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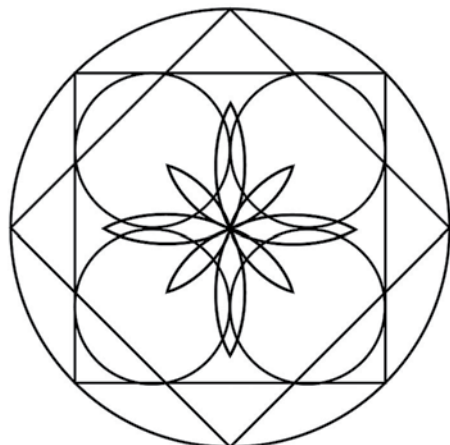
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# Wompoo Fruit Dove

by Jimmy Willing

I've moved my studio back to North Lismore and I'm painting more birds.

This one shows a wompoo fruit dove sitting in the branches of a sandpaper fig.

These birds are called doves, but these guys are so big plump and fat that I have always called them pigeons.

When I was a young fella wandering around in my horse and cart, an old timer stopped me on the street in Kyogle.

He was a couple of years younger than god and a little frail, and out of the blue he declared to me, "What you young folks need to understand is that I had to shoot those pigeons." "OK", I said.

Tears welled up in his eyes and he went on, "My mother gave me the gun and told me to go shoot them to feed my brothers and sisters. I never wanted to shoot those beautiful birds, but you have to understand that it was the great depression and we had to eat."

He never told me which pigeons, but I'm pretty sure that it was a pair of wompoo fruit doves.



## Check out the art fair



Nimbin Artist Gallery presents the Nimbin Art Fair from Saturday, 12th April to Sunday 27th April 10am-4pm..

The Art Fair, held once a year, is an exciting event for all – those busy behind the scenes, the artists, and also the viewers of creative endeavours that most have never seen before, because the Art Fair is open to artists from all over Australia.

The old Nimbin Town Hall sighs with resignation as once again her insides are cleaned and dusted, her furniture moved around to make way for sculptures, hand-crafted pottery, other pieces of individual creativity and standing platforms for the paintings.

The volunteers glow with the exertion of climbing ladders, moving platforms and making sure all pieces look their best, before they return to their roles as president, secretary, treasurer etc who make sure that all the bookwork pertaining to records and future ideas is also ticketyboo.

This year for the first time world-renowned artist Donna Sharam will give a most entertaining and amusing talk about her life as an artist on Sunday 13th April at 1pm in the Town Hall.

One will be able to view her work and purchase a piece of her unique art, if one so desires.

Also this year, if viewers of



the art would like to know more about what they are looking at, there will be guided tours available.

Entry is free and all artwork is for sale. Plus, artwork which needs to be sent elsewhere will be

efficiently organised by a volunteer member of the Nimbin Artist Gallery.

The Nimbin Art Fair, held in a venue of antiquity, which has many tales to tell, is a great affair. Well worth the time spent.

# Art with heart at Serpentine Gallery



'Overwhelm' by Jex Lopez

This April, the Serpentine Community Gallery of Lismore is hosting two very special exhibitions. 'Unrule' opened on Friday 4th April with an exhibition showcasing neurodivergent artists, and 'Love, Joy and Strength', a solo exhibition by the late Philippa Leader, opens on Thursday 24th April.

'Unrule' is an exhibition fundraising for the Light Up Autism Foundation that showcases the work of autistic/neurodivergent artists from across the region and Australia.

This exhibition isn't just about art, it's about stories, deep listening and the power of creativity to connect us –

to one another, to our town, and to something bigger than ourselves.

Each piece in the show is created by an artist on the spectrum and offers a glimpse into the way they see and feel the world.

With first time exhibitors alongside seasoned artists, this event provides a platform to be seen, heard, and celebrated.

Artworks will be available through auction, starting at the artist's nominated minimum price with funds raised to go to the artist and the foundation.

This exhibition is supported by Southern Cross University, and is on exhibition until 18th April.



'Change' by Philippa Leader

## Remembering Philippa Leader

'Strength, Love and Joy' is an exhibition of works by local treasure Philippa Leader. Opening night will be from 5.30 'til 8.30pm on Thursday 24th April.

Philippa Leader was a Northern Rivers artist for over 30 years and was one of the alternative artists to move to the area in the early 80s.

This exhibition is a celebration of her life as an

artist and her commitment to the arts in our region. Philippa was a local art teacher who explored diverse mediums such as fibre art, sculpture, drawing and painting.

For the past decade, Philippa faced a terminal illness that ultimately took her life in 2024. This exhibition is a showcase of Philippa's life work.

