



Roxy Gallery

143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours

Tues - Fri: 10am to 4pm
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au



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Lillifield Community Centre

Enquiries
02 66 897 014 after 6:00pm
moniquemcc4@gmail.com



'Aphrodite Marine' by Gareth Deakin



'Figure in Landscape 1' by Sue Boardman

The title for this new exhibition was suggested and inspired by the exciting prospects of going into 2015, with the new Café Blue Knob, getting the Ceramic Studio finished and who knows what else!

This is a fitting title for new horizons, jumping into the unknown, and possibly the exploration of the colour blue. It is all around us in the landscape and can also be an expression of our internal space. The artists and members of this community Gallery have been inspired and as always have produced some outstanding work for this exhibition.

The Opening night for this exhibition on Friday 13th February will also be the official opening of Café Blue Knob. There will be musical entertainment featuring 'Jan's Friends' with guitars, flute and fiddle. A set vegetarian meal and dessert will be available for \$20 per person. Those who would like to stay for dinner, please contact the Gallery on 6689-7449, as bookings are essential.

Next Artists and Friends Lunch

The next Artists & Friends lunch will be on Thurs 26th February at 12:30pm. Cost is \$18 per person for a set vegetarian meal with mains and dessert. Please contact the Gallery on 6689-7449 if you are planning on coming.

FoodLovers Sunday

FoodLovers Sunday was such a success last year and will continue this year, starting on Sunday 15th February with new Café Blue Knob proprietor Joline Shervey presenting a Mexican feast, which will include a Chicken Molé (Mexican Chocolate Chicken - yum!) Please contact the Gallery for further details.

Workshops

- Rikki Fisher - Scratchboard (see article on facing page)
- Sachiko Kotaka - Oriki Felt, 2-Day Workshop Sat 14th - Sun 15th March 10am-4pm

The major technique which Sachiko will teach is where fabrics or pre-felts (soft felt) or pre-nuno-felts (soft felt with fabric), are folded (ori) and then cut (kiri) - it is Sachiko's attempt to adopt the 'kirigami' (cut paper) technique as a felt making method! This class is suitable for beginner to advanced felt makers.

A fee of \$170 includes a handout, plus hot drinks (tea and plunger coffee) and nibbles in the class. It is essential to make an early booking. Please email Sachiko at: kotakaart@gmail.com

Cool art at Nimbin Artists Gallery

A TASTE OF ART

www.blueknobgallery.com

blueknob hall
gallery

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"Make It, Bake It, Grow It"



Various wearable art pieces



by Michelle Gomes, Year 3 NCS

'Zeboo' by Donna Sharam

by Pauline Ahern

It's February, and the heat has been relentless.

Step inside the gallery to experience the cool art and atmosphere with a pleasantly cool temperature. The Artists Gallery lashed out and purchased a lovely, energy efficient, quiet air conditioner, so the volunteers are fresh, alert and ready to serve and introduce you to the amazing artwork that fills

the place.

The Nimbin Artists Gallery showcases work from approximately 50 local artists: painters, ceramicists, sculptors, jewellers, glass artists, photographers, printers, fibre artists, weavers, wood workers, digital artists and screen printers are all represented.

The talk of the town is the upcoming Autumn Arts Extravaganza, 3rd - 27th April. Many of our regular artists are beavering away in secret locations, creating a new body of work for this

prestigious event.

This is a friendly reminder to all potential exhibitors, regardless of where you live, to call into the gallery for an application form or download a copy from our website: www.nimbinartistsgallery.org

Meanwhile, selected Nimbin Central School artists continue to be showcased in the foyer, while inside there is a riot of colour and designs to delight the senses.

Please visit, we would love to see you.

nimbin.goodtimes@gmail.com

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Scratchboard open studio



Weekend Workshop
Saturday 28th Feb – Sunday 1st March

Rikki Fisher has an arts practice influenced by her passion for wildlife. In 2014 she was declared a "Master Scratchboard Artist" by the International Society of Scratchboard Artists (ISSA). She is one of only four "Masters" in Australia and 15 worldwide.

To share her knowledge and techniques, Rikki will be opening her studio for interested artists to come to one of two workshops either as a beginner on the Saturday, that will be a structured workshop or her Open Studio on Sunday to view her working on her latest scratchboard.

Saturday workshop – Introduction to Scratchboard

10am-2pm @ Blue Knob Hall Gallery, Lillian Rock

Materials and techniques will be discussed and demonstrated – each student will work through a series of exercises to familiarise themselves with various scratching tools and the marks they make. In the afternoon we will work on an animal portrait.

All scratch materials will be supplied for this class. The Gallery has a lovely café attached where you can buy your lunch.

Sunday Open Studio

9.30am– 12.30pm followed by BYO lunch @ Rikki's Studio in Nimbin.

This session is designed for artists who have previously



attended one of Rikki's classes or feel they are more advanced than a beginner.

Students will watch as Rikki demonstrates her techniques on her latest scratchboard. Students will bring a work-in-progress or finished work that they would like reviewed. Rikki will spend time with each student to discuss their work and give tips to aid them in their goals.

Saturday's beginners are welcome to come to this session. Scratch materials will be available to purchase on the day. We will finish the session with lunch on Rikki's verandah overlooking the Nightcap Ranges.

For more detail and costs for one or both sessions, contact Rikki Fisher 0410-340-512 or email: rikkifisher7@gmail.com

Keg De Souza – If there's something strange in your neighbourhood...

The Lismore Regional Gallery has invited Keg De Souza to present one of her inflatable interactive domes for two weeks, 7th – 21st February.

'If There's Something Strange In Your Neighbourhood...' explores the gentrification of a squatter settlement (pic right) built in the 1970s on a graveyard alongside Yogyakarta's main river, Kali Code.

In 2013, the local mayor announced he wanted to develop this area, and local residents have already started being pushed out. Due to the history of this place, tombstones are still visible in the walls of the kampung (neighbourhood) and ghost

activity is abundant.

For years people in the area have relied heavily on the local ghost buster/negotiator/expert to move the ghosts out of their houses, but these paranormal evictions are now becoming an uncanny parallel for their own evictions in the living world.

This project was first presented in Ratmakan kampung in October 2014 as an inflatable ghost house, Rumah Hantu, with an embroidered interior that was created from drawings by the local kids of their ghost stories and screenings of the film 'If There's Something Strange In Your Neighbourhood...'

This is an Asialink Arts



Residency Project supported by Arts NSW.

Also on at the gallery during February are 'Australia Fair', an

exhibition of works from Lismore gallery's permanent collection; and the Lucinda Awards, screenings of weird and wonderful

short films exploring the theme Amazing Myths and Legends, made by students in Years 4, 5 and 6.

Serpentine Gallery News

by Helen Creed and the committee

Life drawing

Life drawing is starting again at the Serpentine Community Gallery Inc.

Monday nights 6.30 – 9pm, cost \$10

The night consists of 2 hours of life drawing with a 30-minute break in the middle – mid-draw snacks supplied.

