabong, Snipping Heads, Gorgeous Joint, and CC-Design.

If you need more information, please contact Christina@ccdesign.biz or phone 0427-326-790.



Our youngest model, Shikira



Designers: Jessie and Duncan

The Woes of Worrying

by Tonia Haynes
Bowen therapist and Pranic healer



Over the holiday season I have had the privilege of looking after three dogs in a beautiful environment, which gives me unrestricted views of Mount Warning and the abundance of glory in nature's apron that surrounds it.

A great place to be, on these hot summer days. Unfortunately on day two, after a definitely not-requested run through the bush, two of the dogs arrived back with injury, one limping off a front leg, the other limping off a back leg.

Bloody great! I thought as I checked for broken bones and on finding none, administered a Bowen treatment to both, thinking they may be suffering from a well deserved kick from a roo.

Front paw quickly responded to the treatment, but Back paw high tailed for his bed and did not move for the rest of the day, except to take on the stance of an Indian refugee who has suddenly found himself in the midst of a Pakistani military camp.

Finally I checked him again to discover I had missed some severe deep bites on the inside of his back leg. They looked sore and he definitely looked very sorry for himself.

So the worry began. Should I take him to the vet? Are they bites from a snake with a 12cm mouth span? I checked again. No they were definitely dog bites, probably from Front paw, who lacking in grace, did not look the least bit guilty or concerned.

The more I checked Back paw to make sure he might live, the edgier he became and I suddenly remembered, dogs interpret worry as a danger they cannot see. It makes them feel uncomfortable.

Dogs, like all animals live in a vortex of what is, now. They don't worry and they don't like the feeling when it emanates from us.

Recently I treated a woman of later maturity. Apart from the occasional mishaps, which are dwelt

to most of us in varying forms throughout life, she was physically in very good shape.

When I mentioned this, she replied. 'I don't worry. I do my best to take every day as it comes.' Wise words from a wise elder.

We live in a society where we are expected to worry about things that are accepted as important. We even share our worries as a conversation piece to show how grownup and responsible we are.

Worries that aren't accepted? Those we sit on like a festering sore and others mutter quietly behind our backs about how worried we seem, because like it or not, similar to animals, they are picking up the vibration of worry in the ethers and it is making them feel slightly uncomfortable.

Often, eventually they withdraw, because they don't know how to fix our worries.

Conversely, when we are exposed to things that are supposed to make us worry and we don't, the attitude from others is often tinged with a wondering suspicion. Are we being heartless, or are we just slightly mad? It's a worry.

I know about worry. It has haunted me most of my life and it is only in the last few years I have decided to give it a miss, because carrying a suitcase of misery through the journey of life is a heavy burden that was threatening to quickly make me sick and old.

Like all addictions it takes concerted, mental discipline not to worry because we are trained to do it so well. I am still waiting for the day

when the new habit of joy and happiness kicks in fully so that I can live my days without slipping back into that old black magic of doubt, when I'm not watching.

There is a huge library out there on how to be happy so I won't bore you with my details. Enough to say I bop to hip hop while driving the car, although perhaps waving one arm in the air to further treat the beat is not to be recommended and mad woman that I am, I have stopped watching or listening to the news.

The good book says 'ask and ye shall receive.' Took me a long time to realize that is an absolute truth. Worry and we get more to worry about, stay in joy and joy will follow.

You never know, maybe letting go of worry and being in good feelings is the hundredth monkey. The one that will save it all.

In 2010, let's be kind to ourselves so we can be kind to others. Let's make choices that make us feel good, or at least, let's learn to appreciate the good in the choices we have already made.

Most of all, let's decide to have the kind of thoughts that allow everyone to win in the best way they can.

I am in clinic in Nimbin Tuesday and Saturdays. Come to see me, I will assist you to begin clearing worry from your whiteboard of life. Phone 02 6689-1361 or mobile (limited range) 0439-794-420.

Love light and laughter.

Cook's corner

Recipe of the Month

by Carolyne



Method

Peel mango and slice with a potato peeler into a bowl, add the sliced spring onions, julienne cucumber, capsicum, kumara, tomato wedges, stir through. In a small bowl combine lime juice, fish sauce, sliced palm sugar, sesame oil add garlic, gourmet garden coriander and lemon grass. Slice chilli very fine, add with grated lime zest to the dressing. In a small pan toast sesame seeds medium brown.

Add dressing to salad ingredients. Add cashew nuts, sesame seeds, lightly toss through, sprinkle with coriander leaves on top and refrigerate till needed.

This is a delicious summer meal. Till next month, enjoy.

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

Green Mango Salad

With mangoes being so plentiful at this time of year, this is a delicious salad to accompany barbecued fish, chicken or prawns.

Ingredients

1 green mango (fully developed not yet ripe)
2 spring onions sliced medium thick diagonally
1 bell chilli, sliced fine
2 tbsp. lime juice
Zest of one lime
½ tsp. of fish sauce

1 tbsp. brown palm sugar, sliced
¼ cup cashew nuts
1 tsp. crushed garlic
1 tbsp. sesame oil
2 tbsp. sesame seeds
1 kumara tomato cut into wedges
¼ cup fresh coriander leaves
1 tsp. gourmet garden coriander
1 tsp. gourmet garden lemongrass
½ cucumber, peeled, deseeded and cut into medium julienne strips
½ red capsicum – deseed and julienne.

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