Sixty hand-painted pieces form 'The Book of Strengths' which is



'Independent' by Philippa Leader

presented as a collection as a card set with each card showing words of inspiration with a unique meaning that formed Philippa's philosophy.

The exhibition will be the launch of 'The Book of Strengths' card pack, with the original paintings as well as a display of her private collection of her work.

James Sippo and Lynette Leader (Philippa's son and sister) will host the event, along with local artist

Kate Stroud who designed the strength cards using Philippa's works. This will be a special event and everyone is welcome.

Philippa's exhibition will be on show until Saturday 3rd May.

For more info contact the gallery at: [gallery@serpentinearts.org](mailto:gallery@serpentinearts.org) phone 02 9296-4819 or pop in and say hello at 3/104 Conway Street Lismore.

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



## Organism

Lae's companion Gerard communing with its undeniable spirit.

by Nell Schofield

We drove to the Grafton Regional Gallery in March to see True North, a group show of artists from the Northern Rivers.

With us was Lae Oldmeadow whose beguiling work 'Organism' is suspended in the atrium dwarfing the viewer with its larger-than-life presence.

Spanning 2.4m x 1.3m x 0.7m, the 3D sculpture comprises over 3,000 hand-stitched spores.

Each one was crafted from the last strands of sisal thread unravelled from a wall-to-wall vintage carpet.

Lae inherited the carpet 30 years ago and reimagined it into this mycelium network using a solar-powered domestic sewing machine.

Lae started work on 'Organism' in April 2023 and only just finished before the opening of True North on 1st March.

You can see 'Organism' at the Grafton Regional Gallery until 27th April.

## The Magician and Pandora's Box at Blue Knob

Relating to magical themes through the ages, used to mesmerise, enlighten, capture and control, this interpretation, which joins in synergy with the contemporaneous exhibition 'Pandora's Box', seeks to explore layers of elements used to support, enthrall, guide and stimulate through thought, sight and tactile processes as we're guided deeply into our imagination and magic as The Magician.

See exposed elements of colour using age-old techniques to conjure up new ways of imagining and wonder. A local artist living on Bundjalung Country, Jennifer Unwin seeks to expose and interpret elements in each piece which surrounds and delights while it draws the audience into another realm.

The story of Pandora's Box is an eternal metaphor for the human experience and its final element – hope – feels more relevant than ever in today's world.

In the myth, Pandora releases suffering and chaos into the world. This myth continues to mirror our modern struggles: climate change, political unrest, inequality and global crises. Yet just as in the ancient tale, hope remains.

Artists were given free rein to interpret this theme, and as always the results are often surprising in their creative expression. Christine Wynyard's enigmatic 'What's next II' is open to subjective interpretation by the viewer, as all great artworks are.

An opening event for these exhibitions will be held on Sunday 6th April at 2.30pm with musicians Forest Walker playing. Both exhibitions will run until Saturday 24th May.

Blue Knob Cafe – has a great selection of freshly made gourmet toasties, pies, savoury pastries, specials, cakes and coffee/drinks. All day breakfasts are now available on Saturdays and Sundays for food, art and a great view of Blue Knob. See our Facebook page for more info about the Café.

Blue Knob Writers Group – meet weekly at Blue Knob Cafe on Sundays. For more info contact Alex 6689-7268 or Helen 0487-385-134

Blue Knob Singers – meet on Thursdays from 3.45pm at Blue Knob Hall. Everyone is welcome, just turn up, or for more info call Peter 0458-487-865


The Moore Workshop Space is available for hire. Please contact the gallery for more information.



'Future Comfort' scarfies by Bec Massey



'What's next II' by Christine Wynyard



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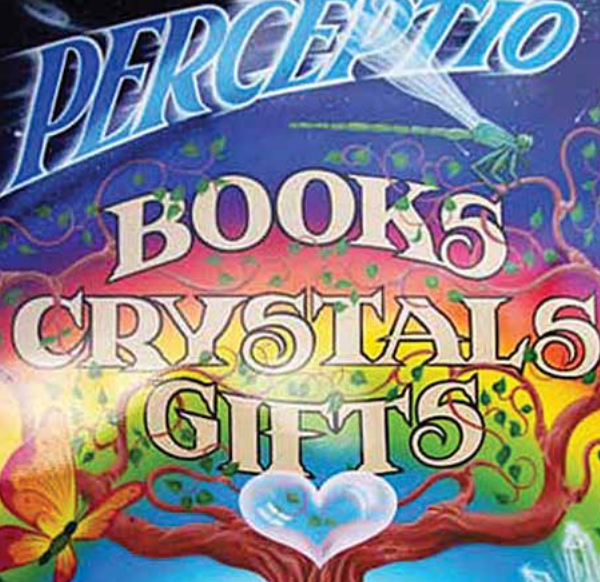
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## Tree planting day to restore local ecosystems

Community members from the Nimbin Rocks Co-operative, alongside visitors from Vanuatu participating in the Pacific Farmer-to-Farmer Regenerative Stewardship Training program, gathered on 14th March to plant over 800 native trees along the Goolmangar Creek.

