

The power of the mind

The mind is a powerful thing. We might know it as our monkey-mind, grasping one branch after the other, not being able to stand still. This sounds kind of funny, but when we try to still the inside or concentrate on something, it can be rather disturbing. The truth is, it can give us peace or terror and we have no control over it. We're ruled by our mind.



by Betti Wille

When two or more people come together, the minds influence each other. When we are close, our minds also become intimate, and along with it, a lot of unconscious drama starts to play up. Distressed, we react in our very own way, mostly unpleasant for ourselves and others. I'm thinking of tantrums, fights, intoxication or withdrawal for example. Oh yes, we're fully in the grip of our mind.

What to think about this mind? We cannot fight it but we're possibly able to deal with it in a different way. It may be helpful to understand that the so-called unconscious part of the mind is always, day and night, in touch with the sensations we feel in our body. The mind is never ever resting. Its task is to cognize, recognize and give evaluation.

Still another part of the mind is in charge of reaction. We have become slaves of our mind because we allow it to react blindly. Every blind reaction, like in distress for example, keeps turning the wheel of misery for ourselves and others. To take responsibility and embrace a new consciousness, we must

find new ways to deal with that wild mind we carry. How else would we be able to live in peace and harmony?

A trained mind is a very powerful tool. One way to train the mind can be found in meditation. Last month I wrote about Vipassana Meditation (see: www.dhamma.org). By practising awareness and equanimity, we can enter a face-to-face relationship with our mind.

Another crucial part in dealing with the mind is to realise our strong identification with it. The big "I", the ego, loves to identify with everything we come up with. It even loves to identify with disease and the whole range of unwholesome properties.

Last month I wrote: "Imagine you could watch anxiety or depression arise, stay for some time and eventually pass away." This implies that we cut this identification. Our bodily sensations and the feelings that come with it are in actual fact non-personal phenomena. This might be hard to swallow. Why is

that so? Because they are my feelings, aren't they? As soon as the mind reacts to these feelings, they will multiply and become stronger. Oh yes, we're in the grip of our minds.

Breaking free of the slave driver without a trace of violence or negativity brings about unbelievable joy and transformation.

This might be one of the reasons why in Biodynamic Craniosacral Therapy (BCST) such profound and lasting changes take place. The client watches body sensations arise, stay for some time and eventually pass away, without reacting to it. He or she learns to observe from a safe place. If you can trust your body, a fairly easy step towards balance of mind and body can be done with BCST.

Rollin Becker, D.O. said, "The body is just the complaints department." The complaints want to be acknowledged and listened to. By doing so, we gain access to the quarters of our powerful mind. From there, being calm and attentive, we can take care of unhealthy bondages and enjoy the natural flow that brings about order within our physiology as well as peace and joy.

The mind is a powerful tool. When I decide to see a practitioner I'm preparing the grounds for changes to come. That's 50% done already.

I'm in clinic in Nimbin on Mondays at the Nimbin Community Centre, contact: biodynamic.touch@gmail.com Let's live and enjoy life fully.

Happier lives for rescued dogs

by Robin Stein
Homeopath healer

By far the most popular stories I tell are those about the rescued dogs we assist, because we seem to have endless success stories.

For the past three years, my partner and I have been travelling around the Mount Warning caldera caring for organic farms and their animals. I am able to advise on all things organic as well as being a 'whisperer' for both dogs and horses.

Less than 18 months ago we were about to leave for our next sit for two large rescued dogs when we received a phone call. The 13-year old Ridgeback had been hit by a truck and was not expected to live. All her ribs were broken on both sides and she had serious internal bleeding. The vet didn't want to operate to remove her spleen because he didn't feel she'd survive the surgery. So she was basically sent home to die. Fortunately, my remedies will stop bleeding very quickly, so we left immediately for the property, two days early.

When we arrived, Mahlu was in a terrible state and couldn't move without enormous pain. I gave her many remedies for pain and to stop the bleeding, and also rigged a towel around her torso so I could assist her to go outside to do her business. The bleeding stopped within two hours. And at that point, I was able to ask her the all-important question. "Do you want to live, Mahlu? If the answer is "Yes," I will do everything in my power to help you to get well."

She told me she definitely wanted to live because she had never been so happy as she was with this particular family where she is only loved and never abused. So I set about assisting her in every way I could, using her to guide me, which she did willingly.

Once I understood more about the problems she faced, I was able to turn some of my attention to her rescued 'brother' Yogi, a 10-year old Belgian Shepherd. Yogi had witnessed the accident and he truly believed that his sister would die. He told me that nobody noticed him when the accident occurred, so they didn't know that he was also in shock and grieving for his best friend.

Although almost 18 months have passed, I am crying as I write because this is always the case when one dog witnesses another dog getting hurt. Especially if that other dog is a best friend. So I was able to give Yogi all the love, healing and support he needed as well, and to tell him that I would do everything I could to make sure his friend lived to tell her story. Dogs of this age understand language very well and he showed me his appreciation immediately with hugs and kisses.

