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Gallery appeals inside and out

by Karen Welsh, President

The Nimbin Artists Gallery has launched a 'new' look. There is now a bigger and brighter street presence, thanks to local artist Donna Sharam. Donna donated her time and talents to our 'street appeal' project with a fabulous outcome, and launched it in time for the annual Autumn Arts Extravaganza. The 2018 Extravaganza did not have the anticipated visitors, via the Commonwealth Games expectations, but this didn't dull the enthusiasm for quality local artwork, and the Gallery has returned \$14,000 to our local artists. The inaugural Sally Art Prize, a \$500 cash prize as judged by our benefactors, was awarded to Judi Lane for her work 'Hammersley Gorge'. Judi has developed her unique style using gold leaf and pau shell, and her work is increasingly sought after. Congratulations also go to our current exhibitor, Trinity Leonard, who has taken out the highly prized Border Art Prize with her work 'Hannah'. Come in



'Hammersley Gorge' by Judi Lane

and see first-hand the emotion and skill that Trinity brings to her work. The Nimbin Artists Gallery has just been through a very busy few months, much the same as many other groups, but a special mention and thanks goes out to our volunteers: Pauline, Tim, Colin, Heather, Fay, June, Judi, Anne, Maureen, Melissa and Donna. A great team to work/volunteer with. We are open 10am - 5pm daily. Come in and see us soon. Browsing and art appreciation is always encouraged.



'Serenity' by Trinity Leonard



The Fibre Show – unravelled



'Our Four Seasons' (detail) by Robin Moore

disentangling of threads, those balls of wool, fibre and other natural materials that are then re-formed, reconstituted into an artwork, sculpture or item of clothing that often belies the materials used. Unravelling can also mean the solving of a mystery, making plain or clear. In the process of using fibre, exploring and presenting it back to the world we inform those around us about the use of fibre in our lives and the ability to create and make use of it in all its manifestations. This year we are once again delighted to have the work of Polly and Myfanwy Stirling, Sachiko Kotaka, Masu Kotaka and Hisako Saito. For several years Sachiko's mother and sister have been sending their exquisite pieces from Japan especially for this exhibition. With Melissa Hume's beautiful vests and jackets this is an exhibition that covers every variable from wearable clothing to a variety of art works that represent all the creativity that can come from playing with fibre. The Opening Night will be on Friday 8th June at 6:30pm with a meal on the night for \$20 per person including mains and dessert. If you would like to come along please book with the Gallery on 6689-7449 or email: bkhgallery@harbourisp.net.au The exhibition runs until Saturday 4th August. The next Artists and Friends Lunch will be held on Thursday 28th June at 12.30pm with a set menu for \$20 including mains and dessert. Please call the Gallery on 6689-7449 or email: bkhgallery@harbourisp.net.au if you would like to come along.

It's that time again at Blue Knob Hall Gallery – just when we are ready to climb into our winter woollies, the Gallery puts on its annual Fibre Exhibition. The title of this exhibition alludes to the unravelling or



Red vest by Melissa Hume



Skirt and scarf by Myfanwy Sterling

Practising Artists Network



'The Dancer' by John Walters

by Ruth Tsimbinis

The Roxy Gallery is very excited to be exhibiting works by members of the Practising Artists Network, also known as PAN.

'Mother Nature' is the theme this body of work derives influence from and following on from the last exhibition of works by the Community of Learners of Upper Richmond Small

Schools (COLOURSS), in its final days on display.

This exhibition will also be vibrant and intriguing.

Made up of artists with an interest in exploring, sharing and engaging, the PAN group, which is a not-for-profit organisation, is committed to furthering and promoting visual arts in the Byron Shire and surrounds.

With over sixteen members this group of artists explore working in a variety of mediums, in both two and three dimensional forms.

'Mother Nature' will be on exhibition at the Roxy Gallery from 5th June with the exhibition being officially opened on Saturday 9th June from noon.

This is a perfect opportunity to meet the artists and discuss their works and interest in the arts. All works in this exhibition are offered for sale, providing members of the public opportunity to source high quality local art and also support the artists in their continual development in art creation.

The year is at its half-way mark and this is the time the Roxy Gallery goes seeking interest from artists, art groups and creative types who would



'Waiting For The Storm' by Rick Molloy

like to undertake an exhibition in 2019.

If you are thinking about what it would be like to see your work installed in a gallery space now is the time to contact the Roxy Gallery Director to find out how you can get your work out into the public domain by exhibiting at the Roxy Gallery.

Drop in to the gallery, flick off an email to: roxygallery@kyogle.nsw.gov.au or phone for a chat on 6632-3518.

Make Art Happen.

CONNECTED

'Connected' is a solo show by artist Fiona Cole, opening at the Serpentine Community Gallery on 22nd June at 6pm.

Fiona Cole is a mixed media artist from Perth, now living in Nimbin with her daughter and the world's tiniest dog.

Fiona developed a passion for intuitive painting while working in a therapeutic art drop-in space for young people in Albany, WA. She

loves to support others in finding the confidence to paint and believes deeply in the power of art in personal healing. She has exhibited both in WA and in NSW and has built a loyal following of people that resonate with her colourful works.

This exhibition is a collection of work focusing on the connections in nature and in ourselves. The process for

these works is using intuitive mark making and immersing in a meditative flow of colour and texture to cover each canvas, using a colour theme that resonates in the moment. Suspending the desire to control or pre-plan each work allows for the natural facilitation of the image to unfold over time.

Fiona's work will be exhibited in Gallery 1 and in Gallery 2 we are holding a Winter Solstice members show. The opening is also on the 22nd at 6pm.

Solstice (*solstitium*) means 'sun-stopping'. The point on the horizon where the sun appears to rise and set, stops and reverses direction after this day. On the solstice, the sun does not rise precisely in the east, but rises to the north of east and sets to the north of west, meaning it's visible in the sky for a longer period of time.

The solstice may have been a special moment of the annual cycle for some cultures even back as far as Neolithic times. Astronomical events were often used to guide activities

such as the mating of animals, the sowing of crops and the monitoring of winter reserves of food. Many cultural mythologies and traditions are derived from this.

There are so many interesting concepts and ideas surrounding the solstice and we're hoping our members will be inspired by this theme to contribute and bring work in by 19th June.

Both Fiona's show and the Winter Solstice show will run until 10th July.