This event, part of the Nimbin Rocks Riparian Restoration project, aimed to restore and protect the local environment through hands-on action and knowledge-sharing.

The Nimbin Rocks Co-operative successfully secured a grant from the North Coast Regional Landcare Network's Caring for Our Catchments Program, which is helping to address issues such as creek bank erosion, invasive weeds, and habitat degradation. This initiative is focused on improving creek connectivity for wildlife, reducing grazing pressure, and enhancing water quality.

Invasive weeds have a significant negative impact on local biodiversity, threatening habitats of native species, including those that are endangered, and affecting the health of riparian vegetation



and water quality. Through strategic bush regeneration efforts, the Nimbin Rocks Co-op is taking a proactive approach to mitigate these threats.

The day's event also served as a valuable intercultural and practical training experience for farmers from both Australia and Vanuatu. The Pacific Farmer-to-Farmer Regenerative Stewardship Training program provides selected farmers and agritourism operators from Vanuatu, along with their Australian counterparts, with the tools and knowledge to implement regenerative agricultural practices that promote soil

health, biodiversity and sustainable farming.

"The day was an incredible opportunity to come together as farmers, share knowledge, and learn from each other," said Georgina Jones, a member of the Nimbin Rocks Co-operative. "By working alongside professional bush regenerators and participating in hands-on demonstrations, we increased our collective capacity to manage and restore creek riparian areas, which will ultimately improve habitat for native species and contribute to overall ecosystem health."

The event included

a practical workshop on planting techniques demonstrating sustainable land management practices, reinforcing the importance of fostering biodiversity.

"As farmers and land stewards, we are part of nature. The health of our soil, our crops, our animals, and our communities are all interconnected," Ms Jones said.

The North Coast Regional Landcare Network's Caring for Our Catchments Program is dedicated to improving the health of local catchments through community-led environmental restoration initiatives.

## A golden opportunity for landowners

by Dr Kirsten Hartshorne

If you're a landowner or farmer in the region, you may already know the value of a healthy creek or wetland on your property.

But did you know that restoring these natural areas could soon earn you income – while also reducing flood risk and improving biodiversity?

Welcome to the Nature Repair Market – a new Federal initiative designed to reward landholders for environmental restoration.

Launched by the Australian Government, the Nature Repair Market is a voluntary scheme where landholders can register and sell biodiversity certificates for approved restoration projects.

These certificates represent measurable environmental improvements – like planting native vegetation, restoring degraded waterways, or improving habitat for threatened species. There is also opportunity to earn both a biodiversity certificate and Australian Carbon Credits Units (ACCU).

Buyers could include government bodies, corporations seeking to offset environmental impacts, or philanthropists investing in ecological health.

### Why it matters for waterways

For those of us living along our beloved rivers, we have all experienced the devastation of flooding. But we also value our unique and diverse waterways.

Planting riparian vegetation and stabilising creek banks not only provides critical habitat for native species, but also:

- Slows floodwaters;
- Reduces erosion; and
- Improves water quality for downstream users and wildlife.

These dual benefits – flood mitigation and biodiversity restoration – make



Calico Creek, Nimbin

waterway projects ideal candidates for Nature Repair Market funding.

### The local context

Nimbin, Blue Knob and surrounds sit within the headwaters of numerous creeks within the Richmond catchment.

Many landowners are lucky enough to have a creek on their land providing swimming holes and water for stock and households. However, many, through historic land clearing, have become significantly degraded.

Landowners now have a golden opportunity to restore these waterways to ecologically diverse areas and providing flood mitigation that would attract financial incentives through the market.

By participating, you can turn environmental stewardship into a tangible asset – both financially and ecologically.

### Investing in biodiversity

Landowners will need to assess existing conditions and potential biodiversity outcomes using the standard methods

set out in the Biodiversity Assessment Instrument (BAI). Interaction with First Nations knowledge, values and data, is important at this stage.

Application to the Clean Energy Regulator for a biodiversity certificate is then required for registration of the project. Getting advice from an experienced environmental scientist would be beneficial at this stage.