Table space and some easels are available.



A 30-minute life drawing by Helen Creed

Please bring your own paper and drawing utensils (and easel if you want to be sure you can draw from one).

We will be having a life drawing exhibition this year in July, so now is the time to come along and get some practice!

February exhibitions

04/02 - 17/02 – 'Who-o-o Are You' Portrait Exhibition (Open night celebration: 13/02, 6-8pm)

18/02 - 03/03 – Judi Lane, Solo Exhibition (Open night celebration: 20/02, 6-8pm)

2015 calendar

The 2015 calendar is now up on the Serpentine Gallery's website: www.serpentinearts.org/2014-calender Check the calendar out, there are lots of interesting events coming up this year.

Available exhibition spaces

There are also still some spaces available if you would like to hire a room or the gallery for your own exhibition – get in quick!

Check the calendar on the website for availabilities, or phone the gallery.

New look at the Serpentine

The Serpentine Community Arts Gallery has had a facelift – new paint and new rails!

Thank you to all who contributed, we could not have done it without you: Anna Piling, Anna Dorrington, Michael Clifton,

Felicity Grey, Meredith Adams, Ray Moller, Helen Creed, and special thanks to Blake Dorrington who hung the rails for us.

Portrait exhibition

Our first members exhibition for 2015 is 'Who-o-o Are You?'

The new book, *Self-Portrait* by Thames and Hudson says, "The self portrait has become the defining visual genre of our confessional age." It is epitomised in the work of London-based artist, Tracey Emin. Love her or hate her, her work is all about Her.

What we are looking for is sketches, paintings, videos, installations, performance... anything really. Selfies are a possibility, but please be creative – pictures of you eating all over town – not so much.

Interesting work on portraits have included Joachim Froese's photographs of his mother's book collection and the video, 'Portrait of my Mother-Knitting' by Frans Hofmeester, 2013. Tracey Emin exhibited her bed with stained sheets etc (although we don't have room for too many of these).

Del Kathryn Barton adds personalised symbols to flesh out her portraits. An outfit that people recognise as you before they see your face, would also make a nice installation. A sound recording of a mother (or father) saying 'pick your toys up' endlessly would give a picture of your life right now!

Michel de Montaigne said, "We are all patchwork, and so shapeless and diverse in composition that each bit, and each moment, plays its own game, and there is as much difference between us and ourselves, as



'Self with migraine' by Michael Clifton which is included in the 'Who-o-o Are You' exhibition

between us and others."

So this is a challenge! Show us something that you think is quintessentially you, and we will have a guessing competition at the opening celebration!

Please get your work in to the Serpentine Gallery by 2nd February.

The exhibition will run from the 4th to the 17th February, and the opening will be on the 13th February.

by Philippe Dupuy

The challenges facing the environment, and thus every one of us, is greater than ever. Nimbin, Lismore and Casino Environment Centres need volunteers, donations and your skills and goodwill, to not only protect but enhance the state of our environment. Here is what's happening and how you can help.

Gas Plan

The Government used public money to advertise its Gas Plan in the *Northern Star* and the *Lismore Echo* and of course innumerable newspapers across the country.

The NSW Government Gas Plan claims to protect the water while at the same time allowing CSG extraction. This is yet another absurd assertion since even the chief scientist admitted in her report that it was a mere impossibility. Undoubtedly, CSG mining is a polluting process that will unavoidably contaminate the water both above and below ground. It has proven to be a polluting, invasive, dusty and unsightly industry and it is not unlikely it will create havoc with small to medium business operators who will have to face delays through traffic disruptions, employee abstention, through sickness caused by pollution, and other interruptions.

Their claim of strict regulatory controls is also a sham for they have gutted both the EPA and the Office of Water. The fact is that every time a mining company is found guilty for major infractions the fines have been minimal and are considered part of the costs of doing business, which clearly shows that their regulatory controls have not acted as a deterrent.

Their Aquifer Interference Policy has no credibility in law or policing. No real steps have been taken to increase the number of inspectors and no clear legislation is in place. Without unambiguous legislation, ordinary citizens will find it impossible to take mining companies or the government to court for breaking the law.

Further, the claim that BTEX chemicals

will not be used in fracking is bogus as these chemicals occur naturally in coal seams and will be extracted along with the gas. At the moment the government has no plans for their disposal. As for adopting the recommendations of the chief scientist, the government has its own interpretation of that, as evidenced by their own words, "Our water resources are protected through the most comprehensive regulatory controls for the gas industry in the nation". This statement is obviously false, as regulatory controls only exist in words and they ignore the chief scientist who clearly warns of disastrous consequences if they press ahead.

It is time for action, as we cannot stand by and allow this to continue. One way is to join opposing political groups to help send a clear message to the government. The Greens have started a very vigorous campaign for change; visit their shop at 155 Keen St Lismore.

Dredging on the Great Barrier Reef

The development of the Galilee Basin and Abbot Point will increase the risk of further collapse of the Great Barrier Reef and it is wonderful to see many organisations including NEC take up the fight to protect the reef. There was a great turnout on Sunday 25th January at Byron Bay and other locations across the state to continue pressure on the most pathetic government ever, so our reef is protected.

Mt Nardi fires

Last year the NSW National Park and Wildlife set fire to a section of the Mt Nardi National Park under the pretext of fire management. As a result, precious old and sacred rainforest trees well over 500 years old, were lost. Locals were outraged and enlisted the help of the EDO and NEC to seek a halt to such practice. NSW&WL have now undertaken to better train their employees and contractors so as to avoid such future malpractice. The locals are determined however to continue to pressure the department with petitions and awareness raising. It is hoped that the locals with the

help of NEC will organise guided tours of the affected areas for the general public. Stay posted for further news.

Break with your bank

This is a 350.org action aimed at the four major banks in Lismore to encourage people to divest from those banks because of their support for open-cut coal mines, the latest of which will cause massive destruction in the Leard Forest. The Leard has a great number of threatened species, including the forest trees themselves, the White Box Gum. Please support this campaign. February 13-14th will see action in Lismore and Kyogle. We hope to see hundreds terminate their bank account with the big four and switch to community banks such as credit unions and the like. Meet at the Lismore Environment Centre, Molesworth Street at 10.30am.

Cable clearing

The NSW Government has a plan to use cable logging to clear forest on steep slopes. This is a recipe for disaster. Environment groups on the North Coast are launching a campaign to stop cable logging of mid-north coast catchments.

"Cable logging is a technique where trees are dragged down a slope by cable. The limited information supplied so far by the NSW Government suggests it will be intensive and extensive," said North Coast Environment Council spokesperson Ashley Love.

In 1992 NEFA found whole hillsides at Mt Killiekrankie slipping into the Bellinger River due to logging on excessivley steep slopes. Over 88,000 tonnes of soil was eroded.

This case did prove the need for legally enforceable prescriptions for forestry and did result in logging being prohibited on the steepest and most erodible slopes. "The NSW Government now wants to over-turn these restrictions on steep-land logging" said NEFA spokesperson Dailan Pugh.