A solo show by well-known local artist Philippa Leader will run for two weeks from the 3rd of August to the 17th of August. We will be posting more information regarding this show soon on Facebook but welcome any enquiries up till then.

Serpentine Community Arts Gallery is located at 17a Bridge Street, North Lismore, phone 6621-6845, email: gallery@serpentinearts.org web: www.serpentinearts.org Facebook: www.facebook.com/SerpentineArts; [Instagram.com/serpentinecommunitygallery](https://www.instagram.com/serpentinecommunitygallery)



Fiona Cole



Fiona Cole



'Love' by Philippa Leader



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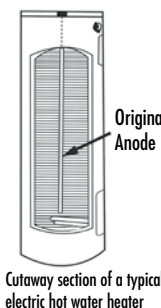
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When life gives you lemons

Food matters



by Eric Smith

You may have noticed some oranges about. And lemons, and limes, and a few others.

As the weather gets colder, our citrus ripens, giving us a much-needed burst of vitamin C right off the tree.

However, with the crop being so successful in our local climate, this time of year can be overwhelming – your trees are all covered, your neighbour offers you some, it is sometimes safer to lock your car so that no-one leaves a bag of lemons in the back seat. What to do?

Eat as many fresh as you can. Store in a cool, dark place so they last longer. The occasional glass of juice is fine, but remember that the fibre is there for a reason – you absorb more vitamins the longer it takes to digest.

Put some orange slices in your green salad, bake a few quartered lemons in a chicken.

Preserve some for later. Marmalade and citrus butter are fun morning treats, and also excellent gifts for your city friends who may not have the access that we do.

I don't have enough space for recipes here – find a technique you like (and trust) online, there are excellent resources available nowadays.

Lemons preserved in salt make an excellent condiment for dishes later. If you are freezing lemon juice, try freezing it in ice cube trays, and keeping the cubes in bags or old ice cream tubs. That way you can take out a little as you need it.

And don't forget to zest the lemon first, and

freeze that – an excellent seasoning for sauces, roasting, and for baking, and you will get more juice from the fruit after the extra handling.

Juice can also be preserved – in sterilised jars pasteurised under boiling water for about 10 minutes (again, further information online).

Explore all the citrus on offer. Oranges and lemons are just the beginning. Lemonades are sweet, tangelos, mandarins, cumquats are tiny fruit eaten out of hand, pomelos are huge and delicious.

Buddha's Hands are more peel than flesh. They are traditionally used for candied peel, and also can just be left around for a beautiful and scented accent for a room.

Kaffir limes work in a lot of recipes, both fruit and leaf, and grow very well here. For the most variety and information, stop by your local Farmers Market in this season, where passionate growers proudly sell many varieties, and are happy to share information-

So enjoy our annual blessing of citrus. The journey is sometimes sweet, often a bit tart, and always exciting and delicious.

The Blue Knob Farmers Market is on every Saturday from 8.30am to noon on the grounds of the Blue Knob Hall Gallery and Café, on Blue Knob Road near the turnoff for Lillian Rock Road.

For more information, check out our FaceBook page, or call 0415-935-683.

For more info, contact: jamescreagh@hotmail.com



Rollinia (above)

Robyn and mandies (below)

by Neil Amor

Nestled on a spectacular plateau on the slopes of Mt Nardi overlooking the Nimbin Valley, sits a farm with a view: Paddy Melon Place.

Initially intending to set up in Tien's home place in North Queensland 23 years ago, Robyn was drawn to the benefits of home birthing as practised in Nimbin at that time, and before long both were captured by the lure of the valley.

Drawing on their love of biodynamic gardening, and finding their intended future home and environment rich in soil and fresh spring water, they set about establishing a self sufficient life style.

Aside from a large veggie garden, they have a wide range of fruit trees groaning with produce; macadamias, plantain, olives, avocado, bananas, and an abundance of every kind of citrus imaginable.

They also have some home brewing of wine...Davidson Plum is currently on the go...although you would have to be a family member to have access to that!

The Nimbin Organic Food Co Op has exclusive access to the fruits of Robyn, Tien and family's produce, established over 23 years ago.

Come on in and check it out. And while you're there have a look at our new upright freezer... full of all your favorite goodness.



Here is one of Robyn's favourite all-purpose dressings.

Japanese Sesame Dressing

4 teaspoons ground sesame seeds / 1 small onion / 1 small carrot / 200ml olive or sunflower oil / 100ml tamari or soy sauce / 100ml vinegar / 2 teaspoons honey.

Blend it all together. Put liberally on everything (e.g. steamed veg, silken tofu, salad, etc)

Medicinal Mushrooms part 1



Nature's pharmacy

by Trish Clough, herbalist

I thought I would write about medicinal mushrooms, as it seems such a hot topic at present.

Everywhere I turn, there's a new product launched by all the professional natural medicine companies, and seminars on the amazing medicinal properties of various mushroom species.

The latest products are very interesting blends (powders and capsules) of mushroom combinations, some of them with the addition of immune enhancing herbs such as echinacea, astragalus and ashwaganda.

Immune boosting

mushrooms are popping up in inner Sydney too, where I have it on good authority that it's all the rage to add reishi mushroom powder to turmeric lattes! Must be the season, as various mushrooms are popping up around the Northern Rivers too.

Just a note of warning: some mushrooms are highly poisonous and some people have died from eating wild-harvested mushrooms. It's never advisable to pick mushrooms in the wild unless you have them identified by an expert.

My favourite medicinal mushroom is the shiitake (*Lentinula edodes*) because it tastes so delicious. The common name is from the Japanese, but it is known to have been used in China for over 6,000 years as a medicine.

As with most traditional herbal remedies, scientific research is continuing to validate the traditional uses of the shiitake. It is a powerful immune-boosting

food, and also contains a strong anti-oxidant which has anti-cancer benefits.

It contains the highest concentration of this particular anti-oxidant compared with other mushroom species.

I use dried shiitake a lot in soups, but I also have a totally delicious dried shiitake powder that makes an excellent thickener added to the moisture given out when 'normal' mushrooms are being cooked. It makes a yummy sauce.

The Cordyceps mushroom (*Cordyceps sinensis*) is also known as caterpillar mushroom because of its appearance. Numerous studies have confirmed the traditional use as an immune stimulating, anti-cancer, and energy boosting agent. It is a useful adrenal tonic.

Cordyceps was proven to have a significant stimulating effect on testosterone production (in mice). Human trials are needed, but it is traditionally used as a hormonal tonic so



Reishi mushrooms
Courtesy Herb Museum

this finding is likely also in humans.

