

The physiology of stress and trauma

PART 2

After having delved into the physiology of stress and how nature prevents trauma in wild mammals (Part 1, NGT June 15, p. 26), let's now take a closer look at trauma itself.

What is trauma? How does it manifest itself? How can we deal with it?

First of all, we are equipped with a well established survival program to deal with stress and trauma. When facing a threat our nervous system responds automatically. In Fight or Flight Response for example our sympathetic nervous system gets activated and all faculties needed for fighting or fleeing are fuelled.

Trauma comes into existence when we're overwhelmed by circumstances. In a real or perceived life-threatening situation, where neither fighting nor fleeing is possible, a parasympathetic impulse takes over. What might feel like relaxation, especially in the aftermath, could well be a Freeze Response.

This is a protective action of our nervous system where numbing endorphins flood the body and dissociation happens. We simply shut down. Trauma is a self-perpetuating phenomenon.

Somehow we get stuck in this protective response. It can actually feel quite OK most of the time, but there are certainly other times when it doesn't feel OK at all.

Trauma symptoms often come with either strong agitation or shut down tendencies. It usually drains a lot of our energy. Well known examples for



by Betti Wille

traumatic experiences are rape, war or severe accidents. Surgery, birth or any other actual or perceived threat during the vulnerable times of childhood are probably next on the list...

Stress and trauma responses are rooted in the reptilian brain. Like a turtle, in greatest danger we retreat to a place behind a protective shell. Even though this place has some comfort to offer, unfortunately we're cut off from real deep feelings here. And it's our true deep feelings that enable us to feel connected and safe after all.

Well, our body is trying to find a resolution of that trauma again and again. As part of the programming it seeks out related situations to find a way to reconnect to the healthier full range of feelings.

We usually stop this process. Why? Feelings of anxiety or nervousness prevail in situations where the body is trying to resolve trauma. It gets worse before it gets better. We are afraid, quite understandably. So we rationalize, get distracted

and even self-medicate to not feel the discomfort.

Generally there's nothing wrong with this approach, it may be appropriate at times. There may be other times though when you, like me, want to know what's going on inside and how to learn, evolve and heal debilitating conditions. After all, healing is the return of the memory of wholeness.

"When we are unable to flow through trauma and complete instinctive responses, these incomplete actions often undermine our lives." Dr Peter Levine is author of *Trauma Healing – The Waking of the Tiger* and the originator of *Somatic Experiencing*. Along with many other professionals in this field, he explains that stress and trauma are primarily biological phenomena.

His work with felt sense within the framework of the body has proved to be both gentle and effective. By working with body sensations it is not necessary to revisit traumatic events.

In Biodynamic Craniosacral Therapy we work accordingly. A mixture of applying helpful resources, compassionate deep listening and communicating body sensations can help resolve trauma considerably.

Part 1 of this article can be emailed to you, or find it in the folder marked "Biodynamic Craniosacral Therapy" outside the Healing Arts Collective in the Nimbin Community Centre. You can meet me at the Healing Arts Collective on Mondays.

For more information, email me: biodynamic.touch@gmail.com

Nimbin Central School Wellbeing Day

by Cath Marshall,
Deputy Principal

Nimbin Central School held its highly successful Wellbeing Day on 23rd June. This is an annual whole-school event which recognises that youth is a crucial period for establishing positive healthy mind, body and social behaviours.

As research repeatedly shows, providing a variety of experiences and exposure to a range of issues and ideas, topics and information is the best way to support young people during the critical time when they are undergoing rapid emotional, physical and intellectual changes, and when they begin the transition from childhood to adolescence to independent adulthood.

In line with this, an exciting mix of workshops and presentations was organised, aimed at addressing specifically identified student needs and to be appropriate for the wide age range at the school – from Kindy to Year 12.

A highlight of the day was Bernard Mangakahia who presented 'Mana - The Spirit of Polynesia'. MANA is the Polynesian term for the inner strength and confidence that comes from a sense of identity, and he inspired everyone to discover their own MANA.

Using dance, music, multicultural themes and history, he stressed the importance of learning about heritage and the power of self-



belief and respect as well as ensuring all the students had fun. Watching the students dance, sing and do the haka, it was clear that they did.

Stone Gye, an ex American Marine turned inspirational speaker, encouraged all to find their inner strengths and to remain true to their dreams. Participants completed 100 squats, supported and encouraged by the entire group, which was quite a proud accomplishment – but did lead to a lot of very sore legs the next day!

An engrossing and moving session was led by Anton, a Vietnamese refugee, who spoke of his experiences and provided a timely insight into the human side of the refugee issue.