### Now's the time to act

With climate uncertainty on the rise, restoring natural buffers like wetlands and riparian zones isn't just good for the planet – it's a smart business move.

The Nature Repair Market gives rural Australians a chance to lead in conservation while unlocking new revenue streams.

If you're interested in exploring your property's potential, get in touch with Waterwise Environmental at: <https://waterwiseenvironmental.com.au> or phone 0403-831-299.

We'll walk you through the possibilities, with science you can trust and support every step of the way.

# DON'T BURN OUR FUTURE! SAY NO TO INCINERATORS IN NSW

For more information go to [www.norichmondvalleyincinerator.org](http://www.norichmondvalleyincinerator.org)

by Residents Against the Richmond Valley Incinerator Inc.

The New South Wales Government recently released its Energy from Waste Framework Review for comment at: [https://yoursay.epa.nsw.gov.au/nsw-energy-waste-framework-review?j=3010245&sfmc\\_sub=596653012&l=155\\_HTML&u=58268939&mid=100012553&jb=1](https://yoursay.epa.nsw.gov.au/nsw-energy-waste-framework-review?j=3010245&sfmc_sub=596653012&l=155_HTML&u=58268939&mid=100012553&jb=1)

The good news within the Review is the proposal that the Richmond Valley Jobs Precinct at Casino no longer be identified as a priority infrastructure area for an EFW facility. This change was supported by Richmond Valley Council at its March General Meeting.

As a consequence, the Northern Rivers should no longer be threatened by the toxic incineration industry.

However, disappointingly, it is also proposed to add Tomago, near Newcastle, and the former Wallerawang Power Station at West Lithgow. Both are located closer to greater tonnages of waste and are viewed as more financially viable by the incineration industry.

Also worrying are the proposed changes to the definition of 'thermal treatment' that would allow certain types of waste to be dealt with by gasification and pyrolysis technologies as long as the outcomes fit particular criteria. Incineration by another name, but equally toxic.

Another proposal is to replace Liquid Natural Gas with waste as a fuel source, which would generate much more climate pollution, significant volumes of toxic air pollutants and highly hazardous waste ash.

Many cities across Europe are dismantling incinerators and developing zero waste procedures and non-thermal technologies for sorting, recycling, stabilising and minimising municipal solid waste, thereby reducing the need for landfill sites. Case studies are available for small and large cities that could be adapted to our local conditions.

A much more positive outcome than incineration for human health and the environment, as well as landfill reduction, would be for the State Government to investigate alternative waste treatments that don't involve combustion, such as Mechanical Recovery Biological Treatment (MRBT), Gas Phase Chemical Reduction (GPCR) and Super Critical Water Oxidation (SCWO).

Material Recovery Biological Treatment is proven effective and does not generate toxic ash or air pollution. It neutralises residual waste so that methane and bacteria are eliminated, and the volume of waste is greatly reduced.

Gas Phase Chemical Reduction and Super Critical Water Oxidation have the potential to not only manage our residual waste but also hazardous waste (our fastest growing waste stream) without the associated dangerous pollution impacts that waste incineration causes. GPCR has been used in WA to dispose of highly toxic polychlorinated biphenyls (PCBs).

All three of the above technologies (MRBT, GPCR and SCWO) are far cheaper than any form of incineration and can be scaled to suit the requirements of different localities.

Please let the NSW Government know we do not want incineration of waste in any form in any part of this state. If you go to the link above, you have the option to either fill out a survey or upload or email your comments.

To assist you, RARVI has published Jane Bremmer's (from Toxics Free Australia) succinct arguments on our website: [www.norichmondvalleyincinerator.org](http://www.norichmondvalleyincinerator.org) under the NEWS dropdown.

Submissions are due by 5pm, Tuesday 8th April.

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## Where will it end?

by Scott O'Keeffe

Recently I walked over a patch of ground where I am restoring some native vegetation. I had planted a couple of Mountain Hickory Wattles (*Acacia penninervis*) as a trial and wanted to check on their progress.

As I got close to one of them, I could see that a lot of its foliage was "missing". Something was grazing on the struggling sapling. I soon found the culprits: three wattle moth (*Neola semiaurata*) caterpillars (larvae).

This moth is a member of the family Notodontidae. The Notodontidae is made up of about 3800 species, found mostly in the tropics and subtropics, and is known for the unusual and sometimes bizarre larvae (caterpillars) of some of its species. A few look like miniature mammals, others like crustaceans.

The larvae of the wattle moth are colourful but odd. When you look at one, it's hard to tell which end is the head, thanks to the false eye spots at the rear of the caterpillar. These eye spots are thought to confuse would-be

predators. That deception could be a rather feeble deterrent.

