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ARTIST OF THE MONTH



by Karen Welsh

Born and raised a local girl in Ballina with a passion for horses, Maria Heaton created hundreds of horse drawings in her childhood and took many classes over the years, ever developing new skills and techniques.

Maria opened Ballina's first commercial art studio before relocating to rural Uralba in 2002 to a larger studio, where she has continued her passion for painting and to teach.

Maria has developed a fine foundation of skills in acrylics and oil and has shared her knowledge with countless students over the years. Her subject matter continues to change, inspire and surprise.

Maria's iconic Aussie

subject matter means her work is collected both locally and overseas and has been the recipient of many art prizes: Southern Cross Art Festival, Lismore Art Club exhibitions, TURSA Art Prize, Alstonville Show Society and the Bentley Art Prize.

At the moment Maria continues to teach, imparting her knowledge, and enjoys seeing her students grow and excel while challenging herself with new ideas and techniques.

Maria's work highlights her passion and her love of teaching: "Learning to see the beauty of the world through artists' eyes."

See a selection of Maria's artworks this month at the Nimbin Artists Gallery in Cullen Street.

Blue Knob Gallery

by Marie Cameron

A Place of Dreams & Nimbin Seniors 'Snap My Community' Photographic Exhibition

The new member's exhibition at Blue Knob Hall Gallery is titled 'A Place of Dreams'.

Many would say that coming to live in this area has fulfilled a dream they had of a different kind of life, to be drawn to this landscape, or to a life lived differently. When we are free to follow our dreams they can lead us into a creative life or a life filled with all that has meaning for us.

A place of dreams can be anything from the place you've always dreamed of having; to the place you like to spend dreaming or the dreams themselves. There are the dreams we can follow and there are dreams that come in the night.

We spend a big part of our lives sleeping and we all have stories that come from the dreams that we experience. Not all dreams come true and the bogeyman



Maggies Dancing by Gareth Deakin

under the bed has its own story to tell.

This theme has opened many doors for the artists and a range of painting, sculpture and installation is being exhibited.

Seniors 'Snap My Community' Photographic Exhibition

Senior's 'Snap My Community' is an initiative of Nimbin Aged Care and Respite Services (NACRS), originally for Senior's Week celebrations in March. This was made possible with generous volunteer time and a small grant from the Department of Family and Community Services.

In this photo competition, seniors (50+) were asked to capture in a snapshot what they particularly value in their local community and describe this in their own words.

Of all 28 entries, 12 were selected by a panel of independent judges (Paul Tait, Claire L'Arrivee and Teena Kavasilas), particularly focussing on the community aspect of the image. These 12 are seen in the larger frames, and will create the main content for a 'NACRS Calendar'

for 2018.

We are delighted that Blue Knob Hall Gallery is exhibiting the entire collection of 28 entries within 'A Place of Dreams'. We hope you enjoy the unique and individual perspectives offered in each of these images combined with the personal anecdotes that bring an added dimension to the experience of viewing each snapshot.

Both exhibitions run concurrently until Saturday 24th September.

Blue Knob Ceramic Studio

The new booking system for the Studio begins in August. Classes will run over an 8-week period. Please contact the Gallery if you would like to receive information.

Artists & Friends Lunch

The next Artists & Friends Lunch will be held on Thursday 31st August at 12.30pm with a set menu, \$20 per person for main and dessert. Please phone 6689-7449 or email: bkhgallery@harbourisp.net.au for more information.

Expression of opposites

The Serpentine Gallery is proud to present YANG, a members exhibition investigating and celebrating the "masculine" part of this gender duality. Here, artists are invited to present the light yet impregnable male, balanced with a little touch of the dark, fecund feminine.

Yin Yang is the Tao expression of opposites in nature, such as light/dark, hot/cold, negative/positive, female/male. The word Yin comes out to mean "shady side" and Yang "sunny side".

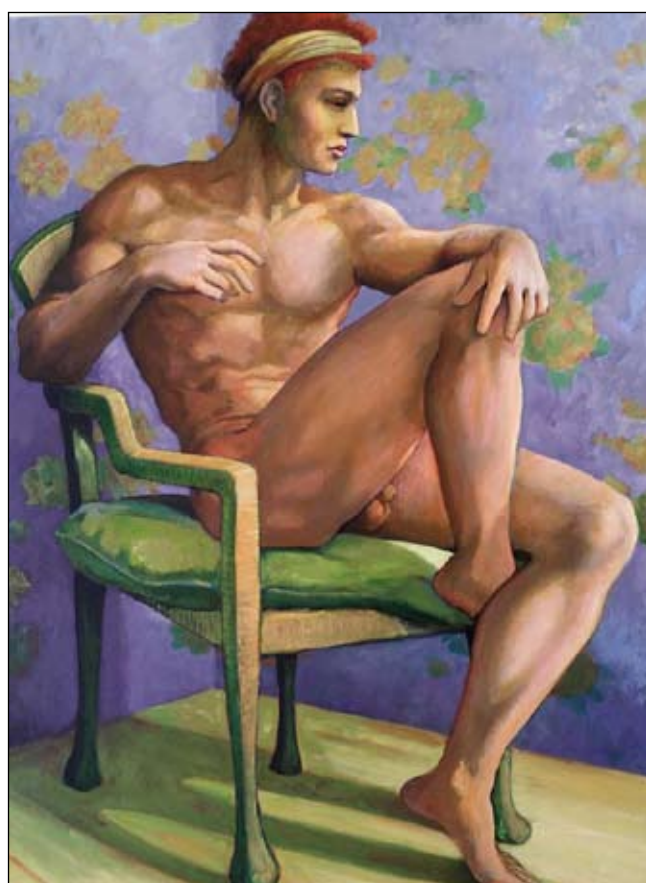
The symbol for Yin Yang is two teardrop shapes nestled within each other, as a white growing crest (male) folded over a black valley or dark trough of a wave (female). Contained within each is a part of the other (white dot on dark female, and dark dot on white male).

This upcoming exhibition will represent the "wholistic" masculine in all his "MANifestations": fatherhood, passion, growth, brightness – all that is structured and firm: our inner-strength. Artists are invited to represent the full potential as male containing female, or an amalgam of these forces, balanced as sacred energies.

"The Hindus say that without Shakti, the personified feminine life force, Shiva, who encompasses the masculine ability to act, becomes a corpse. She is the life energy that animates the male principle, and the male principle in turn animates action in the world." – Clarissa Pinkola Este.

Art lovers and guests are invited to the opening of YANG on Friday the 25th August at 6pm at the Serpentine Gallery in Bridge Street, North Lismore. There will be a door prize for the best dressed male. Artists who would like to participate in YANG should bring their artworks to the gallery from 18th to 22nd August.

