

The discourses and dialogues of Kong Fu Zi

The Imbibers Ark

by Thom Culpeper

In chapter seven of the fourth book, compiled by his acolytes, Confucius (Kong Fu Zi) was reported as having said, "I never refused to teach anybody who came to me bearing a gift of dried meat". Ten slices of dried meat being the 'fare' to knowledge, so it appears at that time, 551 to 497 BC.

In chapter 10 he says, "I like plain wholesome rice and very finely chopped meat, the freshest of fish, only foods of the season, prepared and cooked to perfection and none that are malodorous or discoloured, nor any soured damp rice." "Simple foods for me ... as ill-gotten riches and undeserved honours are like fleeting clouds ... Keep the peace at table, even when offered simple vegetable or bean soups. Be respectful of simple offerings."

He would not eat badly cut meat, prepared and cooked with unsuitable seasonings. He said, "A good meal is to eyes the first feast, to

the other senses the rest," and also, "There should be no limits on accompanying wines, but never drink to a point of intoxication."

Near the end of the Warring States period, in 239 BC, *The Spring and Fall Annals of Master Lu* (Lu Shi Chun Qiu) were published.

It was in this dynasty, The Han, (206 BC-220 AD) that many foods, then unfamiliar to China, were introduced; nuts, beans, onions, cucumbers and "soy flour cake" (bean-curd). Soy-bean, being of low flavour input, together with a high lecithin content, became a staple, together with rice. Soy having the added advantage of being a cholesterol lowering ingredient.

According to Needham J. *Science and Civilisation in China* (SSC Cambridge), the Chinese physicians were well aware of this attribute of soy.

Master Lu argued for the "natural" and careful ripening and marinating of the culinaries, plus extreme care in the heating and cooking process. Being in this text among the earliest recorded series of recipes as examples.



Manchu Han Imperial Feast table setting at Tao Heung Museum of Food Culture, Beijing.

Photo: Cara Chow

Jai Sixie, writing during the Northern Wei Dynasty, published an erudite tome, *Qui Nin Yao Shu – Important skills for the wellbeing of the people on agriculture and foodstuffs* (533-534 AD). This book is considered to be one of the foundation texts on Chinese cuisine, it contains many recipes as examples.

Wi Quyan's *Recipes*, a publication dedicated to the

flowing of the culinary arts. Then followed in the Song Dynasty (960-1279 AD) *Zhong Ku Lu* by Wu Shi, thought to have been the master chef at the Imperial Palace. *Yu Gong Pi* was from the same source.

Then of course came the fabulous classic *Menu of the Sui Garden* by the scholar Yuan Mei (1716-1798). This book not only contained a

vast number of recipes, but all of the methods then used in preparation and cooking. All "tried and proven by the author", so he states.

The Empress Ci Xi reigned over China for nearly half a century. This gourmet, some say glutton, was responsible for introducing many unique forms, including swallow's nests and shark's fins soups. Her ladies in waiting said,

"Her Majesty's food needs are tremendous."

Her constitution must have been magnificent, as a portrait of her at 68, painted by Katherine Carl in 1903, shows her to be "slim and with a fine complexion".

It needs a separate article to deal with this Imperial woman's kitchen and her contribution to modern Chinese cuisine.

Salty Duck – Yan Shui Ya

1 duck 1.5 - 2 kg
7 cups of chicken broth
4 slices of ginger
2 eshallots
1 tsp Szechwan pepper (ground)
3 tbsp rice wine
1 tbsp salt

Wash and dry the duck and de-fat inside. Cover with water, bring to boil in an oven-proof casserole, simmer 30 min, remove and de-bone, leaving in large sections.

Place the duck meat into a wok and add all the other ingredients. Boil and then simmer on low heat for 30 minutes. Remove the flesh, slice and dress, adding a little of the braising sauce to moisten. Serve with pancakes and sliced eshallots.

Trash and treasure, Blue Knob style

by Marie Cameron

The BKFM loves to be different and this Trash & Treasure market promises to be a Blue Knob trash extravaganza. For one market only, on 3rd September from 8.30am – noon, you will be able to buy your produce and abandon yourself to a complete hunt for treasure.

Household items large and small will be in abundance, true retro fashion for ladies and gents at several stalls, books, CD's, local plants, 70's coffee sets and furniture, farms bits and pieces, tools, ornaments and that's just some items that can be found in the twenty stalls.

Adding more to the mix will be "incubator stalls" featuring new ideas and bespoke crafts including jewellery crafted from metal, hearts made from wood and a colorful glass paint that can be painted on and then peeled off!

11am Auction that Trash

Hosted by Auctioneer Janaki, bid for a genuine piece of trash. Each item is donated, so have your gold coins ready and walk away with your very own piece of Blue Knob trash!

Visual artist Lae Oldmeadow donates a treasure

A lucky Trash & Treasure raffle ticket holder will win a magnanimous gift by local artist Lae Oldmeadow.

Lae is an internationally renowned artist. His work has been featured in many fine art galleries and is sought by collectors from around the world. The Day Fine Art Gallery in Blackheath, NSW



is currently presenting an extensive Lae Oldmeadow collection. See: www.dayfineart.com

In 2015 his "Stroke the Fur" exhibition at the Tweed Regional Gallery was a cultural event. As an extension to the exhibition, Lae set up his sewing machine in the gallery and invited the public to view his fibre technique.

This is your opportunity to win and love your very own Lae Oldmeadow piece. Raffle tickets are selling at the markets' Backyarders Table.

The raffle will be drawn at noon.

Soothe your soul with a Robin cookie
Robin Moore has lived in the

Blue Knob community for forty years. She is known to many and loved by all. Robin was one of the core people who transformed the neglected Blue Knob Hall into its present day success: the community gallery and café. The Moore workshop space is dedicated to her inspired efforts.

From the first market day, Robin Moore has had a stall. Her dedicated customers arrive every Saturday for her famous vegetarian pies, quiches and chocolate brownies. Her chocolate topped almost organic Anzacs have such a following that grown men have been known to cry if they miss their weekly cookie treat.

For six years, Robin has donated her baking profits to the gallery and her stall faces its entrance. The BKFM knows it is blessed to be in the presence of such a grand lady.

The BKFM Trash & Treasure is a fundraiser for the Blue Knob Community Galley. It's our way of saying "thank you" to the gallery for all it does for the market and the community.

The exhibition showing in gallery is 'Macrocosm/Microcosm' and Café Blue Knob is the perfect place for coffee and recuperation.

To book your stall, or to talk about the market from any angle, phone 0448-685-925 or email: blueknobfarmersmarket@gmail.com



Robin Moore (above)
Param from Hare Krishna Farm (left)
Lae Oldmeadow (below)

Photos: Marie Cameron



Embracing health and wellness

Health is not mere absence of disease. It is the dynamic expression of life.

I invite you to join me on a journey into a paradigm that promotes health without judging its quality or clinging to it. I would like to explore the statement 'Health is never lost' from the perspective of biodynamic practice, aka Biodynamic Craniosacral Therapy (BCST).

BCST is bodywork that offers the opportunity to become intimate with the ever present vital force that is health. This force is not just a concept but a tangible and appealing reality. Once we feel safe and body tissues relax, it can be felt within the ever changing landscape of sensations. All body sensations are generated by movement activity. Micro-movements mingle with larger wave-like, spiraled, or pulsing movements.

Furthermore, there is a slow tidal movement that is vast, like an ocean within converging with a great ocean all around us. Every particle of the body is moved by this ebb and flow or large scale inhale/

exhale motion. In BCST we call this *primary respiration* or *breath of life*. Osteopath William G. Sutherland, founder of osteopathy in the cranial field, the origin of BCST, described it as the fluid within the fluids and the underlying force as Potency. I assume this potency is the same life force the Indians call 'Prana' or the Chinese 'Qi'.

Biodynamic practice aims to create ideal conditions for the flow of *primary respiration*. This includes a very slow pace, authenticity, and a perfectly safe environment. The frantic mind and nervous system are invited to calm and slow way down. The practitioner works with gentle touch and dialogue that is rooted in presence. The conditioned mind calms down and suddenly we're able to experience the activity of a larger intelligence at work. There's great joy in surrendering to the body's priorities!

