



Birth and Beyond

by Kirrah Holborn,
'Traditional Wisdom'

Wow, another month has come around again and now we are well and truly into spring time! My chickens are hatching the cutest little babies- black, yellow and even silver feathered friends. Very cute! I look forward to supporting at two (human) births this month!

Nurture your mind!

I recently had the pleasure of seeing the newly released film *Micro birth* hosted by the Lismore Birth House (Midwife, Bronwyn Moir). It spoke about the microbiome and the link between how we are birthed and how this contributes to our overall health (particularly our immune system). The points that I took away from it are:

The importance of vaginal flora contact

The process of being birthed through the vagina allows the 'seeding' of good bacteria from the mother to the baby. This helps the babies' immune system to develop properly. If a caesarean birth is necessary, there is a process of 'vaginal swabbing' that can happen so the baby is still exposed to the mothers flora. This is something the mother can request or do herself.

The importance of skin-to-skin contact

We know this helps the mother to release oxytocin so that she can safely birth the placenta, it also helps with bonding and moderating the baby's temperature. Skin-to-skin contact also helps expose the baby to micro organisms that activate their little immune systems!

The importance of breastfeeding

Breastfeeding helps protect the newborn against infections. It helps support the baby's immune system and

lessens the risk of more serious diseases like obesity, diabetes and immunological disorders like asthma and Crohn's disease.

For more information about the film, go here: <http://microbirth.com>

Nurture your body!

All this talk about gut health and microbiomes gave me the idea to give you a recipe to make your own kim chi or sauerkraut.

Ingredients:

- cabbage (red makes it pretty)
- 2 onions
- 3 carrots
- 1 tablespoon of freshly grated ginger
- 3 cloves of garlic
- 1/2 teaspoon of chilli flakes
- 2 tablespoons of salt

Chop up veges and add all ingredients into a big bowl (I use a big jar) and pound until the juices come out. You need something to weigh down the solids under the juices. I put a drinking glass on top (face down) and then screw a lid on top. This helps the juice to stay above the veges so it ferments properly. Leave at room temperature for around three days (a bit longer in winter). It usually goes fuschia pink when done. Then put in the fridge.

It is so yummy to add to any/every meal. Full of probiotics and good bacteria. Great for gut health! If you don't want to make your own, there are some very talented people out there selling various sorts of sauerkraut and kim chi. I've seen them at Lismore Fundies and the Nimbin Organic Food Co-Op. Check your local health food store or organic market.

Nurture your soul!

I recently had the pleasure of attending my friend's Blessingway. For those who don't know, Blessingways are a beautiful alternative to the conventional 'baby shower'. They are about honouring the mother-to-be and wishing her well for her birthing journey. I am now wearing a beautiful hand-spun merino and silk anklet that was part of the ceremony. Every woman in the circle received the long piece of string that she bound



Blessing her Belly

around her wrist or ankle and this connected everyone. Whenever I look at the anklet, I remember the beautiful day and send some love to the mother!

Creating a beaded birthing necklace is another special part of the blessingway ritual. All the friends bring a special bead that will be threaded onto a necklace. They each say a blessing and share their wishes for her birthing journey. The mother can then wear this necklace during labour. It helps her connect to all the women, remember their blessings and give her strength to birth her baby.

The mother-to-be can also choose to have a henna pattern drawn on her belly. This helps the woman feel celebrated and beautiful. Other ideas for Blessingway activities include: creating a sacred shrine with flowers and crystals, massaging the mother, singing, doing a belly cast, writing/painting affirmations and creating a post-partum 'meal train' so she can continue to be nurtured after the baby arrives.

Nurture your pregnancy!

The 'Nurture your Pregnancy' group is now being held on Thursday evenings 5.30-7pm upstairs at 115 Keen St, Lismore. This is a wonderful opportunity to connect with your baby in your belly, meet other pregnant women and have some time to deeply relax with a sound bath.

For more information phone Kirrah on 0429-308-851 or go to: www.traditionalwisdom.com.au

Overcoming addictions

by David Ward

How life might be without your coffee, alcohol, tobacco, cannabis, sugar, pharmaceuticals, etc? How would your mind react? How would your body respond?

Contemplating the harsh consequences of abstinence is usually enough to deter us from moderating or letting go of these potentially addictive substances. While they are doing their job, there remains little incentive to change anything; the comfort they provide making it easy to ignore what the body is trying to tell us.

We have a tendency to see the likely health problems as always being some years ahead of us. Over time, the symptoms of abuse add up to signal a looming crisis point. When it comes to breaking free from addiction the question to ask is, "If not now, when?"

Eight years ago, I found myself at a critical crossroad where the state of my health demanded my immediate attention. I had been abusing most of the above substances on a daily basis in an attempt to deal with my depression and ironically, to compensate for some of the negative effects of the substances themselves.

What I discovered in my quest to restore both body and mind, forms the basis of my Vital Choices program. It involves a synergistic harmony between its four main pillars: yoga, substance-specific combinations of supplements, diet and support.



Once in motion, the program becomes a self-perpetuating guard against reversion. The benefits of being present and transformed have been mind blowing for me and are my new drug of choice, one that I'll never give up.

While I respect those who can use and appreciate their substances sustainably and in moderation, my program has released me from substance dependence and given me an unbelievably powerful craving for positive and healthy living. My consciousness has been switched back on, and my body and mind thank me every day in a multitude of ways.

This is my experience. If this is what you're looking for, Vital Choices can help you break through any resistance.

For more information on Vital Choices, see advertisement opposite. Contact David Ward on 0447-820-520 or visit: www.vitalchoiceslifecoaching.com

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Nimbin Hospital Info

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Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment (through Lismore Community Centre).

Women's Health Nursing Service

Every 3rd Thursday of the month. Next clinic, October 16th. For appointments phone 6688-1401.

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Free Diabetic Clinic

Every 3rd Thursday of the month. Next clinic: 16th October. Appointment phone Leanne Boothe 6630-0488.

Nimbin NSP opening hours

Will be open on Mondays and Thursdays, 9.30am – 12pm. Arrangements can be made to see a Health Nurse through NSP.

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 10th October.

The magic glove

Imagine wearing an invisible glove that, when you touch a really sore part of your body, diminishes the pain, or takes it away altogether. You can look at the glove, and yes, there really isn't anything there, but yet you can feel it, sort of. There is a sensationless sensation covering your hand. It's the magic glove of anaesthesia.

The anaesthetic glove is a technique used in clinical hypnotherapy that is profoundly effective in changing the experience of acute and chronic pain.

What occurs in this hypnotic process is not yet fully understood, but the effect is measurable, just the same. Brain-imaging studies show a significant and consistent change in how pain feels experientially as well as the reduction in firing around the associated place in the brain where pain is felt.

