

# Cambodian homestay

I went to Cambodia last December. Great time of the year to visit. Not too hot, not too cold and not too wet. Very baby bear friendly.

I spent two days in the CBD of Siem Reap, in a hotel where the renaissance plumbing in my bathroom passionately refused to destroy any of my creations and the marble sculptures in the reception area were skilfully beautiful.

On the third day I was taken by an acquaintance to a village about four kilometres out of Siem Reap, in order to meet a Cambodian family. The wife was not well and I had offered to do what I could within the realms of my skills with Bowen therapy, pranic healing and emotional release techniques.

Tola, Aron his wife and their children were and I am sure still are, a joy. Tola truly plays the role of man of the house. A kind and gentle being, it appeared to me that much of his existence is involved with making sure his children get an education in a country where education is unbelievably expensive. He also looks after his wife the best that he can.

As to the way they live, there is not the space in this article to describe the less than basic simplicity of their home and surroundings. Enough to say that the household fairies in Cambodia are far more co operative than ours. How these people stay so clean in body, garment and house and how they cook such delicious meals is beyond me. Particularly in a kitchen/



by Tonia Haynes  
Dip Bowen Therapy, Cert  
Remedial Massage, Advanced  
Pranic Healer

laundry that consists of a pump, a large bowl to catch the water, one gas burner and a shelf.

Mind you, I'm sure Tola would wish me to tell you, because it is a rarity in his village. At the end of the kitchen behind a wall lives a flush toilet. Thankfully of a more accomodating bent than my renaissance friend in the hotel.

In his spare time Tola choreographs a group of land mine victims, who present a show to the public. Tola's intention is to educate the peoples of the world about the plight of a group of human beings living in a culture where standing on a landmine is simply and ruthlessly called 'karma'. Land mine victims are generally treated with little sympathy in Cambodia.

I saw the show one evening at a resort that charged 1000 American dollars a night for a room. The show was entrancing and did appear

to entertain the Rolls Royce and Lamborgini owners well enough. Although it seems from what Tola tells me, the show so far has not elicited the help he would like for these disabled people.

On the first day I arrived at their village Tola and friends were erecting a bamboo and thatch hut next to his own home of bamboo and thatch. When I asked he explained proudly. 'I build this home for tourist. When the tourist come to stay we will cook for them and look after them. The money they give us I will use to get my children more education.'

Four days before I left, when I returned to the village as I did daily in order to give Aron healing, I arrived to great excitement. The hut, half thatched with no walls and a very uneven clay floor now held Tola and Aron's double bed, another bed for their children and a cupboard for clothes.

Their own house and particularly the one bedroom within it that they usually all shared was polished to a standstill. There was a nearly finished, still wet, cement brick wall next to the flush toilet and on the other side of that, an almost connected western hand basin.

Tourists were coming at 6.30pm. It was 4pm and there was still much to do.

Tola and his family were going to sleep in the half finished hut so that the tourists might have the comfort of their bedroom in the house.

When I exited Cambodia on the morning before New Year's Eve to return



to my relatively safe and comfortable environment, the hut was still less than half finished. This was because, as is often the case in Cambodia, the money runs out before the dream is manifest.

Tola and his family were still sleeping in the half finished hut so that their own bedroom could stay clean and tidy for the tourist.

On my return to Northern NSW, I communicated with Tola often. Needless to say I was not surprised when he wrote, "My heart makes my tired legs walk."

After some weeks of reading that he and his family were still sleeping in a half finished hut and winter was upon them, I asked him by email. "How much money do you need to finish the hut?" "About 700 American dollars," he replied.

At the time I was having an enforced sabbatical and had no idea how to manifest an extra 700 American dollars.

All I could do was tell

Tola's story. Within two weeks I had 850 Australian dollars which translated at that time into 650 American dollars. I sent this money to Tola. The tourist home was completed last Friday and hopefully by now, Tola, Aron and the kids are now sleeping back in their own house.

Such meagre words I am forced to use to explain such a miracle. Tola and myself wish to sincerely thank Ann Stevenson, Paul S Guthrie, Lilius Cotterall, Cherie Cole, Lindy Bently, Lisa Yeates and Andre Deutsch for their generosity of heart. Not one of them was asked for money, they just listened, and then they offered.

As to the rest of my stay in Cambodia, being that I'm a bit of a forest elf, it was the magnificent rain forest trees that captured my admiration at Angkor Wat. Also, the cicadas in the forests that surround the temples sounded like a crystal bowl being expertly played by an angel. Our Aussie cicadas

could well do with some time in Cambodia at the Cicadian Conservatory of Music.

*Culture Shock Cambodia* by Peter North is a fantastic book to read if you intend to visit Cambodia. And if you visit Siem Reap go stay in Tola's tourist homestay village. I promise you will be given a royal welcome, Cambodia style.

See: [www.homestay.com/cambodia/siem-reap/66209-homestay-in-siem-reap-district-siem-reap](http://www.homestay.com/cambodia/siem-reap/66209-homestay-in-siem-reap-district-siem-reap) Facebook: *Papaya-Homestay* or email: [gardenshuttle@gmail.com](mailto:gardenshuttle@gmail.com)

My enforced sabbatical is at an end. As usual I am in clinic Wednesdays and Saturdays. So if you have a back, neck, shoulder, limb or digestive problem that is interfering with your quality of life call and make an appointment. I will do all I can to help you. For an appointment, phone 6689-0240 or mobile 0439-794-420.

Love, Light and Laughter.

# Thyroid disease... tip of iceberg

by Leanndrah

Thyroid Disease is often the result of many years of chronic stress. The adrenals and thyroid gland work to compensate each other when they are exhausted and drained.