Other sessions included a Hip Hop artist, Women's

Health, Rock and Water, badge making, storytelling with puppets and a boys group centred on healthy relationships.

Overall, the day was a great success with all the students being fully engaged and interested as well as greatly enjoying all the presentations. Initial survey results from the students also indicate that they found the day highly informative and inspiring, with real life connections being made. It was also highly pleasing to hear all the presenters comment on the excellent behaviour, manners and enthusiastic participation of our students.

I look forward to continuing this important initiative in the school and supporting the holistic growth of our young people.

Energy sustainability workshop

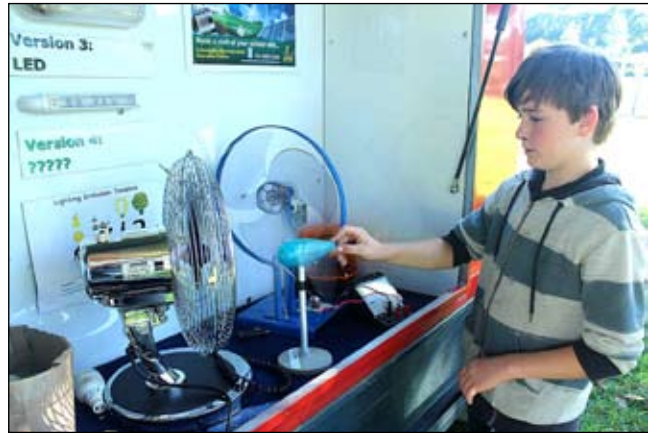
by Bill Zsigmond
Science teacher

Nimbin Central School students in Years 5, 6, 7, 8, 9 and 10 thoroughly enjoyed a workshop presented by the Dorroughby Education Centre on 4th June.

The workshop was all about energy sustainability and alternative energy.

Students were able to see and use working models which included: solar vehicles, solar oven, energy bike, water turbine, wind turbine, power saving devices, electricity generators and turbines, solar panels.

It was a most beneficial day for everyone with students developing a clearer understanding of climate change, clean and dirty forms of energy and alternative energy in our community.



Tunable rainbow serpent dreaming

Tunable Falls Community School is about to embark in a new garden project. The success of the Stephanie Alexander Kitchen Garden Project as an integral part of the school teaching and learning program, has given inspiration to the birth of a new idea.

For the past year the three teachers have worked on a model for teaching and learning whereby the kitchen and garden are embedded in the curriculum. This became our SEE program – Sustainability and Environmental Education.

A few years into the development of this program, the children have planted and harvested multiple crops of garlic, potatoes and brassicas (not to mention all the summer salads and veggies they have grown). They have helped make compost good enough to eat, started a worm farm, investigated yields of plants grown in compost and not, they have mulched and designed new beds, beautified the outdoor classroom with mosaics and mobiles, become environmental superheroes and so, so much more!



(We have master chefs and sourdough bakers in our midst too.)

To have children engaging with the environment in such a positive way, learning to value the food they eat and the way it is grown and cooked, gave the teachers inspiration: how could we extend the garden learning program out into the rainforest gully to the side of the garden and kitchen? An orchard is already in the making but this needed to lead into something else. And so ideas around an Ethno Botanic Trail began to emerge.

As the gully began to be cleared, thanks to Phillip a dedicated parent volunteer, so the form of the landscape emerged to show us a Dreaming: a Rainbow

Serpent Dreaming! A walk through our local history from ancient pre-history and the Dreaming, down the gully to present times.

We imagine a botanical walk linked to history depicted in sculptures, art installations and signage along the way. This is a project that will flourish with community consultation and involvement. Advice from our local Elders will be sought. Help is also needed by our local community as the children research, design and develop their Dreaming. Ideas, energy and gifts are needed and most welcome.

Please contact the school on 6689-1423 or Deborah on 0421-097-776 if the school office is closed for the holidays.

Thank you from Cawongla Playhouse

by Leanne Logan

Thank You. Two simple words made up of eight different letters.

The children of Cawongla Playhouse found these letters in amongst all the other alphabet letters recently and used them to create a "thank you" wall at preschool. They coloured in the plate-sized cardboard cut-outs, discussing, as they did so, whose name started with each letter. For names, they know, are important. Names identify and connect. Names help us belong. Names make us part of a community.