"Our message to the NSW Government is ditch the plan to use cable logging and leave our steepest and most vulnerable parts of our vital water catchments alone!" Mr. Pugh said.

To see maps of the first areas proposed and photos of the damage at Mt Killikrankie, check out our website: <https://rainforestconnections.org/projects/StopCableLogging>



For more information contact Dailan Pugh 6680-7063 or Jimmy Malecki 0401-189-037.

Telephone towers

Even though there is no total agreement at NEC on the effect of mobile telephone towers, the majority of members are concerned after hearing both sides of the argument, that the unrestricted and liberal use of telephone towers causes a health risk to the general public and certain individuals in particular. We are of the view that there are too many unknowns to be embracing this technology without exercising caution. The concept of precautionary principle must apply here.

Action needed

More and more people are now understanding that it is the NSW government that is allowing wanton destruction of the environment to proceed. There is now a need for ongoing massive demonstration at Parliament House in Sydney rather than at the isolated places where the transgressions are taking place. It is time to bring home the message that corruption in government is totally unacceptable and that elected governments are there to serve the people and not major corporations. We elect them to represent us and not big companies.

If a majority of people, as many polls have shown, want climate action, protection of natural resources or a clear policy on preserving threatened and endangered species, then governments must legislate to make it law. Power must be in the hands of the people and to that effect we must all join forces to stop the rot.

Koala Kolumn

by Lorraine Vass

Roll on the Great Koala National Park! In last month's Kolumn I mentioned the NSW lead environment groups' policy calling for the establishment of a reserve system for koalas on the North Coast.

Lo and behold, a few weeks later, Labor leader, the Hon Luke Foley announced his promise that, if elected on 28 March, Labor would create a 315,000 ha Great Koala National Park between the Macleay River and Woolgoolga. The initial plan is based on adding 176,000 ha of State Forest to 140,000 ha of existing National Park. Over time a dozen or so reserves would be added, extending the Park from the Queensland border to the Hunter.

The region's environmental protectors quickly welcomed the announcement while the timber industry and government retaliated, citing massive job losses and adding some rather spurious remarks reminiscent of past Environment Minister Robyn Parker's claim that logging "protects koalas".



I'm sure most NGT readers are well acquainted with the arguments and counter arguments, so let me state Friends of the Koala's position. We support the creation of a Koala National Park. Indeed, we would like to see a reserve system for NSW's koalas eventually stretch from the Queensland to the Victorian Borders.

Working as we do at the pointy end of koala conservation, where much of our effort is focussed on dealing with the disease and trauma suffered by individual koalas and hearing from people across the Northern Rivers that they're not seeing as many koalas as they used to (of course there are exceptions to this trend, the Nimbin area being one of them) - why wouldn't we want to see more forested land protected for koalas?

Back in 2011 the Federal Government's Senate Inquiry proclaimed that early conservation action is needed to save the koala in the wild. Here in Northern NSW we're only too aware of the increasing intensity of industrial-scale logging in state forests which is ruining their

functionality as protected koala habitat. Indeed it may have been the approval to log significant koala habitat in Boambee State Forest near Coffs Harbour that provided the catalyst for the North Coast Environment Council, the National Parks Association of NSW and others to engage an experienced ecologist, David Scotts, to identify and map the koala populations of the Upper Mid-North Coast, between the Richmond and Macleay Rivers.

The report, *Conserving koala populations of the NSW Upper Mid-North Coast: preliminary mapping of populations as a basis for further survey, research and planning*, was released in early 2013. In turn it has informed the proposal for the north coast koala reserve system advocated in *Our Environment Our Future*.

Plans are presently underway to extend the project's assessment approach north from the Richmond River to the Queensland Border and south from the Macleay to the Hunter River. Should substantial new information be forthcoming then the reserve proposal will be further refined.

In a strange coincidence, at the same time Luke Foley was making his announcement, the NSW Government initiated its public consultation on the management of the national park estate, in particular updating the NSW National Parks



Koalas come in all shapes and sizes. Five year old Knox with his double chin and Buddha belly was treated for ocular Chlamydia (conjunctivitis) over four months. He was released into the grounds of Wyrallah PS towards the end of January

Establishment Plan; enhancing consideration of the social and economic implications of new park proposals; and considering how to improve community involvement in the reserve establishment process.

Might this be a further opportunity for us to show our support for developing a Koala National Park? Find out more via the Government's 'Have Your Say' website at www.haveyoursay.nsw.gov.au The consultation period ends on 12 April 2015.

Koalas are shaping up to be a hot election issue in the Northern Rivers. Equally as important as ramping up protected areas for koalas is the routing of Stage 10 of the Pacific Highway Upgrade through a nationally significant koala population and the West Byron Urban Release Project, both of which have the potential to add to the decimation of the region's koalas.

In a perfect world, koala conservation would be above the pettiness of party politics. As things stand we all need to ensure that our vote in the NSW elections really counts for koalas. In coming weeks Friends of the Koala plans to survey candidates in the Tweed, Ballina, Lismore and Clarence electorates on a number of regional issues impacting on our koalas.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02)6622 1233. For information about koalas, their food trees, how you can assist koala conservation, Friends of the Koala's Support-a-Koala program and other gift ideas visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233.

To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 131 555.

When it's not a choko, could be a moth plant

by Triny Roe

It looks like a choko. So thought several people on an edible plants group on Facebook. They insisted it was, repeatedly, despite evidence offered to the contrary. The plant in the picture was in fact moth plant or vine, *Araujia sericifera*, and not a choko. Moth plant has pairs of long triangular shaped leaves that are dark green on top and pale greenish grey underneath with dense hairs. The sap is milky.

Eat the weeds, by all means, but manage this one carefully if it is already present. If a new one, or several, suddenly appear on your place, remove swiftly or soon you might find it has overrun your garden. This vigorous perennial climbing plant hails from South America – Brazil, Argentina, Paraguay and Uruguay. It prefers a moist subtropical climate or warm temperate zone.

Like many other attractive plants from that region it was 'discovered' by Europeans, described by a Portuguese man in 1817, brought back to Europe and admired for its ornamental features. From there, it was taken to South Africa, the Azores, New Zealand and Australia, where it is bereft of its natural growth inhibitors. These include fungal and viral pathogens, beetle larvae and caterpillars. Finding the climate to its liking and spreading readily with wind dispersed seeds, it ran amok in its new homes, aka 'naturalising'.

In NSW and SE-QLD, moth plant



is regarded as a serious environmental weed, infesting remnant rainforest, riparian regions, coastal flood plain forests and wet sclerophyll forests. Moth plant is also problematic in Victoria and South Australia.

In a few short years this rapid growing robust creeper can climb a tree and smother it. The vines can reach up to 10 metres, supported by shrubs and trees. The tendrils twist and twine tightly around the branches, effectively ringbarking them. It can also sprawl around on the ground if no vegetation to climb.

