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# The story of nori

**Food matters**  
by Neil Amor

On a small, tree-covered hill in the fishing community of Uto on the western coast of Japan, is a Shinto shrine with a granite monument and a bass relief featuring the bust of a western woman; phycologist Kathleen Mary Drew-Baker.

Through her work in Wales on a type of seaweed (pyropia umbilicalis), when it was applied to the ailing Japanese Nori production in the 1950's, rescued the industry.

She is still celebrated as the "Mother of the Sea" with a festival held every year attracting hundreds.

Nori had been consumed as a food in paste form for several hundred years in Japan. It was also used as money and as a spiritual offering.

It was not until 1750 that a way of producing sheets, much like the manufacturing of paper, saw its use become more common.

Today, nori is used throughout the world, as is particularly known through the popularity of sushi bars and Japanese restaurants in the West, promoted in turn by the growth of the macrobiotic movement in the 1960's.

It also has many other uses such as in soups, broths and garnishes.

For such a fragile food, it has a remarkable range of nutritional benefits. It is a rich source of iodine, vitamin A, vitamin C, riboflavin, and folate, as well as a moderate source of niacin, iron and zinc.

In Japan, more than 600 square kilometres of coastal waters are given to producing 350,000 tonnes of nori, worth more than a billion dollars.

In 2022, chefs Nick DiGiovanni and Lynja Davis set a Guinness World Record by creating the largest sushi roll, weighing 1360kg and measuring 2.16 metres wide. It used, amongst many ingredients, thousands of sheets of nori.

It was donated to a homeless shelter in Boston.

## Furikake seasoning

This Japanese seasoning can be bought ready-made, but making it at home is simple and allows you to vary it to suit your palate.

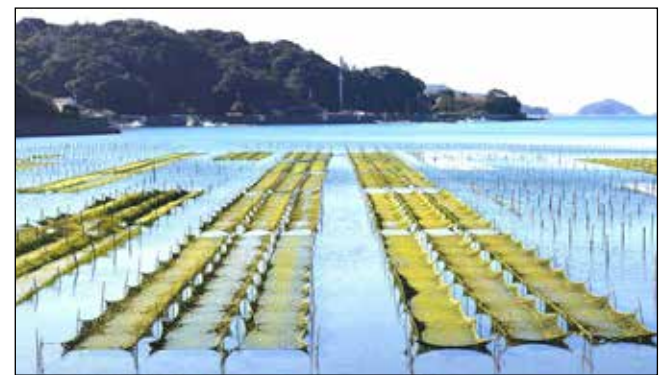
Use liberally on chicken, fish, salads, noodles, rice or just about anything when you want a hit of umami flavour.

### Ingredients

1 tbs toasted white sesame seeds  
1 tbs toasted black sesame seeds  
½ sheet of nori  
½ tsp chilli powder  
½ tsp salt flakes  
pinch caster sugar  
1 dried shiitake mushroom, finely grated



Above: Traditional nori preparation Below: Seaweed cultivation



### Method

Toast the nori sheet by waving it over a gas flame a few times, or toasting it in a dry frypan. Finely chop or tear into small pieces.

Combine all the ingredients in a small bowl. Check seasoning, adding more chilli and salt as desired. Until next month, eat well.

## The importance of having a gut that works well

There is an old saying: "If you don't eat, you don't shit, and if you don't shit, you die."

Why is it that the unmentionable, smelly thing we are forced to do that no-one wishes to speak of is so important? Because, if you don't shit, you actually do die!

And when evacuation only happens irregularly (less than once a day) one may not die immediately, but one's physical and mental health will be severely compromised.

This is because every time we eat, breathe or move, the body is manufacturing waste: bits and bobs that are not useful to us. So they end up in the large bowel in order to be evacuated, hopefully in comfort.

When the waste is not being evacuated, the body reabsorbs the poisons back into the system, which can cause many different issues.

Bad skin, bloating, farting, nausea after eating, stomach problems and allergies are only a few of the problems caused by holding onto one's poo.

The bowel has two valves, one that opens to allow the waste from the small bowel, our digestion chamber into the evacuation chamber, our large bowel. And the other that opens to allow the waste to leave the body.

In a healthy body they open and close as needed. But there are a few situations that can throw them out of kilter.

Stress, injury, viruses, parasites and medications can all have a negative effect on the working of the valves,



by Tonia Haynes

where they may not close again after use.

In this case, the poisons are leaking back into the digestive chamber, and then the blood. And because the vacuum pressure of the bowel is compromised (a bit like a vacuum cleaner with a hole in its tube), the bowel cannot do its normal pushing wriggle that evacuates the waste out of the body.

How serious an issue can this be? Colicky babies who won't stop crying usually have a valve that isn't working correctly, due to the stress of the birth.

Often the situation corrects itself in

time. But in the meantime, a babe that won't stop crying no matter how much they are loved is a very sad situation.

I have worked on many with valve issues over the years. They all feel much better afterwards. But the one that rings the loudest was a young lass of 19 who vomited after eating.

She had seen a psychiatrist, who eliminated a diagnosis of bulimia or anorexia and she had also taken many herbs and potions for the problem. Nothing had worked.

I realigned the valves in her gut using a Kinesiology technique and the problem disappeared.

Simple to do. No painful poking or squeezing, which is why little babes with colic can be treated without any invasion of their new and still delicate little selves.

The treatment for babies takes about 20 minutes and the cost is 20 dollars. And observing a bub who has been crying for weeks, suddenly stop crying and smile, is one of my favourite miracles.

Grown-ups are inclined to be more complicated, so I charge 90 dollars for an hour and a half of concentrated, listening TLC, using a mix of Bowen Therapy, Remedial massage, Kinesiology and Pranic Healing to realign the body and mind, physically and emotionally.

