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## Epoché

I have a friend who when confronted by a single sight of something fabricates a whole story around it, filling in details that seemingly come out of nowhere.

For example, he and I were driving together through the forest around here and came upon a woman hitchhiking at a really awkward corner where there was no way we could pick her up, so we kept on going.

A few minutes later my friend came up with a whole story about this woman where she was escaping from a horrible marriage where the man beat her.

I said, we don't know that, her car might've broken down, or she might've hitchhiked there and now was wanting to leave, or maybe prefers to hitchhike, or any other unknown reason.

Making up stories is less about doing it for the fun as attempts to see things according to a pre-existing idea, experience, or hypothesis about human situations in ways that do not consider alternative possibilities.

This is known as cognitive bias, or confirmation bias.



by Dr Elizabeth McCardell  
M. Couns., PhD

The single idea is elaborated on in order to see it in recognisable ways. My friend concocted his story to fit something familiar to himself.

I need to add some background here. My friend was visiting a relative who also lives here whose marriage had broken down. He had also spoken to me of the imminent divorce of a young Perth friend of his (a young woman he helped rear). So marriage breakdowns were very much on his mind.

The random encounter with a woman on the side of a forest road was made to fit a pattern and situation that was preoccupying him.

This is a fairly common tendency that is quite useful when trying to make sense of the behaviour of other people when we don't know the full story as it allows for

a seeding of empathy for others in the community and it is a time saving exercise.

It is one, however, that is open to misuse. When we construct a story around a single observed fact about a behaviour, we risk stereotyping others with our own bias.

The psychotherapist has to deliberately abandon cognitive biases. For a therapist to run with a preconceived idea is to not listen to what is actually being presented.

Indeed, we are trained to put aside our preconceptions, to suspend our beliefs about how the world and its inhabitants "should" be according to our own worldview, so as to hear how the other person actually operates in the world.

This is what we call epoché. If we, in this profession, don't suspend our judgement, we are no good to anybody.

Effective therapy begins with the close hearing of the texture and resonance of voice, the words chosen, whole body demeanour, the capacity for listening, their willingness to enter the therapeutic conversation, the heaviness or lightness of being (too heavy, too light), avoidance, confrontation, repeated accounts, and so on.

We need a sensitivity to

be present with the person with us, and a not too ready desire for resolution. We have to hold back solutions, because if we go in with what we consider good solutions without having actually understood where the person is coming from, then we have effectively lost them.

We also need to be able to say we don't know sometimes and even to enter the dark place of ignorance and sit with it to see what emerges.

There is something of the scientist in the epoché, but only in the sense that here practiced dispassionate detachment is actually being very present, caring, and listening deeply to the other person.

What must be realised though that to achieve it, we have to know our own mind, with its predilections, biases and assumptions and this means that to practise psychotherapy we should (at least as I and many others see it) have experience of our own therapy and also engage in regular supervision.

We need a clarity of vision and self awareness to be good at what we do and this practice of bringing awareness to our own lives needs to be continued throughout our whole working life.

[dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)

## Love your postpartum

## Birth and Beyond

by Kirrah Stewart



### Eat warm foods

In most traditional cultures, there is a big focus on keeping the mother warm and feeding her nourishing and easily digestible foods. This is said to help with her recovery and production of healthy breastmilk. There are some great recipes in 'The First Forty Days' and 'Nourishing Newborn Mothers' books. I highly recommend!

Because we know that being hungry is not good for a new mama, it's super helpful to have some easy yet nutritious snacks on hand. Have some snacks that you can eat one handed so you can satisfy your hunger and keep you happy.

### Warm massage

Massage is also an age-old tradition for helping new mothers feel nourished and contributes to their healing and recovery from birth. Not only is it physically beneficial, it's good for the mind and amazing for boosting oxytocin.

I love visiting new mothers and creating a little sanctuary for them to receive. Their babies can breastfeed while they enjoy a therapeutic massage. I use warm oils and essential oils like black pepper, ginger and lemongrass to help increase the benefits.

One of my mamas, Caitlin, gave this feedback: "Kirrah's postpartum massages helped me to relax and improve my transition from pregnancy to postpartum. It is very powerful to be cared for and receive nurturing touch while caring 24/7 for a newborn. I consider postnatal massage to be an essential part of self-care protocol as it helps you ease into motherhood with grace."

