

# The precise and light touch

In 1988 when I began the game of alternative therapies as a remedial masseuse and cell ectrologist I rented a clinic in Southport, Queensland. I was passionately determined to save all and sundry at the time so I placed an ad in the Gold Coast paper.

It pretty much implied that if one had arthritis, menstrual, digestive or emotional issues I was the one to see.

After receiving three phone calls, all from men wanting to know if I gave happy endings, I presented my shocked and offended sincerity to the editor of the newspaper. He said there was only one column available to advertise massage in their paper. He added with a smirk that it was understood by most people that if you were a woman who did massage you probably worked for a swarthy looking bloke in a red bow tie who drove a

Mercedes.

Unfortunately at that time it was thought massage equalled sex. Except when it was applied by a male sport's masseur where 'no pain, no gain' was the reigning philosophy, it was believed by many, that women were definitely not strong enough to apply the pressure needed to beat the muscles into a forced surrender. But then again, of course women could do Swedish massage. A gentle massage technique that was sometimes attended by the rich so they could have a luxury pamper (minus sex.) I received a similar reaction from the doctor to whom I was attempting to explain the enormous benefits of cell ectrology, an early and today not recognised form of kinesiology. He gave me a pitying 'poor deluded hippy' look and quickly shunted me from his office.

In 2015 remedial and other

forms of massage such as Kahuna massage are well recognised for their physical and emotional benefits. And the importance of whether the therapist is a man or woman generally only applies if one feels funny about being administered to by a person of the opposite sex.

Kinesiology also has finally made its way into many peoples' consciousness. A therapy that uses a diagnostic tool called muscle testing and precise gentle touch, kinesiology has the potential ability to eliminate physical and emotional despair rapidly. I remember a young female client who after a head on car accident had not driven for three years. She was under a psychiatrist but still not feeling the confidence to drive. Her father was a friend so we decided to see if what I did at the time could help. It was a cathartic experience for the young

woman because she released a lot of fear and grief very quickly. But the outcome was extremely positive. Within a month she was driving again. Conversely I remember another woman who also received great benefits from a session of cell ectrology. To the point that she went home and hit her passive aggressive husband over the head with a piece of wood. Fortunately he didn't die and my professional insurance company would have had a hard time making me culpable for her well deserved release of rage.

Bowen therapy, acupuncture, homoeopaths, kinesiology and other therapies that administer a light precise touch can make an enormous positive difference to a person suffering from the ills and spills of life. Similarly, off the body energy work such as reiki or pranic healing can also truly make a difference to ones physical



by Tonia Haynes  
Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer

and emotional well being. I have personally seen this happen. Many times over. It is perfectly suitable that one needs to be aware and in control of what others suggest we allow to be done with our bodies. Including any sort of medication or manipulation, alterative or otherwise After all it's our body and it needs to feel its particular best so that we are as comfortable as possible within its framework. Nevertheless coming from

one's limited paradigm of knowledge as to how healing should be administered is fraught with potential error. Quantum science tells us that we are much more than flesh. We are beings made up of molecules of energy that receive and create effect and we respond and react to far more than we realise.

So in the case of therapies that have a light touch. It is incorrect to think that because the therapist did not seem to do much to you or yours that the therapy could not have possibly worked.

I am in clinic in Nimbin Wednesdays and Saturdays. If you suffer from digestive problems or back, neck, limb or shoulder pain I will do by best to assist you to eliminate the problem with the assistance of Bowen therapy, remedial massage, pranic healing and other good health knowledge I have accumulated over the past twenty-four years.

Love, light and laughter.

Tonia Haynes.

Ph. 0266890240

Mobile 0439794420

## Harmony Day 21st March



This year is the 15th Anniversary of Harmony Day, which coincides with the United Nations International Day for the Elimination of Racial Discrimination.

Students of Nimbin Central School celebrated the day by wearing orange. We took this opportunity to discuss Australia's diversity and developed a cultural respect for everyone who calls Australia home.

The message of harmony Day is "everyone belongs" and at Nimbin Central we were happy to belong to and celebrate this important milestone.

## Circus skills support positive behaviour

by Gaill Hart, Positive Behaviour for Learning Co-ordinator

On Wednesday 1st April, Nimbin Central School secondary students took part in a three hour circus workshop at Byron Bay Circus School.

Research has determined that whole school activities enrich a student's sense of connectedness with their school, teachers and community. We certainly had a wonderful day of learning new skills.

Groups of ten students and staff members rotated through a variety of circus skills, including acro-balance, trampoline, twirling, hula hoops, tight wire, low trapeze, silks, tumbling, juggling and my favourite, plate spinning. All participants were thoroughly engaged in the activities for three hours. Faces were filled with smiles and laughter all day.

The staff at the centre complimented Nimbin students for their good behaviour and excellent participation in all activities. In



Term 3, primary students will be fortunate to engage in the same experience and hopefully enjoy it as much as secondary students. I look forward to continuing my plate twirling. My tumbling was already at its peak!

The school strongly subsidises these activities, as we have a strong belief in the benefit to all.

## Where we dare to dream

by Natasha Livock

Cawongla Playhouse had a significant staff member resign at the end of last year. We were all saddened to see her go, for many reasons, but mainly because we really liked her and enjoyed her presence, and we knew how much we would miss her; and missing someone hurts.

Cawongla Playhouse was fortunate to have a person with such a fabulous sense of style, humour and creativity as part of our team. The dedication, commitment and passion she contributed to our community preschool was inspiring and she has left a legacy that is indeed missed, however bittersweet. This person left us in order to establish her own business, sharing her creativity with the world; brave enough to



Jemma

give a dream a go and listen to her inner voice. Keep being fabulous MM.