These days I work from my cabin, which is about 12kms out of Nimbin. A lovely spot, well worth the drive.

Phone for an appointment: 0439-794-420.

# Stop weeds from colonising

## Weed words

by Triny Roe

**K**oyaanisqatsi (ko yaa nis qa tsi) is the word the Hopis had to describe what is happening to the planet. It means corrupted life or life out of balance.

Habitat destruction is occurring worldwide due to clearing for highways, agriculture, residential, industrial, logging and other commercial purposes, and weed incursions.

Weeds cost Australia millions of dollars every year. They reduce farm productivity, transform ecosystems, smothering tall trees, competing better in the germination stakes, growing faster than the native component, and dominating the vegetation profile.

Think global but act local. Every little bit helps, and Autumn is a great time for bush regen and weeding. Sometimes all you have to do is remove the weeds and the natives will flourish.

Clearing lantana is very satisfying. The allelopathic chemicals that lantana exudes from its roots prevent everything else from germinating. Once the lantana is gone, watch the natives (and unfortunately, weeds as well) colonise the bare spot. Get onto the weeds when they're small and the natives will thrive.

When the soil is moist, weeds come out more easily. When the days are not too hot, there is less chance of heat stroke. Landholders have a biosecurity duty to manage weeds on their properties and prevent them spreading. So please do your weeding. Together we can make a difference.

Easter is here and so is Easter Cassia, *Senna pendula* var. *glabrata*. With happy yellow flowers, this rampant sprawling shrub lights up the roadsides and the creek banks. It can invade the understory of regenerating forests and dominate



Golden Rain Tree seedlings

regrowth. Using a tree for support, cassia acts like a creeper, reaching up to five metres, tangling through the branches of the enabling host.

The compound leaves have from three to six pairs of leaflets in an opposite arrangement. The leaflets have a faint yellow margin which distinguishes them from rainforest cassia, *Senna acclinis*.

This native species looks similar to the exotic, though it's not as big and robust. It also has flat pods while the weed has cylindrical ones.

Enjoy the flowers in a vase and don't let pods develop. Easter cassia has prodigious seed production capability; each pod can contain up to 40 seeds. With huge reproductive potential, this plant can form thickets, choking out everything else.

Another weed species with a glorious yellow floral display is Golden Rain tree, *Koelreuteria elegans* subsp. *formosana*. It decorates valleys and villages around the Northern Rivers in late March.

The bright golden sprays quickly transition to dusky pink bracts which hang on the tree for longer. They eventually turn brown as the seeds inside mature. When the wind blows,

these light papery balloons can float a fair distance to new locations or simply several metres away. Plenty also fall to the ground around the parents, eventually developing a dense thicket.

Water will transport seeds downstream. If you get floods, golden rain tree could arrive. If there are mature specimens in your neighbourhood, you might get the wind-blown ones. Look out for and identify new plants which suddenly appear!

Golden Rain tree has double compound leaves with variegated margins and alternate leaflets. Sometimes they can look like they are opposite, but further examination will reveal other leaflets which are not opposite.

Seedlings can easily be mistaken for those of White Cedar, *Melia azedarach*, which has distinctly opposite leaflets. Golden Rain tree seedlings have a strong deep tap root, so a tool may help loosen them. Get them while they are small and reduce your workload. Don't let them spread further.

White Cedar is a fast-growing lookalike with gentle purple flowers. Grow it instead.

Happy weeding.

## Laying down the path in walking

**E**very morning I swim in the ocean, mostly doing backstroke so I can gaze at the sky and watch the clouds and the occasional bird or plane.

The other day I bumped into a fellow (obviously I can't see where I'm going) and his comment made me laugh. He said, "You are going forwards yet backwards at the same time." Forwards and backwards simultaneously. It got me thinking.

As a metaphor for my daily life, this is as true for backstroke as for life. As I go about my day, I reflect on where I've been at the same time. Travelling forward each day, and reflecting on it, wends a path in the process of making it, and it is through the doing of it that I'm making sense of the world around me.

I've been mulling about this sort of thing for years. We think we are making decisions before we actually make them; we like to believe we plan our moves, but as the Buddhists say, "We lay down our path in walking," in living it.

Our decisions are not made beforehand in a sort of clinical architectural office, but in the process of

engagement, of everyday enactment.

This is not to say that any systematic organised strategy for going forward can't help, but it works because it utilises earlier knowledge/skills. It is extraordinarily difficult to choose to do something we have no experience in. I would have practically no clue in how to fix a car, for instance. I don't have much of a knowledge base in this regard.

I'm reminded of a high school friend who used to spend all her time working out study programmes, rather than actually reading and writing her required schoolwork. She never got around to doing the work because she really didn't know how to do it, not having a background in the subject at all, and not having the wisdom to start learning either. You can't start from nothing; you have to build up a knowledge base in order to move forward.

Encountering the next experience is an evolutionary one: just as choices are made according to what has gone on before, so the remembered experience fleshes out the next one. The accumulation of experiences, recognised as such, makes for a rich life.

Just thinking for a moment how horrible it would be to lose one's memory: for the process of remembering to be replaced by dismembering. The richness of the present moment would be replaced by confusion. The anchor to knowing where you are is lost.

I watched a short video of a woman with mid-stage Alzheimer's Disease talking about her lived experiences. She, interestingly, said that she could make sense of the world when the light was on, but couldn't grapple with any of it in semi-darkness.

If she dropped a newspaper while the light was on, she could pick it up, but in the semi-dark, though she would trip over the paper repeatedly, she didn't have the wherewithal to stoop down and remove the paper from the floor. Her sight was her anchor to useful enaction in her world.