I worked many hours daily with both dogs, and every time Mahlu did something she hadn't been able to do before, Yogi ran



Robin with Mahlu and Yogi

immediately to me to show me his joy and appreciation. And before long, it was Yogi who was encouraging her to do things, and then showering her with lick kisses when she succeeded. He was such a fantastic help!

The family were away for eight weeks and by the time they returned, most of Mahlu's horrible black bruises had faded and she was moving around without the enormous pain. And both dogs were extremely happy. But of course, it would take more than a year for Mahlu's body to heal properly.

I guess it is easily understood that we are now permanent sitters for these two beautiful, intelligent dogs. And although we've cared for them several times since the accident, neither of them have forgotten the assistance we gave them, and Yogi has not stopped thanking me.

The above is an unusual story because it talks about a rescued dog who was also badly injured. Yet all the farms we care for seem to have welcomed a rescued dog into their family and not all settle as well as Mahlu and Yogi, but even they took some years to settle. Yogi especially didn't want to be touched or even looked at when he first arrived.

We don't always understand exactly what has happened to these animals, but I see them no differently to children who are abused. The abuse, and the deep sadness that accompanies the abuse, can remain with these animals for years, preventing them from settling immediately into a loving adoptive family, or even from being happy and loving, the way all dogs seem to be programmed to love. And this is always where I am able to do my very best work.

It helps enormously that I can communicate with these animals, because then I can be completely specific when healing them, addressing the issues they themselves feel are the ones most needing my help. And in this respect, it doesn't matter if the animal is rescued or not because even wild animals are able to find me to get help.

It goes without saying that I love what I was born to do.

Robin Stein is an Intuitive Homeopath & Healer who treats people & all animals. She can be contacted at: robinstein@gmail.com

Volcanoes, fair trade and micro-gardens

by Nicola Turton

Life is good for our school, tucked in down by the beautiful Tuntable Creek.

The mornings are still a little fresh, though the classroom fires need to be lit less and less as Spring approaches.

The construction of our new classroom is underway, ready for 2016. With a north-facing aspect, it incorporates solar passive design. It is near the playing field and veggie garden. The big question is, whose classroom will it be?

The Kindy class has been busy making micro gardens – planting greens and investigating how long different seeds take to grow, when to harvest and how to eat the result.

Lower primary are exploring volcanoes and have built impressive papier mache mountains soon to ooze lava! A fusion of art and science.

Our upper primary students are investigating fair trade and chocolate. Stern letters have been written to Nestle about their use of unethically sourced cocoa beans. There have been double-blind trials in chocolate tasting; included in this investigation are aroma and melt-in-the-mouth factors.

Artists Hiromi Tango and Aunt Figgy (Claudie Frock) sojourned at our school and the children created colourful twisty fabric sculptures. An installation of these and other sculptural pieces by people from



Bodhi from Lower Primary

the Northern Rivers community will be on display at the Lismore Regional Gallery from 12th September.

We have a Kindy information afternoon on the Wednesday 9th September at 2.30pm. Kindy parents and children are welcome to attend and find out more about our beautiful school. Phone Tuntable Falls Community School on 6689-1423 for more details.

Learning science at Currumbin

by W. Zsigmond,
Science Teacher

Nimbin Central School's Year 7 and 8 students attended a Science excursion to the Currumbin Wildlife Sanctuary during August.

This proved to be a fun day as well as being educational for our lucky students. They were stimulated by an interesting workshop session that was presented by the Currumbin staff.

Students learnt about animal groups, vertebrates and adaptations of various species. The session also included students being able to handle an echidna, koala bear and a giant python.

The workshop session was followed by a tour of the sanctuary during which students had to complete a booklet of worksheets.



Rainbow Ridge Open Day

The annual Spring Fair and Open Day is coming up at Rainbow Ridge School on Saturday 12th September starting at 11am and going 'til 4pm, offering lots to do, see, hear, make, eat, drink, learn, discover and enjoy.

This is an opportunity to have a look at the school and get an impression of what is happening at the school – a chance to get an insight into Steiner education and how it is taught.

The classrooms will be open with the work of the students on display and

the teachers will be there to answer questions. There will be singing and string music performances by the children and teachers. There will be craft stalls, yummy sweet and savoury food and real local coffee all day.

There is a parent information stall and opportunities to talk to current parents.

The maypole dance and the craft workshops are popular with children and adults alike. The crystal dig is popular with the younger children.



Tunable preschoolers clay play



by Richard Finch,
Preschool educator

Clay is a wonderful sensory art medium that our children have been exploring creatively.

Smooth and cool to touch, it can be squashed and squeezed, rolled and cut, shaped in endless ways, engaging the children's creativity. Individual and collaborative works grow as their skills and confidence increase and their persistence and focus develops.

Following on from our Art Magic project (Hiromi Tango), the children have been inspired to

make rainforest animals. Using wire, beads, feathers and a variety of other materials, they have created a rainforest of their own from their learned and observed experiences.

"This is a super fluffy feather bird," said Alia. "It lives in the trees and lays eggs to have babies." "This is my echidna. It only eats ants," Charlie explained.