Also, currently viewing at the Serpentine is the fifth annual showing of 'Scarlet'. Receiving great acclaim on



Paintings by Phillipa Leader

opening night, this beautiful show has returned with the best of quality sensual art works from all over

the Northern Rivers. This fantastic exhibition is on show until 17th August, so get down and take a look.



Dan Walmsley

A 26-year old artist from Sydney, Dan's doof-minded creations started evolving nearly a decade ago.

A diverse colour palette and liquidy, hallucination-like patterns well defines Amneizure's style.

Strange characters, trippy self portraits and lifeforms in nature are often depicted through his creations.

Dan now lives across the road from the Nimbin Community Centre.

YARNING IN KYOGLE



Bike by Lynda Clark



Basket Selection by Cherie Shadwell

To kick start the August month of yarn mania off in Kyogle, the Roxy Gallery is exhibiting all things fibre in 'Interlacing Raw Materials.'

The Kyogle & District Arts Council have provided opportunity for local fibre artists to exhibit their yarns as part of their Country Arts Supports funded event the Kyogle Yarn Spinning Phenomenon

'Interlacing Raw Materials' will open on 9th August and remain on show until 2nd September. Fibre is an interesting medium to create in and this exhibition will host works that incorporate traditional forms of fibre work such as knitted and crocheted yarn, along with applique and needlepoint work, handcrafted skills that are not as

common as they once were.

The Yarn Spinning Phenomenon will take place on Saturday 12th August on the precinct area at the end of Stratheden Street in Kyogle. This event is really homage to the art of working in and with yarn with activities throughout the day from the spoken yarn to the knitted and crocheted yarn.

Come along, bring a blanket or chair to interact with the Kyogle and District Arts Council in activities of yarning. Learn how to knit and crochet, felt, make pompoms and contribute to the inclusive yarned miniature rainforest installation by yarning a tree designed by artists Farhad Bandesh and Abbas Alaboudi who are refugees on Manus Island, while enjoying or contributing to the spoken yarns open mic events where speakers come here to hear.

The Sugar Bowl Café will be hosting a Yarn Spinning Breakfast event from 9am. At 11am people can have a yarn on the specially-made yarned soapbox or at 1pm come to the front of the Kyogle Council building to listen to some local yarns.

New gallery at The Channon

The Channon Teahouse and Gallery has been reopened with an exhibition that is a mixture of oil on canvas, reconstituted stone, bronze and recycled material.

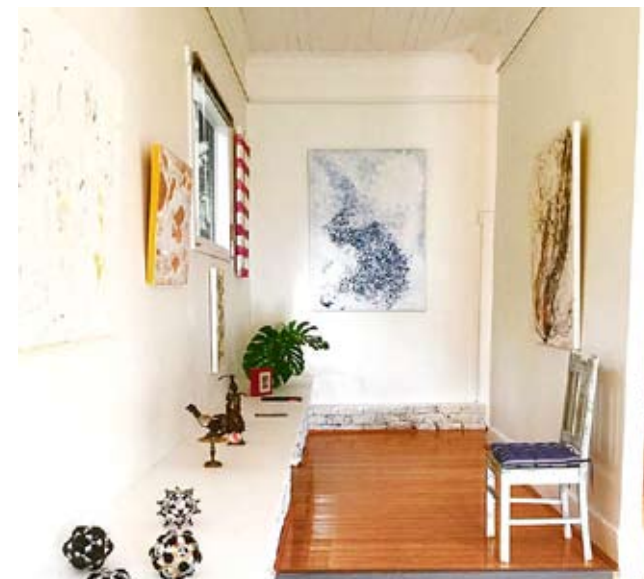
Artists included in this exhibition are Martha Beasley, Brigitte Havan, Petrena Shaw and Kathy Devine. The artists are local and collectively have exhibited in Paris, Singapore and Buenos Aires.

Martha Beasley has made use of recycled material and formed various pieces into dodecahedrons, a shape which has become a passionate pursuit.

Brigitte Havan's bronze pieces are a response to the Mars exploration, and in particular are informed by the *Treaty on Principles Governing the Activities of States in the Exploration & Use of Outer Space, including the Moon and Other Celestial Bodies*, that "the moon and other celestial bodies shall be used exclusively for peaceful purposes".

Petrena Shaw works with reconstituted stone. A fascination for Petrena is modelling from real objects such as an ammonite and philodendrons and other exotic tropicals found on her land.

Kathy Devine, although primarily a performance artist, enjoys responding to the natural environment through the medium of oil on canvas.



The exhibition runs until 18th August at The Channon Teahouse and Gallery, 10 Standing Street, The Channon. Hours of opening are: Wednesday to Friday 10am- 4pm, Saturday 10.30am-4pm and Sunday 11am-4pm. All enquires to Kathy Devine 0401-573-990, email: kathydevine2@gmail.com

A plant for a warming world

Manna Matters

by Thom Culpeper

Moringa olifera is an excellent example of what will be in the future a crop that will answer the demands of a brutalised and abused Earth.

As water becomes commodified and metered by financial power imperatives, highly productive and self-sustaining agriculture will be needed to support community food needs.

Silviculture, the agriculture and utilisation of trees and shrubs which are multi-purpose and highly productive, will have to answer some of these demands.

All parts of *Moringa* are edible and utilised: leaves, flowers and young, green pods known as 'drumsticks' as fresh vegetables; the bark, seeds, tubers and roots as condiments. A sweet non-drying edible oil that is highly resistant to rancidity is extracted from the mature seeds and can yield a much as 250 l/ha. The seeds are eaten green, roasted and milled for tea and cooking.

Depending on how the plant is managed, the leaves can be harvested after 60 days from planted cuttings. Wet and dry

seasons vary production from between 1100 and 650 kgs/ha per harvest. Yields of 6 tons/ha per fresh harvest have been achieved.

The leaves are the most nutritious part of the plant, fresh dried and ground into a powder being rich in protein, minerals and vitamins A, B and C. Flowering for pod production is annual, but can be year round in some conditions. The mature seeds contain a 40% extractable, clear and odourless culinary oil known as Ben oil. This oil is also a useful biofuel.

The seed cake, after pressing, is used as a valuable non-toxic flocculent in water purification, and is also useful as a fertiliser.

Moringa is utilised in ethno-pharmacy, having antibiotic, hypotensive, anti-inflammatory and hypoglycemic properties.



The phytochemicals in the re-wetted, ground leaves have detergent and antiseptic qualities.

The culinary properties of both the leaves and pods are generally utilised in world cooking, especially in curry preparations. The shredded root is an excellent substitute for horseradish. A South Indian Sambar is prepared from the young pods and lentils. Thai Kaeng som is a sour curry prepared from the pods and fish.

Finely chopped leaves are used in salads and in place of, and to sometimes accompany, coriander as a garnish. The flowers are blended with bean (chickpea) flour and deep fried into pakoras snacks.