Self massage is another great self-care activity. Just make sure you use warm oils. You can also enjoy bonding time with your baby by having skin to skin contact and doing some simple baby massage. Then you can both enjoy a warm bath to continue the nourishment!

### Free postpartum cheatsheet

If you're someone who likes to feel organised and prepared, then you'll love the free postpartum cheatsheet that you can fill in while you're pregnant. It will help you build your village, remind you of what makes you happy and give you helpful hints that you can share with visitors.

You can get your free copy at: <http://doulawisdom.com/free-postpartum-cheatsheet>

Kirrah Stewart is a doula with 10+ years experience helping women feel confident about birth and nourished in early motherhood. For more information phone/text 0429-308-851 or visit: [www.doulawisdom.com](http://www.doulawisdom.com)

# Sugar and silver

by Robin Stein, Intuitive Healer

Research is showing how the human addiction to sugar has had very nasty consequences.

It lays fat around the organs and causes obesity, and is one of the main causes of diabetes and glucose intolerance. It also causes cancer and then feeds it.

America is demonstrating just how unhealthy sugar and refined flours are for the human body. Refined flours turn to sugar when they hit saliva in the mouth. And of course, it is not only sugar that is causing such an explosive epidemic of bad health.

It is a diet filled with chemicals, pesticides, GMOs, synthetic colourings and heavy processing which has them named as the unhealthiest population in the entire world.

The penchant of our governments to copy everything American has led Australians down this unhealthy way to eat. I remember when McDonalds first arrived and was advertised as a healthy alternative for working parents. It was definitely the

beginning of the end for the health of many who believed the lies and embraced it. We had very little obesity in Oz at that time, yet this changed very quickly. Now I see obese children with no energy, tagging along behind obese parents in Lismore and I wonder what the future will hold for them. Understandably and very sadly, it cannot be good, vibrant health.

The health of the population of Australia now mimics that of the population of America and this will place an enormous load on our health care system. Once bright minds are now dulled as the dumbing down policy achieves success, so what hope do these people have if they cannot be educated about the food they eat and feed their children and when heart disease, Type 2 diabetes and a plethora of other health problems are now on the rise?

Depression and other mental problems can be created by a diet deficient in the nutrients we need daily to keep the brain healthy. Surely this is a cry to change the diet to one that will assist the



brain, rather than dulling it.

The hippies definitely knew something when they re-populated the town of Nimbin. They refused pesticides and grew their own organic food and still do so today because they don't want to buy into the chemical ridden, junk food epidemic.

Organic farms really need a huge covered igloo in which to grow their food, such as the one used to grow hemp here in Nimbin. This may be the only way to avoid the chemicals and other nasty ingredients in our environment. How else can we continue to grow food organically if we don't also protect that food?

When I read through the research that arrives on my desktop daily, it is gratifying to know that many health problems, like heart disease, obesity and Type 2 diabetes can now be reversed. Many

are embracing the Ketone diet to lose weight and to regain their health. But people must be ready to make dietary changes.

Depression and low cognitive function can be reversed by adding Choline and Glutathione to the diet, giving the brain the healthy, natural nutrients it requires to heal. Even dementia can be reversed and healed.

And then there is Homeopathic Silver to reverse sugar dependence and cravings. For more than 30 years I have used potentised Silver very successfully to reduce sugar cravings, while at the same time, settling the acid tummy problems that too much cane sugar creates.

An acid tummy is a reflection of an acidic body. And all acidic bodies are unhealthy. It really is your choice. So let's get healthy!

## Winter wellness using essential oils

Theresa McGowan (pictured) is a wellness advocate and certified aroma touch therapist, and would love to share information on essential oils that will benefit all who are interested.

Theresa will be running a free workshop on winter wellness with essential oils on Saturday 23rd June, 11am to 12.30pm at Birth and Beyond, behind Nimbin Apothecary.

Therapeutic CTP food grade essential oils may assist with the treatment of numerous health problems,



emotional and wellbeing issues, including anxiety, sleep, skin problems, weight etc.

In this workshop you can learn how to support yourself and your family naturally with the use of essential oils, "nature's medicine cabinet."

