

The new dietary approach to diabetes

by Luke Verhelst

This new and effective approach to diabetes is remarkably simple and allows unlimited amounts of legumes, fruits, multigrain and vegetables (LFMV). But there is a catch, no fats and no oils, at all!

Here are four simple steps to managing your blood sugar (and weight, blood pressure, and cholesterol) with diet.

1. Begin a LFMV diet: avoid animal products

Animal products contain fat, especially saturated fat, which is linked to heart disease, insulin resistance, and certain forms of cancer. These products also contain cholesterol and, of course, animal protein. It may surprise you to learn that diets high in animal protein can aggravate kidney problems and calcium losses. Animal products never provide fibre or healthy carbohydrates. A vegan diet is one that contains no animal products

at all. So, you'll want to avoid red meat, poultry, fish, dairy products, and eggs.

2. Avoid added vegetable oils and other high-fat foods

Although most vegetable oils are in some ways healthier than animal fats, you will still want to keep them to a minimum. All fats and oils are highly concentrated in calories. A gram of any fat or oil contains nine calories, compared with only four calories for a gram of carbohydrate. Foods naturally contain fats and oils so there is no need to add or cook with them. Best results are obtained when all added oils are removed from your diet. Aim for no more than 5 grams of fat per serving of food of which no more than 1 gram is saturated fat.

3. Favour foods with a low glycemic index

The glycemic index identifies foods that increase blood sugar rapidly. This handy tool allows you to favour



foods that have much less effect on blood sugar. High-glycemic-index foods include sugar itself, white potatoes, most wheat flour products, and most cold cereals.

4. Go high fibre

Aim for 40 grams of fibre a day, but start slowly. Load up on beans, vegetables, and fruits. Choose whole multigrain (try barley, oats, quinoa, millet, whole-wheat pasta, etc.).

Aim for at least three grams per serving on food labels and at least 10 grams per meal.

To put these guidelines to work, focus on the new four food groups. Choose unlimited amounts of legumes, fruits, multigrain and vegetables.

Legumes, nuts and seeds: Beans (black, pinto, kidney, garbanzo, white, etc.), peas, split peas, lentils; walnuts, almonds and peanuts; Linseeds, sesame seeds, chia and sunflower; all these really need a good soaking before use in order to activate them.

Fruits: Bananas, apples, grapes, pears, peaches, oranges, melons, grapefruit, kiwi, and berries, among others, are all good choices but limit avocados, figs, olives, pineapple, and watermelon as these tend to be nutrient dense.

Multigrain: Preferably wholegrains, gluten free pasta, brown rice, high-fiber cereals, corn, groats, couscous, bulgur wheat, millet,

barley, rye, etc.

Vegetables: All, except white potatoes. Examples include tomatoes, cucumbers, carrots, broccoli, cauliflower, spinach, kale, collards, squash, green beans, bok choy, sweet potatoes, and artichokes.

A note on vitamin B group vitamins:

A healthy balanced diet will generally provide enough vitamins and minerals, however eating a fortified product such as So Good Lite™ or nutritional yeast will ensure your needs are being met. You only need five micrograms of B12 per day. Any common fortified product will provide this amount.

Be aware that a change in diet can produce big results, more energy and greater mobility, but there is a risk that low blood sugar can occur. See your health care provider before making any changes to your diet or contact the diabetes education service, its free, phone 6620-2967.

Natural law

by Helene Collard

January has been a busy time and many will have noticed a 'shift' has occurred. This means a gate that had previously been locked, is now open, and as a result, certain things are finally moving.

For some, their diligent, often tiring ground work is finally paying off. For others, they are now progressing out of a bad situation. Either way, it is all positive. Let there be gratitude, faith and trust in what is now, and what lies ahead.

This month, there continues to be significant emphasis on accepting and developing your spirituality. There are many ways to express spirituality; it's about finding out what's right for you. Therefore, February is the time to research and access information on spirituality. When you find something that resonates with you, go deeper with it.

There is currently a wave of dogma-free universal spiritualism being promoted in books, websites, films and other forms of 'new age' media. I encourage you to access this material as I believe many contain pure wisdom that awakens universal values that can support an increase in collective togetherness.

Discovering and practising the form of spiritual philosophy that deeply nourishes your soul, is like living life with the perspective of an eagle. It increases optimism, faith and trust in life. Perhaps most importantly, you will have something meaningful to turn to when life is challenging. Therefore, having a solid spiritual foundation will support your mental, emotional and physical wellbeing and can help you to deal with difficulty, constructively.

During February, pay attention to your higher thoughts and visions. These thoughts and visions come from your higher self and are firmly connected to your intuition. From these insights you get direction from a pure and sacred place. You may be led to do something, go somewhere, meet



*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*

someone, create something and more.

You can create an ideal environment to receive your inner thoughts and visions by underdaking activities like meditation, creative arts, yoga and stretching, praying, or simply sitting quietly in nature.

If you allow your life to be spiritually guided in this way, your feelings of personal fulfillment will increase, as will your wellbeing - physical, mental and emotional. May the spirit be with you.

Helene has recently opened the Yemaya Centre for Reiki & Wellbeing in Lismore. The Centre offers: Reiki Sessions & Courses; Reiki Circles – 1st Thursday of each month; Soul Circles – 4th Thursday of each month, and Secondary Trauma workshops – next one is 9th March, and is available to the general public, as well as professionals and carers. More info visit www.helenecollard.com or contact Helene on 0405-656-797.

Bowen Therapy and colloidal minerals

by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranice Healer
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Summer is a time of heat and humidity and things are inclined to get smelly quicker than usual. Including us.

In polite society this situation heralds no less than three titles of explanation. If one is a lady, one glows. If one is a man and supposedly more practical, one simply perspires and if one has four legs, a good sweat is acceptable.

What ever one calls this fluid, with its debatable perfume that, depending on the associated pheromones fills others with lust or nausea, its positive effect is to keep us cool.

Conversely its negative effect is that it leaches the minerals and water from our body, leaving us dehydrated and low in energy.

The bushies and sailors will say, 'replenish your energy with salt'. Generally we imbibe more salt per day than the body needs, particularly the bushies and sailors. And although they may have a wisdom reserved for the few, in this case they are incorrect.

It is not more sodium that we need. It is minerals such as calcium, magnesium, manganese, potassium and trace elements, that are lacking when our muscles feel weak and tired,

A body that contains a balance of minerals and trace elements and is suitably hydrated with water has an efficient electrical system that is not subject to the control of the electrical companies. Or how much air conditioning we can afford.

It will naturally keep us cooler in summer and warmer in winter, because a body replenished with electrolytes, or essential minerals keeps the water and acid content balanced in and around the cells. (Those tiny bits that make up the physical body.)

This assists in the effective use of the vitamins, proteins and carbohydrates needed to cope efficiently with the variations of our external and internal environment.

Unfortunately, Oz soil generally lacks certain minerals and trace elements and if they aren't mixed into the soil where we grow our food, including organic food, the resultant fodder lacks the minerals we need. Plants do not make their own minerals and trace elements. They can only draw on what is already available.

Due to the fact that most of our food is lacking at least trace elements due to farming practices, a daily supplement of minerals is a clever additive to our lives.

Unfortunately the body can only benefit from minerals if they are easily absorbed through the cell wall. So stay away from mineral supplements in tablet form unless they have been specially chelated, or designed for full absorption. Otherwise you will

be paying good money for expensive urine and may as well chomp on a chunk of basalt. Rich in minerals, but not available to us due to digestive requirements

I personally am a passionate advocate of daily doses of colloidal minerals, because when I was sick with degenerative arthritis of the spine, they, more than any other supplement I tried, brought me back to relatively good health. It didn't

happen over night, but it did happen.

Colloidal minerals are always in liquid form and come in a few different brands from health food shops and some chemists.

They will help fill the gap of any minerals or trace elements one may be lacking due to diet or the side effects of medication, alcohol and other recreational substances.

