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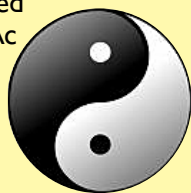
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Beyond the Rainbow

New issue available now at Perceptio & Nimbin Enviro Centre

Honouring your body through breath

by Christine Choquet

We all start with different physical parameters that define our range of motion, flexibility and points of strength: different body types and shapes, different needs, different ways of speaking through our bodies, different movement philosophies.

If you honour your parameters and work with your body type respecting its limitations and appreciating its possibilities, you will change faster with less risk of hurting yourself.

If you respect your own special needs and evocation of movement, they will help to guide you on a safe and sure path to where you ultimately want to be.

When we use the right kind of language to connect to body and mind, we can breathe better, move better, feel better and look better.

Read the words below and use your imagination and connection to physical sensation to guide your body and breathing and activate your unique spirit:

- As you inhale deeply, feel your ribs expanding to the sides of the room, gently touching the walls. At the same time, experience and visualise the lengthening of your spine as if it were an elegant tree expanding high into the sky.



- As you breathe, let your breath trigger subtle movements along your spine and in your pelvis. Respond with the different parts of your body – your spine, pelvis, chest, and head – to feel the breath moving through you. Feel the connectedness.
- As you inhale and exhale, extend the length of your exhale as if it were the last note of a song. Notice how the inhale happens naturally, without effort. Increase the length of the exhale by making sounds or tones. Feel the stretch from inside the core of your body and feel your abdominal muscles working as you exhale for this extended period of time. Energetically ride on the sounds and musical tones.
- Breathe and sense the air inside you like hands massaging your internal organs and bones. Receive the healing energy of loving breath touching you.
- Breathe in as if you were



Photo courtesy theresupermumblog.com

smelling your favourite fragrance. Allow the scent to filter slowly in you.

- Exhale and let go of any energy and emotions that keep you from being fully present, alive and open to this moment. Feel the spaces between joints opening, making more room to move and express yourself.
- Take in energy as you inhale and release energy, all of it, as you exhale. Be aware that every time you inhale you are receiving clean, fresh oxygen.
- Visualise your breath as having a colour. As you inhale, visualise the colour of your breath filling your entire chest, horizontally and vertically. Sense your clavicles being pushed gently by the colour.
- As your lungs expand

and contract with your inhalations and exhalations, visualise your ribs moving like an accordion that opens and closes to make music. The accordion closes on the exhale and opens on the inhale. Enjoy the sensation of stretching from the inside out.

- Imagine the core of your body is a rosebud. As you inhale, it opens fully and you can smell the fragrance. As you exhale, the rosebud closes slowly and you feel its petals closing around your heart. You are relaxed. Exhale and surrender into relaxation.

Christine takes Nia exercise classes in Nimbin.

See her advertisement on Page 33 for details, or phone 0414-844-230.

Making friends with what scares you

There is nothing wrong with being afraid, nor being anxious about it. Being anxious is our way of warning ourselves that we may not be quite ready to take on this monster that scares us, nor even know what it is.

Treating the symptoms of anxiety is OK, up to a point, but until we actually begin doing the inner work, the object of our fear, and our anxious response to it, will remain wild and untamed, even if dulled by anti-anxiety medication or held at bay with behavioural distractions, like pinching the tips of your fingers, or playing with worry beads, or touching a much loved necklace.

The art of overcoming fear may be to befriend it. By making friends with it, we defuse its power and control over us. This can sometimes be done alone, or with the help of friends, but it is also really useful talking with and working with a professional. Therapists are trained for this. Such work, it needs to be said, may not be short term (though sometimes it is), but the insights and capacity to choose how you might respond to situations



by Dr Elizabeth McCardell

that previously would have you in a panic attack, is well worth it. Combined hypnotherapy plus counselling is very useful, as is counselling alone. This really is a matter of choice.

One rather effective way is to give your fear and anxiety a name, and “anxiety” just won’t do it. Etymologically, the word “anxious” has too much baggage, with its roots found in the 16th Century. The word referred to “apprehension caused by danger, misfortune, or error, uneasiness of mind respecting some uncertainty,” from Latin *anxietatem*. This meaning hasn’t changed much. In the DSM 5, anxiety refers to “apprehensive expectation” and worry about various topics and events in a person’s life that are debilitating as it occurs on more days than not. As that

manual puts it: “The anxiety and worry are associated with three (or more) of the following six symptoms (with at least some symptoms present for more days than not for the past six months). Note: Only one item is required in children.

1. Restlessness or feeling keyed up or on edge;
2. being easily fatigued;
3. difficulty concentrating or mind going blank;
4. irritability ;
5. muscle tension; and
6. sleep disturbance (difficulty falling or staying asleep, or restless unsatisfying sleep).”

In calling anxiety, that big nasty creature, something else might be really helpful. What of the cute names of “Bruce” or “Poppy” or “Jazzy”? By the way, I am not belittling the anxious person (I have sometimes have anxiety, too, after all), I am attempting to point a way to managing the problem and eventually taking away its power.