In a place of optimal safety, the noisy mind calmed down, and a compassionate partner at hand, potency-driven fluid dynamics thrive beyond limits.



by Betti Wille

The body: mainly water... a resonating fluid field... receptive... expressive... currents of critical information... flowing and swirling... permanently moving and seeking balance.

Rollin Becker, D.O. called this 'bio-energy of wellness' the most powerful force in the universe. It is expressed in the urge to find balance, health and happiness that drives us and doesn't stop before we ultimately have to give up and enter the journey of dying.

But even in dying there's health, as it is the completion of a natural cycle. If we include death into our

awareness as an essential part of life we might feel more joyous about living.

The body is the most amazing thing we will ever own. Exploring body landscape using felt sense is a courageous undertaking as it brings us in touch with our feelings. When dealing with trauma, this has to be a very slow and balanced process. If stuck to a false identity, it will feel threatening. However, it might be the only way to return to wholeness of body mind and soul, also called healing.

Health is never lost. With love and kindness as companions, we're able to hold every movement of liberation from the shackles of life-opposing conditioning in the spaciousness of our heart, whatever charge it may carry. And sure enough, help will be at hand if needed.

"There is a voice that doesn't use words. Listen!" – Rumi

Betti Wille holds a diploma in BCST and is happy to provide further information. Contact her by email: biodynamic.touch@gmail.com or text 0490-292-138.

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Anxiety and Bowen therapy



by Tonia Haynes

I remember when I went through my extremely uncomfortable, but fortunately temporary pause of men, I made the decision whilst battling with depression and panic attacks, that God has serious issues with his mother.

Since then, having observed men who are also being faced with the symptoms of their latter years, I am convinced He is simply a sociopath who secretly dislikes everyone.

I know. I'm supposed to think Great Spirit is unconditional love and what we do with that is up to us. Well, I still have my suspicions about that one.

One of the gifts of latter years for many, women and men alike, is a feeling of anxiety that presents itself in many forms.

Thems that know maintain the feeling is more prevalent in women because they have more hormones than men, so the stress hormones released by mental anxiety have a larger playing field.

I have my suspicions about that one as well. Let's face it, if we begin discovering that men, in their own unique way, are as sensitive and anxiety-prone as women, we might end up lacking in fodder to send to war.

Considering that anxiety is supposedly



behavioral rather than a genetic or physical disease, my theory about men has merit. After all, little boys are taught very early on, both consciously and subliminally by society, that being ten-foot tall and bullet proof is paramount if one is a bloke. I wonder to what extent that suppresses who they really are?

Anxiety shows itself in a myriad of forms and before one decides one is suffering from congenital heart failure or a late onset of mental illness, it may be wise to peruse anxiety symptoms and signs at: www.anxietycentre.com

Of course one must have access to a computer to do this. And after reading about the symptoms of anxiety, you will understand better why your heart rate increases considerably when you are having difficulty downloading information of life changing importance off a machine that lacks any consideration for your welfare.

Anxiety begins in the mind with our thoughts, which in turn puts our emotions out of kilter. Then because we are one unit where everything affects everything else, our physical bodies also suffer.

Body aches, stiff backs and necks, shoulder problems, headaches, digestive problems, shortness of breath, to name but a few, can all be anxiety-based.

Alternative therapies such as Bowen Therapy, acupuncture, kinesiology and remedial massage have the ability to decrease the effects of anxiety by rebalancing the body back to a state of harmony. The mind and emotions receive a rest from worry, wiping the whiteboard clean so that one has the ease to think more clearly and decide to worry less.

Meditation also decreases anxiety. But assistance from the above mentioned therapies helps one meditate more easily and usually your therapist will have a few tips on how to meditate, if needed.

As already mentioned, I have had personal experience with anxiety, and I know that the tips I give here do actually work.

I also know from testimonials from my clients that the techniques of healing I offer: Bowen Therapy, spinal realignment, pranic healing and remedial massage do improve their feeling of wellbeing, physically and emotionally. This gives them the opportunity to view life with an increased perspective of self empowerment. Love, light and giggles.

I am in clinic in Nimbin on Wednesdays and Saturdays. Phone for appointment: 02 6689-0240, mobile: 0439-794-420.

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Weed Words with Triny Roe

"YIKES! The vine that ate the Kudzu," Dustin from Florida described *Dioscorea bulbifera* on Dave's Garden website. Actually a yam but known as air potato, Dustin watched this vigorous vine take over a couple of acres, outcompeting kudzu and every other weed.

While air potato is not on the priority list for Far North Coast Weeds, kudzu is. I was going to write about kudzu next month.

Just because you can buy air potato on the internet, doesn't mean you should. A Google search found an e-bay listing of someone in Taree selling this plant. The seller references an article from Gardening Australia by Jerry Coleby-Williams.

JCW sings the praises of air potato with its fragrant flowers and culinary attributes though he does stress that it needs to be managed carefully.

Native to Africa and Asia, it is considered an environmental weed in Northern NSW and SE Qld with a reputation for smothering creek banks and native bushland. This vine is recorded as native in Northern Australia, perhaps taken there pre-European settlement by the Makassan trepanners seeking bêche-de-mer. These fishermen set up camp along the coast for a couple of months each year while they processed their catch. The aborigines call it "cheeky yam".

Introduced in 1905 to Florida USA, it now a huge problem, smothering trees

and native vegetation. Air potato can grow 20 cm a day and 20 metres or more in total. With rounded stems twining to the left, this vine has graceful, broad heart-shaped leaves placed alternatively.

In Florida community groups mobilise with air potato round-ups. They remove tonnes of bulbils and vines from natural areas, reducing its impact and further spread.

Some reports say wild *D. bulbifera* is poisonous and should not be consumed. Other sources describe preparation which involves roasting, grating and leaching to remove bitter taste and probably the toxins. Cultivated specimens may have been selected for their palatability.

There are a number of varieties, some with smooth bulbils, (Asian) and others with bumpy ones, (African). It appears the underground tubers are eaten and not the bulbils which are primarily propagation material. Anecdotes relate bulbils being eaten in Brazil but it involved crushing, baking and leaching before use. This species also has a long history of use in traditional medicines.

Air potato is easily spread around the neighbourhood or your property by kids chucking the bulbils at each other or introduced into

bushland by dumping of garden refuse. If you already have it, this vine should be carefully managed and monitored. It can also be carried to new locations by mowing equipment and Australia Post.

Winged yam, *D. alata*, is similar and more edible. Though it only grows half the length of air potato it can still take over. Its stem is angled, or winged and twines to the right. The leaves are opposite.

A native species *D. transversa* or pencil yam grows in Eastern and Northern Australia. With narrow heart shaped leaves it also twines to the right but doesn't produce aerial tubers. Aborigines used it medicinally and for food. Able to be eaten raw the texture is described as a crisp but slimy potato.

Just because you saw it on the telly doesn't mean you should have one too. Jamie Durie, renowned landscaper and former 'exotic' dancer, chose Chinese tallow tree *Sapium sebiferum* aka *Triadica sebifera* to feature in a makeover of suburban garden.

While it is attractive and displays lovely autumn colours, Far North Coast Weeds list this tree on their priority weed index. It suckers and seeds prolifically. Before long you have a grove.

Happy Weeding.

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Merging with nature: adult and child equality

by Geoff Dawe

Humans from the beginnings of civilisation and technology dependence have suffered a loss of sociability. This has led to dehumanisation.

Civilisations were the attempt by humans to step apart from nature in order to "transcend" what was perceived as nature's inadequacy.

Nature can be conceived of as the presentation of perfection. In not assuming nature's perfection and assuming its imperfection, humans have created societies more oriented to death than life. The process of life involves human immersion in nature, including human nature. American philosopher Henry David Thoreau said that those who go into nature become, of necessity, uncivilized.

In this modern age, narcissism, the dehumanised symptom of reaching adulthood and still emphasising me, rather than consideration for the whole, is increasing.