Make sure the shop assistant gives you colloidal minerals and not colloidal silver, or gold. 'Colloidal' in it's simplest term, means 'easily absorbed'.

If you aren't into supplements but are an avid gardener. Nutri Tech. (Queensland born) has thoroughly researched the benefits of adding minerals to the Australian soil. Both for home and agricultural gardens. Their products all break down easily, giving full benefit of return, without compacting the soil.

The products can be bought on line, or acquired from some rural buying services.

I have found personally and it also has been reported to me by others who include colloidal minerals in their daily diet. They no longer get cramps, arthritic pain has lessened, legs and feet no longer swell in the heat, their skin injuries heal more quickly, menstrual cramps are less and their nails and hair are stronger.

A word of warning. If you take pain killers, or your diet is low in veges and high in fried foods and alcohol, start easy with colloidal minerals. ¼ dose for a week then build up to full dose slowly. This is because colloidal minerals are good for you and they will encourage the body to get rid of that which is bad for you. So, too much too soon and you will detox. In other words you'll feel sick.

From my point of view as a therapist, whose desire it is to eliminate back, neck, and limb pain by using a combination of bowen therapy, massage and spinal realignment techniques. A client who is fully fueled with essential minerals and trace elements responds more quickly to treatment and is more inclined to retain the benefits long after treatment.

Love light and laughter.

I am in clinic in Nimbin Wednesdays and Saturdays. Do you have a back, neck, hip, shoulder or limb problem? I can help you. Call for an appointment now. Phone: 02 6689-0240, Mobile 0439-794-420.

Year of the monkey

by Brigid Beckett

Happy Chinese New Year, as the Year of the Fire Monkey begins.

In Chinese cosmology the monkey is in the ninth of the twelve terrestrial branches. It has an affinity with the bladder organ and meridian. The monkey has a spine that can be either upright or bending, while the bladder meridian lies parallel to the spine and keeps the spine straight and supple. The time of year connected with this branch is late autumn, with voluntarily bending down and surrendering, be it with a burst of Autumn colour, being the state of mind. It is also about letting go of arrogance, with the monkey nature being playful and childlike. Monkeys also play in urine – apparently.

The bladder meridian is the longest meridian, sending energy up the spine to the head with similarity to kundalini energy. It gives “radiance” to the head region, benefitting the ears and giving brightness to the eyes, and clarity to thinking.

The back shu points on the meridian are exceptionally important acupuncture points where the qi of the organs is infused. They are tender and sensitive when there is a problem with the meridian, and especially important in treating chronic disease. Using the back shu points is a direct

way of influencing the organ or channel. For example, a commonly used point is Bladder 23 or Shenshu, the back shu point of the kidney. Its myriad uses include tonifying the kidneys, strengthening the lower back, benefitting blood, bones and marrow, benefitting the bladder and uterus, and benefitting the eyes and ears.

The bladder meridian also has an outer line. The points on this line have an effect on the mental aspects of the corresponding organs, with these points being described as a door or gate. These points are useful in emotional and psychological problems. The point on the outer bladder line corresponding to the kidney back shu point is bladder 52 or Zhishi. As well as benefitting the kidney and urination it is used to strengthen will power and address lack of drive and motivation. The outer bladder point for the liver can be used at the same time to help with a sense of direction, or the corresponding spleen point to stop obsessive thinking. The points along the bladder channel are beneficial is almost all chronic conditions.

The bladder meridian is important and complex, with associations with



the kidney, heart, small intestine, lung and liver channels. In Western medicine the bladder is seen to expel waste in the form of urine. In Chinese medicine it has an influence on the transformation of fluids generally including sweating and keeping pathogens at bay. There are also specific bladder problems such as incontinence, cystitis or frequent urination. Damp

weather or damp living conditions can make some of these worse, also sitting around in damp clothes or bathers. Also dietary factors can cause damp to form. Frequently there is also a kidney deficiency with these problems.

In adults the emotions of jealousy, and suspicion may be a factor in bladder problems. In children with problems such as bedwetting it is more likely to be a kidney deficiency, with fear a possible emotional factor.

Useful aspects of the monkey archetype to take note of this year are flexibility, ability to take risks, playfulness, confidence, giving and letting go with the natural cycles.

I would like to wish everyone a very happy and successful Year of the Fire Monkey.

Brigid Beckett is a qualified acupuncturist working at Lismore and Nimbin Community acupuncture. Contact her on 0431-702-560.

Nothing set in stone

When I was an academic at the Perth university, where I studied and worked all those years ago, I came across a lot of people convinced they were imposters and that they would soon be exposed and kicked out. I didn't really experience this myself, and felt this time of my life as being wonderful fun. This may be because I'd spent ten years or so prior to this working as a researcher and editor of the writings of academics and ordinary people alike, and knew that I didn't need to set myself up as an expert, for I had certain skills and certain failings as well, but I was always willing to learn and expand my expertise. This is the key, I think. If I had thought of my knowledge and position as static and immutable, I'd be terrified if it was questioned, for then my view of myself would come tumbling down.

I am not fearful of what life throws at me. I don't identify myself with status or label, or whatever tag might be attached to me. This is not to say I am free from inner stories that come to bite me. This is the human condition, I think. What has become different, as far as I'm concerned, is that I go for the thing that might otherwise inhibit me from acting, something that allows me to roll rather than get stuck. I wasn't always like this. I was in fact a very fearful child.

This not getting stuck in ideas about myself is useful in many aspects of life. In

an article I read recently, the non-identification of oneself in a negative status allows for fast healing, particularly in terms of relationship breakdowns. Those people who self talk with “I'm no good at relationships”, or “I always choose the wrong guy/woman” take much longer to recover. By not identifying oneself as the inevitable cause of the breakdown of a relationship we're free to say, simply, “this relationship was not right for me,” and move on. This is sometimes easier said than done, and sometimes counselling is useful in freeing ourselves from the negative self talk.

Nothing really is set in stone as far as life is concerned. Memories of past times are wrapped in the paper of many layers of personal history and these can inhibit us moving forward. Sometimes what we tell ourselves about who we think we are gets in the way of doing what we really want. I nearly had this experience recently.

I went to Perth during my recent summer holidays and was taken on a couple of trips to my favourite place, Rottneest Island, a place dense with history, my own included in with prisoners of war and before that, aboriginal incarceration. There are parts of the island that I have known intensely at significant points in my life from infancy onwards; parts that evoke a complex mix of delight, poignant anxiety and pangs of longing.

The beach rosemary is so intensely beautiful that each time I go, I break a little piece and conceal it in my clothing to take home: rosemary for remembrance of sunny days at the beach.

On one of the trips, I travelled on a friend's boat. We snorkelled and frolicked off Green Island, a small rocky stack off the south side of the island, and a couple of the men donned their diving gear and went cray-fishing. I remarked that I would love to dive, if I could. So after their return I was kitted out with weights, buoyancy control device, cylinder, fins and mask. It felt so incredibly heavy, heavier than I'd remembered it seven years ago when I used to dive quite often. I thought, I can't do this and my mind was thus ablaze with conflict: to dive or not. Thousands of reasons why not to dive, the thousands of images of myself as “the fearless one” came and went along with “I'm just a little middle aged weak lady,” blah blah blah, images of dying, of living, of disappearing into the deep deep blue, arose and fell, and so on and so on.. I contemplated flipping myself over the side of the boat, but had images of knocking myself out doing it, so in a near trance I edged my way to the jumping platform, sat down and let go into the water. There was a sort of inevitability in all this and I merely dropped to the sea floor breathing as naturally as a fish.



by Dr. Elizabeth McCardell
M. Couns., PhD

Diving always throws up my inner talk, and throws out beliefs I have about myself, but in the end, I just have to get on and do it. No escape. Once you're in the water, that's it. The weights drag you under, and though you can inflate your vest it is so uncomfortable the underwater beckons, and that is so lovely.