How successful this change is depends on how receptive to hypnotic suggestion a person is. 75% of people studied in experiments investigating this show a substantial improvement, while some receive moderate improvement; very few are not responsive at all. For evidence based proof, if this is important to us, these are very good odds.

The repeated and prolonged use of pain relief medication in chronic pain conditions such as arthritis, fibromyalgia, headaches, backaches, temporal mandibular disorders, etc is sometimes

not advised. Sometimes such medication significantly damages the gut, or causes others reactions that are very unpleasant, like nausea, vomiting, headaches, etc.

Hypno-anaesthesia decreases a person's sensitivity to pain when the strength of such pain is interfering with every day life. Pain, obviously, is useful in telling us something is wrong, but too much pain is debilitating. On-going pain also lengthens the amount of time a person stays in hospital. Reducing it, allows natural healing to occur more easily.

The magic, or anaesthetic, glove may be taught during the course of hypnotherapy sessions so that it may be employed whenever the patient wants to control their own level of pain.

What is going on in the brain, as shown by brain scans, demonstrates that hypnotherapy actually produces a physical effect, and that it isn't just a psychological technique. We are, after all, whole beings (mind and body united).

Brain scans have certainly been used interestingly in the observation of what is going on neurologically, but the measurement of hertz levels also shows very interesting things. A paper I read a couple of years ago illustrated how, under hypnosis, the person's brainwaves showed a dominance of theta, delta, and a bit of alpha patterns.

Theta brain-waves are associated with healing, strengthening the immune

system, creativity, intuition, enhanced concentration, and increased memory. Theta brainwaves are found mostly in sleep, meditation, and hypnosis, as well as deeply relaxed states. The heightening of theta brain-waves in hypnosis points to the especial value of such techniques for sleep disorders.

Delta brainwaves are associated with deep sleep, where a person's heart rate slows down and a deep relaxation occurs. Alpha are active in visualization, daydreams and fantasy. It is said that alpha brainwaves are like the bridge between beta's wakefulness, acuity, and the analytic mind, and theta's relaxed state. Interestingly, the same paper said the hypnotherapist's brainwave pattern exhibited a similar one to the patients, but with one exception. The therapist also showed beta brainwave patterns.

The layout of brainwave patterns for the therapist is something I literally experience every time I do a hypnosis with a patient. I can "feel" the different levels of awareness while I shape my language, organize the structure, decide how many times I need to say something, which metaphors to use, observe what is going on for the person (all processes in which beta brainwaves are dominant).

At the same time, I, too, enter a state of relaxation, shape what is to be visualized, and feel it in my own being. For instance, the image of lying in a boat might be evoked. I will feel its gentle



by Dr Elizabeth McCardell
M Counselling, PhD

rocking, even while I speak of it and invite my patient to enjoy it, or not. Sometimes, being with the person as they enter the healing space, I feel it too. It is as though I am sharing their dream.

Neurological investigations are interesting, but this is only part of what's going on in the hypnotic process. The bottom line is that what happens in each session needs to be relevant and useful for the patient, as well as how committed they are in their own healing. Without this, there is not much point. Commitment and relevance is the critical thing. While I can write of magic gloves and all that, the intention of a person with regard to their own healing matters more than any magic.

One session is rarely ever enough. Most responsible hypnotherapists recommend at least three sessions. The deepest change occurs when three sessions are committed to, and participating with the patient in these, I see actual healing taking place and the person's reports feeling much better.

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The water element and bladder function

by Brigid Beckett

At this time of year energy is often still low after winter, with health and energy not all that we would wish.

Last month I wrote about liver patterns. However, these can be complicated by an underlying deficiency.

Lung or kidney energy may still be weakened at this time of year. The kidneys' element is water. They are often damaged by the dry and cold of winter. Weakened kidney energy can lead to a range of symptoms. The kidney is a yin organ and its yang partner is the bladder. Many bladder problems will be linked to kidney deficiency.

The bladder has the important function of transforming and excreting fluids, for which it relies on kidney qi. Damp, either in the form of damp cold or damp heat, affects the bladder. The most common bladder dysfunction is the painful urination of acute or chronic cystitis. Weakened kidney energy along with cold or damp seasonal conditions will lead to damp cold. If there are heat producing conditions or kidney yin deficiency, damp heat will be more likely.

Anyone who has had this condition will know that it is extremely painful and unpleasant, sometimes described as trying to pass glass. A one off acute episode may be an excess condition of damp heat, uncomplicated by other patterns. This type is often successfully treated by antibiotics. However,



recurrent or chronic forms are a condition that Western medicine does not have a satisfactory treatment for. Repeated courses of antibiotics clear heat but produce more damp, making the condition more and more persistent. Longterm antibiotics will not cure the condition and also lead to other

imbalances.

This can become the type of condition that goes on for years making life miserable. The specific Chinese Medicine diagnosis is made on tongue colour and coat and concentration of the urine. Dark or yellow concentrated urine indicates damp heat, cloudy urine indicates damp predominating, dilute urine points to deficiency patterns of kidney or spleen.

This condition, once accurately diagnosed, responds well to acupuncture and herbs. Sufferers are frequently surprised at how well and quickly it resolves after many years of unsatisfactory outcomes.

Emotional patterns can lead to urinary problems. It is often said that jealousy and resentment contribute to bladder problems.

A condition commonly associated with cystitis, which has an emotional component, is heart fire or heart yin deficiency, from either a major emotional trauma, or from persistent anxiety and worry. There may also be symptoms such as mouth ulcers, insomnia or

palpitations.

Also the stress/frustration/resentment causing liver qi constraint will cause heat and also weaken the spleen (digestive energy), which then produces damp. In this pattern there is lower abdominal discomfort, uncomfortable urination, digestive problems, premenstrual syndrome, tiredness, with all symptoms worse with stress.

Sometimes the cystitis has been persistent since a young age. Then there will usually be a degree of constitutional kidney deficiency, sometimes accompanied by slow growth. Repeated antibiotics will cause spleen dysfunction and cause further deficiency. In this case acupuncture and herbal treatment needs to tonify and strengthen the deficiencies. Also, it is essential to get enough rest and sleep.

Diet will also help restore normal bladder function, dietary recommendations will vary depending on the pattern, but generally hot spicy greasy foods need to be avoided as well as coffee and chocolate.

Other conditions related to kidney deficiency and/or damp heat are urinary incontinence and prostate problems. Again, they can be on-going and take away enjoyment of life. They are also treated well by Chinese medicine. As well as the results seen in practice, clinical trials also show that acupuncture is very helpful in all these conditions.

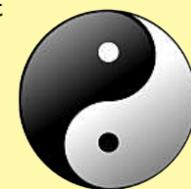
Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

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CHAKRAS AND YOUR HEALTH PART 6 - THE OVAL FIELDS

by Zuela Christie

The five oval fields, which arise around the chakras, are formed by the magnetic attraction of like atoms to each other. They serve as a mini universe for their chakra. The chakra is the source of its world, and governs all that takes place within its sphere. The oval fields in their turn give rise to a major body cavity, which houses the organs and systems relevant to its sphere of activity.

