



'Army of Me' by Julia Curtis

# MOTHER WORLD

The Roxy Gallery has been nurturing this amazing group of young mums through new births of their creative talents.

This new exhibition, 'Motherworld – reconstructing the woman' is the third time over a period of five years that this group of women have collaborated in an exhibition highlighting their amazing creative skills as painters, printmakers, photographers, sculptors, to inspire young mums continuing their interest in the arts.

With the official opening of this exhibition

taking place on Friday 9th June from 5.30pm, this vibrant exhibition will be on exhibit until Saturday 2nd July.

All of these artists are local to the region and juggle the life of work and family with their interest in being creative artists. The diversity in the talents they have, shine in the imagination of their artworks. 'Motherworld' comprises powerful works from Katie Alleva, Heidi Beynon, Julia Curtis, Erin Nolte, Jill Ruciman, Rebecca Tapscott and a few more nurturing individuals.



Image by Jill Ruciman



A work in acrylics by Poppi McCarthy

## It takes a village to raise an artist

From the 9th to the 21st June, the Serpentine Community Gallery is pleased to host the multi-generational exhibition 'It takes a village to raise an artist.'

This show presents the works of four unique artists who share a passion for the process of art making as an essential element in constructing a narrative that echoes and makes sense of their individual lives. The need, the urge to create artifacts simply becomes part of the artist's everyday life.

Commenting on her body of work, the 'elder' of the group, Ochre Doyle says, "In my life, art has at times been an expression of emotions. This small series of work explores loss, both personal and communal. At times even within loss and its healing, we find unexpected precious gifts and strengths."

As a person living with a cancer diagnosis, Lismore-based artist Kerrie Divett adds, "Time in my studio helped me to feel normal, to be more myself; a place where I could sort thoughts, feelings and facts; a retreat from the fear, and a place to process that fear. These works have been created as a dialogue with myself at a time when everything seemed out of my control."

"Paper has been a good friend, absorbing the layers of process, transforming my fear as I changed mediums, my exploration of pink, my enjoyment of markmaking, the fragility of a line, and attempting to understand the grey areas. Diagnosis comes with words. There are stages and steps of understanding, and of information, and then there is intuition."

Emerging artist Poppi McCarthy's artworks are a story of her daily life, her relationships with her family, her friends, her love of her dogs, the weather and gardening. In between a busy lifestyle as a young Lismore



Detail of mixed media artwork by Ochre Doyle

adult living within her community, Poppi works in her studio, exploring acrylic paints and watercolours. Poppi has produced a recent body of work that is a vibrant fresh interpretation of her world.

And then we have the youngest of our exhibiting group, eight-year old Mika Burnet who is exhibiting for the first time, "to get used to what it is like." Mika has grown up in the Lismore art community and has been asking for a long time, "When am I going to have my exhibition?" She works with a mixture of mediums, because Mika just likes to make art.

The opening celebration will take place on Friday 9th June from 5.30pm. Please take this as your personal invite to attend, as everyone is very welcome.

Postponed due to the Lismore flood, Leigh Arnold's show 'Dimensions', which features the most recent of his stunning 3D imagery, is on view at the gallery until 3rd June.

Showcasing some of the latest works by gallery members, the exhibition 'Please Explain' opens on Friday 23rd June, from 6pm, and will be on view until 7th July. All welcome.

The gallery is located at 17 Bridge St, North Lismore. For more information, phone (02) 6621-6845 or email: [www.serpentinearts.org](http://www.serpentinearts.org)





# Manna matters:

**Flavour of the month**  
by Thom Culpeper

Where is Basra? Where is Aleppo? Both of these ancient Mesopotamian city-cultures are now virtually obliterated, these cities being among the 'winners' in the match on the 'sport' of civilisation-annihilation, both middle-eastern media centrefolds of western ideological war-pornography. Both these city-victims have accompanying famine, tragic community

destruction and massive health problems. Paralleling this horror, a new western art has been founded, that of Food-Porn. Corporate MSM has propagated to the culturally mesmerised and their attendant consumer-culinists, a novo-entertainment, that of 'performer-fud'. These distracted occupiers and actors at the media stove-ins are frying, braising, parboiling, roasting, arranging and competing in their worlds of food as art workers, performing in the media's \$25,000+ novo-

stainless steel, gadget-armed kitchens, food-hearths and tables. These forums are the stages for the prancing thespians of the Me-obsessed of the entertainment racket. And yet in Yemin, Aleppo, Basra and other places millions in the third world, adults and children starve, as westerners hoist millions of tons of neglected, stale, imperfect and marked food onto their communal tips, as landfill. Aleppo's world renowned seed bank administered by ICARDA (the International Centre for Research in the Dry Areas) is now destroyed,

# the limes of life

along with 148,000 acres for growing-out and curating of the seed that will be required to offset global warming and climate change. Much of the material (80%) was saved to Svalbard Seed Vaults in Norway. That facility was involved in minor flooding last month. The 'lost' Aleppo pepper was 're-stored' to our food resources by the plant curators at Aleppo. The ancient Suq of Aleppo, hundreds of years old and one of the most beautiful markets in the East, a glory of artisan skills, now lies in ruins. Its destruction is a vandalism, a result of the coalition of morons and the rabid maniacs of perpetual, imperial wars.

## Limes and Basra

Among the citrus are the limes, of which one (*Citrus x aurantifolia*) is the most common, often called Persian or Tabitian limes. A

culinary form of this fruit is *Noomi Basra*. In Arabic this refers to an ingredient known as Basra lemons, sometimes termed black lemons or as the Iranians say *Omani lemons* and the Palestinians, *Persian lemons*. Language being as it is, often there are confusing namings. All of these names do not say what this material really is. It is in fact *Black Limes*, limes that have been boiled in salt water and sun dried. Two forms are recognised: a brown form and a black form. This describes the dried peel, as both have black very fragrant inner hearts. They are crushed and de-seeded for inclusion in many Middle Eastern cuisines: rice, beet and spiced onion lamb or goat dumplings in the tajine being a favourite use of this spice with the Iraqis.