There is no escape in anything one chooses to do, really. Doing psychotherapy (like doing teaching) as opposed to being a psychotherapist (or being a teacher), there are no “outs”, unless of course one actually wants to be completely useless. Doing psychotherapy means being there, thinking, making metaphor, analogy, and being present with the other person where they are and challenging that when appropriate. This is not the time to set in stone anything. Not a time for having an immutable belief about oneself, nor thoughts that one is brilliant or bad, or insipid. All is changing all the time, just like being in water. Nothing is set in stone. Living is being, and not being a thing.

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by Stewart James, president

The Northern Rivers has fabulous natural assets and prominent amongst these are our native forests. This is due in no small measure to the rich legacy of conservation protest in our region, including the famous, unprecedented and successful campaign to save the last intact stand of subtropical rainforest at Terania Creek in 1979.

This and other protest actions including an anti-logging campaign at Mount Nardi in 1982 led NSW Premier Neville Wran to declare a moratorium on logging of rainforests in NSW and the declaration of the Nightcap National Park, and since then the area of National Parks including significant forest areas has grown and grown. It's NSW Labor policy even now to convert more forests to national parks, including a proposed Great Koala National Park inland from Coffs Harbour.

But there's more to forests and forestry than national parks. Forestry operations including timber harvesting are allowed on private land under certain conditions. It won't surprise you to know that over time laws have been passed which are designed to preserve important habitat and in particular to protect and preserve endangered animals and plants. Forestry operations on private land are subject to these laws. The NSW Forestry Corporation assists private individuals to harvest trees, and the state Environment Protection Authority (EPA) is supposed to ensure that the laws which protect flora and fauna are observed and enforced.

As discussed in an article published here last month, a private forestry operation at Whian Whian, 30kms north of Lismore, in September 2013 was the subject of protective action by locals (including me – I live nearby) because of wilful disregard of these laws by Forestry Corporation contractors. An access road was planned and bulldozed right through forest within the exclusion zone around identified high use koala trees and thirteen protected tree and plant species. Though the EPA was on site and alerted to issues with the proposed road they did nothing to stop the illegal clearing and destruction of habitat by Forestry Corp contractors.

And in case you think the legality of that operation is debatable, it isn't. Last



Whian Whian Jinkers
Nov 2013

September the EPA found the Forestry Corporation guilty of constructing an illegal access road during the operation and fined them a total of \$11,000 for two offences. (Protectors allege many more were committed.) While providing vindication for the protest, the penalty might be considered a slap on the wrist, but it won't even be that. Forestry Corp has disputed the finding on the grounds that EPA allegedly agreed to their plans and, because of a two year statute of limitations, the matter cannot now be prosecuted nor the penalty enforced.

This is but one example of an apparently cosy, at best, relationship between Forestry Corp and the EPA. It's simply not good enough when laws designed to protect the environment are repeatedly broken with impunity. In my personal opinion the NSW Government needs to investigate the EPA, which I think is a disgrace to its mission. With the consent of the NEC committee and membership, I'd like to see NEC join the calls of the North East Forest Alliance and the Nature Conservation Council for there to be an independent investigation into the Whian Whian events and the broader relationship between the two government agencies.

As I mentioned in my last article, we're blessed that community action has resulted in CSG activities being halted in the Northern Rivers, but other communities in NSW are not so fortunate. The focus of CSG protest has swung recently to the Pilliga Forest near Narrabri. Not that the protest there is new, but it's apparently gaining traction and more widespread support. Our own brave Nannas and other brave and committed Northern Rivers locals have been active in the protest, and some have

been arrested for their trouble. Federal Environment Minister Greg Hunt's cousin 'Clarity' was amongst those arrested.

The lunacy of Santos's plans is difficult to credit; they propose to drill 850 wells in a forest which is a major recharge zone for the Great Artesian Basin, and to build a water treatment facility to process more than 1 million litres a day of water pumped out of the coal seams, and then to use it for agricultural irrigation, amongst other uses. I'm uncertain as I write whether Santos intends to frack its Pilliga wells, but even if they don't it's well known that "produced water" contains naturally occurring toxic and radioactive compounds which are stirred up by the mining process. Imagine buying food grown with that water in your local supermarket. It just can't be allowed to happen.

Another lesser known ill effect of the proposed wells is that light pollution from gas flares in the gasfields will apparently render the world-class celestial observations conducted from the nearby Siding Springs Observatory at Coonabarabran completely untenable.

Local organisers in the Pilliga are calling for people to get down there to actively support the protest but if you can't spare the time our Environment Centres (Nimbin, Casino and Lismore) are collecting funds to send locals down to support the action.

Finally, Front Line Action on Coal (you can find them on Facebook) is organising a major protest on 13 February near Boggabri to protest the Maules Creek and Boggabri coal mines and to protect the Leard State Forest from further clearing. Lend your support if you can.

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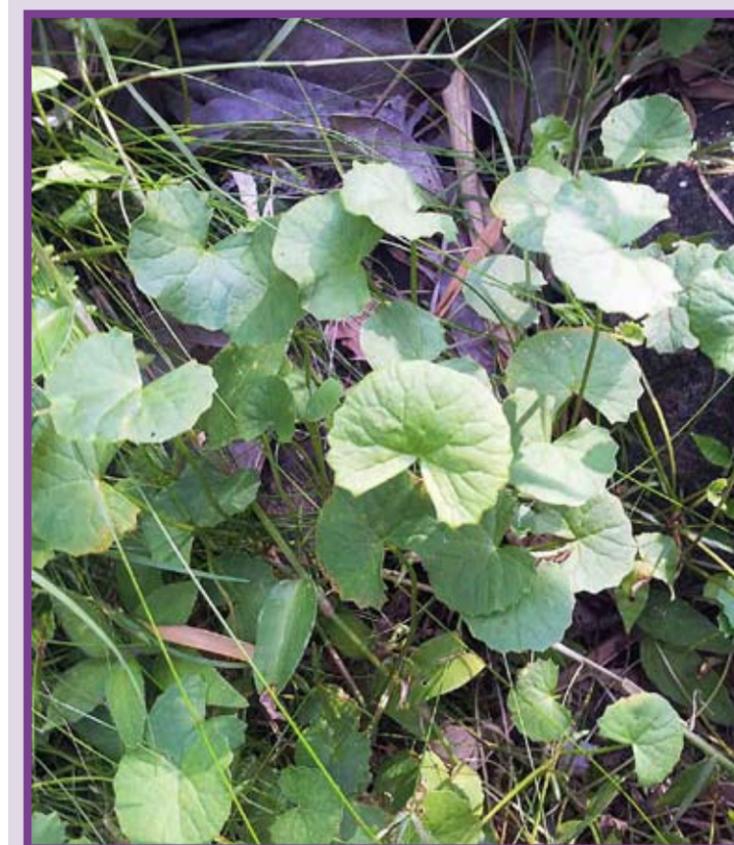
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Plant of the month

Swamp Pennywort
Centella asiatica

by Richard Burer

Centella asiatica, also known as Swamp Pennywort and sometimes Gotu Kola, is a creeping herb common in the area.

Centella is growing particularly well this month, as the wet is very helpful for this herb which roots along its stem in the damp soils and hot weather.

Found on most soils and in many vegetation types, Centella can be sited in the array of groundcovers on the forest floor. I particularly enjoy hand-removing weeds such as Crofton and watching in a short time native herbs such as Centella take its place.

In India, the juice of this useful herb is used as a medicine for sores, skin irritation, prickly heat and leprosy.

Summer weeds to watch

Weed Words
with Triny Roe

If you have a garden and/or a patch of bush, you will never be bored. There will always be something to do. The summer rains and sunny days bring rampant growth in the forest garden. Go away for a week, you return to more weeds enticing you outdoors. You mowed and weeded just before you left but it's like the washing up – there's always more.