Funny names and visual images that make you laugh are good. Here, I’m reminded of the work of Judy Horacek, a lovely whimsical Australian cartoonist, artist, and writer. Judy drew a cartoon some years ago of a horrible

monster sitting beside a woman on the living room couch and a visitor enters the room. The woman looks up and says in words to this effect, “Come here and meet Kevin, the *bête noire* from next door.” Kevin’s expression was priceless. Sort of, “What me, the monster? I’ve got a name? What fun.”

When we identify our anxiety around scary situations (actual and remembered), and give it a name and an identity we have the beginnings of the means to defuse it, and defusing it frees us up marvellously.

Fear has many forms and should be acknowledged as having an effect on how we manage our lives. Fear can stop us doing what we love and/or get in the way of enjoying it. So working on anxiety should be done gently, with awareness, and slowly, if need be. There is no need to challenge ourselves to do something very unpleasant or uncomfortable just because we want to break through that fear. What is the point of increasing anxiety? So, gently, gently. Try painting, music making, writing, and talking with others about the issue, and if you wish, try counselling.

dr_mccardell@yahoo.com

Natural law



by Helene Collard

The fire of life is well and truly burning. Transitions and transformations are occurring on all levels, in order to simultaneously, end and create. A time of paradox, where on one hand there is challenge and fear, and on the other, light, hope and exciting new possibilities.

It is time to surrender and let go of everything! This doesn't mean you resign to life, it means stop pushing and relax. Now all you have to do is watch and listen. Stay connected (and relaxed), and listen for the cues to guide you through. Remember, watch and listen.

It is time to work together and collaborate. Contemplate how you can be of service. We are all inherent in the web of life, and we each have a meaningful role to play. Create and embrace opportunities to engage in group work, or acts of service that benefit others. 'Many hands make light work' so lend your hands and join the growing collective effort to bring light and love to all. If you are already doing large amounts of service that benefits others, bring a

team together to help you!

As you work together toward common goals, gently open yourself to those alongside you. This is a good time to develop friendships, and, to reveal your humanness. Sometimes we create safety by keeping ourselves to ourselves – now it is time to reach out and establish true and deep common ground.

This is the way toward a level of collective cohesion that will allow our species to soar to new heights with higher vibrations and lighter frequencies.

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Coming Up

- ♦ Reiki circle 5th October
- ♦ Reiki level 2 course 14th & 21st October
- ♦ Evolve Events 19th October, topic: 'Archetypes & children: from challenge to charm' with Brian Dale
- ♦ Reiki Level 1 course 4th & 11th November
- ♦ Yogalates Fridays 9am
- ♦ Finding Your Core Fridays 11am
- ♦ Holistic healing treatments Reiki-aura treatments, healing heart attunements, craniosacral energetics, reconnective healing, foot, hand, facial reflexology and life alignment.

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by Kirrah Stewart, Doula Wisdom

Many common complaints in the postnatal time can be traced back to the new mother trying to do too much.

The weeks after giving birth need to be a time for healing and rejuvenation. We need to encourage mothers to slow down and take the necessary time to heal, rest, bond with their baby and accept nourishing support from others.

One such postpartum complaint, mastitis, can arise when women are trying to do too much, too soon. Mastitis is an inflammation of the breast tissue and can be caused by engorgement, blocked milk ducts or infection.

Typical symptoms are: fever, chills, dizziness, nausea, headaches, weakness and general flu-like symptoms. There is also usually pink streaking or a reddened area and the affected breast will feel uncomfortable and very sensitive. If you think you may be getting mastitis, be sure to call your care provider.

Useful tips to help avoid mastitis

- ♦ Be sure to wear loose tops and either no bra or a bra that fits well and is not too tight
- ♦ Be sure the baby is positioned correctly and latched well for feeding
- ♦ Avoid sleeping on your stomach or

with your arms/elbows compressing your breasts

- ♦ Try to get plenty of rest
- ♦ Be sure to eat well and keep up your fluids
- ♦ Stay warm
- ♦ Slow down and ask for help

Treatment for mastitis

- ♦ Try to feed frequently. Baby should continue to nurse on the affected breast or use a pump to empty the milk. You may want to hand express in the shower
- ♦ Gently massage the blocked ducts
- ♦ Use heat packs or cold compresses depending on what feels the best
- ♦ Stay in bed if you can and try to rest

Useful natural remedies

- ♦ Homeopathic phytolacca and belladonna 30c are very effective if used in the early stages. See a naturopath or homeopath for more advice
- ♦ Vitamin C 500mg every 2-4 hours
- ♦ Cayenne pepper (1/4 tsp in 1 tblsp of water and swallowed). This warms the centre and circulates blood and chi
- ♦ Propolis, echinacea, probiotics and garlic to help the immune system
- ♦ A ginger poultice: grate two inches of ginger into a piece of muslin, tie the bag and immerse in hot water, wring out and apply to the affected breast five or six times a day
- ♦ A potato poultice: use freshly-grated

potato and apply to the breast for 20 minutes (remove when it warms up)

The mind-body connection

Breasts are related to our ability to give and receive nurturing. Clearly ask for what you need, and try this affirmation:

"I am important. I count. I now care for and nourish myself with love and with joy. I allow others the freedom to be who they are. We are all safe and free." (from Louise Hay, *Heal Your Life*)

Please be gentle with yourself and ask for the help you need. Hang out in your bed in your pyjamas and continue feeding your baby. Set yourself up so you can easily have a drink of water, tea or miso soup and have everything you need nearby so you can rest without getting up.