I use cordyceps a lot in my clinic as a tincture in a blend of other herbs for immune boosting and adrenal/energy support.

Reishi mushroom, *Ganoderma lucidum*, is known as the "Mushroom of Immortality". I'm looking forward to the scientific studies confirming this. It has many benefits including reducing blood pressure, anti-cancer properties (especially when combined with green tea), and also immune stimulating

properties.

It has even proven effective in treating rheumatoid arthritis. It works by inhibiting certain cells that cause damage to the joints. It can be beneficial in treating benign prostate disease by interfering with the hormonal stimulus that encourages the growth.

I use reishi in a tincture form, but also a powder that can be included in food. It is rather bitter tasting, unlike the shiitake powder, but can be added to soups and casseroles.

The maitake mushroom

is another medicinal mushroom which lowers blood pressure and boosts the immune system. It works by activating a range of immune cells (macrophages, "natural killer cells" and T cells) to help fight infection and prevent cancers.

It also helps regulate blood sugar levels, lowers cholesterol and benefits the liver. In my clinic I use it in a powder extraction concentrate blend of medicinal mushrooms.

Medicinal mushrooms have demonstrated benefits with immune system support and cancer prevention and the surge of excitement about them is quite warranted in my opinion.

In next month's column I will write about another fascinating mushroom species which can repair damaged nerves and improve brain function.

Trish is available for consultations by appointment on 0452-219-502 or email at: herbalist.trish@internode.net.au

The information in the column is meant for general interest only and should not be considered as medical advice.

Civilization is co-operative, not competitive

by John Scales Avery

Human nature has two sides: it has a dark side, to which nationalism and militarism appeal; but our species also has a genius for co-operation, which we can see in the growth of culture.

Our modern civilization has been built up by means of a worldwide exchange of ideas and inventions. It is built on the achievements of many ancient cultures. China, Japan, India, Mesopotamia, Egypt, Greece, the Islamic world, Christian Europe, and the Jewish intellectual traditions all have contributed. Potatoes, corn, squash, vanilla, chocolate, chili peppers, and quinine are gifts from the American Indians.

We need to reform our educational systems, particularly the teaching of history. As it is taught today, history is a chronicle of power struggles and war, told from a biased national standpoint. We are taught that our own country is always heroic and in the right. We urgently need to replace this indoctrination in chauvinism by a reformed view of history, where the slow development of human culture is described, giving credit to all who have contributed.

When we teach history, it should not be about power struggles. It should be about how human culture was gradually built up over thousands of years by the patient work of millions of hands and minds. Our common global culture, the music, science, literature and art that all of us share, should be presented as a precious heritage – far too precious to be risked in a thermonuclear war.

Economies based on a high level of consumption of material goods are unsustainable and will have to be abandoned by a future world that renounces the use of fossil fuels in order to avoid catastrophic climate change, a



world where non-renewable resources such as metals will become increasingly rare and expensive. How then can full employment be maintained?

The creation of renewable energy infrastructure will provide work for a large number of people; but in addition, sustainable economies of the future will need to shift many workers from jobs in industry to jobs in the service sector.

Cultural and educational activities have a small ecological footprint, and furthermore, since culture and knowledge are shared among all nations, work in culture and education leads societies naturally towards internationalism and peace.

Our modern civilization has been built up by means of a worldwide exchange of ideas and inventions. It is built on the achievements of all the peoples of the world throughout history. The true history of humanity is not the history of power struggles, conflicts, kings, dictators and empires. The true history of humanity is a history of ideas, inventions, progress, shared knowledge, shared culture and co-operation.

Our cultural heritage is not only immensely valuable, it is also so great that no individual comprehends all of it. We are all specialists, who understand only a tiny fragment of the enormous edifice. No scientist understands all of science. Perhaps Leonardo da Vinci could come close in his day, but today it

is impossible.

Nor do the vast majority people who use cell phones, personal computers and television sets every day understand in detail how they work. Our health is preserved by medicines, which are made by processes that most of us do not understand, and we travel to work in automobiles and buses that we would be completely unable to construct.

The sharing of scientific and technological knowledge is essential to modern civilization. The great power of science is derived from an enormous concentration of attention and resources on the understanding of a tiny fragment of nature. It would make no sense to proceed in this way if knowledge were not permanent, and if it were not shared by the entire world.

Science is not competitive. It is co-operative. It is a great monument built by many thousands of hands, each adding a stone to the cairn. This is true not only of scientific knowledge but also of every aspect of our culture, history, art and literature, as well as the skills that produce everyday objects upon which our lives depend. Civilization is not competitive. It is co-operative!

I have recently published a book entitled *The Information Explosion*, which discusses the role of information in evolution, and especially in the evolution of human culture.

The book may be freely downloaded and circulated from the following link: <http://eacpe.org/app/wp-content/uploads/2018/05/The-Information-Explosion-by-John-Scales-Avery.pdf>

The book is also available at the Danish Peace Academy website: www.fredsakademiet.dk/library/information.pdf

I hope that readers will also spread the following link, where my other books and articles on global problems are available: <http://eacpe.org/about-john-scales-avery>

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Survival matters. Empathy matters more

by Thom Culpeper

The clash of absurdities

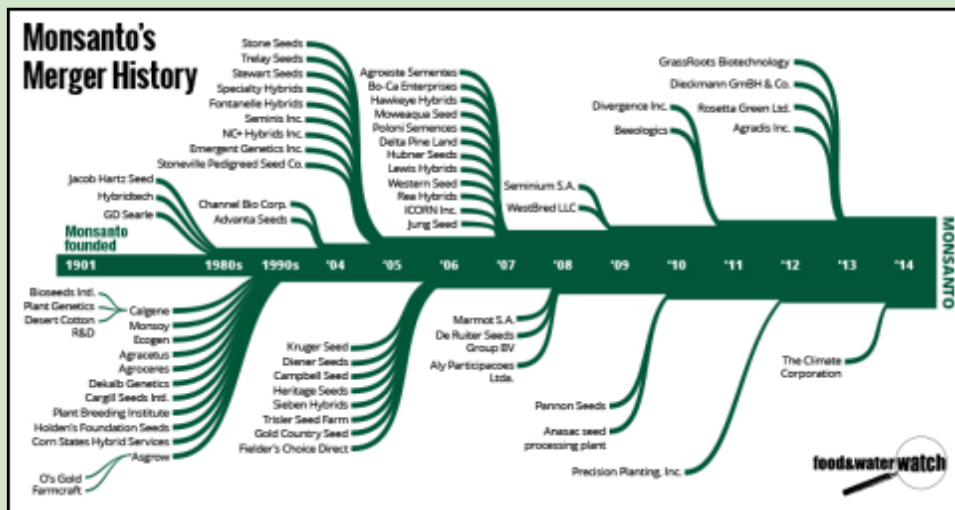
Razan al-Najjar, a 21 year old nurse, was shot dead last Friday by an Israeli sniper, while attending Palestinian people who were wounded by the same Israeli cowardly murderers.