Nam phrik kaeng som curry paste

5 Jalapeno red chillies plus 10 red birds eye or Thai chillies
5 shallots, minced
10 cloves garlic, minced
1 tbs shrimp paste
½ tsp salt

Mill ingredients together. Jar.

Thai Kaeng som 'Sour Curry'

(coconut-free curry)
500 gms fresh unshelled prawns or 500 gms diced firm fish
2 cups of cauliflower, small pieces and/or diced Moringa pods
2 cups of large julien, daikon radish
4 cups of Chinese 'Nappa' cabbage, 50 mm pieces
1.5 litres water
4 tbs nam phrik kaeng som paste
7 tbs tamarind paste
10 tbs fish sauce
5 tbs palm sugar

Method: In a large saucepan, boil water, remove from heat and add curry paste, fish sauce, palm sugar and tamarind, reboil.

Add daikon, cook for 5 minutes, add Moringa pods and/or cauliflower florets, cook 6 minutes, taste and adjust.

Add the Nappa stems, cook 2 minutes. Add green part of the cabbage, cook 2 minutes, add seafood cook 3 minutes.

Serve immediately with rice or noodles. Garnish with chopped moringa leaves and/or coriander.

Plant of the month

Tree Fern *Cyathea cooperi*



by Richard Burer

This warm weather after the big wet has helped this majestic fern sit in its healthy glory in our rainforest and wet forest gullies.

Common in the Nimbin area, *Cyathea cooperi* can be found in big clusters throughout the Nightcap in Whian Whian area. It grows comfortably in the wetter forest types where fire has been excluded.

At home it's just as likely to self propagate on

a south-east facing rock wall. In the garden or your revegetation areas, this Australian tree fern looks at home in a rocky gully, giving the viewer an eyeful in the rainforest understory.

Grown in clusters that reach around 5m in height, they look magical, but try to keep them from intense full sun.

Cyathea cooperi is well regarded by the first peoples of Australia as it was used as a tonic after sickness.

Food matters

by Neil Amor

Our popular jute shopping bags, with local artist design (pictured), are now back in stock, so buy yourself one and help out your Organic Food Co-Op.

Our AGM will be held on Monday 28th August, 6pm at the Green Room, Nimbin Community Centre. All members are welcome. If you wish to join our volunteer team, just text or phone 0497-833-717.

This month's food mythology concerns the cauliflower. But one cannot discuss the cauliflower without mention of the cabbage, because it is the cabbage from which the cauliflower sprang.

Cabbage has been part of our diet for a few thousand years and dates back to the era of ancient Greeks and Romans. Roman mythology holds that cabbages sprang from the tears of Lycurgus, King of the Edonians.

Domestication of the wild cabbage has led to the evolution of the cole family of vegetables, such as cabbages, broccoli, brussels sprouts, kale and kohlrabi. It was during this period of time, around the 15th Century, that the cauliflower appeared on earth.

Cauliflower fritters

(makes approx 20)

Try this recipe with aioli or your favorite chutney. Great hot or cold.

Half a large cauliflower
300g self-raising flour
100g grated pecorino cheese
1 garlic clove crushed
3 tbs flat parsley chopped
3 eggs lightly beaten
Olive oil for frying

Break cauliflower into small pieces and add to large pot of boiling water. Cook until soft. Drain and cool in a large bowl.

Add flour, cheese, garlic, parsley, salt and pepper to bowl and lightly mix. Add beaten eggs and lightly mix again. If too dry, add water.

Bring shallow oil to medium heat, then add spoonful of mix. Cook until golden, turn and flatten lightly with a fork, and cook through.



Aioli

4 garlic cloves
Pinch of salt
½ tbs white vinegar
2 egg yolks
1 cup olive oil

Crush the garlic with the salt until it forms a fine paste and transfer to a large bowl. Whisk in the vinegar and yolks, and once combined, begin to gradually add the oil in a fine, steady stream, just as you would for a mayonnaise, and season with salt.



All creatures eat and drink...

only man dines



Photos Gillian Tubbs

by Eric Smith

Mrs Beeton, in her giant book of household management and cookery of 1860, said that while "All creatures eat and drink... only Man dines."

One could guess from reading the volume that she saw the difference in terms of an ironed tablecloth and polished silver, but I think the distinction is that we, so separated from nature as we make ourselves, yearn for a complexity and relationship with our food, and fill the need with rituals and stories.

We are very lucky here in the Northern Rivers that much of the story that we tell involves our own involvement in creating the food that we eat. Quite often, I have been treated to a salad of which my host says "it all came from the garden..."

The memories included go backwards from rinsing leaves, all the way to a tiny green sprout emerging from the ground, or even the saving of seed the previous year, and soil preparations.

For myself, having had a commercial dairy in California, the memory in a goat cheese includes everything from aiding newborns to suckle from their mother, to watching the crinkly rind develop just enough, before the inner cheese becomes too runny to take to market.

This desire for a complex relationship with food can show up in unusual forms. Does it surprise us that people in the cities, buying wrapped food that they can now pay for

without speaking to a person at all, become obsessed with MasterChef and dishes that take over a hundred steps to make?

Being involved, or at least aware, of how your food is produced sounds simpler and healthier than that. And while many of us are capable enough to grow a lot of our own food, the most logical source of additional food comes from local growers and producers, passionate about what they do and the place they do it, who are accessible to you both with their produce, but also with their passion and their stories, right at the Farmers Market.

We are lucky enough to have two, right in the Nimbin area, but I have to admit that my favourite is Blue Knob on Saturdays, where people linger over a coffee in the café, and lively discussions are had not only over food, but of art.

Talk to the producers, hear their stories of how they make what they make, what is coming soon with the changing seasons, and what you can do to make more of your own (we have some of the best seedlings around available).

Take the food, the stories, the memories, and the beautiful complexity home with you, and dine through the week. Linen napkins optional.

The Blue Knob Market runs from 8.30am to noon on Saturdays, rain or shine. The complex, centred around the historic Blue Knob Hall, includes a gallery, café, farmers market, and ceramic studio.

We are always glad to see you.



by Robin Stein, Healer

In 1968 I was singing at the Bourbon and Beefsteak Restaurant in Kings Cross.

Walking to work one night, I was stopped by an agent asking me if I'd like to go to Vietnam. I declined. There was a war going on there. Finally, I decided I'd like to go if I could entertain both Oz and US troops. Plied with every vaccination under the sun, I left Oz in May 1968.

The flight touched down quite late at night, so I slept at Ton Son Nhut airport. The military gave me a room with a cot, and more vaccinations,

REMINISCING

making me terribly ill. I was asleep for an hour when the airport was hit. The noise alone was deafening and terrifying and I wondered what I'd done coming to a war zone.