This all takes place as the chakras are energized by the prana or life force, which we breathe in from the atmosphere. This is why it is vitally important to breathe through your nose, as the sinuses take the prana to the brain where it is picked up by the caduceus currents.

These currents or channels then transport the prana to each of the chakras where it

is then transformed into the particular vibration, and level of consciousness of that chakra. The prana then energizes the atoms in accord with the work to be carried out within its oval field, and these atoms become imbued with their pranic pulse, and accumulate around their chakra.

The five oval fields arise to fulfil the following functions:

In the head – a fiery field surrounding the airy mind pattern energy of the third eye chakra arises for thought and intellect.

In the throat – an etheric field surrounding the etheric throat chakra arises for all networks of communication.

In the chest – an airy field surrounding the airy heart chakra arises to propel the movement in the body (includes emotion).

In the abdomen – an earthy field surrounding the fiery solar plexus arises to propel digestion and elimination (involves discrimination).

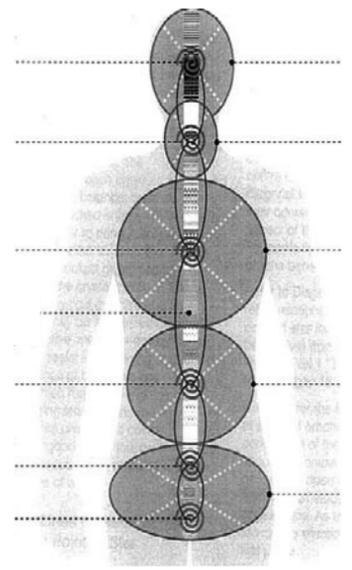
In the pelvis – a watery field surrounding the water and earth chakras arise for reproduction. (The Sacral and Base Chakras have such slow vibratory rates that they are only able to drive one oval field between them).

The chakras and their oval fields are initially formed within the womb. They are established in accordance with the mind pattern energy governing the formation of the incoming soul. In the womb, life force is supplied from the mother via the umbilical cord. When the cord is cut, and the soul delivered into the universal womb, the soul becomes dependent on the breathing process for its supply of prana.

It is now via the breath, the caduceus currents and the chakras that the atoms and cells receive their life force, and are imbued with consciousness.

This consciousness at a cellular level is what has been called “cellular memory”, and what determines the functioning of the body – healthy or otherwise. It is clear to see, therefore, that if a chakra is out of balance, due to some distortion or constriction of its consciousness, that it may not be able to polarize the atoms it governs correctly and that dysfunction of some sort could easily arise.

In balancing the main pranic currents in the body, as is done in polarity energy balancing, fresh prana is brought to previously stagnant areas, and old memories, emotions, and sabotaging beliefs can be returned to conscious awareness and released.



Zuela Christie works locally as a Polarity Therapist to comprehensively clear blockages from the energy field and restore the whole system to balanced homeostasis – an intelligent, self-healing world. 0429-501-387.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

October

Since the last equinox (September 23), the Sun has travelled through Libra, the sign concerned with establishing balance and harmony. Any planet touched by Libran energy has reached the point in its evolutionary journey at which it must restore peaceful equilibrium. As everybody knows, especially those who carry a strong Libran signature (Sun, Moon or Ascendant in Libra), this is easier said than done. The Libra soul wants to recover from past stressful experiences and therefore tries to release tension by moving to the middle ground weighing both sides of the scales. The downside is indecisiveness and procrastination because of Libra's inability to face conflicts in a straight forward way. However, this evasiveness can lead to more stress and tension which is against Libra's developmental aim of attaining peace. Their high tolerance for ambiguity can be taken by others as wishy-washiness, maybe even as 'dishonesty'. Librans set high ideals for themselves and others and like to be seen as civilized and refined human beings. They have strong views about justice and fairness. However, they become uncomfortable when emotional issues are stirred because emotions can be messy and unpredictable. This is why Libra can be very unrealistic about relationships. In a birth chart, the Sun sign indicates the lessons that we have to master. Learning to reach and maintain equilibrium is truly an art and Librans feel most at ease when they can use their many talents for mastering this difficult task.

Mercury moves retrograde on October 4 (until October 26) prompting us to re-assess and re-evaluate recent decisions and plans. Like always when the cosmic messenger planet slows down in speed, the communication channels on Earth seem to be blocked or fail altogether. Expect delays to travel plans, while it is a good idea to keep one's technical gear in best order. Unfinished business from the past could surface demanding our full attention. This is the last Mercury retrograde period of the year and we are reminded to make use of our creative problem solving skills, since a 'business as usual' approach might not work now, especially with two eclipses falling into this phase. The Full Moon on October 8 is a total lunar eclipse followed by a solar eclipse on October 24. Events that fall near eclipses take on increased importance, using a time orb of plus or minus 10 days. Eclipses can begin or terminate activities suddenly and mark the milestones in the changes of cycles. In the period prior to an



eclipse we are in a shadow, not seeing the complete situation. Therefore we are warned to avoid major decisions 10 days before and until a week after an eclipse.

On the positive, eclipses offer opportunities to redefine old paradigms while outdated programs can be erased. It might be best to make space for the unexpected and allow ourselves to think out of the

square, as we are asked to take stock by paying attention to our contracts with others and give credit to the complexity of human relationships. Areas that are unequal and unjust have to be corrected, since the lunar eclipse emphasises the partnership axis Aries-Libra. The fiery Moon in Aries conjoins revolutionary Uranus and is squaring Pluto, the planet associated with deep sweeping changes and transformation (active since 2010). The Full Moon aligns with fiery Mars and visionary Jupiter forming an inspirational but ego-driven Grand Trine in fire. The world is pressured for change, however, alliances might easily break under too much tension and forcefulness. It is essential to keep the ultimate Libran purpose of making peace instead of war in mind, which requires willingness to compromise and negotiate mutually beneficial outcomes. The Full Moon will be fully eclipsed at 9.50 pm (October 8). However, the spectacle starts already after sun set and will be visible in most parts of Australia, weather permitting. The solar eclipse falls in deep probing Scorpio (October 24) indicating a shift of focus. We are urged to investigate the hidden realms of existence. This includes the exploration of our emotional investment in others as well as our relationship to power and powerlessness. Venus is conjoined the eclipse kindling passion and excitement as well as the urge to satisfying our personal needs. The issue is to remain considerate of others, while being honest about one's own agenda.

