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**DOLPHIN FUNERALS**

## Food matters

by Neil Amor

The goat, *Capra hircus*, was one of the first animals to be domesticated, eight to ten thousand years ago.

The origins of the wild goats, *Capra aegagrus* extend around the dry hills of the Mediterranean basin, including Turkey, Iran and Pakistan. Goats arrived in Australia with the First Fleet in 1788.

In Greek mythology the Satyrs were nature spirits and were depicted as wild, animalistic creatures that were half-goat and half-man. They were also connected with the god of festivities, Dionysus, and the god of the wilds, Pan. The ancient Romans believed in a similar class of spirits, the fauns.

In the book of Leviticus in the *Torah*, the 'scapegoat' was an actual goat upon which were conferred the collective sins of the entire Jewish people.

The expression 'gets my goat', surprisingly comes from a tradition in horse racing. Thought to have a calming effect on high-strung thoroughbreds, a goat was placed in the horse's stall on the night before the race. Ironically, the expression is now generally used to suggest annoyance.

Several studies have shown that goat milk proteins have anti-inflammatory effects,



## Goats are the go

Photo: Mim Handley

which may benefit people suffering from chronic inflammatory conditions such as arthritis, asthma, and allergies.

Goat's milk contains several types of protein, including caseins, whey proteins, and immunoglobulins.

Compared to standard cow milk, soy milk, or nut milks, goat milk has more protein per serving. And, the protein in goat milk appears to be more digestible, meaning your body can use it more easily. Goat milk also contains significantly

more protein than almond milk or rice milk.

Finally, the world's oldest goat ever is McGinty who lived in Hayling Island, Hampshire, UK until the grand age of 22 years 5 months.

### Goats cheese, roast capsicum and thyme tarts

Olive oil to brush moulds and pastry  
3 sheets filo pastry  
250gm fresh goats cheese  
¼ cup cream  
3 eggs, lightly beaten  
salt and pepper  
1 roasted red capsicum, seeded

and finely sliced bunch fresh thyme.

(To reduce cost, use half Philly cheese and half goats cheese.)

Preheat oven to 180°C.

Lightly brush a 12-cup muffin tray with olive oil.

Place capsicum directly on a high gas flame and roast until skin is thoroughly blackened.

Remove from heat and place in a bag and let steam and cool. Remove from bag and scrape blackened skin off, de-seed and slice thinly.

Lay a sheet of filo on a dry work surface and brush lightly with olive oil. Place a second sheet of pastry on top and brush with oil.

Lay third sheet on top and cut pastry into 12 squares. Line each muffin cup with a square of pastry, pressing to fit into the sides. Bake for 3-5 minutes or until golden.

Meanwhile, beat goat cheese and cream in a bowl until smooth. Beat in eggs and season. Divide mixture between tarts cases and criss-cross with roasted capsicum strips and a sprinkle of thyme leaves.

Bake for 8-10 minutes or until filling is set and pastry is golden brown.

The Nimbin Organic Food Co-op is roaring into Spring. Looking to get involved in this valued community-run organisation? Contact EaLa, our volunteer co-ordinator, on 0405-659-181.

Until next month, eat well.

## Constructing a perpetual 'hotpot'

by Thomas Culpepper

The 1940's and 1950's were times of material want. Many regular foods plus tobacco were rationed, requiring 'stamps' for their issue.

Ration books were kept to monitor the fair distribution of the rationed foods, eggs were rationed, sugar was rationed, tea was rationed.

Wise householders managed these restrictions, existing on three veg and variously useful flesh and offal, using the survival hotpot.

### Tools

First, obtain a thick-bottomed iron pot or SS pot of at least 8-10 litre capacity, one of these French 'ceramic' iron pots is fine.

A ladle of some useful size. A thermometer, modern infra-red, (readable from outside the 'stew').

A vegetable processing kitchen blade. You will utilise a plethora of root vegetables. All skins can be harvested for the production of stocks.

Two food knives, one a 'kitchen hand', one a large 'break-down', sharpener-able, for veg and fleshing.

A root skinner, for cleaning root vegetables.

A separation-slotted spoon.

A heating source that can be regulated to a matter of manageable degrees. (Gas



Lamb hotpot

is no longer a dependable, trustworthy source. Your solar electricity will do if you have battery back-up.)

A spice hoard of personal delight, and of use for health and culinary necessity.

A useful fridge and freezer to manage your 'wins' made by judicious resourcing. Chest types are universally more energy efficient than vertical heat sinks, where too much cool temperature is wasted on opening doors, allowing heat penetration.

### Methods

Process all foods initially to obtain useful flavour and food stocks.

Poach or grill chicken and other poultry, duck, geese, quail, pigeon, guinea-hen; save the exudings as a stock.

Grill or fry meats, save the super fluids, from the protein-rich steaks of beef, lamb, goat, camel, rabbit, hare and so forth.

Fats for reducing and frying: use butter, soured or fermented, dripping and lards from the oven roasts. Go easy on the vegetable oils which have huge amounts of post-harvest processing, hydrogen infusion, (margarines from low quality botanical fats), palm oils etc.

High quality veg-oils are ridiculously expensive: avocado, walnut, macadamia, Bunya nut etc, most of which are enjoyed by the upmarket salaried service-bourgeois of the consuming class.

If light oils are preferred, then peanut, second grade olive oils or palm oil, sunflower, cotton-seed and brassica oils, safflower are to be had, but I say avoid too much of them. Use animal lard, hard fat cheese, fat retained, yoghurts and... cream, milk-fans, more cream. The French cooks have always been there on the 'food-life' cycle.

### The mixture

Warm your pot with for example the clear liquid from a poached chicken and enjoy the magic of light spiced flesh.

Ignore the rantings of the vegan and insularity of the botanical gormless.