Gardening is also very therapeutic. Feeling anxious? Go and pull up weeds. Feeling depressed? Go and pull up weeds. It's amazing how time spent with plants can make you feel better. You get a dose of phytoncides – beneficial aromatic volatile chemicals produced by plants. These have been shown to reduce stress hormone levels in the blood and enhance natural killer cell activity, boosting the immune system.

The Northern Rivers is a gardeners'/weeder's paradise. Here everything, especially weeds, grows super fast and super size in the rich volcanic soil. There's high rainfall combined with a mild sub-tropical climate. Some applaud the development of a robust biomass, others mourn the loss of biodiversity.

Some weeds are worse than others and can quickly



Giant Devil's Fig and Camphor seedlings

become the dominant species. While a number of native birds and animals make use of the introduced plants species many don't and the end result is generally a degraded ecosystem.

With a bit of human help, the environment can thrive.

What weeds to look out for this summer

1. Giant Devil Fig, *Solanum chrysotrichum*.

Easily spread by birds, agricultural machinery and water. This small thorny tree can grow 3 to 4 metres high with a root system as wide and deep as its height. Once well established it can be difficult to manage, especially if you let them set fruit.

Get them when they are small. Dig out carefully,

making sure you remove all the roots and you have a chance of constraining this vigorous weed. Wear gloves.

If you spray the foliage of a large plant, the above ground part may die but the roots maybe don't and it can re-sprout from each lateral root, forming a grove. A thick black plastic bag secured over a cut stump, excluding all light, can kill the whole root system.

Pick and bag any fruit for safe disposal and don't leave branches laying on the ground as these can root and reshoot in the wet season. Timely follow up is essential.

Now declared Noxious, landholders have a responsibility to manage GDF and prevent its further distribution. Believed to

have been brought into this region in the 1980s to graft eggplants, it has now spread far and wide.

The last decade, with some good wet years, has seen a massive population explosion and GDF has traveled over 200km from its introduction site. It was recently spotted making itself at home in the creek which flows through the Woodford Folk Festival site.

2. Groundsel Bush, *Baccharis halimifolia*.

This woody shrub, growing well in a couple of paddocks not far from Nimbin, flowered profusely last year. The tiny white silky seeds can float kilometres on a stiff breeze. It could pop up anywhere.

Groundsel is known to invade pasture as well as forests, not just degraded areas. Another declared Noxious Weed, it can develop into thick stands, reducing grazing capacity or interfering stock movement and bush regeneration.

Easily recognised with a distinctive leaf, it is another woody weed with a tough tap root. It is also persistent and can reshoot after spraying.

Groundsel flowers around April May, so slashing in February or March will help contain it.

Happy looking after land.

Holistic roadside vegetation care

by Geoff Dawe

Steam killing of vegetation, while better than weedicide spraying, is still not the ideal for roadside vegetation care.

Soil food web scientist, Dr. Elaine Ingham is reported saying in 2000 in Dave Jacke's and Eric Toensmeier's book *Edible Forest Gardens*, "Every pesticide or herbicide tested so far negatively affects non-target soil life." Steam killing of vegetation would not be aiding soil life either.

While it may be thought a concern for soil life is overly sensitive, it is actually connected to the bigger picture of drought proofing Australia. Loss of soil life reduces positive soil particle aggregation that in turn restricts soil water penetration. There is no long-term solution in temporary fixes that leave even greater problems for following generations.

Roadsides can be "dressed" with particular vegetation that restricts vegetation that blocks line of sight of say, roadside white post reflectors. There is a good example near the Ewingsdale hall on the old highway for example, of mature fig trees blocking out weed growth underneath. Rural roadsides can be planted out with these figs so the problem of weed growth eventually disappears.

Another option is that lower growing rampant vegetation that has the ability to block out taller grasses is selected for seeding of roadsides. Devil's Apple, *Solanum linnaeanum* already attempts to do this in a human-work-saving demonstration of low-growing wildness



Devil's Apple

but it is eradicated because it is an exotic.

Exotic plant species can be seen as land healers at the macro or long-term level, as compared to the short-term level of wellbeing of individual species. The rampancy of exotic vegetation, could be noticed to be arguably the more efficient presentation of biomass because of changed environmental conditions created by land clearing and climate change. Increased biomass worldwide aids the soil sequestration of carbon that is a means for increasing health of soil, water and air. In the long-term therefore, increased biomass aids the wellbeing of all species.

The philosophy of division, such as a native/exotic divide, as a starting point to fix a problem leads to division. It does not lead to unity or healing. The mystics Muktananda and Krishnamurti both emphasised that the means is the end result. To some extent this is recognized in our culture with for example, the aphorism "violence begets violence", even if it is regarded as a

quaint expression because we have long forgotten how to get there in practice.

David Theodoropoulos in his book *Invasion Biology* suggests the idea that species "invade" is an unscientific viewpoint. David provides many examples where exotics are viewed with so much angst there is restriction of clear-sighted noticing of effects. In the Indiana dunes of the U.S. for example, black locust is called an invader though it is a native of the U.S. and a mere 322 kilometres away from its usual position. It has been claimed to block out understorey and reduce native diversity.

Yet cottonwoods, native to the dunes, also block out understorey to the point where *Natural Areas Journal* in 1999 reported the cottonwoods are "so dense that virtually nothing grows under them."

The need to ascribe wrongness to an exotic excluded recognition that natives have the same characteristic. This is fear of plants extending beyond their "natural" ranges, even though we know scientifically, plants are required to migrate in response particularly to soil and climate changes.

We have little understanding of what devil's apple is, but we know that spraying potentially degrades soil. The society could enquire into whether devil's apple and other lower growing rampant exotic plants, as well as natives, are the means of weed proofing roadsides against higher growing vegetation that inhibits sight of roadside reflector posts. It is an alternative to the culture variously threatening the bases of life with the unsubstantiated view that some plant species can be primarily harmful.

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In support of the fallows



'Fallow Fields' by Jana Milne



Permaculture Principles with Anastasia Guise

I've fallen fallow. It's a kind of overgrown, humble and restful feeling. And it got me to thinking about how essential are fallow periods, in our gardens and in ourselves.

The term "fallow fields" evokes a sense of neglect and disarray, like a medieval village which has abandoned its gardens because of war or disease. Maybe if you were to describe an old farmer who has become entranced and lazy in the thrall of opium, you might say, "He drifted in a poppy haze and his fields fell fallow." See? It's kind of a negative thing, the fallows, often mistaken for barrenness or inertia.

But fallow time is built into natural systems and plays an essential role in restoring soil fertility and replenishing aquifers. It's interesting to note that during both deep winter in cold climates and searing summer in hot ones, life goes deep underground. There's actually a lot at work going on down there, just the way a time of spiritual retreat deeply restores the human soul, creativity and purpose. The moon's cycles between dark and full correspond too with growth and

productivity, rest and decay.

Farmers traditionally incorporated a rotation between fallow and productive cropping in their fields to ensure soil fertility and to break disease cycles. Fallow periods may mean that a crop is turned in and left to break down in the soil for many weeks or months, or areas are sown with a (most likely leguminous) cover crop to both rest and fertilise the soil.

An industrialised growth model of "endless growth" does not recognise the power and necessity of fallow periods, and in this sense it is a model of illogical insanity. Our food producers are under immense pressure to produce endlessly, just the way we are encouraged to consume incessantly. If you draw a graph of endless growth, it looks like a slope that simply ascends forever, while the world's natural reality is more like a mandala or flower. I know which one I like better.

Summer is a period when I let my garden fall fallow, for a number of reasons. It's hot in this part of the world, and even just a couple of days of temperatures above 35°C

in the UV extreme range can turn almost everything to crisp. It's a big operation to put everything under shade-cloth, and I prefer to use my precious stored water for cold showers and iced tea. Also, there's just too much fun to have in summer, and a couple of years ago, after struggling through a searing, challenging summer, I came to embrace the notion of being a seasonal farmer, cultivating between March and late October and turning my fields fallow between November and February. Thankfully, I have developed relationships with other farmers and gardeners, who supply me with most of what I need when I'm not in production.