Adrenal and thyroid fatigue are unfortunately a common side effect of modern society. Some extreme cases of adrenal fatigue are diagnosed in the GP's office as Addison's Disease or Cushing's Syndrome, but milder cases of adrenal fatigue often fall outside our GP's radar and can easily be dismissed as a virus or depression. However, GP's are very good at diagnosing thyroid disease. Blood tests can confirm our adrenal and thyroid hormone levels. Sign and symptom analysis can also identify adrenal and thyroid suboptimal function easily. This is incredibly valuable information... until we decide to dig down to the roots of the problem, which is most often a chronic stressor in our lives.

The idea is to give the thyroid and adrenals time out to restore and regenerate as a tissue. Nutrient and herbal supplementation is very

useful to restore all tissues in the body. However, the underlying stressors if not removed will not allow this to happen.

Underlying stressors in chronic disease may include:

- Lifestyle factors: Living in constant fear or unresolved trauma, chronic pain, working too many hours without sleep, abuse of stimulants such as coffee and drugs, chronic exposure to pesticides, herbicides, heavy metals, pollutants and toxic food.
  - Infections: Silent Chlamydia or candida infections and other infections, miss managed infection.
  - Medications depleting and poisoning the system over time.
  - Food intolerances or allergies.
  - Menopause is enough with some women who have adrenals that are already exhausted when the ovaries give up producing their hormones, as the adrenals also compensate for lack of sex hormone production by the testes and ovaries.
- Hair Tissue Mineral Analysis can identify: 1 of 3 stages of stress, fast or slow oxidisers, 1 of 8 metabolic

subtypes, nutrient mineral patterns identifying glands suboptimally functioning and in need of restoration. The source of chronic stress may also be identified, especially heavy metal toxicity current or past. Heavy metal chelation with carefully chosen nutrients can remove the toxic stressors from the body to allow the glands to restore and return to healthy function.

Simply treating the thyroid when pathology is diagnosed is only treating the tip of the iceberg, and will most likely not be successful in the majority of cases. Thyroid medications used over a long period of time shut down all possibility of the thyroid producing the metabolic hormones themselves, and the thyroid can atrophy into nothing never to be restored.

Self-prescription of supplements often does not cut it with chronic diseases such as thyroid and adrenal dysfunction. You may be wasting money as well as causing additional imbalance and building another layer of disease on top of the rest.

Be aware of quick over-the-counter consultations, which only



Leanndrah (centre) with clients Nicole and Paul outside the Turquoise House in Wiangaree

treat the tip of the iceberg. The time of an experienced holistic practitioner is most often the only way to approach chronic disease in order to remove it layer by layer. Each layer surfaces in its own time in the reverse order of its initial occurrence.

Therefore, regular reviews of the case to appropriately address current issues with holistic programs of treatment is crucial. In order to unlock the vicious cycle of chronic disease, six weekly return appointments at the most would be adequate.

*Leanndrah is a Naturopath with 12 years experience. She specialises in using hair mineral analysis, herbs, homoeopathics, nutrients, body and energetic treatments, to unlock the cycle of chronic disease.*

*Leanndrah's main practice is in Wiangaree, 10 mins north of Kyogle. You may find Leanndrah on Thursdays in Lismore at the Inner Light Centre, 131 Keen Street.*

*Phone 02 6636-2356 or see: [www.sonmata.org](http://www.sonmata.org) for more information or to make an appointment.*



# Disappearance of play

In the book entitled *Supporting Self Directed Play* by Renate Long-Breipohl, it is stated that child initiated, self-directed play is disappearing fast from early childhood all over the world. One or two generations ago many children still lived in areas where they were able to play outside, directing play themselves and being immersed in their own world.

Today, many educators observe not only the disappearance of play from the early childhood curriculum, but also an increasing inability in young children to self-initiate play and to sustain it. In her article, *The Importance of Imaginative Play*, educational psychologist Joy Navine recognises play as a critical part of a child's development. Early on, functional play helps to develop motor skills.

From around three years old, children begin constructive play; they make things with blocks or puzzles. This play is then accompanied by make-believe play, in which the child acts out roles.

Later at around six years old, the child understands the concept of rules and may play board games or tag. Each of the play phases is important for the child because they each enhance the child's creativity, promote problem solving and teach socialization skills. Perhaps most importantly they help the child to learn to self-regulate.

In the Steiner Kindergarten, at least 60 minutes of indoors time and 60 minutes of outdoors time are dedicated to self-directed play. During these times children are the masters in directing their own play, while the teacher has the role of preparing the environment and safeguarding the space. All that the child has imitated becomes their own through self-initiated, creative play. They do not reflect or conceptualise but take in a gesture or impulse and through their will, express this in play.

Rudolf Steiner likens the urge to play to the flow of a river. What happens in play is not premeditated but occurs



out of the spur of the moment with a great deal of willpower. Play reveals its greatest importance for human development in that self-directed play is a practice for taking responsibility for one's own life.

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## THE COMPLEXITY OF MIRRORS

Creating spaces for young children where multiple dimensions coexist is about valuing richness and complexity through a purposeful fusion of materials, some simple in elemental form, and others less obvious perhaps to our adult eyes. Using mirrors is very much a part of this fusion of materials at Nimbin Preschool.

Jocelyn has found a mirror, or perhaps we can say that the mirror has found her. The exploration of a new relational space whereby Jocelyn sees and reads the world with a more complex critical awareness, is rather humorous as well

as being substantial. This interplay is hard to resist. As a co-construction, this moment is strong and powerful: it could almost be described as a kind of osmosis whereby the mirror acts as a membrane between the two Jocelyn's, melding them together, but at the same time creating a new reality.