## Iraqi Kubbe

(Cooking stock)  
**Ingredients**  
2 large onions (chopped)  
1/3 cup olive oil  
2 cups of diced beetroot (diced)  
To 2.5 litres of water, add:  
150gms tamarind concentrate  
100gms pomegranate molasses  
3 lemons (juiced)  
100gms palm sugar  
200mls olive oil  
3 tsp garam masala or Baharat spice mix  
1/2 tsp cinnamon  
1 Noomi Basra (smashed and de-seeded)  
**Method**  
In the pot, brown the onions and add the beet cubes, sauté lightly, then add the water. Blend the rest of the ingredients and add to the pot. Simmer for 30 minutes or so. Use with dumplings or sautéed chicken, lamb or goat in the tajine. Another potting of sabra nuts (*Pachira glabra*) is to be had. Free to NGT readers from: [thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)



The Nimbin Organic Food Co-Op is winding back on our reliance on plastics wherever possible. We supply a range of paper packaging as well as our popular hessian shopping bag, and encourage all our members to bring and re-use their own containers. This month's food lore... the Pumpkin. The pumpkin was a mainstay in the cuisines of indigenous North and South Americans and is one of the oldest cultivated plants. For them, at least in Columbus's time, it was regarded as an incarnated goddess who had descended from the heavens, along with corn and beans. Cave findings of pumpkin seeds in Oaxaca, Mexico, and other places are dated to some 10,000 years B.C.E. As pumpkin and various other squash vegetables came to be known in the Old World, each region developed its own relationship to the quaint plants. For the Chinese, the pumpkin became a symbol for the primeval oneness of yin/yang; for the Africans it became a symbol for the world egg containing the seeds of all human beings. Because the pumpkin is chock-full of seeds,

for the Turks it symbolizes the female ovary and protects from the "evil eye;" In Cairo, pumpkins are hung up to protect from the evil eye. Regardless of your belief system, this side-dish will taste great. **Roast Pumpkin w/ Parmesan cheese and Sesame sauce** Cut Butternut Pumpkin in four, top to bottom, then each piece into six wedges. Peel and remove seeds. Place wedges into baking dish and toss with extra virgin olive oil, salt and pepper. Place in pre-heated oven at 200°C for 20mins. Meanwhile, dry roast 1/2 cup of sesame seeds in a pan until light brown. To make sauce, place 250ml of single cream in a saucepan and bring to near boil. Add a cup of parmesan, turn down the heat and keep stirring until sauce thickens. Place pumpkin in serving dish, spoon on the sauce and sprinkle sesame seeds on top and finish with roughly chopped parsley. Until next month, eat well.



by Marie Cameron

## A portrait of an apple

Little do locals know the apple pedigree of a familiar apple seller! Chris P Apples is not one for the limelight and is happy for his apples to hold the attention. Way back in the 50's in a small New Zealand town called Motueka, a sole apple tree grew in a ditch outside an orchard. Chris's father saw it and was intrigued to know its variety. He transplanted it inside the orchard. That tree went on to produce a beautiful apple: firm to touch with red and orange vertical streaks and a flavour that was both sweet and tart. It became known as the Braeburn. It took its name from Chris's family farm, the Braeburn Orchard. Today this popular apple is enjoyed around the world and it can be bought from Chris himself in the Blue Knob market.

## From little hearts...

Renowned lure maker and fisherman, Kevin Clark, has crafted himself into a new hall of fame. For the love of it he had whittled a small and wearable wooden heart: he then made a batch and released them into the public arena. Today the little hearts are so popular he cannot keep up with demand. He has taken to using rare and unusual timbers including hemp. Again for the love of it, he has crafted the Heart of Blue Knob. Made from white birch and over 250mm in size, the heart is soft to the touch and filled with Blue Knob love. The heart is moveable and as community events unfold it will quietly shine around the Blue Knob Hall.

## Cameo moment

'Tell me a Story' has taken hold and will return later in the year with season 3. In the meantime, Gail M Clarke will have her story moment. Washed away by the floods last time, this time Gail will succeed. It's rare for Gail to step beyond her community work. Years as a Nim-FM community radio presenter and as the co-ordinator for the Nimbin Performance Poetry World Cup (14 years) 'Tell me a Story' will see Gail wear a different hat. Hear her at the Moore Workshop Space at 10am, 24th June.

## A special appearance

Paddy O'Brien is a Mount Burrell man who loves to blend bush poetry and comedy with good old fashioned Aussie yarn telling. "Why hold to fact when a good story can give history a zing?" is his way of thinking. Paddy's bedpost is notched with memorable performance moments, each depicting where he let fly and accolades flooded in. In 2010 and 2013, Paddy won the original work prize at the 'Oracles of the Bush' Festival in Tenterfield. He has performed around Australia, in New Zealand and Canada and now it's time for Blue Knob. He will be performing at the Moore Workshop Space at 10am, 17th June.

The Blue Knob Market every Saturday 8.30am - midday. Blue Knob Hall Gallery, 719 Blue Knob Road, Blue Knob. 10 mins north of Nimbin. Call 0448 685 925 or download the app from: [www.mrktapp.com.au](http://www.mrktapp.com.au) Facebook: Blue Knob Farmers Market



# Chemicals in our environment and immunity



by Robin Stein

## Part 1

*“Chemicals that destroy bacteria will always weaken the immune system.”*

We live in the most toxic age ever experienced by human life on this planet, and it will be the greatest challenge of future generations to reverse the damage to our health, reproductive system, fauna and flora, oceans, atmosphere and our planet. Providing, of course, that we can STOP the proliferation of chemicals altogether.