For many there could be a long awaited breakthrough marking the planting of a new seed. On the other hand, events and processes that were temporarily put on hold during February and March earlier this year can be revisited now and we might want to build upon the results of these past projects. In general, the events of this month set the stage for the developments until the end of the year. Eclipses can be the tipping point for a new order to emerge. We are reminded that life is not a linear affair but reveals itself through cyclic renewal of living systems and the rhythmic repetition of patterns. We can participate in the process of forming new patterns through the setting of intentions and a willingness to act upon them.

Aries

The Full Moon eclipse in your Sun sign might coincide with feelings of restlessness and the impulse to act spontaneously. You are in need to find a new balance between doing as you please and fulfilling your obligations to others. You might even make drastic changes to your life direction. Aries individuals who are born during the first 10 days of April are especially affected.

Taurus

This is a time where you need to listen to your body and emotional needs. Get the rest your body and soul is asking for. During the lunar eclipse you might experience some life changing revelations. Venus, the Divine Feminine is conjunct the Sun, the Divine Masculine highlighting the need to balance both sides within yourself, aligning receptivity with reasoning.

Gemini

New friends might spontaneously enter your life or you could feel emotionally separated from your current social circles and therefore forced to put more effort in developing and exploring your own unique creativity. You might have to work through important issues in your written and unwritten contracts with others. It is essential to speak your truth but also listen to the other side.

Cancer

Unexpected changes or new revelations concerning your career path could highlight your need for a secure, nurturing and pleasant homelife. However, keep working on both fronts as a way of balancing the intensity of your emotions and the need for your unique creative outlet.

Leo

The spontaneous energy of this Full Moon eclipse is highly inspiring, especially if you can channel the released creative fires into a new vision of self-expression. You might not feel especially humble at the moment, so take extra care how to communicate your exciting ideas with others.

Virgo

It is essential to keep your books in order because Mercury is retrograde during most of this month. Unexpected revelations might lead to the abolition of an outdated idea or project. On the other hand, new financial opportunities might appear, but it is essential to assess them properly before entering into negotiations after the Mercury retrograde phase has ended.

Libra

This Full Moon eclipse brings light to the dark, illuminating what has been in the shadows of your awareness. You might use this time for balancing your inner male and female energies because you have the opportunity to complete a major life lesson. This is a great moment in time to be courageous and an invitation to move beyond your usual limits.

Scorpio

Make use of the first three weeks of this month by reminiscing on your life and working through unfinished business from the past. A new perspective wants to emerge at the Scorpio New Moon eclipse on October 24. Think back to October 1995. What was important in your life then? Which changes did occur? You might again have reached an important crossroad in your life.

Sagittarius

Mars will be in your sun sign until October 26, forming a Grand Trine in fire with Jupiter and Uranus for the first 10 days of the month. This extra boost of energy can be greatly channelled towards achieving your goals. However, you are asked to find a balance between fulfilling your own ego desires and contributing to the greater whole.

Capricorn

A new balance has to be established between home and work. The emphasis might shift towards focusing more on your place in the world and mutually beneficial relationships with others. Due to the influence of the eclipses (see above) you might have the opportunity to shed another skin while completing an important life lesson.

Aquarius

You might be on the search for new knowledge and true wisdom which you then like to share in your relationships and with your friends. You have a great perceptiveness and may find that your communication with others will greatly improve when you add subtlety and diplomacy to your conversation style.

Pisces

Your sense of security may be an issue at the moment, highlighting your need for validation by your partner and associates. Your code of ethics might be questioned urging you to go inward and reflect upon your own truth and to get in touch with areas of your being that are usually hidden. Conversations with others can have a profound effect on your mind now – or you may have a deep effect on others!

Flavour of the month – Portugal

by Thom Culpeper

The Portuguese made a colonial stamp that few have ever matched on the whole world – a country that in modernity, found ways of change and shucking off the approaching reality of post-war Statist-fascism.

They found a gentle path, they decolonised and went home to be a culture, collectively of 'Large', but small in power! They went to their villages and spent time after labour, breaking bread, wisely knowing that it's at the table the real truth evolves.

The Portuguese have spent great energy simply, eating with company. It is why, as a multi-cultural community they are "colour-blind", and so are their tables becoming one of the world's great ship-building and sailing nations, all stemming from their genius leader, 'Henry the navigator' (1394-1460. His mother, Philippa of Lancaster), established the notion of the round world and backed it with the establishment of the Sagres school of navigation and 'ship-building'. The carvel, plank over plank as against the plank to plank, butt, a 'leaker'. So off they went, his sailing masters, and home they came with the precious of the whole world.

As their 'sailors went, their wimin lament'. The 'Fado', the plaintive songs of separation and love evolved into a national wimin's music and their stoves are ingrediented by a massive diversity of imported product, they embraced most, and they created.

One ingredient they seized on was the Cod, bacalhau prepared as baculhuau com todos (everything) of the Northern seas, from the Americas, Newfoundland, Norway and Iceland.



Salted for preservation, it became the national dish, said to be prepared in 370 different ways, with the spices from the rest of the world, Goa in India, the curries, the peppers of Brazil, the Piri-Piri sauces and the Caldo verde (green soup) of pureed potatoes, fine shredded cabbage and sliced smoked sausage. Gaspachos, with or without tomato, feature at most summer tables.

Clams, scampi, sardines, mussels and octopus make a grill magic, most annointed with Piri sauces or garlicked olive oil, the ancient wealth of Portugal. Eggs and roast goat (cabrito assado) are also important additions to its culinary.

The following is an example of a Bacalhau recipe:

Ingredients

1 kilo of bacalhau (cod)

To prepare the cod, soak for 2 days, changing the water 4 times; or use smoked cod, soaking for 2 hours with one change of water.

Poach in fish stock with 2 onions and 4 cloves of garlic.

Piri Piri sauce: Molho De Piri-Piri

- 5 red Jalepeno chillies
 - 4 garlic cloves
 - Juice of one lemon
 - Salt to taste
 - 200gms pimento peppers, milled in blender until smooth
 - 50gms capers
 - 150 gms artichoke hearts
 - 200gms blanched broccoli segments
 - 100 grams of almond forced, green olives
 - 1-2 broiled smoked sliced, pork sausage
- Lay half the poached cod in a baking tray, anoint with Piri sauce and add other ingredients to design taste.
- Lay the balance of the cod on the top of the sauce, pepper and garnish with flat-leaved parsley or Chervil.
- Serve with CousCous, rice or steamed potatoes and yoghurt, accompanied by a Gaspacho, in hot weather. Side dress with Lupini (salted Lupins) and steamed Kale. Wash down with Vinho verde tinto or a pallet-cleansing Tawny Port or a Madeira.

A super transformational year

by Marilyn Scott

"How would our world change if we acknowledged and included the subtle energies into our life? What would our life and work look like, leading from our collective heart?"

– Art of Hosting and Harvesting Conversations that Matter.