So it was, when Rainbow Eagle Man arrived at preschool a little while later to discuss caretaking of the land and ocean, that the children discovered their names anew. As Rainbow Eagle Man sounded each of their names through the didgeridoo, the children delighted in the difference. Here was something familiar but foreign; sound waves that could be felt rather than just heard. Their faces shone with curiosity as we wondered was this a way of connecting with the people who belonged in this place before us?

That very same week Paul Taylor came



Noah and Twyla make pecan pies

to preschool. Paul spends most of his time in America, celebrating Australian culture – both indigenous and white – with children and adults there. We were lucky to have him come visit, and talk about animals and birds and people and places that we all know... or think we know. We share our day-to-day lives with wallabies and kookaburras and magpies and lizards. But do we really know them? His visit left

us thirsty for more.

So our thank you wall has grown. It started with images and words for our mandarin tree, that feeds us daily through cold winter weeks, then moved onto our pecan tree that this year has provided us with oodles of nuts to bake delicious pecan pies, and now extends to names and images of people who have inspired us. Thank you to all.

Community garden

Nimbin Preschool has started a Community Garden Project with the employment of our Groundsperson Gardener, Alex.

We view this garden project as an essential link between the preschool and the community, and as a logical extension of the thinking and action we have established around recycling, sustainable environments, gardens and growing food that is shared between us all.

Our aim is for the children to grow enough food at preschool enabling them to take home vegetables that can be shared, cooked and eaten with their families.

Over a longer period of time we see possibilities for a deeper engagement with the environment that creates change in terms of current government practices towards the environment, and as a catalyst for shared social responsibility.



Yukari and Alex



Ball skills

by Elissa Wenzel

This month the children at Nimbin Childcare Centre have been practising their ball skills, such as catching, throwing, kicking, striking and underarm roll. These techniques are a great way for the children to be active, learning hand-eye co-ordination and building their gross motor skills.

I would also like to take this opportunity to thank the Nimbin community and all our parents/guardians for their support over the past few years, I am taking 9 – 10

months off to have my second baby. I will greatly miss all the children and their families, and look forward to returning to work next year.

Carina Hinze will be taking over my position while I'm on leave. Carina has lots of experience in being a director and has had a few weeks with me to learn how the Centre works. Please make Carina feel welcome and show your support.

If you're thinking about centre-based childcare and education for your child, please call Carina on 6689-0142 for further information.

Huge paintings and soft weaving at Tuntable Falls preschool

by Heather Jessup,
preschool educator
and artist-in-residence

We have started a new art project – painting our circular bike track with large rollers and brushes to create bright coloured patterns and images.

Working in small groups, we talk about the animals we can hear, colours we are using and tell stories about our painting. We also have room to use a larger physical space with our rollers of paint, such as running with the rollers on the ground, stretching as far as our arms will reach.

The bike track artwork has moved in new directions as the children lead with their artistic expression and provide new insights and perspective.

We have also joined the Hiromi Tango Art Magic: Remnant Rainbow Forest project in collaboration with the Lismore Regional Gallery. Hiromi has a strong belief in the therapeutic qualities of the art making process, and this is why she is sharing her techniques.

Using her seven art seed steps, we will weave with wool, felt and other textiles to make soft seeds, animals and fruits to sit in a nest that we will make.

The children are really enjoying the process of wrapping and weaving. Sometimes we have to concentrate and wrap the wool tight, other times we sing a weaving song and marvel at the textures of fabric and colours we are using.



Lieka and Lorien getting creative on the bike path

In September, our work will be exhibited as part of Hiromi Tango's project at the

Lismore Regional Gallery. New email: tuntableschool@gmail.com

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- **Sunday 5th** – Visiting Club: Evans Head Raw Prawns
- **Sunday 19th** – Visiting Club: Casino Railway
- **Sunday 26th** – Visiting Club: Coolangatta Bowls
- **Open Mike Nights** – Wednesdays 15th & 29th, 7pm
- **Social Membership \$5**
- **Courtesy Bus** – Enquire at bar
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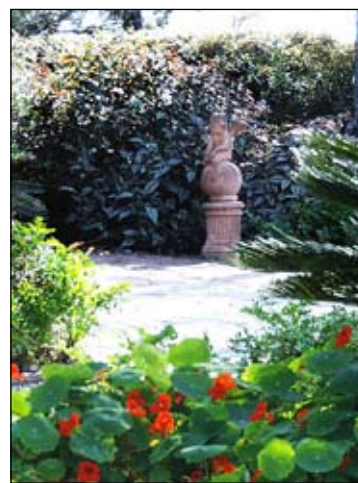
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Nimbin Garden Club notes



by Gill Jones

Rikki and Rob Fisher's home looks out over Blue Knob, Mt Nardi, Lillian Rock and the Pinnacles. Their northerly slope provides one of the most beautiful expansive views in this region.