Let all mix in the pot so to speak, and let the product be judged by humans and not by ideological misfits.

Manage the hotpot in a generous way; let a particular meat dominate; let its taste dilute over days, then introduce another direction of taste.

Change the veg input, introduce another protein to the gruel, it will change in its compound and taste. Reheat to boil regularly for food health.

Keep playing and experimenting; you will get to know the ancient art of living sustenance.

Not all is to be found on the frantic rantings of the "look-at-me-look-at me" egotists of the digi-world and the gynogoons of the perpetual "on-line, on-phone frat".

Make a perpetual hotpot and save some time of your existence to spend some moments to talk about life and real lives.

Comments to:  
thewholeearthveg@gardener.com

# Spring growth spurt for weeds

## WEED WORDS

by Triny Roe

S niffles, blocked nose, headaches? They could be caused by small leaf privet, *Ligustrum sinense*, flowering now. Hot dry winds blow the pollen far and wide. Pretty, yes, but also a big headache, not just for the sensitive with allergies.

Privet, both large and small leaf, are also serious environmental weeds. These fast-growing woody weeds colonise creek banks, roadsides, ex-farmland and rainforest margins. Seeding prolifically, they can form thickets and dominate the vegetation.

It's officially Spring and everything is leaping back to life. New life, new shoots, buds and flowers everywhere! Beware the rapid growth spurt of vegetation during these warm balmy days.

Plentiful winter rain has led to good soil moisture, and plants everywhere are growing madly, the bad, along with the good, if we make a judgement call on the relative value of different plant species.

Weeds are often considered 'bad', though it will depend on the varying uses of the land. 'Weeds' is a blanket term which covers a vast range of plants which have a varying impact on agriculture, the environment, our lifestyles and sometimes our health. Several weeds can cause severe allergic reactions.

Parthenium weed, *Parthenium hysterophorus* is notorious for this. Not yet abundant in the Northern Rivers, keep an eye out for this hairy herb. It is one of the Weeds of National Significance due to its invasive potential and harmful impact.



Replace privet with native mint, *Prostanthera incisa*

Parthenium can grow 1-2 metres tall, rapidly maturing and reproducing within four weeks. Report occurrences to Rous County Council and handle with gloves to avoid contact dermatitis. It looks similar to ragweed, *Ambrosia Artemisiifolia*, but parthenium has ribbed stems.

Let's dispel some myths.

Some claim camphor laurel, *Cinnamomum camphora*, is good and rainforest can regenerate underneath. Camphor, introduced to Australia in the 1820s, can form monocultures on old farmland, re-purposed as residential rural lifestyle properties.

While it's true that camphor can act as a nursery tree, nurturing seedlings of rainforest species, germinating from seeds dropped by birds, but unless the camphor is removed, the rainforest

trees cannot reach their potential. The established camphor grows faster and bigger, blocks light and competes for nutrient and water.

Basal barking or girdling, can be used to manage camphors, chem-free. During the growing season the bark is loose and can be hammered off with the back end of a tomahawk.

Eye protection is essential, as chips fly everywhere. The damaged phloem can't carry nutrient from photosynthesis in the leaves back to the roots.

De-sucker a few times a year to prevent recovery, as new shoots will sprout below the girdle. As the tree slowly expires, dropping its leaves over several years, the native trees below will start to grow. Camphors live for hundreds of years and spread readily, so help is needed to reduce their impact.

Another myth is that lantana is good for the soil and can fix nitrogen. No, the soil isn't any better than that under other plants, and lantana does not fix nitrogen. Lantana is not a legume. Lantana exudes allelopathic chemicals which prevent germination of all other plants, giving it a competitive advantage. It climbs mature trees and smothers them.

Get in early and save yourself extra work and money before you have a solid infestation of a herbaceous weed, like wandering trad, *Tradescantia fluminensis* or Singapore daisy, *Sphagneticola trilobata*.

Act promptly when you see seedlings of woody weeds like privet or groundsel, *Baccharis halimifolia*, which can grow metres tall in a matter of months. Remove them sooner rather than later.

Everyone has a biosecurity duty to manage all weeds on their properties and stop them spreading.

## Plant of the month



## Cabbage tree Palm

*Livistona australis*

by Richard Burer

The Cabbage tree palm feels uniquely Australian. It symbolises the majestic east coast bush; its robust hardiness a testament to the extremes of our climate, soil and landscape.

Growing to 25 metres, Cabbage tree palm is very common along the northern rivers coast and inland to west of Kyogle.

Locally, *Livistona* is endemic to Nimbin almost always west of town towards Stony Chute including Cabbage Tree Creek where some magnificent specimens poke themselves out of the rich landscape.

Common around Nimbin Rocks, Cabbage tree palm is a highly valued cultural asset, which includes uses in such things as bush tucker, medicine, weaving and shelter.

*Livistona* is also common locally at Georgica, up Mountain Top way and Hanging Rock out Barkers Vale way.

*Livistona* is hardy once

established, and is an ideal landscape plant, or at home in your bush garden, on your conservation projects, or as an individual in a planting.

Cabbage tree palm is also one of those lucky palms that can withstand cold conditions and salt spray but it's best grown in a damp sheltered spot with rich soil.

Pictured is this hardy palm growing in Brisbane airport. It's inside and out, welcoming in the new travellers and adding a relaxing feel to the inside landscape.

*Livistona* is one of my favourite palms and it really belongs in the Nimbin landscape; it's an excellent species for our area.

One consideration is the sharp dangerous thorns on the leaf sheaf which make it a little dangerous at low heights when young and therefore not suitable for playgrounds or too close to walking tracks in public spaces.