As for those of us who remain at Cawongla Playhouse, well, we make adjustments and evolve. We share our preschool with new educators and we begin to establish effective working relationships. We get to know each other, share our values, create a vision and be patient, knowing and understanding how important it is to develop

a sense of belonging.

Meanwhile, other dreams and goals are being realised at Cawongla Playhouse.

Leanne is our resident nature-loving, nurturing songstress and story-teller with a dream to see a wombat in the wild – and she did! A honeymoon in Tasmania and a story about 'Tina the Wombat' later, and we are all continuing to learn about our Australian wildlife.

Amanda, our dedicated administrator, foodie and local history buff has achieved a major goal – warm bedrooms for herself and her family – as they slowly build a home high on the Mackellar range.

As for me, the director at Cawongla Playhouse, well... my dream is for free 'quality' early childhood education for all children, everywhere.

## Writing as theory

by Diane

The recent formation of the writing group at Nimbin Preschool is an important step for the learning dynamics that can take place inside it. As in any group, there is the capacity for sharing thoughts and self-assessing while maintaining a high degree of analysis of the content as research.

In fact, the interest in writing to communicate with others and as a form of self-communication, has been lingering as suggestion by the children for some time now, and we have found notes and scribed drawings as evidence to this fact. So now we are embarking on researching the complexities of writing as theory, with and between each other.

The children have many theories about their writing.



Allira, Tokie, Malika, Bellarose and Solomon as writers

For example, Tokie is clear about his writing being about expressing a thought in the form of a letter to an old preschool friend. He also has a theory that writing is funny, and is writing jokes to tell others.

Solomon's theory is that

writing can be like a scary story, and hence there is investigation of how to draw and write about ghosts. In effect, these children are deconstructing the constructed notions of writing through exploration of theory as ideas.

# Creativity, imagination and innovation

by Anja

All Steiner schools strive to provide an environment that supports creativity, imagination and innovation. As well as supporting the learning process, these faculties give students the freedom and ability to forge their futures.

Rudolf Steiner developed unique ideas about how teachers can support children on their learning path. For example, class teachers endeavour to stay with a class from class 1 to class 8. This allows teachers to deeply get to know their students, understand their development, and constantly adapt their teaching to the changing needs of the students, depending on age and individuality.

Teachers are role models for their students, and they develop their own creative abilities to deliver lessons in new and alive ways. They choose or write stories for their class that are rich in educational content, and they create lessons that are pervaded by artistic and innovative activities. Teachers also

use their imagination to invent pictures and experiences, as a way to present new content to their class. Throughout this education, creativity is taught as a developmental skill rather than an isolated subject.

Dr Ellis Paul Torrance, a pioneer in creativity research, has identified conditions that foster creativity. Among other things, he describes the importance of the environment and the atmosphere created. At Rainbow Ridge School, our teachers strive to provide an environment of visual and aural beauty to support student learning. Classrooms are light, colourful and aesthetic, and during the day sounds of singing, recorder, violin and cello fill the halls.

Dr Torrance also found that teaching methods and timing of presentations are just as important as educational content. At Rainbow Ridge School, images, rhythms, movement and emotional involvement are incorporated into each lesson. The emotional, practical and physical participation of the students



Some of Class 2's hand dyed and sewn and stitched Japanese-style aprons

allows them to learn educational material through first-hand experience – so their knowledge is experiential, rather than simply intellectual.

Another key influence on the development of creativity at Rainbow Ridge School is the deep respect and understanding children are given, including the freedom to learn without undue pressure, according to their capacity and readiness.

## Exploring our creek

by Maree Conroy

We are so lucky at Tunttable Falls preschool to have a shallow creek that is full of life, at our doorstep.

Our children have regular access to the creek as part of their educational programme (with more than adequate supervision, of course). We use the creek as part of our environmental education and as an open-ended extension of our playground.

Today we went to the creek with the intention that we would explore the Autumn habitat. The children made

many observations and shared their ideas. These are some of them:

Teacher said, "Who can remember why we came to the creek last time?"

Alila said, "We let the frog go."

Teacher said, "Why?"

Alila said, "Because the creek is the frog's house. It used to be a tadpole before."

Teacher said, "What else is in the creek?"

Charlie said, "There's sharks in the creek and lots of rocks."

Lorien said, "Look, there's an invisible shark in the creek and look, here it



comes."

Kiah said, "There's a turtle in the creek, where's the fish? Watch out Lisa, or the catfish will get your toes."

Ruby said, "I love to swim in the creek."

Children making meaning of their local natural environment...

## The importance of learning balancing

by Elissa Wenzel

This month we have been setting up lots of different balancing activities for the children of all different age groups at Nimbin Child Care Centre.

Balance, as defined by the medical community, is "the system that depends on vestibular function, vision, and proprioception to maintain posture, navigate in one's surroundings, coordinate motion of body parts and modulate fine motor control".

In other words, it's the ability to maintain controlled body positions while performing tasks (static or



dynamic). Static balance involves the ability to hold a still position with control, like standing on one leg, while

dynamic balance is remaining balanced while engaged in movement.

Our activities in April have ranged from balancing beams and courses and also games, hopping on one leg, standing still on one leg etc.

If you're thinking about centre-based childcare and education for your child, please come along to one of our free play sessions which are held on Wednesdays during the term from 10.30 to 11.30am. Spots are filling up fast.

The Nimbin Child Care Centre is located within the Community Centre complex in Cullen Street. Phone 6689-0142 for more information.

## Autumn at Tunttable Falls

by Elissa Wenzel

As the months cool down, the children of the Tunttable Falls Community School prepare for the annual garlic planting. These pungent purple bulbs are then harvested and hung in the kitchen, ensuring an ample supply for the following year.

With rosellas in abundance, it is also time to make Rosella Jam, something the children are only too happy to sample!