This is Jocelyn's complex and multidimensional reality as she studies what the world is like behind her in the first photo, and then delights in the absurdity of herself upside down in the second photo. Jocelyn has uncovered an exciting constructed place.

# Baby chicks come to visit

by Elissa Wenzel

In March we had a visit from some baby chicks to the Nimbin Child Care Centre. The two little chicks stayed with us for a week. The children enjoyed holding the chicks and all learnt to be very gentle and caring for them.

We thought of lots of different names including Sparkle and Flower, thought up by Aerielle. Some of our children enjoyed just sitting and watching the chicks in their home and some even talked to them.

We hope to have some baby chicks visit again soon.

If you're thinking about centre-based childcare and education for your child (6 months - 6 years), please come along to

one of our free play sessions which are held on Wednesdays during the term from 10.30 - 11.30am, where you can meet the staff and other children and see what we do here at the Nimbin Child Care Centre.

Our daily fee is a very reasonable \$15 for permanent short day bookings and only \$20 for a casual short day. We are open from 8.30am until 5pm, a short day being 9am until 4pm.

Please feel free to call in (we're located within the Community Centre complex in Cullen Street) or give us a ring on 6689-0142.

We currently have vacancies on Monday, Tuesday and Friday. Spots are filling up fast.



### Nimbin Community Preschool

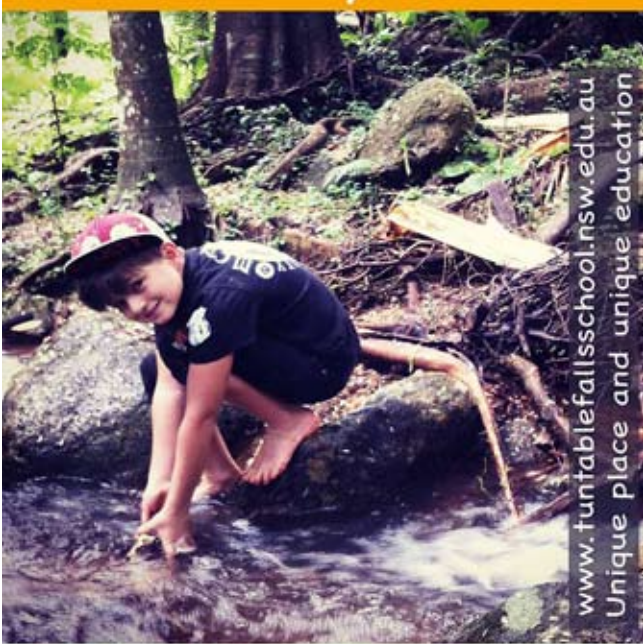


## Competent Collaborative Community

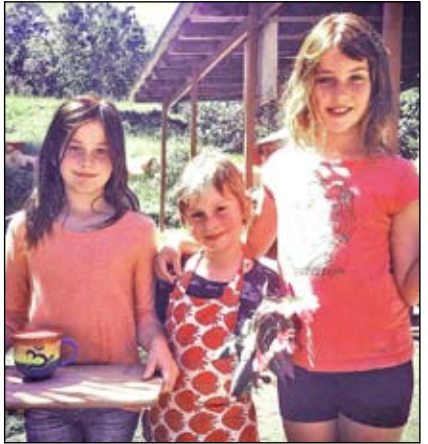
### Enrolments available now

Preschool: Nimbin A&I Showgrounds, Cecil St.  
Phone/Fax: (02) 6689 1203  
Email: [nimbinpreschool@bigpond.com](mailto:nimbinpreschool@bigpond.com)

## Tuntable Falls Community School



Call 6689 1423 or email [tunfalls@australis.net](mailto:tunfalls@australis.net)  
**Limited spaces in all classes**



Maddy, Ella and Zeck

"It's funny how in this journey of life, even though we may begin at different times and places, our paths cross so that we may share our love, compassions, experiences and hope." - Dr. S Maraboli.

# Pampering the parents

It is at Tuntable Falls Community School that a talented, strong and diverse parent and teacher body have crossed paths. It is at Tuntable Falls Community School that we have developed an independent school run by a parent body, and it is at Tuntable Falls Community School that the parents and teachers support and work alongside each other to create a unique style of education.

With winter in the beautiful Tuntable Falls Valley fast approaching, the children are hosting a Pamper the Parents Day, to strengthen the spirits and rejuvenate the souls of our hardworking school community. The upcoming afternoon will be held after our annual garlic planting day in our

picturesque rainforest setting. The children will spend the days prior to their parents arrival learning a range of massage techniques and skills to apply facials and soothing body scrubs to the hands that cook the school lunches, paint and clean our classrooms, mow our lawns, write the school policies and prepare our garden beds. As a Kids Matter school, community is our focus. So the aim for the afternoon is to not only return the love that the parent body devotes to our growing school but to instil the values of appreciation and gratitude into all levels of the foundations that hold our school together each and every day. Doesn't it take a whole community to raise a child? We think so too.



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- **Open Mike Nights** – Wednesdays 8th and 22nd, 7pm
- **Friday 10th** – Caravan Club Visit
- **Sunday 12th** – Rhythm Shift Duo, from 1pm
- **Sunday 19th** – Club Visit: Cudgen Butcher Birds
- **ANZAC Day** – Bowls & Brommers
- **MardiGrass** – chill-out @ Bowlo

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- Lunch & dinner Tues – Sun
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# Nimbin Garden Club Notes



by Gillian Jones

The view from Miriam and Gordon's property on the west-facing flank at the start of Mount Nardi is nothing short of spectacular. They have owned the 100 acre block, which was initially a banana farm, for the past five years. From the top of the hill down to Tulsi Land and Basil Road, the property has a variety of levels and features, which provides a grand vision for creative gardening.

