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Schoolkids learn about sustainability



by W. Zsigmond, Science teacher

Year 7 and 8 students from Nimbin Central School attended a Science excursion to the Lismore Recycling and Recovery Centre on Thursday 29th October.

On this excursion, students were

given a guided tour of the Recycling Facility, Tip Shop and Botanical Gardens by Education Officers at the facility.

The educational outcomes included students being able to:

- Understand sustainability and the need to conserve our resources.

- Appreciate the need to recycle materials.
 - Know the positive impact of recycling on the environment and how it reduces pollution.
 - Develop a deeper knowledge of plant diversity.
- A good Science excursion all round.

The Good Life at Coffee Camp

by Ella Conroy-Blatch (Year 6)

Year 5 and 6 at Coffee Camp Public School were asked the question "What is your favourite thing about life at Coffee Camp?"

Student responses included: friends and teachers are nice, we get to spend time with friends, we have a caring community, there are no bullies, we have fun in sport, maths, music, and the school band.

My response was: "School is like a second home" because of all of these reasons.

Miss Claydon suggested that "Coffee Camp is special because it is a community that comes together to build strong, independent life-long learners".

At Coffee Camp we take pride in our country, we believe in each other, and we care for one another.

Some of the things we do at school are: we help parents in the canteen, we have duty groups which means every week a different group cleans up the school to make sure our school stays nice and clean.

We also run a student representative council to better our school, and we grow a vegetable garden to embrace the idea of healthy living.

Coffee Camp – there's no place like it!



Pop Culture

at Nimbin Preschool

It is easy to remember a time when we were fascinated by some pop culture icon. As teachers of young children, it is also true to say that this fascination makes us sometimes cringe and feel uncomfortable. However, being fluent with the diverse popular culture is one way to comprehend the fascination, if we can at all.

In the photograph we observe Mick in the process of representing Buzz Lightyear and alien friends as an image. If we were to observe the image in isolation from the book of computer generated images he is looking at, then we may not realise the context at all. We would understand the power and strength of the larger figure in relation to the other figures, but our comprehension is limited. We require Mick's thinking to make further inroads into the fascination of this pop culture character.

The fact that Mick wants to draw this is a clue to his thinking. We could acknowledge that Mick finds Buzz Lightyear's posture to be assertive, important, and attractive. Is there acknowledgement of any ingenuity, leadership or bravery? Does he like the technicality of this character? We could also say that Mick is identifying with such attributes as he navigates through the preschool day. This is an OK assessment, but it can often miss the point.

The real point of the fascination is to create divergence in the thinking: to complicate the theories of children as a form of contestable debate. Firstly, we recognise that children are capable of critical analysis that can disrupt



limited representations of popular culture. Secondly, we frame questions to purposefully disrupt popular culture concepts: questions that confront the overlapping identities. For example, what is the good in you and what is the bad in you? Being OK with your own complexity helps us to understand the complexity of others.

Tunable's thespian preschoolers

It has been very theatrical around here!!! We are really enjoying rehearsing for our end of year performance for our families of a very Tuntable version of "The Billy Goats Gruff"

We are finding this experience of preparing for a theatrical performance a wonderful opportunity to explore feelings with the children as well as the creative opportunities that experiencing live theatre provides.

We have been exploring the characters with the children, discussing aspects of the story, such as "Why does the troll want to eat the goats? Do you think the troll is happy? How do you think the goats are feeling?"

The children have been sharing their ideas about how the story could go and contributing ideas for an ending to the story.

The children have now made their decision to be a billy goat or a troll and are busy rehearsing in their characters.

It is wonderful to observe the children's interpretations of the characters they are playing. We have had ideas like:

"I want to be a fairy goat," said Alila.

Charlie said "I am a boy troll."

Arcana said "I'm a big scary monster troll."

"I'm a unicorn goat" said Lieka.



Kiah and Tarnae as Goats

"I'm a cat" said Bella.

We are encouraging the children's individuality and creativity in their character interpretation and are asking all families to help their child make a simple costume for the play that fits their child's idea of their character. We have got some incredibly creative costumes so far that really showcase the creative children and families in our wonderful community.

We have limited vacancies for 2016. Please call on 6689-1179 if you are interested in our coming to visit our preschool.

Tunable Community School sees the year out

by Kirrily

Garden

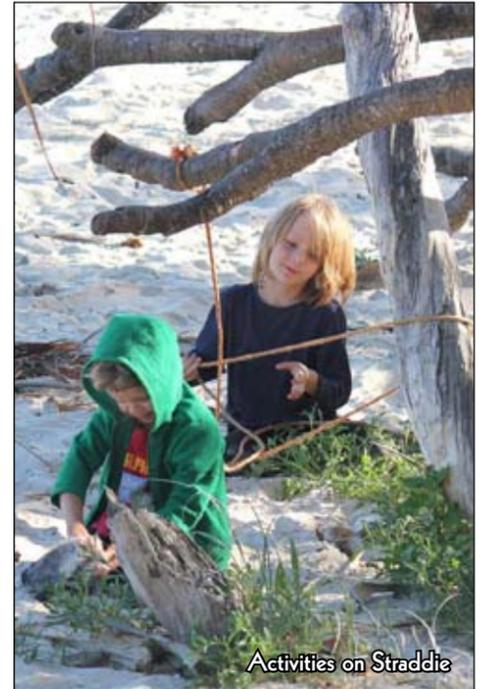
As the school year is coming to a close, the garden is being prepared for a long and very hot summer. In an effort to alleviate some of the effects of the extreme heat that is becoming more and more 'normal', we recently covered half of the garden with 50% shade cloth.