Call your midwife or doctor if:

- ♦ You have a fever and it is rising and/or
- ♦ You feel progressively sicker as the hours go by, as you may need antibiotics

Early treatment means you can heal quicker. You can also call the Australian Breastfeeding Association on their 24-hour helpline: 1800-686-268.

Kirrah Stewart provides holistic support and nourishing care to families in the Northern Rivers. For more information, phone 0429-308-851 or visit: www.doulawisdom.com

We are rapidly coming into a time of heat that can be hard to adjust to. Feeling hot and sweaty is unavoidable sometimes, but in some cases sweating can be excessive. Then it is both unpleasant and damaging to health long term.

In Chinese Medicine sweat has major implications. It is needed to maintain the balance between yang and yin. Both blood and sweat are derived from food and fluid. Excessive sweating can deplete the blood and damage the heart. The heart also has associations with sweat in that heart yang deficiency, a serious condition, can cause profuse sweating. Less seriously, heart yin deficiency causes night sweats. Instability of the shen, a type of heart deficiency, can cause severe anxiety related sweating.

The lung qi controls wei qi (immunity) and controls sweating through the opening of the skin's pores. With healthy lung and wei qi the pores can open to let heat escape, but still be a barrier to pathogens as is needed for good immunity. If wei qi is weak this mechanism is disrupted causing excessive sweating or sometimes stopping sweating. The spleen and stomach provide the qi needed for all systems, weakness of either

Sweating

lung or spleen qi cause weak wei qi. The sweating from qi deficiency happens mainly in the day, is worse for exertion but can be present anytime. The skin is often clammy, and the low immunity often results in frequent colds or flu.

The liver has an indirect association with sweating, either from the heat formed with liver qi constraint or sweating in acutely stressful situations.

As there are a number of causes of sweating, the first thing needed is to identify the pattern. Time of day, or whether day or night, gives a good clue. Night sweating, which is a problem especially when interfering with sleep, has specific causes. These include loss of yin through aging, smoking, from a febrile disease or from loss of blood or fluids. The sweating in turn further depletes yin. This cycle can be stopped with acupuncture, herbs and a yin nourishing diet.

Another sweat pattern is heart and spleen



deficiency that can cause either night or day sweats.

General clamminess, clammy palms, sweaty feet or sweat on the chest and back are characteristic. The sweat is non-staining and odourless.

Other signs of this pattern are tiredness and anxiety.

The pattern can be seen in convalescence, poor diet or blood loss.

As mentioned,

liver constraint indirectly causes sweating, sometimes in stressful situations, but also night sweats. The night sweats are often seen premenstrually or with menopause, but can also occur in men. Stress and emotional turmoil are usually the cause. Headaches, irritability, insomnia and digestive problems such as heartburn will often be accompanying symptoms. This pattern responds well to acupuncture, but underlying

causes need to be addressed.

Sweating is a common part of the lingering pathogen syndrome. This type of sweating again occurs more at night. These are syndromes which occur after a viral infection such as Ross river, Lyme s or glandular fever, but there are also other causes. The diagnostic key is tiredness, fever and other chronic symptoms starting after a specific infection, toxicity or major emotional incident.

The sweat may be oily staining and smell when there is damp heat stuck in the qi level, or be watery drenching sweat when there is only heat stuck in the qi level. As anyone with this type of problem knows, it is frustrating and can take time to treat. This is especially the case with damp heat pathogens, but even these can be treated successfully given enough perseverance.

This may all sound complicated. But the overall message is that sweating can be caused by a number of patterns pertaining to different organs, and also affect these organs and health generally, so it is beneficial at a number of levels to treat these problems.

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560

Corporate mining does not just go away

by Warwick Fry

This time last year I was in Honduras visiting Azacualpa, a community under threat from Canadian corporate mining giant, Aura Gold.

As I was leaving the campesino, representatives of the community had stalemated the combined forces of the mine management, its security forces, the regional police, the mayor, the provincial governor, the regional military commander and the Minister for Homeland Security (who arrived by helicopter with his own retinue of State security bodyguards).

A year later, and Aura, with the collusion of the post-coup regime of Honduras is moving to break the stalemate. There are plans to expand the open cut mine that will involve the removal of a cemetery that has served not just Azacualpa, but a lot of neighbouring villages as well, for over 200 years.

In June this year, thousands of fish were found dead on the banks of the Lara river that feeds into the main water supply for the Provincial capital, Santa Rosa. A cyanide spill from the Aura mine is claimed as responsible.

This means nothing to the Canadian engineer managing the

Aura mine in Azacualpa. Monty Reed made a veiled threat to our delegation of observers at the 'negotiations' last year. "Be careful kiddies" he said, as he swanned out of the room where the forced negotiations took place.

The Honduran authorities responded to the cyanide spill with a team of 'investigators' that uncannily resembles the 'negotiators' (ie: police, military, private security with a few token geologists). They have not responded to requests for information, leading community leaders to believe that the 'investigation' will simply be another exercise in cover up.