However, the spines on the caterpillar's body eject highly irritant formic and citric acids when touched. This is probably a more effective defence. Other species of Notodontid moths also use mimicry and irritants to deter predators.

Adult wattle moths are small, with a wingspan of about 60mm. They fold their forewings back across the hind wings. When visible, the hind wings are a pale dusty yellow, but the colour is usually hidden. Adults at rest are cryptic and easily mistaken for patches of lichen.

As with most insects, little is known about the life of the wattle moth. The larvae don't seem to congregate in large groups like some other moth caterpillars that defoliate their food plants. The adults do not feed.

Wattle moth caterpillars are usually seen as isolated individuals on acacias, hence the common name. They might feed on a wider range of plants, but the species is not well studied, so we don't know for sure.



Caterpillar of the wattle moth  
Photo by the author

They've occasionally been seen feeding on native hop-bushes (*Dodonaea sp.*). The caterpillars pupate concealed in leaf litter and vegetation at the base of their food plants.

Wattle moths are found in southeast Australia, from southern Queensland to Tasmania.

## Marching for forests

by Valerie Thompson,  
march co-ordinator

Hundreds of forest lovers from across the region poured through the streets of Byron Bay on Sunday 23rd March for the March for Forests, as part of a nationwide movement.

Co-ordinated by the Bob Brown Foundation, the day saw almost 10,000 people across Australia calling for an end to native forest logging.

It was a heart-lifting opportunity for the region to shake off our most recent threat of climate disaster and come together in support of the climate solutions – saving forests.

Saving forests is the most logical and immediate of all climate solutions and also has the very substantial benefits

of protecting the homes of our iconic threatened wildlife and saving the taxpayers millions of dollars.

"We have rallied the biggest turn-out on an environment issue in the lead-up to this federal election, and our united call across the nation is for an immediate end to native forest logging," said Jenny Weber, Bob Brown Foundation's Campaigns Manager.

"Already, our national environment laws have given logging a free pass to destroy Australia's forests that are carbon storehouses and home to rare and endangered species."

"The people expect governments to rule for the people, not corporations. Today, the people have shown up to take action and call for



A section of the march in Byron.  
Photo: Chibo Mertineit

native forest protection."

Marches for Forests occurred in Byron Bay, Sydney, Melbourne, Hobart, Adelaide, Canberra, Cairns, Ulladulla, Bellingen, Bega, Newcastle and Armidale.

Voters could ask local

candidates if they commit to ending native forest logging. The Bob Brown Foundation's VoteEarth website has a variety of ways to highlight forests in the lead-up to the election, see: <https://voteearth.org.au/get-involved>

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# Horses are big strong creatures with soft hearts

by Suzy Maloney B.Eq.Sc.Dip.Couns.

Horses are often regarded as majestic, strong, powerful animals. Their sheer size, muscular build, and swift movements make them seem like they could conquer anything that comes their way.

But when we look a little deeper, we realise these beautiful creatures are not as tough as they appear. Beneath that muscular exterior, horses are surprisingly gentle and sensitive, often more afraid of the world around them than we might expect.

## An illusion of invincibility

Horses can seem intimidating. They are large, with some breeds standing over two metres tall at the shoulder and weighing more than half a ton. Their strength and agility add to their aura of invincibility.

But despite their size, horses are prey animals by nature, and the price of freedom is eternal vigilance.

In the wild, their survival depends on being constantly alert to potential threats, making them cautious, and sometimes skittish or afraid. They rely on their keen senses and quick



reflexes to flee from danger.

This instinct does not disappear when they're domesticated. We can use training to help horses be less fearful, but we cannot remove this natural aspect of who they are.

## Startled by the unexpected

Anyone who has spent time around horses has witnessed them reacting with fear to something.

A sudden movement, a loud noise, or even a shadow can send a horse into a frenzy, causing them to bolt, rear up, or simply freeze in place.

A horse might spook at something

as simple as a bag blowing in the wind, or the sound of a bird fluttering in the bushes.

These reactions might seem exaggerated to us, but they are rooted in the horse's deep-seated survival instincts. Even something as seemingly benign as a new person or unfamiliar object can be enough to make a horse nervous. Their first response is often to shy away from the unknown, and it takes time and patience for them to gain trust and confidence in new things.

## The gentle giant syndrome

While horses are quick to react to potential threats, their temperament is typically gentle and kind.

Horses are incredibly social animals, forming deep connections with other horses, as well as with the people who care for them. These bonds help to ease their anxieties enabling them to cope with things they wouldn't be able to on their own.