I've been feeling a passion I haven't felt in years; my internal fire has been vigorously fanned and a fire is raging within... it feels good. It's time for the Heart to be experienced and heard.

We've entered the last quarter of this super transformational year. 2014 began with a Super New Moon, an auspicious beginning. Pluto Lord of the Underworld, the Great Transformer, sat with our Sun and Moon, infusing our space with potent power; Uranus contributed his vision of 'tomorrow', Mars added his drive and passion and Jupiter expanded the whole dynamic. It was always going to be a 'big' year.

The Spring Equinox and the Libra New Moon (just one day after the Equinox) recently set the energy for the final chapter; a time of balance, new growth, collaboration, union and partnership... a time for love and beauty, for celebration. It's been a rough passage this 2014, there's been much to confront, but we've made it through. We know we can do it, and so we shall. We've discovered our power and we're ready to use it. We know who we are and where we stand.

We're remembering what it means to be a human being on planet Earth, what we need to live a balanced and sustainable life... what we need to survive. Circumstances have brought us 'back to earth'; we understand that certain things are not negotiable... like food, air and water, like safety. We're re-discovering our humanity, we feel, we care, and we like to share. We're built for happiness, peace and love... not despair, fear and war. We're made from kindness, the great creative Life Force gives so generously, as does our beautiful Mother Earth. Life is permeated with



abundance... no lack exists; we are all part of the One Life Energy.

On Sunday 21st September, imbued with the energy of the Equinox and New Moon, 1.6 Billion people participated in International Day of Peace. Massive crowds gathered around the globe voicing their concern about our changing climate and our survival here on Earth. It's happening, we are waking from our slumber, we have a voice and we can use it. We have a Heart and we can feel love and compassion for our brothers and sisters, our human family. We are all connected, what happens to one, happens to all. The responsibility for what happens on our home this Earth is the responsibility of every human being. Our focus is so important.

This quote is from a recent event I attended:

"Do you know what is the highest achievement for a human being? It is to be human." – Prem Rawat.

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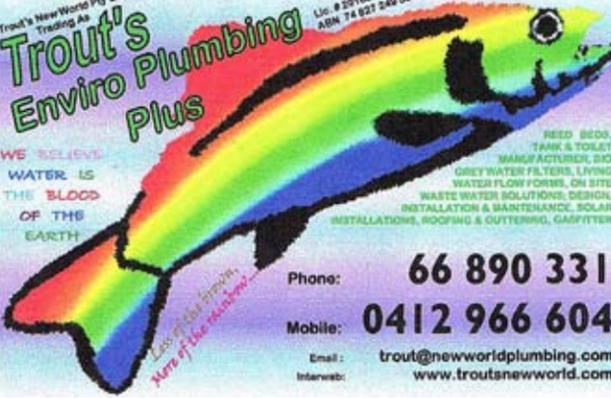


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Black Rocks Camp



Jerusalem canoeists

by Michael Smith

The Nimbin Bushwalkers' event for the last weekend of winter was a camp at Black Rocks, in Bundjalung National Park. Judy, our leader, got to the campsite a day early, and this is how her day went:

Not having a car she had to hitch. First, the 7.55am school bus to Lismore. Walk with camping gear from the bus depot to Wyrallah Road. First hitch to Wyrallah, nice bloke. Second hitch to Woodburn, another nice bloke, they knew some people in common. There she bought some grub for the camp. Then a short hitch on highway number one. She held up a sign GAP ROAD, a nice local bloke, to the Black Rocks turn off. Then a long wait on this lonely road, to be picked up by a couple who were also camping at the rocks. Seven hours of travel: it is 3pm. Up with her tent, then she did the Jerusalem Creek walk, 8km to reconnoiter, fell in the water, completely drenching her clothes. Back at the camp, new clothes, off for another 4km

barefoot walk to Wendoree Lagoon for five litres of drinking water. The last two hours in the dark, aided by a sliver of moon.

When I first camped in a National Park in 1965 it was free. Australia then had what Tim Flannery said was its maximum sustainable population: 12 million. This time we had booked a group campsite, \$100 per night, and were allowed to do so only after agreeing to three pages of terms and conditions.

At Black Rocks, a brown creek flushes a heath-lined swamp and dumps the excess into the sea, south of the Army's bombing range at Evans Head. Four of us had canoes, which we slipped into the rain-vitalised Jerusalem Creek. Aided by the current and a gentle breeze, we happy few drifted in the sunshine past a burnt landscape, coffee rock and sand dunes. Then nine assembled at 1pm for the walk up Jerusalem Creek. Rain had turned much of the track into a croaking wetland. We splashed to the end. The creek was roaring across the beach to empty its brown madness into the sea. Waves clawed at the coffee rock. It was too wild to return along the beach.

Sunday was a leisurely wildflower walk to Wendoree Lagoon. Here a few of us went for a swim, later discovering that the National Parks, or some pervert, had locked a surveillance camera to a paperbark, trained on the bank and water. Soon to go viral on YouTube, sexagenarians undressing for a nudie dip.

While we were doing this, Craig went for a solo paddle and a fish down Jerusalem Creek.

On the beach



Walks Program October - November

Nimbin Bushwalkers Club Inc.

Weekend Camp 25th-26th October at Iron Pot Creek

Leader: Peter Moyle (0412-656-498)
Grade: 2-3. 40 minutes west of Kyogle, overnight camping trip with two walks, but walkers may come for one day only. The walks planned are to Murray Scrub and Eden Creek Falls. Both are about 2-3 hours, about 5-6 km, generally medium grade but some uphill/downhill clambering to get to Eden Creek.

Meet. At the rear of the Kyogle Information Centre at 9.30am on the Saturday, or you can meet us at the Iron Pot Creek camp area when it suits.

Bring: Camping gear, food, drinking water and firewood. Picnic tables, fireplaces and composting toilets on site. This is all in a National Park, so vehicle fees of \$7 a day apply, or for better value an annual pass. Camping is \$5 for adults and \$3 for children.

Sunday 9th November Egg Rock, Numinbah Valley

Leader: Bill Potter 0428-737-747
Grade 2-3: 4 hours return. Walk west along national trail and ascend along prison farm boundary fence with intermittent views of five-story Egg Rock rising out of the valley below. Descend into valley where creek flows past base of Egg Rock, swim and have lunch. Return the same way.

Meet. Car pool at Murwillumbah Show Grounds on Queensland Road opposite Taylors Corner Garage at 8.15am. Alternatively meet at start of walk on Numinbah Valley Road, north of Numinbah at horse riding school on left, just before you get to the entrance of the Correctional Centre (prison farm) at 9.15am.

Bring: Hat, sunscreen, lunch, swimming togs.

nimbinbushwalkers.com

Jerusalem Creek



On nearing the river mouth he went a little too far, got swept into the exiting rapid and headed into the breakers at a furious speed. Paddling across the current, he caught a wave back to the beach. Not a bad effort for a first

paddle on a kayak, bought on eBay two days earlier.