Jonathan Cole's book *Pride and a Daily Marathon* describes how a man who had lost his bodily awareness through acute illness could only move if he could see where his limbs were in relation to the ground.

Cole is an English neurophysiologist who remains intrigued by how



by Dr Elizabeth McCardell

bodily awareness, movement, memory and a sense of 'I' interact.

Disconnecting parts of an otherwise on-going interactive process amounts to dis-membering memory and confusion reigns.

Yes, we lay down a path in walking, but for the richness of that experience to be felt, we need to remember what has gone before and – at the same time – know our bodies as we move forward. The whole thing together is wonderfully rich and enjoyable.

Therapy is the art of drawing all these experiences together into an exciting whole so that we can use our pre-existing knowledge to explore new places in our lives.

I'm available to do counselling on-line. My email address is: [dr\\_mccardell@yahoo.com](mailto:dr_mccardell@yahoo.com)

## Plant of the month



### Pandanus

#### *Pandanus tectorius*

by Richard Burer

Autumn is sometimes the best time to go to the beach as we leave the wet hills' mist and rain and grab some sea air.

Nothing seems more iconic on the north coast than sitting under our old trusty friend *Pandanus tectorius*.

A small to medium sized tree, Pandanus has a broad canopy and after summer large green fruit start to form as pictured here.

This tree is a delight to find shade under and its presence on the coast shows great resilience, forming vegetation in a sometimes harsh environment where recent storms and cyclones have either impacted this species or its presence, holding back precious fore and hind dune vegetation, sand and soil.

The roots form a pyramidal tract to hold the trunk, which is its strength and form to live in the dynamic coastal environment.

A highly regarded cultural asset, first Australians used this tree for such things as food, fibre, dyes and medicine; its natural shelter so beautiful to live under, its presence in the landscape strong and stable.

In the garden or on your conservation projects, Pandanus is a must in the coastal garden; it's simply stunning.

Modest growth rates would see a decent tree establish in 20 years. Easy to grow from seed, patience and commitment are the only requirements!

When the sun is out this month, drive down from the hill folks and bathe in the Pandanus glory.

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

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## Revenge of the Loon

Long-time followers of my writings will remember my nostalgic love affair with a fictional township of Bathenstool; a township perched between two sewerage farms that overtop most wet seasons and cover the fields, the shops, the houses and even the people in a thick greasy coating of effluent.

It is the El Dorado of

# Meanwhile, back in Bathenstool...

excrement. The Brigadoon of the bowels – Bathenstool on the Times.

In the past I have regaled you, dear reader, with the political machination of this fouled city as it developed. The decimation of the native Deadlies, the rise of the forest massacring Squatters, the dance hall Burghers, the Grey Bonnets and more recently the coming of the Slum Lords of Cyberspace.

Sadly, nothing much is left of Bathenstool now. Its journey is a tawdry and mouldy mirror of the fall of the fabled city of Macondo from the literary masterpiece *A Hundred Years of Solitude*.

Many think its final downturn was due to a particularly large over topping of the sewerage farms, but

in truth its death knell came when it was discovered that below the hundreds of years of sewerage, another even more profound pocket of foul gas existed.

This stink is a very saleable item, and international Robber Barons began negotiating for it with the governments of the day. All could smell the money and government and business started to conspire towards its extraction.

All over the world the same problem exists. As Uganda and Nigeria can attest, there is nothing worse for a country and its people than oil or diamonds or stink that should be discovered under its lands.

This was in the era of the Grey Bonnets and contrary to the wishes of the Barons, the

Bonnets formed an alliance with the farmers and the ferals, who had infested the hills in the last days of the Burghers, to stop the mining of the stink.

This was because the mining bought up salt to the surface that promised to make the lands un-croppable and no feral or farmer was going to stand for that.

And amazingly, this alliance stared down the Robber Barons and big government and the mining licences were revoked. Of course, the Barons did all they could to fracture the alliance. They employed agent provocateurs of all shapes and sizes, maddies in camo, commos in khaki, right wingers, agitators in thongs with rotting feet but all to no avail.

The Bathenstoolers mightn't have had a very good olfactory sense, but once they had made up their minds there was no shifting them, like shit on a blanket they would not be moved. But having won their fight to keep their lands agricultural, they went on their way thinking the battle was over.

I don't know if you know much about Robber Barons but they don't take kindly to people saying no to them. "Yes," is the answer they manufacture; they manufacture consent – that's what they do.

So, they realised they were playing a long game and they continued sending agents to undermine the farmer/feral nexus, they even went so far as to engage a Bonnet party

police informant to bring about the change they wanted.

He joined forces with the Slum Lords and together they removed the Bonnets from power and fractured the Feral Farmer alliance.

Then the big over top came, almost on cue, and the chance to decimate the social capital of the city became a possibility. The agents were all in place, the Bonnets were at their lowest ebb and the farmers, the burghers and the ferals were all in disarray.

It's a very quiet place now – only the roar of the shitboxes as they go round the shitbowl remain. Everywhere people are divided and angry and somewhere a smirking Baron sits waiting for the Bathenstooler's homes to be demolished and sent to landfill.

Soon the stink would be undefended, and the prize would be theirs.

## The many uses of prickly ash



by Trish Clough, herbalist

Another herb that seems under-recognised in modern practice, is prickly ash (*Zanthoxylum spp.*) is a fascinating herbal medicine with traditional uses from many cultures.

It belongs to the citrus family, although it doesn't have appealing fruit. It is thorny, hence the prickly name. It has berries that are sometimes used medicinally, but its healing uses are mainly from the bark.

There are over 500 species worldwide, with similar properties, but most commonly used in Western herbalism are the North American *Zanthoxylum americanum* and *Zanthoxylum clava-herculis* from the Southern states of the US. In view of the current political climate, I'm proposing to rename the North American species *Zanthoxylum canadensis*.