The cyanide spill has not deterred the decision nor Aura Mines (nor Monty Reed) from going ahead with the exhumation of the cemetery, which is perceived as the first step to relocating the entire township.

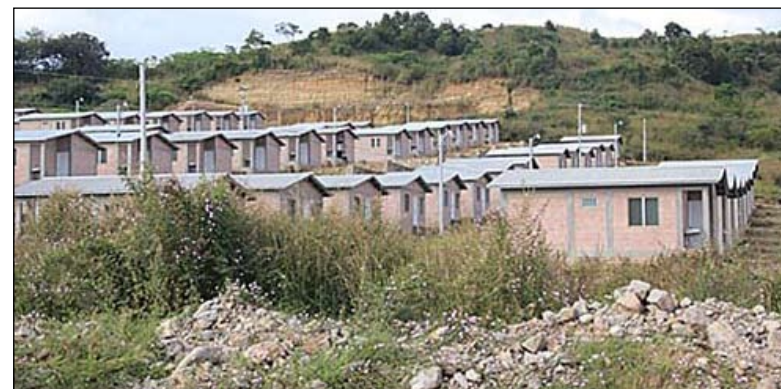
Community leaders resisting the threat to their township have been criminalised for their efforts. They have virtually been under house arrest for the last five years, forced to make the two hour journey to Santa Rosa every two weeks to present themselves before a magistrate in an ongoing legal battle that makes Bleak House look like a nursery tale.

This was the result of the actions dating back to 2012 when the community attempted to blockade the miners. The company bussed in scores of paid employees from neighbouring communities to try to legitimise their claims on the expansion of the mine. The company has also 'bought off' a few members of the community to try and weaken the position of the majority of nearly 100 families.

In 2012 the company 'negotiated' the relocation with promises of glossy-brochured 'cottages' that failed to result. The few that were built have been described as 'dog kennels' – mass produced glorified sheds in an isolated urban wasteland with virtually non-existent agricultural opportunities upon which the peasant communities thrive.

It is worth the while of Australians to examine the tactics of this Canadian mining company, as well as the US resistance to the Dakota pipeline, with the Adani project in view.

We see the same corporate tactics, to suborn a government with questionable ethics or vision, to divide and conquer local communities with land rights (ie: aboriginal land rights and efforts to override aboriginal land rights



legislation and dividing aboriginal communities) and use enhanced legal powers for security provisions to protect corporate interests.

Meanwhile, social justice community interests get flushed down the drain. Beware, and resist Adani.

Benny Zable New York activist diary

30th August – 4th September

Helped out Nathan Koenig and Shelli Lipton with the Woodstock Museum 18th annual Film Festival.

Prior to arriving at the Woodstock Museum, Nathan had spoken with Michael Lang about a proposed Woodstock Nimbin site for the 50th anniversary Woodstock Festival, Aquarius Exposition of fame.

At the moment Michael Lang is still negotiating for some land to develop a site for the 50th. It is early times before getting down to decisions of what, where and how this festival will shape up. We met with an assistant to filmmaker Josh Fox (*Gaslands*) who is interested in helping us with a proposal to secure a space for us to express with international visitors at the 50th.

Friday 15th September

I was invited to bring my rainbow dove flag to a United Nations NGO service, 'Celebrating Together for Peace' held at the Tillman Chapel, Church Center for the United Nations. I danced with them during the satsang chanting and drumming for the UN International Day of Yoga Committee at the UN.

Sunday 17th September

Advancing a Culture of Peace... It was another wonderful Vigil for Peace and Ecology gathering at the Central Park bandshell. Susana Bastarrica and her awesome network



Marsha and Benny with their official approvals permitting them to marry in the US.

of friends of UN NGOs and friends had organized it, calling for a ceasefire in conflict zones around the world. The actual UN International Day of Peace was officially on

21st September. See: www.facebook.com/hashtag/vigil4peace

Tuesday 19th September

Once again outside the Australian Embassy bringing attention to the #STOPADANI, #galileeblockade. I registered this action for the Greenpeace Summer of resistance. Sorry to say, not one person from Greenpeace who I spoke with on the phone in Washington DC came out to meet or greet me when I was there. Felt used and abused. I think there needs to be a way to have buddy support to individuals doing actions from people who make the effort of bringing attention to the public to climate environmental causes and its global consequences. United we stand, divided we fall. A campsite has been set up just recently for individuals and groups to organise and perform their actions.

Wednesday 20th September was the day the signing of the Nuclear Disarmament Treaty begins.

Thursday 21st September

On International Day of Peace I went out to Times Square to support the peace action there. Susana Bustarrica called me up to bring flags to the International Day of Peace address she was giving to the Scientology Center promoting/raising awareness of the 1948 Universal declaration of human Rights. After performing at the Scientology Center,

I was then taken to a special international multicultural event at premises near the UN.

Friday 22nd September

Marsha Silvestri and I rode our bikes to the opening of the sixth annual LUNGS (Loisaida United Neighborhood Gardens) Harvest Arts Festival in the NYC Lower East. Felicia Young ran a powerpoint presentation which tells the evolving story of her most progressive visionary work. After her presentation we rode out to Rachael Santos' 40th birthday, a birthday party like no other...