With the civilised, the intellect is so out of balance compared to the ability to remain in the present moment, that child raising has become dependent on intellectual theories. Instinct that is available



Courtesy ABC

to all animals involved in the raising of offspring, including humans, is now mostly not heard from within each human. This is because of the mind-chatter of the rush to civilisation and the need for the associated collection of stuff. At the present moment, the society is undergoing yet another battle, this time between authoritarian child raising and giving freedom to children.

The authoritarian method was that when a child was seen to be doing "wrong" her backside was paddled so she had no doubt of, and was increasingly compelled to remain within, boundaries. This can be seen to have created at least partly, the loss-of-sociability causes of WW1, WW2 and other wars. This is because, it is now re-membered, that most people who are brutalised become brutal.

Baby boomer parents with mostly no role-model of the means of giving freedom to a child, but knowing they did not want to recreate the authoritarianism of their parents, sometimes ended up with spoiled children. The unfree find difficulty in giving freedom.

The mystery of how to give freedom to children without spoiling them was re-membered by A.S. Neill. From 1924 he ran a school at Summerhill in England. Teachers and children were free to come and go of their own free will in regard to lessons. No one was any more important than anyone else. In effect, it was an example of de-civilization by going along with (or into) human natures. Henry Thoreau would have been pleased!

From all accounts the school worked. It worked, not least because it was

based on the fact that children, intrinsically, want to learn. The idea of children not wishing to learn is alien to their natures.

A. S. Neill wrote a book, *Freedom - Not License!* This was for those readers of his previous book *Summerhill*, who were still confused with the difference between freedom and licentiousness. In *Freedom - Not License!* he explained: "In the disciplined home, the children have no rights. In the spoiled home they have all the rights. The proper home is one in which children and adults have equal rights."

The idea that children could have equal rights with adults, or that adults could have equal rights with each other, or with the rest of nature, had been lost to the idea that the civilised were compelled to follow "the law of the jungle".

Equality between humans is based on a "higher" humanness where they are engaged in the facilitation of empathy; the facilitation of feeling what the other feels.

Movement toward feeling what the other feels, has been possibly in no animal more developed, than in the human. It is a particularly powerful expression of merging with nature.

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Mother Nature's plants

by Wayne Wadsworth

In her great wisdom, Mother Nature gave us a plethora of very useful plants that keep us healthy and happy.

Unfortunately, a small elite group of control freaks took it upon themselves to control these beautiful plants and herbs.

It all went very awry when those strange men in robes decided to burn the witches, which put the women's movement back centuries and gave control to a bunch of religious zealots who held back the evolutionary potential of humanity for quite some centuries.

Relief was at hand, the revolutionary printing press made available knowledge to a growing middle class followed by mass education for the plebs. This knowledge played a key role in developing herbal medicine and the ability to store knowledge in books and pass that knowledge on. Books and education also played a key role in the development of the Industrial Revolution.

First came coal, then oil. There was so much of it that we found we could just about run our whole economy on the stuff. Fertilisers, medicine, plastics, could all be made from oil instead of plants. With a little held from the banksters, the



Liam Bruce with the new carry bags from Mullumbimby IGA, after the success of the town's Plastic Free July.

Photo: Geoff Dawson, courtesy echonetdaily

controllers could get rid of herbal medicine, plant-based fabrics and plant-based oils. The great thing about it was that all you needed was plenty of capital, cheap labour and machinery to make all the new wonderful products.

Ignorance of excess carbon in the atmosphere and pollution made the new economy ideal for the controllers, they could direct labour through wage slavery and live a life of opulence and luxury. No need for slaves who kept revolting when you have wage slaves who think they are free men, and even better, some of them aspire to join you.

The master plan went a bit awry again with the introduction of the computer, Google, Youtube and the ease of gaining uncontrolled information.

Like the middle ages, we now face a crossroad: we can allow the controllers to wreck the planet or develop a plant-based renewable economy, based on farming rather than mining. Mother Nature gave us the plants, let's share the knowledge and share the wealth.

If it's made from oil and mining, it can be made from plants!

Educate yourself, while you can.



Plant of the month

Tallowood *Eucalyptus microcorys*

This month, Tallowood brings us a finality of the three eucalypts of winter, with this iconic species delivering what should be a stunning display of yellow-cream flowers this August.

Following on from our last month's tree, Iron Bark and the previous month Redgum, it certainly has been a great show of flower from this genus over the last few months.

Tallowood is a tall tree to 35m, likes

fertile soils on slopes and gullies, is a favourite Koala food and is common in the area from the Nightcap to the east, Stony Chute to the west and Blue Knob / Mt Burrell to the North.

At home it grows well, as its hardy and easily forgotten about once planted, as it can out compete grasses to get established. It's a big tree so it suits your shelter belts, fence lines, rehabilitation and regeneration zones.

Koala Kolumn

by Lorraine Vass

July's sunny, balmy days have triggered an avalanche of koala activity for Friends of the Koala's rescuers and carers. While most of us were rugged-up looking forward to quiet nights in front of the fire, our furry mates readily accepted that an early spring had sprung. All of a sudden koalas were everywhere, with trouble not far behind.

So the seasons turn and another reporting year begins – with just on 40 animals admitted during the first month, (including four mothers with joeys) we worry about our capacity to cope but amazingly we do. While the pattern of activity sometimes varies from year to year, overall admittances are remarkably similar. We trust they stay that way.

Admittance data can be an important indicator of how koalas are doing in a particular area. This is particularly true in Queensland where wildlife hospitals treating koalas are required to submit copies of their records to the Department of Environment & Heritage Protection for such analysis.

In NSW, the Port Macquarie Koala Hospital which is operated by the Koala Preservation Society Australia Inc. has an impressive data-set extending back some 40 plus years. Koala numbers have been pretty stable for the past 15 to 20 years but over the last couple of years local admittances have dropped by around 25% annually. What's more few mothers and joeys have been admitted or reported. Clinical Director, Cheyne Flanagan has been more than a little worried by the trend she and her staff have noticed. Population viability modelling has backed up their concerns. Unless mortalities can be halved, the population is predicted to reach its survival threshold within five years.

Port's koalas are arguably the most genetically diverse on the eastern seaboard, making them nationally significant. Koala tourism is an important economic driver with over 100,000 visitors to the Hospital each year. What more compelling reasons could there be for the Port Macquarie-Hastings Council to acknowledge that their much-loved and very valuable koalas look like they're in trouble and to discuss their long-term viability?

Towards the end of July, the Council hosted a roundtable workshop with key stakeholders including the Koala Hospital, representatives from a number of state agencies, the state and federal members of parliament and the Threatened Species Commissioner, Gregory Andrews. Evidence of the koala population's declining status was laid on the table and key threats discussed. Participants were set the task of identifying management actions to turn the tide - a big ask given the depressingly short time-frame predicted, not to mention our poor capacity for whole-of-government action at any level. Apparently the day's endeavour resulted in some sound recommendations but only time will tell whether the initiative will deliver recovery.

As expected given Port's location, forestry issues and koalas attracted some attention. This brings me to the thorny topic of the new coastal Integrated Forestry Operations Approvals (IFOAs) that regulate public logging. At the beginning of the year we understood the "remake" was close to going on public exhibition but latest advice is that it is still being developed and won't be ready



Lucinda first came into care 8 years ago with Chlamydial Conjunctivitis. She had a joey then and now she has another, 6 month old Thumbelina. Lucinda and Thumbelina were clipped by a car, fortunately only suffering minor injuries. They should be heading home soon.

for comment until later in 2016. In regard to koalas, you may recall that the "remake" moves away from on-ground, site-specific surveys to relying on habitat models utilising plant community types and presence of food trees to predict koala occurrence, the over-arching objective being to "streamline"; in other words to make things easier for the logger by doing away with current safeguards such as the site-scale "improve or maintain" standard or pre-logging koala survey.

The \$3m over 3-year project which concluded on 30 June, comprised four components: contracting a legal firm to draft a coastal IFOA; establishing an expert panel of ecologists and botanists to provide advice on threatened species requirements and a

demonstration trial of proposed threatened species measures; improving koala habitat mapping for the purposes of public and private forestry regulation; and mapping 25 priority threatened ecological communities across native forestry areas.