Some of the children's clay work will be on display at the Nimbin Spring Arts Exhibition from 19th September to 5th October in Nimbin Town Hall.

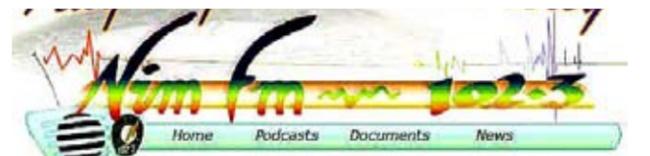
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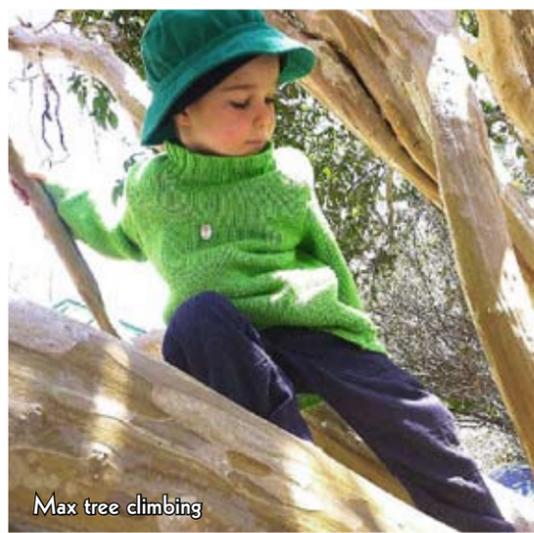


Tunable Falls Community School
www.tunablefallschool.nsw.edu.au



Kindy Information Talk
Wednesday 9 Sept 2.30pm
6689 1423 tunablestool@gmail.com

Our natural environment



Max tree climbing



by Cawongla Playhouse staff

Q: What do you like about our preschool outdoor environment?

Max (4.9): "Trees! Climbing them. I've been climbing them for a long time!"

Maggie (5.3): "I like the vegie patch; it gives us food."

Hunter (5): "The mud kitchen and making music outside."

Issi (4.5): "I like playing in the rain!"

Kalida (3.11): "Rainbows!"

Lakshmi (parent): "There are so many things; beauty, edible plants during every season, and children can use all of their senses in the garden, and they do."

Eddie (4.8): "The big rock."

Cooking experience at Nimbin Child Care



by Carina and team

We have been doing a lot of cooking experience with the children. Every week we do a different experience so every child that comes will have a turn doing cooking over the five weeks. This month we have done mug cakes, sushi and creamy rice pudding.

The 4-5 year old children have been focusing a lot on development by allowing the children to count, colour, recognise numbers and letters and also their name. Face painting has been a great experience that all the children are really enjoying. The most wanted face paint is superman or a butterfly.

We had Jamilla come in for work experience from Nimbin Central School. Jamilla and the children had a lot of fun dressing up so we thank you for coming to play with us over the week.

The centre is filling up quickly so if you would like your child to come an experience a centre based child care and education please feel free to call Carina on 6689-0142 for further information and availability or if you would just like to come for an orientation morning to get to know us and the group then please feel free to call me to book in for our Wednesday morning orientations which are between 10.30 to 11.30am.

Nimbin Garden Club notes



by Nik Tyrakis

It was a beautiful sunny winter's afternoon in August when the Nimbin Garden Club visited Dick Hopkins and Gillian Jones's property on Henson Road.

Dick first bought the property in 1977, and after clearing out all of the camphor laurels started planting what are now magnificent pecans, English oaks and jacarandas. Originally two acres, a small portion of what was the Henson family farm, he set about purchasing neighbouring tracts of land, so that the property is now eight beautiful acres.

Over the years Dick has made many extensions to what was once a small house, and now boasts many extra rooms, both indoor and out. He has

installed composting toilets, and an enviable outdoor shower to wash the day away.

Bordered on one side by Goolmangar Creek, there is also a seasonal creek running through the property from Blue Knob. The creeks abound with yabbies, eels and fish. There are numerous self-seeded quondong trees along the banks, creating calm serene spots to cool down in summer... with a cocktail or two (says Gill).

Interspersed throughout the manicured lawns are beautiful low maintenance rock gardens filled with different varieties of natives, bromeliads and walking irises.

There is a large orchard consisting of tangelos, lemons, grapefruit, mangoes and many other species of fruit that produce abundant crops.

The vegetable garden had great crops of silver beet, potatoes, and leeks to name a few. It is protected from severe weather by an ingenious retractable shade cloth awning constructed by the ever-handy Dick.

It was a wonderful social afternoon, enjoyed by many Garden Club members, both old and new. Our monthly raffle prizes were kindly donated by Norco Rural.

Our Garden Club meet for September will be held at Christine Howard's property at 104 Gungas Road on Saturday 12th September from 2 to 4pm. Don't forget your cup, a chair and a plate to share, and any plants, cuttings or seedlings for the plant table. New members are always welcome.

nimbingardens@gmail.com

NIMBIN BOWLO

25 Sibley Street
Phone 6689-1250

What's On in September?