During Term 1, the children went on individual class camps. Although the kindy class camp had to be cancelled due to rain, the upper primary class enjoyed great action adventures in Koinonia and the lower primary packed in camping at Flat Rock with visits to Lake Ainsworth and the Ballina Sea Bird Rescue Centre.

One of our aims is to strengthen our

existing school community. In keeping with this, the children and teachers held a 'Pamper the Parents' afternoon to thank families for the ongoing support and involvement. This event gave parents time to unwind and bond, and to spend quality time together in a relaxed environment. The children provided massage, footbaths and facials while their relatives enjoyed raw food refreshments. A wonderful time was had by all.

After a year of preparation, the actual construction of our new classroom is about to begin. Everyone is looking forward to the prospect of a beautiful new learning space.

The renovation of an existing Co-op building over the summer has provided a dedicated music classroom where the children learn to use the new marimbas and other instruments.



Zech harvesting rosellas for jam

The roadworks have been completed and are settling in well.

Whilst we miss the warm sunshine and creek swimming, our school community is looking forward to cosy fires, crisp mornings and woolly jumpers!

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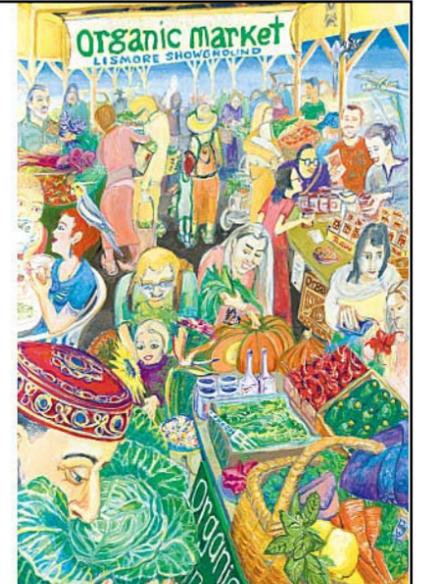
## Fashionating!

Lismore's  
real fresh food  
people

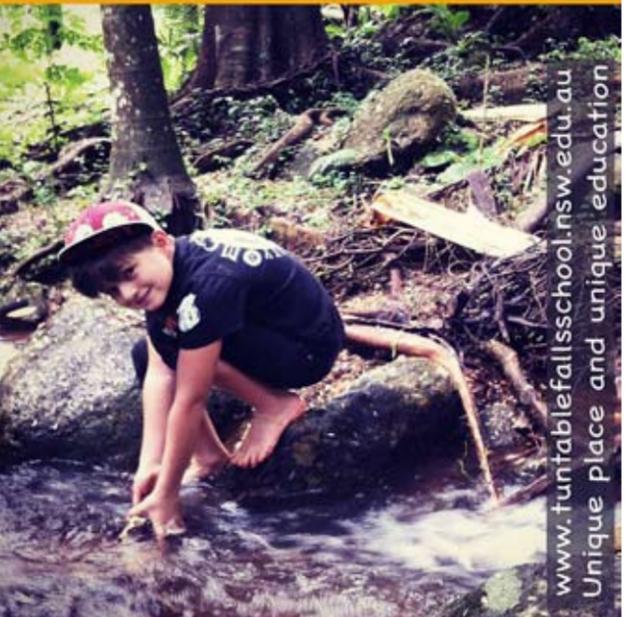
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## What's On in May?

**KITCHEN & DINING ROOM CLOSED FOR RE-FIT  
GRAND RE-OPENING IN MID-MAY**

- **Open Mike Nights** – Wednesdays 20th & June 3rd
- **Sunday 17th** – Coopers Bowls Carnival
- **Sunday 24th** – Club Visit: McLean Bowls Club
- **Thursday 28th** – Evans Heads
- **Courtesy Bus** – Enquire at bar



**terra.**  
restaurant and lounge



- Exciting new menu & decor
- Extended hours
- Coffee & Teas
- Entertainment

# Nimbin Garden Club notes



by Sharon Whalley

About 15 people visited Annie's Garden Café on Kyogle Road on a balmy autumn afternoon.

Annie (pictured) has been on the 40-acre property for just over twenty years. When she first purchased the land it was initially a bare block which she and her husband planted out with fast growing

trees to provide a canopy to protect the longer lived trees as they took root and grew.

It is quite inspirational to hear Annie talk about the gardening journey she has undertaken on this property. She is quite self-sufficient with an orchard containing citrus, stone fruit, apples, pears, olives, bananas and paw paws to name just a few! Annie also has beehives,



chickens, miniature horses, alpacas and some Dexter cows. Annie describes the garden as a labour of love and says she will live there forever.

Our visit included wandering around the lovely nursery with many Australian native plants for sale. Annie also has garden supplies such as potting mix and worm castings available for purchase.

Future plans for the property include the development of the café in a retro theme including a jukebox! Annie has purchased an old Bedford bus to convert into accommodation as a bed and breakfast, and is looking for a caretaker to help with the work around the nursery. Our next garden visit is to Pam Craven's property, 'Two Figs Retreat' on Saturday



16th May from 2pm until 4pm on the corner of Newton Drive and Upper Tunttable Falls Road – look out for the Nimbin Garden Club signs.