What a difference it makes. It not only offers some respite for our plants but it is also now quite pleasant for the children to work, play and just be in our garden during the hot summer months.

Another prolific garlic crop was harvested a couple of weeks ago, that will supply our kitchen for the coming year. The digging up of the potatoes was like a treasure hunt for the children; the artichokes are ready to be picked, salad and other leafy greens are still in ample supply.

We are now leaving the garden-beds for a rest and supporting the recovery by adding compost, fertilizer and a layer of – not too thick – mulch. Some areas will be covered by green manure, adding extra goodies and nutrients to the life in the soil.

Thank you to all the busy hands that have worked hard over the year and that have benefitted from our rich produce!



Activities on Straddie

Trail where we continued our learning with Lucy and Leila who demonstrated the cobbing technique of mud and straw to construct volcanoes situated to the entrance of the walk. A big thank you too, Lucy and Leila!

School Camp

Tunable Falls 2015 school camp was - to the minds of all - one of the best camps ever! Not only because of Straddie's island magic in itself, or having the support of the benevolent weather gods, or the never ending supply of gelato and affagatos at the local café or the wonderful camp cuisine...

The main ingredient for this year's success, that had permeated every baby, child, parent, grandparent, teacher and other visitors, was the spirit of *community*, that dominated our splendid time on North Stradbroke.

Every member of the school community, enjoyed and contributed: starting with car pooling, helping each other to put up tents and marquees, organising the camp kitchen, sharing meals, outings, visits to the local op shops, going for walks along the beach and endless playing. Long happy days for everybody!

About 75 people participated and enjoyed the holiday, a well-deserved rest for everyone at the end of another exciting year at our community school. And yes, we are all looking forward to Straddie 2016!

How privileged we are to be part of Tuntable Community School.

Kindy Orientation

How wonderful it has been to meet and welcome the new little people who are preparing themselves for their entry into 'big school' in January.

The first day they arrived with shy expectancy but they are now arriving for their morning with an air of excitement. These mornings are not only an opportunity for the children to have a taste of school, but it is also a wonderful opportunity for the present class to help share their own knowledge and experience with the new little ones.

The class for 2016 is rapidly reaching capacity and any queries can be directed to the school office. Telephone 6689-1423

Bundjalung Learning

We were very honoured to have our first visit from Uncle Lewis Walker. He took us to sit under our beautiful fig tree where he began teaching us about country with language, story, song and dance. The children were mesmerized as they listened and interacted.

We said our goodbyes (yarmboo Uncle Lewis!) and moved on to our Ethno Botanic

Littlies are planting veggies



Veggies growing in the new garden

by Carina and the team

Merry Christmas from all of us at Nimbin Early Learning Centre

We will be closed over the Christmas holidays and are taking new enrolments for 2016 now, so get in quick before the spots fill up.

We have had another busy month planting our new veggie garden, and doing lots of Christmas art to display around the room; making our backyard into a water park for these hot days we have been having, and going to the book exchange to read books with Bruce and explore the books.

Have you ever thought about your child coming to a child care and education based centre? Well, drop in and see us at Nimbin Early Learning centre in the Community centre complex for a booked orientation morning to get to know us and the group.

Please feel free to call the centre on 6689-0142 to book in for our Wednesday Mornings Orientation which is between 10.30 and 11.30am. If you would like to book your child/ren into the centre for a permanent/casual day, please just ask or ring and we can check our availability.

Thank you and hope to see you soon.

Originie Refugee – First Comes First

by Binnah Pownall

We must never forget who we are and that most of us are descendants of people from other countries here, now living on Originie people's land. That is a first and foremost fact.

At present we are dealing with the ever-growing problem of needy refugees. This isn't a problem in itself. As we may have noticed, Originie people are not in the habit of turning anyone away.

The problem for (what is now called) Australia is the elephantine issue of the absolute lack of acknowledgement or real attempt at confronting or fixing the tribal people's issues first. They are virtually refugees in their own country!

The compassion shown to Syrians by offering shelter and security becomes a bizarre act, if we care to look into our own yard first...

There are not just a grotesquely disproportionate number of Originies incarcerated. If a blakfulla can consider themselves to be lucky enough not to be locked up; then racism, discrimination, harassment, homelessness, family sickness and death is in their face *constantly*.

Think about that for a minute, because that is their daily reality. I realise and remember that I was unknowingly (having had nothing else to compare to) born into a privileged and relatively spoilt life.

Most of us don't realise that we are living in a country – where right next to us, even in front of our eyes without us properly seeing or hearing (or more so listening), we are mute witness to trauma and emotional extremities that make most of our lives' dramas pale into absolute insignificance by comparison.

The extremities of cruelty and neglect of human issues for the

Original People of this land we all now call home is gut-churningly intolerable.

Right now, children, women, old people and men are having their power and water cut off from their homes, where they have lived forever. That, for once is not an exaggeration.

Mining companies split communities and then poison the water with their shit in the mining process and to rub salt, the miners then do things like dig up burial sites with disregard. The destroying of graves and sacred sites (important to all our existence), not to mention the massacre sites... has happened all across this wide brown land. The knowledge and consequent outrage at these covert actions by sinister faceless people is becoming more widespread.