The workshop is for you if:

- You are sick of spending winter at the doctor or pharmacy, you want something that's actually going to work.
- You are ready to start taking responsibility for your health, but you would like some support and info on how to do it.
- You value your health and your family's health, being

healthy is a priority to you.

- You just want more info.

There will be a lucky door prize of a free detox aroma touch therapy massage and foot ion detox spa and infrared sauna.

Also I shall be bringing along her Itovi bio scanner, for anyone who would like a read after the workshop. You will be amazed at how accurate your result will be.

Please text me on 0415-451-640 if you are coming so I know numbers.

Or if you would like to book your own aroma touch therapy oils info session.

## Chinese medicine and philosophy

Body and mind are an integrated whole in Chinese medicine and philosophy.

According to Western medicine, the brain is at the top, with nerve impulses affecting sympathetic or parasympathetic nerve centres, then finally reaching the internal organs.

In Chinese medicine the body and mind are not separate, there is a circle of interaction between the organs and their emotional aspect. Emotional strain causes a disharmony in the organs, at the same time a disharmony of the internal organs causes an emotional imbalance.

The heart is the ruler, referred to as Emperor or Empress. All emotions affect the heart which houses the mind, and is the seat of emotional, mental and spiritual life. Connecting individuals to each other and to the cosmos.

Each organ has its mental emotional aspect, when there is balance there is clarity, intuition, creativity, concentration and will power. Emotions do not normally cause disease.

However, when emotional states are prolonged or abnormally intense qi can be constrained, knotted or depleted. Examples could be where a person is in a continually stressful situation,

such as ongoing workplace or home dysfunction, or when there is a sudden severe shock.

The liver organ and meridian is very often affected by stress or anger (this includes frustration, animosity, resentment, bitterness). Because the liver enables the free flow of qi, allowing health to all organs, when this positive energy flow is constrained there will be both physical and emotional problems.

Symptoms are wide ranging and include headaches, stiff neck and shoulders, insomnia (especially waking between 1 and 3am), bloating and digestive problems, menstrual problems, dizziness, tinnitus and skin rashes. There can be a feeling of being hemmed in, a lack of insight and direction, and a tendency to blame others.

The spleen houses the intellect. When it is strong, memory, concentration and the ability to generate ideas will be good. The spleen is affected by too much thinking or study, worry



by Brigid Beckett

and brooding. It is also weakened by poor diet and rushed meals.

Physically this can result in tiredness, a foggy head, weak digestion, bloating, and weight gain. Mentally there will be a lack of focus or conversely obsessiveness, also either over-eating or under-eating.

The kidneys are the residence of will power and motivation. They are extremely important in

housing the original essence and are the source of qi for all the other organs. Fear will affect the kidneys, either chronic fear and anxiety or a sudden fright.

In children, bedwetting can result, in adults there can be heat, anxiety, palpitations, sweating and dryness with kidney yin deficiency, or with yang deficiency extreme lack of energy, despair and lack of drive.

Any ongoing mental/emotional or physical problem will weaken the kidney, as does the normal aging process.

The lungs have many functions including

immunity, strong breathing and a clear strong voice. They are affected by worry, sadness and grief. Strong lungs will enable a strong clear voice, good energy and immunity and an optimistic outlook. Emotionally, weak lung energy will cause teariness and pessimism and excessive focus on regrets in the past, inability to let go, and sometimes hoarding.

The heart, as mentioned already, is the seat of the Shen (mind) and is affected by any emotional disharmony. Balance in the heart is essential to all aspects of health physically, emotionally and spiritually. As well it is specifically affected by over excitement or long term overstimulation.

People tending to heart fire can be seen as very happy, talkative and outgoing, but this type can also burn the candle at both ends, with time resulting in insomnia, anxiety and sometimes chronic inflammatory conditions. Overall, taking care of the heart takes care of everything else.

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

## NATURAL LAW

by Helene Collard

Greetings.

The last few weeks have been tumultuous for many – simultaneously featuring powerful experiences and chaos. Be assured there is a higher order, a divine purpose at play. Your job is to nourish and nurture yourself.

Self-care is a term we hear more and more of these days, and for good reason. Many carry the burden of an unresolved trauma history, compounded by the stress that comes with modern life. Either or both of these factors, make self-care routines essential for sustainable healthy functioning during work, home and play.