This garden is 20 acres which overlooks the Tunttable Valley. 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.  
[nimbingardens@gmail.com](mailto:nimbingardens@gmail.com)

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## Nimbin Crossword

2015-05

by Synic



### Across

- 9 down, grown without soil
- City-based
- Aroma (as of burning herbs)
- Time gone?
- Leave out
- Come together?
- Saint (init)
- Double reed woodwind
- Not hearing
- California theme park (opened 1955)
- Skin of cheese (and bacon)
- Abominable snowman
- Brassiere cup size between D and E
- Marketing
- Precipitation
- Businessman's lunch
- Hybrid citrus fruit – not pretty!
- Plays on street corners?
- (and 6 down) – 9 down, removed from under lights partway through its growth

### Down

- Musical style – drawn from country, blues and folk
- Overdose
- South American republic. Legal cannabis
- Honey nut munchies
- See 36 across.
- Sanskrit for hemp
- Spinning toy
- Bodged?
- Two handfuls?
- Perturbations in a current
- Small winged creatures of European myth
- Types of 9 down, e.g. Charlotte's Web, Malawi Gold
- Fifteenth century Dutch humanist, famous for his defence of free will
- Cover
- Second largest world religion
- (indefinitely) long periods of time
- (Remove water through) waste exit point
- Lightest metal

Solution: Page 35

## trivia

Devised by Martin Gill

### Questions

- Where would you find a Lagrangian Point?
- Who wrote Dirty Old Town?
- Angkor Wat was originally built for which religion?
- Winston Smith is the protagonist in which 1948 novel?
- What would you do with a Po' Boy?
- Who discovered the vaccine that will eliminate polio if the barbarians give it a chance?
- What was The Beatles' first album?
- What does the abbreviation JFGI stand for?
- How many strings on a mandolin?
- Where is the Endeavour Strait?



- A Lagrangian Point is the position between two celestial bodies where their respective gravitational forces balance each other out. There are five such points in the earth/moon system. Ensure they are catered for in your next horoscope.
- Scottish folk singer Ewan McColl, father of Kirsty McColl. He also wrote Killing Me Softly.
- It was originally Hindu but later became Buddhist. 1984. Contrary to current belief it is a novel not an instruction manual.
- You'd eat it. It's a submarine sandwich from Louisiana.
- Jones Salk. Some say he also invented autism, chemicals and fluoride.
- Please, Please Me. Whoa yeah.
- Who knows. Just Google it.
- Eight. They are arranged in pairs and tuned in violin tuning.
- Between Cape York and Prince of Wales Island.



Answers

## Book review

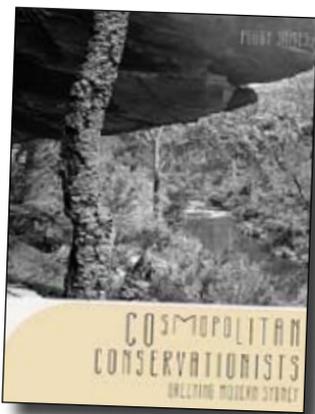
by Janine Kitson

'Cosmopolitan Conservationists' is a fascinating history of the early 20th Century environment movement, and documents the lives of famous Sydney conservationists from 1900s-1960s.

These conservationists were the 'critical mass' of their interwar generation. They successfully campaigned to conserve Sydney's bushland. They wanted Sydney to be green, beautiful, forested, liveable, sustainable and surrounded by a green belt. They were acutely aware of the rapid degradation and destruction of Sydney's natural heritage.

These 'cosmopolitan conservationists' include:

David G. Stead: [1877-1957] Internationally



**Cosmopolitan Conservationists – Greening Modern Sydney**  
by Peggy James

recognised for his study of fish, David Stead went on to found one of Australia's first conservation groups, the Wildlife Preservation Society in 1909. He campaigned for legislative changes to end the plumage trade that was decimating Australian native

birds for women's fashion. He also campaigned to end the hunting of koalas for the fur market. He is reputed for being pivotal in campaigning to establish Mount Warning National Park in 1928. He was also an active leader in the peace movement and Aboriginal rights.

Walter Burley Griffin: [1876-1937] Chicago award-winning architect for the international design competition for Canberra, won in 1912 and went on to oversee its development, with his architect wife Marion Griffin. On arrival in Sydney he went for long bushwalks with botanists, to learn to identify Sydney's wildflowers. Disillusioned by the bureaucratic and political interference with his Canberra work, he put his energy into town planning organisations,

his architecture practice and designing the Sydney suburb Castlecrag, which reflects his vision of how architecture could facilitate a bond between democratic communities and nature.

Charles Bean: [1879-1968] barrister, journalist, war historian, who spent a lifetime promoting the civic and health values of parks and playgrounds for children and communities through the Parks & Playground Movement. He actively promoted a green belt of parkland around Sydney and proudly lobbied for a new recreational reserve around Kurnell, only to be short-lived with the building of an oil refinery to support Sydney's post war demand for petrol.

Thistle Harris: [1902-1990] teacher and later Botany lecturer at Sydney Teachers College. In 1938

she published the book 'Wildflowers of Australia' which was instrumental in the promotion of Australia's flora internationally. After the death of her husband David G. Stead, she established one of NSW's first environmental education centres.

Norman Weekes: [1884-1972] town planner who won the design for Hyde Park, which had been turned into a construction site for Sydney's underground railway. His town planning legislative work established Sydney's 'Green Belts' that attempted to preserve zonings for parkland, urban bushland and open space, something to later unravel in the post-war years.

Marie Byles: [1900-1979] first practicing woman lawyer, mountain climber, bushwalker and Buddhist.

She successfully campaigned to establish Bouddi National Park. She provided legal advice to many conservation groups throughout her career as a lawyer. Her final days was living in bushland in Cheltenham, on the edge of the Lane Cove National Park, practising as a Buddhist and calling her home 'Ahimsa' meaning non-violence.

The book documents Sydney's conservation movement up to the 1960s and shows how it led to the foundations of a new phase of the environmentalism to take off in the 1980s, which Nimbin famously led the way with.