Prickly ash is closely related to the Szechuan pepper tree, whose berries are used in cooking as well as medicinally. Like prickly ash bark, the berries have an intriguing ability to increase saliva in the mouth. This property is useful as a remedy for people suffering from dry mouth.

A favourite activity in herbal medicine classes is for people to hold a small amount of the tincture in their mouths and notice the effect. Of course I have tried this. It's very interesting! Almost immediately there is a significant increase in saliva flow.

Prickly ash is a circulatory stimulant, boosting blood flow throughout the body. Its many medicinal properties stem partly through this action. It is also known for its pain-relieving properties, with common names such as toothache tree and toothache bark. It has a temporary numbing effect in the mouth which presumably led to its reputation as a toothache remedy. Additionally, it relieves nerve pain.

Prickly ash is widely recognised as a herb to reduce rheumatic and arthritic pain

anywhere in the body. As a circulatory stimulant, it is warming and anti-inflammatory. It is used for circulation disorders including varicose veins, Raynaud's Syndrome, and low blood pressure.

The bark contains volatile oils and alkaloids. These are the plant constituents considered to have the strongest physiological actions. These alkaloids result in dilation of the blood vessels, including the tiny capillaries, and bring about increased blood flow. Specifically it works on the peripheral circulation, so it doesn't strain the heart.

Improving blood flow helps with tissue repair, nutrient and oxygen transport and removal of metabolic wastes from the body. In rheumatic conditions it can reduce swelling and inflammation, thus reducing pain and stiffness. Additionally, prickly ash inhibits prostaglandins which are hormone-like substances that create inflammation. This is beneficial with arthritis and rheumatism, and additionally helpful with menstrual pain and endometriosis.

Other uses for prickly ash include poor digestion, nausea, gas, diarrhea and skin conditions resulting from poor circulation. It has also been recommended for tinnitus, haemorrhoids, fevers, infections and lung conditions.

The herb can be used medicinally as a tea, but I prefer to use the tincture. The extraction method with a tincture is much more effective at capturing the therapeutic alkaloids and volatile oils. It can be incorporated in a liniment or a salve. Applied topically, it can be used for painful joints and connective tissue, especially in a location with compromised blood flow, and for skin conditions.

Prickly ash is considered a relatively safe herb with low toxicity. However there have been rare cases reported of anaphylaxis, a severe allergic reaction. Therefore, people should monitor any unusual symptoms and seek medical help if they have concerns.

It should be avoided in pregnancy and breastfeeding as a precaution.

People taking warfarin as a blood thinner should also avoid prickly ash, as the herb could increase the effects of the blood thinner.

*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*

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

## Natural Law

by Helene Collard

On 25th March, we began a new cycle in the 260-day Mayan calendar.

This is yet another opportunity to wipe the slate clean and begin again, whatever that means for you. What can you change or bring to completion, to free-flow into this new galactic year?

Make way for the new that is coming through. Energy is space, and there comes a time where we need to clear out, to allow room for the new to emerge and flourish.

The first edition of 'Natural Law' was published in August 2010 in *The Village Journal* (VJ) – a local rag serving small communities in the NSW Northern Rivers region. After the VJ called it quits in 2014, issue #42 of 'Natural Law' landed in *The Nimbin GoodTimes*, and has been here ever since.

It blows my mind that this monthly column is in its 15th year, and I can say without hesitation, that penning Natural Law, and sharing it freely every month, has been my pleasure and my privilege.

Moreover, the creativity and giving have always come with great ease. So it comes as a surprise (to even myself) that I am taking an indefinite break.

Professional, personal and community events, particularly over the last four years, have summoned deep introspection and reflection for many of us. A lot has fallen away, some involuntarily – the grief and disillusionment is real.

I have needed to slow down and simplify life, to process and integrate the complex, nuanced and sometimes painful stories of change, where it has become clear, that much has gone amiss,

and new directions are greatly needed.

Many of us see a light, finally visible through that long tunnel of darkness, and the realisation that great care must be taken to build new, unifying foundations, embedded with the wisdom needed to carry us, our families, communities, and planet forward in coherence – now, and for these times to come.

So next month will be my final edition of 'Natural Law'. What happens next, I have no idea. Yet I feel good about surrendering to the winds of change and uncertainty. Creating stillness and space, just to be.

Thank you to all who have read 'Natural Law' over the years, which has always held the intention of supporting healthy relationships with self, others and all life ("You are all my relations. All is One").

I am deeply grateful for your readership and engagement. If you feel called to share your experience of 'Natural Law', I'd love to hear from you. You can write a Google review here: <https://g.co/kgs/AzavBPf> or email me at: [yemayacentre@gmail.com](mailto:yemayacentre@gmail.com)

If you would like a balancing Reiki treatment, I am in the Lismore clinic weekly. See next column for other weekly services.

### Weekly services at Yemaya Centre rooms

- Catherine Wilson: Clinical psychology, <https://hmc.org.au/directory/catherine-wilson>
- Krsna Mayshack-Mendero: Women's counselling services, <https://connecttowellness.com.au>
- Helene Collard: Reiki treatments, Reiki courses [www.yemayacentre.com.au](http://www.yemayacentre.com.au)
- Miaka Barratt-Hassett: Intuitive massage and KaHuna Lomi Lomi massage, [essentialselfhealing@gmail.com](mailto:essentialselfhealing@gmail.com)
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*Helene is a Reiki Master teacher, laughter yoga leader, has a B.IndigTrauma&Healing (Law&Justice) and is completing an M.Ed (Innovative Learning Design & Career Development & Counselling)*

**THANK YOU**  
for reading *Natural Law* over the past 15 years!

From June, I'm taking an indefinite break to refresh and reset.