It becomes even more important for us to understand how to keep ourselves healthy as naturally as possible and to begin to pass this knowledge to each generation in the way it has always been passed to our children. Arm yourself with information and be very suspicious when any advertisement tells you that a chemical that is capable of killing a cockroach instantly, will not harm you or your baby.

Words may never be spoken, only

implied by showing a mother spraying a cockroach while she has a baby in her arms and a toddler close by. Definitely be alert! To the terrorism of marketing ploys designed specifically to deceive you, to keep you and your family sick, and to add your *hard-earned* dollars to the already obscene profits of chemical companies. If you remain UN-aware, the expense to your health is far too costly because this is an example of bio-terrorism at its deceptive worst, and sadly, it has become pandemic.

One of the latest ploys to market chemicals is fear-mongering regarding bacteria on our bodies and in our homes. The truth is, many bacteria live symbiotically both on and within our bodies and we have known this for more than a hundred years. This is why we boil utensils for babies throughout their first weeks of life, but after a short time, it is more important for all of us to build a resistance to these ‘germs.’ Resistance will last a lifetime.

But if we introduce a proliferation

of chemicals into our homes, when we know nothing about how they work in various combinations, they are far more likely to place unnecessary strain on the liver, kidneys and immune system, adding to the accumulation of toxins already in the blood stream of every one of us. Eventually we will become extremely sick.

In 2002, *The American Medical Journal* looked at the immune systems of children brought up on farms or with animals in the home, and those who lived in extreme poverty and filthy conditions, with children brought up in clean homes or sterile environments. The findings showed that children who were permitted to play in the dirt, had much stronger immune systems than those who had been brought up in sterile cleanliness.

Not satisfied, the scientists compared their lab rats with rats that lived in sewers and were amazed to find the same anomaly. The rats living in sewers had stronger immune systems than those who lived in the sterile conditions of the laboratory. This is the very opposite of what chemical companies want you to believe.

So how do we avoid chemicals in our environment in order to remain healthy? It is my advice to read labels before you purchase any product, whether it is food, for the garden or even washing clothes or our home. Go through your cupboards and throw out anything chemical. Go organic and boost your immunity with herbs!

Purify water and add a pebble of Celtic sea salt to every glass you drink. Women need two litres of water daily and men require three litres to detoxify. The homeopathic remedies to remove pollution from the body are Sulphuric Acid and Acetic Acid. They should be taken three times daily for a month. You may also require antidotes.

We’ll talk about detoxifying from heavy metals in Part 2.

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more vibrant!

By employing emotional expression to your movement practice, you create uniquely personalised, whole-body engagement.

Expressing yourself seems like a really simple concept... and it is... but so many people have stopped “getting emotional”. When we stifle them, the emotions become energetic blocks that create imbalance and sometimes even disease.

So take a cue from Nia Technique and express yourself to gain not only a more vigorous workout, but to experiment, explore, and experience You... fully embodying You through emotional expression (not only on the mat, but in your life too).

## A few tips

**1. Test your emotional vocabulary.** At any given moment, ask yourself, “What am I feeling right now?” Tag it. Name it... and move on (or in my world... put on some music and dance it out). Being present enough to be able to identify your emotions at any given moment is a strong indicator that you are in touch with your relationship to your



by Christine Chouquet

feelings and emotions. Your ability to express your feelings creates intimacy... you with yourself... and you with those around you.

**2. Integrating expression within your movement practice will prolifically condition your upper body, authenticate your movement to reflect what is real with in you, and instil integrated health in the physical and emotional realms**

**3. Feel to Heal.** Having a healthy relationship to your emotions is the juice of living fully and authentically in your body and life. You are here, now, on this earth to live totally and completely into your greatness. Part of

what makes you, uniquely You is your authenticity, your emotional expression, your essence! Recognise, feel and express all that is in you as a means to be free... to be full-on You... to not hold back your multidimensional, kaleidoscopic life force... and to fully express the authenticity of each and every moment... on the dance floor... and off.

## Classes

NIA is a fun, expressive, sensory based movement practice that invites you to come home to your body via awareness and sensation.

Classes are held at the Dance Studio, Nimbin Community Centre, 81 Cullen Street from 11am to 12 pm every Saturday.

Everybody is welcome, no experience necessary, no need to book, no requirement other than comfortable clothes and a bottle of water.

For more information, contact: Christine Chouquet on 02 6689-7579, or go to: [www.facebook.com/NiaWithChristine](http://www.facebook.com/NiaWithChristine) or: [www.nianow.com](http://www.nianow.com) or: [www.niaaustralia.com.au](http://www.niaaustralia.com.au)

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## Sustainable Asia

by Geoff Dawe

What is happening in Asia, is the forgetting by Asians and the West that Asia until fairly recently had a sustainable economy. The influence of the West is to degrade them to the same poverty of mind experienced by the West. At the time of writing in February, 2017, Prime Minister Malcolm Turnbull is thankfully engaged in friendly overtures with Indonesia. However, he appears to have limited knowledge that the whole of the West is involved in an environment crisis, or, like the Australian electorate he represents, largely chooses to ignore it. He excitedly tells SMH (25-26/2/17) that Indonesia's "consumer class is expected to grow to as many as 135 million people." As though consumerism is a good thing! Malcolm sees consumerism as boosting business and trade. He, and his Indonesian counterpart, Joko Widodo, have yet to lead by attempting to balance the benefits of trade with a reduction in consumerism.