The tribes are unable to entertain the thought of moving to another country, because, though it may be

a tenuous hold, many are fortunate enough to still have it in their bones to be protectors and guardians of their ancestral land. The rest of us were moved off our family lands yonks ago, and the dis-location still goes on to this day - because of war and male conquest (as witnessed by the Syrian crisis.) I acknowledge that for whatever reasons, a number of blakfullas have chosen or been coerced to 'adapt' to our materialist lifestyle-choice, and taken it up in their very own flavour. Meanwhile the staunch who choose to hold onto the old ways still wallow on the fringe, fighting for scraps – in their own land.

Australia is said to be the only land on the planet that has not had a war on it 'in modern times'. Except for the continued war of secret genocide that greedy mining and pastoral families and companies have quietly waged (through the government of the day) on the Original People of the land and under our noses without us really noticing, for over

two centuries. Imagine, just for half a minute, being a blakfulla in this country and watching the fuss the government (we people more so) are making, ensuring that the world's refugees are properly looked after here... while they go without.

I feel I have a responsibility to create an environment where I don't live on stolen land, and where I don't have to live with the knowledge of our dark, wholly untold history... always lurking in the back of my mind. What about you?

It must be time to talk of Treaty and what that means, as a way out of all of this pain and injustice we all secretly walk with every day.

We are all traumatised in our own ways from pain in the past. Forget the government. They are not interested in this issue. Could talk of Treaty be a way for the Oztralian people to heal and cauterise the past – so we can finally properly move forward and thrive as one mob?

Maybe then we can properly deal with 'refugees'.

Aries

This is the time to work on your plans and vision for the next year. New ideas will be flooding in and you might feel inspired to move ahead with your projects. Dec 6 until 12 could turn out to be emotionally intense, but with some self control and alertness, lots can be achieved; there is the possibility of a breakthrough if you are able to guide the powerful energies into the appropriate channels.

Taurus

Your creativity might run high at the moment and you need to find the right channel for expressing your energy without pushing yourself or others too hard. This is also a very fruitful time for self-reflection and soul searching. Make sure to have enough time and space for this type of inner work. Set your intentions for the next 12 months at the summer solstice (Dec 22); this is perfect timing for envisioning your path ahead.

Gemini

This is a very busy time for you, when you need to work together with others in a cooperative effort. It is essential to get in touch with your own inner vision, so that you can align your dreams with those of others. Clarify your expectations and know what others expect of you in return. Try not to spread yourself too thinly in too many different directions and keep breathing deeply!

Cancer

Health, work and duties might play an important role in your life at the moment, and you may have to pay extra attention to your diet. You might find that activities in and around the home have increased lately and don't be surprised when domestic affairs might get out of control during December 6 to 12. Get some rest at the time of the solstice (Dec 22) and tune into its earthy energies. Things will speed up again during December 26-27, potentially forcing you to deal with unfinished business from the past.

Leo

The fiery energy of the first three weeks will stimulate your creativity, as you attempt to be practical about the many ideas that have been surfacing. It is a great time for clarifying your values and purpose, and you now can break free of habits and disciplines that are not needed any more. It's great timing for freeing yourself up again, if you had to restrict your creative impulses over the past few months.

Virgo

At the moment you might feel inspired to set new trends and envision new horizons. However, being compulsive about getting things right might hinder the free flow of your energy. Balance your emphasis on home, duty and family with exploring different aspects of yourself. Some of your personal and domestic commitments need to be scrapped, so that you have more time for living your purpose.

December

In the yearly cycle around the zodiac we have reached the sign of freedom-loving Sagittarius, the realm of far reaching visions and expanding horizons. Sagittarius is a fire sign and, similar to Aries and Leo, needs to preserve a feeling of uniqueness and individual importance. One of their main quests is the search for meaning and universal truth. It is highly important for Sagittarius to keep their inspirational fires burning, because dealing with the 'banalities' of everyday living can be felt as depressing especially when they find themselves locked in a space or situation with 'no room to move'. It is essential to have a goal they feel enthusiastic about because life is best seen as an adventure. At times they can be their own worst enemies by having placed too high expectations – combined with too little staying power – upon themselves and others with the result of getting miserable when things do not work out as imagined. Mostly, though, they recover fast and are not too shy to tell you what they think because honesty ranks very high in the Sagittarian value system.

The Saturn/Sun conjunction in Sagittarius on the last day of November has set a new impulse for the entire year. We can now clarify our purpose, and envision our path forward for the next 12 months. Sagittarius is associated with vision and wisdom, its orientation is towards the future. Saturn's function is to restrict and limit Sagittarian expansiveness, which on the negative can scatter energies in too many different directions or on too many different projects. Saturn's orientation is towards the past, draws from tradition and builds solid forms. It keeps us focused on the jobs at hand, the straight and narrow path ensuring that there will be results. However, there has to be a balance between these two contradicting energies otherwise Saturn might kill off Sagittarian enthusiasm and love for exciting new activities.