A couple of us with bicycles cycled to the Esk River.

Campfires, birdsong, it was a good weekend.

Nimbin Garden Club

by Sharon Whalley

The September visit for Nimbin Garden Club took place on a spectacular spring afternoon, when about 25 people visited Daryl and Greg's lovely garden at Koonorigan.

Daryl and Greg manage the 65-acre property, which has a wonderful custard apple and avocado orchard along with many other fruit and nut trees including citrus, chocolate sapotes, pecans and feijoas. They have lived on the property for the last nine years and undertaken extensive work removing lots of lantana. Now there are beautiful sweeping lawns dotted with colourful gardens.

Around the house, some of the most exquisite orchids were in bloom, along with cheerful red geraniums and pink pentas. The garden has some charming sitting areas with views across the orchard and to distant windbreaks. These windbreaks were planted 25 years ago and now attract lots of wildlife, including a healthy koala population.

The poultry yards are situated amongst a citrus orchard, and the

scent from the orange and mandarin blossom was sweet and luscious. Daryl and Greg have a lovely assortment of Indian runner ducks, Muscovy's, geese and beautiful chickens. The chickens included Brown Leghorns, Gold Lace Wine Dots, Rhode Island Reds, Isa Browns to name just a few. They certainly made a pretty picture with the many different colours!

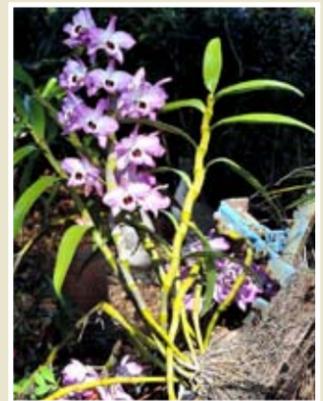
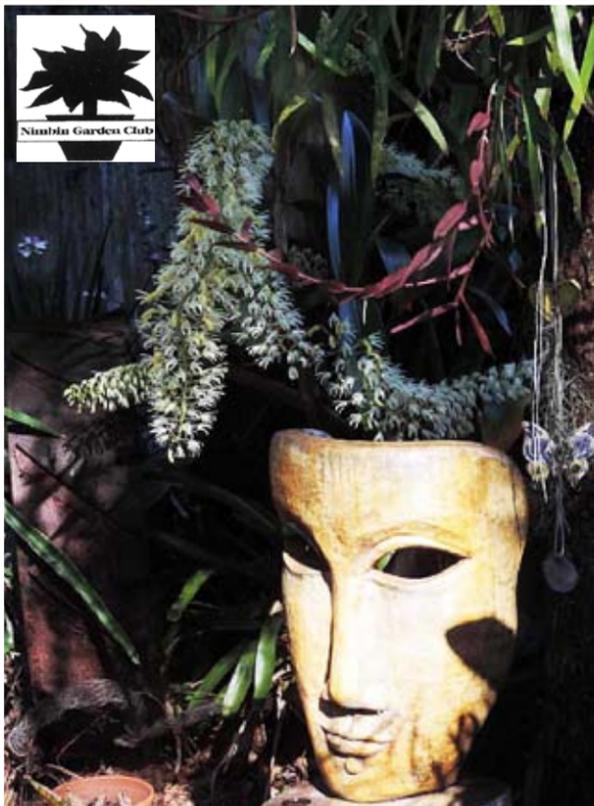
A large Bunya Nut pine provides nuts from which Daryl and Greg make flour that they use for baking. A leisurely stroll through the custard apple orchard was a pleasant way to finish the tour of the garden before afternoon tea. Daryl and Greg's hard work has certainly rewarded them with beautiful and functional garden. It was a pleasure to visit.

Thanks to Bunnings Hardware Lismore for their generous donation of goods for our fundraising raffle.

Our next garden visit is to Brian and Mike's garden on Saturday 18th October from 2pm until 4pm at 301 Wallace Road – look for the Nimbin Garden Club signs. This garden is 15 acres of revegetated rainforest, bush food plantings and a tropical garden paradise. Old and new members are

welcome! Don't forget to bring a cup and chair, as well as a small plate for afternoon tea to share.

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Main Street, Achuapa - 'the milkman cometh'. (Early morning deliveries)

by Warwick Fry

Lagartillo is a farming community a two hour walk (or a twenty minute drive), up a steep rain-gullied and rocky road, from Achuapa.

Achuapa is a largish country town tucked up in the hills of northern Nicaragua. By country town, I mean horses in the main street tied up to hitching rails, and ox carts loading and unloading off the high-stacked canopies of the Bluebird buses (nicknamed 'chicken buses' by the backpacker guide books) that pass through twice a day. Most days. In the 1980s you could never be sure. There was a 'wild west' feel about the place.

Returning 28 years later, I wasn't sure what to expect. The first thing I noticed, arriving in the early evening, were electric lights in the main street. Back in the eighties you would find your way to the main street by the mellow glow of kerosene lamps lighting the 'comedors' (kitchens that served as restaurants) and cantinas. People would sit around doorways to catch the cool of the evening.

Today teenagers were taking advantage of the orange street lighting to play street soccer in the dusty unpaved parts of the street. Yet, in spite of the plethora of light motorbikes, the cybercafe, and the three daily buses that arrived and left on time, Achuapa still had a rustic feel to it. There were still the ox carts, the mountain ponies trotting up the main street, and the Bluebird buses. It wasn't culture shock yet.

Lagartillo was a different story. In 1986 it was a dry, dusty plateau with a dozen or so one or two room small brick houses baking under a pitiless sun. The community was still recovering from the trauma of a contra attack the year before. In fact, it was an act of courage for them to return to rebuild the shattered community.

Florentina, the woman in whose house I slung my hammock, had lost her daughter, her husband, and her brother in the attack. They died with nine others fending off the two hundred contras to enable the women and children time to escape and find their way down to Achuapa. The pipes and occasional taps that provided



The chicken bus

fresh water from a spring half a kilometre up the hill had been laid by a Swiss aid worker who had also been killed in a contra ambush just a few months before I arrived.

That was 1986. Today the entrance to the community announces it as a nature reserve. The reforestation program suggested by fellow Australian aid worker Eric Early from Alstonville, had taken root and flourished. The community had grown to over 20 families living in leafy enclaves backing onto maturing rainforest, teeming with bird and animal life.

The 'school' was once a brick shed where occasional basic literacy had been taught by volunteers, but more often used as a storage room. It had been destroyed by mortar fire during the contra attack. Now it had expanded to several classrooms and a small library with a computer, built around a schoolyard large enough for the enthusiastic teenagers to play street soccer. Where once the older children had to get up at 5am to make their way down to Achuapa, the school now taught to higher secondary level.