Self-care is a shared responsibility. This month identify and initiate self-care routines for yourself, and in addition, make a point of supporting someone in your life to self-care (e.g. mind their kids, provide encouragement, surprise them with a gift voucher).

If you own a business or are in a position where you look after people, like a Manager, HR Manager, CEO – then make it your goal this month to promote and encourage self-care both within the workplace and outside it. Happy people = high morale and productivity.

It's time to move away from the old beliefs that consciously caring for ourselves is 'selfish' or 'self-centered'. Brain science shows us that the more we nourish and nurture ourselves the happier we are. Happy people = healthy relationships.

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relaxed and nourished.

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Saturdays). **Level 2:** Sept

22 & 29 (two Saturdays).

Reiki Master by

appointment.

• **Chakra Course Level 1:**

June 16 & 23

• **Room Rental Enquiries:**

Helene 0405-656-797

Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au)

for more information.

Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the Founder of the Yemaya Centre and Evolve Events in Lismore. Helene's approach to wellbeing is focused in personal growth. She offers regular Courses and Circles, and enjoys making a range of wellbeing topics accessible to the community through Evolve Events.

# Birthing new seeds

by Marilyn Devlin

Winter in the north is pretty special... especially if you have a fire to keep you warm and cosy. I really miss my fire... since my time 'on the road'. I look forward – keenly – to my next one.

I love the changing seasons... the colours, the light, the mood. The changes in growth and the atmosphere around us. We're so intrinsically connected to the natural world... our external and internal ecologies align.

Winter is often portrayed as a time of rest, retreat and hibernation. And yes the natural world does mirror this process. But what's going on during this time of

retreat... this time of quiet and sweet reflection.

I'm a bit of a ritual girl... I'm drawn to celebrate the cycles. The cycles aren't an external thing... our body moves to their rhythm. I've been thinking about the approaching Winter Solstice. When I lived on the land... the Winter Solstice was my favourite time. Gathering together with friends and tribe around the fire... the exquisite evening sky, especially out there beyond the lights. Being together, celebrating and rejoicing; breathing in the ancient mysteries. Winter became my favourite season.

The meaning of the word 'sol-stice' ~ is sun standing still. From 21st to 23rd

June ~ the Sun stops for a breather before starting off on his new journey; in the southern hemisphere ~ his journey south. While we're shivering with the cold, pulling in our energy... his focus is firmly set on heat, reaching his summit. the full expansion of his radiance. It's like in the very depths of the ending... the new begins.

Looking at the energies of this Winter Solstice birthing – Uranus the harbinger of necessary change is strong. I think of Uranus as Lord of Tomorrow Land... he's highly charged and electrical, brilliantly clear sighted and visionary and often times shockingly sudden. He knows the way... and shoots a bolt of lightning to



illuminate the road in front of us.

Uranus is getting comfy in his new abode... preparing to make changes in whole new areas; ones that may have seemed up to now unchangeable. His recent advance into Taurus brings his whole shaking up, disturbing the status quo, rebellious thing into very

earthy, grounded territory. Meaning, we're going to feel it. We're going to know it... as it'll be happening all around us.

Our desire and energy for the new and exciting is ready to launch. Our human family becomes the focus... and our inspiration to move forward. We understand we are one part of the whole...

who we are and what we do is important... as it affects everything.

There's a super strong creative and birthing energy to this Solstice time... as if there's a real need for focused intention on what it is you wish to bring into manifestation. There's a desire for collaboration and coming together... uniting and forming relationships and partnerships. We are understanding the power of unity... the opportunities and possibilities in combining our energies... merging our creative force. Together we are super powerful.

Change is at the root... love unites us; expansion, growth and abundance is our goal... we understand more than we ever have before. During these seemingly dormant winter months, there's a whole lot of activity going on.

## ASTRO FORECASTS

by Tina Mews

## WHAT'S HAPPENING IN THE HEAVENS?

### Aries

Mars, your planetary ruler will be retrograde during June 26 – August 27. This is not the best time for starting something 'big' or acting on impulse. Instead, analyse the long-range effects of future and current projects. This is also a good time for reflecting on your higher purpose and the healing of old wounds.

### Taurus

Familiarise yourself with the powers of spiritual- mental energies, because the layers of the material world are becoming more transparent. You know how to stay grounded in your body, but also imagine feeling embedded and at home in the larger cosmos. Plant a spiritual seed for the world!