Indonesia and the whole of Asia, arguably has more ability to export knowledge of sustainability because unlike the West, it was a reality for them not too many generations ago.

At Woodford Folk Festival of 2016-17, this knowledge has begun to be exported from Indonesia. Bamboo structures were

put into place by Indonesian leadership. (The word "leadership" is used here in terms of someone, or a group, with expert knowledge. It is not used in the sense of encouraging hierarchical social structures or inequality of material resourcing.) The roofs were pitched steep because in Asia it would have been well known that the steeper the pitch, the more chance they would be waterproof. That knowledge has also not been lost to the English and other places in Europe where thatched houses still exist and turn a considerable dollar for their quaintness and association with a tourism industry.

Nevertheless, at Woodford, the structures are often more for aesthetic purposes. When Australians are more serious about sustainability, they will see the bamboo joints tied with Australian-grown vines rather than zip ties. Moreover, Australians will see the evolution of the testing, by exposure to weather, of what plant materials are best for thatching in a particular area.

The three major requirements of thatches are that they are comparatively long-lasting on a roof, that they grow locally, and that they exhilarate in being here in that they have a weed-like propensity for rampancy. Thatching plants will therefore vary with environmental conditions.

These requirements in total may be most efficiently realized by

taking advantage of the excessive human capability of aeroplane use to momentarily bring into Australia plants that may better fulfil the above criteria than the plants already here. As world population grows and humans shift voluntarily into the Stone Age, the demand for thatching materials could see thatching plants such as say, bungalow palms, ravaged. Better humans use their unique ability with foresight to plan for the growth of the best thatches for their area.

Apart from anything else this stands as a physical affirmation that humans are resolved to begin a retreat from technology dependence and into the Stone Age, mostly with world population intact. That is, the dismal scenario that world populations will markedly decrease through Mad Max scenarios is emphatically repudiated. Humans instead can plan well ahead to look after each other.

For quite some time now the majority white, and highly industrialised population of Australia has looked sideways at Asia. Australians appear to have waited for Asia to industrialise so they could reap the benefit of their material exports. We still have mostly not, unlike sustainable Asia, put in our bananas in answer to the accidental wisdom yet concern of Paul Keating that we are in danger of becoming a banana republic!



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## Blooming night jasmine

### Weed Words

by Triny Roe

Night blooming jasmine, *Cestrum nocturnum*, (also called night jessamine) doesn't like the sun. This gives it an advantage to encroach upon understory bushland. It grows well in moist deep shade and can displace native shrubs. Native to Central and South America and the West Indies, this attractive garden plant is popular in Australia and readily available in nurseries. Sadly it is another fence jumper. With a preference for wetter locations it is recorded as naturalised outside of Sydney, in the Blue Mountains, in Northern NSW and SE Qld. It has also made itself right at home on several Pacific islands, among them Hawaii, Fiji, and Tahiti. On these islands night jasmine is known to grow in dense stands excluding all other vegetation. New Zealand also lists it as a serious environmental weed with infestations around Auckland. It has become entrenched in open woodlands, shrub lands and on creek banks. Night jasmine is a woody multi-stemmed shrub which can grow up to 4 metres high and form thickets. The stems are lanky and gracefully drooping. The long lanceolate leaves are smooth and glossy. They stink when crushed. Clusters of tubular bell flowers, 2 to 2.5 cm long, are followed by green berries which mostly turn white as they mature. Some are deep purple. Whatever the colour, each berry contains several seeds which are viable for many years. The greenish



white flowers are somewhat insignificant but night jasmine is renowned for the intense heady perfume released in the evening. Peak fragrance is from dusk to midnight after which it begins to wane. It is usually recommended not to plant too close to the house as the aroma can be overpowering and be perceived more than 50 metres away from the plant. Some people are highly sensitive to this fragrance and experience irritation of nose and throat accompanied by headaches and nausea. Asthmatics can experience respiratory distress. All parts of the plant are poisonous to people, pets and stock. A member of the nightshade family, night jasmine contains solanines in the green

berries and anticholinergic glycosides in the ripe berries. The leaves contain atropine-like anticholinergic alkaloids. Night jasmine's cousin, green cestrum, - *Cestrum parqui*, is well-known in paddocks and along fence lines. It looks similar and also has smelly leaves when crushed but its flowers do not produce the aromatic fragrance. It's also responsible for stock deaths. Traditional uses of night jasmine include funeral rites. The Mayan say the Lord of Death, Kisin, was born from its flowers. Night jasmine is used in Mexican traditional medicine and shamanic practices in Nepal. In India it is cultivated for the perfume industry and used medicinally in treatments of a range of conditions. 'Raat ki Rani' is the Hindi name. Choose wisely what to plant on a bush block. This shrub will spread readily via seed into nearby forest. As with many introduced species, native birds eat the berries. They carry seeds to new locations and deposit them with a little package of fertiliser ensuring they have a good start in life. Ensure all roots are removed when managing as small pieces will reshoot. If you have night jasmine in your garden, after flowering simply remove the berries before the birds get them and carry them further afield. Do not dump garden waste down the gully or in bushland. This plant can easily propagate from cuttings so prunings can shoot and take root in the high rainfall regions of the Northern Rivers. Fragrant native shrubs to plant instead include cut-leaf mint bush *Prostanthera incisa*. Its leaves produce a lovely scent, all day every day. Happy Weeding



# Koala Kolumn

by Lorraine Vass



**K**oala conservation attracts its fair share of whacko ideas. The notion of “koala sanctuaries” comes around regularly. The premise seems to be that by locking up those pesky koalas they’ll be out of harm’s way and will get on with their lives, leaving their now unoccupied habitat free for exploitation.