Like Achuapa, there was the strange blend of the archaic and the modern. The community had recently been connected to a mains electricity supply, but half the houses use solar power. Florentina's neighbor and sister-in-law still roasts the locally grown coffee in a wood fired earth dome oven, but she grinds it in an electric grinder. Many of the young people pop down to Achuapa on trail bikes. (In my day it was a once a fortnight expedition either on foot or horseback).

Some of the young adults, barely teens when I first knew them, have built houses with experimental designs - a two-storey yurt, or an adobe house

with round windows in the style of New Mexico, or an open plan brick house, built around a courtyard and open to the air and the surrounding rainforest.

Yet Florentina still makes her own cheese to sell on to her neighbors from the buckets of milk her son brings in each morning, and grinds the soaked corn to make tortilla dough by hand. If you get up early enough you will see her other son setting off on mule back, jogging down the road to take two five gallon milk canisters a kilometre down the track to the turn off, to be loaded onto the 'chicken bus' for distribution in the town.

The 'next generation' has moved with the times. The Sandinistas have now regained control of the government of Nicaragua, but a couple of decades ago the neoliberal governments had withdrawn the support for agricultural co-operatives, and the drift of young people to the cities brought about the realisation that the community could not prosper on agriculture alone.

Hermelinda, the little girl I remember proudly learning to make tortillas in the dirt floor kitchen, now has a postgraduate degree in linguistics. She and her Colombian husband Luis have made Lagartillo the site for a live-in Spanish language school, where international visitors live with a campesino family while getting personalised Spanish language tuition for several hours a day with a trained instructor.

The community is now thriving. If not for the people, it would have been unrecognisable to me. But the people I knew were the same familiar souls. There was still the sense of being welcomed to an old home.

Subterranean Fukushima

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 Thought you'd leave it for your kids, part of Nature's plan
 A drilling rig comes in your gate, with a tower to spoil the view
 They've taken out the mineral rights, nothing you can do.

The drilling rig starts to dig, until it hits the seam
 Then drops down loads of chemicals, and turns that crap to steam.
 Up shoots the gas, and a mixture thick as porridge
 But the miner says, "It's good as gold, just like Agent Orange."

The miners with an Aussie name are owned by the Chinese
 Comrade billionaire in Beijing is looking mighty pleased
 They pay no tax, no royalties, just profit in their banks
 The gas is free for five years, our politicians we can thank.

So lock the gate, lock the gate, we'll fight it to the last
 Any ministers who don't agree, their use-by date has passed.

There's a water table underground that's meant for you and me
 When the drilling fracks the coal seam, it's gonna set that methane free
 But the miners and the government say a safety plan's in order
 You might turn on your kitchen taps, you'll be able to light the water

Trevor Thomas



Nimbin Headers 3rd division try for the double



Nimbin Headers and Italo Stars line up before the game for a place in the Grand final

Match reports & photos by PAC

Qualifying Final Tuesday 9th September Nimbin Headers V Pottsville played at South Lismore

This is a fast game where time on the ball is at a premium, and both teams are losing the ball before stringing a few passes together.

A clearance by the Headers defence reaches a Pottsville player, way outside the penalty box, who has time to control the ball and hammer it over everyone, including the Headers keeper. You would not see a better long range goal. Nimbin Headers 0 Pottsville 1.

The away team only have the lead for three minutes, as Ruben Mack runs from right to left with a defender trying to keep up, and shoots across the Pottsville keeper into the far corner of the net. Nimbin Headers 1 Pottsville 1.

The challenges are flying in from both sides, some brilliant and some not so, and Pottsville are awarded a free kick about 7 metres outside the box. I think it's the same player who scored that steps up and lets fly with an over-the-top again that the Headers keeper spills and a Pottsville goal poacher smacks it back into the net. Nimbin Headers 1 Pottsville 2. And that's how the first half finishes.

This is a lively old game, with Pottsville having some luck not conceding any more goals up to this point. Headers have had the chances, but are either wide or over the top of the bar.

Pottsville has a big punt from way out, but the ball sails over the top of the goal. Then down the southern end of the ground, Ruben Mack hits the bar with the keeper beaten and the ball goes out for a goal kick.

Pottsville are coming under increasing pressure as the Headers go in search of the equaliser. Headers left-winger Gary Whisker kicks a thunderous shot that hits the underside of the bar and the ball comes down on the line and bounces out and is dealt with.

Headers playmaker Phil Courtney has a shot that the keeper can't handle and spills the ball towards

some Headers attackers and was very lucky to get to get to the ball first.

The Headers crowd on the southern hill now do their bit as "Come on, you Headers" rang out in the night air.

Another high speculator comes in from Pottsville (and why not, as they hope to seal it before the Headers can get another goal), the ball coming down even closer than the last one and hitting the top of the net. The Headers keeper had this one covered also.

The Pottsville number ten, with two defenders on him, still gets a shot away, hitting the ball square across the goal and the Headers keeper had to palm it away for a corner, luckily as a Pottsville player was charging in.

This game was a very physical one, and in the second half both benches were feeling it with retirees. So no goals in the second half.

And so the second half finishes with the Headers on the attack when the referee blows his whistle to a jubilant Pottsville, getting to the grand final, and a despondent Headers, having to fight another game to try and make it.

Elimination Final Saturday 14th September Nimbin Headers V Italo Stars played at Headers Park

Italo Stars also played on Tuesday night (at home), starting 15 minutes after the Headers kicked off and beating Byron Bay 2-0.

The Headers got an early wake-up call as on the five minute mark Stars striker Quinlan Cox was in picking up a lovely through-ball and the Headers keeper did come running straight out to try and block, but Quinlan had already fired in his shot that cannoned off the right hand post.

Stars number seven Chilo Pike has an outside of the right boot shot at the keeper, who gathered it in.

Stars had the better opening to the game and took the lead just after the first quarter drinks break with a well-taken corner, and Shayne Bunker got to the ball just before the Headers keeper to nod the ball home. Nimbin Headers 0 Italo Stars 1.

That goal fired up the Headers, and



Headers Jacob Charles competing for the ball with a Stars player

it was not long before they equalised with Beau Grabovsky barging his way through the defence and smacking the ball past the oncoming Stars keeper. Nimbin Headers 1 Italo Stars 1.

Then Headers left wing player Gary Whisker has a shot just over the top of the bar, and not long after, Headers forward Beau Grabovsky has a shot that flashes past the post.

Now the Headers were having a mini purple patch, and the passing had got better as a ball is laid off to winger Gary Whisker who fires the ball past the keeper and into the left hand side of the goal. Nimbin Headers 2 Italo Stars 1.

And after another shot past the post by the Headers it's half time.

About five minutes into the second half, Stars striker Quinlan Cox heads home a ball from a corner kick, that was being headed around in the goal area like a ping-pong ball: Nimbin Headers 2 Italo Stars 2.