The New Moon in Sagittarius on December 11 emphasises this fundamental conflict between the two opposing energies that ultimately symbolises a crisis of trust versus control. The New Moon forms a harmonious alignment with futuristic Uranus, planet of inventiveness and change, as well as Mars, the warrior planet. Mars in Libra (November 13 – January 4) is



less aggressive and prefers diplomatic, cooperative solutions. However, Mars and Uranus are in an exact opposition indicating a potential for a lot of tension that needs to find a positive channel of release. The overall fiery energy has to unload in some ways, which also can manifest as hot, dry weather and electrical storms. On a personal level we might be looking for adventure, fun or excitement, some sort of action which helps with channelling surplus energy into creative outlets. On a mundane level, this

alignment could indicate further political upheaval and unrest. The summer solstice on December 22 marks the longest day and shortest night on the Southern hemisphere and the shortest day and longest night on the Northern hemisphere. Solstices are powerful portals for visualising the birth of new ideas and signify important energetic shifts during the course of a year. The exciting and outgoing energies of the previous New Moon (Dec 11) can now be grounded into the here and now. The Capricorn Ingress chart reveals a lovely Taurus Moon in a harmonious alignment with Jupiter, Mercury and Pluto, symbolic for keeping our feet firmly placed on planet Earth and being sensible. This is a great moment in time for strengthening our connection with Mother Nature and being grateful for our planet's abundance and beauty. On December 25, the Full Moon in sensitive Cancer is in a harmonious alignment with compassionate Neptune in Pisces creating an atmosphere of unity and inclusiveness. Cancer is the sign of the mother, home and our need for emotional security. The energy shifts from Earth to Water, emphasising an overall need for relating emotionally. However, the following 2 days (Dec 26-27) might turn out to be less harmonious, because of the Moon's alignment with crisis provoking Uranus and Pluto. Old wounds and disappointments could be triggered, preparing a fertile ground for drama and conflict. Therefore it might be best to maintain healthy boundaries and be conscious of our expectations.

You can contact me and book in for a professional astrology consultation including a personal 12 month forecast, discussions of plans based on the yearly transits and exploration of directions or current concerns. Contact details are: 02 6689-7413 Or 0457-903-957 or email: star-loom@hotmail.com

Libra

This is a very energetic time for you because Mars is journeying through your sun sign until January 8. You will be able to get a lot done, but also need time and space to do whatever is important for you. December 6 til 12 could bring challenges, especially if you have repressed your need for freedom and independence for the sake of keeping the peace in your relationship dynamics.

Scorpio

Venus is travelling through your sun sign from December 6 til 31, enhancing your ability to express beauty and love and therefore attracting kindness from others. Nevertheless, be aware that the energies during December 6 til 12 could trigger powerful emotional reactions, if your sense of personal power has somehow been compromised. The vibes of the solstice will enhance your need for truthful partnerships.

Sagittarius

Jupiter in Virgo and Saturn in Sagittarius have been setting up the stage for your personal experiences and will continue to do so until late next year. Their dance is about expansion (Jupiter) and contraction (Saturn), the visionary and the day-to-day reality. Saturn is about mastery and Jupiter about luck and having faith. These two forces combined have the potential for great success but also failure if you miss the calling.

Capricorn

The days from December 6 til 12 are conflict prone especially if you are too ambitious about your own agenda. The first three weeks of this month are excellent for reflecting, aligning yourself and adjusting some of your plans so that old projects can be finished off. Thus you can make space for the influx of new energy at the summer solstice (Dec 22).

Aquarius

During this period you are focusing strongly on your friendships and social networks. You probably know who your true friends are and whom you can trust. Not everybody qualifies. You might feel the need to improve the communication channels to encourage cooperation and honest exchange of ideas. Be careful with dangerous activities during December 6 till 12 as you can be accident prone.

Pisces

This is the time of the year when you can get ahead in your projects and career plans. Others will recognise you, but do not get caught in their expectations; instead you might want to explore what 'success' means for you. People, or groups of people you meet now might inspire you to see the 'bigger picture'. Nevertheless, it is equally important to remain practical about your vision striking a balance between the real and the ideal.

Empty spaces...

Ironically yours

by Dionne May

Nature abhors a vacuum. Any weed removed, and any space left vacant for too long, will start to grow organically, creatively.

Humans, ever the judges of mother nature's mysteries and complexities, often curse the 'intrusion' of yet another weed. Concrete is laid, vegetation and life is removed at all costs to control and contain, everything.

Nimbin is that wild overgrown, conglomeration of 'weeds'. Most of us deemed too unmanageable in other environments, it is only here that roots have taken in this ever changing, ever dynamic small town.

In time the hardier thrive and grow, entwining their lives with others while others wilt and die or drift off on the next prevailing wind.

The gathering grounds of this constant migration and co-existence and perhaps heart of this special town was the Rainbow Café and the Nimbin Museum through which the rich vein of pulsating life, the Nimbin Laneway separated and connected in mysterious and complex ways.

Fifteen months ago now on an unforgettable August night in 2014, it all burnt down in an unsolved deliberate arson attack. As toxic cloying smoke cloaked the town for days we all stood in the shadows too stunned for words. Too heart

broken to speak.

And like a lover taken for granted, it took many months of her absence for most to realise just what it was that we loved so much and lost so dramatically, so suddenly that night.

Optimists hoped for quick action. Community workdays, something, anything for the town to rally behind, unite together again with. A few events have hauled hope and energy into the open space but pessimists perhaps foretold the predictable dwindling of life and energy without a heart to keep the rhythm and connect all the fringe elements.

And Mother Nature seeing a vacuum, warped and adjusted so



Photo: Sue Stock

that nearing the end of 2015, life on the streets of Nimbin has changed. Hardened.

New weeds drift and roam disconnected and remain sadly and even dangerously unknown. The distance between the sides of the street has widened imperceptibly. With no common meeting space, even dense infestations of local weeds have receded like desert grasses in a drought.

Tourists this year don't even know what they have missed. So with the year coming to an

end and Summer's heat about to radiate into that hot open space let's all hope, pray, whatever for a fertile future in 2016.

All the love and community is still here, but as the heat increases, our prickles will grow and the belief in the return of our green paradise happening soon, is but a small sprinkler of optimistic, cooling mist for old drying grasses.