Easy to grow with patience.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: [richard.burer@gmail.com](mailto:richard.burer@gmail.com)

# THE ART OF PRACTICE: HEALING

by Susan Paget

Tomorrow I'm checking in for cataract surgery. In this procedure, the doctor lifts off a cloudy lens and replaces it with a brand new one. While it's considered relatively simple with a high success rate, I haven't been in a hospital since I had my children over 30 years ago, so for me this is a big deal.

My eye surgery has got me thinking about healing. In fact, healing has been dubbed 'the new high'. Wherever we turn there's an invitation to do breathwork, drink some ceremonial cacao or embark on a shamanic adventure. And it makes sense. We've evolved in our consciousness and realise how important it is to deal with aspects of ourselves that need repair and restoration.

I'm not sure about the 'high' part, but I do think of healing as an act of involvement or at least when it's possible, personal responsibility. Because I've been on a year long waiting list to get this done, I've had time to wrap my head around what kind of healing I can do before the procedure has even happened. I've been using my core practices as body, mind and soul tools for

walking into this situation calmly with an aim for a good recovery. Here are some ideas I've discovered along the way:

### Practice intentionally

You've probably seen the movies where a student is forced to train with a Master every single day to emerge a total badass. That's how I've considered my physical practices. My yoga, walking and meditation practices seem to have more meaning when I begin each of them by saying to myself, "This practice is dedicated to breath, my nervous and circulation systems."

I visualise healing energy flowing not only to my eye but to the doctor who will help me. Applying a healing intention with each practice has helped me feel like I have some level of control that I can bring to this situation.

### Healing speech

It would be easy at 62, and about to have a cataract operation, to see this stage of life as a slippery slope reflecting a body in decline. But frankly that kind of belief system doesn't make me feel good!

This experience has really reinforced the necessity to be choosy with

the thoughts I think, as well as what I hear from others. I've been focusing on positive affirmations and consistent gratitude, journaling my thankfulness for eyes that have worked so well, for amazing medical technology that makes this kind of thing simple, for family and colleagues who are understanding and supportive.

During my walks or when I'm resting, I listen to meditations freely available on YouTube which are designed to re-program the subconscious mind from fear and negativity to trust and abundance. These are just examples of the many things we can do towards our own healing in just the thoughts we think and the words we say.

### Just say no

It's taken me a while to realise the importance of setting boundaries with an impending procedure. Mainly because I tend to think of myself as strong-willed and someone who can handle whatever life throws. It's been unfamiliar to take off the Superwoman cape and say no to job opportunities or travel that conflicted with this appointment.

During these last couple of

weeks leading up to it, I've been especially vigilant. I'll need this attitude for the recovery time as well. For many of us, saying "no" is a whole new way of being. I feel this sense of uber protecting my energy has been a very powerful act of self-care.

So, I'm going into this little operation feeling good about the emphasis of healing that I've put on my established practices. How fortunate that I've had the time to really prepare, but there's the truth that all of us who have established practices know: we're as ready as anybody could be.

Whether our practice is knitting or writing or running, day after day, year after year, we're showing up and listening to what we need to do to soothe, attune and align ourselves. We're constantly in a process of unearthing the mud to find the lotus and when it comes to healing, all these practices matter.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntab Creek. Listen to her podcast 'The Art of Practice'. More info at: Instagram: @therainforestfarm or email: [susanpaget@gmail.com](mailto:susanpaget@gmail.com)

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# Natural Law

As the turn of the season is upon us, wherever you are in the world, take a moment of pause to reflect on the incredible, life-changing shifts that have occurred, in just the last three months.

For many of us, new doors that we sensed were there, finally opened, and we now had more solid evidence of our new path.

Clarity, refinement and focus are our friends right now. Being discerning with your energy and presence, and where it is spent and with whom, will support you to refine the quality of your experiences, and direct energy where it holds most value for you. The old adage 'quality over quantity' rings true here.

The change of season can be a clunky time of transition. This can show up via changes in: the weather; the way we move; the activities we engage in; the foods we eat; the quality of our sleep; our moods; our levels of comfort; the aggravation or relief of ailments (e.g. hayfever, skin conditions); and more. Take the transition easy, and listen to your body.

For example, if heading into hot weather feels oppressive, start going to the water, eat cooling foods, and have a rest in the heat of the day.

If you are heading into the cold and that feels hard, build in movement for optimal circulation, live with the sun and get to bed earlier, have the right clothing so you keep warm, and eat warm, hearty, nourishing foods. Whatever you do, don't get stuck or resist the change. Tune in and adapt.

Ladies, the change of season is a perfect time to join us for the Spring Women's Healing Circle. We have a truly divine feminine experience prepared, grounded in nature, self-love, deep restoration and nourishment, which also includes a heart-opening Cacao Ceremony, led by accredited Cacao Ceremony guide, Celena Lonza.

If you missed last month's, here's another chance to experience the sacred healing properties of Maestro Cacao.

It's a wonderful time to spring into learning or progressing with Usui Reiki! Upcoming courses with me are listed below.



by Helene Collard

We are also thrilled to host Reiki Master teacher Jackie Segers from Aotearoa (NZ) for her SpinaReiki and AcuReiki courses on 20th and 21st October.

Preparation is required for courses with Helene, and class sizes are kept small for a quality experience, so contact me to book a

connection call today!

If you are thinking about booking a Reiki treatment, my availability has reduced as I am now studying full-time.

I am in the clinic Tuesday and Wednesday and Thursday afternoon, so it's a great idea to book your treatment ahead. I am really enjoying having my head in the books again!

## Weekly services at Yemaya Centre

- Catherine Wilson: Clinical psychology, <https://hnc.org.au/directory/catherine-wilson>
- Krsna Mayshack-Mendero: Women's counselling services, <https://connecttowellness.com.au>
- Helene Collard: Reiki Master teacher, [www.yemayacentre.com.au](http://www.yemayacentre.com.au)

## Consult and group space

The group room has vacancy for ongoing classes, workshops and programs. The consult room has vacancy for a practitioner on Mondays and Thursday mornings.