Moth plant produces fragrant tubular flowers, white, cream or pale pink, in clusters in the leaf forks. Following fertilisation, large grey blue green grooved fruit are produced. These turn brown as they mature, eventually splitting to release around 400 flying

seeds. Equipped with silken hairy parachutes the seeds are light and fluffy. They blow easily in the wind, can travel large distances from the parent plant and germinate in a completely new location. Seeds, which are toxic to fowls and livestock, can remain viable for five years.

Immature fruit, harvested before seed development, were commonly eaten in its native South America. Anecdotal evidence on the internet indicates they are also eaten today in Australia. The sap, which can be irritating to skin and eyes, was used in traditional medicine to treat warts and as a mouthwash for dental conditions. Leaves and fruit were infused for nursing mothers to improve lactation. Decoction of roots is used in maté. The strong stems were also used as tourniquets for snake bite. (NB: Pressure-immobilisation bandage, not a tourniquet, is textbook first aid treatment for snake bite.)

Another common name is kapok vine, though it is not the true kapok, which is a tree. Even so, the silky down from the seeds has been used to stuff pillows and cushions. The fibres in the stems are strong and used for textiles. It is also called 'cruel plant' because insects often get trapped and die in the flowers. Native species from the same family, *Apocynaceae*, include *Parsonsia straminea*, Silkpod or Monkey Rope. It looks similar but the sap is clear. *Marsdenia rostrata*, aka Milk Vine, has a milky sap but the leaves and pods are different.

Happy weeding.

Fire as technology

by Geoff Dawe

Fire only becomes a technology when humans use it for resource-use advantage. Wild fires lit by say, lightning are not technology. However, making a fire to warm oneself, to cook a meal or to fire-stick farm is use of fire as a technology.

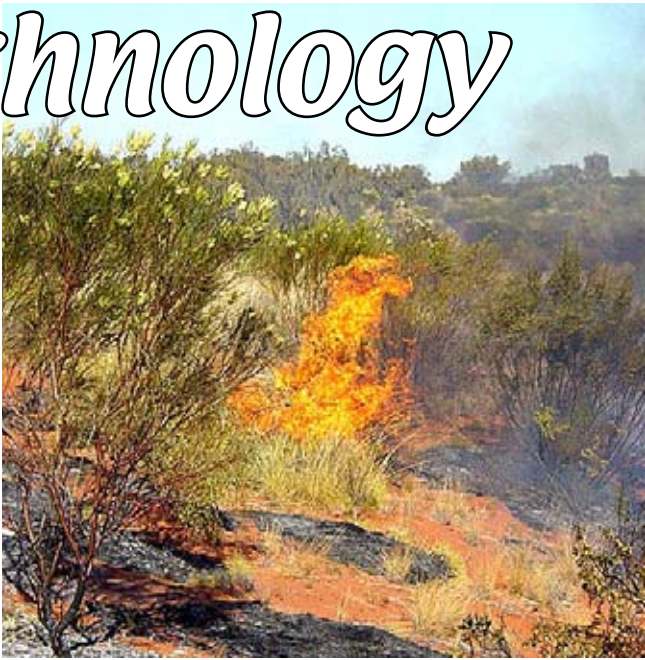
Because humans advantaged themselves in the short-term with fire-use does not mean that use was beneficial to the whole or the long-term. Because humans have engaged in fire-use for hundreds of thousands of years is also not an indicator that human fire-use was overall beneficial, rather than just a function of human expediency.

Keith Cole, writing in *The Aborigines of Arnhem Land*, says that fire-stick farming did not harm the land otherwise the Aborigines wouldn't have survived for thousands of years. Fire-stick farming produces an immediate effect readily visible on top of soil. Nevertheless it is possible that Aboriginal use of fire deteriorated soil, but the effects were gradual and not visible intergenerationally in terms of species changes on top of soil. The scientific evidence is that regular burning depletes soil. The U.S. Department of

Agriculture has reported the effects of fire on soil as "long term burning of crop residues and grasslands has a negative effect on soil quality, which directly relates to reduced production."

Biological sciences professor Mary White says in her book *Listen... Our Land is Crying*, "Today's wholesale burning of savanna based on, and officially validated by, what amounts to the Cultural connection between Aborigines and fire has to be seen as unjustifiable. It is not scientific or logical to assert that because Aborigines burnt the land, deliberate burning must be right."

Fire-use for warmth or even wearing clothes also, potentially carries a shadow side where they restrict bodily adaptation to cold. Charles Darwin noticed that when he and his companions were well rugged, sitting very close to a fire and still feeling chilled in Tierra del Fuego, naked Indians sitting further away from the fire were nevertheless sweating. Of the Europeans and the Indigenes, who had adapted better to the cold in terms of an environment crisis? Wouldn't it be likely that indigenes would have noticed that those among themselves who hogged the fire, comparatively lost their resistance to cold? Furthermore, in regard



to the potential degrading effects of fire as technology, there is a lot of information that raw food as opposed to cooked, is healthier for humans. Professor of Applied Nutrition at Middlesex University, Rozalind Gruben says in *Get Fresh!* magazine (Spring, 2006) for example, "The cooking of any foods results in the formation of numerous carcinogens, especially in the case of fats ... in order to transport oxygen to your cells your body needs to manufacture haemoglobin and red corpuscles. The primary ingredients needed for these things are largely destroyed when proteins are heated. The overall effect is a reduction in the oxygenation of your cells and a consequent environment for

cancer development."

Raw food teacher at Southern Oregon University, Victoria Boutenko mentions in her book *12 Steps to Raw Food* that a 100% raw diet discourages parasites. Victoria writes that on a hiking trip in Minnesota "where the mosquito is the state bird", her raw food family did not suffer any bites despite living out in the open without tents. The Forest Rangers were meanwhile wearing mosquito nets over their heads. Victoria also mentions that the parasites that inhabit most peoples' blood do not occur on a 100% raw food diet.

The extensive human use of fire is no indication that it was in the long-term a good idea to make fire a technology.



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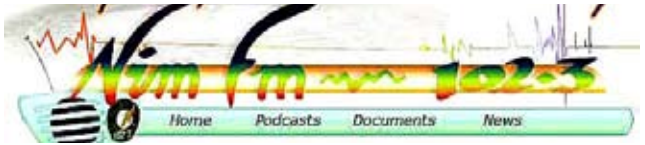
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Natural law

by Helene Collard

Greetings to you all.

The message I continue to receive is: expand through simplicity. This is all about creating intentional space to allow whatever is there to shine. This applies to possessions, people, interactions, and more. In fact, 'less is more'. Rather than dividing your time between 10 acquaintances, why don't you focus on one or two people with whom you can expand and deepen your relationship. Think 'quality not quantity'.

Creating this kind of meaningful space also helps to expand the mind. For the first week of February there will be important opportunities to broaden your perspective and/or change the way you feel about something. This is an important shift that may positively influence an upcoming opportunity, so let your mind fly. Gravitate to people and social events that will help loosen your mental constraints.