Give us a flood of action, a determined effort to return water to the oasis of Nimbin. Let's start building our new heart.

Nimbin Garden Club Christmas Party



by Andrew Barton

It was a hot and steamy afternoon in November when a cheerful group of Nimbin Garden Club members celebrated the end of the year with a wonderful Christmas Party at the community hall on Jarlanbah.

The champagne flowed as we recounted stories about all the wonderful and diverse properties we have visited throughout the year. From Nimbin to Whian Whian, Tuntable to Stony Chute, we have enjoyed the wonders and diversities that make up our great community. A huge thank

you to all of the property owners who have opened their gardens to us this year, we have enjoyed every one of them.

A huge thank you also goes out to the many businesses who have donated prizes for our monthly raffles, and for our big Christmas raffle. Fundraising is a great way for us to be a part of the bigger community as we donate to many charities and organisations throughout the year. We are all very thankful to Nick our fundraiser, who works hard throughout the year to make this happen.

One of the greatest things about

being part of the Garden Club is the friendships we make and strengthen throughout the year. With new members coming along each month we are always making new connections in the community. If you think you might enjoy spending time once a month with a group of garden lovers, then you are very welcome to come and join us.

Details of next year's garden club visits will be in the *Nimbin GoodTimes* January edition. For now, I wish one and all a safe and happy Christmas, and a wonderful New Year.

nimbingardens@gmail.com

trivia

Devised by Martin Gill

Questions

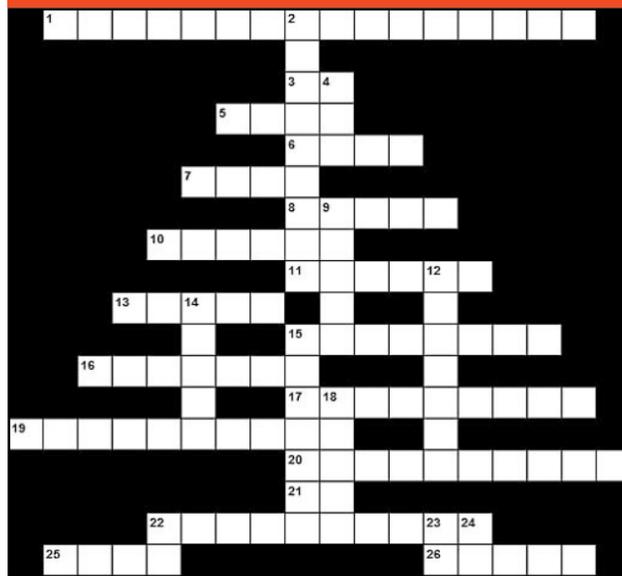
1. Where in the world is the Ross Sea?
2. How do you make Beef Wellington?
3. The Art Deco movement gained international attention in which decade?
4. Before China moved in who ruled Tibet?
5. If a person (generally a man) is hirsute, what is he?
6. Who painted 'Girl With Pearl Earring'?
7. What do you have to do to create Cavendish tobacco?
8. Where does Route 66 begin and end?
9. Who was the last person to walk on the moon?
10. Where would you find a McPherson's Strut?

Answers

1. The Ross Sea is in Antarctica. It usually freezes over each year to form the Ross Ice Shelf.
2. You wrap a piece of beef in pastry and roast it. It gets its name from the fact that if you overcook it, it tastes like an old boot.
3. It actually started just after WW1 but really took off in the 1920s. Bring it back I say.
4. Tibet was a feudal theocracy. The peasants conspired to claim the throne on the moon was Harrison Schmitt.
5. A hirsute person is hairy. If you got this wrong you should reconsider leaving Nimbin.
6. Johannes Vermeer.
7. One of my favourites. You soak it in alcohol. Ah, nothing like a drug combination to liven things up. I wonder how you'd go soaking tobacco in a THC tincture?
8. "Well it winds from Chicago to LA."
9. The twelfth and last conspirator to claim the throne on the moon was Harrison Schmitt.
10. It's the main component in many cars suspension. Hands up all those who thought it was something to do with how Elle walks?

Nimbin Crossword

2015-12
by Synic



Across

1. Non-denominational "Happy Christmas" (7,9)
3. Number (init.)
5. (Play a) repeated phrase
6. Suspect
7. Deer
8. (and 15 across) another one across (5,8)
10. Spiky parts of the Xmas tree star? Locomotive guidance mechanism
11. (clear) night?
13. See 18 down
15. See 8 across
16. E.g. nativity window display
17. International English for "You're welcome" (2, 7)
19. What we might've gathered round for a knees Xmas of yore
20. You're very polite if you're _____ without a paddle (2,3,5)
21. Dorothy's home state

22. What we might have work to midnight mass for an Xmas of yore
25. Durations – approximately 48 years for a plastic bag in landfill (4,5)
26. See 25 across

Down

2. Shootout
4. Powered down? Impolite
9. From the stars
12. Lead reindeer's distinguishing feature (3,4)
14. Misogynist lyrics are fun, _____ (2,3)
15. Seasonal festival of lights (Judaism)
18. "I've made a mistake" (5,5)
22. Futuristic fiction
23. City in Missouri (init.)
24. ___ Tree - Northern Territory town on Stuart highway

Solution: Page 33

NIMBIN BOWLO

25 Sibley Street
Phone 6689-1250

What's On in December?