The most recent iteration was in a motion passed at the NSW Nationals’ Conference a few weeks ago: *That Conference call on the NSW Government to expedite the development of a whole-of-government Koala Strategy, which would involve the creation of a series of Koala sanctuaries in key areas to facilitate their breeding, health and re-population; and help protect them from their greatest threats – motor vehicles, dogs and wildfire. These sanctuaries would have a tourism component to aid their financial sustainability.*

We’ve got no quarrel with the first part – we too would like to see the finalised whole-of-government NSW Koala Strategy which was originally time-tabled for release in June, but which is now delayed until late 2017. So what about the rest? Sounds like the Nats are proposing a series of free-range zoos which however well-intentioned would make absolutely no direct contribution to the long-term survival of wild koala populations.

There is no doubt that in many parts of the Northern Rivers koala habitat and the koalas that occupy it are succumbing to a range of threats including the impacts of rapid urbanisation. This brings us to NSW’s national parks and reserves estate which can ensure permanent protection of koala habitat.

*The Report of the Independent*



It’s been a bumper year for joeys – Ari is one of fifteen presently in care with Friends of the Koala

*Review into the Decline of Koala Populations in Key Areas of NSW released by the NSW Chief Scientist & Engineer in December 2016, which provides the evidence base from which the Koala Strategy is being prepared, makes several references to the key role played by the reserve system in protecting koalas. It stands to reason that in the highly modified landscape which characterises much of the Northern Rivers, reserves may be the last large tracts of connected habitat available to some koala populations.*

However a recent paper authored

by the NSW Office of the Environment & Heritage (OEH) says that “very little” is known about the distribution of koalas in the parks estate. The generally held view that koalas in NSW are concentrated in flat, fertile localities, with the majority of populations persisting outside of the protected parks estate may prove to be wanting. Koalas occupy both public and private land, regularly moving through a mosaic of landscapes and land tenures between habitat patches.

Effective koala recovery is predicated on a landscape-scale

management framework. In recent years several councils in the region have prepared comprehensive koala plans of management under State Environmental Planning Policy No.44 – Koala Habitat Protection (SEPP 44) but these do not extend to the parks estate.

Perhaps it’s time for the National Parks & Wildlife Service (NPWS) to catch up by resourcing robust surveying that would improve our understanding of the reserve system’s role in supporting the region’s koalas. National parks and reserves are managed by statutory approved Plans of Management (PoMs). In our region many of these PoMs already identify either management actions or desired outcomes relevant to koala conservation but their implementation is subject to competing priorities. Little work has been done on establishing koala occupancy and carrying capacity.

With the NSW Whole-of-Government Koala Strategy in development and its supporting five-year Saving Our Species Iconic Koala Project investment program, the time is surely ripe for scoping a project which will lay the foundation for effective on-park koala management and might also inform future acquisition to the reserve system. From Friends of the Koala’s perspective exploration of the feasibility for on-park release of

rehabilitated koalas whose habitat at point of encounter is unviable, would be a bonus.

Turning now to a personal matter. Having held the position of Friends of the Koala President for 15 years (almost three koala generations and half the organisation’s existence) the time has come for me to step down. I will resign as of COB on 30 June. The group has been good to me over the years, tolerating my particular passions, the holistic koala conservation model that we’re now delivering being one of them, and rewarding me with honorary life membership. It has provided friendships, community recognition and plenty of learning opportunities. Indeed, koala conservation has been my personal U3A. While I have no intention of stepping away (no, this won’t be my last Koala Kolumn) I will be trying for a better balance by being far more selective in the work I take on.

Leading Friends of the Koala is a full-time [unpaid] job and the organisation is positioned for an even brighter future with the new Admin and Education Building well on the way to completion. The Management Committee is in good shape and there are people who are more than capable of taking on the leadership role. Vice President Ros Irwin will step up until the AGM in October.

To report a koala in trouble, or a sighting  
(02) 6622-1233

For information about koalas and conservation, or to book a tour, please visit

[www.friendsofthekoala.org](http://www.friendsofthekoala.org)

or email: [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org)

Follow us on Facebook.

To report environmental incidents, including removal of koala habitat, ring the 24/7 Office of Environment & Heritage

Enviro Line: 131-555.



by Anastasia Guise

## Ground\_zero

Lace. I taste nasturtium, and citrus peel, and damp. I become aware of a forest of brassicas, which from this perspective seem enormous. They have curled in on themselves, as if cradling little secrets, but I know from experience that the broccoli will turn their secrets into bright green heads, the cauliflower into unbelievably white little snowdrifts, and the cabbages into dense and riotous planets. It’s a kind of symphony of encouragement: that every other living thing we have not exterminated carries out its life cycle regardless of my state of mind, or my current wrangling with Position Vertical.

At least here at Ground Zero it’s a level playing field.

As soon as Western civilisation moved sufficiently out of the muck and so-called limitations of natural living and into the thrall of cities and lights, we’ve looked back at nature with a kind of nostalgia. It has long been recognised that time in nature is good for the soul, for which reason we have designed parks and gardens and reserves close to and throughout urban areas. From palatial gardens in ancient Persia, to Central Park in New York City, architects and designers have sought to put nature back into modern landscapes, claiming

that even the sight of greenery makes us happier, mentally and physically healthier, and more productive.

Early in the history of modern environmental design, there was not scientific evidence to back up these claims. More recently, scientific studies on human interactions with green space have suggested a range of benefits including lower stress hormone levels, better learning outcomes, greater life satisfaction, and lower mortality.

But to which extent we are all still shaped and owned by nature - from the way our fingernails grow, to why we get up in the morning, generally escapes our notice. We attempt to quantify anthropogenic benefits from biological processes as “ecosystem services”, but nature’s hold is much deeper than that. It’s our spiritual home, more truly than any religion we can ever invent.