Her only protection was her Red Crescent vest.

This beautiful woman died attending to her people. A ghastly, filthy act! WE love her. We shall never forget her selfless bravery. The information on who the shooter was is circulating. If true, it is vilely abhorrent.

US\$600,000,000 it is reported (ABC), was just paid for the Leonardo De Vinci painting, 'Salvator Mundi'. Not a lot is known about this sale – previously this painting sold during August 2017 for US\$450,000,000. Not a bad 'yield' for nine months.

In 2005, this work was sold for US\$10,000. It was then sold in 2013 for US\$75,000,000, a Russian oligarch paid US\$127,500,000 for it. The painting then 'went' to a Saudi Family member



Badr bin Abdullah for US\$453,312,500 (rounded off), who was, it seems, acting as an agent for another Saudi 'Prince' Mohammed bin Salam, he buying it for display in the new 'Louvre Abu Dabi'.

Grand larceny, Art. Anybody?

TAFE, universal in Oz, has had millions slashed from its funding and OZ is determined to fit the navy out with AU\$50,000,000 worth of worthless last century submarine, defensive weaponry.

The above chart is the reality of a monster

corporation that is about to become even bigger with its US\$57,000,00 amalgamation/buy-out with the European(?) Bayer AG-Germany. This behemoth will control 80% of the world's seed business.

20,000,000 of the world's people have been killed in 37 countries since WW2. UNHCR says: "An unprecedented 65,600,000 have been displaced worldwide, 22,500,000 of this number are refugees..."

And innocence is murdered in her Red Crescent vest. What are we to do?



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Possums at risk as the days shorten

As the days shorten and winter approaches, more cars are on the road at dusk, dawn and dark. Sadly, this means that many nocturnal animals become victims on our roads.

Possums are particularly at risk at this time of the year, and WIRES has been receiving a large number of calls about injured, deceased and orphaned possums. Yesterday there was a particularly sad case where a mother Ringtail and her little joey were both found dead on Richmond Hill road.

In the Northern Rivers region we predominantly have two types of possums. The Ringtail possum (pictured) is a red-brown colour and has a long tail with a white tip. They are smaller in size than the Brushtail possum, which can be black to grey in colour.

As with all marsupials, it is very important to check any possum that is killed on the road. If it is female, there may be joeys in her pouch or nearby if they were riding on her back. In many cases the joeys can be saved.

While Brushtail possums generally only have one baby at a time (very rarely they will have twins), the Ringtail possum is likely to have 2-4 babies at any time. So always look around in case there is another joey nearby. Call WIRES for advice on how to check a pouch and to arrange a rescue.

Most importantly, always drive carefully at dawn and dusk and slow down in areas with bushland around the roadsides. A possum, wallaby or any nocturnal marsupial life might just



Photo: Sharon McGrigor

be able to be saved.

An all-volunteer organisation, WIRES relies heavily on the generosity of caring people for support. All donations \$2 and over are tax deductible. Now is also a great time to join WIRES and start learning to be a wildlife rescuer. Our 24-hour hotline is for all rescue, advice or membership enquiries in the Northern Rivers – call 6628-1898 or go to: <http://wiresnr.org/Helping.html> to find out how you can help.

Plant of the month

White Siris / White Bean *Ailanthus triphysa*

by Richard Burer

In my top ten of local trees, White Bean or White Siris is a medium sized rainforest tree common in the Nimbin area, and quite common on the coast and inland to the Clarence River area.

This attractive tree has fine fern-like leaflets on compound leaves.

Ailanthus is also known as Tree of Heaven, particularly in parts of Asia including India where its uses range from medicinal, to being used in toy-making and match sticks.

Major uses also include harvesting a clear resin from the tree for incense



production, though this has led to bans for harvesting in India due to die-back and death of this handsome forest species.

This old friend is described as a fast-growing tree to about 30 metres. In Nimbin I have found this species to have more modest growth rates, and perhaps after a few years it can kick on to one metre growth per year.

Easy to grow, White Bean has a brown fruit attached to a flattened winged keel which must help dispersal around the bush, along with a healthy breeze and a flowing stream.

If you like, pick up the fresh fruits and sow in your favourite propagation mix and they will come up fast and thick. Pictured is a tree I planted about 10 years ago.



Male Richmond Birdwing Butterfly

WEED WORDS

by Triny Roe

Is it an attractive garden ornamental or could it be a sleeper weed?

The delightful butterfly and bird attracting flowering species that you lovingly planted for many reasons – it's so pretty, smells nice, the bees love it – may have a dark side.

Many environmental weeds began life in domestic situations. Many are still available in commercial nurseries or from market and road side stalls and even recommended on gardening shows on the telly. The list is extensive.

In city and suburban gardens they may be less of a problem but in rural environments careful choices should be made when deciding what to grow or what has to go. Decisions to remove a particular invasive species to prevent further spread and damage should be encouraged.

These environmental weed species are thus designated because of their propensity to grow rampantly and ability to spread into bushland and impact on native species.

Could it be a sleeper weed?

Dutchman's pipe, *Aristolochia elegans*, has striking cream and purple flowers. It has naturalised in several areas in Queensland and in Northern NSW, near Casino. Loving damp rich soils this creeper can easily go wild in the rainforest regions.

Already considered one of the 50 worst invasive species in SE Queensland, it also has potential to become a serious weed in Northern NSW if not controlled early. Airborne seeds can blow to new locations or travel in water or with humans.

A native of South America, it looks like the native vine, *Pararistolochia praevanosa*. The Richmond Birdwing Butterfly, *Ornithoptera richmondii*, has evolved to use this vine for egg laying. However, it can inadvertently choose leaves of the Dutchman's Pipe instead, because of the similarities.