Next morning, I was on my way into Saigon in a jeep, passing burned out cars and poverty like I'd never seen. It was extremely hot and sticky. Soon I was delivered to Daniella, the Italian agent who paired round-eyed singers with bands coming from everywhere. Daniella had a second job as a stripper!

My long dresses were pushed aside for mini skirts and dresses that were made for me in two days as I rehearsed with a fabulous Korean band. Neither spoke the other's language but we became close friends. They were great musicians and they ripped through my charts. Hundreds of bands came to Saigon, which was relatively safe. They performed three shows, then left. I wanted to help morale, and the troops working in Saigon were not in need of a morale boost. So I decided to take my show into the front lines and this is exactly what I did for the next 11 months.

Once we were hit with tear gas, while giving a show to hundreds at a large US base. Everything was on fire. Skin, mucus membranes, tears flow from eyes and nose and you can't see, but you run blindly, as fast as you can, to get away so you can breathe. Some medics took me to a tent triage for oxygen. Suddenly, my Korean drummer burst in, yelling

emotionally in Korean. Then he hugged me and ran out to see if the others were okay. "You speak Korean?" People asked. I understood perfectly.

We performed 16 shows a week in bunkers, on the backs of semis and even on the top of a pile of Howitzer shells. My biggest show was to 10,000 people at the Bob Hope Theatre. I performed with three different bands. We were shot at by snipers and saw as much action as the troops. And I'm very proud about what I did.

We've just found a place to live, but while we were homeless for so long, I spoke often to Vietnam Veterans, and also to Bob Mowle from the Lismore RSL sub-branch. Of course, they wanted to help, but they can't. Although the Vietnam Vets have put a submission to every government for almost 50 years, requesting recognition for me and the thousands of civilians who did such an amazing job for Australia, they have constantly denied this recognition by the government.

I was about the only singer who was there for almost a year, with most of that time being in the front lines, boosting the morale for both Aussies and Americans. The 'Australians at War' Film Archives filmed my entire story over two days. The FBI thought I was important enough to give me the third degree about what I might know when I arrived in New York. But no Australian government will acknowledge that I was even there.

PLASMA the fourth state of matter

by John Hardgrave

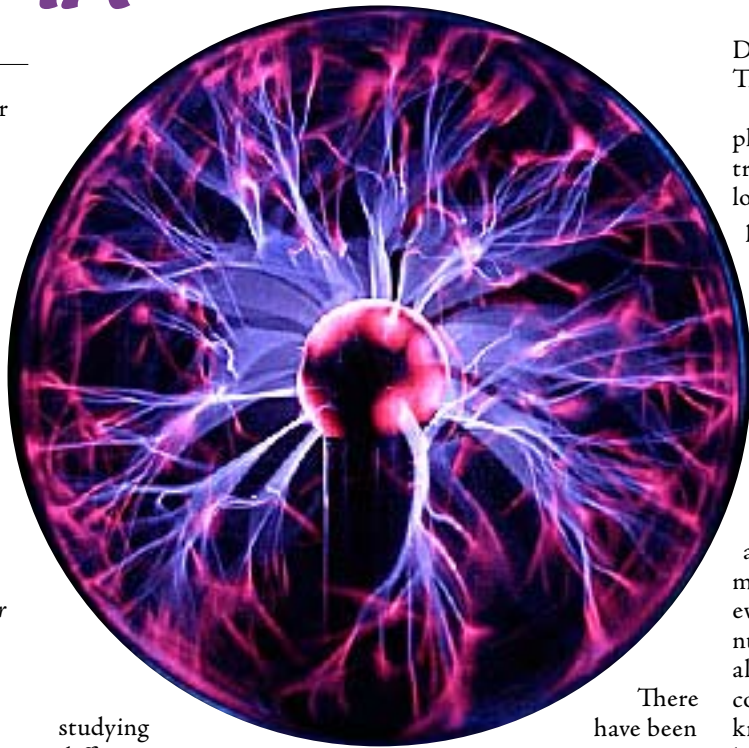
We are all familiar with the three traditional states of matter (liquid, gas and solid) Well to my astonishment there is another state!

The fourth fundamental state is one that is less well known, which seems ridiculous, as it is the most common in the whole universe. Of course I am referring to plasma, a state of matter quite unlike any else.

Cold plasma looks like the glow from the blue *Star Wars* lightsabre, however this beam of energy, made of electrons that change polarity at micro-second or nanosecond speeds, could help bones heal faster, according to a study published on August 11th 2016 in the *Journal of Tissue Engineering and Regenerative Medicine*.

Most people interact with plasma every day. It's in our TVs, fluorescent lights, lightning, the aurora borealis, and the sun. However, these are all examples of hot or "thermal" plasmas. Since the discovery of cold plasma, about 20 years ago, it has been used in agriculture to sterilise the surface of fruit without damaging the delicate edibles.

More recently, scientists have been performing experiments treating living animal cells and tissues,



studying different applications of it, to learn more about its potential applications in healing and medicine.

One leading author Theresa Freeman, Ph.D., Associate Professor in the Department of Orthopaedic Surgery in the Sidney Kimmel Medical College at Thomas Jefferson University, says, "We showed that a cell matrix treated with cold plasma generated using microsecond pulsing, can promote differentiation of cells into cartilage and increase bone formation." The study demonstrates that cold plasma may be 'tuned' to either promote or inhibit cell/matrix interactions by chemically altering the matrix.

There have been many cutting edge technologies utilising plasma. Earlier pioneers were Nikola Tesla, Georges Lakhovsky, Raymond Rife, Alexander Gurwitsch and especially Antoine Prioré. More recent luminaries include Dan Winter, Thomas Bearden and Mehran Keshe.

"Plasma technology has the potential to have a huge influence on pain reduction, longevity, enhancing immune systems and reducing healing times. It restores coherence in multicellular organisms, thereby increasing the potential of homeostasis in cases of many degenerative diseases. It is also known for increasing circulation and sensation in areas where these have been limited or lost." –

Dan Winter, father of the Theraphi.

Amongst other things, plasma can convert a transverse wave to a longitudinal wave. Also, phase conjugate (time-reversed) waves can be produced by plasmas. Prioré's apparatus produced a scalar EM wave/signal including the phase conjugate waves.

The proof that the requisite time-reversed signal can be produced, and will ride down a magnetic field, to penetrate every cell and every atomic nucleus in the body, is already in the present hard-core physics literature, if one knows where to look and how to properly interpret the work. (Thanks to Thomas Bearden).

In conclusion, from the research and testimonials, plasma energy devices seem to enhance the body's natural ability to heal. This exciting advancement opens a whole new paradigm in regenerative medicine.