I know this. It’s almost palpable, the sense of the Earth willing me back to life. When I have found myself here before, nature has been my healer. May it not fail me this time.

*Anastasia is an author and environmentalist, writing on ecology, science and humanity. Facebook: anastasiaguiseauthor*

## Plant of the month

**Mock Olive** *Notelaea longifolia*



by Richard Burer

Described as being rather anonymous, this classic and common old friend is a shrub to 2-3 m tall.

A great survivor, Mock Olive has a deep stout lignotuber which helps it survive fires, clearing and floods!

I have found this tree in most of the forest types in the area, though it

certainly favours the dryer sclerophyll forest and its edges.

*Notelaea longifolia* is a slow grower – the shrub pictured was propagated and planted over 20 years ago and it’s still only about 2-3 m tall!

A difficult plant to propagate, but give it a crack when the olive black drupes hang from the tree in spring and early summer.



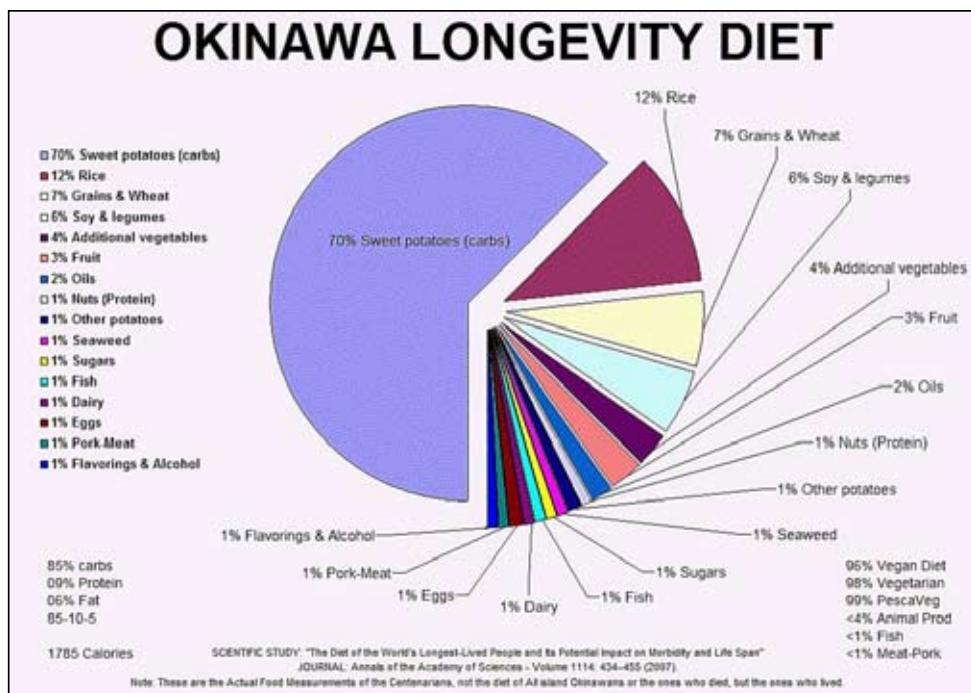
# Health and longevity with the world's centenarians

by Cameron Storey

Around the world there are people living long healthy lives on mostly plant-based wholefoods without the need for medicines and surgeries. Of the people living the longest healthiest lives one third come from Japan, especially Okinawa and the other people come from areas within Korea, Greece, Pakistan, Italy, Ecuador, China and Southern Russia.

More important than where they live is how they live. Dan Buettner, who studied the longest lived cultures (blue zones), found the following lifestyle aspects were common: they do not smoke, they move everyday (especially walking 30 to 60 minutes), they have daily routines and rhythms, they keep socially engaged and mean something to their communities, they eat a plant-based wholefood diet with little or no meat, and on average, they consume considerably less (around half) calories than Westerners do.

Now I can just hear someone reading this and



saying, no way longevity is genetic. Not according to the science it's not. Scientists at the Max Plank Institute, Germany, confirmed longevity is NOT a genetic trait. 75% of common chronic diseases such as cancer, obesity, diabetes and heart disease could be eliminated if people simply ate a wholefood plant-based diet.

Not convinced? In the

prevention of cardiovascular disease, four behaviours that together wipe out about 80% of the chance to getting heart disease according to Dr Haitham Ahmed, John Hopkins University. These healthy behaviours are: 1) not smoking, 2) eating a healthy, balanced plant-based, wholefood diet, 3) getting to a healthy weight and maintaining it and 4) regular exercise.

But wait, there's more.

According to a National Institute of Health study in 2011 of over 200,000 people over an 11 year period, family history and genetics had nothing to do with reducing type 2 diabetes risk by 80%. The five healthy behaviours that make the biggest difference to diabetes risk are: 1) eating a plant-based wholefood diet, 2) maintaining a healthy

weight, 3) not smoking, 4) low to no alcohol intake, and regular exercise.

"The Standard American/Australian Diet (SAD) is, around 3000 calories, high in constipating animal foods, processed meats of all kinds, sugar-rich refined carbohydrates and the worst kinds of fats. Then it's washed down with acidic coffee and alcohol, in huge amounts. SAD has near zero levels of plant fibre and nutrition." – *Eat Less, Live Long*, Jason Shon Bennett

On average, all we actually require daily is around 1800 calories of high fibre, nutrient rich, plant-based wholefoods. People eating one-third less than a typical Western diet live up to 50% longer, and in much better health. Over-eating causes oxidative damage, which causes your DNA to age.