### Gemini

Be prepared for spontaneous new insights which might change the way you perceive yourself. People from previous times might enter your life, especially if you still have some unresolved issues to sort out. You might want to address patterns of insecurity which have their origin in the past. Be confident that you can free yourself of old fears.

### Cancer

Relationships are in focus at the moment. Work on a sustainable balance between giving of yourself and receiving from others. Care has to be taken not to project unfulfilled needs onto partners, or on the other hand being the one who has to do it all, being over-responsible and indulging in 'the need to be needed'. Speak your truth!

### Leo

Partnerships can be working at cross-purposes during this period preparing a fertile ground for misunderstandings. Keep detached and try to be as objective as possible because uncooperative behavioural patterns might be activated. It's important to remember that you're not the only one trying hard. Helping each other working through issues creates deeper bonds.

### Virgo

This is your time of the year when you harvest the rewards of your efforts. This can be a very fulfilling moment in time if you can give yourself the acknowledgment that you deserve. Avoid taking on a larger workload though, instead find little projects and things to do so that you can re-direct excess energy into creative channels.

## June

Life seems to speed up during the month of airy, mutable Gemini (May 21 – June 21). Gemini is agile, curious and multi-tasking, seeks diversity and variety and can see any situation from multiple perspectives. Mercury, the messenger planet and ruler of Gemini journeys through the sign of the Twins until June 13, when it enters the watery realms of Cancer, just hours before the New Moon.

Mercury is a great networker and supportive of Gemini's quest to reconcile differences by merging intellect with emotion and spiritual ideas with material needs. In Cancer, Mercury strengthens our emotional intelligence and we are encouraged to listen to our intuition. On an interpersonal level, communicating means listening to the other and making sure that the message has been received the right way. It requires sensitivity and an open attitude.

This New Moon in Gemini on June 14 marks the beginning of the next lunar cycle correlating with the starting of new events. We are encouraged to put thoughts into action by establishing a relationship between the thinking and feeling parts of the self. This might not be that easy at the moment, because Mercury in Cancer forms an exact square with Chiron in Aries and an opposition with Saturn in Capricorn. We could feel misunderstood, rejected or even doubting ourselves if we do not get the responses that we are expecting. We might not find the right words to express our feelings. Maybe our throat chakra feels blocked and needs unlocking through creative expression, chanting, writing, or speaking out. We are advised to keep head and heart aligned so that we can resolve emerging issues and move beyond feelings of hurt. Saturn in Capricorn teaches self-mastery by watching our thoughts and feeling, recognising rigid and narrow perspectives and replacing them with brighter, more productive ones.

We are approaching the longest night and shortest day in the southern hemisphere, when the Sun enters the water sign Cancer at our Winter Solstice on June 21. Cancer is a cardinal sign, like Aries, Libra and Capricorn; each of them introduce a turn of season by marking the solstices (Cancer-Capricorn) and the equinoxes (Aries-Libra). They are therefore regarded as carrying a dynamic, initiating and goal oriented influence. The solstice chart reveals the archetypal themes for



the new season. The two relationship planets Mars and Venus are in a close opposition and demanding our attention. Mars in Aquarius turns retrograde on June 26 (until August 27) marking a two-month period, where we are dealing with issues from the past instead of driving ahead to conquer new frontiers. Mars usually signifies an ego-driven energy,

but when retrograde it is time to stand still, wait, move within and reflect deeper on what motivates and drives us, sustains and maintains us. It is not the best time for initiating new projects that require a lot of effort, because energies can be easily depleted. Nevertheless, Mars entered Aquarius, the sign of revolution and change, on May 18 and will remain in this sign for most of the time until mid-November. We can expect a period of enhanced social activism, emancipation initiatives and grassroots movements that are geared toward birthing the paradigm shift on a large scale. Mars will be square Uranus, planet of revolt and liberation from rigid structures until the end of September. Extremism and reactionary ideologies are activated as well. We are advised to remain alert, emotionally detached and instead focus on our ethics and values that we share with our friends, family and community.