Like soil, when we cover ourselves, rest, and allow all that microscopic cultivation to deeply and nourishingly do its work, we are richer for it, connected to the deep roots of our being and in turn the planet's deep nature.

www.communitypermaculture.com.au

Fermentation festival bubbling up again

Saturday 5th March is the date set for this year's Fermentation Festival at the Blue Knob Farmers Market.

Talks will run through the morning (9am until noon, running a little longer if history is a good judge), with talks scheduled on various fermented beverages, including kombucha, kefir, and honey wine; on the benefits of fermented food on our natural digestive gut bacteria; on cooking with miso, and natural starter cultures for cheesemaking.

There may be additional speakers, but there should be time for an "open mic" session, with anyone able to give a brief talk about their own personal experiences with home fermenting.

Everyone is encouraged to bring samples of their own home ferments, both for sampling successes and diagnosis of projects not living up to their potential.

There will be raffles and additional stallholders in attendance – check the Blue Knob Farmers Market Fermentation Festival Facebook page for additional details.

A little history

The annual Fermentation Festival started in 2014, when Sandor Katz, author of *The Art of Fermentation* among other books, visited local farmer and fermenter, James Creagh. Sandor agreed to give a talk about fermentation, and a festival



grew around it, with stallholders and the general community all pitching in for a day that amazed and inspired those who attended from far away and from down the road. To place this in our local historical timeline, during his visit Sandor visited one of the newly established watch-points at the Bentley protest site.

In 2015, local fermenters put together another spectacular line-up of talks. The talks that year were filmed by local filmmakers Paul Tait and Jeni Kendell. The Facebook page that has been created for this annual festival has become a lively forum filled with sharing of information.

What you can do

Please come on Saturday March 5th and participate. This is a free event, but gold coin donations are welcome to help cover costs. If you want to know more, log onto the Facebook page for the Blue Knob Farmers Market Fermentation Festival. Copies of the film of the 2015 Festival will be available at the Backyarders Table at the Blue Knob Market, or by contacting Paul and Jeni at: gaiafilm@linearg.com

Koala Kolumn

by Lorraine Vass

Of the 200 koalas released back into the wild by Friends of the Koala over the past four and a half years, 47 have been orphans.

We're proud of giving all these koalas a second chance – goodness knows the number is a miserable percentage of overall admittances. But we're particularly proud of our hand-raised orphan releases.

Most of the orphans coming into Friends of the Koala's care are fully furred joeys around 7 to 8 months and older; the back young of mothers who were suffering from advanced diseases and had to be euthanased or had been killed or died as a result of road hits or dog attacks. Occasionally a joey is found alone, suggesting it may have been abandoned by its mother, or its mother may have been injured and wandered off into the bush, most probably to die.

Observing a mother with young of any species tugs at the heart-strings of most of us, but a koala mother with young is a real heart-breaker. When one or both is compromised in some way, the effect on us can be devastating. Indeed, attending a "rescue" that involves a mother and joey is extremely distressing.

Despite their incredible cuteness however, hand raising a koala joey is hard work, time-consuming, frustrating and expensive involving anxiety, despair, elation and a whole lot more. It requires a whole-of-family commitment because raising a joey successfully has to replicate as near as possible how it would have been raised by its natural mother. That's the carer's goal and responsibility.

In the wild, the first year of a koala's life is spent only with its mother. A typical orphaned back young coming in to care would be around 800gm. It would still be reliant on its mother's milk, feeding around five times a day, although, more often at night when koalas are active. The continuous interaction between mother and joey isn't just about eating and sleeping – there's a lot of play, tentative exploration and attention-seeking behaviour as well.

A koala joey carer's house should revolve around the joey in care. That means the lounge/dining area will be dominated by a tree where the joey will spend most of its time, within sight of the carer who is, after all, foster-mother. There'll also be a leaf container with leaf (which has to be harvested), a tarp and blanket to protect the floor, and a swag of soft toys for joey to play with when it gets tired of tormenting its carer.

The joey will be wide awake and raring to go from about 11pm to 4am every night! Prolonged play may include being climbed all over while you're trying to read, galloping up and down the hall, or trying to climb/jump on low tables. Feeding is capricious, often accompanied by tears.

Carers expect to be seriously sleep deprived, not to mention nibbled and clawed until the joey is ready to move into an outdoor enclosure at around 1.5 to 2kg. Depending on the health and demeanour of the individual, this can be several months.

Thank goodness for our heroic joey carers



(and their families), many of whom take on this incredible work year in, year out, most often looking after two or three joeys at once, which is preferred for obvious reasons. Their investment of expertise, time, emotion, and patience is enormous and all with the purpose of preparing their young charges for a successful life back in the wild.

Orphans are usually released at around 3.5 kg when they are about 18 months old. Obviously they must be physically fit and be acclimatised to climatic conditions. They must also be behaviourally ready, meaning they can recognise and eat eucalyptus leaves unaided, they can climb effectively and are no longer attracted to humans. They are invariably released from a soft-release site where a koala is put into a food tree that is surrounded by a temporary fence which is removed some days later. Wherever possible, they are released with their buddies.

Koalas, like all native wildlife are protected. Friends of the Koala is licensed to rescue, rehabilitation and release injured, sick and orphaned koalas under the *National Parks and Wildlife Act 1974*. The welfare of individual koalas is just one aspect of our holistic koala conservation mission, the others being protecting and enhancing koala habitat, educating the general community about the koala and its fragile status, advocating for policy reform which will improve the koala's chances of survival into the future and finally, contributing to research into koala health and ecology.

Koalas in the Northern Rivers, and particularly in coastal areas, are generally under increasing pressure. Lismore's population however, is appearing to be holding its own. The reason put forward to explain this, albeit arguably is the absence of fire in the localities of the local government area where most of the koala populations are found, i.e. the highly fragmented floodplain landscape



Charlie is one of 9 orphans presently in home-care. Younger than normal, she came in from Ruthven on 12 September weighing only 429gm. Her mother's injuries from an Alsatian were such that she had to be euthanased.

with scattered koala food trees in the south-east and the horticultural landscape planted with windbreaks containing koala food trees in the north-east. Perhaps another reason is Friends of the Koala's activities over these past 30 years.

Until next time, happy koala spotting.

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, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-15-55

Mick's tambourine

by Maxx Maxted

My Mum was a hoarder. Her piles of boxes filled with zip fasteners, buttons, bits of this and that haunted my youth.

Hoarding and 'collecting' are not the same thing, but the difference between them is a fine line even though the primitive urges to hunt and collect can be deep-seated and hidden from casual view.

In my early twenties I worked as an assistant manager with Rank Theatres in England. One morning, on my daily inspection of the theatre I discovered the crescent-shaped remains of a tambourine that Mick Jagger had broken during a song by bashing it against the mike stand. I souvenired the biggest piece, obeying the primitive urge.

After I had it back at my flat for a few weeks, it began to get on my nerves. I couldn't think of what I was going to do with it. It was already cluttering up my life. I like minimalism.

For years, if it didn't fit into my backpack it didn't come. Then I got the bongos and Mum made a carry case for it from blood red Leatherette. Then I collected some books, James Bond's and Dickens and Zola classics, just a few. I also had my 'Short History'. The chattels were beginning to weigh on my mind and my shoulders. I was no longer the traveller with a rucksack, I was a man on the move looking for a nest, weighed down by suitcases and boxes filled with books.

Then one day I got an invitation, passed on by my boss, to judge a 'Beat Contest' at the Ballroom at the Cheltenham Pump Rooms, attached to the famous Roman Baths. I phoned the sender, suggesting I attend their next meeting. I liked getting out of the office and was beginning to feel comfortable in public with my improved, obviously respectable image. I felt I was becoming a man of consequence instead of one of my previous incarnations as a stuttering nerd.