Dr Maoshing Ni examined the diets of 100 centenarians and found that under-eating was the norm. The centenarians lived on a variety of legumes, whole grains, vegetables, fruits, nuts, seeds and very little meat. Eating less food and eating better food results in

less DNA damage. Eating less reduces oxidative damage from free radicals, slows ageing, improves mitochondrial function and reduces the DNA damage in skeletal tissue. Under-eating and fasting both help to improve your health and life expectancy.

By reviewing scientific studies of centenarians (100 years +) and super-centenarians (110 years +) across the globe over many years, documenting their lack of typical Western diseases and superior health and meaningful functionality, we can truly understand how to make better choices in how we live and this impacts everyone around us.

The Yogic diet and the centenarian diets from around the world are almost identical: Plant-based wholefood vegetables and fruits with nuts, seeds and grains with herbs and teas.

*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.*

## Open mind, open heart

We're born into this life open hearted and open minded, vulnerable and dependant on the love and affection provided by our people. It's meant to be like this.

And as it happens, the path is paved with anguish and pleasure, aversion and desire, etc. The story unfolds, spinning around my likes, dislikes, pains and pleasures. It's the story of me, or me and the world.

An image of myself is created. Whether this is an image of a creator or victim doesn't really matter. It's simply a script to follow. And I will follow my script scrupulously and probably spend the rest of my life serving this image of myself, even if it's painful and limiting.

The 'script' or 'program' is also known as 'self agenda'. If my self-agenda includes being treated unfairly I may fight and argue for the sake of fighting and arguing. And if I'm the 'good guy' I will have to please everyone around me and will do that over and over again, even though there will be frequent blows to indicate the futility of this endeavour.

It's not just that I'm deceiving myself, being subuded by such a faulty script. Everyone around me will be affected, too. And, how could I ever find true union or a sense of belonging while mainly serving a self-agenda?

I reckon it's time for a few deep breaths and some honest inquiry into our hidden motives.

The soul of the one that came open hearted and open minded still resides within. There may be a longing to return to that state but we hesitate because we're



by Betti Wille

afraid. It involves giving up that neatly tailored self-image and surrendering to the unknown.

What a peculiar turn that we're forced back into exactly that state towards the unavoidable death of our individual entity.

We're all going to die.

### OPEN MIND

I think about all the times when things did not turn out the way I thought they would. People would turn out to be of a very different influence than initially expected. Or, I thought I knew something and it would turn out I knew nothing. I'm glad I learned at least something from these lessons.

Another possible eye-opener is trying out different points of view. Like taking a different seat at the table, changing routines, asking new questions and welcoming the inner child into the arena.

I can train myself to avoid assumptions about people or situations. I can use my insights, like knowing that the root of anger or any act of violence is a gnawing pain that cannot be acknowledged. Despite the fact that I must

interfere at times to avoid more damage – who am I to blame?

Practising an open mind helps softening those well established armours around my heart. They become too heavy to sustain over time.

### OPEN HEART

An open heart is the true catalyst for healing and change. If I am able to reconcile those early feelings of helplessness through insight and forgiveness, a huge sigh of relief is felt throughout the whole body.

The heart suffers when we fail to replenish its vibrant, generous flow. However, its indwelling quality of love flourishes when inviting generosity and forgiveness into the vast space that is our heart. Constriction, on the other hand, may lead to disease and early death.

But, sometimes, opening of the heart comes by way of shock, like an illness, loss or terminal condition.

*"It's impossible" says pride.  
"It's risky" says experience.  
"It's pointless" says reason.  
"Give it a try" whispers the heart.  
(Unknown)*

I was recently reminded to forgive myself for hurting myself, knowingly or unknowingly. Another very appreciated eye-opener, thanks to the beautiful Judy Arpana.

With love to you all, Betti.

*Betti practices  
Biodynamic Craniosacral Therapy  
and teaches body related  
community classes in Nimbin.  
Contact [biodynamic.touch@gmail.com](mailto:biodynamic.touch@gmail.com)  
or phone 0490-292-138.*

## Take it or leave it

Who would have believed it? With regards to cannabis consumption, I can now officially take it or leave it.

I have earned this legendary status; from here on I am in control. In relation to my total dependence, which ended 10 years ago, I have put it to the ultimate test. When it comes to addiction, I am now in the empowering position of being certain of the future.

How do I understand this to be a fact, what is my evidence, my proof? Well, through a series of inadvertent exposures, caught in the invisible effluvium from my friend's vaporiser, I fully, unmistakably registered the somewhat familiar effects. It seems the concept of passive indulgence doesn't only apply to tobacco smoke.

The resultant mild high was neither here nor there, neither pleasant nor unpleasant, just a secondary state of being where maybe I laughed a little more easily. After the effect had gently subsided, I was returned right to where I had left off, to continue on as normal.

Other than to write about it here, I've hardly given it a second thought since. Cannabis appears to have completely lost its magical power to possess me. Abstinence in this context can be an extremely liberating experience. Rather than a miserable enforced state of denial and avoidance, true abstinence means realising we can take it or leave it.

This "empowered" abstinence is knowing that we have this choice and simply following our heart's desire to remain in our primary state of being.



by David Ward, Vital Choices

Ten years after putting down the pipe, I'm still learning new things on the cannabis journey. I no longer need to wonder what might occur should I choose to indulge. The assurance that I can now genuinely take it or leave it, and the understanding that it will always be there should I need or desire it, has brought me to another level of freedom.

I've learnt to be conscious of when the vaporiser is in the room, the noticing of that unusual aroma being the sign that I'm actually in the process of indulging, and that it's my cue to go and take some of the night air, unless of course I might choose to remain in the room.

My kind of freedom isn't about living in fear and isolation, it's about knowing that even if the ground begins to shift beneath my feet, it isn't necessarily going to open up and swallow me. And although I may occasionally visit other realms, I remain confidently planted in my primary state of being, and will always know how to find my way back there.