- Sunday 13th – Club visit: Woodburn
- Saturday 26th – Club visit: Bilinudgel Old Boys
- Wednesday 30th – Visiting Club: Ipswich veterans
- Open Mike Nights – Wednesdays 9th & 23rd, 7pm
- Friday Night Raffles – 20 prizes
- Social Membership \$5
- Courtesy Bus – Enquire at Bar

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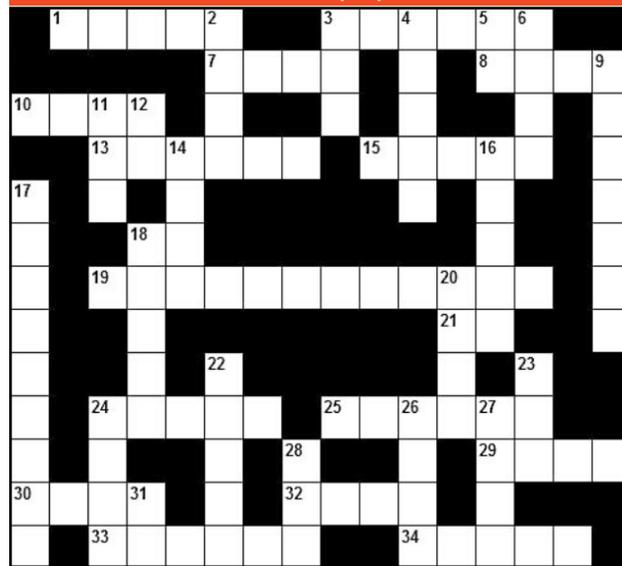
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Nimbin Crossword

2015-09 by 5ynic



Across

- Angular Nordic alphabet
- Boat people? Extra-terrestrials.
- Russian city of over 1 million souls. Dostoyevsky lived here.
- Chooses
- Chance
- Horrorified?
- Plant-based diet
- Hull's rugby league side
- Recorded for when your stereo is four way (and you love it in your room)
- Fourteenth letter of the alphabet
- Hugo award slates? Crunchy lollies
- Nimbin road race (3,3)
- Your part in a boardgame? Swivel
- Holder (for ammo rounds)
- United Nations programme for inequality reduction and poverty eradication (init.)
- Fiction books
- Cheeky and spirited?

Down

- Plant (and drug prepared from it) used by the ancient Hindus. And Aldous Huxley.
- pseudonym (init.)
- Has been rented? Small island
- Number?
- Length (of arch, or time)
- Artists sharing style, teachers, or aims
- Changes rotary motion to linear
- Just over 2 pounds
- Zeus's wife in Olympos
- Once more
- Djanbung café serving low food miles treats! Plenty
- Noxious weed - vine with edible tubers
- Close
- Alter consciousness? Rock
- Recursive wildebeest
- Linux mascot
- Strap attached to bridle
- Bites? On your boobs
- Tradie workhorses
- (Transport using a) multi-passenger vehicle
- Humourless face

Solution: Page 35

Guilty pleasures



trivia

Devised by Martin Gill

Questions

- Who was the American archeologist who rediscovered Machu Picchu?
- The main ingredient of Vegemite is a by-product of what process?
- What does a haematologist deal with?
- What does the word "egregious" mean?
- Olympus Mons is the highest known mountain in the Solar System. On which planet is it located?
- Which has the higher frequency, red or blue light?
- Who wrote 'The Mighty Quinn', a big hit for Manfred Mann in the late 60s?
- By what name is Charles Dodgson better known?
- Which guitar manufacturer makes the Telecaster and Stratocaster?
- If a man is hirsute, what is he?



- Answers**
- Haram Bingham III
 - It uses brewers yeast left over from beer
 - Bob Dylan
 - Blue
 - Mars
 - Lewis Carroll
 - Fender
 - Hairy
 - Outstandingly bad.
 - Diseases of the blood.
 - making.
 - Haram Bingham III

An alternative government

by Terry Beltrane

Been reading the recent media coverage on the Mafia in Australia, and several mind-warps came into being while discussing these “revelations” with my neighbour/ mate/ philosopher.

Here I need to declare a conflict of interest: I was raised – not grew up; that didn't happen until much later – in Griffith.

I would think that the majority of readers of this august publication would concur that the majority of our present bunch of polities are pretty useless; and there doesn't appear to be too much hope for improved management, in the short term at least (I have faith in the awakening and intelligence of our youth). But what about the now?

This is not a “soapbox harangue” or a take on my common sense or perspective of reality. This is merely an expression of an actuality, based on decades of successful business and governance.

The Mafia and all clans therein, have a major PR issue because the general public who have had “business arrangements” with them consider contributions to the Mob is a form of double tax. The populace pays taxes to a government (often corrupt with their snouts in the trough) and don't always see their taxes being used effectively/ efficiently to their benefit. Then they have to pay a little extra to the Mob to secure their personal safety and to maintain successful business operations albeit, at less profit.