The 15-acre property has been lovingly renovated over the past eight years. Originally full of small sheds and various other animal shelters, the property had a restricted view before Rikki and Rob's vision of wide sweeping verandahs and open sky turned an ordinary property into an exceptional one.

The garden has been

designed to attract birds and the various chickens and sheep provide a rich environment for all who visit. The large, well-maintained vegetable garden is tidy and abundant, with sheep manure providing the main fertilizer on a well-drained slope. An Isabella grape vine provides grapes for homemade wine, with tamarillos, pineapples, jack fruit and bamboo growing in abundance.

The property originally had waste tyres which have been turned into steps from one level to another, and Rob has planted a variety of native trees to reduce the mowing on steep slopes. Woofers have a space

and the Fishers enjoy the cultural exchange they gain from hosting a variety of travellers. Rikki's studio is an inspiring space looking out over the western valleys, so they are definitely living the dream!

Our AGM was well attended with a strong group of committed gardeners enjoying the afternoon's visit. Our raffle prizes were generously supplied from Bunnings and the plant swap table had a variety of plants for our gardeners.

New committee members were voted for, and the club will go from strength to strength in the coming year with Andrew as the new

president. There are a few working bees planned for the year, so anyone wishing to become a member and enjoy the beautiful garden in our valleys are encouraged to become a member.

The next visit is on Saturday 18th July to Anna's garden, which provides food for market stalls and various herbs within a permaculture design. It's at 396 Whian Whian Road, Whian Whian (36.1 km from Nimbin Post Office). Look out for the Nimbin Garden Club signs.

Please bring a chair, food to share and a smile. We look forward to seeing you there.

nimbingardens@gmail.com

Nimbin Crossword

2015-07
by Synic



Across

- Urban sprawl above Brisbane
- (init.) sign off a letter or card? "thank you"
- Public transport (on the road)
- Be filled up beyond capacity
- Environmental?
- Proof of being elsewhere
- Legally detained
- Sickness
- (init.) Northeast
- Performer – skilled in projecting their voice

Down

- City map-book
- Mythological half-horse, half-man
- Abuse
- Arm joints
- Segmented citrus
- Outdated
- Steal (throne?)
- Awful
- (Certified) chemical/ GMO-free
- (Criminals') lair
- Japanese horseradish
- Fool? Fork-tailed passerine bird
- All fucked up (military slang)
- Billboards, spots and banners



Solution: Page 35

trivia

Devised by Martin Gill

Questions

- What does a luthier do?
- Why has the scientific community just added a leap second extending the length of 2015 by one second?
- Who coined the word "meme"?
- Who painted "The Scream"?
- Why did William Bligh take The Bounty to Tahiti on his ill-fated expedition in 1789?
- What animal has the types Agile, Parma and Pretty Faced?
- What is Travertine Marble made from?
- When economists talk of the PIGS, to what are they referring?
- Who first recorded the song 'Piece of my Heart', made famous by Janis Joplin?
- What is the common name of *Acacia orites*?



1. A luthier makes and repairs stringed instruments. The name comes from the same source as the word "lute".
2. The time taken by the Earth to orbit the Sun varies due to tidal influences and generally the Earth is slowing down. This means we have adjusted our clocks from time to time. Make good use of this free gift from the universe folks.
3. Richard Dawkins, champion atheist and all round snappy pants in his book 'The Selfish Gene'.
4. Edward Munch. It actually comes in four versions done in pastels and oils.
5. He was to collect breadfruit trees to take to the West Indies to be cultivated as a food source.
6. They are all types of Wallaby. Why you'd want to name an animal after a second rate rugby team is beyond me.
7. It is actually a type of limestone, not marble.
8. The dodgy economies of Portugal, Ireland, Greece and Spain.
9. Erma Franklin, sister of Aretha in 1967. You know you got it, if it makes you feel good.
10. It is Nightcap Warble a species only found in our area and highly valued for fine work especially guitars.

Answers

Unpeeling our mythology

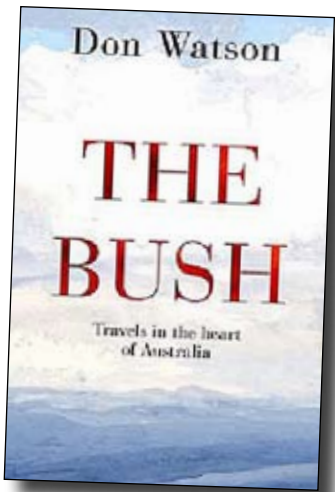
The Bush, Travels in the heart of Australia by Don Watson

Hamish Hamilton / Penguin Books 2014

Reviewed by Janine Kitson

This book – part memoir, environmental history, travel journal, story – unpeels the ‘bush’ mythology that is attributed to shaping so much of Australia’s national character. Don Watson argues that if we are a truly developed nation we must acknowledge the abuses of the past and respect the deep ecology of the land and its original peoples.