It is available for \$39.95 from Australian Scholarly Publishing, PO Box 299 Kew, Victoria 3101, email: [aspic@ozemail.com.au](mailto:aspic@ozemail.com.au) phone 03 9329-6963, web: [www.scholarly.info](http://www.scholarly.info)

## ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

### May

When the Sun journeys through the sign Taurus the attention turns towards our connection with nature and the development of a healthy relationship with the material world. Taurus signifies the principle of accumulation, building up, maintaining stability and a regularity of daily rhythms. Since ancient times it has been associated with the fertility and innate riches of planet Earth, as well as the enjoyment of our senses which are the doorway to our inner world. Through physical sensation the body lets us know what we need; it has a memory of its own and can store information that is not readily available to the conscious mind. Individuals with a strong Taurean signature have an urge to sustain themselves and preserve what they sense as essential for survival. They love tradition and sudden changes can result in stubborn resistance. Under pressure, they dig their heels in and refuse to budge. Taureans have the patience and determination to wait until they feel their time is right to act. One cannot push Taureans; approached from the wrong angle they simply become the immovable object that nobody is able to shift.

The Full Moon on May 4 in deep-probing Scorpio opposite the Taurus Sun is also in a T square formation to enthusiastic Jupiter in Leo. It highlights the potential for inspiration and optimism but also drama and crisis. Jupiter represents our urge to develop and expand beyond our known limits as well as the drive to find meaning in life. The psychologist Maslow pointed out that we are often ambivalent about growth because we can get caught between the desire for safety and staying the same (Taurus) versus the urge for growth and unfoldment (Jupiter in Leo). This again depends on our beliefs, past experiences and unconscious expectations that are stored in our body's memory bank. The energies of the Full Moon might draw our attention to areas in our lives where we experience resistance. We are asked to judge wisely and overcome any over-identification with our value judgments concerning what is 'right' and what is 'wrong'. On the positive, we might be able to grow in our awareness



about what is kept buried in the subconscious and motivates us behaving in a certain way. However, it is not a favourable time for making important decisions because our powers of discrimination are weakened as logical Mercury, the messenger planet, is aligning with fuzzy Neptune, the planet symbolizing dissolution (exact May 9). Thoughts and opinions can be vague and confused and difficult to pin down.

Venus, the planet ruling our likes and dislikes, enters Cancer on May 8 (until June 6), emphasizing the importance of family relationships and the desire for strong emotional bonds within our own tribe. The New Moon in Taurus follows on May 18. A Yod formation with transformative Pluto as the pivot point marks a fated moment around which our lives can change direction. We might have the opportunity for re-adjustment and for gaining mental clarity about longstanding issues. Jupiter and Mercury are the other two planets involved in the pattern. Mercury is just about to start its 3-week retrograde phase, and the second Mercury retrograde period of the year (until June 11). Mercury will spend these three weeks in airy Gemini indicating that this time is best used for reflection and re-evaluation of our plans and objectives. Delays in regards to transport can be expected. We are asked to turn our attention inward and observe any areas in our lives that need to be re-evaluated and/or re-programmed. During May 22 – 26 Venus meets with the change provoking Uranus/Pluto square offering opportunities for clarifying old standing issues with love and understanding. Jupiter is approaching a trine to Uranus (exact mid June) paving the way for transformative breakthroughs in thoughts, behaviors, and events. Even though this may feel unsettling at first, this process is liberating at its core.

*Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns; contact Tina on 6689-7413 or 0457-903-957, email: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)*  
*"Introduction to Medical Astrology"; Wednesdays, 10 am – 1 pm, 8 mornings at the Lillifield Community Centre; "The Astrological Houses" Saturday, May 9, 10 am – 4pm; please contact me for bookings.*

### Aries

Mars, the ruler of your Sun sign enters speedy and mental Gemini on May 13 (until June 25) emphasising the need for expressing your thoughts, beliefs and ideas. You might feel like having to defend your opinions, however, take in consideration that some of your plans may require re-thinking, especially if they are impractical.

### Taurus

The powerful energies of the Full Moon might highlight your leadership abilities and you will instinctively know when to be assertive and when to compromise without having to be dogmatic. Make use of the Mercury retrograde period (May 18 – June 11) by sorting out your financial affairs and re-evaluate any new money making ideas.

### Gemini

The weeks before your solar return are best spend reflecting on old patterns and programs. It is time to re-evaluate the last 12 months identifying what went well and what didn't work out, and why. You now have the courage to face the truth and change direction accordingly. Do not start any new projects before the Mercury retrograde period has ended (May 18 - June 11).

### Cancer

Venus's entry into your Sun sign (8 May - 6 June) enhances your ability to express beauty and love, making you into an ideal spokesperson for others. You might be able to express what others cannot because of your strong intuition. Overall, this is a great time for forming and strengthening emotional bonds, even though the days from May 22 until 26 could prove to be very turbulent and destabilizing.

### Leo

This is the time of the year when your achievements are recognized by the world and you can get results for your hard work. The Mercury retrograde period (May 18 – June 11) is great for reassessing your goals and objectives, especially also concerning group projects.

### Virgo

This is the time when you need 'to walk your talk' and apply your beliefs in a practical way. Thus you can find out if your judgments about the world are still valid or if you are ready for a liberating breakthrough. Your life direction might be under review.

### Libra

At the moment you might experience life more at a feeling level which can affect

your need for mental clarity and balance. However, Mercury retrograde (May 18 – June 11) is a great time to pause and re-examine what you believe about the world, paying attention to your spiritual needs, and re-assessing what is true to you.

### Scorpio

At the moment you can benefit through your partnerships with others. However, care has to be taken not to waste energy on plans that are unproductive. Instead, make use of the Mercury retrograde phase (May 18 – June 11) and clarify if you are getting and/or giving your fair share. It is not a good time to take out a loan or invest in a new business.