Our discussion led to the hypothetical and surreal scenario of the Mafia actually running the country; that is – being the government. Now people would be paying only one lot of tax. You have a problem? You arrange a personal visit with the Boss and ask your favour. It'll be a better result if you do this on his daughter's wedding day or on the birth of a new son. (Italians are very emotional and sensitive, not to mention generous when they're in a good mood.)

The bureaucracy is maintained but with an alternative

approach to managerial function and frontline efficiency. The Mafia is all about “money”; so it's within their best interests to ensure all community/bureaucratic services operate at maximum efficiency (minimising the “government's” overheads) and a little complaint to the local “made guy” regarding tardy service would result in a short visit, with appropriate persuasion, in resolving the issue.

You'd rarely see road repair gangs arriving on site beginning the day sitting down to a coffee. I mean, who wants to wake up with a horse's head in your bed or your daughter being taken out to dinner with a few blokes on a blind date?

Cannabis (and probably other substances) would be highly regulated and legal – imagine the tax on that contributing to the “government's” coffers! The cost of incarceration (now about \$250 per prisoner per day) to the annual budget would drop dramatically, as the majority of prisoners in our jails are in for drug-related offences. Rehabilitation of existing prisoners would improve tenfold, at least, because nobody is going to mess with the Mafia. We could close down half of the prisons in the country and save a motza in federal expenditure.

Having said all that, I love my kneecaps, and it's just fun to be silly and think out loud.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

The current Virgo/Pisces energies are best used for putting your life back into order and establishing routines for your daily life. Your health or diet might need some attention as well. You might find that the Mercury retrograde phase (Sept 17-Oct 8) will be helpful for discussing plans and projects with others or clarifying a longstanding issue. Have patience and listen carefully!

Taurus

Putting attention to detail will greatly increase your creative productivity if you can move beyond an overly critical attitude. Getting things right is one thing, but making your goals attainable is another one. The Mercury retrograde period (Sept 17-Oct 8) is perfect for focused mental work; your energy is best applied when you devote your time to getting things done properly, while not losing touch with the bigger picture.

Gemini

This is the time of the year where you want to get your house in order, clean out the old and make enough space so that new developments in your life can be anchored and made solid. You might feel the need to be very particular about things right now. However, while Mercury is retrograde (Sept 17-Oct 8) you cannot expect things to work out as planned. Therefore go with the creative flow!

Cancer

You might find that your tendency to ‘over-think’ has a negative effect on your digestive system. Therefore, find ways to relax and keep an open mind. It is not a favourable time for making important decisions. Eating the right foods that nourish your entire system is essential now. The Mercury retrograde period (Sept 17-Oct 8) is perfect for stepping back and rethinking your course of action.

Leo

This might be the time to deal with your ‘overdue accounts’ in case you have ‘over-spent’ during the fiery Leo phase. All levels have to be addressed, including the emotional and spiritual. Where did the energy go and how can you recharge your batteries? Maybe there are areas in your life where you need to ‘call the spirits back.’ Make use of the Mercury retrograde period (Sept 17-Oct 8), re-organise your social life and create more space.

Virgo

Make use of the current energies by initiating a good health regime or building up your skill level. Childhood hurts or unfinished business from the past might surface around the Solar eclipse (Sept 13). A similar eclipse occurred September 11, 2007 and 1988. It might help to think back and reflect on the events in your life then. What was significant then and were there any important endings or new beginnings?

September

September is a month of transition, when the Sun journeys through the earthy and pragmatic realm of Virgo before entering the cardinal sign Libra during the equinox September 23.

Virgo, the sign of gestation and preparation is concerned with getting all the details right. Virgo teaches discernment and ultimately seeks to separate the non-essential from the essential. Balancing mind, soul and body is central to the Virgo journey. Virgo individuals are able to swing from a phase of working hard while neglecting their bodies to the other extreme of pursuing a strict health regime with lots of exercise. They achieve a state of balance when they have developed their analytical mind alongside with their intuitive powers, and then can judge the amount of duties they want to take on without becoming overwhelmed or stressed. Seeing the whole picture assists with letting go of perfectionism and an over-critical attitude, and lessens the need for escape when things get too much. In medical astrology, Virgo rules digestion. Not only food has to be broken down into smaller parts for the body to be assimilated properly, also our thoughts and emotions need to be integrated. One of the Virgo lessons comprises the humbling of the self-centered ego (Leo), and cleaning up the mess that has been left behind using the correct methods and tools.

This is a very eventful month because it coincides with the second eclipse season and the last Mercury retrograde phase of the year. The solar eclipse – a powerful Virgo New Moon – falls on September 13, while the lunar eclipse takes place two weeks later at midday on September 28. Events before and after an eclipse are unpredictable. Life seems to speed up and activities can be terminated suddenly. They are milestones in the changes of a cycle. Individuals whose birth chart interacts closely with an eclipse can expect sudden changes or disruptions. There can be endings but also new beginnings. In the period prior to an eclipse we are in a shadow, not seeing the complete situation. Avoid making rushed decisions, especially when Mercury also is retrograde during September 17 - October 8.