I turned up to be confronted by the stalwart brigade of the Cheltenham Pump Room committee. They were all retired military men who had no idea about youth affairs other than training them to rush to their deaths. Luckily they had a younger Council social worker on board whose idea the Beat Contest was.

I asked what prizes they had allocated for the contest. "Oh, there's only one, the first prize, a magnificent 76-piece bone china dinner set," I was informed. I was taken aback, for a few blocks.

"Only one prize?" I asked. "This is a Beat Contest after all, with multiple contestants. Would you mind if I donated a second prize myself?"

They could see nothing wrong with that until I described the crescent tambourine. "If you think that's entirely suitable, Mr Maxted," the leading retired

Colonel said, with obvious reservation, as if allowing an annoying subaltern to go over the top to certain death.

On the given day I turned up and sat through the finals, five bands from around the district. All of them very good. This was the city that produced Brian Jones, after all. The most professionally produced were The Wurzels who sang 'Ave 'ee got a loight boy?'

a novelty song made recently famous by The Singing Postman, whoever he was, another 'one hit wonder'. The band is still working, with Adge Cutler out front, fifty years later.

The group we considered the runner-up from the final score tally were a Stones tribute band who were raw and, I thought, rather good. I was happy to give them the second prize which seemed under-appreciated by my fellow judges.

The bone china dinner setting was arranged professionally centre stage by the supplier on a rickety card table on a white table cloth. The winning bands were milling around when I brought out the tambourine and announced the Cliff Richard concert the following week. I then explained the origins of my unusual prize. The crowd went wild, as if in the presence of the Holy Rollers themselves. The china table rocked, the other judges looked askance, fearing a riot or at least a floor full of broken crockery.

The Stones lookalikes tussled for possession and eventually raised it above their collective heads in salute. The dinner set was saved and The Wurzels looked at their marvellous prize and wondered whose Mum to give it to.



trivia

Devised by Martin Gill

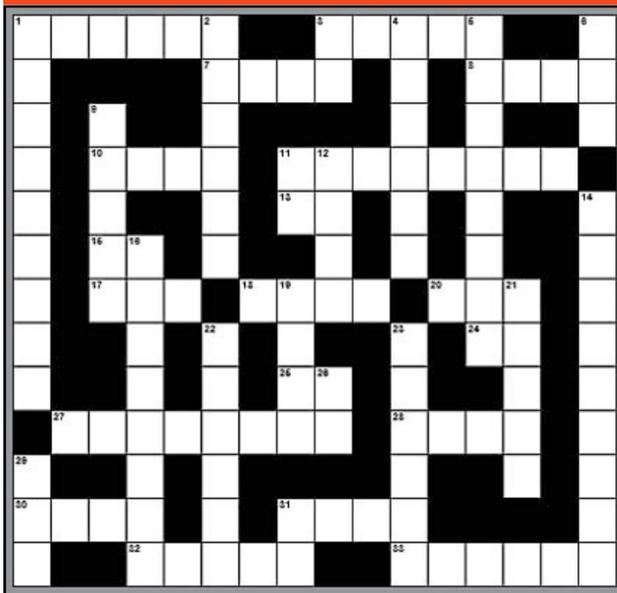
Questions

1. How many soldiers fought under the Australian flag at the battle of Khe Sanh, made famous in the Cold Chisel song?
2. What is a Bombay Duck?
3. What is the second highest mountain in the world (measured from sea level to its peak)?
4. Where did the ancient martial art Ecky Thump originate?
5. Who led the first expedition to cross the Antarctic Circle?
6. What devices use a lightning cable?
7. Mick Jagger/David Bowie and The Mamas and the Papas had hits with *Dancing in the Street*. Who had the original hit?
8. Who is the editor of the *Nimbin GoodTimes*?
9. When Hitler committed suicide in 1945 which was the only country to send a message of condolence to the German people?
10. Where in the human body are the islets of Langerhans?

- Answers**
1. None. It was a purely cap and braces. It originated in Yorkshire, England, according to the well-known historical TV show *The Goodies*.
 2. That was good old Captain Cook (actually a lieutenant at the time) on his way to Australia for the second time. Lightning cable is the proprietary cable that Apple forces you to use on iPhones, iPads etc. They cost \$30 each and last for a couple of weeks. To stop other companies making them, Apple fit a chip in the cable and the device checks with it. Predatory bastards. And they don't pay tax in Australia!
 3. K2 on the Pakistani/Chinese border. It gets its name from the original trig survey when the British were mapping the area. They named the two peaks in the area K1 and K2. It's also called Chhogori/Gogri, K2u/Kechu, and Mount Godwin-Austen.
 4. Ecky Thump involves hitting your opponent with a black Bomby Mail (or Bombay Dack) which reeked of the fish smell.
 5. NVA surrounded a bunch of US Marines and laid siege to them for six months or so. I guess Don Walker was going more for a rhyme than historical accuracy.
 6. It's a fish. In the days of the Raj they started transporting lizardfish from the coastal areas around Mumbai to central India. The dried fish smelled so bad that transportation was assigned to the mail train: the Bomby Mail (or Bombay Dack) which reeked of the fish smell.
 7. Martha and the Vandellas in 1964. The song was written by William Stevenson, Ivy Jo Hunter and Marvin Gaye. Other covers were done by The Grateful Dead and Van Halen.
 8. Bob Dole, bass player of renown.
 9. The Republic of Ireland.
 10. They are in the pancreas.

Nimbin Crossword

2016-2 by 5ynic



Across

1. Alter? Cash remainder
3. Force
7. Block or overrule
8. East Atlantic island Republic
10. Chop(ped) cannabis? Small island off Scotland.
11. Just getting through the day?
13. Fee ___ Fo Fum
15. Orange juice (init.)
17. Tunnel beneath defensive walls in order to destroy them
18. (and 20 across) Catholic society - spread rapidly under Franco in Spain (4,3)
20. (See 18 across)
24. Internet domain for Senegal
25. 3.14...
27. Main island of the wealthiest Caribbean nation - birthplace of calypso
28. Ancient, large, West African trading (34 across) with its capital at Timbuktu
30. Goopy seed pods - gumbo (or ladies' fingers)
31. Renewable energy source
32. Bird homes
33. Region(s) ruled through conquest

Down

1. Nation (region?) in South-East Iberia
2. Adapt genetically due to survival and reproduction of the fittest
3. Smallest Teletubby. Largest river in Italy
4. Cold season
5. Leftovers
6. Rigorous Buddhist school
9. First responders for injury
11. Bestie? (init.)
12. Indigenous people of Northern Japan
14. Not a jackaroo but a gauchos?
16. From the birthplace of reggae
19. Insect instar (often immediately before the mature/winged form,)
21. World's largest democracy
22. Bells?
23. Reconstructed
26. Freud's (unscientific) conception of human instincts and base drives
29. Cannabis
31. Internet domain for Western Samoa

Solution: Page 29

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THE IMBIBERS ARK

Arrak-Fenni

Moslem Indonesia's booze work-around: Coconut and cashew spirits. Another quaffing testament according to Culpepper.

Arrak is the 'Toddy' of Indonesia and South-East Asia. Arrak as a booze in Indon-Islam is borderline – an apparent 'loop-hole' in the religious drinking regs.

The prophet is reported to have said, "NO gambling and NO booze"! But some interpreted the law as writ, "NO alcohol from grains or fruit", says the Qaran. Coconut sap from flowers seems to dodge this edict. Of this I shall say no more.

Arrak can be made from sugarcane, coconut, fruit or red rice, depending on region, season and what 'jaggary' (sugar) is available for fermentation.