- Sunday 6th – Club visit: South Tweed Trippers
- Sunday 13th – Kids Christmas Party, Santa at 1pm
- Friday 25th – Christmas Day – CLUB CLOSED
- Saturday 26th – Bowls Coaching with Mick & Carol
- Open Mike Nights – Wednesdays 16th & 30th, 7pm
- New Years Eve – Dinner Dance
- Courtesy Bus – Enquire at Bar

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Buckwheat Noodles: Soba

In the October issue I discussed the soy form, edamame. More is worth saying on this important Oriental ingredient. Food security and food's nutritional values during the current Australian drought are of a growing importance.

The imperative of rational economic food production may see more families seeking home production of high value food sources not as yet generally obtainable. It's worth looking further into this bean, that some have said is one of the world's most nutritional vegetables.

Soy as edamame, the green vegetable, cooked and served in the pod, makes an appearance in a Japanese text. This was a note of thanks by the Buddhist Saint Nichiren Shonin on 27th July 1275 to a parishioner who left some beans as a gift at the temple. 2000 years before, (7th century BC) a note, in the *Shijing (Book of Odes)* mentions the bean, said as *shu* and the green leaves being said as *hao*.

The poet Lu You, circa 1170, mentions it in three poems, (beans and beans-in-pod). By the 1400s, during the Ming dynasty, a famine herbal, *Jihuang bencao* describes several ways of utilising soybeans, eating tender fresh leaf, green-podded beans and a famine flour incorporating ground dried beans.

Many varieties of edamame are in culture and two appear to be cultivated universally. Hahto and Kagon represent the grow-day spans of cultivation, the former 130 days, the later 85 days. The cultivar *White lion*, at 70 days, is a popular Japanese type, a vigorous and highly productive market and home



variety. Your correspondent is sourcing these true-types. Note: one seed merchant in Oz is offering an unnamed type: this seed is hopeless!

As gluten-intolerance is a health problem for some, I've surveyed some of the noodle offerings. The noodle Soba comes in three grades: 100% buckwheat *Fagopyrum esculentum*, another is a blend of wheat and buckwheat, 50% wheat, 25% buckwheat plus various starches. There's another form that in the main contains little or NO buckwheat! Read the ingredient list carefully.

As an offering, the following recipe:

Soba Salad with Edamame, Kale, Enoki, Toasted Sesame and Nori

Ingredients

400g dried buckwheat noodles, prepare and cook as directed
200g frozen, cooked or fresh shelled edamame beans
200g edamame in shells, fresh or pre-

5g chilli paste
100 mls canola oil
75 mls dark sesame oil

Method

Prepare the noodles and retain 200mls noodle cooking water.

Blend the sauce ingredients until smooth. Set aside.

Put the cooked edamame, enoki and kale into a colander and pour the surplus noodle water over the greens so as to wilt them.

Add the reserved 200mls of slightly cooled noodle water to the blended sauce, re-blend until smooth.

Put the noodles, edamame seeds, enoki and kale in a bowl, dress this mix with the sauce, toss and embellish with pod-edamame, cut Nori and the sesame seeds.

Side-serve podded beans, thin sliced scallions and chilli paste as an accompaniment.

Serve warm or chill for the next meal.

Flavour of the month
by Thom Culpeper

cooked
2 cups kale, thinly sliced
150g enoki mushrooms
50g lightly toasted sesame seeds
3 sheets of toasted Nori, cut in thin strips
200 mls of noodle dressing sauce or make as below:
Sauce
15mm peeled fresh ginger
5g of cooking salt (not essential)
150g sweet preserved ginger
4 cloves garlic
50mls mirin or rice vinegar
50mls cooking sake
50mls light soy sauce

Biodynamic Craniosacral Spaciousness

by Betti Wille

This month I want to address the Spaciousness of Biodynamic Craniosacral Therapy and make a special end of year offer.

One outstanding element of craniosacral treatment, especially in Biodynamic Craniosacral Therapy (BCST), is the spaciousness provided. What spaciousness? The physical body is made up of mostly water, which in turn is made up of mostly space.

The body which feels so solid is actually matter floating in water. Even bones are soft and filled with blood when alive. Provided the space needed all body tissues move in a smooth and harmonious way. The gentle body work of BCST has its focus on this spacious fluidity. Unhealthy body tensions begin to float and disintegrate.

Density in body tissues, blocking off the flow of life energy, is a major cause of discomfort and disease. Areas of the body may be tense, constricted or compressed, resulting in various symptoms. In trauma, body tissues shut down to keep safe from the natural stream of life which by nature is painful at times. The downside is a limited range of feelings and function, leading to severe dysfunction or depression if not dealt with.

The good news is that the body has its own inherent unerring intelligence and knows exactly how to restore a healthy flow, also known as an inherent treatment plan. For it to take over we need to listen and allow the body to express itself. This happens when stillness and space are present. Stillness and space in this case are one.

The spaciousness of Biodynamic Craniosacral Therapy (BCST) comes to life through the art of touch. A "biodynamic touch" is a touch that includes various dimensions of space surrounding the body and body tissues as well as the tissues themselves. Instead of narrowing down a problem it's about the space=freedom to move about and re-connect to the natural flow of life. The practitioner provides a non-judgmental neutral space. That's how disturbing patterns, old as well as fresh, are invited to correct themselves if needed. Old ones usually take some more time to do so. A fresh injury pattern, like a compressed nerve for example usually corrects itself within a single session.

It doesn't need an accident to create tensions, pain and anxiety for ourselves. The unconscious mind usually has plenty to offer. For some it gets worse at this time of the year.