John Hardgrave is the Principal Theraphi Technologist at the Flower of Light clinic in the Lismore CBD, located at 29 Orion Street opposite the Catholic Cathedral. He is passionate about using non-invasive methods that holistically support the client's healing journey. Book online or phone (02) 6622-3835. Find out more at <https://theraphi.com.au>

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Time to hit the Crofton Weed

Weed Words

by Triny Roe

In the Winter of our Discontent is the time to hit the Crofton Weed, *Ageratina adenophora*.

This prolific weed will be beginning to develop flowers this month so get onto it soon. Crofton is easily hand pulled as the roots are fairly shallow. Removal of this pest species now will make room for more desirable species to germinate in the future and flourish as Spring approaches. Removal before it is in full flower in October will go a long way to reducing the seed bank.

If untouched for a few years, crofton develops large clumps which may need loosening with a fork if a little stubborn. A few years of strategic weeding will see a reduction in population.

Crofton was first identified as an invasive weed in the Lismore Shire in the 1920s. It takes its common name from a councillor whose land it first colonised. Crofton was brought from Sydney by a neighbour as a lovely flowering garden plant.

This pretty plant spread from there throughout Northern NSW and SE Queensland. In the 1950s,



dairy and banana farms were abandoned as the aggressively growing weed took over, displacing pasture and decimating productivity.

In Nepal they call it 'killer of forests' as it competes with forest regrowth. Horses will eventually sicken and die after continued exposure.

Cattle are not similarly affected but won't graze it if there's plenty of grass available. It is of moderate palatability to goats so these could be used in a management program. Roots will still need removing as they will simply reshoot next season. Slashing just makes more and bigger plants as cut stems laying on the ground readily root and shoot again in a high rainfall season.

If bush regeneration is your aim, wild raspberry – *Rubus rosifolius* might first take its place, providing habitat and

food for native bird species. Tree species such as sally wattle – *Acacia melanoxylon*, red kamala – *Mallotus philippensis*, red cedar – *Toona australis*, the cheese tree – *Glochidion ferdinandi*, and native tamarind – *Diploglottis australis* will all readily germinate and shoot upwards through the scrambling ground cover. A wet winter means plenty of groundwater available and there's hopefully good seed bank remaining in the soil for natural recruitment.

The April deluge courtesy of Cyclone Debbie, wreaked havoc on the waterways and hillsides of the Lismore shire and beyond. Plenty of local creek banks need attentions and remediation as well as landslips on steep slopes. Keep a close eye and monitor these locations as new weeds will appear, washed down

from upstream or overland.

Looking after land is an important responsibility. Managing the weeds is a big part of it. Especially in the Northern Rivers with its high rainfall and sub-tropical temperatures. Everything grows bigger and faster here.

Reduce your workload by keeping an eye out for new incursions and get them while they are small.

Be alert for groundsel – *Baccharis halimifolia* and giant devil fig – *Solanum chrysotrichum* coming to a paddock, creek bank or roadside near you. Common on old cattle or banana farms, these aggressive woody weeds will quickly entrench creating a huge problem down the track if not attended to promptly.

Both species are classified as noxious so land holders have an obligation to deal with them. You have to do them sooner or later so you might as well do them sooner.

A vegetation survey is money well spent when purchasing land. If it all looks lush and green, ask an expert. Know your weeds and other plants and how they behave. Develop a strategic weed management plan and enjoy your 'lifestyle property'.

Happy weeding.



by Geoff Dawe

In his book *Battlers of the Barkly*, Alf Chambers writes of an old patriarch "failing fast". The patriarch is complaining of the food and says, "It's nourishment I need at my age... good rich food, plenty of sponge cake, plum pudding and sweets."

The time was about the 1940's – the time of diphtheria, polio and tuberculosis. My parents said that in the Depression years just previous to this, a meal was often bread and dripping (animal fat).

The medical industry has never acknowledged that poor diet, and the stress of a world war, may have created an environment suitable for disease. To this day, ignorance of the link between diet and health continues.

It's tragic that over 2000 years after the father of modern medicine, Hippocrates voiced, "let food be thy medicine, and medicine thy food",

Medical malaise

that this does not resonate with the conventional medical industry.

Associate Professor of Orthopaedic Trauma Surgery at San Francisco hospital, Dr. Lorraine Day, contracted breast cancer in 1992. She says she cured herself in eight months by, among other strategies, going on a vegan diet. She also put forward the common sense suggestion that, "Your immune system is the only system that can heal your body."

Dr. Stephen Barrett, writing on the internet site *Quackwatch* says, "The idea that diet can cure cancer by 'strengthening the immune system' is a fairy tale."

Science has never been able to prove that fairies don't exist. Similarly, science has never been able to prove that strengthening the immune system doesn't cure cancer. Science is selective in what it examines. It is also prone to reductionism.

That is, it is not interested, in terms of the conventional medical industry, in taking a more holistic, whole body approach where one's "medicine" of food aids in healing all the causes of failing health, not just the target disease.

Dr. Day has not been the only one to cure cancer by changing diet as a major strategy. See for example, Australian, Percy Weston's book *Cancer: Cause and Cure* and American, Chris Wark's website. None of these people cured their cancers by juicing with meat and cheese!

Cancer patients who are trying alternative methods often juice with organic fruits and vegetables. This is in

an attempt to get in far more nutrition than what the standard diet supplies. Naturopathic doctor and PhD Karyn Mitchell, documents in *Raw Nutrition*, that fruit and vegetables are depleted in minerals compared to past years.

An apple in 1914 for example, contained almost half the daily requirement for iron whereas the equivalent amount of iron today would require the consumption of 26 apples.

If humans are really interested in health rather than widespread resort to comfort foods that inevitably lead to disease, then major enquiry into what constitutes human food will touch on the vegan diet and the benefits of raw food. It will also enquire into the inadequate practices of industrialised agriculture.

Humans will also do everything they can to reduce, in author of *Pesticides and Breast Cancer*, Dr. Meriel Watts' words, "...some of the 70,000 synthetic chemicals in our environment..." Furthermore, they will acknowledge the stress that accompanies civilisations.

Immunisation is resorted to by a medical industry that doesn't currently wish to enquire whether, if the human body is properly fed, not just with food, but with adequate water, a non-toxic environment, stress elimination, exercise and the correct ratio of CO² in air, it has the capacity to heal itself.

The technocratic approach is always to assume nature is imperfect or inadequate. It ignores attempting to find out, including with the supposed need to immunise, whether this is true or not.

“*Kopi susu!*”
The call from the kiosk brings our attention back to the matter at hand: hot coffees to take away, sweetened with condensed milk and at the astronomical price of 25 cents each.

My friend Elvis jumps up to pay, wincing at the old bullet wound in his side, a legacy of the Dili massacre. He comes back with two little plastic bags tied at the top, filled with milky brown liquid. He delicately pops one with his teeth and sucks out the sweet ooze, handing the other to me.