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## A moment

by S Sorrensen

*Phones, phones, everywhere,  
And all the brains did shrink;  
Phones, phones, everywhere,  
Nor any place to think.*

Oh, so true. This rewrite of a famous verse from Samuel Coleridge's poem 'Rime of the Ancient Mariner' just popped into my head – like a pop-up meme. But I'm not cyber connected at the moment – I'm coffee connected – and the Coleridge rewrite is fresh from my caffeinated brain. I write it in my little notebook, below my shopping list.

Looking around the café, I see phones everywhere. Some have people attached. The outside seating area is quite full. Older people scroll and type, holding their phones with one hand, in that older-person way, and typing with the first or second finger of their other hand, while their tea goes cold beside their Portuguese tart.

Younger people scroll and type, most holding their phone in just one hand, scrolling and typing expertly with that hand's thumb, while holding a Coke with the other hand, sipping through the corner of their mouth, their eyes never leaving the screen.

Other young people, more earnest, hold their phone with both hands in a style reminiscent of the way actors hold hamburgers in McDonald's ads. Both thumbs dance furiously in a blur of messaging.

The scene is strangely still, silent. Heads down.



Occasional pings. A plane headed south scratches a vapour trail across a warming sky, underlining a cloud that resembles a camel, but no-one notices. No-one is here.

One younger fella, bald and bearded, leans forward, extends his phone towards the woman seated opposite him and turns his screen towards her. He lifts his eyes from his screen and looks to her.

She leans towards him in response, raising her head to him, but not yet her eyes – they are reluctant to leave her screen – until suddenly they unstick and flick over to his screen. They flutter there for a second, impatient, then hurriedly fly back home, leaving a few words in their wake.

My phone is at home, doing its own thing. It doesn't need me. I'm phone-free today. It's been a while.

For the first half of my life, I

lived without a mobile phone. There weren't any, so that made it easier. I lived in the warm and muddy embrace of Mother Nature, a mouldy barefoot man following friends (flesh and leech blood) I liked (really) through the northern rainforests of Australia.

When visiting the local town (got there somehow without Google Maps) to hunt mangoes and lychees from the town park, I would see telephones. They lived in little boxes on the street and you had to feed them coins (a type of phoneless money) to use them.

I wasn't often in the possession of coins, but at Christmas time when my parents sent me notes (another type of phoneless money) in a letter (a sort of text message on paper) via the local post office (a big inbox), I would

convert one of those notes into coins and feed some into the phone-in-a-box-on-a-street, press a series of numbers (I could remember phone numbers), and speak with my mother, who wondered what a lychee was.

Everything has changed. From the corner of my eye, I see a pram being pushed into view, a toddler talking to a screen with big pink handles. "Oh hello," I hear a woman say. I turn and say, "Hey, hi. How are –"

She gives me a frightened look, turns away, pushes the pram faster, white plastic in her ears, and talks: "Some weird guy just..."

*The phone was here, the phone was there,  
The phone was all around:  
It beeped and growled, and pinged and howled,  
Like noises of a devil hound!*



## Legal writes

by John 'Sindhu' Adams

In criminal law, each element of the offence must be proved beyond reasonable doubt.

My client admits to being 'the owner' (the first element of the first charge) of a mostly black dingo cross named Nimbin (pictured), who has a glowing reference from a council ranger which I have neglected to photocopy and include in the brief.

When police arrived at the dunes near Belongil to serve a warrant on another resident, Nimbin is alleged to have bitten a senior constable on

# Nimbin faces court

the leg. The victim's body-worn video shows my client putting his dog on the leash on a dune with the sea behind them, but not the actual incident. The evidence of that is an A4 full-colour close-up of the injury, a small pink mark, like a mosquito bite.

There are four charges. First is 'owner of dog not under control in public space'. The elements are 'owner of dog', 'not under control' (off leash) and 'in public space'.

The beach below the dune is a dog beach. We don't bother running the argument that there's no delineation between dune and beach. The maximum penalty is 10 penalty units (1pu = \$110) or \$1,100, unless he's been declared a 'dangerous, menacing or restricted' dog, when it's 100pu.

The second is 'dog attacks etc person etc due to owner's reckless act' – 100pu or 400 if already declared 'dangerous, etc' but the third, 'set on, urge dog to attack, bite etc' carries 200pu and/or two years inside.

In the senior constable's victim statement, it was the

other officer, the constable, who told him my client had said, just before the bite, "I'll set my fucking dog on you." Her statement isn't in the brief so it's hearsay.

But then at court the sergeant (the prosecutor) hands me not only the constable's statement, but lays another charge, 'owner of dog which attacks etc person etc' – 100pu. I don't bother objecting. We're not worried about a fine.

Experienced police officers are good at being cross-examined. I don't score any points with the senior constable, but manage to get the constable to swear to my client having said the 'urging' words after the bite, when she was a metre or so away from him. This is why witnesses must stay outside until they're called. The short segment of the victim's video is enough to show she's got it wrong.

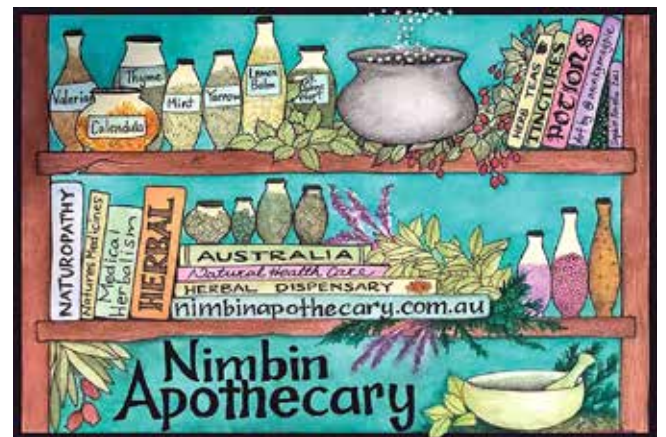
After the evidence is in, the learned magistrate watches the video again, twice, then retires to consider her verdict. We don't have to wait long. Sequences two and three are dismissed and we're convicted

on one and four, so no chance of being locked up.