### Sagittarius

At the moment, your organisational skills and capacity to serve others are under demand. It is important that you manage your daily life so that you can prevent physical exhaustion. Make use of the Mercury retrograde phase (May 18-June 11) and work through old issues that might re-surface now. Be careful with signing any contracts, wait until Mercury is direct again, and do read the small print!

### Capricorn

This is a great time for creative self-expression and play. You might even make new social connections, or make peace with those you are in conflict with. Mercury retrograde (May 18 – June 11) is asking that you become more flexible and re-think daily routines and habits. Predictable structures are useful, but they can make life too monotonous and dull.

### Aquarius

Home and family play a key role in your life at the moment providing you with opportunities to learn about your deepest needs, fears and resources. Mercury retrograde (May 18 – June 11) might bring creative projects to a standstill, only to provide you with some extra time for allowing things to ripen. Look for new inspirations and trust your innovative abilities.

### Pisces

Meaningful communications with others is important for you at the moment, and feel free to share your insights and knowledge with others. Mercury retrograde (May 18 – June 11) offers the perfect timing for reconnecting with your family, activating and re-living old memories, and making peace with the past.

## Nosin' around with PAC



I was sitting at my computer when I just happened to look up from my work on the screen and noticed three wedged tailed eagles high in the sky south of Cecil street. I grabbed my Olympus SP100 eagle eye and ran outside not to miss the opportunity. The three of them I presumed were mum, dad and the kid doing circles in the sky. I took a few shots with all three of them and then zoomed in to times 50 the limit of the lens and with the dot sight aimed at this individual, hoped for the best and got this shot, then all of a sudden they were gone heading north east.



by Aunty Maj and Uncle Norm

### He says

Corker of a question Mal! I can tell you this is complicated shit. Like a lot of these weird female tendencies it can be traced back to the natural world and our prehistoric beginnings.

Birds and fish use spectacular plumage and colour to attract a mate. Mammals go by visuals too, mainly focussed around the fun bits, they also use smell and violence to attract a mate. If evolution was left up to us geezers, we'd still be rolling around in our own faeces and urine and head butting each other like wildebeests to attract a girlfriend.

The problem here Mal, is when you see your wife in a new dress, you don't see the dress, you see what's in it. Especially if said dress is tight-fitting and has a plunging neckline. We can't help it we're wired that way.

When I was little, whenever I picked up a doll, I would

tend to undress it to see what was under all those petticoats but soon realised there was nothing to see here. Then I'd run it over several times with my tricycle.

Apart from a brief period in our teens, men only wear clothes to avoid being arrested and for protection when operating machinery. Our wives however, like to dress up not so much for our benefit, believe it or not, but for their own. Basically, for some unknown reason it makes them feel good.

The trick here is that they can't completely feel good in a new dress until they have an affirmation from someone else, namely you.

Honesty in marriage is bullshit. Learn the art of flattery, even if you don't mean it. Use word like 'fabulous', 'it really suits you' etc.

Just don't try it out on your mates lest they either punch you or come on to you.

## HE says / She says

Send your relationship problems with a pseudonym to She Says He Says: nmappel@westnet.com.au

Dear SSHS,

When my wife buys a new dress she asks me what I think of it. I can never come up with the right answer and always end up in trouble. What gives? What is it with women and their obsession with clothes? – Mal Function

### She says

Women have a brain compartment for dressing. Men don't.

You can tell a single man by his clothes. Old, daggy, browns and greys, missing buttons and stains that never come out. He stands out a mile. There are exceptions like the colourful cowboy who can be seen hitching a mile away in his resplendent lime green trousers with fluoro pink jacket and matching shoes and hat. Not to mention the beads. Some days it's bright orange and yellow. He is always a joy to behold. Then there's the guy sporting his all weather jacket made out of a big, black garbage bag. This is brilliant recycling. Despite the constant rustling, he appears warm, dry and happy.

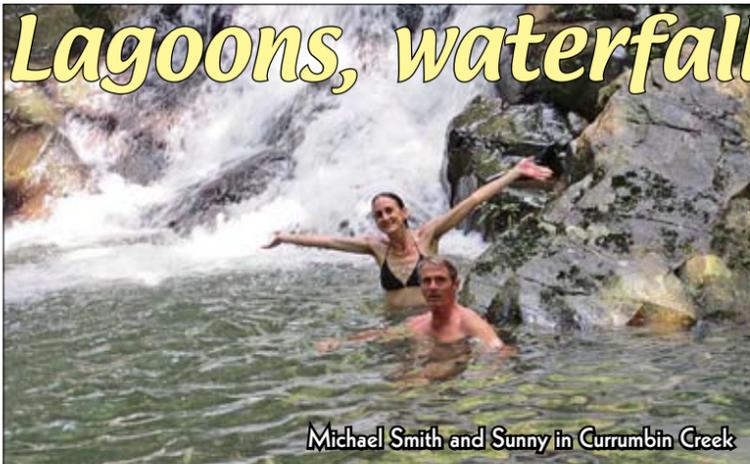
A man in a new relationship reappears after a few months with modern

clothes and an aura of being cared for. Suddenly women notice him and he's amazed at the attention.

When she asks what you think of her new dress, tell her its beautiful, then ask her to turn around so you can see the back. Say this angle also looks fabulous, compliment her on her good taste and you'll be assured of a good night. But what if you don't like it? You can always ask her what she wants you to say. Does she want the truth or is she after reassurance of her attractiveness. Have this talk before the event. I have trained my husband, and even though I know he is playing from a script, deep down it pleases me to hear what I would like him to say. I guess it's just human nature.

*"The desire of the man is for the woman, but the desire of the woman is for the desire of the man."* – Madame Stael 1766-1817.