I don't know what I was expecting. A cup, maybe? But then a takeaway cup is plastic, too. It's this, the obsession with single-use plastics, and the reefs and beaches strewn with rubbish, which disabuses me of any romanticism for tropical Asia. Diving? I can't see past the plastic. Swimming? Pea soup with plastic bags.

In contrast, the guilty remnants of my Australian consumerism have always been conveniently swept out of the way, hidden under a garbage bin lid or taken away by a truck. Here, it's out in the open.

The shuddering, crowded ferry by which I had island-hopped from Kupang to Jogjakarta had initially impressed me with its array of signs throughout: *Please dispose of all your rubbish in the bin*. Passengers kindly obliged, keeping the vessel spick and span.

It was only when I got up at 5am one morning and went upstairs to watch the sun rise over the sea that I found the staff emptying every single rubbish bin overboard into the water!



Now it's official: we're drowning in plastic.

Not us, exactly, but fish, seabirds, turtles. The ocean itself. The two largest patches of oceanic garbage – the North Pacific gyre and the South Pacific gyre – are larger than many countries, formed where oceanic currents, and by extension millions of tonnes of rubbish converge. Most of it is plastic.

Up to 80% of oceanic plastic originates from land-based sources, and in our neck of the woods, Indonesia is purported to be responsible for more than half the plastic reaching the Pacific.

A country with an archipelago of hundreds of islands, a population of over 250 million, and an absolute adoration for plastic, it also lacks the infrastructure to recover much of

its waste. With rapid development of consumer markets in many such countries – often pushed by Western corporations – the story is repeated across the globe.

It must be noted, however, that media bias may well underestimate the role played by the developed nations (North America, for example) in contributing to oceanic garbage.

Now, in Australia, we're owning up. And we want to join the fight by banning the single-use supermarket-checkout plastic bag.

Thirty years ago, my mother presented herself – and, by extension, me – at the checkout of our rural redneck supermarket with an array of recycled and re-useable bags, and when the blank-eyed cashier began to pack our groceries into the generic plastic shopping bag, she'd say,

loudly, “No bag, thanks.” No bag thanks. Nobody said that! Gosh, it could have been the mantra of my childhood. I can hear the kids still taunting me: *No bag thanks! No bag thanks!*

Of course, once I'd left home I was all like *No bag thanks!* All over the place too! And ye olde supermarket bag is a good place to start: a place where almost every consumer will be forced to ask the question – WTF?

But if we are really going to get real, we need to legislate for environmental standards for all goods sold or manufactured in this country, ensuring they meet four criteria: those of lifetime quality, repairability, recyclability, and biodegradability.

And that's not degradability – the ability for something to break



by Anastasia Guise

readily into small pieces – but the ability for a product to be broken down by oxygen, UV, or bacteria, into individual chemical components which the ecosystem can deal with.

It would change the face of the consumer market overnight, and encourage other countries to follow.

They say there is nothing more powerful than an idea whose time has come. While whole nations are adopting renewables, and banning petrol vehicles, a radical overhaul of consumer waste is the next logical step.

I still remember that day in Java, as Elvis took me up to Borobudur temple, how the little plastic bag clung to my hand inside my pocket, a little unpleasant mess that just wouldn't go away.

Anastasia is an author and environmentalist, writing on ecology, science and humanity. Facebook: [anastasiaguiseauthor](#)

Koala Kolumn

by Lorraine Vass

These mild sunny days are heavenly; Spring can't be far off. Koalas too are enjoying the warmth and are moving around expectantly, often spending more time on the ground where they are at risk from cars, dogs and other predators.

Admissions to the Koala Care Centre are on the rise again. Ten koalas including two orphans have been brought in over the past couple of days.

This spate of rescues isn't dissimilar to last year when we were experiencing another warmish Winter. 433 koalas were admitted in 2016-2017, a third more than usual. The number of sightings also increased. Releases remained low at around 15%. Who knows how this year will pan out?

Right now mothers are slowed down by young; thus a dog attack or road-hit can involve two animals. The premature death of a breeding female in our dwindling koala populations is a calamity; the loss of a back-young as well, with its breeding life ahead of it could spell disaster. Remember, a 2% drop in koala numbers can be sufficient to tip the balance towards local extinction.

Koalas can move at any time of the day or night but they are largely nocturnal so night-time, between

dusk and dawn, is especially dangerous for them. If you are a dog-owner living with koalas we ask you to keep your dog (no matter its size) inside at night. It's natural for dogs to chase things and there's always the chance that they'll bite a koala. Dog bites are often not visible but even a small puncture can be lethal if not treated within twelve hours.

We ask motorists to drive carefully, observing koala signage and keeping to the speed limits. Many roads transect koala habitat; roadside visibility can be poor; animals appear to come out of nowhere and are often difficult to avoid; it is not uncommon for a koala to be hit by more than one vehicle. Nor is it uncommon for an incident to be reported by a motorist coming up behind.

Should the worst happen and you hit a koala or you observe an animal that has been hit, please stop and check its state. Friends of the Koala encourages motorists to carry a blanket or box in their car, for such an eventuality, in order to contain the animal and remove it from the road.

Stopping on any road needs careful consideration, as does handling a wild koala (a swipe of those sharp claws can be damaging). Please put our phone number in your mobile phone and report any

koala in trouble immediately.

Random deaths from vehicle impact and dog attack can only increase as the region's human population rises. Just over the past month there's been widespread concern expressed in the media about the impacts on koalas of mega-developments at West Byron Bay and at Kings Forest in Tweed, as well as aspects of the on-ground pre-construction work associated with Section 10 of the Pacific Highway Upgrade.

They are the conspicuous tip of the iceberg in as much as small development is an everyday occurrence which is largely unreported. So, it has been encouraging to learn that Ballina's Core Koala Habitat Comprehensive Plan of Management which is incorporated in its Shire-wide Koala Management Strategy was approved by the NSW Department of Planning in early July. We can only hope that the Plan for the Byron Coast is not far behind.

If you wish to learn more about koalas and Friends of the Koala's work, register for the Koala Educational Workshop to be held on Saturday 19th August at the Lismore Campus of Southern Cross University at: training@friendsofthekoala.org or by phoning (02) 6622-1233.



Friends of the Koala
Presents a

Koala Educational Workshop
To be held on Saturday the 19th of August
From 9am to 4pm @ SCU room Z181A
Bookings are essential, RSVP on
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To report a koala in trouble, or a sighting
(02) 6622-1233

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To report environmental incidents, including removal of koala habitat, ring the 24/7 Office of Environment & Heritage
Enviro Line: 131-555.

Gravitational influence on physiology in Hatha Yoga

by Cameron Storey

Yoga makes use of gravitational force to redirect blood flow to different areas of the body.