If the koala habitat and the threatened ecological communities mapping components are any guide, it's probably fair to say that the project has been a rough ride for everyone concerned. The first stage of the koala mapping was published in early 2015 followed by the trialling of a range of fine scale koala habitat mapping options in four Northern state forests. Modelling of potential koala habitat is also in progress. So, lots of work and lots of controversy as to broad application and reliability – so much so that the chances of measuring up to the aim of achieving increased protection for koalas in the remake's nonsense rationale of "no loss of environmental values and no loss of timber", appear very slim. Indeed, the suggestion has been made that both projects were probably unachievable on the budget allocated them. That may well be the case but the question has to be asked whether more money would guarantee even modest success. Sadly, I suspect not.

Some days the myriad of issues that are koala conservation are just too damned hard. They're the days to get hands on at the Koala Care Centre or simply to take a few moments to delight in baby Balou's antics on Friends of the Koala's Facebook page.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02)6622 1233. For information about koalas, their food trees and how you can assist koala conservation, visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622 1233. To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 131 555.

Bandicoot update

by Zavier, Rama, Mick, Avia, Alyse and Finley

At Nimbin Preschool we found out that we want the cars to go slow, like slow motion, so that the bandicoots will not be run over.

We made tally marks and found out that 125 cars went slow like slow motion and 59 cars went fast.

You are good because you go slow in your cars. Good on you for going slow! Can you please keep going slow because the bandicoots cross the road?

We want to knock on everyone's doors to tell you to keep going slow, and we want to ring you all up to tell you that there are no more dead bandicoots.



Robina McCurdy returns

New Zealand permaculturist Robina McCurdy (pictured) is currently touring Australia presenting the Localising Food documentaries, *Growing Schools* and *SOS Save Our Seeds*.

In recent years, Robina has directed a voluntary team engaged in the Localising Food Project, visiting and filming 250 creative local food initiatives across Aotearoa (NZ). Robina will present the first two Localising Food documentaries on two evenings at Djanbung Gardens.

Robina is looking forward to her Nimbin visit and reconnecting with the community here. In 2010, she facilitated the inaugural series of Food Resilience workshops for the Nimbin Food Security Group, connecting local growers, businesses and the community.

Growing Schools (Tuesday 9th August, 7pm) showcases children transforming their school grounds into abundant



food gardens and nature havens. It explores the proven benefits of gardening and nature connection for children's motivation, academic achievement, health and wellbeing. These stories exemplify how the wider community can play a vital part in supporting and sustaining a school garden programme, for the benefit of all. It is made for teachers, parents, policy-makers, environmental

educators and permaculture facilitators – but engaging for kids too...

SOS Save Our Seeds (Wednesday 10th August, 7pm) addresses the severe decline in seed varieties and rise of corporate control over our food. Released June 2016, it explores how grass-roots seed saving initiatives are making a difference, through seed swaps, seed exchanges, seed libraries, seed banks, and family seed businesses. Key themes: sharing seeds regenerates community, seeds carry cultural heritage, home seed saving is at the root of change, and seed sovereignty is vital for local food security and bioregional resilience.

Cover Charge: \$8/\$5 each evening (all proceeds support the Localising Food Project). Abundance Café will be open both evenings 5.30-7.30pm. Djanbung Gardens, 74 Cecil Street Nimbin, phone 6689-1755.

Cultivating your beliefs

by David Ward Life Action coach

In order to become free from tobacco, or any other addiction, we need to start from a position of belief, belief that it is a real possibility to exist completely separately from a need to smoke. Only then can non-smoking be a reality, and I'm talking about the real thing here, which means no cravings or attachment whatsoever, total freedom for life, there really is such a thing. Quite simply, you can find yourself in this position of choice once you believe in it.

The best place to arrive at this knowledge from, is a place of calm and powerful clarity, free from the cloud of intoxication in general. So we need to first find the courage to let go, to face the fear of the unknown, of what lies outside that familiar cloud. The belief that by not indulging we are missing out on something very special is all we need to keep a habit on. Operating in that smoke and spirits mode means we can never get a clear picture of what we miss out on through remaining addicted.

It may seem harsh to speak of addiction in terms of there being a choice, but without bringing the possibility of choice into the picture we could potentially be doomed to stay in this compromised position indefinitely. For that calm and powerful clarity, our natural state, we must engage clean air, water and balanced nutrition mode, give our bodies what they really crave, this is where we find our rewards



and incentives, where we awaken to choice.

The daily or hourly rituals we mindlessly perform, the sugar, the caffeine, tobacco, cannabis, alcohol etc need to be ticked off one by one, starting with sugar and working our way up. This process is naturally taken care of by the introduction of a range of new rituals, which require conscious practice.

There is nothing wrong with substances as such, but if we are going to play with them, we must respect their powerful natures and ensure we stay in control, or leave them alone. As a human, I know of nothing more empowering or rewarding than taking full responsibility for my own health.

Addiction and choice are at opposite ends of the spectrum – we can believe in addiction or we can believe in our ability to choose, which is where we will find our freedom.

David Ward, *Freedom from Addiction and Yoga Coach*, 0447-820-510 or email: www.vitalchoices.com.au

Courage resides in each of us



Permaculture Principles

by Anastasia Guise

In late 2008, right before thousands of acres of public land in Utah's red rock country were to be auctioned off to oil and gas companies, 27 year-old student Tim DeChristopher walked into the auctioneer's office and registered to bid.

He had no set plan, only a desire to protect this incredibly scenic and ecologically significant landscape. He grabbed a bidder's paddle, numbered 70, and sat down, thinking he could perhaps make some kind of speech or disrupt the auction in some way. He would go on to outbid – or significantly increase the winning price – on a number of the parcels of land, and eventually purchased 22,500 acres, without any intention of paying for them.

He was eventually ejected from the room, and the auction was called off, but in the intervening thirty days before the auction could be re-

scheduled, the incoming Obama administration nullified the auction, and rejected plans for oil and gas drilling on the lands. Even so, Tim DeChristopher was charged and sentenced to two years in prison, and served 21 months.

Tim's courageous act is the embodiment of the same courage that moved Rosa Parks to refuse to surrender her seat in 1955, and which compelled Paul Watson and Bob Hunter to move in front of a Norwegian icebreaker to protest against sealing, standing side-by-side for one ice-splitting moment, in solidarity, despite the fact that they were otherwise in multiple disagreements.

It is the same courage with which Julia "Butterfly" Hill ascended that giant Redwood, Luna, in 1997, where she would live suspended fifty-five metres above the ground and not come down for seven hundred and thirty-eight days, in order to protect the forest from logging. It is the same courage that called ordinary people out of their homes in the foggy dawn to stand and protect the Bentley plains from fracking every single day for ninety days in 2014.

That courage resides in all of us. The only thing that stands between us and an ecologically-intact and socially-just world is our fear. A billion people, undertaking a billion small acts of courage, argues Kumi Naidoo, is what is required to manifest the radical and rapid change required to avert – or, more realistically – adapt and respond to a now-global ecological crisis.



Courage, like fear, and apathy, is contagious. In 2009, when the now-infamous Black Saturday fires were about to wreak havoc across Victoria, holiday-makers lay beside swimming pools, each one silently affirming the others' indolence.

A study on subjects locked in a room slowly filling with smoke showed a marked difference between those who were alone and those in company. Those locked in the room alone were much more likely to react to the smoke, get out of the room,

and be alert to danger, while those in company were much slower to react, checking the reactions of others around them for cues.

That's us. We're in the room. It's filling with smoke. A single act of courage can lead the charge out the door, into a world once again filled with ingenuity, optimism, and hope. It is the courage to stop paying the mortgage and start saving some species. It is the courage to accept some discomfort in the present, in order to avoid extended and extreme

discomfort in the very near future.

It is the courage to not only mention the elephant in the room, but to shout about it; to turn everybody in proximity away from their discussions on the interior decor to getting the elephant out the door, even if that means dismantling the house.

It is the courage to recognise that the enemy is not the barefoot girl fifty-five metres above us aloft in a tree platform, or the neighbour at noon on his prayer mat; the enemy is not the 99%, but the 1%, and the 1% are not people, but a handful of corporations granted personhood and political power.