As I write, I am entering my last week in New York City area before flying back to Australia and out to the #GalileeBlockade.

I have been preparing for a love and peace wedding on my birthday with my flag-dancing playmate Marsha Silvestri, who has been keeping me sheltered from the storm over the past six months.

The ceremony took place on 1st October around the Imagine mosaic in Strawberry Fields, Central Park.

If you like what I do, could you please throw me a bone. I do not receive any grants or belong to any groups that finance my work and journey. I wish to acknowledge all those who have gone out of their way to help me.

If you would like to be a donor, please go to my website: www.bennyzable.com for the bank details. Thanks.

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Nimbin Garden Club notes

by Lorraine Keen

Our members and friends had the pleasure of visiting Ian and Dot Cullen's property at Parmenter Road, Coffee Camp on a beautiful Spring afternoon.

Ian and Dot have owned this magnificent 40-plus acre property with views to the Qld border for 30 years. Mattocks were used to clear the lantana and create their extensive terraced gardens. Over 170 varieties of roses, many grown on arches that you pass under as you meander along the garden paths of their 'Friendship garden' named in honour of all their friends who have given them the many varied plants.

Paths and bridges lead you through mass plantings of Clivias, Brazilian Walking Irises, Bromeliads, Banana, Paw Paws, Mango, Citrus, Macadamia orchard and much more. Hay bales have been used to terrace the large vegetable garden that is still being developed but currently producing abundant crops of cabbage, peas, tomatoes, potatoes etc. A berry patch has also been planted.

The property sits on a basalt shelf and has numerous underground streams throughout the Cabinet timber plantation which was created approx. 16 years ago. Teak, Red Cedar, White Beech, Tulipwood, Dogwood, Qld Kauri, Hoop Pines and fast growing Blue Quandong amongst the species planted.

Further long the garden path is the tennis court area surrounded by more gardens and flower beds. The herb garden is situated at the entry of the greenhouse which houses hundreds of Orchids, many flowering. Clever use of steel reo against the walls provides hanging opportunities for row after row of potted Dancing Lady Orchids.

Twenty-two head of cattle graze at the top of the property, cared for by their son Peter. The gardens attract many birds with over 70 species being sighted.

Ian and Dot supply cut flowers to businesses throughout Nimbin and have donated all proceeds to their Uniting Church. This property is a credit to its owners whose years of hard work have certainly paid off.

A big thank you to Norco Rural for supplying our raffle prizes this month. All our fundraising and raffles goes back into the community.

Last month we were very happy to make a \$500 donation to the Nimbin Central School's 'Breakfast Club' (see photo).

Next month's visit is to Triny Roe's property 399 Gungas Rd, Nimbin between 2pm and 4pm on Saturday 21st October. Triny is passionate about regeneration and tropical fruit. Parking is limited, so please car pool if possible, and wear your walking shoes.

All visitors and guests are welcome, please bring a plate of food to share and a chair.



Tweed Coast walk

by Peter Moyle

A group from the Nimbin Bushwalkers Club gathered early at Bogangar for the coastal heathland walk organised by David Holston.

As was expected for this time of year, we had gorgeous weather and with David's lifelong association with the area, coupled with his knowledge and insight, led to an enjoyable and enlightening

walk along the coast, initially through the dune care/regeneration section that the local volunteers have been working on to great success.

The spring flowers were out but were not as abundant as they can be due to the prolonged dry spell.

The leisurely walk still enabled us to find some stunning orchids and with the flowering trees a variety of birds also kept us

entertained.

Returning along the beach gave us another perspective with dolphins surfing the waves and whales in abundance heading south for cooler waters.

Thanks David for your commentary, and your patience with the less knowledgeable was appreciated. Hopefully another of your walks will be scheduled soon.



by Sue Macklin

Around 15 members of the Nimbin Bushwalkers Club made the journey inland to the Great Dividing Range for our weekend camping in the Boonoo Boonoo National Park, just north of Tenterfield.

Most of us camped in the Cypress Pine camp ground, while six stayed in the relative 'luxury' of Robinson's cottage.

Our first morning took us up Bald Rock. After the prolonged dry spell throughout NSW, spring flowers were more sparse than usual. However, walking up through the forest, to our delight, we passed clusters of beautiful yellow orchids – *Dendrobium speciosum*, or more commonly referred to as rock lily's – which were on full and stunning display.

Up on top, whilst delaying for lunch, we enjoyed spectacular views in all directions to distant ranges, including Mt Lindsay. Numerous bushfires could also be seen in the far distance.