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



# The use of phenylbutazone in horses

by Les Rees, Equine Naturopath

Phenylbutazone (Bute) is prescribed for a wide range of inflammatory conditions and is routinely used as a means for the long-term management of pain associated with musculo-skeletal issues in horses. It has had a successful reputation for decades but recently, research has thrown a shadow over this as findings suggest that many horses cannot tolerate this drug throwing doubt over its safety.

Bute can be an effective medicine when used for a short period of time, however it can have some nasty side effects, particularly with long term use, associated with gastric ulceration and kidney dysfunction.

The problem is further exacerbated by horse owners who keep Bute in their medicine cabinets to enable them to administer the drug without veterinary advice on dosage and its safe use for their horse. There are pre-existing conditions when this drug should not be prescribed including blood disorders, gastric ulcers, congestive heart disease and kidney problems. Serious long term issues can occur when horses are overdosed with Bute and there is a relatively small window before it can have a toxic effect.

Recent findings by researchers from Louisiana State University reported that prolonged administration of Bute caused low albumen and white blood cell blood levels during the first three days of treatment, increased arterial blood flow to the right dorsal colon, and decreased volatile fatty acid production in the colon. These signs show that major metabolic pathways, digestion, and systemic blood flow, particularly to the large colon were markedly impacted. There were also two horses that developed colitis during the twenty one day study.

The study authors stated "These results demonstrate that there is extreme variability in how horses tolerate Bute administration. Some horses cannot even tolerate short-term administration of the drug." They also recommended the running of routine blood tests as early as the first three to five days of treating with Bute stating that "even in mild cases of abnormalities that the administration of Bute be decreased or discontinued to avoid debilitating and life-threatening adverse effects."

Personally I find this frightening but times are changing and thankfully, vets have been lowering the dose and shortening the duration of time for the use of this drug.

Another U.S. study found that horses on the maximum four-gram-per-day oral dose for only four days began to lose their appetite, became depressed and developed intestinal and kidney problems, stating that the drug appears to decrease the flow of blood to the kidneys, causing retention of water and sodium, which poses added risks for horses with a congestive heart condition.

Other studies have also linked Bute to ulcers in the mouth, stomach and intestine because there is evidence that it suppresses a form of prostaglandin that plays a role in protecting the gut lining. So it's easy to see why vets are now being cautious about their dosage rates and are keen to drop the dose quickly to the minimum effective rate!

If you see any of these symptoms having administered Bute to your

horse, ask your vet to do a blood test to check for falling protein levels:

- Loose stools or diarrhoea
- Appetite loss
- Depression
- Mouth ulcers

The take-home message here is to if you're tempted to use Bute in your equine medicine cabinet, always get

veterinary advice first!

The good news is that there are herbal anti-inflammatories that can be very effective, especially when combined with other herbs that help support the whole body and aid it to restore its balance. A good herbalist will make up a blend that's suited to your horse's individual needs.



www.horsetailherbs.com.au  
0437-580-705

## Horses – train or pain?

by Suzy Maloney B.Eq.Sc.

I was very fortunate when I changed my horses from being ridden with a bit to a bitless bridle. Without exception they all took to the bitless bridle without a problem. At the time I just thought that was normal and everyone's horses would be the same. Since then I've learnt a few things.

Sometimes when I meet a new horse and their owner wants to try bitless, the horse doesn't take to it instantly. So I developed a training program to assist the transition to a bitless bridle. This works beautifully and I've now transitioned countless different types of horses into the world of bitless riding. But there's still the question of why? Why do some horses just 'get it' on the very first ride, while others need training?

I've come up with two main reasons:

1. Some horses don't understand pressure/release principles. These horses have always been 'controlled' with the use of pain. They don't give to pressure at all and have no understanding if you ask this of them. When you remove the pain (bit), and replace it with a pressure (bitless), they don't respond as they don't understand. The pressure/release principle is exactly as it sounds, the rider applies a pressure, the horse responds, the rider releases the pressure. All young horses should be taught this as it is an absolutely fundamental skill that every horse needs. That people actually ride horses that don't understand this amazes me. The sad thing is that horses will do what a human wants if pain is applied. But that does not make it right. Sometimes I meet people who prefer to use pain in order to get an instant result, rather than taking the time to train the horse. If both the human and the horse are new to training it can take some time and effort, but the rewards are worth it. You end up with a horse that can do all the same things AND have a healthy, open, mutually trusting relationship.

2. Some people don't 'release' pressure.

These can be very nervous riders who hang on tightly to the reins out of fear, restricting the horses' ability to move forward and respond and giving confusing signals to the horse. These riders confuse the horse because there is no clear release, and sometimes the rider applies random rein pressures that don't mean anything, further confusing the horse. The other category is riders who always ride with contact. These are often dressage riders or 'hackies'. Traditional English riding requires a constant contact on the horses' mouth and the riders become accustomed to always having pressure on the reins. The horse also becomes conditioned to constant pain in its mouth. In both these situations when you remove the bit the horse may go 'woo hoo' and become a free spirit for a while without the constant pain. Once again this is not a problem if you understand what is happening and are willing to put some time into training, and ride with a lighter contact for a while as your horse learns to respond to the bitless.

In the first category it's the horse that requires some training and in the second category it's the rider that needs some training. I assist people to transition into the bitless bridle by working with both the horse AND the rider for this reason. In some situations there is a mix of the above, and in others only one of the components. And when both the rider and the horse 'get it' right from the start then we work on improving what they're doing and introducing new skills. It is not necessary to use pain to control horses and be safe while riding them. More and more equestrians now understand this and a new, brighter future is coming for the horse.

Happy Horses Bitless Lismore, NSW,  
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