Gordon's bush regeneration includes brush boxes, bunya pines and a variety of native shrubs which will eventually create a shady canopy for the slopes and provide a robust base, taking it back to its original setting. The property had cattle on it for a number of years and a history of tracks built in the 1930's, providing access to the banana plantings, including a flying fox to Basil Road.

Gordon and Miriam have planted proteas and other tropical plants to provide foliage plants for their



In Miriam and Gordon's garden

daughter's floristry shop in Brisbane, as well as planting an avenue of crepe myrtle and rows of frangipanis and bangalow palms for a garden with a focus on creating beauty.

A freshwater spring creates a delightful water area, including future plans for waterfalls and landscaping across one of the slopes. The property's former owners created areas of recycled farm metal which were covered with lantana,

so the workload has been strenuous to clear spaces for new plantings.

The 100 acres of basalt soil creates a friable red loam, ensuring that most of the trees planted have a good chance of success, as well as providing a positive future for bush regeneration.

Gordon and Miriam's vision is large, and their gardening motto (gleaned from the Marigold Hotel movies), "If everything's not alright, it'll be alright at the

end" helps them to enjoy the ride!

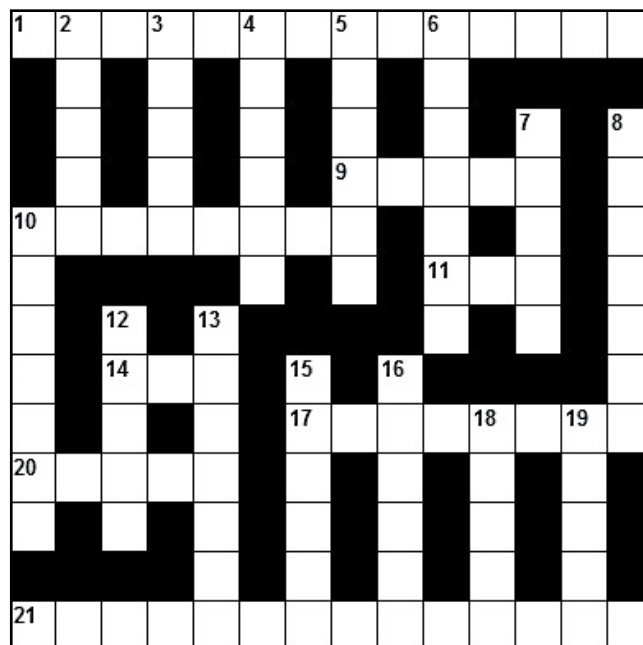
Raffle prizes were kindly donated by Landmark.

Our next visit is to Annie's Country Garden Nursery which is along Kyogle Road, left at the end of Lillian Rock Road or right at the end of Stony Shute Road. Look for the garden club signs, bring a mug and plate of food to share. All visitors and new members very welcome.

[nimbingardens@gmail.com](mailto:nimbingardens@gmail.com)

## Nimbin Crossword

2015-04  
by Synic



### Across

- Facebook, LinkedIn, Twitter, Instagram, Pinterest... (6, 8)
- Brace? Swagger
- Small orange grown for the aromatic oil of its rind
- Oz's new(ish), fast(ish) internet infrastructure (init.)
- One family card game
- Online marketplace for 10 down
- World's most populous democracy
- Six-rotor unmanned aircraft (9,5)

### Down

- Earth tinted with iron oxides

- Frosting
- Edible seed of the pea family
- Is
- Authorise (arrest)? Guarantee
- Make up for
- Not immaculate? Seen
- Cryptocurrency
- Natives of Northern Levant, Eastern Anatolia. Have pushed ISIS out of more cities than the USA and NATO combined.
- Is it pure? Or did you roll it with \_\_\_\_\_?
- Courtesan? Accompany
- Bright
- Radio-based object detection
- Place in a row

## trivia

Devised by Martin Gill

### Questions

- What was Al Capone's full given name?
- What was the purpose of the Volstead Act?
- Who was Minister for the Army from 1966 to 1968? He expanded Australia's presence in Vietnam and changed the law so that conscripts could be sent overseas to fight.
- The St John's Ambulance Association is related to which Crusader organisation?
- In which state or territory are The Olgas?
- Who plays Lucien Blake in the TV show "The Doctor Blake Mysteries"?
- What would you do with Quinoa and Chia?
- Who wrote "The Mighty Quinn", a number 1 hit for Manfred Mann?
- If a man is "hirsute" what is he?
- Where in the body would you find the capitate bone?

- Alphonse Gabriel Capone. If he invites you to a Valentine's Day party, don't go.
- It introduced Prohibition in the US. Ban a popular drug; what could possibly go wrong? (See Q1).
- Malcolm Fraser. If his war crimes weren't enough, he turned traitor in 1975. In 1986 he was found wandering around a seedy hotel in Memphis missing his trousers.
- The Order of the Knights of Saint John, also known as Order of Saint John, Order of Hospitaliers or Knights Hospitalier. They were set up in Jerusalem during the crusades and ran a hospital for knights.
- They are in NT just across from Ayers Rock.
- Craig McLachlan. He's come a long way from Basement Tapes with The Band in Big Pink, Woodstock, NY.
- He's hairy. Come on Nimbin, you must have got that one.
- It's in your hand.

### Answers

Solution: Page 35



# Poetic DNA

by Rob Harle

I found out quite by accident that my great grandmother was not only an artist but also a poet. Most of her work was written in the late 1800s in England.