When I break new ground, I feel tremendous responsibility for every possible outcome bound in the seeds I sow there. The fear that I will somehow irrevocably disturb the web of life is almost enough to hold me back. But make no mistake: the ground is already broken, the web of life is not. Dig deeper, take heart. Find courage.

You can find Kumi Naidoo's Ted talk at: tedx.amsterdam/2014/11/kumi-naidoo-billion-acts-courage and Tim DeChristopher's story at: www.timdechrisopher.org



Developing softness with horses

by Suzy Maloney B.Eq.Sc.

Softness is a word that's used often in the horse world: soft hands, soft seat, soft horse... but what is it and how do we get it?

To be soft is to not be hard. Soft does not mean wimpy, it means gently and with feeling. When a rider has 'hard hands' they are not feeling the horse at all, they yank on the reins suddenly and use large amounts of pressure. When a rider has 'soft hands' they are using all the nerve endings in their hands and arms, are in a relaxed and open mind state, begin to apply the aid smoothly and only increase to the point where they feel a response, then back off immediately.

This means a lot to the horse, they start to really listen to the rider because they realise the rider is listening to them. A channel of communication opens up and flows between the two with small messages constantly going backwards and forwards between them. The horse relaxes, knowing their rider won't do anything sudden and painful and their body begins to unwind, flow and go soft.

This is horse riding. This is the difference between riding a horse or a motorbike. If you don't want two-way communication, go for the bike. Horse riding is all about communication between you and your horse in both directions. That is what creates softness.

One of the most crucial components for the rider to attain softness is relaxation. If any part of the body is stiff and holding tension, this will transfer to the way the aids are applied and therefore feel to the horse, and will transfer directly to the horse through the seat.

I love just standing with my horse before mounting. In my mind I ask for permission to ride, it is always a blessing



when a horse allows us to sit on them and should never be taken for granted. I tune into my breathing while placing a hand on my horses' forehead and as I do this I breathe with them. This is my little ritual to place me in a relaxed, soft state before mounting.

Once I'm mounted I don't move for a while, but just sit there and be with the horse. Again this allows for relaxation and softness. If you mount up and move off straight away not only are you encouraging the horse to move while being mounted but you haven't given your horse or yourself any time to feel each other. You have your own unique energy, and so does your horse. If you sit for a moment and allow your energies to mix then when you ask your horse to move off you may find your horse responding with the smallest of aids, sometimes only a thought or a brief shift in weight.

As you move off allow your seat to flow with the movement of the horses back. This is crucial if your horse is

to move forward freely and softly. Nothing makes a horse stiff faster than an immobile seat. Concurrently allow your hands and arms to move with the motion of the horse's head. If your horse steps off and your hands remain immobile you've immediately put a block on their free movement. The horses head moves in the walk and so too must your hands.

Your job is to relax your entire body and move in synchronicity with the horse. This will relax you and will relax your horse. The horse will then be in a state of mind to listen to any aids you apply, so they can be smaller, and softer, again creating a softer horse and around the circle it goes. Once you set off on this path, it becomes self-feeding and the softness will grow of its own accord.

Happy Horses Bitless,
phone 0401-249-263, email:
happyhorsesbitless@gmail.com
Web: www.happyhorsesbitless.com
Facebook: Happy Horses Bitless Bridles

Managing anxiety and stress in horses

by Les Rees,
Equine Herbalist

For horses, the role of natural medicine where anxiety and stress form part of the symptoms is to aid the balance of inner and external harmony between the two environments enabling a healthy functioning of the body.

The nervous system is a complex control mechanism that has a profound connection with the entire body and plays an important role between the external and internal environments in the form of sensory perception and psychological interpretation of the external world and the body's physical reaction to it.

It is the system in the body that has the ability to store and associate sensory stimuli in the memory for future use enabling it to react quickly to changes in the two environments affecting changes in both the physical and mental states of the body.

The ability to react to this information is highly sophisticated in horses as is demonstrated by their remarkable motor co-ordination skills, which are even more enhanced by the

fact that horses are equipped with highly sensitive and acute perception, all of which can have profound effects on the physical and mental wellbeing of the body.

Because the horse is essentially a flight animal, it has a high dependence on the nervous system to interpret incoming stimuli and coordinate the functioning of the body to enable fast reactions to potential threatening situations.

Unfortunately, the two environments are often at odds with each other as mental interpretation of external stimuli can become clouded by conflicting information causing mental and physical exhaustion.

This is where natural medicine can be used to powerful effect by gently stimulating and relaxing the neural pathways of the nervous system re-establishing harmony to the system in combination with other herbs that effect weakened functioning of the other organs of the body.

Horses are very good



at making associations and because they have an excellent memory, they sometimes cause difficulties for their trainers and riders. They make these associations by the linking of two external events. For example, a rustling in the hedge and a dog rushing out to attack or walking too close to a dominant horse initiates a kick. Learning by forming associations between actions and events prepares the horse for survival in a world of constantly changing situations.

In a herd this is very beneficial for the horse, but when it is in a domestic environment, these associations can be the cause a lot of problems for trainers, riders and the horse, as bad responses are

formed through associations initiated by a combination of a lack of understanding of how horses learn and bad training techniques.

For example, if the horse has been whipped for failing to comply with a rider's demands, it will respond with a fear response every time a whip is produced. This experience is stored in the memory together with a set of behavioural responses that not only affect the mental wellbeing of the horse, but also the physical wellbeing causing anxiety for both the horse and any future owners. It is easy to see how behavioural problems manifest a life time of unhappiness as the horse is passed from owner to owner and the physiological state of the horse becomes more and more fragile.

Whilst herbal solutions for anxiety and stress aid in the recovery of balance within the body, it forms only part of ongoing therapy. Re-training, nutrition, chiropractic, massage, stretching and energy work can also be important factors for complete recovery. It's also important to ensure that saddles and bridles are fitted correctly.



Suzy Maloney B.Eq.Sc. 0401 249 263

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A review of some 'birthy books'

by Kirrah Holborn
Traditional wisdom

Birthing From Within by Pam England and Rob Horowitz
This book changed my life. It has so much juicy information in bite size chunks. Through her experience of being a midwife, giving birth and mothering Pam felt inspired to write a book that is more heart-centered and woman-focussed. *Birthing From Within* provides a holistic approach to childbirth education and preparation for parenthood. If women are going to read only one book, this is the one I recommend!

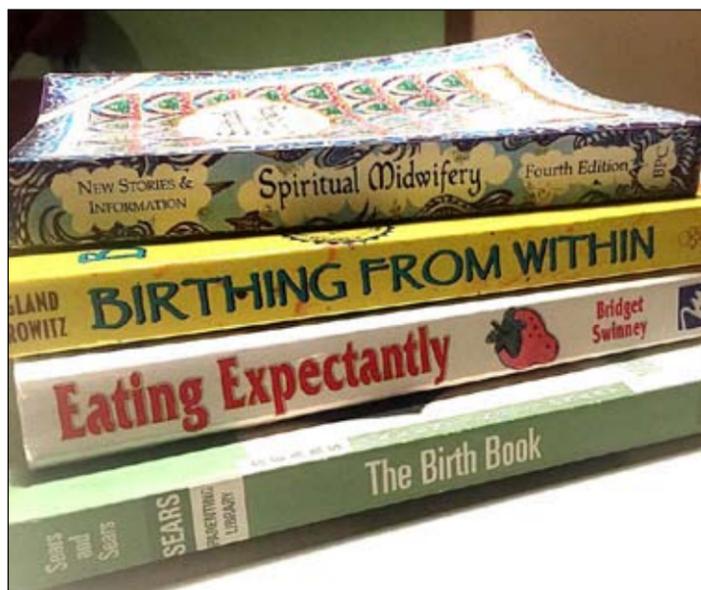
Ina May's Guide to Childbirth by Ina May Gaskin

This is a comprehensive birth book that explores the benefits of natural birth and how to prepare the mind and body for birth. Ina May has over 30 years' experience as a midwife. I love the mind-body approach to birth and I always talk about the 'sphincter law' in my antenatal classes that I teach. This really helps people to understand the importance of a birthing space being familiar, comfortable, private, dimly lit, quiet and for the woman to feel unobserved. This would be in my top three books I recommend.