I make brief submissions on sentencing, hand the copies of the references (except the ranger's) to the sergeant and attempt to introduce a 17-page Paw-Power behavioural assessment report, but she successfully objects, then turns to me and says sotto voce, "It'll be good for the next bit." My client is fined \$400.

Then there's the next bit, the 'dangerous dog declaration'. I've spent some enjoyable hours with Nimbin, a remarkable animal. He's a mate. The idea of him being castrated is bad enough, but sentenced to solitary confinement in a council-approved cage for life, only let out with leash and muzzle, is unthinkable.

The ranger's letter clinches it. He's known Nimbin since 2017 when he was a small pup, describes him as the 'best-behaved dog in town, loved by all'. I hand the page to the sergeant who hands it to the senior constable. My client savors the look on his face. Nimbin is free.



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



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**Siberia**  
My wife has been giving me the cold treatment for three weeks. Help!  
– I. Seeness, Chillingham

**So they say...**  
with Uncle Norm & Aunty Maj

**Magenta says...**

All relationships go through their rocky stages. It's an essential part of our growth. The first stage, the endorphins make us see stars and rainbows around our newly beloved. The next stage is when we pull back a bit and remember ourselves and our own needs and desires. This is when there would, and should be, arguments as you work out how you can live happily ever after together. The third stage, mature love, is when we can be ourselves and a couple as well. As long as you keep trying and communicating in some way, it's moving forward. It is when one person withdraws and shuts down completely that the relationship is on truly rocky ground. So, how long can she hold out? How long can you hold out? Is this the first time it's happened? What's her previous best? This is one of the more serious fights because your wife has stopped communicating. She is about to go into the 'beyond caring' and then it's all over, Snowdrop. Relationships aren't all sunshine and rainbows. Sometimes there are severe storms and ice on the mountain for some time. This is the time to hunker down, go inside and work out what is wrong with the relationship and your part in it. With that insight, you can work out what needs changing by talking, and listening, hopefully calmly and patiently. If you can afford it, see a relationship counsellor who will help move you out of your impasse and give you some helpful tools. Give her some space if she asks for it. Hopefully she will eventually come out like a butterfly emerging from its chrysalis. After this metamorphosis, she will never be the same again. Nor will you. It's hard work being in a relationship, but the dance of relationship is the fast track to evolving consciousness and personal power.

*“Romantic relationships – the tragic necessity of human life”*  
– Willa Cather



**Norm says...**

I can't imagine you crossed the ultimate line and slept around like an alley cat. Then again, maybe you did, and you're not reading the situation. She's still around, so it's more likely that your crime against Femdon was of a more humdrum, domestic, silly duffer nature. You either did something or didn't do something. Or you said something stupid or didn't say anything at all when you should have. You may have done something disgusting in polite company. Maybe all of the above. Ahh! I think we're getting there. So, do you have my sympathy? 100% because, like you, us men are stupid and disgusting in our own cute and cuddly way and we've all been there before. But three weeks! Fark... I'll admit I have actually gone a lot longer. But that ended up in court. Oy vei! Get your hand off it and listen here. Obviously, you want to get back in the nook and time is running out. So, man up and go to her. Get down on your hands and knees and prostate yourself before her. Grovel and cry so your face is covered in tears and snot. Then beg for forgiveness and promise you will never do/say/whatever the fuck it was, again. Ever. You know very well what it was, don't you? Now promise to be a good boy from now on and run along.

*“The course of true love never did run smooth. Love is a familiar. Love is a devil. There is no evil angel but Love.”*  
– William Shakespeare

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

**Listen to your gut, not your cravings**

Did you know that Hippocrates (460 BCE - 375 BCE), the Greek physician often referred to as the father of modern medicine, famously said: “All disease begins in the gut”? Recent studies have shown that gut bacteria can greatly affect mental health, mood, cognition and behaviour – a concept known as the “gut-brain axis.” Interestingly, Traditional Chinese Medicine (TCM) has recognised the link between gut health and mental well-being for thousands of years. In this article, we will explore gut health from the perspective of TCM. The “gut” refers to the gastrointestinal system, which includes several organs: the mouth, oesophagus, stomach, small intestine, large intestine, and rectum. In TCM, the spleen is seen as a key organ in digestion. One of the main functions of the spleen is to support the stomach by transporting and transforming food essences, absorbing nutrients, and distinguishing between usable and unusable components. These functions are essential not only for digestion but also for the



by Chi Fung Lee

production of Qi energy and blood. When the spleen is functioning optimally, it promotes a healthy appetite, effective nutrient absorption, and regular bowel movements. However, if the spleen is impaired, it can lead to mental sluggishness, poor appetite, digestive issues, abdominal bloating, and loose stools. The spleen also helps control the movement and processing of fluids. If this function is not working well, fluids can build up, causing dampness, phlegm or oedema. Inappropriate diet is considered one of the causes of disease in TCM. The spleen thrives on warmth, and excessive consumption of foods deemed to have cold energy – such as salads, ice creams, iced drinks, and certain fruits – can weaken the spleen. This may lead to symptoms such as