From the second week of February expect to receive strong messages – I mean, in your face! These signs and messages are here to guide you, and they will appear in many forms (animals, synchronicity, meaningful

symbols, etc.) – do not dismiss them!

During the last three weeks of February, allow your activities and actions to be meaningful and balanced. Don't be forward, be quiet and aware, and allow things to come to you. There is a sweet magic in the air, be present and graceful to enjoy the fullness of it.

February holds the qualities of harmony and integrity. Integrity is defined as 'the quality of being honest and having strong moral principles' and 'the state of being whole and undivided'. I heard somewhere recently, 'the problem with stretching the truth, is the truth isn't there anymore'. Also, how focused are you with things/people? Can you give someone or something your undivided attention? Consider how harmony and integrity rate with you and bring more into your life.

The potential for a huge idea to upload during February is very real. This can generate a hive of new and inspiring activity, such as research, study, a new job/purpose, or similar. This can feel like big rains after a drought, like creative juices flowing after a stagnant period. Enjoy. Just remember to take one step at a time and to be thoughtful in your decision-making. For example,



*"I am self-sovereign, as are you.
I acknowledge the ancestors, mine and yours, past and present.
You are all my relations. All is One."*

don't quit your day job, until your new interest takes off!

So be brave and make space. Choose quality over quantity and remember that 'less is more'. Travel honestly and practise giving people your undivided attention.

– Love, Helene

Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master-Teacher. She lives in the NSW Northern Rivers area with her life partner, Mirek and their two young children.



Mookxamitosis
by Brendan (Mookx) Hanley

My rants have been getting a bit serious lately. Bit too much hospital gospel, sickness slickness, meditation exhortation and the rest. Time to revisit an old grouch (that's me) and post a post-Aussie day plea for semantic sanity yet again. Back to some spectacular vernacular in my favourite Moon in Scorpio "bottoms... everybody's gottom" poo paradigm!

"Does anyone need to go to the bathroom before we go down for a swim?"

I'm sitting in my little studio/office in the Nimbin Community Centre when I hear this request from one of the minders looking after a bunch of kids on annual holidays... doing some creative play-shoppo stuff in the big room next door.

I can assure the person asking this question that there are absolutely no bathrooms of any sort in this old school building. There's a dunny and a washbasin down the end of the corridor... but you'd wanna be pretty small to take a bath in there. And if you're small enough to do so, you'd need to stand on a box or something to climb in... no bath... no bathroom!

It's a dunny! A toilet,

The dunny, or the bathroom?

lavatory, loo, WC, shit-house, pong box, out-house, poo-palace, thunder box, john, dyke, brask, crapper, privy, the heads, long drop, shit pit, stench trench, the la la, the tiz... even the men's or the women's, ladies or gents... whatever you want to call it... it ain't an effing bathroom! Bathrooms are places where you immerse your body in water for cleansing or relaxation purposes. Dunnies are for pooing and weeing in! For shit's sake!

I remember as a kid, having a search party looking for me one Sunday evening just on dark, as I roamed the streets of Daylesford, Vic. I was trying to find a shop still open... with the son or daughter of some friends of my parents who were visiting for the day. The mother had asked me to take the kid to "Spend a Penny" and I thought they meant go into town and buy something. Why couldn't they say "Go to the toilet!" and be done with it?

What is this "bathroom" and "spend-a-penny" mentality that can't call a pee a pee, a crap a crap or a turd a turd? What sick, literally anal-retentive mind invented "bottom-burp" for fart? Lots of Americans even say "shoot" instead of shit!

When we were living in an old farm-house in Fowlers Lane, Bangalow a few years back, a visitor asked "Where's the bathroom?" I pointed it out and said... "It's over there, but please don't crap in the bath, we have a toilet just here in the corner!"



And please don't start me on "butts" and "pussies" or I'll never stop. I've written songs and previous columns about all this before. What's wrong with "bum" and "fanny" if you're going to use common, non-scientific terms to describe those bits anyway? They're better words than "anus" and "vagina" in my humble opinion. As for "arse" becoming "ass"... words fail me ...

And why do we now "Wait up" or "Listen up" rather than just waiting or listening? What's "up" got to do with it? Women are "ho's" or "bitches"; blokes are "dudes" or "bros"; chips are "fries"; we have dollars and cents, we do Halloween, and we send planes and troops to bomb, kill, maim and help America smash whoever they feel like attacking... as if it was our sacred duty to do so!

In Superman 2 or 3, Lex Luthor is on the phone telling a friend, "I'm thinking of buying a little beach-side property just a bit South-West of Hawaii! What's it called? Oh... Australia!"

There you go... we're living on a piece of mining real estate down-under, being

Puritanised at a rapid rate by good old USA. Where poos and wees disappear as if in a Disney cartoon, bathrooms and genital-less cartoon-like people proliferate like Barbie Dolls... and life takes on a sanitised holiness as befits the most destructive and murderous nation ever seen in the entire barbaric history of this planet.

"We bomb the crap out of everyone but our shoot doesn't stink!" Not when God's on your side. The angels deodorise it during Sunday Church service.

God bless America... Land of the free... Home of the bathroom!

Crossword Solution

From Page 26

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The Cochobamba Accord and the crime of ecocide

While permaculture design is mostly concerned with strategies for communities to “arrange their own food, energy and shelter,” the legal, economic, social and ethical frameworks that ensure earthcare, care for fellow beings and care for future generations, are also the concern of permaculture. Sometimes called “invisible structures”, they are the essential frameworks that underpin the practical aspects of how a society organises itself, what it values, what it restricts and regulates, and how it distributes wealth or power.

Bill Mollison wrote in his 1988 Design Manual: “The tragic reality is that very few sustainable systems are designed or applied by those who hold power, and the reason for this is obvious and simple: to let people arrange their own food, energy and shelter is to lose economic and political control over them.”

So complex, interwoven and entrenched are the systems



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that can shoot us into space, replace our diseased organs, modify, process and ship our food, that trying to unravel any one of them would be like trying to pull intact a tiny thread from the bundle of nerves the size of the planet itself. Many of us take for granted a privileged lifestyle which comes at great cost to the poor majority and to the planet. The fact is that we live in a world of gross inequality, unspeakable tragedies, and yet incredible diversity, resilience, inspiration and hope. The challenge now is to create a world where a

sustainable population lives a life with the intellectual and technological opportunities we have come to expect, and yet with the profound spirituality and earthcare our tribal ancestors demonstrated in some of the long periods of stability on our journey here.

So what would a permaculture revolution look like, you might ask? And what of a post-revolutionary society? Is the prospect of such a thing so frightening and tumultuous that we must falsely defend our unjust, unhappy social structures because “it’s better the devil you know”? Is it better to buckle ourselves in for apocalyptic collapse, than face the prospect of uncomfortable, drastic change? You might be surprised to find that the answers are less revolutionary and yet more profound than you might think, and that the road to sustainability is both possible and happening as I write.