Then, the Full Moon on June 28 in Capricorn is conjunct Saturn, further indicating that we might have to deal with feelings of limitations while equally acknowledge our need for nurture, protection and belonging. Care has to be taken not to project our unfulfilled childhood needs on our partners, or on the other hand take on the parent role, be over-responsible and controlling. We might gain great insights during this Full Moon concerning inherited behavioural patterns. Chiron in Aries is still in a square aspect with Saturn in Capricorn until the end of July. We are challenged to grow beyond our old wounds, vulnerabilities and limiting patterns by developing a new, more holistic understanding in relating with each other that reduces hurt, anger and sadness in the future. It is also a reminder that Earth, our Mother (Cancer) needs healing and that we have to take on responsibility (Saturn in Capricorn) by living sustainably.

### Navigation by the Stars:

Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns for 2018/19; email: [star-loom@hotmail.com](mailto:star-loom@hotmail.com)

### Libra

This is the time of the year where you must go on a vision quest and re-define your values and purpose. Keep a positive attitude and focus on what motivates you on a deeper level. You have a strong desire to express yourself creatively. This is why you need to make some space for yourself and follow your inner guidance.

### Scorpio

Collectively we have entered a new epoch where values are shifting. It concerns your relationship with others, personal and business. How much commitment are you willing to give and how much freedom do you need to follow your own calling? You are entering a phase of redefining your goals and ambitions. Getting the foundations right will be the most important achievement. So, be patient and give yourself time to get it right!

### Sagittarius

This is a good time for breaking with your routines and working on a new vision of how to live your life. Think out of the square and reach for the sky. Remind yourself of your role as co-creator. Become aware of your own frequency and learn how to vibrate at a more coherent rate in times of crisis or stress.

### Capricorn

The current high-frequency downpours cause turbulence in the psyches of most people. Dare to be different and tear up your own rule book if it has lost its spiritual relevance. Recognise your need for change, if you feel rebellious against the past and what already has been established. Start the process of re-defining your values.

### Aquarius

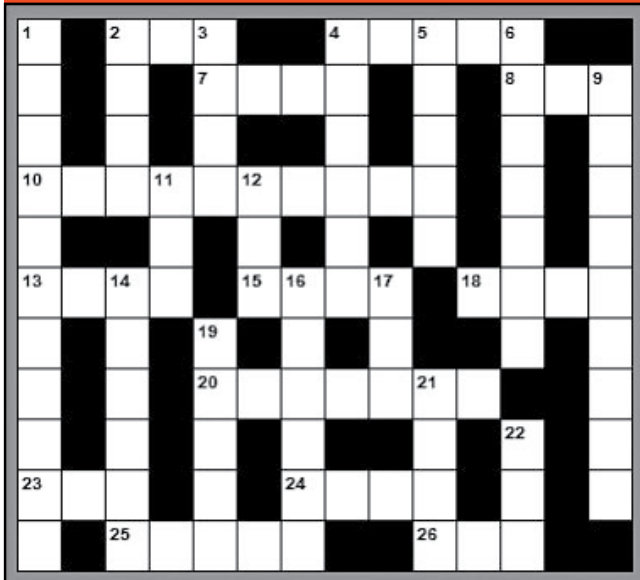
Tap into your own creative energies and let them flow down to Earth! Mars, the planet of action and energy, will be in your sun sign until November because of its retrograde phase from end June until end August. Anything goes, lots of opportunities, but an element of risk is also in the mix. Stay alert and plan for the sudden and unexpected.

### Pisces

Life depends on communication and communication is the key to enhancing consciousness as a co-creator. Therefore, clear your throat and speak your truth. "Energy follows thought". Blockages in the throat chakra can lead to an overall weakening of the body's energy field. Spread your message with confidence.

# Nimbin Crossword

2018-06  
by 5ynic



## Across

2. Marsh? Toilet
4. Scourge of Laketown? Dragon missing a scale
7. Outro?
8. Allow? Replay a tennis point!
10. Old style
13. Crunchy Mexican sandwich
15. Finishes
18. Dice racing boardgame
20. Author of 9 down
23. Road coating
24. \_\_\_\_\_ Cloud – sphere of comets, far from 26 across
25. Low creaking sound
26. Sol?