The Virgo New Moon eclipse (September 13) opposes Chiron in Pisces. Chiron is the archetype of holistic healing



symbolizing the reconciliation of the fundamental split between our spiritual and instinctual sides. The small body was discovered in 1977, heralding the arrival of many new aspects of complementary medicine and alternative healing techniques. Chiron's gift is to move consciousness out of fixed ruts and awakens our concern for the suffering of others. Mind and body are brought back to balance through alleviating and healing trauma stored in our emotional bodies. Chiron's close connection to the eclipse signifies the need to deal especially with our collective wounding, so that we

stop re-creating the stories of the past. The two gaseous giants, Neptune and Jupiter are in opposition during the entire month, exact on Sept 17, suggesting a desire for mutual understanding and goodwill. This might spark our creative imagination, as well as the love for great

visions, and increase our ability for empathy and compassion. Care has to be taken with overextending ourselves, which could lead to emotional and mental instability. The task is to maintain clear boundaries (Jupiter in Virgo) to protect our own sensitised energy fields (Neptune in Pisces). Mercury's retrograde passage through harmony seeking Libra (Sept 17 – Oct 8) supports a more balanced approach, especially also in our dealings with others. As always, we have to be aware of possible misunderstandings and errors in communication. Saturn, the planet of realism, re-enters Sagittarius on September 19. This is helpful for grounding, the setting of realistic goals and enhances productiveness; we might be able to further develop plans and projects that had their birthing time during last December.

The total lunar eclipse on September 28 occurs as the Moon in Aries opposes the Libra Sun. Whenever eclipses fall on the Aries/Libra axis we are confronted with themes of equality and fairness. Our written and unwritten contracts are under review and have to be brought into alignment. Sudden new and important insights are possible during eclipses. This is a powerful time for everybody to go within and consciously re-write old scripts that no longer reflect who we are now.

For Personal Astrology Consultation contact Tina on 0457-903-957, email: star-loom@hotmail.com webpage: <http://nimbin-starloom.com.au> Astrology at the Lillifield Community Centre: Special 1-day workshop: The Dance of the Outer Planets & 'The Age of Aquarius', Saturday 17th October, 9.30am-4pm.

Libra

You might find that you have been quite indulgent during the last few weeks and therefore are ready for an overall ‘spring clean’. It is a good time of the year for you to reflect on the last 12 months and filter out the essence; let go of what is not needed anymore and dream a new vision that can be planted at the approaching Equinox (Sept 23). The powerful vibes of the Lunar Eclipse (Sept 28) might trigger your need for a further fine-tuning in your relationships.

Scorpio

The energies of the moment are aimed at team building and community work. Balancing your own willpower with the wishes of the group requires diplomacy and emotional detachment. You may need to give space to the ideas and plans of others while working towards mutual goals. It also is a great time for making new friends or deepening the bonds within existing friendships.

Sagittarius

You seem to have a lot going on in your day-to-day life at the moment. Be aware of the Jupiter/ Neptune opposition (see above) and do not over-extend yourself. Too many irons in the fire might prove impossible to handle without getting burnt. Embrace Saturn's re-entry into your sun sign on September 19 and try to counterbalance all that visionary stuff with some serious time management. Some crucial choices have to be

Capricorn

This is a great time for expanding your horizons and working on a new, larger perspective on life. Establishing contact with people from different cultural backgrounds or trying to understand those better who hold different beliefs will support this process. You might use the Mercury retrograde phase (Sept 17-Oct 8) for reflecting on ‘your place and the world’ adjusting your life direction accordingly.

Aquarius

This may or may not be a good time for investments, depending on your ability to plan your steps carefully and wisely. Details are essential now. Nevertheless, it is a great time for investing in your most intimate relationship. How do you envisage your life together, and how can you create space for comfort and wellbeing? Address issues regarding the right set of values.