The newly hatched larvae, hoping for a tasty nutritious meal, die from the toxins produced by this exotic plant. Though populations are recovering in some regions the birdwing butterfly is listed as vulnerable.

Night blooming jasmine, *Cestrum nocturnum*, is another sweet smelling plant popular in gardens, but can easily escape into the bush. It is very happy in shady spots so has potential to invade rainforest and replace understory vegetation.

Birds spread seeds and if the seedlings are left to grow unimpeded they can form large thickets. It will also grow from cuttings so prunings and weedings can't

be left lying on the ground or they could reshoot.

Hand weeding is a very therapeutic activity. Feeling anxious or depressed? Get out into the garden or bush and pull up weeds. Contact with the earth and nature is healing and calming. Bacterium in the soil is a natural antidepressant boosting serotonin levels.

Plants also exude chemicals called phytoncides. These antimicrobial agents boost your immune system and promote health. And the garden you are tending or bush you are rescuing will look great.

Be responsible when you dispose of garden waste. Bushland dumping is the cause of many exotic plant incursions into native areas. Be aware that boots and shoes may also carry seed to new locations. Before bushwalking in a national park ensure your footwear is clean.

Biosecurity in Australia is a critical issue. Red fire ants and yellow crazy ants continue to spread further afield, perhaps sometimes unknowingly carried by humans. These can be transported in garden and landscaping supplies such as soil, mulch or compost or even in pots of plants themselves. Stockfeed is another potential source.

Fire ants continue to spread in Qld and are not far from the NSW border. Yellow crazy ants have been found in Lismore CBD. Both these species adversely impact on outdoor activities such as gardening, so it's important to contain the infestations.

Coming clean



by Anastasia Guise

In 2015, a bubble burst high in the atmosphere above the United States. The consequences of that explosion are still making their slow, swirling way towards us, and they may well change the face of agriculture and environmental management forever.

You would be forgiven for missing the event. It wasn't particularly glamorous, and much was done to quickly wind back and obscure the determination, made by 17 of the world's most eminent scientists, which led the World Health Organisation to declare glyphosate a "probable human carcinogen."

No, glyphosate is not the most toxic substance ever poured onto our farms and fields. Remember dichlorodiphenyltri chloroethane? Better known as DDT, this pesticide was once trumpeted as "the benefactor of all humanity" until it was banned on environmental and health grounds. This was only after its use had been indiscriminate and widespread.

Agent Orange is another herbicide now recognised as incontrovertibly toxic, but only after 73 million litres of this defoliant was dumped on Vietnam and its neighbours during the Vietnam

war. The environmental and human health impacts are still being felt. In Vietnam, thousands of hectares of land still lie denuded and toxic, and cancer is common in key affected agricultural areas to this day.

Many Vietnam War veterans became ill, exposed as they were to dioxin without protective gear, or even knowledge of its toxicity. Many children of Vietnam Vets were born malformed, born without kidneys, with childhood cancers, cleft palates; infertile.

By comparison, glyphosate has been sold to us as the gentleman's herbicide. So safe "you could drink it", practically harmless. And this in part equates to its wide and liberal use. It is ubiquitous, used in kids' playgrounds, public parks and gardens, backyards, riverbanks and drains, and extensively in agriculture. Our local councils depend upon it for cost-effective management of roadsides and public infrastructure. Ironically, many of our environmental and biodiversity projects rely on it to meet management outcomes.

Global application of the herbicide is truly staggering. In 2014, American farmers alone used almost 65 million kilograms of it on agricultural fields. Traces of glyphosate are found in many common supermarket foods such as oats, wheat, biscuits and crackers. It's in honey, eggs, breast milk, and even in the urine of European MPs (yes, in 2016 they flipped out and had themselves tested). It's in all of us. Reputedly, glyphosate was still turning up in the urine of American farmers seven years after the last application of glyphosate on their fields.

What can be said then, is that

it is certainly pervasive. This runs counter to the myth that it breaks down within days, doesn't enter the soil, and is poorly absorbed in the event of human contact. How this persistence impacts on human health is becoming more and more clear. There is now a very probable link between glyphosate and Non-Hodgkin's Lymphoma, and the combined toxicity of the surfactants, dyes and break-down agents – the "cocktail effect" – is an issue which has never been sufficiently addressed. There are currently hundreds of cases before the courts in the US.

Something else which can be said, is that glyphosate has long enjoyed its place at the forefront of vegetative management thanks to a now-undeniable web of fraud, corruption and deceit, with the clout of Big Money thrown in. If you believe nothing else about the product, or its Frankenstein, Monsanto, this alone deserves your ire. Carey Gillam, in her new book *Whitewash*, reveals piece by piece how Monsanto faked tests, obfuscated process, bullied, lied, and infiltrated the EPA and other regulators in an elaborate fraud to protect their best-selling product.

The liberal use of glyphosate in agricultural production – to the point that is routinely sprayed directly onto standing cereal crops to harden them off just before harvest – is logically problematic. But its use in bushland and environmental projects becomes much more complicated. For some of us, we reluctantly shoulder a backpack of the stuff because we believe that a little bit of poison is a small price to pay for much bigger environmental outcomes, and in many ways we're right.

Glyphosate has been a useful tool in tackling weeds in degraded landscapes. But it has become part of a management bias that not only puts our environment and health at risk, but also locks out

those concerned or philosophically opposed to its use from meaningful participation in land restoration at large scales. Apart from small, privately-funded projects, there has been almost no innovation or development of alternatives to herbicide use by government and industry. If just a fraction of the money poured into herbicide-resistant food crops had been allocated to novel weed control techniques such as flame-weeders, steam-weeders, or plant oil sprays, we might by now have a clear competitor.

The central argument of chronic herbicide-dependence is that it is cost effective, yet at the same time there are thousands of unemployed or underemployed people well-placed to work in chemical-free vegetation management. And at the bottom of all this there can be an assumption that all weeds are bad and must be exterminated, without due consideration of their ecological roles. Additionally, some of those most strongly opposed to herbicide use are women, which means that they are further under-represented in on-ground restoration work. The financial penalties and loss of opportunity experienced by an entire suite of people simply because they are unwilling to compromise their health, are losses felt across their lifetimes.

For some of us, we become righteous defenders of glyphosate when it is placed under such scrutiny (as this). We equate a criticism of the product as a criticism of ourselves. The herbicide has become a part of who we are – part of our identity as bush regenerators – and a loss of it equates to a loss of our financial security, as well as our identity.