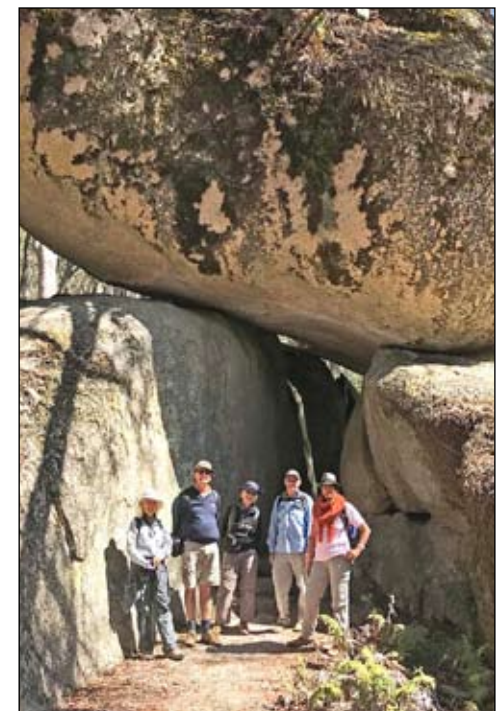
Before returning to camp, some of us travelled down to a picturesque section of the Boonoo Boonoo River for more exploring and cooling off.

Later, back at camp, we ventured down along the river bed to find many more wild flowers than we'd seen during the day, up higher. We also watched the sun go down over a wide, still part of the river where the shy platypus quietly skimmed the surface and dived under in search of dinner.

Next day we walked downstream from camp along the Boonoo Boonoo river and rock-hopped amongst some beautiful water holes and waterfalls. Some amongst us were even brave enough to swim in the cool pools.

We finished up at the lookout where the river cascaded into the valley running away below us.

It was a memorable weekend amongst a special part of our Australian bushland.



Sunday 8th October Chowan Creek Waterfall Walk in the Mount Jerusalem National Park

Leader: Bill West 0429-933-544
Grade: 3-4 12 km walking on some off-track and steep.

Meet: 9.30am at the junction of South Chowan Road. and Mann's Road. (in Mt. Jerusalem N.P. – b/w Main Arm and Uki) It is best to ring Bill re meeting point and details on walk. Bring: water, lunch and hat.

Nimbin Bushwalkers Walks Program

in the NP. Camping fees apply \$12 per person/night. Also vehicle access fee or pass.

Bring: camping/walking gear, food, water and firewood. Please confirm attendance with Michele.

Friday 20th to Sunday 22nd Oct Sheepstation Creek in Border Ranges National Park

Leader: Michele Alberth 02 6632-1214
Grade: 3

Meet: Sheep Station Creek campground North of Kyogle. Arrive at your leisure on the Friday or Saturday morning with walk starting at 9am. A walk on the Sunday also at 9am. There are beautiful forest and creek walks

Sunday 12th November Brunswick Heads Management Trail/AGM

Leader: Michele Alberth 0266 321214
Grade: 1 a walk for an hour or so along beach and management trail prior to our AGM.

Meet: 9.30am at Brunswick Heads Surf Club for the walk, 11am for the AGM (near the Surf Club – all welcome, only members may vote).

Bring: Water, hat, sunscreen, chair, picnic lunch or very tasty fish and chips etc. nearby.

Aries

The fiery vibes of the Full Moon might trigger unresolved conflicts. Aim for gaining a new perspective by seeing the other side. New opportunities will come through joint partnerships once Jupiter enters Scorpio on October 11. Written and unwritten contracts with others will either be deepened or abolished.

Taurus

At the moment, it is a great time for establishing new rhythms and routines that will have a positive effect on your body-mind and soul equilibrium. Over the next 13 months, fresh opportunities will be coming from your partnerships and connections with others. You could also end those contracts which do not work anymore.

Gemini

This is the time for creativity, self-expression and play, at least until October 18 when your ruling planet Mercury travels into the underworld (Scorpio) investigating deeper issues. Communication might not be as easy going then, but insights are more profound. Your attention might also shift to health, daily duties and the little things in life.

Cancer

Home, family and emotional security are important now. This might be a great moment in time for redecorating your home, especially from mid-month onwards. Once Jupiter enters Scorpio on October 11, you will experience a 13 month-period where you can trust your good luck, take risks you usually don't take and have an optimistic attitude towards life in general.

Leo

This is a busy time for you with lots of short trips, interactions with neighbours, relatives and friends, possibly taking on the role of the 'peace maker' and help others to settle their differences. Once Jupiter enters Scorpio (Oct 11) you might feel called to tackle unresolved family issues over the next 13 months.

Virgo

Venus and Mars conjoin in your Sun sign on October 6, the day of the Full Moon. This could be a potential moment in time where a seed is planted for initiating a new relationship with someone or something. Jupiter's journey through Scorpio (Oct 11, 2017 – Nov 2018)

October

Over the next three months, Jupiter and Saturn, the two largest planets in our Solar System, are changing signs.

Jupiter enters Scorpio on October 11 and will remain in this deep probing sign until November 2018; Saturn enters Capricorn in December and will stay in the sign of its rulership until the end of 2020.

In astrology we regard these two bodies as our 'cultural' or 'social' planets: Jupiter is associated with the benevolent face of society, our beliefs, principle and ethics, whereas Saturn is associated with its stern face, its laws and regulations that are put into place for the purpose of security and containment. Together they are the principles of expansion and contraction, faith and fear, optimism and inhibition.