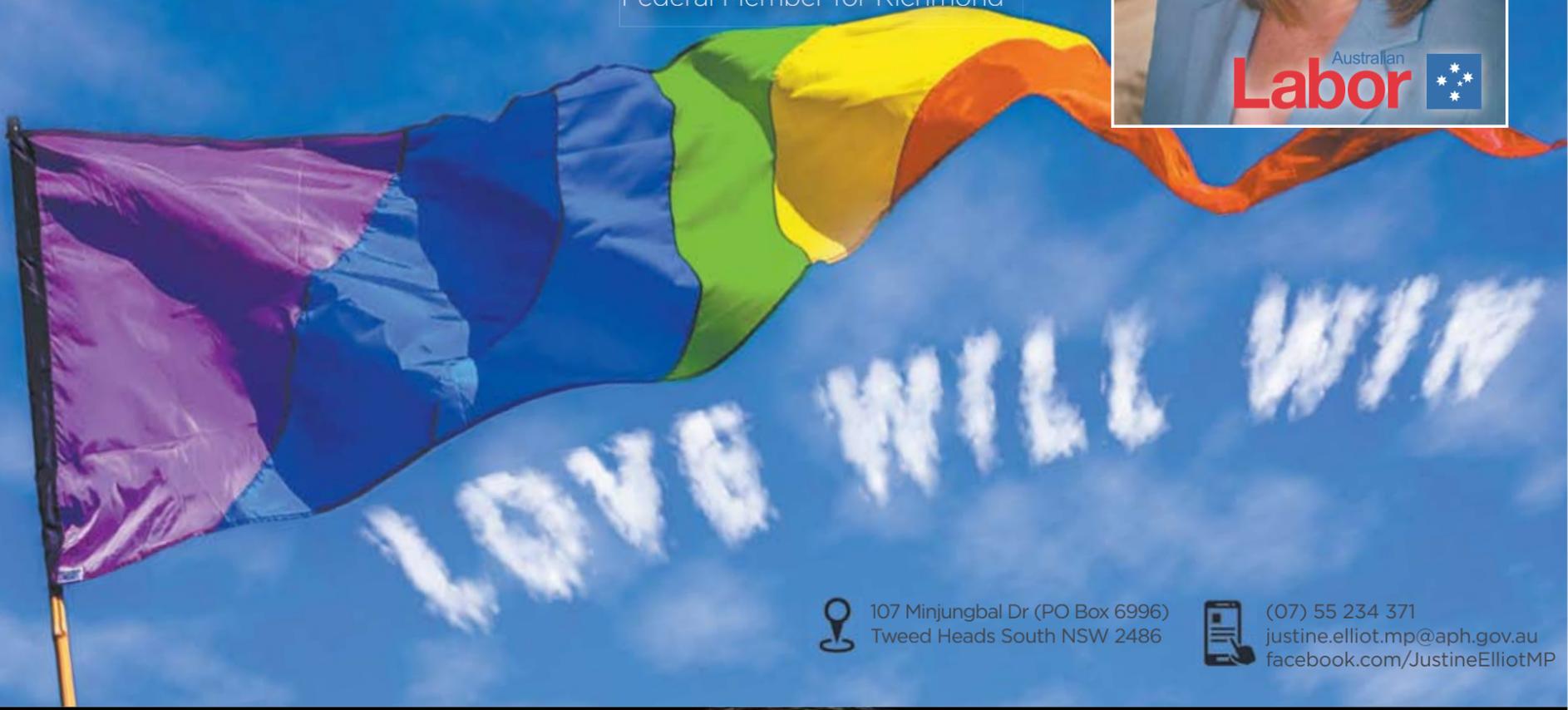
Pisces

The organisational mode of the current Virgo influence might help with solving day-to-day tasks and keeping your feet on the ground. Nevertheless, the intense vibes of the Solar eclipse (Sept 13) might highlight your caring and empathetic nature. Use these energies to nurture yourself and engage in what is emotionally fulfilling to you. Contracts with others might be under review.



I believe it's time for marriage equality...

Justine Elliot MP
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Abbott & his candidates don't



Authorised by J Elliot 107 Minjungbal Drive Tweed Heads South

Award winning Café Blue Knob goes radical

Do you want to know how it really feels to live without money? Why people do it? How they prepared for it? Curious about the pros and cons of their experience?

The Café's agenda to create an open space for the community has taken shape. The plan of the hopefully monthly 'Communicake' is to introduce monthly talks of public interest on Sundays, starting in September.

The first Communicake talk on Sunday 20th September will feature Jo Nemeth who has lived without money for six months. Why? Mainly to radically reduce her environmental footprint. Jo will openly share how she planned it, how she realised her experiment and now actually experiences this journey, leading into a respectful discussion where all topic-related questions will be answered. The café offers for the first time an open financial exchange for coffee and cake. Give what you think the service and products are worth. No set prices from 2pm on for the day.

What is Communicake? Community, Communication and Cake, of course. The general monthly subjects of the talks can range from new healing modalities, to book introductions, UFOs and other conspiracy theories, travel talks and PowerPoints, stand-up comedians or special lifestyles.

"There really is no lid. The rules are: respectful, entertainingly simple and of common curiosity," manager Joline explained. "So if you know of someone or have an interesting Sunday afternoon Talk and Topic for our Café Communicake, please pass on the info or call Café Blue Knob on 0416-616-804."

At the next exciting Sunday Food Safari on 27th September, the fragrant Middle East will be travelled with our eyes, ears and tastebuds. From exotic North Africa, Egypt to Turkey and beyond, vegetarians and meat eaters will be indulged with Middle Eastern wedding feast style meals, plus entertained with belly dancing and

henna tattooing.

"I can't wait to dive into the spices and come up with a super special three-course world cuisine menu as you have not tasted before. I am having a ball with the Food Safaris," Joline beams.

Café Blue Knob September Schedule

- Friday 18th September, 6.30pm: Exhibition Opening 'Reflections', with exclusive fine two-course dinner with choice of vegetarian or meat \$20/\$25 – bookings are now being taken.
- Sunday 20th September, 2pm: Café Communicake Talk 'The woman who lives without money' with no set Café prices (offer what you deem fair).
- Thursday, 24th September, 12.30pm: Artists & Friends Lunch at Blue Knob Hall Gallery – artistic two-course lunch with choice of vegetarian or meat \$18/23.
- Sunday 27th September, 12.30pm: Fragrant Middle East Wedding Food Safari – Bookings are being taken now. Early bird special \$35 to 19th September, then \$39 – RSVP closes 23rd September.