An international team of lawyers, educators,



Children sign their names in Cochabamba. Courtesy boliviasec.org

environmentalists and others are lobbying right now to make Ecocide a crime recognised under International law, and prosecutable both by the International Court and national governments. The definition of ecocide rests on the premise that the Earth is a living organism that sustains all life, and interruption of its vital functions constitutes ecocide. Moreover, the recognition of

ecocide acknowledges that humanity has both the power to commit crimes of ecocide, and be held responsible for those crimes; that is, that citizens may call on the rule of law to prosecute crimes against planetary health.

Naomi Klein, in the essential and difficult book *This Changes Everything*, writes that when Ecuador adopted a new constitution in 2008, it became the first country to enshrine

the rights of nature in law. Article 71 of the country’s constitution states: “Nature or Pachamama, where the life is created or reproduced, has as a right that its existence is integrally respected as well as the right of the maintenance and regeneration of its vital cycles, structures, functions and evolutionary processes. Every person, community, people, or nationality can demand from the public authority that these rights of nature are fulfilled.”

The ‘People’s Agreement’ of the World People’s Conference on Climate Change held in Bolivia in 2010, recognised that the earth has “the right to regenerate its bio-capacity and to continue its vital cycles and process, free of human alteration.” From the legal recognition of such profound agreements, so much must follow. You can read the full Cochobamba Accord at: www.rightsofmotherearth.com www.communitypermaculture.com.au

Fermented flavours foster food festival

by James Creagh

Last year’s Fermentation Festival at Blue Knob Market was a great success, attracting around 350 people. The market was very fortunate to have Sandor Katz present for the event. Sandor is known as the modern guru of all things fermented and has published with several books including *The Art of Fermentation*, a *New York Times* best seller. One of best things about last year’s festival was discovering the amount of interest in fermenting and creating an opportunity for so many talented fermenters in our region to get together.

The revival in fermenting grows out of a bigger movement about reclaiming where our food comes from – moving away from the way big business produces food and

moving instead towards farmers’ markets, community gardens, seed saving, and locally focused food security. Nimbin has travelled very far in this direction, with lots of focus on working towards greater food security with the Blue Knob and Nimbin Farmers markets, the Nimbin food security group, Nimbin Natural Beekeepers, Nimbin Seed Exchange, the Farmers Collective, HUB, and more recently the Nimbin Food Co-operative.

We will have many great speakers presenting on Saturday. Jean Martinez and Tom Rothsey will be our main speakers, both are leaders in the field of fermenting in Australia.

Jean Martinez runs a business called Artisan Wholefoods. “My food philosophy is to teach classes which focus on wholefoods/real

foods and traditional food skills – for the health of individuals and the environment,” she says. “The revival of naturally fermented foods had to happen. These foods are naturally nutrient and enzyme rich and form a necessary foundation for a healthy diet and gut ecology”. Jean’s talk will cover nutrition of fermented foods, history of fermentation and a simple fermentation demonstration.

Tom Rothsey is passionate about the social, political and functional aspects of fermentation, and the linkages between notions of community, sustainability and fermentation. As well as being ‘fermental’, he is an ecologist, environmental scientist, reflexologist and energy worker. Based in the Orara Valley, Tom conducts fermentation workshops, and offers holistic health and lifestyle coaching



Sandor Katz at last year’s event

under his ‘Celestial Roots’ banner. His book *Cultivating Communities* (with a foreword by Sandor Katz) will be out mid-2015. Tom will talk about healing brews and demo the making of sauerkraut.

Jason Grigon is a regular seller of bread and cakes at the Nimbin and Lismore markets. Jason will be talking about sourdough culture, its uses, how to love and care for it and make sourdough bread at home without any expensive equipment. Sourdough culture will be available to purchase for those who would like to take some home.

Peter Hardwick has been researching wild food plants for over 35 years, and has been making wild ferments for eight years. He’s currently making kombucha-like and seawater-based pickles using wild cultures with native fruits, nuts, seaweeds and wild vegetables. Peter also supplies ferments to restaurants.

Natalia is the mother of four kids and an avid fermenter. She will demonstrate the making of nut cheeses and Japanese pickled greens ferments.

Jenny Creasy is a local teacher of fermentation with a focus on making cheeses. She has developed a passion for working with fabrics, including using fermentation in that process. She will talk about cheese making and fabric dying.

Shabari Bird with her partner Hugh Lovel run the Quantum Agriculture School that teaches “How your local weeds become gifts to your farm and gardens

through fermentation processes” that dynamically transform them into fertilizers, insecticides, and herbicides. Sahbari will talk about the art of making dosas.

Arpita Cleland makes traditional artisan tempeh fermented in banana leaves to sell at BKFM and Lismore Organic Market, using all local organic ingredients. She will also be launching her new vegan cheeses at the fermentation festival.

Johnny One Tree’s yeasts, bacterias, moulds, soil liqueur, kombucha, sauerkraut and traditional processing methods are exciting subjects alone. Enjoy Johnny’s tales of experiences and observations in discovering the magical similarities between the earth’s soil organisms and those of the human gut.

Charmaster Dolph Cooke has been experimenting with biological fertilisers since he started with biochar in 2009. Through his work with soil carbon he has gained insights into the plant world seldom seen by others. Sharing all with everyone along the way, his main interest is in biomimicry and self-sufficiency.

The Fermentation Festival starts at 9.30am on 7th March at Blue Knob Hall. If you are a keen fermenter, bring along your creation to share at the end of the talks. This is a free event.

For more information, contact: jamescreagh@hotmail.com or phone 0434-892-466 and check with the *Blue Knob Farmers Market* Facebook page for updates on the festival.

With the Blue Knob Fermentation Festival being held on 7th March, Café Blue Knob’s menu will reflect fermentation month, with exciting new ideas on how to incorporate fermented foods into a daily diet.

Cook Joline Shervey has fermented tea, milk, water and vegetables for two years now, and plans to offer things like fermented ice creams, marinated mustard chicken in kombucha, and other delicacies.

She explained that the benefits of fermenting grains, vegetables, and milk products are that it restores gut health, increases vitamin A and C levels, helps remove toxins from the body, has cancer-fighting properties, and helps the body absorb nutrients better.

Fermentation has a number of benefits, it makes nutrients more digestible and bioavailable, supports our immune function, and also cuts the sugar content of foods.

Joline said fermentation usually takes less preparation effort than anticipated, and has shared this simple sourdough starter recipe.

Sourdough starter with yoghurt

To make 1 loaf bread or 2 pizza bases:

1 cup of flour, spelt or plain wheat or unbleached

1 cup of plain yoghurt or kefir (or half a cup of whey and half a cup of yoghurt / kefir)

Place ingredients in a tall glass jar and mix well with a wooden spoon to form a thick soup like consistency. The jar

needs to be tall enough so that the starter can double in size. Place the lid on the jar.

Leave the mixture to stand at room temperature until it is bubbly and frothy in top and has increased in size. This could take one or two days, depending on the weather. Once the starter has gone through the bubbly frothy stage and developed a pleasant, ‘sour’ smell, it is ready to use.