Gentle Birth, Gentle Mothering by Sarah Buckley

This is a doctor's guide to natural birth and early parenting choices. Sarah is a medical doctor who has also home birthed her four children. Emphasis is on the wisdom of the human body and how leaving nature to do what it does best has better outcomes than intervening too early. She has an in-depth understanding of the birth hormones and is able to eloquently explain how to assist women to birth as nature intended; undisturbed and in ecstasy. This book is packed full of information that is well researched and balanced and it also has personal stories to help highlight the points.

Spiritual Midwifery by Ina May Gaskin



Many women have read enough information and are seeking more birth stories. This book satisfies that desire. It has some pretty 'hippy' language but has stood the test of time and continues to inspire and inform women, their partners and care providers. Story after story reveals the positive, spiritual, transformative and wondrous experience that birth can be.

The Birth Book by William and Martha Sears

This is a well thought out book covering most topics you can think of regarding birth. I liked their approach to the three stages of labour. From how a woman might be feeling, to what can be useful and what she may want to do. This book inspired me to create a game that helps parents visualise how a natural birth progresses through the stages of labour. William is a pediatric specialist and Martha is a childbirth educator and between them they have eight children! So, you can imagine how knowledgeable they are.

Labyrinth of Birth by Pam England

This is a book about labyrinths and their history and the relationship to birth. This would suit people who are interested in ancient symbols and those people wanting a more spiritual

and meditative way to prepare for birth. My favourite quote from this book is "Since the entrance has now become the exit, let this be a reminder that all endings are beginnings and all beginnings are endings" (originally from Sacred Rituals).

Eating Expectantly - a practical and tasty guide to prenatal nutrition by Bridget Swinney

This is a practical prenatal book covering everything nutrition related for preconception, each trimester, vegetarian pregnancies, high-risk pregnancies, breastfeeding and even baby food ideas. Bridget is a dietician and nutrition consultant and writes for many parenting magazines. There are some good recipes within the pages.

There are many more books that I recommend too. My library has over 100 useful books and many birthing DVD's. If you'd like to borrow some, get in touch.

Kirrah Holborn provides pregnancy, birth and postpartum support in the Northern Rivers. She facilitates Birthing From Within antenatal classes, gives nurturing pregnancy massages and provides placenta encapsulation services. For the chance to win a pregnancy massage text your name and email to 0429-308-851 or visit: www.traditionalwisdom.com.au

Natural law

by Helene Collard

Happy Mayan New Year!

The overarching theme for the next 13-Moon Cycle (Mayan Year) is Transformation. This is the call to step-into our passion and purpose, and to reside in our centre of calm in order to be best equipped to deal with challenge, and embrace a new-found freedom and wholeness.

Transformation can be described as 'a marked change in form, nature or appearance'. This level of evolution is achieved through pursuing new ideas that seem to gain their own momentum, and also through letting go on all levels. The latter includes 'releasing rigidity, control and fixations, dissolving old structures and routines, shedding limitations, fears and identities from the past' (Skytime Galactic Calendar) and going with the flow.

August signifies a time of transition and rebirth. Therefore it is a potent time to release fears and pain from old experiences that alter your current actions. You can also do away with bad habits, old junk, unnecessary possessions and dysfunctional relationships. Fly into the New Year reborn and free from heavy baggage.

During this month your intuition will be especially sharp – calm and centre yourself and then listen to your inner voice. You may hear truths about what is holding you back – listen and act upon these messages.

A new frequency is being activated mid-month. According to Patricia Cota-Robles, on a vibratory level, the fear-based energy of separation and duality has been transmuted into light and replaced with an evolutionary energy that divinely supports our collective growth and consciousness.

Prepare to support others through this change and be open to receiving support. These intensified frequencies



*We are all self-governing.
Let us call upon our ancestors and teachers – past and present,
to guide us in the way of the Heart.
You are all my relations.
All is One*

will only be what 'humanity and the Earth are capable of withstanding at a cellular level', however many may need assistance with integration.

Take care and reach out. We are all interconnected, we are all different, yet the same. Don't live in isolation. Make connections.

Yemaya Centre What's On in August

- Reiki First Degree Course: August 13 – 14
- Reiki Second Degree Course: August 18
- Evolve Event: August 17 'Understanding ALOHA – the Hawaiian way of living with love, joy and ease' with Charlie Mia Snow. Bookings and enquiries – Helene 0405-656-79.
- Yogalates: Friday mornings at 9am, Friday evenings at 5.30pm. Bookings and enquiries – Martha 0447-669-679

Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the Founder of the Yemaya Centre for Reiki & Wellbeing in Lismore. She has facilitated a range of personal growth and wellbeing workshops locally since 2008. For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.



Extraordinary organs

by Brigid Beckett

Chinese medicine describes 'six extraordinary organs'. They do not have their own meridian system, but still have vital importance and many connections to other systems.

The uterus is the most important organ in this category. Its Chinese name is Zi Bao. The term Bao, in both men and women, is connected to essential essence and original qi, and reproductive energy.

The most important and direct connection of the uterus is to the kidneys, which help facilitate menstruation, conception and pregnancy. The all important blood and essence is supplied by the kidneys.

The menstrual cycle is a tide of yin and yang. The first half has yin increasing and yang decreasing, with the converse happening after ovulation. Having adequate kidney yin, yang and essence is essential for normal function. In terms of hormones, oestrogen is yin, while progesterone is yang.

Another direct connection to the uterus is

the heart. Heart qi and heart blood promote ovulation and menstruation, controlling the transformation of yin to yang at ovulation and yang to yin at the start of bleeding.

The liver is an important store of blood, if there is insufficient blood stored there won't be enough for menstruation. More importantly, the liver moves qi and blood. If qi is stagnant, PMS symptoms occur, while qi and blood stagnation cause painful and irregular periods. Heat in the liver causes excessive bleeding, deficient heart blood can also do this.

It can be seen from these connections, that for a regular cycle and for fertility in women trying to conceive, good levels of kidney yin and yang are needed, as well as sufficient heart qi and blood and good flow of liver qi. Regarding the kidneys, good sleep is essential. Yin is replenished at midnight, and hormones are made overnight. Eight hours from 10pm to 6 am is seen as ideal. Good diet is also essential. Yin building foods are the richer foods such as meat, mushrooms, seeds and nuts, seafood. Stress and

emotional factors need addressing to care for the important heart blood and flow of liver qi.

Chinese medicine recognises Gateway events, major changes that occur with growth and aging. At these times the body goes through major changes, and health can change for better or worse, depending on how one's health is looked after during them. Puberty, pregnancy, childbirth and menopause are gateway events in a woman's life.

They are times where onset of illness or poor health can occur, but also conversely when previous health problems can disappear. Menopause corresponds to the natural decline of the kidney energies, which decline from middle age onwards. However, this decline and related old age symptoms can be lessened by good food, adequate sleep, exercise and happy minds to counter the old age hallmarks of deficiency and stagnation. In menopause, the woman's yin essence, which usually predominates, wanes. This can give rise to yin deficiency symptoms such as hot flushes,



night sweats, insomnia, weight loss, dryness. Acupuncture and herbs have an important role to play in controlling menopausal symptoms.

The relative deficiency of yin or yang (equalling oestrogen and progesterone) is assessed to give the most beneficial treatment. In women, the kidney yin energy usually declines more relative to yang with aging. This relative dominance of yang can have a positive effect, creating more outgoing energy. Some women reach the zenith of their power at

this time in their lives.

In men the opposite happens. As yang declines yin becomes more dominant. This can also have a positive effect, enabling them to be more open emotionally and less impatient and dominating.

For both men and women, old age can be a gateway, enabling reassessment of life and priorities.

Brigid Beckett is a fully qualified and registered acupuncturist working at Lismore Community Acupuncture. Contact Brigid on 0431-702-560.

Yoga – What lies beneath...

by Sam

I have been practising yoga for just over 14 years and this powerful and ancient tool continues to inspire, challenge, awaken, soften and illuminate all aspects of my being. The beauty of this practice is that from the outside, it seems to be a series of postures linked together for 60-90 minutes, but from the inside there is a much more beautiful dialogue taking place.