Lemon Ricotta Tart

A delicious recipe to use up those backyard lemons.

Ingredients

- 1 cup (150g) plain flour
- 2 tbsp caster sugar
- 70g butter, cut into small pieces
- 2 egg yolks
- ½ tsp vanilla extract
- Icing sugar, thinly sliced lemon and thick cream, to serve
- Filling
- 2 cups (400g) ricotta
- 1 cup (220g) caster sugar
- grated rind of 2 lemons (optional)
- 4 eggs
- juice of 2 lemons
- 1 teaspoon vanilla extract

Method

1. Place flour, caster sugar and butter in a food processor and pulse until crumbs form. Add egg yolks and



vanilla and process until dough forms. Turn out onto a floured board and knead lightly into a smooth ball. Wrap in plastic wrap and chill for 30 minutes.

2. Line the bottom of a 23cm flan or cake pan with baking paper and roll pastry out to line it. Trim edges, prick base lightly with a fork and chill while making filling.

3. Preheat oven to 200°C or 180°C fan-forced. Using an electric mixer with paddle or beaters, beat ricotta until softened and gradually beat in sugar until light and fluffy. Beat in lemon rind then eggs, one at a time, to prevent curdling. Beat in a pinch of salt, lemon juice and vanilla until smooth and well blended.

4. Pour into pastry shell and bake for 15 minutes. Reduce heat to 190°C or 170°C fan-forced and bake for another 35 minutes, until pastry is cooked and filling is pale golden.

5. Turn out gently onto a wire rack to cool. Top with thinly sliced lemon, dust with icing sugar and serve with thick cream.

Keeps for five days in the fridge. Lemons can be replaced by oranges, limes or blood oranges.

For any questions or more information, call Joline on 0416-616-804 or (07) 6689-7449.

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Japan's place in the food arts

Flavour of the month

by Thom Culpeper

Tsukemono is a term encompassing a complex set of preserves that involve foods of distinct flavours and presentations as side-dishes to the Japanese table.

Turnips, radish, cucumber and seasonal vegetables are the Tsukemono. These are pickled in various manners and mixtures to achieve the the flavours and content to achieve the form known as Oshinko 'fresh aroma' and/or ko-no-mono 'fragrant bits'.

The pickle solution is usually composed of various inputs such as miso, rice bran nuka, sake lees, sake kusa, soy sauce, salt, malt koji.

Chinese cabbage (napa hakusai) is used extensively in much the same manner as the Korean kimchis becoming known in Japan as hakusai-zuke. These pickles depend on salt as the preservative, managed in the traditional method of full immersion in a 3-6% solution, this encourages the enzymes to convert the food components to a more digestible and beneficial form.

Umeboshi is superb salt-pickled plums Ume (Armeniaca mume), Japanese apricots. These 'plums' are not a prunus.

This fruit is pickled in salt and flavoured with red perilla Shiso, aka-jiso. (*Perilla frutescens*) and is sought by



Sushi and Japanese pickles

those people following the macrobiotic diet. They are thought to have anti-bacterial qualities. A very fragrant vinegar is made from ume and used for pickling ginger. It is also used in Japanese salad dressings.

Nuka-zuke

Nuka-zuke is the main pickle consumed in Japan. This method involves pickling vegetables on a bed of nuka-doko, rice bran.

This is an extremely interesting method from a biological point of view. This is a true lactic-acid fermentation, I will lay out one method to follow.

To make a 'Bed' of four kilos:

Ingredients

- 4 litres water
- Salt 400 gms (10%)
- 4 kg roasted rice bran
- 150 mls of cabbage water from a previous kimchi ferment or an older bran bed.

Method: Boil the water/salt solution,

cool and mix in the roasted rice bran thoroughly.

The nuka-zuke bran bed will have a distinct flavour as it establishes a live ferment.

The bed will, if it has been inoculated properly, have a miso like appearance, a brown paste. This is nuka-miso.

This bed must be mixed periodically by hand to encourage the culture to revitalise.

The vegetables to be pickled are immersed and coated with the miso paste. Short time pickling is known as asa-zuke (light), the enzymes removing the raw bitterness from many of the vegetables, such as daikon, turnip and burdock.

Left longer the pickles take on a wilted brown colour and have a distinct tang and mellow aroma. This pickle is called furu-zuke (ripe pickle). Mastering this method will reward the effort with what can be truly described as a 'profound' food.

Chomi-zuke are sliced fresh vegetables lightly pickled in brine. These pickles are prepared on the day and are popular among the Western influenced young.

The thought that moves me is the vast experiences that may be had delving into the pickle world and realising that energy expensive refrigeration can be circumvented. Store your pickles in a Coolgardie safe. Do enjoy!