We are often dismissive of health concerns, saying "Toughen up!" or "It's bloody harmless, why don't you bloody idiots get off your backsides and do something" etc,



but those words sound too much like my Uncle's, who died at 48 from Mesothelioma, better known as asbestosis. For years he cut asbestos, sawed asbestos, swept asbestos without wearing a mask, because the producers of the product swore it was safe, and he believed them. His legs swelled up like tree trunks, and he turned yellow, and even the money he won in compensation couldn't stop him from dying on a thin white hospital bed in an ugly town perched beside the Pacific Highway.

So how might we take this opportunity to change the way we do vegetation management? We must bring other, novel management strategies into our toolkits, and stop scoffing at manual weed removal as if it is some poor cousin. And we need to stop dumping toxic cocktails into food bowls – the future depends on it.

Anastasia Guise would like to acknowledge the work of Carey Gillam in informing this article.

Anastasia Guise is an author and environmentalist, writing on ecology, science and humanity.
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Koala Kolumn

by Susannah Keogh, Care Coordinator

Cows and koalas don't always get along

A lovely couple, new to cattle farming, called to say a koala Mum & Bub had been attacked by one of their particularly aggressive cows. We're not sure why cows at times attack koalas as they cross paddocks, but we assume it's related to them calving and wanting to protect their young, which is a natural thing for them to do.

When the couple arrived holding the mother on a towel, she was unresponsive, breathing with difficulty and covered in cow manure, which made it particularly difficult to assess her. She had been stomped on, which is quite often fatal for koalas. As they had called it in as a Mum & Bub, we asked where the joey was and was handed a feed bag which I opened to find a joey only a few months out of the pouch (approx. 700g), covered in manure and crying madly for his Mum so I immediately reunited them as, regardless of the state of Mum, it's always preferable to keep them together as long as possible.

They were rushed to Currumbin Wildlife Hospital where we were seen at once and the mother (Jamie) was quickly diagnosed with a badly broken jaw (very difficult to fix in koalas) and major abdominal trauma, neither of which were treatable. The baby,

named Fraser, a sweet little boy, was also badly injured but there was hope. He had fractures in his right arm and leg, internal bleeding and a split penis (ouch!) which was stitched up. Thankfully, a joey has some flexibility in its bones so the fractures didn't need operating or even bracing – he just needed rest. It seems that his Mum took the brunt of the attack, effectively saving his life.

He came home with me on IV fluids, antibiotics and a lot of pain relief. He looked so small and helpless once he was set up in his pouches and basket with his teddy to cuddle, but the following 5 days were awful. He was completely unresponsive because of his pain medication and the only time he did wake was from the constant nightmares that left him calling for his Mum and scrambling to safety. During all this, he wasn't eating leaf or taking milk and we were worried that his gut might fail. Discussions were had with the vets at Currumbin about his prognosis, 0000 as day after day he seemed to deteriorate.

On his sixth day in care, I woke to the smell of eucalyptus and the sounds of a little mouth chomping away. It was one of those incredible moments that we have as carers, where all the helplessness, frustration and



heartache we experience losing koala after koala is all made worthwhile by this one little thing. He was a fighter, which was just as well because he had a big fight ahead of him.

After this breakthrough, his appetite skyrocketed for both leaf and milk. With his pain much more manageable with milder drugs, he became a little explorer. The first time I found him missing from his basket I pulled the basket apart thinking he must be in there; that he didn't have the strength to get out. But there he was about 3 feet away, holding onto the frame of my bed watching me freak out. He bonded very closely to me and sought me out whenever he woke from his many naps. At night, when he would take the majority of his feeds, he would wake me with a little "yip" then wait patiently for me to wrap him in a blanket for his milk.

After about a month, he developed pneumonia, which is quite common in joeys in care. They have such small lungs, and with their poor immune system, it doesn't

take much for them to develop an infection. Fraser's pneumonia proved to be particularly difficult to fix. We had many trips to the Wildlife Hospital to keep his IV line clear for the many anti-biotics, to check and recheck x-ray after x-ray. With all these visits (and his winning personality) he became very popular with the vets and vet nurses. He finally beat the persistent pneumonia but, as is also quite normal after high doses of anti-biotics, he developed gut problems and had a mild case of Chlamydia. The fractures he had sustained were of great concern as they were through growth plates, which had the potential to stop his bones from growing. But he kept fighting and one by one, each of his ailments disappeared.

During his 11 months in care, Fraser visited Currumbin Wildlife Hospital and Keen St Vets dozens of times and caused many a sleepless night. But in the end he was a chubby, strong little male totally prepared for the wild. He grew up with quite a large crew - Winston (a legend in his own right) and the girls Ennew, Trouble and Chrissy, who were all together for months before transferring to our koala kindy where they get to climb their first trees. Koalas have amazing instincts and even after all he had been through, once he went up that tree, he didn't want to come down – exactly what we always hope for. As his foster Mum, every ounce of effort was worth it to see him completely ignore me from the top of a small tree.

Fraser has been sighted a few times since his release, and we hope he found a home range where he will live a long and happy life.

Self-medication

by David Ward

Our medicating substances of dependence are sometimes so effective at inducing escape that as the years go by it can become hard to recall and identify what it was that we were initially aiming to avoid.

Practices like power yoga and the accompanying basic meditation have the ability to penetrate the deepest chasms of the mind, exposing those repressed memories of our earliest traumas. This rewiring of the mind and the resultant detective work begins to make everything clear as to just why our lives have unfolded as they have.

The ancient practices of yoga and meditation, made more accessible through modern adaptation, put the potential to wake up and transform back into our hands. These practices are so powerful that if given the chance they can break through the cloud of addictive, dependant intoxication. Step by step they move in to replace our substances leaving us feeling irresistibly and wonderfully enlivened.

While it's generally a state of crisis that brings the vulnerability needed to surrender to such practices, there's nothing to say we have to wait for that crisis, we can get started right now, regardless. We go over and over old ground consulting experts when we are the only ones that can do the groundwork and make the necessary changes.

Once we wake up to what

happened in the beginning it becomes possible to understand why we have been totally focused on escape as a means of survival, why we have been living a life devoid of appreciation, other than for our substances of choice.

When our basic human needs have been replaced and overridden its no wonder we are plagued by such dismal thinking patterns. All that remains is to continue to build our practice and revel in the bliss of freedom.