## Down

1. Walled city, old capital of Gondor (5,6)
2. Hit?
3. UK signals spy agency (init.)
4. \_\_\_\_\_ peanuts?
5. Sotto voce remark?
6. Allure?
9. Children's book by 20 across (3,6)
11. Make my way? (1,2)
12. Tradie vehicle
14. Half man, half machine
16. New Zealand City – North coast of South Island, facing Tasman Bay
17. (Participate in) winter sport
19. New Zealand region – Queenstown, Wanaka, Dunedin.
21. Tree people
22. Japanese currency

Solution: Page 37

# Nimbin Trivia Time

by Sue Stock

## Questions

1. Who is the French photo journalist known for one of the most fascinating concepts in the history of photography: "The decisive moment"?
2. When is Mabo Day?
3. Which year was Vegemite launched commercially?
4. Who founded Australia's first commercial brewery?
5. In 1912, which plant was declared Australia's national flower?
6. Which state or colony was the first to introduce female suffrage?
7. When did the first Australian team play at a World Cup?
8. What is a tangelo?
9. Which internationally famed Australian singer was born Helen Porter Mitchell?
10. What is the origin of the name Woodenbong?

- Answers**
1. Henri Cartier-Bresson. This moment occurs when the visual and psychological elements of people in a real life scene spontaneously come together to express the essence of that situation.
  2. Mabo Day was 3rd June 2018, and marks the anniversary of the High Court of Australia's judgement on water.
  3. 1923
  4. James Squire
  5. Wattle
  6. South Australia
  7. The 1974 Socceros.
  8. It is a mandarin grapefruit cross.
  9. Dame Nellie Melba
  10. The name is derived from a Giribabul word meaning 'wood ducks on water'.

# Rainbow Power finds robust and affordable off-grid lithium batteries

by Guy Stewart,  
Rainbow Power Company



The lithium battery revolution has come to many markets already. We are used to them now in our power tools, mobile phones and laptops.

Until very recently though, lithium batteries were not quite right for stand-alone home power systems. Despite initial enthusiasm and some promising characteristics, there have been a few issues that have held up Rainbow Power's willingness to support them.

We are excited to say after years of people asking us about lithium batteries, Rainbow Power now has an off-grid lithium battery system we are confident in putting our name and company behind.

There are some huge advantages. Lithium has built-in battery management units. This allows you to get more power, have longer autonomy without a generator, or extend system life. This was not possible before with lead acid batteries, where you needed to wait until they didn't work any longer and all of them would need to be replaced.

A Victron/BYD Lithium system can be connected to any existing stand-alone power system. This allows you to extend the life of your current system indefinitely and manage the usually

very large costs of a complete battery replacement.

It is difficult to compare price between lithium and lead acid batteries as they are sized quite differently and behave quite differently. Correctly sizing these new battery banks is less important as it once was. This is due to the ability to add another cell or two if loads increase.

A customer recently wanted to add a reverse cycle air conditioner to heat and cool their house. They were beginning to feel the winters as they got older.

They already had a reliable and functioning off-grid system, and adding lithium and extra panels allowed for a capacity upgrade that kept all their existing equipment, and provided them with a pathway forward which should last them for the rest of their lives.

After a couple of months of monitoring performance and saving money, they bought another lithium cell to add to the system to hopefully reduce their generator requirement through winter.

These new batteries are available immediately and we have stock on the floor in our shop. One of the amazing things about these new batteries is that they are all the same size, you just add more to increase power and storage capacity.

Previously we had dozens of different battery sizes for different needs, which made it much harder to keep them all in stock.

We have been testing these batteries for over six months in real world applications. The results have given us the confidence to begin promoting them for system upgrades and battery replacements during this winter period where stand-alone systems can often struggle.

The final word is on safety. Not all lithium batteries are the same. The cells we have chosen for our off-grid systems use the safest available lithium chemistry type, LiFePO4 (Lithium Iron Phosphate). This does not thermally run away (catch fire). Obviously this is really important.

Give Rainbow Power a call on 02 6689-1430 to see if one of our new lithium battery systems is right for you.

# Support Enova

by Guy Stewart

Are you buying your electricity from Origin, AGL or someone other than Enova?

It's time to change your electricity provider.

In 2015, Northern Rivers locals were so sick of the existing energy companies and money leaving our area that we raised more than \$4M to start Australia's first community-owned electricity retailer.

Enova is everything we could want in an energy company. We have a locally owned, community based energy retailer that is supportive of renewables.