This redirection helps drain deoxygenated blood from an area, for example the feet and legs in a hand-stand, and after completing the posture, a redirection of oxygenated blood back into the feet and legs.

So when moving the body through a series of aspects, (sitting, standing, inversions, partial-inversions, and lying postures), blood is eventually circulated vigorously through all the veins, arteries and capillaries, improving circulation as well as oxygen, nutrient transfer and waste removal.

Where the blood pools in the veins of the legs the veins can become dilated and enlarged, which is called varicose veins, and this affects around 25% of adults.

Yoga mobilises gravity to increase weight-bearing to a full range of the 206 bones of the body. For example in dual-arm balances the arm bones and the shoulder complex bear the full weight

of the body which increases the bone density of the all the engaged bones including the bones of the upper vertebrae.

These weight bearing dual-arm balances, of which there are about 25 variations, require varying levels of both strength and flexibility. The lower vertebrae are usually the most weight-bearing of the entire spine for most people but the consistent yoga practitioner trains even the cervical vertebrae to bear weight, as in the case of headstand and hence increase the bone density of the cervical bones.

This practice is not to be undertaken lightly as there are many contraindications with this posture (eg. previous neck injuries, high blood pressure, vertigo, heart palpitations, thrombosis, and any condition of impure blood).

The intensity of this posture can be controlled as in the case of an easy supported headstand and the duration should be managed incrementally over time so there also is no need to fear headstand as many people do.

Yoga utilises the body's own weight to increase the



strength of many of the 650 muscles of the body. Standing postures target the upper leg, lower leg and feet muscles, arm balances target the hand, arm and shoulder muscles,

back-bends target back muscles and core muscles are targeted with several different exercises. All postures utilise gravity by increasing or decreasing leverage and/or

base of the posture.

As well as effects upon the circulatory system, the muscular system and the skeletal system, more consequential effects can be attained upon the endocrine system.

While postures like the headstand increase blood flow to the pituitary gland, pineal gland and the hypothalamus, shoulder-stand and plough increase blood flow to the thyroid, thymus and the parathyroid glands due to the pressure of the chin lock applied to the internal, external and common carotid arteries combined with the effects of gravity in this inverted posture.

The kidneys and adrenal glands can be squeezed of deoxygenated blood and oxygenated blood in back bending postures.

One of the effects of forward bends, where the head is below the heart, and some yoga inversions is a sedating effect on the nervous system more pronounced than just lying the body down flat for relaxation. Child posture or legs up the wall are good examples of this.

These postures trigger opiate-like neuro-chemicals to circulate in the body causing a deep sense of relaxation in the nervous system and regeneration similar to deep sleep.

The reproductive and urinary systems are targeted in postures like Baddha Konasana (feet together, knees wide, sitting upright).

"It is well known that diseases of the urinary tract are rarely found in Indian cobblers and the reason is that they sit all day in this pose." – BKS Iyengar, *Light on Yoga*

It can be easily understood by everyone when practising the art of yoga that there are profound changes taking place within several different bodily systems that can be felt. The use of gravity and one's own body help regenerate multiple systems: muscular, circulatory, skeletal, nervous, reproductive, urinary and endocrine.

The Dharma Centre on Lillifield Community has four yoga classes a week. Phone (02) 6689-7120 or check our Facebook page: Dharma Centre – Lillifield for more details and directions.

The beauty of surrender

by Betti Wille

Surrender is acceptance of what is. It means giving up resistance.

When I give up resistance there is space for peace.

Stating this, I remember feeling furious about the notion of surrender in younger years. (Surrender to ignorance and injustice? No way!)

Heavy armours used to block this body-mind-functioning. A bright and glossy facade was put up to hide a messy interior. I would have strongly denied that at the time.

Righteousness was another growth that appeared out of self-protectiveness. I had to be in control to feel safe. I didn't notice the fear and loneliness inside.

The body couldn't be fooled though; it grew tighter and tighter until it didn't facilitate a healthy flow anymore. In my case, the result was burnout. Unknowingly, I had cut myself off from the nurturing source of joy, truth and love.

Stubborn and strong minded, I had to be forced into surrender. With professional help and trust in the intelligence that runs my body I took little dives into the unknown.

Witnessing my panic on several occasions was hard work. After all I had armoured myself to feel safe and suddenly my safety scaffolding was meant to collapse. Only when the new muscles in demand had gained some strength could I feel the new well being in all its grace.

Surrender isn't about being passive – it's about being open.



Life then started to feel quite different at times. I had no idea what was happening but trusted the process. My body gradually began to soften, too.

Taking 'risks' has become easier. It doesn't feel shocking anymore to notice and reveal feelings of insecurity. Asking for help in various situations was tough. But I even feel able to sit with a 'no'. In that short uncomfortable moment I just focus on my breathing.

It's still scary at times to be honest about my feelings. But the new, vibrant inner aliveness is the best reward. There are frequent waves of immense joy. The experience of loneliness, loss or insecurity has also deepened but doesn't last very long, is less frightening and not burdened with shame.

I need to take risks and take steps into the unknown. Otherwise what I'm doing is standing back in order to judge and feel superior.

The other day I was reading in Neil Walsh's "Conversations with God". These passages suddenly made me feel wide awake:

"Every action taken by human beings is based in love or fear ... every single free choice you ever undertake arises out of one of the only two possible thoughts there are: a thought of love or a thought of fear. Fear is the energy which contracts, closes down, draws in, hides, hoards, harms. Love is the energy which expands, opens up, sends out, stays, reveals, shares, heals.

... Every human thought, word or deed is based in one emotion or the other. You have no choice about this, because there is nothing else from which to choose. But you have free choice about which of these to select."

Could it be that simple?

Do I only need to embrace the energy of love to deal with my fears? Be loving, generous, open-hearted, truthful and committed? Just be all of this as much as I can?

Yes, we have been taught to live in fear, especially fear of failure and fear of loss. This cannot be shaken off easily. It's pretty sticky. So my concluding thought, dear reader, and you will make up your own mind, is: "When I accept fear and welcome grief, there is space for love."

Have you tasted the beauty of surrender?

Betti practices Biodynamic Craniosacral Therapy and community classes in Nimbin. Contact: biodynamic.touch@gmail.com or phone 0490-292-138.

It can happen in a moment

by David Ward

In relation to my own life, I had to take control and assume the position of being the expert on the subject. This was the only hope of escape from the reality of being stuck in addiction and uncontrollable compulsion forever. Theorising, quantifying and qualifying everything wasn't the answer, neither was handing the responsibility over to someone else. It was all a matter of shifting my consciousness at that certain point in time.

It seems it could have been as simple as being guided in the use of some homeopathic remedies, making a Tibetan singing bowl sing or holding a piece of moldavite up to the light and looking through it, to subtly but powerfully shift that consciousness.