To use the starter, feed it the night before with equal amounts of flour and yoghurt, remove from fridge in the morning, and let it sit at room temperature for 1-2 hours

Pizza sourdough

1 cup of yoghurt sourdough starter

½ tsp quality salt

¼ cup olive oil

2 cups flour: spelt, plain or half and half

Place all ingredients in a bowl, using less than the ¼ cup of olive oil and mix well. If mixture is too thick, add a little water. The dough should be moist and sticky with elasticity. Wet your hands with the rest of the olive oil and roll the dough into a ball.

Place the ball of dough in centre of pizza tray and pat it flat. Continue to stretch it in an even layer to desired thickness and cover it with plastic wrap to let it sit at room temperature 2-6 hours until it has risen and increased in size.

Top with anything you love on pizza and bake for 15-20 min in a 200 C preheated oven. Enjoy!

Birth and Beyond



by Kirrah Holborn,
'Traditional Wisdom'

Healthy pregnant women living in the Lismore region now have more options for antenatal care and birthing.

The Birth House is a private little oasis located less than five minutes to Lismore Base Hospital. It's a holistic midwifery service that addresses the different aspects that influence women's health and wellbeing. It helps support her to nurture herself and grow and birth a healthy baby.

The Birth House was established by registered midwife Bronwyn Moir, with the vision to create a sense of community around the sacred period of preconception, pregnancy, birth and

parenting.

The first thing you'll notice when you arrive is how easy it is to park right outside! It's a home-like setting so automatically women and families relax when they walk in the door and are greeted by the smiling face of Bron. There are no waiting times, and you can choose to have long sessions with your midwife.

The Birth House offers all the usual checks but with the added bonus of other holistic services and completely individualized care. Bron offers full pregnancy care from 12 weeks gestation (at least 10 visits), any required blood tests and ultrasound referrals and full access to the Birth House pregnancy group and classes (unlimited visits during pregnancy and up to 6 weeks post birth). Added bonuses include pregnancy massages and the 2-day Birthing From Within Birth Warrior course, that will help the mother and her support team deeply prepare for birth.

There are four registered

midwives working at the Birth House: Bronwyn Moir, Bree Daley-Forsyth, Nat Gray and Genna Colgate. They share a similar philosophy about birth and are passionate about providing holistic and nurturing support. All the midwives also work at Lismore Base Hospital and have a good working relationship with the other staff at LBH (this is handy if there's a transfer needed). I also work at the Birth House as a doula and Birthing From Within childbirth educator.

The midwives and doulas are also involved in the antenatal groups, so women get to know their care providers during their pregnancy so they feel completely comfortable with them when it comes time to birth.

The weekly pregnancy groups provide the perfect opportunity to meet other like-minded people and to ask all those niggling questions that pop up. Friendships develop and this means there are support networks in place for after your new baby arrives. Each week a new topic is discussed and you can delve into everything pregnancy,



At the Birth House

birth and parenting related.

There are a range of other holistic services offered. These include nutritional advice, herbal remedies, pregnancy massage, access to our extensive lending library of pregnancy, birth and parenting books and DVDs, antenatal classes and Kirrah also provides placenta encapsulation for the Birth House women.

When it comes time to give birth

Women can come to the Birth House in early labour (unlike the hospital where women may be sent home). The surroundings are very comfortable and there's a midwife on-call 24/7.

bonding and breastfeeding. There is no rush to get you out of the room. You can stay as long as you want. After birth, the midwives help clean up and provide a nurturing meal. Couples can then go home or stay overnight – whatever they wish. The post-natal visits happen in the family's own home.

Want to know more?

Bronwyn invites any woman at any gestation to come and check out the Birth House by coming to one of the pregnancy group sessions held each Saturday from 9.30am-12.30pm. The Birth House is located on Leicester Street in Lismore. So you can be catered for, it's important to book in for this session (it costs only \$20/class).

To find out more visit: www.holisticmidwifery.com.au or phone Bron on 0425-335-414. Payment plans are available, so give Bron a call to discuss your individual options.

For more information about doula services, pregnancy massage, Birthing From Within antenatal classes or placenta encapsulation, visit: www.traditionalwisdom.com.au

Alternative Australian psoriasis treatment

A breakthrough in the treatment of psoriasis and many other difficult skin diseases, is an amazing Australian success story.

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Mr Barry Donnelly BHSc CM ND WHMN has Dr Tirant's protocols and

medications, and offers this remarkable service to the skin disease sufferers of the Gold Coast and Northern Rivers Regions.

Other skin conditions that are also successfully treated at the Good Skin Clinic include eczema, acne, psoriatic arthritis, rosacea, dermatitis, ichthyosis and nail / fungal infections.

For further information, phone 1300-956-566 or email: barry@feelinggr8.net.au or visit our website: www.goodskinclinic.com.au

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bandaids on my fingers." Cathy now enjoys life without itchy, cracked and bleeding skin.

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NORTHERN RIVERS & THE GOLD COAST

Why go to a Feldenkrais class?

by Brent Shaub

With all the movement classes in this area, it can be challenging to discern which will be helpful. Where Feldenkrais excels is how it takes advantage of your natural ability to refine the quality of what you do.

Care is given in Feldenkrais classes to create a learning environment. Students can safely explore their habits of movement and the effects of those moves. A Feldenkrais teacher verbally guides through a sequence of instructions with an attitude free of judgement, competition, striving and imitation. All levels of ability are suited; Feldenkrais starts wherever anyone is and begins just there.

Classes are a laboratory in which the process is as important as any destination. Based on the inner felt sense, the magnitude of each movement is relative to the person's ability in that moment. Success is defined as staying present and sensing ease throughout the entire sequence. Being able to effortlessly reverse at any time is a Feldenkrais foundation.

Learning is based on sensing differences. Subtle distinctions in proprioception lead to adapting to improve the quality of movement. Feldenkrais provides practical skills for everyday life so that one can continue to participate fully and grow.

However, if a person has been injured, the injuries often thrust new patterns of moving into being.



Without sufficient time to understand their effects, changes in movement can cascade further. Feldenkrais looks at the musculoskeletal system as a whole, seeing the relationship between an injured knee and growing back pain, or a stiff neck and tight hips.

I was introduced to Feldenkrais at a Yoga centre in 2004. The effects of one class are immediate, and the process is often enjoyable. This Feldenkrais mindset is a practice I continue to incorporate into my life.

Professional Feldenkrais training spans four years and 960 class hours. I graduated in 2013 and am now able to share this with others in a dedicated studio.

I teach at 104 Stuart Street in Mullumbimby on Wednesdays at 9.30am and Thursdays at 6.30pm. Auslan-interpreted classes are forming. Enquiries are welcome.

Class schedule: <http://moveEasier.com.au/classes>

Feel free to connect with questions or comments, email: Brent@moveEasier.com.au or text 0404-429-271.