If you, or someone you know, have a weekly, fortnightly or monthly service, contact me to discuss and arrange a room viewing. Organisations and private practice welcome.

Come to us in the heart of the CBD, and visit our website for more information and bookings. Visit: [www.yemayacentre.com.au](http://www.yemayacentre.com.au)

## Coming up

**Reiki treatments:** Tues, Wed, Thurs

**Weekly Women's Circle:** 13 October

**Reiki Master Practitioner course:** 21-22 September

**Reiki First Degree:** 18-19 October

**SpinaReiki:** 20 October

**AcuReiki:** 21 October

**Reiki second degree:** 1-2 November

*Helene is a Reiki Master teacher culturally-responsive trauma-aware healing-informed practitioner.*

# Exploring some Australian bush flower essences

I've just returned from an amazing family holiday in Central Australia. It was my first time in the Northern Territory and I was so entranced with the stunning landscapes and vegetation – so totally different from the green and moist east coast.

I felt at times I was on a different planet, with trees and shrubs and grasses that were a little bit familiar but at the same time really different. For example, desert oaks compared with the she oaks of the east coast.

There were lots of brightly-coloured Sturt desert peas in flower in front of the art gallery and museum in Alice Springs. These got me thinking about the Australian bush flower essences, and I started exploring for more of the special flowers.

The bush flower essences are similar to the Bach flower essences from the UK and other traditional flower essences. They are used for emotional and spiritual balancing and were derived from intuitive communication with the flowers as well as traditional knowledge. The essences are produced by infusing the flowers in purified water in the mornings while the dew is on the plants.

The Australian essences were developed by Ian White, a fifth-generation herbalist. He grew up in the bush and helped his grandmother gather plants and make herbal extracts. He has written books and produced cards which explain the properties of each flower essence, indicating the states of imbalance assisted by the essences, and the positive outcomes



Pink Mulla Mulla

## Nature's pharmacy

by Trish Clough, herbalist

of settling the imbalances.

For example, there are essences to help with emotional exhaustion, impatience, grief, and feeling overwhelmed.

The Sturt desert pea (*Swainsona formosa*) is a powerful flower for sorrow and emotional pain. Ian White says he has come across Aboriginal stories "connecting this flower to grief and sadness". It can allow healthy grieving and letting go of sadness.

He writes: "This remedy works extremely quickly in almost all cases, even when the pain has been harbored for many years, even as far back as a previous life." The letting go can be motivating and re-energising, enabling people to make changes in their lives.

In much of our travels we noticed Mulla Mulla plants in flower. The flowers were mainly pink tinged, but some were greenish yellow. There are many varieties of the Mulla Mulla (*Ptilotus*) family. In Aboriginal

culture Mulla Mulla is symbolic of 'fire dreaming' which represents cleansing and revitalisation of the land. Medicinally it is used for burns and wounds.

In the Australian bush flower essences, "Mulla Mulla Essence is for the personal recovery from negative emotional experiences of burns, heat or fire. It is for those who feel emotionally uncomfortable with fire or flames (often from a past life)."

Pink Mulla Mulla, a closely related plant, is a taller plant with a more elongated flower head. It is indicated for deep spiritual wounds. It is believed these are carried from past incarnations but can present as the person isolating themselves and even appearing prickly to those around them. This can be a protective device to avoid being hurt by others. The flower essence can enable a deep healing and more trust in others.

These are just two of 70 individual essences in the Australian bush flower set. There are also some 25 combination essences. These include the combination emergency essence for stress, which we offered in the 'Herbies Hub' post-flood to many people in our communities.

*Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Iluka after relocating from Lismore.*

*Trish is available for consultations by appointment on 0452-219-502 or email: [trishclough2@gmail.com](mailto:trishclough2@gmail.com)*

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

# Let's talk about Dying, Death and Beyond

by Saskia Kouwenberg

Sad but true: in the last few months so many dear community members have died!

The BBC/SBS TV series with Australian host Ray Martin talks about "peak death" in Western countries. This refers to the fact that at this moment in time, there is a huge group of Baby Boomers who are of an age at which dying becomes extremely likely.

The emphasis needs to be on making our own choices. To do this, we need to become more familiar with all the varied aspects around dying and death and bring it back to the community.

To know which choices we have and to become



more confident, we are organising a series of six to nine meetings on Saturday mornings, starting on 21st September from 10.30am to 12.30 in the Church of Aquarius, 90 Cullen street, Nimbin.

All people – young and old – are welcome to come to one, some or all sessions.

There is a fantastic Facebook page: *Nimbin Death and Beyond*, moderated by Tarang Bates with over 500 members, which has developed as a

valuable resource for innovative practices and ideas. In addition, we have set up a special Facebook page: *'Activities Nimbin dying, death and beyond'*. If you're interested in these meetings, please become a member.

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WE DELIVER FROM OUR ONLINE SHOP

# White and black – law online

One afternoon last week the phone calls, emails and texts magically stopped, and we spent a relaxed half-hour in a file review: where we're at in each, and what comes next and when. Rising slightly above the mentally unhealthy practice of multitasking nine to five.

Today, after farewelling the last client and closing the doors, I sat in my flood-provided armchair to enjoy the last phone call of the day, a relaxed hour chatting with Dan, our drug testing man.

Now, in the early evening, I look back at the months since we re-opened in January. During the holidays, two new legal aid family law parenting matters had found their way to my phone and laptop. Some time in the first months of the year the list of available files on our Comcourts portal page started growing. Many are in the Indigenous List, all legally aided.