Some of her poems are of a green activist theme, highly unusual at that time, especially as she was a well-to-do English woman and wife of a highly respected doctor and scientist. Some of her poems lament the terrible living conditions then and the children dying from polluted air and water. England glossed this over pretending everything was good! This reminded me of the CSG situation in NSW and many of my own poems.

I wondered if other contemporary poets had ancestors who also wrote poetry? Well surprisingly I found

many did, not only ancestors, but also descendants. This very recently published book, *Voices Across Generations* is the result of this epiphany.

It has been a long time in gestation and took incredible effort in transcribing the poet's handwritten poems, and scanning the old images which have important historical and cultural interest. It runs to almost 300 pages with contributors ranging in age from a mere eleven years, to well over ninety, who hail from many countries including UK, USA, India and Australia. Local poets include Nathalia Buckland, Bronwyn Owen Allen, myself, 'almost' local Kerry Petherbridge and Hamish Danks Brown. The beautiful cover photo is by local photographer and Powermax man, Alex Clarke.

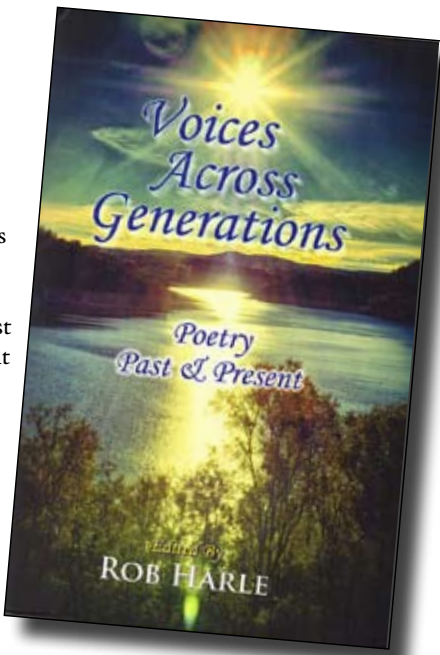


This book has indirectly become a reality because of my recent expanding literary connections with India. Prior to this I would have been daunted by the dearth of Australian publishers even vaguely interested in projects such as this. Having a respected and reputable publisher ready and willing to publish volumes of poetry and literature, even though they do not sell well, lifted my spirit and enabled me to proceed with confidence and

enthusiasm.

*Voices Across Generations* is not intended to be a showcase of the 'best' poetry in the world, though many of the works included belong in this category. It is more to show the similarities and differences between poets from different eras and of different age groups. This gives us an almost palpable feeling of much recent history in our respective countries.

A number of the poets in this volume have mentioned that formalising, so to speak, their connection with poet ancestors especially, has empowered and inspired them to continue the rather lonely, thankless task of poetry writing. For others to have their beloved dad or mum's work published alongside their own has brought great joy and honoured the "ink in their respective veins".



*Voices* is available direct from the publisher Authorspress in India: [www.authorspressbooks.com/book\\_detail.php?preference=579](http://www.authorspressbooks.com/book_detail.php?preference=579)

## ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

### April

The Sun entered the sign Aries at the last Equinox (March 21) marking a change in season with shorter days and nights that are slowly getting longer until the midwinter solstice in June. Aries energy is standing for emergence and new beginnings. It drives on the will to separate from the past in search for a new identity, new adventures or a new form of self-expression. Individuals with a major Aries signature in their chart are said to be headstrong and quick acting; they need to feel in control of their lives. They love challenges and feel alive when on a mission. They might lack the persistence, skills or patience to complete everything they have started by themselves and at times have to rely on other people's cooperation. Not every idea turns out as initially intended, but this might not be the deeper purpose behind the deed. Very often Aries paves the way and sows the seeds that other people then successfully cultivate.

The month starts with Mars entering the solid earth sign Taurus after six weeks journeying through fiery and impulsive Aries (until May 13). The modus operandi shifts from enthusiasm filled with new ideas towards stabilizing and grounding whatever has enough substance to be worked on. The Full Moon on April 4 in the relationship sign Libra is a total lunar eclipse, which follows two weeks after the solar eclipse of March 20. A lunar eclipse is a powerful Full Moon that moves through the shadow of the Earth. The celestial display can be observed Saturday night during 8pm-2 am AEST, reaching its maximum around 11 pm. On a symbolic level, it signifies definite endings and new beginnings especially if the degrees of this eclipse, or of the one that preceded, interact with our personal charts. The Full Moon eclipse highlights the Aries-Libra archetype: competition vs. co-operation, independent action vs. fair play, conflict vs. peace. We have the ability to make the necessary changes demanded within our close and not-so-close relationships. The challenge is to understand and feel compassion for the other's struggle and moving into a



space that allows for creative win-win solutions. We then instinctively know when to be assertive and when to compromise. Eclipses can trigger what has been in shadow, what has been hidden from sight. We suddenly might be confronted with situations, where we can clear old

patterns and create new ones. Eclipses run in 19-year cycles; a similar eclipse occurred in April 1996. Whatever happened then might give an indication about what needs to happen now. Jupiter, the planet signifying growth and expansion moves direct on April 8 after its 4-month retrograde period. If we are sensitive to the Jupiter wave, we have been searching for the underlying truth concerning current matters while listening to our own inner calling. Now it is about adopting a fresh perspective and finding ways that are more fulfilling and purposeful, and true to the needs of our own spirit. For example, we might develop our personal philosophy further, taking into account whatever has inspired us mid-September to mid-December 2014. The New Moon in Aries on April 19 signifies a new beginning. However, the stressful aspect that Jupiter is forming with impulsive Mars reminds us that we need to have self-discipline in order to reach our goals. On the positive, Jupiter is moving towards a harmonious trine with Uranus, the planet ruling flashes of insight and innovation. This formation will reach its point of exactitude mid-June. New concepts and ideas may fall on fertile ground in the weeks to come. There is an enormous potential for setting out for new horizons, new meaning and new areas where growth is possible.

*Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com*  
*'Astrology for Beginners' starts Saturday, April 11, 10am-4pm (this is a monthly class) contact me for more information and bookings. 'Introduction to Medical Astrology' starts Wednesday April 22, 10am-1pm, 8 mornings at the Lillifield Community Centre*

### Aries

The potent energy during this month might trigger your ability to be task-oriented, and you may follow a reliable course of action in attaining your goals. Reflect upon the purpose of your special quest and understand its deeper motivation before pushing ahead. In difficult situations choose whatever brings the greatest peace to your body and mind. It is a good time for grounding your most important project.

### Taurus

Mars, the planet ruling personal drive, is in your sun sign until mid-May providing you with an extra amount of energy. You can work hard now on furthering your personal projects. Honour your strong drive for independence and self-sufficiency, because you feel like meeting life head on. Try not to become too forceful if your path is blocked, and balance work duties with time-out and relaxation.

### Gemini

It is time for being spontaneous and having some fun, especially with like-minded souls. Enjoy the enthusiasm of the moment, tap into your inner child potential and play. Going with the flow might be more important now than getting work or your duties done. Interesting people might enter your life which could bring new insights and new inspirations. It is a favourable time to break with old patterns.

### Cancer

You might be searching for a renewed sense of purpose within your domestic life. Therefore, it is essential to create sufficient space for the influx of fresh ideas. The emphasis is on family and career and how to balance both sides of the scale. Connecting with friends or participating in community projects will further your personal evolutionary journey.

### Leo

The need for clear communication is highlighted now, and you might be busy with tying up loose ends. It is important that you listen to your intuition for guidance because new insights might encourage you to change some of your plans. Be flexible about your personal philosophy without compromising your core values.

### Virgo

This could be an important period for matters involving material goods. Find the right balance between trusting yourself and putting your trust in others. No matter what new opportunities are presenting themselves, sit with it for a while before making any significant decisions. This is not a good time for taking out a loan or going into debt.

### Libra

The Lunar eclipse in your sun sign could easily stir up your emotions making it difficult to maintain a sense of balance. You better refrain from trying to sort out relationship issues while the eclipse is active. Remind yourself that successful relationships allow space for individual growth. It is your time to shine in your own light.

### Scorpio

Right now you might be energetically sensitive picking up all the different vibes around you. Therefore, allow for extra space to process your feelings and thoughts. New revelations concerning your work environment might trigger the need for making some important adjustments. Find a new balance between duties and time out, especially when you feel that you have been giving too much.

### Sagittarius

The lunar eclipse puts the spotlight on your creative self-expression, your hopes and wishes as well as your relationship to groups, friends and organisations. Use the energy in the best possible way and make new plans for enhancing your quality of life. What keeps you living in the past has to be owned and integrated now.

### Capricorn

At the moment the focus is on sorting out an imbalance between your domestic affairs with matters regarding your career path. Assess which part is lopsided. Family commitments might take high priority, as does your need to be recognised for your achievements by the outside world. Say no to unrealistic demands upon your time and keep healthy boundaries in your work and homelife.

### Aquarius

At the moment you will find fulfillment through creative activities which lift your mind above the mundane. Your powers of imagination are activated and you might enjoy studying interesting subjects, including areas that deal with the unconscious. There is a deeper need of escaping everyday life, however, avoid scattering your energies with trying to cover too many things at once.

### Pisces

The emphasis is on believing in yourself and your creative talents, especially if you are too concerned about the approval of others. Trying to figure out how much people might value your abilities will only undermine your self-esteem. Instead seek to understand the energies that are at play in human relationships and honour your sensitivity to the emotional undercurrents around you.



# Nosin' around with PAC



I went for a morning walk and a storm came racing north and it pelted down with rain. I stood under a big camphor tree, which protected me for a while until the rain got so heavy the water was running off the tree. The wild weather lasted for about 30 minutes and I was soaked through. As I moved on, I spotted an unusual spider on the road, so I got down on my knees to take a shot. The spider then ran up some grass stalks and was upside down, so I picked it up and put it on a fence post where I took several shots, this one being the best. As you can see, the spider was as soaked as I was.



by Aunty Maj and Uncle Norm

## She Says:

Dear Gloria, this is a problem. My fights with my husband are mainly about this very issue. One day we were driving along and I said, "I've had an epiphany! I know what to do with the rest of my life!" Response? "Grunt".

From previous fights, Norm has explained that he is like the QM2 – he takes a long time to turn around, so I have learnt to count to 30 before expecting a reply. But nothing further ensued. When I exploded he said, "I can't talk and drive." I know that men's brains are compartmentalised and can only do one thing at a time, but what about when he answers a business call in the car (hand-free, of course) and manages to talk to them? It does leave you feeling like they're not interested and don't care.

But actions speak louder than words and, over the

years, I've learnt that he does care, he just shows it in different ways. However it would serve men to learn to communicate better. The difference between a night of fighting and a pleasant night, possibly with sex, often boils down to a good response. Be warned, the men I've met who listen and actually ask questions have usually learnt this skill to get women into bed.

Men's minimal facial expressions and vocal responses have developed over millennia from being the silent hunter. The less movement and noise, the greater chance of feeding the family. Women didn't need the men to talk with, they had other women for that. They needed to develop superior language abilities for their survival.