## Lagoons, waterfalls and glow worms



Michael Smith and Sunny in Currumbin Creek

On 29th March six walkers met behind Tallow Beach south of Byron Bay lighthouse, ready to strike out for Cosy Corner. Our walkers included new member Barbara, and Angela who was on her first walk with us (welcome to both!). We had a brief discussion and decided to take the more leisurely option of walking south to the picturesque and uncrowded Tallow Lagoon.

We were fortunate that Sunday the 29th's forecast was reasonably accurate, 28 degrees and a bit of respite from the high temperatures, humidity and downpours we had been experiencing.

The dunal vegetation along the sides of the firetrails is somewhat degraded but we did see some magnificent specimens of banksia integrifolia. It was also very pleasing to see that control of lantana and bitou bush is being carried out in this area of Arakwal National Park. Unfortunately the Easter cassia was in full bloom and plentiful in some areas, lovely yellow flowers but in my opinion just a nasty persistent weed.

The lagoon was peaceful and we all lazed in the shade of casuarinas and pandanus in the company of some friendly seagulls. What we suspected was a pair of osprey was also sighted. Tannin-stained shallow waters tempted a couple of us in for a relaxing wallow. It was difficult to leave its enveloping cool.

A bit of a lazy bushwalk, but after all the heat lately, I think we enjoyed it more that way.

– Eleanor Edwards

It was perfect autumn weather on Sunday 12th April as we set off from the car park at Currumbin Valley into the Springbrook National Park. The small group of seven exuded enthusiasm with a mixture of vast experience and youthfulness. It included three first-time Nimbin Club walkers.

We set off following the track to the Old Sawmill Shed where we diverted to follow the creek upstream. Don led us over many creek crossings and bank scrambles, avoiding lawyer vine and snags along the way. Michael kept a watchful eye that everyone cleared each crossing safely.



The rail tunnel at Stokers Siding

Smoko was enjoyed over a beautiful huge rock pool where Michael and Sunni enjoyed a refreshing swim. After all the recent rain, the waterfall was thundering down into the pool below. A small black snake was spotted at the top of the falls coiled up enjoying the warm sunshine.

We arrived at the Twin Falls in time for a well-deserved lunch break. Such a peaceful tranquil setting of unspoiled natural beauty. Kirsten and Sunni ascended the falls to soak in the atmosphere. A variety of flowering orchids were identified by Don along the way. We returned via the same creekway, marvelling again at the splendid waterfalls and rock pools. I am sure all would agree the day was an invigorating and uplifting experience.

– Anthony Isaac

On a fine Sunday morning, 26th April, thirteen of us took off from Stokers Siding along the old rail line towards the tunnel through Burringbar Range. This is a destination walk in that you endure the boredom of the flat rail track for the sake of getting to a spooky tunnel, hopefully full

of exciting surprises. We had the company of Rocky, a terrier who led the way and alerted us to a 2-metre python sunning itself by the side of the track.

After an hour or so we reached the entrance to the tunnel and ventured into the darkness quietly so as not to disturb the anticipated nocturnal life. Sadly our caution was not rewarded. As we got to the centre of the tunnel we spied a small group of glow worms on the roof – but not the sparkling constellations we had hoped for! However, Tony did manage to photograph a micro bat hanging in one of the alcoves in the side wall of the tunnel.

We stopped at the Burringbar end where the track is very overgrown and had lunch. Our intrepid vice president, Bill, wanted to press on through the undergrowth to Burringbar but the others preferred to retrace our steps. We resolved to return from the Burringbar end at a later date to do some clearing for the bike track that is proposed for the disused rail line. Despite a virtual no show by the glow worms everyone felt the adventure was well worth the effort.

– Bill Potter

## Walks Program for May

Due to temporary closure of much of the Border Ranges National Park, the previously advertised forest tops camp for 9-10 May will be postponed to October/November..

### Sunday 10th May Murray Scrub

Leader: Michele Alberth (6632 1214)

**Grade: 3.** An interesting walk on a formed track through beautiful rainforest with a magnificent stand of red cedars (beware: some ankle-high stinging tree seedlings along the track!). About 4 hours return including time for lunch. The access road is not sealed, so please phone Michele if uncertain about weather.

**Meet:** 9.30 Kyogle – the car park behind the tourist info centre for car pooling to start of walk.

**Bring:** Water, lunch and insect repellent.

### Sunday 24th May Brunswick Heads Surf Club to...?

Leader: Catherine Baker (6684 2160)

**Grade: 2.** An easy, beautiful walk, partly along the beach and partly along the adjacent firetrail, for as long as we want to make it – we can do a 3-hour round trip, or longer if people want.

**Meet:** 10am Brunswick Heads Surf Club.

**Bring:** Water, lunch and insect repellent.

[www.nimbinbushwalkers.com](http://www.nimbinbushwalkers.com)

# May puts Café Blue Knob on the map

The new vintage-styled café with views of Blue Knob mountain is shaping up nicely under the new management as it gets busier and busier.

The menu looks scrumptious with a large organic pan-fried buckwheat pizza and European delicacies. "Going towards the winter months, the fresh baked German soft pretzels served with cold butter, a German sausage on spelt roll, and Schwarzwälder kirschtorte are warming anyone's belly," Joline said. "Of course the vegan cake range has not changed, with the lemon coconut cheesecake, a ginger cinnamon cheesecake and apple caramel torte (raw and gluten free) on offer these days."

The café has finally organised its monthly pizza night (usually the first Friday of the month) and families, entire birthday parties and many local people came to the first pizza night. The café thanks them for their lovely feedback and support. "The live music was fabulous, and we really had a blast serving special types of pizza only ever served at Blue Knob, like a caramelised rosella chocolate mascarpone dessert pizza, or a layered pan-fried pizza Marrakesh," Joline said.