There are 20 rows available below the banner on our page, with the Australian arms hiding up in the left corner and the dramatic red on black tag 'available files' above the headings: File number, Matter title, Action, Via and Status. In our Registry, file numbers go



(P)LEC XXX/202X. The P stands for parenting.

Under Matter title are the surnames and initials of the parties, separated by an ampersand (&), rather than a versus (-v-), to demonstrate that it's not an adversarial jurisdiction. Ha. If they're married, there's only one surname and the Respondent's initials go on the other side of the ampersand. The last three rows, in our screen, consist of the words Family, Adams and Open, repeated all the way down. There was panic when we lost a file, then found it on the previously non-existent second page. Now that page is filling up too.

After those arguably uncompliant, in a workplace health and safety sense, months of finding our way through the intricacies of the newly legislated pathway(s), we're more competent in this tiny section of the Law(s) and consequently more relaxed.



**Legal writes**  
by John Adams

It helps that two matters settled this week, obviating preparation for a trial, both parents and the children's lawyer agreeing to the orders most likely to resolve remaining issues between the parents, and ensure the kids' safety. All three parties sign the circulated draft, and off it goes to the judicial officer, who, if we've done our jobs properly, makes Final Orders by consent.

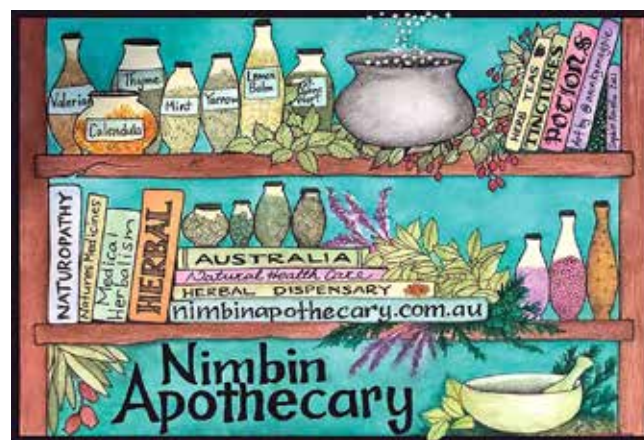
Of course it's not only family law; there's always Local Court crime and regular wills and estates and conveyancing. A recent highlight was being

introduced to the Land and Environment Court in the gentlest fashion, our case prepared by the redoubtable Al Oshlack, me instructing learned Counsel in the matter of the Cabbage Tree Island flood refugees. Venturing into a new jurisdiction without Counsel is foolhardy. With a good one it's a treat.

What we call the Law is a huge place. To glimpse its size, you could go to: [austlii.edu.au](http://austlii.edu.au) and click on, say, NSW, then NSW Legislation (hiding above New South Wales case law), then NSW Consolidated Acts, click on, say, the letter C, and scroll down. Then there's the rules, and practice notes and judgments and...

Anyway, now I'm being introduced at last to Native Title and Environment Law, an unexpected pleasure. Growing up on the white side of the river in Perth, but in my square mile of old-growth banksia woodland, I was 17 before I met my first survivor of the local holocaust and suddenly relaxed, able to breathe again after a difficult adolescence.

Now I'm honoured, hugely, by the trust of a few respected local Elders.



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## Don't lie to me – Reflections on betrayal

If there is ever a disruption to any kind of relationship it must be betrayal. As betrayal needs to be concealed by lies, it inevitably leads to broken trust.

Betrayal comes in many forms where humans connect and rely on someone's integrity. Children and parents, husbands and wives, among colleagues, workmates, service providers and clients and of course, governments and citizens.

The latter can have dire consequences if leadership is dodgy. The democratic ideal is to vote the leader out.

But how to apply that to a family situation if mum or dad had an affair that comes to light? Because, you can't just walk away.

In Anton Chekhov's play *The Avenger*, the betrayed husband's first reaction is to avenge himself. To his credit he concludes that a divorce is the saner solution.

Chekhov's protagonist opts out by ending the marriage – a difficult proposition for the betrayed who still loves and when there are children attached.

In *Love Actually*, we see Emma Thompson in the role of the betrayed house wife and mother hanging on with a wounded heart to her straying husband who is a notorious Romeo repeatedly seeking amorous



relationships.

Why does she stay in the marriage? For one it is extremely hard to give up the years you have spent with a partner with whom you built a family and a comfortable existence. You have social standing with people who see you as living in a stable relationship.

Leaving the marriage is admitting that things were not as they seem, is risking losing supportive networks, other couples' friendships and feeling guilty for not being able to save the marriage.

The other reason why women often stay on is that although trust seems lost, the meandering husband may be full of excuses, remorseful even, and promising never ever to repeat the mistake.

This reaction can soften the first blow and re-establish a feeling of hope. Give him another chance out of fairness. He may not be the double-

crossing liar I took him for.

But what if this invisible wall between the two partners does not disappear and deep down the doubt remains? The one who committed the infidelity may be more guarded and evade answers to questions.

Cover-ups and methods of blocking scrutiny create suspicion rather than clarity. If you have a secret love affair you must be good at lying. Even after confessing the affair, unavoidably there is secrecy surrounding it.

Spotlight a husband's philandering and the wife may receive in return a full treatment of varying tactics to make her feel bad. The package includes gas-lighting, baiting and distractions.

For some it seems cool to put the blame on the mistress, on stressful times or, best of all, on their own wife. The woman may feel vulnerable or inadequate if the husband of many years suddenly chooses another woman over his wife.

The woman perceives herself as deficient, lacking attractiveness, or comparing herself and feeling totally incompetent.

This can wipe out all the past years of happy times and cast a shadow on the whole of the couple's life together, the whole of the family memories which may lose their former worth.

I emphasise betrayal of



by Antionette Ensbe

wives and mothers since it is an unspoken law of marriage that if the wife is happy, the family is usually stable at its core.