Until October 11, Jupiter is still travelling through the last degrees of Libra, the sign concerned with establishing balance, harmony and peace. During Jupiter's 13-month journey through Libra, the emphasis was on co-operation, the bridging of polarities, dialogue and willingness to compromise between conflicting parties. Jupiter just finalised its third and last opposition to Uranus (September 28). Jupiter/Uranus alignments correlate with waves of innovation and the opening of new horizons. Finding revolutionary solutions for longstanding problems in many different areas of our collective and personal lives has been the challenge, especially since December 2016. On the other hand, we have lately seen some incredible advances in alternative technologies and space exploration (Tesla batteries, futuristic vision of rocket mission to Mars).

With Jupiter's entry into Scorpio we collectively enter another energy field. The largest planet of our solar system tends to exaggerate whatever it contacts. Scorpio is known for its intensity, secretiveness, tendency to dominate but also immense power of healing and regeneration by tapping into unknown resources.

Libra is a very social sign and has a natural talent for mediating between opposing views until a fair assessment is established. However, restoring peaceful equilibrium, may it be between people, groups of people, or between self and others, is a tricky task. The downside is indecisiveness and procrastination because of Libra's inability to face conflicts in a straight forward way.

However, this evasiveness can lead to more stress and tension which is against Libra's developmental aim of attaining peace. So, that is why the Scorpio phase is about testing boundaries and pushing to overcome them for evolutionary growth and transformation. On the positive, Jupiter in Scorpio provides courage



and determination to deal with issues that were previously put into the "too hard" basket. Nevertheless, on the negative, Jupiter's idealism can turn very fixed and fanatical in Scorpio's realm. We might experience a period

of a growing divide regarding our differences in cultural, political and ethical values and perspectives. When Jupiter moves from Libra to Scorpio, the tolerance for listening to other people's opinions is diminished.

On a personal level, we can use this period for intensive energy work, and healing the past. Jupiter in

Scorpio can guide us towards a change of perspective, digging deeper to understand the greater meaning of who we are, and the elimination and purging of unhelpful attitudes. Acknowledging and handling our own innate power and wisdom in a confident, persevering and nurturing way will bring upon us Jupiter's blessings.

The Full Moon on October 6 is in fiery Aries opposite the Libra Sun and squaring Pluto in Capricorn. This emphasis on cardinal signs highlights a very active but unstable period of the month, where opposing parties might decide to finally separate. On the positive, a new perspective in relationships might be found, or a decision made for a fresh start. Venus and Mars, the relationship planets, start their new two-year cycle just a few hours before the Full Moon. This new phase conjunction can correlate with a time frame in which we initiate a new relationship with someone or something. The Venus-Mars cycle also relates to our creative potential and the way we can express ourselves. In Virgo, it symbolizes the need for applying more self-control in our dealings with others to fix, perfect and heal any potential dysfunction.

The Libra New Moon on October 20 is opposite Uranus and conjunct Jupiter. It picks up the theme of the Jupiter/Uranus opposition which had its last exact pass on September 28. Beliefs and perspectives that have become too ingrained are once more challenged and tested. These are two planets associated with the emergence of new spiritual ideas and ideals, their cycle linked with new visions, discoveries and social trends. Jupiter in Scorpio's strength is courage and determination (see above) to deal with difficult tasks. Let's tune into its vibes, set our intentions and start building new alternatives instead of wasting our energies by fighting the old.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2017/18; contact Tina on 66897-413or 0457-903-957, email: star-loom@hotmail.com

Next 1-day Workshops: 'Medical Astrology and Emotional Well-Being', October 21, 10am – 4pm at Lillifield see Community Centre.

For all info and bookings, contact details above.

marks a good time for research, in-depth studies and expanding your horizons.

Libra

This is your most important time of the year, where you plant the seeds for your personal new 12 months cycle. Mars is in your Sun sign during October 23 – December 10 providing you with a cosmic energy boost, while Jupiter moves into Scorpio from October 11. Use this period to lay the foundation for future projects.

Scorpio

Jupiter enters your Sun sign on October 11 and will remain there until November 2018. This is the start of a new 12-year cycle of growth and self-exploration. It is your time of changing perspectives and setting new trends, ideal to take the initiative and begin something that feels rewarding to you. Prioritising is essential.

Sagittarius

This month's focus is on building and strengthening new and old networks. It is worth remembering that the sum of the whole is greater than its parts... Focus on encouraging understanding and open-mindedness so that innovative ideas can flow freely. Dream up a new vision.

Capricorn

This is a time where you can work hard and achieve great results. You might even be called upon to take on a leadership role. Therefore, it is good to be aware of your strengths, abilities and weaknesses. Jupiter's entry into Scorpio on October 11 brings blessings through your networks with like-minded souls over the next 13 months.

Aquarius

This is a good moment in time for expanding and refining your artistic and aesthetic sense. Once Jupiter enters Scorpio on October 11 you are entering a 13-month period where you can get ahead in your life and your work may attract public recognition. Believe in your own capabilities and work on your career goals.

Pisces

Cooperation and participation in the flow of events is important now. This is not a time to withdraw but for getting whole-heartedly involved. Jupiter's journey through Scorpio (Oct 2017 – Nov 2018) will enhance your urge for adventure and travel as well as the search for meaning and truth.