When I first started practising yoga it was a way that I could 'exercise' my body in a different way, but as I journeyed into more consistent and dedicated practice I began to see the invitation that was truly on offer. Yoga opened my body, mind and emotions, revealing many aspects of myself that I was completely unaware of. I didn't realise early on that unexpressed emotions, traumas and habitual patterns were stored in the body and mind. Yoga was the tool that illuminated these aspects of self, opened me up, turned me inside out and reminded me of who I truly was.

Initially this was a massive surprise, I didn't expect to experience the full range of emotions from practice to practice – to be met one day, with overwhelming sadness, tears and grief to the next day feeling completely



blissful, joyful and present and to another day feeling angry and frustrated, all within the container of yoga practice. This experience, is often the turning point for a lot of new yoga practitioners, meeting an uncomfortable sensation, emotion or thought and think that, 'It is the yoga, I better not do that again', and may choose to not come back. This of course is an opportunity sadly missed – the opportunity to authentically get to know oneself in a safe and supportive way – to deeply feel what is holding in the body, the habitual nature of mind and how once given the tools within practice, can become an exquisite dance of harmony, appreciation and love that filters in to all

aspects of life. This of course isn't just my experience, this practice is thousands of years old and is clearly defined in the Eight Limbs of Classical Yoga.

In particular the second limb of yoga – Niyama. **Samtosa** – Contentment, equanimity, happiness and satisfaction. Honouring all that you are and being satisfied with your life on a deep level in the present moment.

Saucha – Purity of body and mind. Embrace purity in your body, environment, relationships, communication and actions. Care for your soul.

Svadyaya – Self-observation. Be rigorous in looking at yourself. Practice introspection. Know yourself

deeply and authentically, so that you may fully know and understand others. Assess your thoughts and actions. Change what you don't like, relinquish what does not serve you and embrace what does.

Ishvara Pranidhana – Surrender to God or the divine. Be devoted, let go of your small self and your ego. Accept the mystery and miracle of life, approach it with a sense of gratitude, awe and wonder.

"Yoga transforms the physical and spiritual life of the practitioner by releasing the physical, mental, energetic, emotional, and psychological blocks that limit potential; this release helps one to evolve and grow" – Sacred Sanskrit words by Leza Lowitz.

The sweetness of these words resonate throughout my whole being, presenting sign posts and support to guide and remind me of what is real and true in the busyness of these modern times. These potent teachings are here for each of us, to offer guidance and support to walk a kinder, more loving and more aware existence on this Earthly plane.

Sam teaches yoga at the Dharma Centre Yoga Space, Lillifield Community (15 minutes from Nimbin). For more yoga info, phone 02 6689-7120 or Facebook 'Dharma Centre, Lillifield'

Not at all like Topsy

There are three stories I want to tell.

The first has to do with Topsy, a rag doll I was given when I was born. This doll was beautifully made out of brown felt cloth and had a sweet face sewn on her curly haired head. Her limbs were long and floppy and her body sturdy and girlish. She wore a red dress. I grew to love her.

Each birthday my mother and I would go into town to buy Topsy a new face, as the old was well worn with all the kissing she received.

Topsy and I grew up together, though her change was structural. Eventually her stuffing came out and the cloth that was her skin became threadbare.

Topsy, unlike her namesake in the novel *Uncle Tom's Cabin* by the nineteenth century American author Harriet Beecher Stowe, wasn't just born, didn't just grow'd, she came with a history, a maker (the lady upstairs in the block of flats we called home), the cloth maker, the face maker, the dress maker (my mother), my history, my family, the context of middle class life in the fifties, in Western Australia, and so much more.

The second story is about the period when I'd returned to university to do my Master of Counselling degree and was studying family and couples counselling. As part of our assessment we had to write a family history identifying specific characteristics typical to our family. Until that point, I had a rather general curiosity about

genealogy, but nothing more than that. I was amazed to find in my research definite patterns of behaviour on both sides of my family of origin. I discovered, for instance, that practically each generation on both my father's and mother's side had at least two, sometimes more, spouses and that there were split-level families dating back nearly two hundred years. Both sides of the family were also adventurers, some travelled across the globe to escape conflicts of war and ideology.

The third story describes what insight was brought to me while researching and writing my doctoral dissertation. I'd stumbled upon a book on Taoism, and was particularly taken by its Acknowledgements section; usually a place where the writer thanks their husband or wife, or colleagues. The author of this book, instead, thanked the trees and fungi, the sky, the birds, the pet dog, family, shopkeepers, library staff, colleagues and friends: all of which ameliorated the making of this book on the Tao of being in the world, which is a natural order of life. I was moved to write a similar Tao of acknowledgements and include in it not only my immediate milieu, but my academic influences: those thinkers who shaped my work and sense of self.

All three stories are accounts of realising interrelationships. I'm moved to tell them because of a certain frustration I have concerning quite a lot of psychotherapeutic modalities that ignore the context of a person to



by Dr Elizabeth McCardell
M.Couns. PhD

concentrate on only individual and isolated behaviour, as for instance, a lot of cognitive behavioural therapy, or relationships as if they are merely apparent fantasies and disembodied ideas. I'm thinking here of traditional psychoanalysis and Jungian analysis. A lot of solution focussed therapies also ignore the living system that is being in the world. An awareness of the individual is important, but without a sense of the richness, or paucity, of experiencing others, we leave too much out in our therapeutic approach to the healing of clients.

We didn't just grow'd, and our behaviour cannot be extracted from what else is going on. Our family of origin and our environment make us who we are. We live in a Tao of relationship, and this is ground that therapy, I believe, needs to work within.

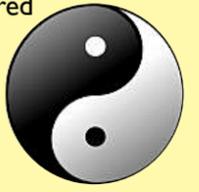
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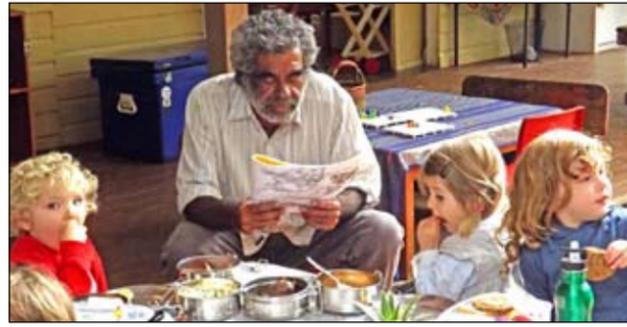
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Bib shares culture at Tuntable Falls Preschool

by Maree Conroy, teacher

We are very fortunate to have an Aboriginal education officer employed at our preschool. Bib (Roy Gordon, pictured) is Jaavren's dad (one of our children). He is a Bundjalung Elder and language holder, and also a talented performing artist.

Bib is sharing culture, language and knowledge about Country through storytelling with the children, staff and families. The children are mesmerised when he shares stories with them and they now know him well enough to feel



comfortable asking him many questions. Lorien asked, "What's a boomerang?" This led to Bib's idea of introducing implements such as the boomerang to the children, showing them how to use them so they can get

first-hand experience.

Bib also comes on our adventures to the creek and educates the children about the creek, land and the creatures around them. Bib is planning to show the children how to make a fish trap in the creek too.

Bib is currently recording language for us to use as a resource to assist with our Bundjalung language programme and the children, staff and Bib are creating a book in language that is the children's story. We are really excited about learning more about our local culture and history through Bib's extensive knowledge.

Bib has also invited other members of our local Aboriginal community in to share their skills and knowledge with the children. We are looking forward to some exciting visual and performing art workshops later on in the term.



Lismore High School Campus, Kadina Campus and Richmond River Campus will join forces on Wednesday 24th August for the annual Rivers Secondary College event.

'Rivers MADness' will be an evening of music, art and drama, showcasing the brilliant talents of HSC Creative and Performing Arts students.

The evening at Lismore City Hall will commence with an art exhibition, opening from 5pm. Guests will be greeted with complimentary canapés and beverages to accompany their

visual experience. There will be an official opening by mayor Jenny Dowell prior to the commencement of music and drama performances. The evening will conclude at 8pm.