Our bodies and minds are in youthful regeneration as the burden of the addictive desperation falls away. We are back, fully available for maybe the first time to all the people in our lives.

Having done this work and continuing to maintain the attuned state, meeting my needs in constructive and sustainable ways, I see no reason why any of us can't in time indulge in occasional controlled use if we feel the desire. It is enormously empowering to bust some of the myths we live by.

Beyond providing that total oblivion, substances can be used medicinally, recreationally and spiritually. Once we wake up, discover and fully understand why we were behaving in a certain way then freedom from that behaviour, if desired, is available to us all.

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

Transitioning - Soul midwifery

Animal Talk

by Donna Connolly

Working in the capacity of a Soul midwife and Animal communicator is one of great privilege and honour.

As time passes I see the very real need for this service. It brings such peace to the animal and the guardian, and tends to make the whole process a little less fraught.

Soul midwifery has been around for thousands of years and is a ritual from ancient cultures, as a soul is brought into the world. It is also of great benefit to farewell the soul with the same reverence.

I am very understanding of the fact that this will be one of the saddest times in any pet owner's lifetime. And although we know that their passing will be inevitable one day, it still doesn't lessen the very real grief and sense of loss that is part of the process, at this difficult time.

The time surrounding an animal's transition can be a period of greater closeness for the animal and their human. As well as a time of growth and transformation; for this reason working with people and their animals during this period is very rewarding. Animal communication, Reiki, and crystals help people and their animals to be able to move through an animal's transition with greater ease and peace.

When an animal is approaching their transition, communication is reassuring for both the animal and his person. Animals often have important matters they want to talk about with their people as they prepare to leave this world. These matters can

involve their physical comfort, the effects of treatments and/or medications, eating issues, and important emotional and spiritual matters they want to share with their people before they leave.

Communicating with an animal assists people in understanding how to help their companion be comfortable at the end of his life and, along with Reiki and crystals, helps the transition to be as easy and peaceful as possible for everyone. Most importantly, communication helps the animal and the person to share their hearts with each other so that each can have comfort and a sense of completion as their time together in a physical form draws to an end. This process can be done in person or via distant communication.

My role in this situation is to provide support and comfort to the guardians (owners) of the animal, and reassurance imbued with healing to the animal passing, allowing the process to be as peaceful as possible. Surrounded by love and usually in the comfort of their own space. Whether it be in the yard under a shady tree or in the lounge room with their favorite companion toy.

Animal Communication can be of comfort to the guardians, allowing them to feel certain they have made the right decision. As I can facilitate those precious last messages for them both.

Sometimes the passing of an animal can be extraordinarily traumatic, such as a vicious attack or road accident. It can help to have an animal communication session with your animal's spirit as



this can resolve any guilt surrounding the event and bring closure by answering any outstanding questions you may have. Knowing they no longer feel pain and still have a connection with you from their "new home". It can assist in lessening the grief and suffering.

In the transitioning process I have help from one of my strongest animal guides Edna, (pictured) who lets me know when they have transitioned successfully and sends a double rainbow as confirmation.

The reason I have chosen to tell stories of animals passing over, is not for people to be sad or dwell. In fact, the total opposite is true. The purpose is to reassure people that our animals still care deeply for us, they send messages for us all the time. Be open to receiving. And know they are still with us in spirit. Just in a slightly different capacity.

Of course we still need to grieve and process everything, and this will be a totally personal and mostly private experience.

All of the Animal communications that I have conducted for people with spirit animals have been so amazing and freeing for the humans, as it answers all of those questions and usually brings a great sense of closure, and helps us make sense of the timing, the reason and in some cases the un-diagnosed illnesses that they don't want us to suffer through.

Every animal is with us for a reason, usually it is to do with spiritual growth.

There is always a universal timing to the passing of our loved ones. Its okay to let them go.

It is great for your personal and family healing, if you can honour them in some way, always remember the good times, and their funny antics.

And most importantly, don't be afraid to allow another furred friend into your life. That is what your mate will want, as they really do care about your happiness.

It is not replacing them

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LSD – The psychedelic elephant in the room

LSD – Lysergic Acid Diethylamide aka acid was first synthesised by Albert Hoffman in 1938 in Basel, Switzerland.

"LSD's psychedelic properties were discovered five years later, when Hoffman accidentally ingested an unknown quantity of the chemical. Beginning in the 1950s the CIA began a research program code-named Project MKUltra. Experiments included administering LSD to CIA employees, military personnel, doctors, other government agents, prostitutes, mentally ill patients (including young children) and members of the general public. (often without their knowledge or consent). The MKUltra project was only revealed in the U.S. Congressional Report in 1975. Several figures, including Aldous Huxley, Tim Leary and others, began to advocate the consumption of LSD and it became central to the counterculture of the 1960s. Then (after the summer of love 1967) in 1968 the possession of LSD was made illegal in the US." – *Psychedelic Medicine* by Dr Richard Miller

Bart Huges "described how the underlying action of a psychedelic substance is to constrict the veins, thereby increasing the volume of blood in the brain capillaries. Since the cranial cavity is a finite size it can only accept a larger volume of blood in the capillaries if an equal amount of cerebrospinal fluid is squeezed out. By having more blood in the capillaries, there is a greater exchange of glucose and oxygen between the blood supply and the brain cells. Likewise more waste products can be washed away. By changing the ratio between blood and cerebrospinal fluid in favour of blood, billions more cells are provided with sufficient energy to function simultaneously and hence the expansion of consciousness one experiences on a psychedelic."

"On the safety issue, LSD has never killed anyone directly from overdose. It's a fairly benign substance from a physiological point of view. Now that doesn't mean that it can't lead to psychological problems. When used in a proper and appropriate medical context, the incidence of adverse effects is very small." – David



by Cameron Storey

Nichols PhD.

LSD has shown very promising results in several studies including treatment for: alcoholism or substance abuse, reducing pain medications, reducing anxiety and chronic depression in cancer patients, reducing OCD and PTSD.

"All these conditions are based on rigid thought patterns and behaviour patterns. What our studies show is that under the influence of a psychedelic, these rigid patterns are shaken. They lose their grip. By losing their

grip, there's an afterglow after the psychedelic wears off. When an infusion of LSD takes place, one sees suddenly the whole brain is much more connected. Different parts of the brain are speaking to each other simultaneously. The whole brain is lit up with connectivity – the blood supply is increased. There is a burst of connectivity which goes a long way to explaining why, when on LSD, one has the feeling that one's seeing is much, much deeper. You see beauty with incredible depth and it's the same with music." – Amanda Feilding

"LSD has tremendous potential for individual therapy, but is also associated with a radical transformation of worldview and bringing in the spiritual perspective." – Dr Stan Grov PhD, who observed 4000 LSD sessions in both Prague and the US.