Betrayal is cheating and cheating dismantles the family foundation. If the situation is similar to that of Emma Thompson's, what are the chances to recover trust and mend the relationship?

The path to healing is a steep climb, a task of dedication and hard work. If the couple wishes to stay together the focus must be on the betrayed who need stability and reassurance more than anything.

Next month, in part 2, I'll discuss possibilities to bring back light, love and optimism by way of purposeful reconciliation.

I'm available for counselling. Please contact me via email: [newpacificpublishing@gmail.com](mailto:newpacificpublishing@gmail.com)

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Neural Organisation Technique relates to the body's structure, its alignment, movement and strength, and frequently to emotional challenges. It is comprehensive and brings lasting results. Most people are not aware of how many hidden structural weaknesses there are, and how the body reacts structurally to emotional issues. I have been working with Neural Organisational Technique for over 20 years. It is non-manipulative, very gentle and safe for seniors. Educational videos can be found at: [www.youtube.com/@NewLeafHealthChannel/videos](http://www.youtube.com/@NewLeafHealthChannel/videos)

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*"When patterns are broken, new worlds emerge"*  
– Tuli Kupferberg



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**KEEPING AQUARIAN IDEALS ALIVE**

# The acupuncturist's cabinet

Besides the various lengths and gauges of acupuncture needles that one might expect to find in an acupuncturist's cabinet, you will also find pleasantly fragrant, cigar-like herbal sticks or fluffy wool known as moxa.

Moxa is a refined product made from mugwort (*Artemisia vulgaris*), a hardy perennial plant that can thrive in a variety of environments.

The word 'moxa' is derived from the Japanese word 'mogusa', which is literally translated as 'the burning herb'.

The introduction of the term 'moxa' to the West can be attributed to Dutch minister Herman Buschoff, who, after receiving moxibustion treatment for gout in Japan, authored the first Western book on the subject in 1674.

His efforts were pivotal in bringing the practice of moxibustion to Europe during an era when Japan had restricted its interactions with the Dutch.

Moxibustion is a term derived from the combination of 'moxa' and the Latin word 'bustio', which means 'to burn'. This practice involves applying moxa – either by burning it directly on the skin or indirectly above the treatment areas or acupuncture points—to promote healing in the affected areas or throughout the body.

The first recorded evidence about moxibustion is found in the earliest known form of Chinese writing, the oracle bone scripts, indicating its use during the Yin dynasty, around 1600 BC to 1046 BC.

Artefacts excavated from the



by Chi Fung Lee

Mawangdui and Hantanpo tombs suggest that this technique was used to treat various conditions and was popular in China during the Qin and Han dynasties, which spanned from 221 BC to 220 AD.

At present, moxibustion is a widely used practice in Asia, with significant prevalence in China, Japan, and Korea. Additionally, its popularity is steadily increasing in North America, Europe and Australia.

## How does moxibustion work?

Although the healing properties of moxibustion are influenced by the aroma and smoke, its primary healing benefit is derived from the heat emitted by the burning moxa, which effectively categorises it as a type of thermal therapy. In Traditional Chinese Medicine (TCM), the primary strategy

for addressing coldness or yang energy deficiency in the body is the application of warmth. Moxibustion plays a crucial role in revitalising depleted yang energy and dispelling cold.

For instance, lower back pain aggravated by coldness (either from cold weather or internal coldness due to depleted yang energy) can be alleviated by applying burning moxa indirectly to the affected area.

Additionally, moxibustion can effectively relieve painful lower back or abdominal cramps during menstruation, especially when these symptoms stem from stagnation of cold in the uterus, in accordance with TCM diagnosis.

An interesting systematic review from the Cochrane database in 1923, found moderate evidence that using moxibustion along with standard care is likely to decrease the chances of a baby being in a non-cephalic (non-head-down) position at birth.

Legend has it that, in Japanese tradition, when a woman chooses a man for marriage, he must have a moxibustion scar (from direct moxa on the skin) at the acupuncture point stomach 36 ("three mile legs"), because that scar represents a sign of good health and vitality, as scarring from moxa at that point is believed to improve overall health.

*Chi Fung Lee is an Ahpra registered acupuncturist living in Coffee Camp. To contact him, email: [chibiz@xs4all.nl](mailto:chibiz@xs4all.nl) or phone 0478-239-298.*



## So They Say

by Uncle Norm & Auntie Maj

### Washing Day woes

Recently my wife wasn't well and asked me to do the clothes washing. Rather than be pleased, she was highly critical. What's that all about?

– Sonny Day, The Pocket

### Magenta says:

Relationships work well because we share chores. But it is important to be able to take on the other's task when necessary.

From ancient times, women have been relegated to the role of washing the clothes. They would go down to the river and hit them with rocks, usually together, which helped form social bonds.

In my mother's and grandmother's time women did the household chores while men went to work. Clothes washing took a whole day wrangling with wringers. My mum, with four kids, two in nappies, was thrilled when she got a twin tub that actually spun the clothes for you.

I love doing the laundry. It's my dirty little secret. I am finely attuned to the weather. I notice when the wind changes which indicates imminent rain and run out and get them in before the first drop falls. Strangely it gives me a great sense of accomplishment.

I know how to hang out the clothes to give them maximum sunshine and drying space, unlike Norm who bunches them all together in the shadiest spot. That is if he actually remembers to hang them out at all, or bring them back in.

I fold or hang everything up immediately so that they do not get crushed. I have never ironed clothes. I have other pressing issues to deal with.

My mother passed down all her washing tricks including the 'crush test'. If the clothes crush easily, don't buy them.

Sonny, your wife seems clothes minded. It sounds like your load came out all grey and shrunk. Rather than take offence, listen to her recommendations. Is that in the too hard basket?