diarrhoea, chilliness, cold mucus, abdominal pain, and abdominal distension. Overindulgence in sweet foods and sugar hinders the spleen's function of transformation and transportation, resulting in the accumulation of dampness. This can manifest as symptoms such as upper respiratory catarrh, abdominal bloating and fullness, mucus in the stools, and vaginal discharges. The spleen can be negatively impacted by prolonged or intense emotions such as worry and pensiveness. This may lead to knotted Qi or Qi stagnation, which can affect the lungs, causing uncomfortable sensations in the chest, slight breathlessness, shoulder tension, a dry cough, a weak voice, and frequent sighing. Furthermore, when the spleen is weakened by worry, one may experience symptoms such as poor appetite, epigastric discomfort, abdominal pain and distension, fatigue, and a pale complexion. Pensiveness impacts the heart via the weakened spleen Qi, leading to stagnation of heart Qi, which can manifest as symptoms like palpitations, a mild sensation of tightness in the chest, and insomnia. When the spleen is

functioning optimally, we can concentrate and focus on our studies or work; however, if this mental energy is disrupted by worry, it can lead to incessant thinking, brooding, and preoccupation with various life events.

**Tips to support your gut-brain axis**  
Boost your brain function by improving digestion through a healthy lifestyle that includes activities like walking, yoga, Tai Chi, and Qi Gong, while managing stress with meditation, painting, singing or dancing. Always listen to your gut over cravings and focus on spleen-supporting foods like soups, hearty stews, cooked grains, roasted vegetables, steamed greens, and warm herbal teas. If a sweet craving arises, opt for baked fruits like apples and pears with cinnamon, while avoiding all artificial sugary drinks, including reconstituted fruit juices. Note: Indirect moxibustion on the acupuncture point stomach 36 has been shown to significantly enhance digestion and improve mental clarity.

*Chi Fung Lee is an AHPRA & AACMA registered acupuncturist, email: [chibiz@xs4all.nl](mailto:chibiz@xs4all.nl) or phone 0478-239-298.*

# WHY ARE ECO-FRIENDLY LIFESTYLES STILL DOUBLE-TAXED?

## Shapeshifting

by Anand Gandharva

Businesses minimise fossil fuels, CO<sup>2</sup>, methane, forever irritants, pesticides, poisons etc, yet overshoot escalates: planetary boundaries are passed, fires, droughts, floods, cyclones, erosion, temperature rises, extinctions: wild animals are now only 4% of mammals.

Regardless of messages of pending disaster, humanity marches like lemmings to an abyss. Consumption surpasses regeneration. Like blinders on horses prevent startling wide views, many people seemingly do not see the problem.

Is climate moved by natural cycles or man-made processes, or a deadly combination of the two? Are dangers taken serious enough? Data show people still set aside more land for golf than solar energy. Net Zero policies, essential as they seem, appear lacking.

One thing stands out: production is regulated, but consumers are not. Why no focus on increased consumer accountability for Net Zero goals? Markets still give price advantages to buyers ignoring it. Simply said: these regulations now can give financial incentives to consumers to pollute. No wonder environments still regress.

The answer: let science, not just biology, accept human co-dependence on healthy nature, measure product ecological footprints to fund comprehensive environmental work.

Let's not forget that populations have exploded. Six billion more people since WWII, housing and industry, some 30 billion livestock and meat-eating pets. This load sucks the life out of Earth. Over two millennia, population grew from millions to eight billion, 1000 times!

Earth surface is the same: so, economics and attitudes to living things have to adjust.

There is ample research on using

environmental taxation to better guide consumer choice, but science can be biased. Academic knowledge and methods to obtain verifiable data are vital, but when do scholars choose civil rules or jungle laws?

Facts are supposedly based on logic and proof free from mystical conjecture, but scientists often regard animals and nature on assumptions learned in early childhood education. Many people follow Darwin, compassion is compartmentalised: kin, group members, nation or species. Civil law is for members only. It ignores that in quantum physics there is uncertainty and observer bias.

The population explosion upends ideas on the relationship between animals and humans: what were adversaries are now co-dependent beings.

Whatever people believe about climate change causes, all agree on basic points:

1. We are drops in the ocean: it is hard to appreciate individual contributions to the whole.

- This natural assumption fuels degradation of the environment.
2. Overconsumption depletes resource: reports like UN's 'Limits of Growth' warned.
  3. Improve land and water use: food grown on pricey agricultural land competes with that grown on cheaper land, say ex-Amazon Forest or Borneo jungle: unfair market advantage to not count the cost of diminishing wilderness and wild beings.
  4. Price in earth care: the accent is on what the European Commission writes, "to help consumers make informed decisions". It ignores many people who don't believe in climate change.
  5. Charge users for environment restoration, lower tax for eco-friendly consumers: voters who support Net Zero fund bloated government budgets: a big part is wrong lifestyle habits.
- The UK Climate Change Commission is calling on people to eat less animal protein.



Inner worlds and gold fusion



Help set an example. See: <https://theconversation.co+m/the-uk-must-make-big-changes-to-its-diets-farming-and-land-use-to-hit-net-zero-official-climate-advisers-250158>

## Mental stability in a changing climate

"I believe in engagement above all, engagement wherever it may help. In fact, I find any other response to the climate crisis morally incomprehensible." – David Wallace-Wells, *The Uninhabitable Earth* (2019)

To live in ignorance of the climate meltdown is now near impossible. Extreme weather events such as recent cyclone Alfred demand attention. Are you mentally prepared? How do you cope with the climate debacle?

The first step to managing climate anxiety is to accept that emotions instruct you. For example, fear is a clear warning sign telling you of an imminent or perceived threat.

There is nothing ambiguous about emotions. But how you react is important and will alternatively guide your emotional experience. You can actively influence what you feel by developing trust in your own resources. Here I'll offer you a possible coping strategy.