'Rivers MADness' is set to be an incredible representation of our public school community's most talented, at their creative best. This culmination of students' continued dedication and love of the arts is on show for one night only, so come and share in their special talents and be inspired by their passion.

Nimbin Early Learning Centre

by Carina

This month we have been focusing on Australian animals and learning all new things about each creature. Did you know that a kangaroo can't hop backwards?

We also moved our veggie garden into a sunny spot, now we have fresh ingredients for our cooking experiences.

If you are interested in centre-based childcare and education, drop in and see us in the Community Centre complex for a booked orientation morning to get to know us and the group.

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

Fees are: Short day (9am-4pm): Permanent \$15, Casual \$20; Long day (8.30am-5pm): Permanent \$20, Casual \$25.

Nimbin Headers juniors kicking goals

Junior Soccer 9s Report

Jay Stephens spoke to coach Marco Bobbert

The 9s this year are Azura, Cara, Carlos, Charlie, Fergus, Kaara, Lachlan, Livio, Mischa, Noor and Sunny. Most are veterans of the 2015 season with Azura, Fergus and Noor being recent additions who bring new dynamic and skills to the team.

It's definitely not 2015 – the 9s have improved tremendously. Everyone on the team has lifted their performance and most have found their niche. After a near goal drought (only one single solitary goal the whole of last season!) they have found the net on several occasions, and their confidence when on the attack is growing every week.

Listening and strategy both need some focus but with enough encouragement (and parents yelling from the sidelines) this will happen. On a few occasions ball and head have met unintentionally, tackles have been too keen, and legs have received what was intended for the ball, but none of this has stopped the 9s. Whilst there haven't been any wins as yet, they are proving to be worthy opponents.

If having fun, giving 100%, and optimism were counted, the Nimbin 9s would be world champs. The 9s are sure to keep up the good work, and to keep enjoying their game.

Junior Soccer 6s Report

Jay Stephens spoke to coach Philip Courtney

The 6s this year are Amalie, Ben, Matilda, Coco, and Shoedo. Results this season have been steadily improving. Our



Grade 9s in action Photo: Angus Gough

first few games were heavy losses but we have been progressing and we are now winning the majority of our matches. Concentration and running after the ball are definitely the key at this level (as I keep telling them!)

The highlight so far from a coach's perspective was the four (yes FOUR!) pass team goal that was scored last weekend.

The biggest disappointment this season has without doubt been off the pitch with the loss of our midfield general Shoedo. He is travelling Australia with his family, and will be sorely missed by his team-mates and coach both on and off the pitch. We wish him and his family safe travels and hope to see them back in Nimbin (and Shoedo on the pitch) soon.

All the players are progressing really well. I keep telling them to chase after the ball, look for a team-mate to pass to, and

above all else remember to have fun. They are each improving to varying degrees in these three areas. It's hard to say who is most improved as they have all progressed in different ways but the two that stand out the most are Ben, who is the hardest tackling little kid I've seen so far at this level, and Amalie who has now scored about 800 goals (yes, she is a Grabovsky). Obviously as a coach I intend (starting this week) to go the rest of the season undefeated, winning every game 10-0. While the team is enjoying themselves too much to be competitive, their coach certainly is.

Finally, I love coaching these 6s because my daughter Coco plays for them of course, but I also really love teaching kids about the game I love myself, and I enjoy giving back to the great Header's community that has always given so much to me.

Parent power at Tuntable Falls



Nala, Elke and Honey Moon pruning the fruit trees

by Louise Mehta

As a parent at Tuntable Falls Community School, I love how much input I have into my child's schooling. From interviewing teachers to choosing lunch menus to getting involved in special projects, the families have a huge say in how our school is run.

It is an honour to help shape the school, now and into the future, and to directly impact on my child's school experience.

I remember visiting this school 20 years ago and thinking "I want my child to come here if I ever have one." Fast forward to now, and my daughter loves it.

My daughter eats fruit straight from the trees, grows food for lunches, goes bushwalking in the surrounding forests and plays in the creek. We both love the shady summer play amidst the trees and the cosy winter classes around the stove.

There are not many schools that rival Tuntable Falls for its beautiful setting, flexible approach and environmental focus.

The world is our classroom

by Susan de Wall

There is an enduring idea that home education mainly happens at home and that it looks a lot like school, just in a more homely environment. While this may be the case for a handful of home educators, it may be surprising to know that the reality is usually quite a different picture.

A quick survey of our local group with the question, "Where did your children learn this month?" returned a wide variety of answers: at home, in the car, while camping, bushwalking, at the library, at a theme park, at a zoo, at a museum and at the Con. Actually, 'car-schooling' was a common response – we have long drives to get places around here and interesting learnings often happen from conversations in the car.

In the local area this month there were: art classes, gymnastics, swimming classes, circus classes, pottery classes, park and beach meet-ups and bushwalks – all organised especially for our kids. One of the highlights in July was a trip to the Gold

Coast for an ice-skating session – around 50 skaters from our region turned up and had a fantastic time.

I often hear that many parents considering home education feel put off by the idea that they need to be teaching their children six hours per day, five days per week. In practice, formal sit-down lessons are the smallest part of our day and some discard them altogether for quite different, more holistic educational experiences.

Children learn by doing, by experiencing and by collaborating, as well as by reading and listening. We can study history and geography by going places and asking questions of elder-folk. We can learn measurement by building a cubby house or cooking a new recipe. We can practise dance, art or music with like-minded others in formal classes or at group meet-ups. Older students can volunteer at workplaces and community enterprises for a very-well rounded, real-life learning experience.

All of us learn from the moment we wake up until the



Photo: Joella Jones

time we go to sleep. Home educators take advantage of this by fitting our schedules around the unique needs of our families and our children. Teens can get that extra sleep they need and tired six-year olds can catch an afternoon nap. We can do maths at 8pm or craft at 6am – whatever suits us best.

It can be quite eye-opening for some folks to realise that the world really is our classroom and that we never stop learning. Home educators facilitate learning experiences both at home and out in the community for their children and at any time of day or night.

This is why the term 'home educator' is preferred to 'home schooler' – our learning doesn't always happen at home and it bears little resemblance to the schooling we might have experienced ourselves.

Home education is on the increase in Australia and worldwide as people recognise the need to nurture a lifelong love of learning, to create an education unique to your child's needs and allow them to fully explore their talents and passions.

If you'd like to know more, please contact me at: rainbowregionhomeschoolers@gmail.com

Welcoming knowledge and culture

by Kim Clothier

After many years working with children, it has been a comforting experience working at Cawongla Playhouse. The essence of the staff, surroundings and community provides a wide range of learning opportunities – opportunities that are often not available or practical for children in other early years settings. This was evident recently when many of our local volunteer firefighters took the time to arrive at preschool – in full uniform and fire truck – to share their knowledge regarding fire safety.

It has become obvious, throughout the six months that I have been here, that the children are just as keen to embrace nature pedagogy as Natasha and Leanne are to share the skills and knowledge they have gained. Nature pedagogy is long-term, deep learning, on many levels, and the children are ripe to engage in it.

This term we are eagerly waiting for not only our silkworms to hatch, but also for our mulberry trees to burst into leaf; providing food for the hungry silkworms. It is lovely to see the enthusiasm amongst the children when discussing this interesting life cycle.



Dad Julian and daughter Kalida

We will also be working in the veggie gardens, planting foods to eat as well as making natural dyes to be used for creative arts.

Digby Moran, local Bundjalung elder and artist, will be visiting throughout the term and will work with the children to create Indigenous artwork. We hope, during his time with us, that Digby will share stories and knowledge of his culture – a culture we value.

It was great to see the families who turned up for our busy bee, working collaboratively to maintain the beauty of our Playhouse and gardens.

Thank you to the staff, families and community at Cawongla Playhouse for making me feel welcome.

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Our Australian stories

A joyous gathering of bush animals, a walking treehouse, and other crazy Australian book characters gathered in the Library at Nimbin Central School to celebrate the theme of this year's National Book Week with a parade, poetry recitals and a death-defying didjlimbo.

Granny Pig (aka Principal Mary-Jane Pell, pictured) wove a bush yarn for the gathered parents and book lovers to the accompaniment of parrots, magpies and a very un-Australian peacock.

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