Stars were now looking for the goal that could put them into the Grand Final, and one of their players has a shot from way out that just about grazed the bar.

Italo Stars are awarded a free kick just outside the box; midfielder Justin Jenasic steps up and fires the ball in, but it hits the Headers defensive wall and is dealt with.

With time is now running out, Beau Grabovsky for the Headers has a bicycle kick but did not connect, just grazing the ball.

As we were all thinking extra time, the Headers have a throw-in about three metres out from the goal line, taken by one of the 5th division players helping out. Paul O'Rielly gets the ball to Leon Kindermann who takes it into the 6 metre area after going past one defender, and smashes the ball over the Stars keeper and into the roof of the net to take the Headers into the Grand Final with only minutes left.

Another fantastic game of football by both teams, and it's a pity that someone had to lose. Last year the Headers knocked out Stars in the

semi-finals after the game finished 2-2 and the Headers won on penalties 5-4 and went on to win the Grand Final.

Grand Final Friday 19th September Pottsville V Nimbin Headers played at Barrow Lane, Lismore

The game starts at a frenetic pace and with about ten minutes gone, Ruben Mack slots in the goal that should have given the Headers the lead, but the linesman on the far side has his flag up for off-side (I did hear after the game that it was the pass before).

It's turning into a defence repelling attack game. Then Headers Striker Beau Grabovsky fires one towards goal, but just wide.

An attack by Pottsville and a scrappy goal comes out of it: one-nil to Pottsville.

With time running out in the first half, Gary Whisker gets a through-pass down the left, heads in towards goal and hits a furious shot that the Pottsville keeper has to palm away, but the ball does not fall kindly for the Headers and is cleared. And that's how the first half finishes.

In the second half you would think the game would slow down a bit, but no.

Headers centre forward Beau Grabovsky runs onto a through ball (and not off-side this time) and calmly slots it past the Pottsville keeper to even up the score. Pottsville 1 Headers 1.

But the euphoria does not last long

for the massive Headers crowd, as three minutes later Pottsville catches the Headers defence out (as they did a week and a bit before at South Lismore) with a shot from way out that is smacked over the top and into the net as the Headers keeper is left stranded. Pottsville 2 Headers 1.

As the Headers are trying hard to get back into the game, the ball bounces off a Pottsville defender's legs and spills out to two forwards who are away from inside the half-way line and there's only one Headers defender and the keeper, and as the defender makes a decision, the ball is passed to the other attacker who has no trouble putting the ball into the net. Pottsville 3 Nimbin Headers 1.

The minutes are now ticking by like seconds for us Headers supporters, as Headers Beau Grabovsky muscled his way through two defenders, leaving one on the ground and one in his wake, and as the Pottsville keeper rushes out, he chips over his head and into the back of the net. But as the Headers are desperately trying to make the game go into extra time, the referee ends our agony.

And so Pottsville do to the Headers what they did to Lismore Thistles last year in identical circumstances, and win the Grand Final.

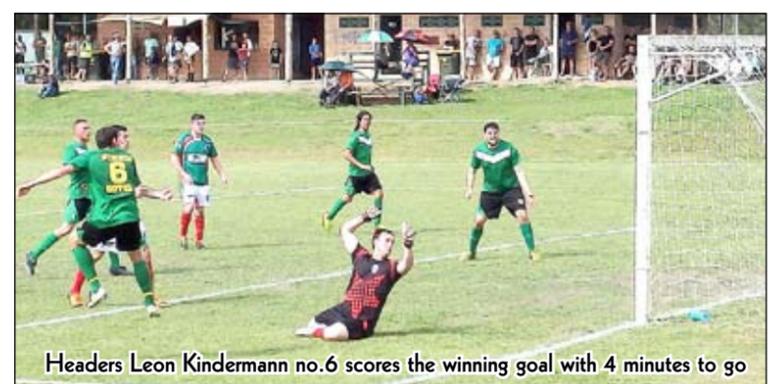
It was a great match and worthy of a Grand Final, much enjoyed by the big crowd that turned up at Barrow Lane, after the game was rescheduled due to lighting problems at Oakes Oval, and despite the Pottsville bus breaking down with a possibility of them having to forfeit the game.



Shayne Bunker heads Stars into the lead



Dean Chaussivert (Headers) tackles Rye Levy (Stars) but gives away a free kick



Headers Leon Kindermann no.6 scores the winning goal with 4 minutes to go



Nimbin Annual Show



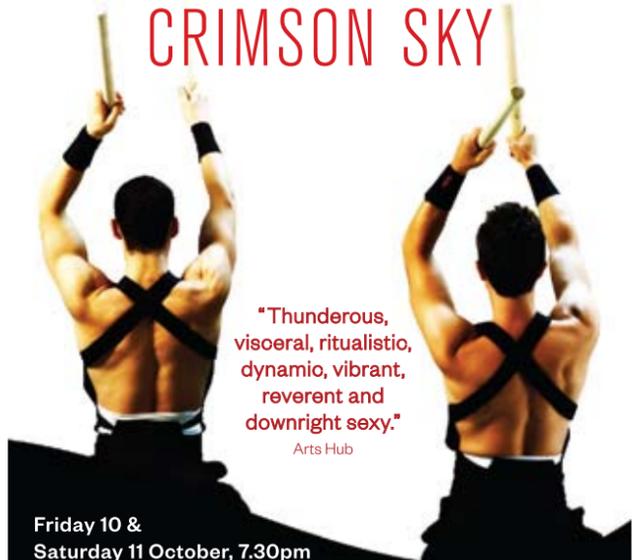
The 94th Nimbin Annual Show was held in glorious weather, and the good crowds on both days were very appreciative.
Photos by Guy Stewart, Sue Stock and PAC



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2.35pm	3.10pm
3.20pm	4.15pm
5.30pm	6.00pm

School Holidays

Leaving	Arriving
Lismore Transit Centre 8.00am	Nimbin - Main St. (Park) 8.30am
12.00pm	12.35pm *
2.35pm	3.10pm
5.30pm	6.00pm

Leaving	Arriving
Nimbin - Main St. (Park) 7.52am	Lismore Transit Centre 8.50am
9.00am	9.35am
12.45pm	1.15pm *
3.25pm	4.10pm
4.30pm	5.15pm
6.05pm	6.35pm

Leaving	Arriving
Nimbin - Main St. (Park) 9.00am	Lismore Transit Centre 9.35am
12.45pm	1.15pm *
3.25pm	4.10pm
6.05pm	6.35pm

No Public Holiday Service
Town Service - Wheelchair access available upon request, 24 Hour notice required
Some Buses connect in Nimbin for Operators to Murwillumbah

* Mondays & Thursdays Only

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LISMORE
BALLINA

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