Weave and Mend Festival preserves craft traditions

The Weave and Mend Festival, held over three days at the end of September, saw local hand weavers,

as well as those from further afield, sharing their time and skills. It was held for the first time in

the grounds of the Blue Knob Hall, which proved to be a suitably laid-back venue for the quiet,

contemplative, co-operative activity. "As above, so below." Donations received go to the Our

Young People's Arts Trust Fund established by Nimbin's Wednesday Women Weavers in 2005.



Nimbin Trivia Time

Questions

1. In what Australian state was the highest recorded temperature of 53 degrees C recorded?
2. In 1984, what was the first product in Australia to be electronically scanned at a checkout?
3. How many fathoms in a chain?
4. What is a soffit?
5. In *Star Trek*, what does the *USS Enterprise* use for fuel?
6. What does MDMA stand for?
7. What is the capital of Ecuador?
8. How many albums did the late Slim Dusty record?
9. Which Australian promised to go "all the way with LBJ"?
10. In which year was Vegemite launched commercially?

Answers

1. Queensland.
2. Vegemite
3. 11.
4. The underside of a part of a building or a structural component, include increased recreational drug. Desired effects
5. In *Star Trek*, state, etc such as an arch, beam, dilithium is an invented material which serves as a controlling agent in the faster-than-light warp drive
6. Methyleneoxy-
7. Quito, it is the second highest official capital city in the world.
8. 103
9. Harold Holt
10. 1923.



Life is great

Pisces Full Moon at New Brighton

by Marilyn Devlin

So much activity... been busy in the cosmos; Earth moving and shaking and inside us evolution expedites.

There's no way off the moving walkway, one way it goes, and that's ahead. Yes, you can try to backtrack, move against the momentum, but it'll chew up massive loads of energy and leave you depleted. There is only one way, and that is forward.

I saw that clearly on the big eclipse in August... the one that was getting so much press. As an energy sensitive person my feeling sense is heightened, I feel the vibration of things. It was a big eclipse and it felt really clear. A vision appeared of a line – a vertical sloping line, and written at the top of the line was the word 'demarcation'. It was the strongest sense that one life had finished and a new one began. Not just for me, for everyone.

Can you feel the newness, amid the noise and crumbling structures, the chaos, storms and upheaval, Earth's re-arranging? We must never lose hope. Really there's no need. Life is truly great. We breathe precious breath... meaning, our opportunities are endless.

Yes, it may not seem so at times... but look a little closer, be a little quieter. Stop, listen, feel what's happening inside your body. Look what you have... so much, yes we do. We've become addicted to focusing on what's wrong. How would things change if we only saw our blessings? Truly, what is wonderful is our life. We have so much to be grateful for... we're alive. That means there's opportunity, to do whatever we can.

It's time to begin, remember, a new life has begun. It may look the same, move a little closer. Use your feeling sense, be quiet for a while, sit under a tree, listen to the birds. Watch the animals, they're our great teachers, so content and so

focused on enjoying life.

Expand... be free, be game, reach out and take that chance. Life is short, one shot we get at being 'me' now; this life won't be repeated, not the one you have right now. Shout 'YES' I accept, take me by the hand, open my eyes to the beauty that encompasses me. Never let me forget how fortunate I am, to be alive and to feel; to love, admire, work, grow and dream, and be fulfilled.

The times are tumultuous for sure, it's a massive cleansing time. But with so much opportunity, to move, to be, to experience what we never have before. We create our experience by what we choose to focus on. Yes we slip into habitual grooves, ways we've always done things and perceived the reality around us. Habits can be changed. Sometimes slowly, yes. But step by step we can choose, the new thought, the new action. And bit by bit this will take us where we want to be.

It's exciting times, mega Big with opportunity. What you can dream, what you can imagine, you can do. It's all here for us, it's time to get moving. Start manifesting your long held dreams... it's time.

October looks like an exciting time for love. Yes, we always begin with our self. On October 6th Venus and Mars cuddle intimately in our early morning sky, at 19 degrees Virgo (my Sun!). Virgo, to me, represents the spirit of Mother Earth. She maintains the sacred flame; she protects and nurtures the sacredness of life on Earth. She understands its connectedness... she comprehends its language. She's the feminine energy of Earth... she reminds us of our responsibilities, to care, to protect, to serve and unite; to honour the sacredness of all living life.

No better time than now... to come together in this service, to unite and protect our precious planet Earth... ahhh, and our birthplace – our sacred ocean.

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Nimbin Crossword

2017-10
by 5ynic



Across

1. 19th Century artist – e.g. Monet, Renoir, Cézanne
9. Home Theatre (init.)
10. City in Morayshire? Thieved Greek marbles
11. Electronic circuit prototyping tool? Cutting board
12. Garland
13. Drinking vessel
17. Coffee shot
20. Breathed in
21. Teargas?
23. Cross to the east side of Cullen Street for this (9,5)

Down

2. NSW's regional train services
3. Indian yoghurt and cucumber dish
4. Knifed?
5. Frozen region e.g. Antarctica, Himalayas
6. Transparently? Perform in your birthday suit
7. Unattractiveness
8. Hell(fire)?
9. Migraine?
11. Haggle? Good buy.
14. Millennial stick portrait
15. Low rent studio
16. Expand? Marmite? Nutella?
19. Cardio measurement (init.)
22. Odd? Fermented cane

Solution: Page 37