My end of the year offer is a half price session for everyone who has not tried BCST yet but is keen to do so. Sometimes even a single treatment can inspire a chain reaction towards positive change. Take some time out to float and relax deeply during this busy time of the year. I'm in clinic in Nimbin on Mondays @ the Healing Arts Collective in the Nimbin Community Centre and always happy to provide more information. To arrange an appointment send me an email, use the appointment book at the clinic or turn up on a Monday.

A happy Christmas and holiday season to everyone.

Betti can be contacted by email at: biodynamic.touch@gmail.com



Cafe celebrates its first year

by Joline Shervey

It's following the path, not getting to the destination, right? Differently worded: Taking the journey is more worth than the actual arrival.

In that spirit, Café Blue Knob had the most fascinating first year and a truly worthwhile journey while being under new management. Every step and every experience, every up and every challenge were absolutely precious to me.

To celebrate this anniversary, the café will offer free cake and free hugs on the 19th December when the Blue Knob Farmers Market holds its Christmas Craft Market.

I am beyond grateful for all the locals and visitors coming through to hang out at the café and appreciate the beautiful food and space. I enjoyed meeting and caring for you, and savoured this first year immensely. I can't wait to start 2016 with a bang and take more leaps to offer healthy, affordable, organic meals, using locally grown foods.

The café will continue to offer free Sunday talks, called Communicake. We have lined up the most interesting topics like 'How to manage to be a diabetic' or on 'Connected breath'.

We host the next free talk on 'Whole-hearted healing techniques and the must-have Relating Toolkit' with local teacher and healer icon Nemi Nath on 13th December at 12.30pm, which is one expert talk no-one should miss.

Nemi shares new groundbreaking ways of healing ourselves and relationships with new and simple tools that are hardly known, however very powerful.

We have a few special events planned in the coming year, like Continental

cooking classes, raw food lunches, cooking and baking opportunities for children, and exclusive women's nights. By catering for the wishes and needs of the locals and the community, the café reaches out to make even more friends and connections next year.

The café will take a break over the New Year period and therefore will be closed from 21st December to 14th January, except for Saturday, 9th January when we will be open as usual for the Farmers Market.

The café and its staff wishes everyone a peaceful Christmas and family time with relaxing holidays after our first year that certainly went by very fast.

The café is open to group bookings and functions in



Joline behind the counter

and outside business hours as well as for evenings. It caters from 8 to 40 people and offers vegan, paleo, raw or gluten-free choices on request.

Please enquire about the catering options for your next beautiful event. Phone for bookings on (02) 6689-7449 / 0416-616-804.

Café Blue Knob Recipe: Donauwelle

The wave of the Danube or Joline's yearly Birthday Cake (since she turned 16).

This cake is a marriage between a marble cake and a Black Forest Torte. It has all it needs to be the perfect sweet, tangy, creamy and chocolatey indulgence for a birthday.

Ingredients

2 jars morello cherries,

drained (700g each)
250g soft butter
200g sugar
1-2 tsp vanilla essence
1 pinch salt (unless you use salted butter)
5 eggs
375g flour (wheat or spelt)
3 tbsp baking powder, levelled
20g quality cocoa powder, unsweetened
1 tbsp milk

Butter Crème

500ml sweet vanilla custard (preferably homemade and cooled)
250g soft butter

Frosting

200g dark chocolate
2 tbsp coconut oil

Method

Cake: Beat butter until creamy then gradually add

sugar, vanilla essence and salt until combined. Add each egg separately, beating the dough for 30 sec per egg.

Mix flour with baking powder and add to the egg-butter mix in two steps, then split the dough in two parts: 2/3rds can be spread in a baking paper lined 20x30cm

dough. The leftover (1/3) of the dough gets mixed well with cocoa and milk and then spread over the cherries. Don't worry about a few cherries not being completely covered.

Bake for 40 min on lower half of preheated oven at 180°C (fan-forced 160°C).

Butter cream: In the meantime, mix custard with

butter into a cream and put in fridge.

Once a wooden skewer comes cleanly out of the cake, it is ready. Let it cool for 30 minutes, then leaving cake in tin spread the butter cream over the top and put into fridge.

Frosting: Melt chocolate over a waterbath and blend with oil, then let it cool down a bit. Drizzle or spread chocolate quickly over cool butter cream. Again, store cake tin in the fridge. After 30min release from tin and cut into squares.

This cake tastes great for 4-5 days, especially the next day. Freezes well for later occasions.

For any questions or more info, call Joline on 0416-616-804 or (02) 6689-7449.

Infant Massage and Pain Relief

by Renata Dooley

Amongst the many benefits of infant massage is pain relief. Studies show a decrease in anxiety and stress coupled with a release of endorphines and increased dopamine levels, lead to feelings of euphoria and can act like opiates to block pain.

This supports the 'gate theory' of pain which suggests tactile nerve fibres are longer than pain fibres and are myelinated (covered in a fatty sheath) thus reaching the central nervous system faster and 'closes the gate' to the slower pain signals.

The reduction in pain has been shown in studies of children with burns and rheumatoid arthritis as well as during aversive medical procedures like dressing changes or skin-brushing procedures that burns patients have to endure.

Many children with long illnesses can become touch aversive as they learn different types of touch are painful or intrusive as they receive needles, heel

pricks, drawing of blood and endure painful procedures.

Infant Massage can help reduce this association with negative touch and set a new body memory of touch being good and loving providing comfort and security.

For terminally ill children, massage can be a positive physical interaction for both the parents and the child and with the added benefit of improved immune function that could reduce opportunistic infections like pneumonia.