A palm wine, 'Tuak' is made from a variety of palms and is consumed immediately after fermentation. A vigorous wild yeast native to the palm flowers generates a Toddy of about 3.5 % alcohol in a couple of hours. It tends to 'bitter' and vinify if left unrefrigerated. It is made and consumed widely in Indonesia and Malaysia.

In the case of Arrak, the collection of various saps for fermentation is carried out by rural workers know as 'Toddy tappers'. To make the finest

of Arraks they harvest the sap from unopened coconut flowers, the single ingredient used in its manufacture. The first distilling produces an alcohol content of 80-90-proof (40-45%), the second may go as high as 160 proof (85%) on second distillation. This is bio-efficiency. In the West we now have high yield yeast that will produce 28% on the first fermentation. The native yeasts are very tough indeed.

Arrak is in the main taken neat and rarely diluted with water or iced for consumption. It's commonly accompanied by ginger beer or fermented turmeric tonics.

Fenni or Fenny (as it's sometimes spelt) is an alcoholic drink produced generally from the ancillary fruit the cashew apples, (*Anacardium occidentale*) the 'nut' being the ripe drupe that is attached to the base of the fruit. This soft, red or yellow fruit being high in nutrients and five times more vitamin C than oranges. It can be cooked in curries or eaten fresh though a warning: a wax-layer on the skin contains an irritant, *urushiol*, which can be removed by steaming or washing the fruit in salt water for about five minutes.

For the making of Fenni the fruit is mashed and the juice known as Neero (by itself a fresh drink) is extracted



Cashew Apples

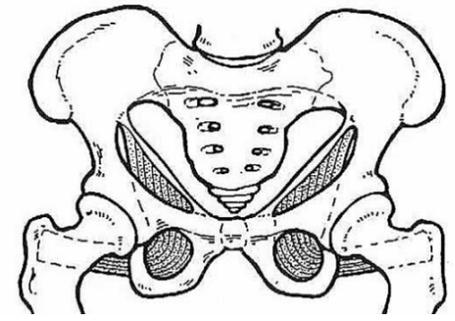
and fermented for a couple of days. This can be a bit messy as many of the apothecaries alchemic arts are. Otto von Bismarck is said to have once said, "If you like sausages and laws, you should never watch either of them being made!"

The fermented liquor is then, after one distillation, called Urrac which is about 15% alcohol (table wine strength). This is mixed back with a little of the Nerro and is now known as Cazulo. A further distillation, the third, brings it to Fenni at about 42-45%, (a good malt or a top cognac strength).

By the way, just a note: modern gins are now being bottled at between 60 and 85%. This is why some gins are pricey. But then there's twice as much kick per shot or mix. The Calderan Ginnery is seeking some punter/shareholders. Bottoms-up ;)

thewholeathveg@gardener.com

Ankle mobility enables pelvic floor health



by Brent Shaub, certified Feldenkrais practitioner

Ankles and the pelvic floor are intricately related. The ankle joint connects the horizontal foot to the vertical leg. The short length of the foot leads the ankle to play a key role in weight stabilization and balance.

The pelvic floor organizes so many vital functions: elimination and procreation.

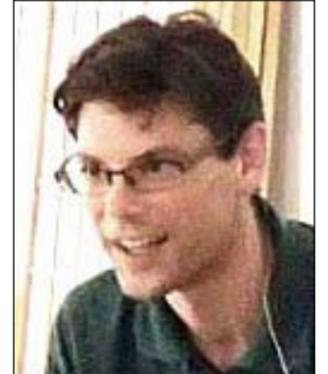
Balance is essential to a quality life, balance is a conscious, smooth control of contracting and letting go. Holding in any pelvic muscles will lead to a stiffening in the ankles to compensate for that gap of immobility. The body protects itself from being moved in regions that cannot allow force transmission through bracing. The side-effect of this guarding is that it creates somatic blind spots. With the loss of dexterity: anxiety increases, activities are reduced and perhaps altogether avoided. 'Old Age' is destined as life starts to decline.

This prognosis is not entirely true.

The Feldenkrais Method in its essence is learning about yourself through movement. Not just any movements, and not just movements done any way desired. Through a series of related movements that build connections between different parts of the body, while done in a way that honours the body without trying to change it – a process similar to children learning from their innate desire to explore – Feldenkrais will both uncover gaps while building bridges to link to them to the conscious mind.

A clumsy placement of the foot that leads to a jolt up the spine which leads to holding in the hip joints which simultaneously create bracing in the pelvic floor. The hips and pelvis are two regions intimately related to our centre of gravity: offsetting one affects the other.

These torques are a shifted placement in space which the legs need to accommodate. Each step travels up the length of the leg to the spine and registers a message about the effects of that movement. Without precise placement of the feet from pelvic tension leading to less clarity about where the feet are in space; nor mobility in the ankles to integrate the weight coming through the foot throughout the leg effectively, the result



is extra compensation in the hips which further cuts down movements in the ankles. Tight ankles and a tight pelvic floor often go hand in hand.

Knowing these anatomical relationships can bring clarity. Lay flat on your back with your legs long, feet separated about hip-width apart. Begin to roll your entire leg at the hip so that your little toe gets closer to the floor. Return to neutral and repeat several times, mindfully. Next, rotate your foot outward as before, this time initiating the movement in the foot, somewhere near the base between the fourth and fifth toes. Feel what parts of the leg are involved. How can you make this movement easier? Next rotate the foot from between the base of the first and second toes. With mindful exploration, it may be possible to sense connections in the pelvic floor of the external leg rotators. Reducing ankle tension will have a positive effect on the pelvic floor.

Pelvic floor classes can increase virility, sensitivity, expansiveness, balance, resuming activities and more enjoyment of life. A tight pelvic floor is the house of anxiety, worry, catastrophizing and reduced muscle coordination needed for essential tasks.

Male pelvic floor classes are beginning the second week of February on Wednesdays at 4pm at 4/104 Stuart Street taught by Brent. The series will run for eight weeks. Brent fractured his pelvis in a car accident 18 years ago at age 20, changing his gait, balance, able to feel at ease and sit comfortably. These classes are culmination of his persistent research and application to resume an enjoyable life. Details at: EmbodyWisdom.com. Today or call 0476-413-889. (Those interested in Feldenkrais for female pelvic floor classes, contact Linda at 0418-211-979.)

No shortcuts on our health

by Joline Shervey

"The food you eat can be either the safest and most powerful form of medicine, or the slowest form of poison." – Ann Wigmore

Health is indeed our true wealth and happiness. You do understand this the moment you are bed stricken by injury or have a stomach bug. Still, being healthy is more than taking a regular walk and eating no junk food.

Health is composed of components like how we treat ourselves, our bodies, how we guide our thoughts and how we speak in awareness. And ultimately, how we regard and treat our planet: the outer reflects the inner, and vice versa. How we relate to our bodies literally shows how we relate to our planet.

So how does this translate to running a café? We stand for nourishing and serving people and are committed to contributing to this community's general health and happiness. I took on a personal seven months detox to become the healthiest me possible as my first step. Also, I offer health talks and intend to offer cooking classes to teach children to cook and bake healthily. Walking the talk, I only cook with real ingredients. No shortcuts, no deep frying and no commercially processed mixes or foods.

The café has created a welcoming, warm environment and is open from Thursdays to Sundays



Raw cakes

to serve healthy meals. We offer gluten-free and baked (not deep fried) lentil falafels served with a garlic tahini yoghurt dip, have fermented GF buckwheat crepes – sweet and savoury – as well as buckwheat pizzas. And our raw cakes have no high fructose agave syrup, as they are mainly made from fruits and nuts (not that you can actually see or taste that).

The café also offers a large vegan garden salad and real fruit spirulina smoothies to aid with your fibre intake, proteins and vitamins, and our home made, twice fermented Komboucha aids with your general digestion.

So we hope to inspire our customers to regard their bodies as part of themselves and so as part of this planet and treat it well.