Sidney Cohen, an LA based psychoanalyst, wrote a review of the side effects and complications of LSD and mescaline sessions, drawn from twenty-five thousand administrations. "Side effects were minimal as long as it was done

responsibly." – *Psychedelic Medicine*
"100 to 200 micrograms is the dose people have used historically when they are working psychotherapeutically." – James Fadiman PhD

"I don't get people coming in addicted to LSD or to psilocybin or ayahuasca. Why is that? Because they aren't addictive. You cannot make an animal addicted to a psychedelic. They are non-toxic and non-addictive. Countries, like Portugal, which have decriminalized all drugs, have a much lower rate of use and more importantly, of harmful use. It's going against the scientific evidence-base to be a prohibitionist." – Amanda Feilding

While many people may dislike the message of decriminalising psychedelic drugs, they are happy to enjoy a few drinks (alcoholic) after work, but remember at another place and/or time in the world you would have been the criminal. How do you like them apples?

The Dharma Centre and Medicinal Gardens on Lillifield Community has three Yoga Classes and Friday 9.30am Yoga Class is at Birth and Beyond, Nimbin. Call 02 6689-7120 or Facebook "Dharma Centre – Lillifield"

Health before training

by Suzy Maloney B.Eq.Sc.

Horses have all the same illnesses and injuries that we do. However because they don't talk with words, they can't easily tell us.

If a horse is feeling sick or in pain its behaviour may be different to what it normally is. A change in behaviour is a flag for possible health issues.

Often horses exhibit sporadic changes in behaviour as pain ebbs and flows. Common expressions of pain seen in a horse are such things as ears back, biting, kicking, resistance, bucking etc. The horse is saying leave me alone I don't want to work I feel awful and I'm in pain.

I have a mare who is a total sweetheart but she has a chronic tendon injury and if she's in pain she's a b***h. It's like two different horses in one. She can go from being a smooch to being dangerous overnight and all due to pain.

Many years ago I worked for a horse trainer who had scoliosis in his back. On days when he was in pain I hated working for him as he was rude and mean toward me. On days when he was

pain free we had a lovely day working together. I'd check in with him in the morning to see if he was in pain so I'd know if I should avoid him for the day.

If your horse is experiencing a physical health issue, no amount of training will fix your behaviour problems. If there is any possibility that problems with your horse may be due to physical problems this must be addressed first.

If you do not fix the physical problems and go ahead with training, two things will happen: 1. It won't work and 2. Your horse will lose its trust in you because it is trying to tell you there's a problem but you are not listening. The longer you continue to ignore what your horse is trying to tell you the more the horse will distance itself from you and the behaviours will worsen.

Get the horse checked by your vet or other equine health professionals. This is an investment in the physical and mental health of your horse. If it turns out there is no physical problem fantastic, you can go ahead and train knowing you have



done the right thing and it is a training issue, not a health issue.

Recently I was working with some horses and noticed one had an enormous bean at the entrance to the urethra. It was so big, the skin had pulled tight over it and I couldn't remove it. The farrier commented on how he was touchy lifting his hind legs.

I got a vet to remove the bean and we discovered there were three huge beans in there (see above picture).

After removal he was fine to lift his hind legs. He must have been in so much discomfort when urinating that it got to the point where he didn't want anyone handling his hinds.

This could easily have been interpreted as poor behaviour. If I'd tried to retrain this horse to lift his hinds properly with the beans still there it wouldn't have worked, and our

relationship would have deteriorated.

When you're with your horse observe them closely. Check every mm of their body when you groom them. This is when many injuries, lumps, heat etc. are detected. Notice changes in eating, defecating, urinating, sleeping, movement, etc.

It can even be a good idea to take and record your horses resting temperature, heart rate and respiratory rate and keep them for reference. Changes are your major flag, but to know when there's a change you need to know what's normal. Horses will try and tell you when something is wrong, so listen to them and you won't go wrong.

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The role of Biomechanics in Equine Sports Therapy

by Les Rees, Equine Naturopath

Equine biomechanics refers to the way a horse performs during movement, it is the study of structure and function of the body and is used as a means of understanding of how to prevent or reduce injuries and also to implement rehabilitation as needed.

Although the skeleton is basically the same for all horses, it is mostly the muscular system that shapes the way each horse carries itself. However, skeletons are not necessarily in perfect alignment and therefore can pose problems for the supporting muscular system.

Horses can often have unevenly developed muscles in comparison with the opposite side of the body in order to compensate for weakness elsewhere. This may be due to a number of issues including injury, posture and conformation, etc.

The amazing thing about the body is its ability to compensate, and there are many horses that can manage their problems without any obvious signs of impairment. Bones can remodel to a certain extent and muscles can compensate for others in order to maintain the function of movement.

Equine sports therapy is very useful in aiding rehabilitation of specific pathology or injury promoting rapid responses and subsequent recovery, and is also used to keep the horse supple and flexible optimizing its potential in sporting activities.

Biomechanics has the greatest implications on sports performance, rehabilitation and injury prevention therefore aiding the therapist to



stretch and flexibility to promote healing. This helps to strengthen weakened structures by improving muscle tone and fibres, and increasing the elasticity of the ligaments and the joint capsules. If practised regularly it can be an aid to maintaining muscle health, flexibility and range of movement.

This also acts as an aid to prevention of injury and can be achieved by a series of stretching exercises that address the whole body.

Benefits also include the reduction of tension and subsequent pain, increased circulation, and warming up the muscles in preparation for work, improving the overall balance of the body.

Fitness training schedules create safe parameters for training according to level of fitness and act as a preventative for possible injury. Measurement of heart rate and respiration provides feedback for signs of significant changes in the body alerting us to potential problems concerning injury, illness or fatigue, allowing time for any training modifications before anything adverse eventuates.

The consequences of overstraining horses by being unfit for competition can lead to devastating effects causing significant injury. The fitter the horse, the better the performance and the competitive life will be considerably lengthened.

Balancing the biomechanics of our horses enables them to work efficiently, improves performance, and prevents injury, leading to happy, healthy horses.

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