*How much fun is washing your clothes? Loads.*

Send your relationship problems to:  
[magentaappelpye@gmail.com](mailto:magentaappelpye@gmail.com)

### Norm says:

Listen here Sonny, whadaya want, a medal? Or a chest to pin it on? A long, long time ago, when I was a single young fella living in The Cross, I used to take my dirty stinking schmutter to a laundromat ably manned by an old drag queen.

I would ask for a bag wash (I wonder what they would give you these days?) which meant they would wash and fold my underdaks and all for five bucks, which I would pick up later. Bewdy! That was the extent of my practical experience of Doing the Washing.

Now I'm pretty sure that you wouldn't know your way around a front loader any better than me. For a start I'm talking about a washing machine, not a mechanical digger. But if you have any experience living with women folk, you would know that they take washing clothes very fuckin' seriously.

For a start they are very proud of their fancy, gleaming, sleek washing machines. The more buttons and blinking lights, the better. Have you noticed how they sound like a jet taking off? I can imagine the girls standing around having wine at a barbie bragging about whose machine spins fastest.

They watch the weather like hawks. As soon there is any hint of a sunny day, they scoop up everything you've soiled and fire up the Westinghouse. They even sort fabrics and colours. Some things are definitely not supposed to go in with others!

If you think all this is easy, you're delusional. Experts hate it when a dilettante comes along and wants a compliment for stuffing up the job. You would probably be critical if she tried to do a job that you normally do.

Sonny, in this basket case it's best to swallow your pride and ask her for help.

*Sometimes I feel like throwing in the towel. But you know what that means... more laundry.*

# Tuning the ghost in the machine

Individuals are made up of matter and spirit, body and persona. Matter returns to dust, exists again in new forms, like a tree growing from a grave, but what happens to spirit?

Is there a core to a person? Is materialist science logic right, and are we evolving stardust only? Are character and soul mere brain constructs? Illusions? Is there an eternal spirit in us?

Cynical neuroscientists point out we can experience a total change of personality with drugs, accidents, experiments, potions. So, why a pre-existing spirit?

Are we 100% nurture? What about intuition? Why do sages and shamans tell us look behind the stage play of self: 'Know thyself'?

## Shapeshifting

by Anand Gandharva

Who is this being we call 'I'? A DNA creation, fictional captain on the boat of cells? Do we disappear at death, fade like a puff of smoke, or transform to an enduring inner essence?

Not having a core goes against all reason and faiths. Laws of thermodynamics show energy never is lost. The undying self could transform to a new octave or form, but is still there. If souls are real, it reframes existence as a stage in a long trip towards self-realisation.

The journey of life becomes a tuning of self; spirit learning. Not random, but goal directed, yet flexible. Existence a variety of self-

realisations. Each through their own maze.

How to behave? Should we boldly seek joy, balance Yin with Yang in life or act on every impulse? Polishing individual needs, or also help fulfil family and community goals?

What are legitimate needs? Gandhi mused: "The world has enough for everyone's need, but not enough for everyone's greed."

From his towering perspective people battle their egos, from one existence to a next. When finally ready for eternal life, spirits exit bodies at death through the crown of the head, whereas to-be-reborn folk exit at passing through their side of their mortal body.

The body cells, unhooking from the joke of spirit field, are said to

provide gargantuan energy, like an atomic blast, moving the spirit entity as a rocket to the nether realm.

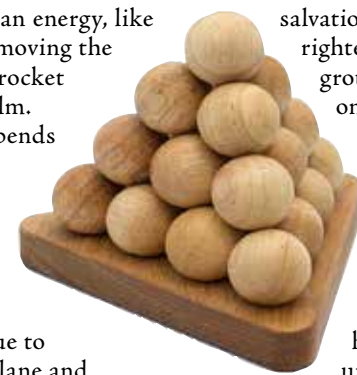
Where we go depends on the quality of our lives.

Many cultures throughout history honour the faith that ancestors continue to live on another plane and look after the living. There are Egyptian lotus flower Third Eye, Mayan DMT visions of higher realms, Agnostic, Incan, Polynesian, Inuit, Buddhist, Koori and many other cultures having beliefs about afterlife and magic dreamtime.

Catholics feel the spiritual journey is completed in the hereafter, in unseen purgatory. Reformed Christians believe

salvation is instant for righteous. Earth a testing ground. Seeker or not, one may see a light at the end of the tunnel in near-death experiences.

Human future hints we are starting to cast off predatory ancestral habits. A peaceful, united humanity will eventually swarm the



galaxy.

Either way, our body and soul instruments should be harmonised. Tune head and heart, not as predators do, but with disciplines and plant-based diets.

It is better, increases awareness, health, savings, longevity, budget and easy living. It also makes our existence on Earth and a possible hereafter... more sustainable.

# Navigating challenging times, the power of connecting to your true self

For anyone who has been observing current events these past few years, it might appear the world has gone mad.

So much of what we believed in, sustained us, provided a sense of security, has been eroded.

So many opposing views, rapid change, the noise of the constant flow of information, all can drown out our inner wisdom and overshadow our sense of self, so we don't know what or who to trust any more.

There is one sure way to navigate through all this turbulence and find peace of mind, and that is by connecting with our inner being, our true self that lies beneath the surface of everyday experiences and all the hats we wear.

It's that part that



represents our deepest values, our passions.

When faced with challenges, this inner connection can provide stability, purpose, and a sense of belonging.

It helps us cultivate inner peace and resilience that allows us to respond to difficulties and confusion with grace and confidence.

Try this exercise to find the real you.

Imagine the person you believe yourself to be right now. Observe this person

going about their daily activities.

Now imagine you could strip away all the things that hold you back from your full potential.

Imagine self-doubt dissolving, being replaced with confidence and self-assurance.