This is a very different kind of magical power than that of drugs, creating a whole new experience of life in a moment, a reminder of our human gift, the ability to transform. That shifting of consciousness being the evidence that it can be a matter of choice whether we stay locked into a particular state.

Relying totally on certain industries to provide the answer and fulfil our hopes for freedom and holistic health is just another form of addiction, we can simply recognise our ability to choose the path that works and feels best for us.

Having had that shift in my consciousness and making that logical connection to a self administered practice like yoga is

all it took to embody that freedom and make it my own for as long as I choose.

In a positive sense, drugs can provide recreation, relaxation and medication or in a negative sense they can do the opposite. There is a limbo between knowing that our substances no longer serve us, and finding our freedom. The trick is to encourage our intuition to wake us from that limbo as soon as possible.

This is the place we call addiction and we don't want to stay there any longer than we have to. This is the place where our health, our energy, our relationships and our potential can seemingly evaporate much more quickly than they need to, any sense of pleasure we once associated with our substances has long gone.

Overcoming addiction can be as simple as recognising when the harm from what we are doing outweighs the good. On its own this can be the most irritating and useless piece of advice.

However, coupling that understanding with guidance in the use of those subtle tools for shifting the consciousness and the embodiment of a practice such as yoga is where our new life begins.

It takes these practical elements to complete the picture; theory will never be enough on its own. Why sell ourselves short when complete freedom is available for us to keep, something that can't be lost or taken away from us?

The Vital Choices Program offers proven strategies to end all addictions phone David on 0447-820-510.

Merging energetics and equine sports therapy



by Les Rees, Equine Naturopath

I guess that I've always found it easy to recognise the symptoms of disease in animals, especially when around horses.

Many years ago we had American barn styled stabling that faced inwards towards with a central alley running down the middle. In the mornings I'd open the door and instinctively know if there was something amiss with one of the horses. All it took was a glance at their faces and I'd know there was something amiss.

At that time I didn't question this ability, and it wasn't until many years later that I began to understand how I recognised the signs. Just like humans, they show it in their facial expressions, especially around the eyes, and having grown up with horses it stood out to me like a sore thumb.

As an adjunct to herbal medicine, I became interested in searching for ways to combine natural medicine with other natural therapies that could be put together to achieve long term results

for healing. Trusting my intuition, I found that my hands were searching for differing energy levels and began to find a connection between fluctuating energy and places under tension in the body.

After a while I became more sensitive to the changes to the extent that I found my hands bouncing off areas of the body where there were underlying problems. This helped me with diagnosis and, to support my theories, I compared my findings with the diagnostic opinions of chiropractic and other massage professionals and found that was a definite correlation between our respective findings.

Given that I was working without actually touching the body I began to think that there is actually very little contact needed to trigger the body to release areas of tension, after all a horse can detect a fly the instant it lands on it and shake it off. So if you lightly touch the horse you should be able to detect changes in the horse's responses.

I found that if you hover over those areas that seem tight or sore, the horse will release tension. Sometimes you can

feel a fluttering under the skin before it relaxes and is usually followed by sighing, lip licking, involuntary twitches, shaking the body or moving around. Having done some research, I believe that it may have some connection with the meridian system in the body.

Meridian pathways join the internal organs and transport energy linking positive and negative polarities that self-regulate balance within the body. These pathways run close to the body surface and contain points commonly used for acupressure and acupuncture. These are used to stimulate an increase or decrease energy to stressed areas caused by injury, trauma and toxins, etc., to restore balance and aid the organs to work efficiently.

Neuroscientific studies have found that stimulating points within the meridian pathways affect the neurologic and endocrine systems by releasing neurotransmitters, chemical secretions that cause a positive reaction in nerves, muscles and glands. This isn't surprising as these points also lie along major peripheral nerve pathways that correspond to known neural structures.

Combining this "technique" with equine sports therapy seems to be very calming for the horses. I use it before using any conventional massage therapy as it stimulates the process of healing before I even begin. My own horses love it when I run my hands over the meridians, and they all hang around when I treat one of them and often show signs of releasing tension in their bodies as they pick up on the energy as I'm working. It's a great way to share connectedness with all of them.

If anyone is interested in using this technique, there are plenty of meridian charts online. Try it and enjoy sharing some positive energy with your horses.

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The big secret

by Suzy Maloney B.Eq.Sc.

My husband was talking with someone when the topic of horses came up and he was explaining what it is I do with them. He started talking about the bits in the mouth and the other person didn't understand. Eventually it became clear that he thought those pretty metal rings at the side of the horses head were just that, pretty metal rings, for decoration. He had no idea they were holding a metal rod inside the horses' mouth, which was manipulated by the rider. When he finally understood he was shocked and horrified. He really had no idea of what was happening.

This got me to thinking. How many other non-horse people also don't know about this? Is it a big secret? And if so what would people think if they knew? Many people put a bet on racehorses, or watch them at a show, but never get up close enough to see what is happening. Once the bit is put in the mouth it closes and the bit can no longer be seen. Out of sight, out of mind? What if the true goal here wasn't to help people see that horses can be ridden safely in a bitless bridle? What if the true goal was to let as many people know as possible exactly how horses are currently controlled with a metal rod in the mouth?

So the result is this article. I'm sorry for the ugly photo but I think sometimes it may be necessary to use strong images that really show what is happening. The bit was invented by humans over 5000 years ago. At that time the general attitude of humans to animals was not as considerate as it hopefully is now. The placing of a metal rod inside the mouth created sufficient pain to enable the people of that time to control the horse and thus use it for transport, farming and war. Up until that time the horse was mainly for meat.

A long time has passed, 5000 years, and humans have evolved. We no longer see animals as objects but realise that each animal is sentient, with its own thoughts and feelings and most importantly that it can feel pain. We have numerous



animal welfare organisations and activists fighting for animal rights. Yet every day, everywhere, around the world, metal rods are placed inside horses' mouths and manipulated and it seems few people notice, or are aware, of what that means.

I do not believe that if all humans knew of this that they would all condone it. Sure there will always be some who lack empathy for the suffering of others, but the majority of people do not desire for others to suffer. So if you're reading this and it's made you aware of the plight of horses, please pass it on to someone else. Ripples are powerful things, if people start talking about things, change happens.

It is time for us to live our ideals. It is not good enough to say, "It's always been done that way." Everything needs to evolve and change. This situation has persisted way too long. If you doubt the importance of what I'm saying put a metal rod inside your mouth and ask someone else to apply pressure and manipulate it. The inside of the mouth is very sensitive and moist. The membranes over the bones are very thin and contain many nerve endings. This is not a little thing I am talking about.

Perhaps somewhere in the future the idea of putting a metal rod inside a horses' mouth will seem like an archaic idea. I live in hope for that day.

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