Once they trust a person, they can become incredibly affectionate, seeking out attention and offering nuzzles. This warmth and kindness is in stark contrast to the tough, powerful image they project to the

world.

Horses are also known for their sensitivity to people's moods, often mirroring the emotions of those around them. A calm, patient person will often have a calm, patient horse, while a nervous or anxious handler may have a horse who feels uneasy.

## Fear and the need for trust

The key to managing a horse's fear is building trust. Horses need to feel secure in their environment, which means they often need time to get comfortable with new situations or people. It's a gradual process that requires patience, understanding, and consistency.

By rewarding horses for calm behaviour, we can help them associate certain situations with positive outcomes, reducing fear and anxiety over time. However, even the most well-trained horse can still spook if they encounter something unexpected. It's just part of being a prey animal – always on alert, always prepared to run at the slightest provocation.

Understanding and accepting this makes it easier for us to remain calm in situations that become elevated,

and this helps our horses deal with whatever the situation is.

## The paradox of horses

Horses are fascinating creatures because they embody paradox. They are powerful, yet fragile; strong, yet soft; confident, yet fearful.

They can run at incredible speeds and carry heavy loads, yet they can also be brought to tears by something as simple as a new noise or unfamiliar object. This combination of strength and vulnerability is part of what makes horses so special.

Horses are not the impenetrable, fearless creatures that they appear to be. Instead, they are sensitive beings, guided by instinct and emotion, navigating a world that sometimes seems full of dangers. And while horses might spook easily, they also have an incredible capacity for trust, affection, and connection.

They are much more than their imposing size and strength. Horses are big strong creatures with tender hearts, gentle giants always ready to surprise us with their vulnerability and softness.

[www.happyhorsesbitless.com](http://www.happyhorsesbitless.com)

## Bushwalkers head to the coast



Brunswick breakwall looking south



About to leave Brunswick

## Walks programme

### Sunday 13th April – Boggy Creek and Peates Mountain, Whian Whian State Conservation Area

Leader: Peter Moyle 0412-656-498

Grade: 3-4. Meet at Minyon Falls carpark at 9am for a 9.15 start before following the Boggy Creek track and the beautiful creek and waterfalls on offer. We will follow on to Peates Mountain on the new multi-day walking track. There may be some slippery sections after rain, but that means plenty of water to enhance the views. About 3.5 hours and 11km, through a blackbutt forest before the rainforest and the lovely creek.

Bring: the usual, a hat, drinking water, lunch and good bushwalking boots/shoes. Insect protection recommended; spraying on ankles does reduce leeches.

### Sunday 4th May – Unicorn Falls and Whiskey Creek in the Mount Jerusalem National Park

Leader: Peter Moyle 0412-656-498

Grade: 3-4 The first part on the new multi-day walk will be leaving Unicorn Falls carpark before heading to Whiskey Creek, walking on some new trails. There may be slippery conditions after rain. We have combined the two regular walks; on return to Unicorn Falls, a swim under the falls is available and recommended. Good footwear needed. Bring water, lunch, and hat.

Meet: 9am at the primary school in Uki. Also car-pooling from Brunswick Heads at 8.30am to go to Uki. Ring to organise car-pooling and to register.

by Peter Moyle, Nimbin Bushwalkers Club

Is it me or is our weather getting more extreme?

The heavy rain we see regularly with our East Coast lows, but a cyclone is a first for me in 45 years in the Northern Rivers. The accompanying cyclonic winds are another matter, and the tree damage is so extensive.

All our local National Parks are closed, and each week we think some will re-open but then an update on their website says closed for another 10 days and then another extension. Hopefully in the next couple of weeks they can maybe prioritise their work and get some areas open.

A re-scheduling of walks is needed as there is so much damage and safety is a priority.

On short notice we headed to the coast and the Brunswick to Tyagarah walk. 11 walkers followed the beach on a sunny, still day and the remnants of the cyclone were well strewn along the seashore. Nature's raw power was evident with the considerable erosion, but once back into the sandhills, the trees, grasses, and other growths helped slow up and reduce the destruction.

It was great to stretch the legs and get out and about, and hopefully we can go further afield and get back into our magnificent National Parks.

Here are the re-scheduled walks which hopefully we can tackle. Both highly recommended and always popular, book in to reserve your spot.

## Eco-division

### View from the loo

by Stuart McConville

Cabin fever has set in again. Days and days of rain and wind find us staring into space a little more frequently than we are used to.

As the creeks and gullies overflow and new waterfalls emerge, the landscape morphs once again into water world where we humans dare not go.