In the area of skin conditions like eczema or dermatitis, infant massage can reduce the parent's aversive reaction to touching the affected area and the child's sense that others feel this way towards them. If using a cold pressed sesame oil as used in Asia and India for baby massage for centuries, there are added benefits: anti-inflammatory, moisturising and fast absorption: leading to a further reduction in symptoms.

A very common painful condition for babies – which can lead to a very painful



family life – is colic.

Colic is usually characterised by babies who cry a lot and seem irritable at the very least, to hours of screaming usually at the same time each day. Clear signs are a firm distended abdomen, pulling knees towards the abdomen and of course the crying or screaming.

Usually colic begins around 2 weeks old and can last up to 4-5 months old. Some parents say even up to 12 months, which can make it very helpful to learn baby massage before your baby arrives, so you have the skills to combat it if it does arise.

With the learning of baby massage, you become aware of the colic massage sequence to incorporate into your usual routine, or use it whenever wind or constipation may strike your baby to child.

For babies currently with colic, relief is around 2-4 weeks and for babies and children with wind or constipation - not passed a stool for more than three days - relief is usually the same day if not straight away.

Wishing all love, lightness of heart and much laughter over the holiday season and into the New Year.

Renata Dooley is an internationally certified instructor of infant massage offering private in house appointments and classes in Lismore, Nimbin and Bangalow in 2016. Contact her on 0412-354-115 or: bubbatouchbabymassage@gmail.com

How can new mums have more energy?
by Kirrah Holborn

Growing and birthing a baby is hard work!

New motherhood has many ups and downs it can be exhausting looking after a newborn

Iron deficiency is VERY common in pregnancy and it often continues or worsens during postpartum

Low iron can affect the mother's moods and her ability to care for her children

Low iron can lead to fatigue, being irritable and a higher risk of depression

Iron is the most common nutrient deficiency in the world

The placenta contains a bioavailable source of iron!

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How to make your own homeopathic remedy in an emergency

by Robin Stein
Homeopath healer

When travelling on a tight budget, all kinds of problems and accidents can occur. Without some knowledge of how to help myself at times, I don't know how I would have managed. This is the reason for my article, which could save you or a loved one a great deal of discomfort, or even a life, in an emergency.

Please bear in mind that what I am about to teach you is not the way homeopathic medicines are made. They are made in a laboratory in sterile conditions. The remedy you make this way won't 'keep' for more than a few days. But it could still save a life, nevertheless, and certainly, it will sustain you until you can manage to get professional assistance.

Certain latitudes create certain problems. A cut can turn septic quickly in the tropics and a cough can become bronchitis or pneumonia in freezing conditions.

A homeopathic remedy can be made from any body fluid. And while this may sound totally gross to many, it works incredibly well in an emergency. Of course, if you make a remedy this way, the finished result will have none of the original body fluid left in it. As an example, some years ago, I had been travelling for 48 hours and was exhausted when a connecting flight was cancelled, leaving me stranded in an unknown, and relatively uncivilised airport in the middle of winter, for eight hours. It was enough to 'piss me off' and

the result was a nasty dose of cystitis, with severe aching pains across my kidneys and lower back. It was midnight and I could not leave the airport.

Fortunately for me, bottled water was easily accessible because there was no such thing as clean drinking water here. I took ten 200ml bottles of water put them into my backpack and went to the toilet. And this is what I did next. I peed into a paper cup and poured roughly a half teaspoon of my own urine into the first 200 ml bottle of water. Then I screwed the top onto that bottle tightly and 'thumped' it on to the surface of the washbasin forty times. This became my first potency and I was able to throw away the rest of the urine in the cup. The thumping is called succussion and it releases the electromagnetic energy of the remedy (in this case, my own urine) into the water in the bottle. Without succussion, your remedy will be useless.

I then lined up the other nine bottles of water. I put a teaspoon of fluid from my first bottle into the second bottle of water. Again I screwed the top on and thumped the bottle forty times. Then I put a teaspoon from my second bottle into my third bottle of water and thumped it forty times, then a teaspoon from the third bottle was put into the fourth bottle of water and thumped forty times. I repeated these steps with each successive bottle of water, adding a teaspoon of liquid from the previous bottle into the next 200ml bottle of water, then thumping it forty times. The only bottle of water I kept was the tenth and last bottle. After this bottle

had been thumped, I took my first sip. Then I sat on my backpack in the bare airport, taking a sip from my newly made 'medicine bottle' every ten to fifteen minutes. It was now 3am.

My flight was not called until 6.30am, and by the time I was safely on board, the attack of cystitis had greatly diminished. By the time I arrived at my destination several hours later, it had gone altogether, such is the magic of creating an emergency medicine in this manner.

What any bacteria or substance can cause, it can also cure in its homeopathically potentiated state. I had no idea which germ had caused the problem, so I utilised my own body fluid to make the remedy. I knew the infected urine would contain those particular germs that were causing my distress. It is your urine a doctor will test first, to discover if it contains pathogens. Theoretically, my remedy potentiated across ten small bottles should also remove my physical distress, even though it no longer contained any of the original urine I had used to make the remedy. And so it did. It also saved me many hours of total travelling misery.

You can make a remedy from the pus of an infected finger, from blood to create an antidote to an unknown bite, from saliva or even vomit or faeces. Remember this is an emergency remedy. It should not prevent you from obtaining expert advice.

Robin Stein is an intuitive homeopath and healer. She can be contacted by email at: robinstein@gmail.com

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