Often he is listening – it just doesn't look like it and, if it's an important issue, he

needs to go away and think about a response. Remember, real men grunt.

## He Says:

Here we go, another sin we men commit without having a clue that we're doing it. My wife reckons I do it and that her girlfriends' husbands do it too.

Just because we are allegedly of the same species doesn't mean we speak the same language. Many species in the animal kingdom have differences in the vocalisations between genders. Dogs woof, cats meow, husbands and pigs grunt. I feel grunt is such an unkind description. It's more of a considered hmmm. There are many nuances – knowing, puzzled, compassionate, spiritual to name a few. Try to learn them, Mrs Rant.

When men talk to each other, a grunt means that

information has been both conveyed, received and possibly processed.

There are men out there who know how to ask questions and not grunt. They're usually policemen and lawyers who train for years. The others are usually around 50, live in Byron, been through three marriages and know how to talk prospective young conquests into the sack.

Recently, whilst seeking peace and serenity in the bog, after realising I'd read all the car mags in there, I pondered a dream my beloved just shared with me. Upon re-emerging I engaged her about it, which made her most pleased. You see, we're not animals after all. Just different. You don't turn the radio on to watch TV, so don't think of your husband as your girlfriend and you'll soon see the lights actually are on, just wired differently.

## Flaneurs and Campers



Photo: Michael Smith

by Bill West and Ron Butler

National Parks had locked the gate so we were barred access to an intended Bar Mountain walk on 1st March. So rather than driving to an alternative venue, the group of 15 decided to stroll and observe (or as the French say, flaneur) in the rainforest along the untrafficked road at the entrance to the National Park. As it was a leisurely walk having no set destination, people had time to note and identify the huge trees and other flora we encountered. Three children and parents in the party made their own fun as always by sledging on Bangalow palm fronds dragged down the road. While Josiah and Zac climbed to a height of 20 metres inside a strangler fig, the host tree having rotted away. Judy's lessons in palm-fibre string making were popular. And the children found a creek to play in. So out of an

original setback, a fun day was had by all. – Bill West.

From 13th to 15th March, a truly wonderful weekend was enjoyed by members and friends of the Nimbin Bushwalking Club on a private property adjoining the pristine environment of the Clarrie Hall dam and lake.

Carol Evans, our leader for the weekend, met the initial group on Friday evening at the entrance gate with directions down the private track, through the sclerophyll forest to the camp site adjacent to the lake. Tents and camper trailers were soon erected before the evening closed with a greeting of a light shower of rain.

Saturday dawned with an occasional shower of rain and the joy of swimming in the surprisingly warm, silky water of the lake. The light coffee-coloured water created the sensation of being bodily caressed in velvet. Judy Hayes, the



Native bees Photo: Michael Smith

NBC's esteemed and loved President joined me in my inflatable canoe and with Joy and Michael Smith and Lorraine Millsom in their kayaks we set off for a leisurely paddle to the dam wall. While Michael tried luring for a bass (without success) the head wind on the return trip made the experience a little more strenuous. For those who remained at the camp – Megan Myers, Craig Millsom and Carol Evans did what the NBC are good at – they went for a bushwalk. Luke Dean and Susanne Blanpain joined the group and soon settled to the tranquility of our surrounds.

We all gathered (like moths to a lamp) around the camp fire and shared many tall tales and some true. Michael expounded his wisdom and knowledge of the constellations, which grew in intensity as the darkness extended. Earlier Judy taught 'twining' – the art of making thin and strong cordage from natural fibre, in this case Bangalow Palm shredded material.

Sunday morning brought Aussie song birds in full voice, calling and echoing through the forest. Another paddle in idyllic conditions, this time to the Crams Farm end of the lake. Susanna and Luke joined the



At Clarrie Hall dam Photo: Sue Stock

flotilla, as did Cath Smith and Sue Stock.

Then all to soon, as Craig was heard to say, "I don't want to leave." And so say all of us! But leave we had to, packing and bidding a fond farewell to new friends and old, until next time in the beautiful Australian bush. – Ron Butler

## Walks Program for April / May

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

### Sunday 12th April Currumbin Creek

**Leader:** Don Durrant (6633-3138 evenings)

**Grade:** 3-4. Up along creek. Very picturesque. Some rock hopping, some lawyer vine.

**Meet:** 9.15am at the car park in Knox Park opposite the Regent picture theatre in Murwillumbah. Then drive in convoy to the end of Currumbin Ck Rd (NP parking area). From there walk upstream by two

waterfalls. Duration about 3-4 hrs, including lunch and swimming.

### Sunday 26th April Stokers Siding Rail Tunnel

**Leader:** Bill Potter (0428-737-747)

**Grade:** 1. Walk along the old rail line from Tunnel Road about 3 kms to the tunnel under Burringbar Range. The roof of the tunnel is normally lined with constellations of glow worms. I am responsible for getting you to the tunnel but you are responsible for the glow worms showing.

**Meet:** General Store, old station, at Stokers Siding. We will car pool to start of walk in Tunnel Road.

**Bring:** Water and lunch

### Weekend Camp 9/10th May Currumbin Creek

**Leader:** Michele Alberth (6632-1214)

**Grade:** Saturday: one or two easy walks, Grade 2. Sunday: Brindle Creek Walk – 3 hours on well-marked track, Grade 3 downhill (car shuttle). Further details next issue of NGT (May).



Blue Knob Farmers Market news

The Fermentation Festival was a great success, attracting many folks from all over the Northern Rivers and beyond. The interest in this festival says something very positive about our community, about our passion for food and our “do it yourself” knowledge.