The inescapable reality of the big flush, once an essential part of our ecosystem's function, has now become a threat to us. That is how far we have detached ourselves from the natural processes that (should) sustain us.

Our agricultural system has produced kilometre upon kilometre of riparian moonscape. Not enough trees to filter the nutrients that run off the land. Not enough roots to lock the soil together.

The end result is massive amounts of weed vegetation and nutrients entering the river systems and concentrating in estuaries, where fish are breeding and growing.

Ultimately, the weeds provide a source of carbon and the nutrients become the catalysts for them to rot and consume vast amounts of oxygen from the water, killing every living thing that lives in it.

The demand for oxygen continues until the breakdown process becomes anaerobic, producing methane, the nastiest greenhouse gas.



Degraded land

Although this cycle is natural, it has been greatly exacerbated by human activity. Every gully and creek should be shrouded in a minimum 40-metre forest buffer to cleared land.

How can we achieve this without spending lots of tax dollars? Here's my Eco-division planning policy (short form):

1. Offer those on 40Ha rural zoned lots the opportunity to subdivide their lots in half, conditional upon three years of restoration of riparian zones.
2. Create a new zone for excised lots, with incentives to develop for horticulture and agritourism. This would necessitate restricted dwelling entitlements to keep lot prices down.

By activating this policy, councils would release vast sums of money into our local economy at a time it is sorely needed. Nurseries, bush regenerators, earthmovers, fencers, builders, plumbers etc would benefit, and young farmers would see the economics of high rainfall, excellent soil and access to markets and infrastructure as good reasons to invest in 20Ha

of farmland.

We have literally billions of dollars locked up in land that people would rather not own. I know so many people who would prefer a smaller lot, but have no choice but to buy a larger lot due to the planning restrictions around smaller rural zoned lots. Many have built their McMansions on it and left the rest to go to weeds.

There is no benefit to keeping larger lots for agricultural economy of scale if 40Ha is too small to be of any use. This is definitely the case with cattle in the Northern Rivers.

I am told that it requires upwards of 300Ha for cattle to be viable as a standalone business, while just 10Ha of ginger would make a fortune.

It really is time to make transformational changes to the way we have been doing things. Current agriculture is not much better than a mining operation; it's just a grab and go, a colonial mentality we must put behind us.

Stuart McConville runs Pool Solutions Compost Toilet and Waste Water Services  
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# Why our bodies love energy medicine

by Auralia Rose

We are not just physical beings but energetic ones. Every cell in our body generates electrical impulses, and our heart and brain produce electromagnetic fields that extend beyond our physical form.

Many ancient traditions, such as the Chinese concept of Qi (life force) and Ayurveda (Prana), have long understood this principle, using practices that optimise health without taxing the body.

Quantum physics has revolutionised our understanding of reality, demonstrating the deep connection between mind, energy, and matter. We are always interacting with the world around us, responding to frequencies, vibrations and subtle energies.

Just as radio waves and wifi signals exist beyond our sensory perception, energy medicine works at levels beyond what traditional science can easily measure.

Our bodies react to energy on all levels – physical, emotional, mental, and spiritual. Studies have shown that positive energy, such as love, gratitude and healing intentions can enhance immune function, reduce inflammation and promote well-being.

Conversely, negative energy, such as stress, fear and anger can weaken our system, leading to illness and disease.

Energy-based healing techniques help restore harmony by aligning our body's vibrations with more coherent frequencies. Homeopathy, sound healing, acupuncture, reiki, crystal healing etc are examples of energy medicine that help clear blockages, rebalance our energy field, and enhance our body's natural



ability to heal, integrating seamlessly with our innate intelligence in a way that feels natural and non-intrusive.

From a holistic perspective, energy medicine is not just about healing ailments, but about enhancing overall vitality. It supports mental clarity, emotional balance and spiritual growth.

I have been using and practising energy medicine techniques for over 30 years, beginning with homeopathy for healing my son's eczema when he was a baby.

I was greatly impressed with its rapidness and effectiveness and became hooked, going on to obtain qualifications in homeopathy and operating a successful clinic in Sydney for many years.

As my family expanded and grew, it was wonderful to be able to treat them naturally, gently and powerfully, strengthening their immune systems and increasing their vital force so they could grow into the healthy happy adults they are today.

I still support them with homeopathy,

whether it be for stress and anxiety, digestive disturbances, broken bones, broken hearts or even jet lag.

The sky is almost the limit with homeopathy. It is completely safe and natural, it stimulates the body, mind and spirit to heal itself through highly diluted substances that still hold the energetic imprint of the original material.

Based on the principle of "like cures like", a substance capable of causing symptoms in a healthy person can, in a tiny dose, treat those same symptoms in someone who is unwell.