Now the May events are about fibre and food, and about having all senses involved. So the new events to mark in the calendar are the Asian Favourites Night on Saturday 18th May, 6pm

(bookings are being taken now) offering Japanese, Malaysian, Chinese and Thai dishes and soups for vegetarians, fish and meat-eaters; and the Fibre Festival on Saturday 23rd May with same themed exhibition starting on the 22nd.

## Café Blue Knob schedule for May/June

- Friday 1st May: Pizza Night, 6pm with live music
- Saturday 17th May: All Asian Favourites Food Night, 6pm – bookings are being taken now
- Friday 22nd May: 6.30pm Fibre Exhibition Opening Night with exclusive vegetarian two-course menu
- Saturday 23rd May: Fibre Festival with many stalls, 8.30am start
- Friday 5 June: Pizza Night, 6pm with live music
- Sunday 7 June: 1.30pm Jane Austen's Pride & Prejudice Vintage High Tea with drama, entertainment and movie screening – bookings are being taken now
- Sunday 28 June: 12pm, Traditional German lunch/Mahlzeit with Bretzel Making Workshop afterward – bookings are being taken now.

## Buttermilk cinnamon scrolls (yeast-free and fast)

- Ingredients for the dough**
- 2½ cups all-purpose flour/white spelt
  - 3 tablespoons sugar
  - 1 teaspoon baking powder



- ½ teaspoon baking soda
- ½ teaspoon salt
- 1¼ cups buttermilk (or 5 tablespoons cultured buttermilk powder, plus 1¼ cups water)
- 6 tablespoons unsalted butter, melted

## Ingredients for the filling

- ¾ cup brown sugar, packed
  - ¼ cup sugar (less 1-2 tablespoons if one wants to reduce the sugar)
  - 2 teaspoons cinnamon
  - ¼ teaspoon ground cloves
  - 1/8 teaspoon salt
  - 1 tablespoon unsalted butter, melted
- Combine all of the dry ingredients in a small bowl. Add the melted butter and stir with a fork until the mixture looks like wet sand. Set aside.

## Method

Preheat the oven to 220C. Brush a 9-inch cake pan with 1 tablespoon of melted butter. In a medium bowl, combine the flour, sugar, baking powder, baking soda, and salt. Add the buttermilk and 2 tablespoons of the butter and stir until just combined. Transfer the dough to a floured work surface and

knead until the dough is smooth (it will still be very soft and a little sticky, but should be smooth).

On a piece of baking paper flatten the dough into a rectangle about 12 inches by 8 inches. Pour 2 tablespoons of the melted butter on and spread. Pour the filling over the dough and spread it evenly over the top, leaving about a ½-inch border around the outside edge. Press the filling down to sort of pack it on top of the dough.

Starting on the long side of the dough, roll the side up, pressing as you go, to create a tightly rolled log (be gentle, as this will likely stick to the paper/ counter a bit). Pinch the seam closed and lay the log seam-side down.

Cut into 8 even pieces, laying each one flat as you go. Gently press down on the top of each roll, then transfer them to the prepared cake pan. Brush with the remaining 2 tablespoons of melted butter. Bake for 20 to 25 minutes, until golden brown.

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

Thurs/Sat/Sun 10am-4pm Fri 10am-2pm  
719 Blue Knob Road @ The Blue Knob Art Gallery  
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## FLAVOUR OF THE MONTH - CLAY POT COOKING

by Thom Culpeper

### Clay pot cooking with nature's ovens

– The Schlemmertopf, the Romertopf and the Moroccan Tajine

Clay pot cooking is widely practised by many cultures and is recognised as one of the methods for the presentation of virtually oil free cooking, it being principally a steaming process.

The medium heat used in this process allows the food to remain moist and flavoursome, the seasonings blending beautifully in the slightly increased steam pressure.

These methods of cooking are now recognised as the earliest technologies of domestic food utilisation, tenderising the otherwise tougher portions of game collecting and the products of early animal domestication and husbandry.

African cultures universally utilise the pyro-earthenware, plastic clays of the vast river valleys, the silica content allowing a more heat-stable pot to be produced, but still allowing water infusion by soaking.

The firing temperatures in pot making are also more economic, terracotta being effectively fired at under 950C, glazed pots needing far more fuel and far higher temperatures for vitrification.

The Australian continent did not make a ceramic culture, but utilised steaming and wrapping in the ground!



Much to the same effect. 'Hot rocking' - The Hungi (*sic*), not a punk group) being a Pacific/Equatorial method, (Little clay on Pacific Islands) though there are notable exceptions.

So where does this leave modernity...? 1967 to be precise Ö! Germany started to get over the want of post war.. a fair covering of lard..! The Romertopf, the Schlemmertopf plagiarising and appeared and spread to many of the surrounding countries.. The Olso (formerly Kristiania) Lunch (Norwegian), writ large and the Scanny idea of the sauna, birching the bejesus out of your lover and plunging them into the ice-cold aqua guarantees in fact, control!

Health was the watch-word. No fat in, or wearing it. Twiggy hit the Beeb.. and 'The Mail' followed. Bulimia was out and nervosa of some form was in.

The blokes, bemused, bellowed,

"Where's the f-ing brisket? With 'neeps' and a heap of onions, with more than three cloves or garlic, in the food, not wiping it around the pot!" The lassies said, "Go cook it, and while you're at it, catch 'em if you can."

Wet the clay. A good half hour initially, ten minutes or so and into a cool oven thereafter, elevate the temperature slowly for the first hour, don't make a drama over it! Cook for the required time but at a lower temperature! Say 160C, check, don't let the pot dry out.

The illustrated example is "Pork avec veg in a harissa sauce with daikon and 'neeps". Play it by the nose. It's the truth.

Remember soak the pot, cook long and slow, and don't dry the pot.

All of this will be covered in my soon to be published, *Fermentation. It's a Global Art. From the feral to civilisation.*

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