Transformative power of rage

That someone is very attractive – too attractive. We want to get close to him or her, but... they are kind of dangerous: really handsome, beautiful even, but too hot to handle. They are the life of the party, popping pills, drinking straight from bottles. Spirits of the party. We want to get close, really close, but... it's like moving in with a handsome sleek lion. Are we nuts?

Somehow or other, we wake up the next day in bed with this gorgeous stranger and then the next morning, and next thing you know, we are a couple. It is outrageous, this connection we have. He, or she (this is not a gender specific story), is too wild; his devil-may-care attitude flings us this way and that. It's like being taunted by a tornado. Thrilling, for sure, and addictive. Yes, he uses too many drugs, some legal (he doctor shops), some illegal (he shops with the guy across the street), and smokes and drinks. He'll settle down, we think, once the relationship becomes more stable.

We clean up the vomit on the bedroom floor, silently throw out the bottles with the empty packets of pills, we wash his clothes and the sheets and spray room fresheners around; we are good partners, never complaining, and to all intents and purposes, we are no different from everybody else. The fact that we are angry, so incredibly angry doesn't come into it.

Time goes by and we've

heard the story before, quite a few times now. S/He'll change; it'll never happen again; he's on the straight and narrow and he loves us. Life seems good, maybe. His sleek gorgeous looks are fading. There's a bit of a paunch and a stray blood vessel appearing on his nose. He is quite attractive, still, in a sort of moth-eaten old leonine way. We say so, he goes out to celebrate and we don't see him all day.

We use this time to angrily clean the house, attend to the business of finding him a job and we secure an interview for him, because he lost the last one through turning up to work drunk. We wait, and wait, feeling like we are about to implode. He turns up the day after tomorrow, though it is a Tuesday and he has an interview at 10am. He is incoherent, dirty and still very, very drunk. There is no way he can attend, so we ring the workplace and say he has come down with the flu.

Some label our place in this relational pattern as co-dependent. This is a term that doesn't quite sit well for me, and some others. Essentially co-dependency is enabling the other person to maintain an addictive lifestyle. I don't like the term because it ignores too much, and it pathologises what is actually a complicated process.

One of the early theorists on this subject, Robert Subby, said in the 1980s that co-dependency is "an emotional, psychological and behavioural

condition that develops as a result of an individual's prolonged exposure to, and practice of, a set of oppressive rules – rules which prevent the open expression of feeling as well as the direct discussion of personal and interpersonal problems."

This "set of oppressive rules" are cultural and family scripts, such as "you are a wife now, your role is to look after your man without complaint". Other factors may be at work as well, such as, guilt, a desire to be loved and supported (and supporting the partner is a way to achieve that, so the thinking goes), a desire to have the relationship our parents didn't have, a hope for comfort that somehow never eventuates.

The term co-dependency has many descriptions. Some have seen it as the denial or repression of the real self, forgetting that the self is not a thing, but a process, and is always relational to the social and economic realities of our lives. Some have described co-dependency as a self esteem issue. It may well be this at one level, but more critically, it is a sense of being locked into a relationship that seemed to have so much promise, but has become endlessly unfulfilling. The primary issue in this relationship is that is less an individual problem than something that is occurring between two (or more) people.

There is nothing wrong, nor pathological, with wanting a loving relationship. It is a basic and necessary human need. The problem, as I see



by Dr Elizabeth McCardell

it, lies with the belief that it is good to forgive another person's appalling behaviour, always. But it isn't, particularly when it impacts on one's own emotional stability, and that of other family members, especially children. It isn't good to subsume our own needs endlessly for those of an abusive other. It may be nice to visit the lion in his den, but it isn't a safe place to bring up children, nor a place for ordinary everyday happiness.

Be angry. Rage. Be the rage. This is the point, the fulcrum, that seems to be overlooked in co-dependency literature. Here, in the rage, is where transformation can take place. Here, in the trembling of anger, is where therapy is most effective and life takes a new course. Here in the rage is a relationship with the self and thus it is the point where the relationship with the other person can be broken, or healed, whichever we choose. There is nothing calm about rage, but it is a gift of incredible energy that can shift everything stuck and voiceless. Finding its direction, though, is the skill to be learned and it is a skill to shape the rest of our lives.

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Phlegm

by Brigid Beckett

Phlegm is a word that conjures up images of unpleasant things being coughed up.

While phlegm can appear as this, in Chinese medicine it also has a broader significance, often causing unusual and unexplained symptoms.

This type of phlegm is termed insubstantial phlegm.

Symptoms of this type are many and varied, they include; nausea, reflux, coughing or wheezing, headaches, vertigo, nodules or masses, numbness, ear problems, hyperthyroidism, anxiety, insomnia, migraines, obesity.

Phlegm is caused by a malfunction of organ systems, commonly liver or gallbladder, also lungs, spleen or kidneys. It can also occur after a febrile illness, resulting in an extension of the illness or recurrences.

Phlegm is more likely to affect the upper body.

In the head area it can cause headaches, fuzzy head, ear problems such as glue ear or tinnitus, sinus problems or vertigo, also in some cases



epilepsy and stroke. In the throat it can cause thyroid problems.

Lung symptoms include coughing and wheezing, smoking causes phlegm heat.

The heart/shen can be affected, leading to insomnia, anxiety and palpitations.

Phlegm can block the liver and stomach channels and is a common cause of reflux, nausea and bloating, also alternating constipation and loose bowel movements.

Generally rubbery masses such as enlarged lymph nodes, lipomas or other soft nodules can be phlegm- related.

All the above symptoms are wide ranging and can have other causes. Certain things point to the phlegm diagnosis.

One clue is certain smells worsening a person's symptoms, or if someone is sensitive to smells. Especially fumes such as from petrol, paint or perfumes for example. Sometimes noise will have a similar effect.

Another characteristic is that someone may look strong or be healthy between episodes or have a healthy appearance even though feeling unwell, often giving a confusing and frustrating situation. "Strange conditions are often caused by Phlegm."

Also symptoms may be worse first

thing in the morning or after eating. This especially applies to fuzzy head and tiredness.

The insomnia caused by phlegm typically involves waking around 4am.

Obesity caused by phlegm damp will have the characteristics of a pear shape, often puffiness for example in the fingers, and often after reaching a certain point will be resistant to dieting regimes.

Phlegm is always caused by the malfunction of organ systems. There are specific treatments for phlegm which will give relief from symptoms. But as always, the underlying constitutional or lifestyle factors have to be addressed. Pertaining to the liver, this is again the common stress/emotional issues causing a dysfunction. If spleen and poor digestion are the main problem, dietary considerations and digestive strengthening treatments are most important. If caused by a severe fever, yin needs to be strengthened. And phlegm heat in the lungs is often smoking related.

Diet often needs to be addressed. Recommendations will vary depending on the underlying problem. However there are some foods that are phlegm producing, mainly dairy, excessively sweet foods and fatty and fried foods.

So don't be put off by the name! If anyone has a confusing set of persistent symptoms, treatment for phlegm may give much needed relief.

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