Imagine all the things that get in the way of success and hold this person back in any way, such as circumstances, lack of resources, lack of forgiveness, illness, baggage from the past.

See these problems dissolving, disappearing, going away. What is left? Who is this person when all those barriers are stripped away?

Think of your motivations, interests, your personality and character traits... the characteristics that are left when all barriers are



by Auralia Rose

removed and all fears have gone away.

Think about your other characteristics, likes and dislikes, things you like to do. See all the details of this authentic you, the person you are at the core, when there is nothing to get in the way of complete self-expression.

Spend a few moments with this image of your authentic self.

Now allow yourself to step inside this image, and fully become this person. Become who you are. For this moment, just simply being your authentic self.

Allow this true essence of you to shine through in everyday life, your personality and motivations guiding your behaviour. You have always been this positive, confident, loving person, someone you like and appreciate.

Underneath the challenges, the baggage, the demands of living life, this is the real you that will always be with you. Keep the image of your authentic self with you as you go about the rest of your day, days and weeks ahead.

Express this true self and allow him/her to shine and direct your behaviours and your life.

Knowing who we truly are

helps us do and be whatever we came here for.

During this time of rapid growth on earth, it is more important than ever to cultivate a deeper connection to our inner being. It may well be what keeps us safe and sane and move more easily through these intense times.

I believe we are all here to do our part in the Great Awakening. Time to regain our power and contribute to the creation of the world we would like to live in.

If you would like to dive deeper into this magnificent person you truly are and find out why you are here at this historic time, please feel free to give me a call.

Love from my True Self to yours.

0422-481-007

[auraliarosewellbeing.com](http://auraliarosewellbeing.com)

# Restorative Bowen therapy

I recently helped a male patient who came to see me a few months back; he was suffering back pain and unable to sleep in any position in his bed.

After a few sessions of Bowen therapy, he was feeling so much better and he had included some chiropractic sessions. On his last session with me, he commented on how restored he felt after the hour of treatment and relaxation.

After all these years of promoting Bowen, I never thought of describing it as restorative, which of course it is! No wonder a lot of my clients come to see me regularly even though they are not in any discomfort any more: besides it being for maintenance, it is also restorative.

So I figured that restorative yoga (which I do) and restorative Bowen have the same effects on your body:

- Deeply relaxes the body;
- Stills a busy mind;
- Releases muscular tension, improving mobility and



by Sonia Barton

flexibility;

- Improves capacity for healing and balancing;
- Balances the nervous system;
- Understanding that sometimes doing nothing (resting in the now) can be one of the most powerful, supporting and healing practices of all.

During a Bowen session you can feel truly relaxed.

Your body is soft and warm. Sometimes you feel so comfortable that you hardly notice your physical body.

You are then activating the parasympathetic nervous system – this is the "rest and digest" part of your nervous

system that helps keep basic functions working as they should. This is when the body can truly heal and restore balance. You should be experiencing slow breathing, reduced blood pressure and a feeling of calm and increased well-being.

Bowen therapy is a brilliant, powerful yet gentle body therapy that can give fast relief from all sorts of pain and discomfort. So many problems can be treated and resolved quickly and simply.

Because the main goal of Bowen therapy is to stimulate the body to engage its own self healing mechanism, Bowen can be used effectively to reduce rehabilitation time after any illness, before or after surgery and after injury, regardless of how old or recent the event may be.

If you have any questions regarding how I might be able to help you give me a call.

Sonia Barton is a Bowen therapy and Reiki therapist. Phone 0431-911-329 or go to [www.bowenenergywork.com.au](http://www.bowenenergywork.com.au)

# Kyogle Bazaar: Where community spirit blooms

by Luke TerraMadre

Nestled in the picturesque Amphitheatre Park, the Kyogle Bazaar is more than just a market: it's the beating heart of the Northern Rivers community.

Every month, this vibrant event transforms the serene park into a lively hub where locals and visitors alike gather to celebrate the rich tapestry of Kyogle's culture, creativity, and community spirit.

If you're looking for an authentic experience that breathes life into the idea of community, the Kyogle Bazaar is the place to be.

Since its humble beginnings in 2015, the Kyogle Bazaar has grown into a cherished tradition, woven deeply into the fabric of the town.

Initially opened as a private enterprise, the Bazaar was handed over to Kyogle Together in 2017 to prevent its closure, and later in

2021 to Kyogle Rotary for the same reason.

This year, the Bazaar took another step forward, incorporating as a Not-For-Profit Association, securing its future as a sustainable and independent community event.

With a clear mission to provide a safe, inclusive, and non-political space, the Kyogle Bazaar continues to flourish, embodying the resilience and unity of its people.

At the heart of the Kyogle Bazaar is a celebration of the diverse passions and talents within the community. The Bazaar provides a platform for local musicians, artisans and creatives to share their work, adding a rich tapestry of sights, sounds and flavours to the event.

There's always something to delight your senses. This is more than just a day out – it's a celebration of everything that makes Kyogle unique.

# Grow a giant pumpkin or watermelon

by Joan Hayman

It is time to plant the seeds for the Giant Pumpkin and Watermelon Festival. The soil has started to warm and the threat of frost has hopefully passed.

Seeds are available from Norco stores, Swan Bay, the Saw Spot, Pete's Food Hall, Mitre 10 Kyogle, Swiftly Seafood Lismore, or email:



[helengoebel1962@hotmail.com](mailto:helengoebel1962@hotmail.com)

Each packet contains pumpkin and watermelon seeds together with guidelines from one of the growers as to how to get the best results from your efforts.

Remember you will need a suitable area of ground and a good water supply and humus to provide your plant with the nutrition needed.

A northerly-facing position is ideal as the plant is protected from the afternoon heat. Google has some excellent tips for growing giant vegetables and fruits.

The festival will be held in Kyogle at the end of January.