### Perspective

What's your perspective on climate change? A clear perspective gives a sense of stability and is helpful when you feel confused or disoriented. Establishing perspective is a good starting point.

### Expression

Expression makes fear and anger visible. Expressing feelings is a creative process that assists you in dealing with emotional problems. There are many ways of expressing climate anxiety.

What comes easy to you? Find your way of expression in art, music, poetry, singing or active engagement.

### Active hope

Hope is a motivational force. Active hope is a positive reappraisal of the challenging situation you may find yourself struggling with.

Reverse your perspective by recognising the problem as a means of finding a solution. Don't look at the threat but at the opportunity. The psychology behind hope is the opening of pathways for personal



by Antionette Ensby

engagement that lead to attainability. If your concern is healing the natural environment in order to create a buffer against disastrous weather your engagement with ecological projects gives you the prospect of renewed hope.

### Building trust

Trust in the ability to bring about change and the potential of influencing better outcomes through focused action and personal involvement.

Planting trees, caring for wildlife, adopting a koala or a coral fragment – with every little step in the right direction, your trust grows in affecting change.

### Acceptance

Experience is a portal to acceptance. Train your mind to explore, learn and evaluate the facets of climate change. Experiencing climate induced disasters is confronting.

On the upside, it offers a learning curve and a way to acceptance and resilience by growing your understanding of climate affliction. This is particularly important for the recovery process in which to get proactive. Just don't do it alone. Seek help if you feel too overwhelmed.

### Awareness

Gain knowledge and awareness of the climate impact. Knowing enables your discernment and you become less vulnerable to misinformation or downright deception. With curiosity take an honest look at things and acquire a proactive attitude.

I find that to go beyond the news, beyond the internet and reading

books on climate change and the Anthropocene helps to raise my awareness. Another way to gather information is by attending forums or rallies. Keep your ear to the ground!

### Mindfulness

Clarity of thought is mindfulness. Sharpen your perception. Be alert and attentive to changes in your natural and social environment.

Mindfulness can alleviate stress and if you feel like doing something, even a small contribution like planting a native bush for birds or reserving a wildflower patch for bees yields a huge reward.

### Adaptation

Adapting can help you alleviate the fear of the unknown and to keep a cool head. Being informed and feeling secure makes you alert instead of anxious, involved instead of passive.

What helps in the process of adaptation to a changing world climate is participation. Garner knowledge of resources and what to do in way of adapting to climate challenges. Don't forget to do your personal risk assessment before working on adaptation measures. In regards to your mental capability, know your limits and have your coping strategies in place.

### Healing

Your mental state is compromised when you suffer emotional pain like shock. Try to keep further aggravation away. Retreat to a quiet spot and let others know you are recuperating.

Don't be afraid to ask for help. Tend to the emotional wound with compassion. Every healing process takes time. Be patient and give yourself points for every accomplished mile towards the retrieval of mental wellbeing.

There is a need for happiness in all living things. To live happy and be well is one of the deepest quests daily sought. Link environmental activity to mental stability and trust in your ability to contribute to positive change.

For parent and relationship counselling, email: [newpacificpublishing@gmail.com](mailto:newpacificpublishing@gmail.com)



## HIDDEN REASONS BEHIND REPETITIVE INJURIES

man some time in the 1200s in a raging battle when his arm was completely cut off by an opposing soldier, causing him to bleed to death.

After clearing this trauma and viewing the arm again, a great pain shot through it and Lisa saw her arm as crippled and deformed.

She recalled the second cellular memory, and this time she was in the 1700s, as a wealthy woman walking down the street of a colonial town. From out of an alley, two thieves attacked her with clubs, breaking and crippling the same right arm before stealing her coin purse and escaping. We fast forwarded to later in that life and with the arm not properly healed, she was crippled for life from the incident.

After clearing this second arm-related injury, Lisa viewed her arm again and this time saw half of it missing. We again recalled the memory and this time it was in the mid-1900s, where she was driving a car.

A terrible accident occurred and the right side of her body was crushed and pinned to the car. We moved forward in the memory and saw that the accident was so bad that she had to have her arm amputated.

After clearing this third past-life trauma, Lisa now saw and felt her arm clear, with energy flowing through it. After the session, Lisa said she could noticeably feel like a heavy weight had been lifted off her arm, commenting that it was more mobile and less painful too.

By addressing the root issue of the trauma and clearing it, Lisa could now truly move forward, breaking the cycle and bringing true healing.

Do you have a repetitive injury or issue that keeps occurring to you? For a Crystal Dreaming or counselling session, visit my website: [www.crystallineclarity.com.au](http://www.crystallineclarity.com.au) or call 0422-717-905 for a chat.

### Crystalline clarity

by Daryl Spilberg

Ever had a specific area of the body that keeps getting hit, knocked, sprained, broken, battered and hurt again and again?

While it is logical to think that once injured, an area naturally weakens with each repeated incident, there is often an additional underlying layer behind why this is happening.

Our bodies are incredibly intelligent vessels, and our cellular memory holds the memories of our entire existence across our history. Therefore, repetitive injuries to the same area can be your body and soul crying out to let you know that it needs attention and true clearing of the root issue behind it.

If not addressed, the repetitive patterns can continue and indeed worsen, as the body tries to raise increased attention for resolution. To highlight my point, I'll give the example of Lisa.

Lisa had repetitive injuries to her right arm ever since she was a child. They started out as twists and sprains, but as time progressed, the injuries worsened and she had broken her arm three times, each more severely than the last.

Perplexed, she sought out a Crystal Dreaming session to see what might be happening to her arm on an energetic level.

Safely held in an altered state of consciousness during the session, she first noticed a sword sticking out of her right arm. When recalling the memory, she saw herself incarnated as a