"Those who have no time for healthy eating will sooner or later have to find time for illness." – Edward Stanley

The café's free Sunday *Communicake* Talks kicked off in January, and if anyone has a topic of common curiosity about health or lifestyle and other

interesting things to share with the community, please contact the café. We have open slots for the next few months.

Café Blue Knob Schedule

- Friday 19th February – *Earth Air, Fire & Water* exhibition opening with official opening of Blue Knob Community Ceramic Studio, accompanied with a special two-course gourmet dinner (veg \$20/Meat \$25), gf/vegan options available (\$2 surplus) – bookings required
- Thursday 25th February, 12.30pm – Artists & Friends Lunch with exclusive two course meal – meat \$23 /vegetarian \$18 – bookings required.
- Saturday 5th March, 8.30 -2pm – Annual Blue Knob Farmers Market Fermentation Festival with talks, workshops, stalls, winemaking and much more on offer. Phone for bookings: (02) 6689-7449 / 0416-616 804. Group bookings and functions are welcome

during business hours as well as in the evenings. The café caters from 8 to 50 people and offers meals for all dietary requirements and needs on request.

Healthy Scandinavian thumbprint cookies
(Gluten-free/egg-free/low sugar)

Dry ingredients

- 1/3 cup tapioca flour
- 1/3 cup almond flour
- 1/3 cup coconut flour, sifted
- 1 tbsp chia seed meal (or 2 tbsp flaxseed meal)
- 1/4 tsp sea salt

Wet ingredients

- 3 tbsp honey
- 1/4 cup apple sauce
- 1/2 tsp vanilla
- 1/4 cup melted ghee or coconut oil
- Low sugar raspberry, strawberry or apricot jam/spread

Method

Set the oven to 350°F. Add the dry ingredients to a mixing bowl and whisk to combine.

In a separate bowl combine the wet ingredients, adding the coconut oil or ghee last, while the mixer is on. Add the dry ingredients to the wet and combine with an electric mixer.

Roll into little balls and place on unbleached parchment paper. Use your fingers to create an indentation and fill it with raspberry or strawberry spread. Bake for about 15 minutes.

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

Birth and Beyond

by Kirrah Holborn

Many parents-to-be turn to books and DVDs to help them prepare for birthing their baby. The internet also provides a wealth of knowledge and you can usually have any questions answered (no matter how whacky they seem!).

As a childbirth educator, I see intelligent women becoming very 'head smart' about birth. Knowing the stages of labour and the physiology of birth is great but it's also good to give attention to emotional preparation.

We can never know the details of how a birth will unfold, but having some tools to help you along the way will make you feel a lot better about your experience.

Despite where you plan to birth, becoming aware of the options available within our mainstream maternity care is a good idea. Women who are involved in the decision-making processes within their birth report greater satisfaction levels (irrespective of the outcome).

Parents don't need to know everything before labour. But, learning communication skills and building a connection with everyone on your birth team is more likely to get you what you want.

Decision Making

If you need to make a decision about your care; consider using the acronym 'BRAIN' to help you.

B (Benefits)...What are the benefits? How is this helpful?

R (Risks)... What are the risks? Can anything go wrong?

A (Alternatives)... Are there any alternatives? Can I try something else?

I (Intuition)... What is my intuition telling me?

N (Nothing)...What if I wait a bit longer to decide or do nothing?

Trust your intuition

Pregnant women often have heightened senses and intuition. You can encourage this sensitive side by taking time out each day to bring attention to how you are feeling and what you are telling yourself. Allowing yourself to connect deeply with your intuition can help you to begin living with greater awareness.

Practise breathing deeply

Focusing on your breath is amazing for quietening the 'thinking mind' and bringing greater awareness and relaxation to your body, mind and spirit.

This increased focus allows you to slow down and get in touch with your deeper intuitive knowing. Support people can benefit from mindfulness practices too!

It can be overwhelming to sift through the information and stories being told to you and it can be a challenge to stay grounded! I love helping couples feel well prepared so they can navigate the twists and turns of birth whilst feeling positive and well supported.



Workshop

The next 5-hour Birth Confidence workshop is being held on Saturday 20th February at the Birth House. During this workshop you will:

- Learn breath awareness (labour-coping practices) that help contractions feel shorter and easier.
 - Learn how to create a nurturing birth space, and
 - Partners learn how to be confident at helping and supporting through each stage of labour
- You'll love this workshop if you are preparing for a natural birth and want to build your coping skills, also if you are wanting your partner to be involved and for him/her to know what to do and you want to do everything possible to feel well prepared and actually look forward to birth.

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

Baby massage - what's in a class?

by Renata Dooley

Infant massage is for more than relaxation and, although there are many substantiated benefits to a daily practice of safe and effective massage techniques on babies, many parents learn baby massage to improve their sleep and reduce crying time.

I am often asked, "When is the ideal time to learn to massage my baby - before or after birth?" and I assure there is no wrong alternative. Do you want to learn on your baby or do you want to have these skills the day you welcome your new baby to start massaging confidently then? I have a range of training baby dolls to learn on if your baby is in utero or asleep.

So why come to a class? It's just rubbing oil all over a baby isn't it?

A class is a fun activity for you with your baby where



you can meet local families and have fun with easy to follow step by step in-class demonstrations for one hour a week over four weeks.

Alternatively, I can come to you for private in house tuition with your family, twice, for 1 1/2 hours each.

Either way, the course taught is the same, and covers:

- appropriate oils to use
- asking permission to massage
- when not to massage
- parent relaxation
- benefits

- body language
 - baby's daily cycle, and when to massage
 - bonding
 - adaptations for the older child
 - colic discussion, as well as
 - 2 x permission sequences
 - 33 x massage strokes
 - incorporation strokes
 - exercise sequence
 - colic, wind, constipation sequence
 - touch relaxation
- This can all help you feel you are "tuning into my baby's needs" and its been

noted parents who massage their baby each day are more likely to notice changes in their bub's physical condition which may go unnoticed longer with infants who are not receiving massage.

Infant massage is ideal for preterm babies; strengthens the immune system; enhances bonding, emotions and moods; helps to overcome post natal depression; assists digestion, colic, eczema and so much more.

Even if you and your baby are progressing fabulously with no issues, learning the correct massage techniques is beneficial to the whole family emotionally and physically.

Renata Dooley is an internationally certified infant massage instructor instructing families throughout the rainbow region. She can be contacted on 0412-354-115, email: bubbatouchbabymassage@gmail.com or facebook.

The negative hypnotic element of addiction

by David Ward
Life action coach

Those days of kicking back with a coffee, a muffin and a cigarette for lunch are over. That's a recipe for walking straight back into the open arms of your main substance of abuse.

It's important to understand that it's not just this main substance in question, that the sugar, caffeine and nicotine are all parts of a cocktail that make up your addiction.

Understanding that the moment you get actively involved in the unravelling process is the moment you begin to awaken. It's the best path to recovery, actually doing it yourself, and that's the

one simple key to the whole picture of the hypnotic state we call addiction. All that time spent waiting for someone to provide the answer is like time spent avoiding the issue, nothing can be achieved without your participation.

So it's a matter of being ready to overcome that issue whatever it may be, over eating, smoking, drinking or a combination of things that make up your own form of negative self-hypnosis. Learning to ignore that voice which tells you your substances are your friends, your only pleasures left in life. Learning to challenge the hype that says how difficult stopping will be, some things are worth the effort anyway. Consciousness requires the right fuel. Without it, things

come to a grinding halt and we can spend our whole lives locked into a trance state of unconsciousness.

While in this state the right fuel may appear dry, boring or way out of reach, out of our comfort zones, but given the chance it can be exhilarating beyond belief, take you to a whole new level where your dysfunctional old friends, (your substances), will never again get a look in.

Things may get a little sad at this point, after so many years of familiarity, a total separation, but saying goodbye opens the door to freedom and a new state of conscious control. Once you get a taste of what's on the other side, there will be no looking back.