Much thanks to the mostly local speakers who shared their knowledge and demonstrated their skills. Special thanks to Jean Martinez and Tom Rothsey who traveled distances to be there and are considered to be Australia’s leaders in fermented foods. The range of ferments covered was broad from Peter Hardwick’s pandanas palm vinegar to Johnny’s soil essentials, a fermented liquid fertilizer.

We have ordered more copies of the book *The Art of Fermentation* for anyone who ordered it, and more copies will become available at the Nimbin Environment Centre soon. Jim’s collection of local fermenter’s recipe booklet sold out at the festival, and a second printing will become available at the backyarders table soon. Paul and Jenny Tate documented the event and will be offering DVD copies for a small fee to cover their costs. It will eventually be available to watch on Youtube.

Upcoming talks

• Caring for horses naturally

Three local horse carers will present a morning talk about caring for horses naturally in April, date yet to be finalized. One of the speakers Sally has been using honey and wax with success to treat a common fungal disorder on the leg of horses. Dan Smith is a specialist in equine hoof care and will talk about care of the horse’s hooves. The



dates will be posted to the Blue Knob Farmers Market facebook page.

• Healthy soils for a healthy life

Did you know that this year is the International Year of Soils? Here are some interesting factoids: 1. One tablespoon of soil has more microorganisms than the whole population on earth. 2. It can take up to 1000 years to form one centimetre of topsoil. 3. Soils are key in carbon cycle. They help us to mitigate and adapt to climate change.

To read more interesting information, check out the website: [www.fao.org/soils-2015/en](http://www.fao.org/soils-2015/en) and ask yourself, “What will I do to celebrate the International Year of Soils?”

At the BKFM we are planning a morning of talks covering topics such as compost, biodynamic, soil types and structure and much more, including requirements for successful vegetable gardening. We will cram in as much info as the morning can hold, details in upcoming NGT and on Facebook.

If you would like to be involved, contact us through the BKFM facebook page or call in and see us at the market

Easter trading

We are definitely open on Easter Saturday. Why not bring your family and any visitors staying with you to experience a relaxing morning at the market, and check out the works by talented artists in the Gallery, then something delicious in the cafe before you head home.

New stallholders

Nothing is ever static at the BKFM, and we are pleased to welcome two new stallholders to our ranks: • Julie from Nimbin Lovebites makes organic, raw, sugarfree chocolates. • Wayne from Bucca Up Meats supplies free-range chemical free beef from his farm on Crofton Road. And don’t forget the backyarders table, you never know what you will find there (maybe even oyster mushrooms!)

Thurs/Sat/Sun 10am-4pm Fri 10am-2pm  
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Flavour of the month – Namul

by Thom Culpeper

A Korean spiced and seasoned vegetable plate

Namuls are a family of spiced and mixed vegetable dishes served under various names that are universal in Korea. All of these mixes are known as *Namuls*. They are commonly the side dishes to the main, *Kimchis*.

A wide range of vegetables and types of seasonings are used in their preparation. The interesting thing about these dishes is they are made in many regions with in-season plants, many are the ‘wild’ types. Aster scaber being one of the first important selections.

Korea utilises about two dozen or so of wild growth material and many sea resource. ‘Wakame’, a seaweed, is another important input. (Tasmania is now harvesting Wakame. In the glare of a nuked Japan, this is a safe source). Korea has in the past two decades or so taken a position within world culinary as a low energy proponent, fermentation being one of the prime methods of energy conservation. The reported solid attendance at the fermentation talks, at the Blue Knob Saturday market is a testament to the growing awareness of the health, energy and savings outcomes of the skills of these arts.

Korea’s culinary historians have scoured the ancient texts for guidance. What has come to light portends energy savings and health of the first order due to the nation’s preserved history of universal expertise on matters of low-energy food production and storage. Listed here are a few examples of this profound competence. At its base is the understanding of lacto-bacteria-acid-salt fermentation.



- Chwinawal – Stir-fried, Aster Scaber spring shoots.  
Gogunasum – scalded, sweet potato shoots.  
Bireum namu – blanched and seasoned Amaranth leaves.  
Sukgatmuchin – blanched Garland Chrysanthemum leaves.  
Musaengchae (Muchae) – Daikon, Julienned, sweet vinegar and red pepper flakes.  
Gosari namul – stir-fried bracken-fern shoots, wilted with soy.  
Sigeumchi namul – blanched spinach with sliced shallots, garlic and white sesame seeds.  
Miyeok muchim – salted wakame seaweed with sweetened vinegar or rice wine.  
Gaji namul – steamed eggplant with sweet vinegar sauce.  
Sukjunamul – cooled blanched mungbean sprout, shallots, garlic and toasted sesame seeds.  
Kogmamul – soy-sprouts with sesame oil, garlic, shallots and toasted sesame seeds.

These Namul are a cultural imperative. A Korean notion of the land and life, a human dynamic. The plants? They ‘bell’ the seasons, as in most of the real culinary world. It’s not clock-armed, the sun will do.

Recipe for Miyeok muchim

Dried wakame 25gms, (black seaweed).  
Water 200mls, pinch of palm sugar.  
Soak 30 min, drain and blanch again, drain again.  
Cucumber 100gms, thick-sliced  
Daikon radish, julienned  
Onion 1/2 a medium white, finely chopped  
Garlic two cloves, minced  
Salt 15gms  
Rice vinegar 50mls  
Sugar 40gms  
Soy sauce (Gukanjang) 10mls  
Sesame seed 10gms  
Drain the wakame, add the vegetables and dress with the other mixed components. Serve as side to Kimchi with pork, fish or fowl.

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