Enova is the only energy organisation set up with the aim of lowering regional energy bills and guaranteeing to return 50% of any profits from a region to its regional community.

Enova is also pioneering a regional sustainable energy supply and distribution model that will eventually mean that communities can control their own electricity supply. Embracing the principles of the 'mate' economy, this model means that local people will supply any excess solar they generate to their neighbours, customers and mates.

It needs your support! Every other energy retailer means money is leaving our region, and usually to fund fossil fuel investments. Enova has already increased the solar feed-in rate, which means more solar panels and less coal.

They are still a new company and there have been some teething issues with bills, but it is so worth it to keep them alive.

Get a cup of tea and your latest electricity bill (you need your NMI number that is written on it) and call Enova on 02 5622-1700 and ask to switch over.

During June until early August, Enova is giving away five \$1,000 bundles of energy credit. Both new and existing customers have the chance to win. All you need to do is join Enova or if you are already a customer, encourage a friend to join.

Managing director, Tony Pfeiffer said, "One thousand dollars could power an average household for about a year, so this is one of the ways Enova is giving back to the community who support Enova and who therefore help us to create a more efficient, cleaner, cheaper energy future for all Australians."

The promotion closes on 10th August 2018.

Tell them you were referred by an article in the *Nimbin GoodTimes* and give them the code NIMBIN25 and the Nimbin Neighbourhood and Information Centre gets \$25 off their electricity bill which is used to provide computer access and other community services.

*Disclosure: I have bought a share in the Enova company and use them myself, because I believe in what they are doing and want them to exist. I was not paid for this article.*

# Nimbin Hills is heading to Primex

Nimbin Hills Real Estate is travelling west – to Primex at Casino 2018.

Their talented and diverse team of agents will share their knowledge of the current Real Estate market, and the beautiful Rural and Lifestyle Properties the region has on offer.

This is a great opportunity to have all your property questions answered by local area experts who draw from their wealth of knowledge in land subdivision, development, rural property, agriculture, permaculture, renovation, project and property marketing, digital media and more.

There will be giveaways and promotions, one-on-one time with people who are

passionate about Real Estate, and a showcase of Nimbin Hills' current listings.

If you've been thinking about selling a farm or small acreage, there's still time to contact Nimbin Hills to appraise and list your property, and be part of this exciting promotion of our area.

Nimbin Hills Real Estate principal John Wilcox observed, "This market keeps surprising me. It seems prices are going from strength to strength, and buyers moving away from the coast are in love with our Nimbin vibe."

You'll find Nimbin Hills Real Estate at Site 3 in Pavilion 1, on 14th, 15th and 16th June. Stop by and say hello!



## LISMORE – NIMBIN NIMBIN – LISMORE BUS SERVICE

Ph: 02) 66226266 Fax: 02) 66226682  
Email: [waltersbuscompany@bigpond.com](mailto:waltersbuscompany@bigpond.com)

Contact us for a very competitive quote on quality seat-belted coaches, capacity 18 to 59 including wheelchair accessibility  
Full timetable on-line at: [www.waltersbus.com](http://www.waltersbus.com)

Normal Mon-Fri Week		School Holidays	
Leaving	Arriving	Leaving	Arriving
Lismore Transit Centre	Nimbin – Main St. (Park)	Lismore Transit Centre	Nimbin – Main St. (Park)
7.00am	7.30am	8.00am	8.30am
8.00am	8.45am	12.00pm	12.35pm *
12.00pm	12.35pm *	2.35pm	3.10pm
2.35pm	3.10pm	5.30pm	6.00pm
3.20pm	4.15pm		
5.30pm	6.00pm		
		Leaving	Arriving
		Nimbin – Main St. (Park)	Lismore Transit Centre
		9.00am	9.35am
		12.45pm	1.15pm *
		3.25pm	4.10pm
		6.05pm	6.35pm
Leaving	Arriving		
Nimbin – Main St. (Park)	Lismore Transit Centre		
7.52am	8.50am		
9.00am	9.35am		
12.45pm	1.15pm *		
3.25pm	4.10pm		
4.30pm	5.15pm		
6.05pm	6.35pm		

\* Mondays & Thursdays Only

No Public Holiday Service

Wheelchair access available  
Some buses connect in Nimbin for operators to Murwillumbah