Since discovering homeopathy's seemingly magical healing abilities more than 30 years ago, it has been a constant in my life. Once I discovered the power of energy medicine, I was eager to delve more into energy healing modalities and went on to study many other systems, slowly introducing them into my healing practice.

Homeopathy did take a bit of a back seat for a while whilst I put more emphasis on these other modalities, however over the past year I have reintroduced homeopathy into my practice, upgrading and refreshing my knowledge with further study.

I believe homeopathy should be part of everyone's medicine arsenal, and I will soon be offering short first aid courses for home use.

It is worth noting that homeopathic remedies are very effective in healing the adverse side effects of all vaccines, which we are seeing a lot more of in recent years.

It does not matter how long ago the vaccine was administered, the body holds the memory of everything that has ever happened to it. Fascinating.

## Is it Carpal Tunnel Syndrome or something else?

This month I thought I'd write about Carpal Tunnel Syndrome and its symptoms, only because my friend was diagnosed with the condition years ago, and was going to have surgery to correct it.

She recently visited me and I reminded her that I tried Bowen therapy on her three times and found her neck and shoulder tension to be involved. Her symptoms have completely gone and she said she can't remember coming to me with the pain. She is an artist, so it would have made a big impact to her work to go through the recovery, healing, scarring and emotional upheaval etc if she had chosen surgery.

The carpal tunnel is a narrow passageway in the wrist, which opens into the hand. It is surrounded by the bones of the wrist (underneath) and the transverse carpal ligament (across the top). The median nerve runs through the carpal tunnel and gives feeling to the thumb, forefinger, middle finger and half of the ring finger.

Many tendons also pass through this carpal tunnel and if any swelling occurs, the large median nerve can easily be compressed, causing carpal tunnel syndrome.

Flexor tendons run through the carpal tunnel into the hand. These tendons are covered by a smooth membrane called the

tenosynovium and allow hand movement. Any thickening from inflamed tendons or other causes of swelling can reduce the amount of space inside the carpal tunnel.

If left unchecked, the median nerve is squashed against the transverse carpal ligament until the nerve cannot function properly. Numbness and pain are the result. It can affect one or both hands.

The muscles of the thumb are also serviced by the median nerve. A person with advanced carpal tunnel syndrome may find they cannot properly use or move their thumb any more, and may find it difficult to grasp objects.

The symptoms of carpal tunnel syndrome include:

- Numbness;
- Pins and needles;
- Pain, particularly at night;
- Darting pains from the wrist;
- Radiated or referred pain into the arm and shoulder;
- Weakness of the hand;
- The little finger and half of the ring finger are unaffected.

Some people are at higher risk of developing carpal tunnel syndrome – people who use their hands repetitively in their day-to-day activities, such as typists, gardeners or assembly line workers.

You cannot 'work through' carpal tunnel syndrome. At first, the pain and stiffness may be slight, but they may increase until your hand hurts



by Sonia Barton

all the time. You can suffer permanent damage if the cause is not addressed.

Non-surgical treatments can include:

- Plenty of rest for the affected hand;
- Physiotherapy or Bowen Therapy;
- Wearing splints on the affected wrist and hand at night;
- Diuretic medications to reduce your body's retention of fluid by increasing the amount of urine passed;
- An injection of local anesthetic and a corticosteroid medication into the affected area to reduce the swelling.

Surgery is one treatment option for carpal tunnel syndrome. The surgeon may operate on one or both wrists at the same time. The pain and numbness might improve immediately, or over time. Generally, you should rest your hand for a number of weeks after the operation.

Some of the possible complications of a carpal tunnel operation include

injury to the median or ulnar nerve, injury to surrounding blood vessels or the transverse carpal ligament isn't cut through completely, so you need a second operation.

### Help with this condition

Bowen therapy uses a non-invasive, relaxing and pain-free method that focuses on relaxing and freeing the stiffness in your arms, forearms, and wrist area where the median nerve is compressed and causes this syndrome.

Bowen therapy targets specific muscles and connective tissues by providing precise rolling movements which activate your natural ability to heal.

I also check your shoulders, upper back, neck, jaw alignment, upper and lower arms, and fingers and joints. In my experience the condition is usually caused by tension in all these areas. During a treatment the whole body is encouraged to relax and re-align naturally.

After two to four sessions you should be feeling relief and less pain. And perhaps permanent relief like my friend has achieved.

If you would like to discuss your condition, give me a call on 0431-911-329 and see if I can help you get out of pain. I work in Nimbin on Saturdays and Murwillumbah during the week.

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