Don reflects on his travels across the country, and back through time, as he visits places like the Mallee in north western Victoria, Gippsland in the south eastern Victoria, the Murray-Darling Basin in north west NSW, Queensland’s Darling



Downs, Western Australia’s wheat belt, and even the Big Scrub of NSW’s Northern Rivers.

Don Watson, always a bit controversial, will no doubt, at first, raise the hackles of many – but one has to bear with him and listen to

the wisdom that often comes at the end of his poetic descriptions, as it is with Nimbin:

“...Up until forty years ago, Byron Bay existed for its whaling station and its meatworks, and smelled of blubber, blood and guts. Now it’s much easier to get a massage than a leg of mutton. The whales pass unmolested, watched from the shore by misty-eyed tourists. Byron is a tourist town and a frangipani-scented anchorage for sybarites, sea-changers, young entrepreneurs, and aged activists who came to save the forest at Terania Creek in 1982 and couldn’t think of a good reason to leave...

“The dairy industry was ‘rationalised’ in the 1970s and in the Northern Rivers, four-fifths of dairy farms were ‘rationalised out of existence’. Nimbin, half an hour inland from Byron Bay, was once a stereotypical dairy farming town with war memorial, Mechanics’ Hall, and

the other standard fittings. Before that, cedar had been the go. Nimbin now continues life in its post-Aquarian form as an icon of alternative living, or, taking the view from the street as a measure, a fossilised relic of hippiedom, a marijuana-pickled, bad-taste rural slum. Iris diagnosis, sound colour spirit healing, heavymetal chelation and bushflower remedies are all available, and from one naturopath, who also does fertility counts. No doubt the town is better on the inside, but something about the main street seems likely to give human affection for trees a bad name. This is a pity, because the first generation of alternative livers can’t be denied their victories over a destructive orthodoxy, or the degree to which they have altered mainstream thinking about the environment.” (pages 210-211).

Some early chapters feel frustratingly slow to read and you wonder where and why you are

going in a direction. Then bang! You are hit with a profound insight about the intensity of wars against the environment and the indigenous peoples of the land.

The Bush works to unpeel our biases and attempts to show us how the landscape first looked by the first Europeans who explored it – magnificent, pristine, and abundant land that was cared for by its indigenous peoples with their intimate and immense knowledge. What follows is the shocking truth of how our European forebears did everything they could to destroy the land and its people. They cut down the trees, ringbarked them, burnt them, overstocked the land and irrevocably changed the landscape forever. They showed no mercy in exterminating its many native wildlife.

A great read and something that all Australians should consider.

ASTRO FORECASTS

by Tina Mews

WHAT’S HAPPENING IN THE HEAVENS?

July

Since the winter solstice (June 21) the Sun has travelled through the water sign Cancer. The archetype of Cancer symbolises our earliest roots, our patterns of belonging and ancestral lineage as well as the flow of emotions and the capacity to feel and care for others. Domestic stability and material security is highly essential. Cancer signifies the receptive and sustaining powers of the feminine, the “Great Mother” who brings forth, supports and protects life. Most people born under this sign have deep attachments to their family/ mother and are loyal to the values of the past. They love the preservation of family bonds but can be extremely touchy, highly sensitive and moody because their inner world changes with the cycles of the Moon. Physically, Cancer rules the breasts and the stomach, the function of giving out nourishment to others and taking in nourishment for oneself. Many Cancerians love cooking and good food.

July starts with a cheerful Venus/Jupiter conjunction in dramatic and flamboyant Leo, promising excitement and exuberance with a tendency towards excessiveness. This is a great moment in time for embarking on an adventure and/or doing the things one always wanted to do and were waiting for a little help from the universe. Venus and Jupiter is a beneficial planetary alignment, and can be observed in the early evening sky. There will be two more exact conjunctions of these planetary forces on August 6 and October 26. When Venus and Jupiter unite, they encourage indulgence combined with generosity of the heart, which can be very therapeutic, especially after times of stress and tension. Care has to be taken with overspending and buying things one really does not need as an act of compensation. Instead, it promises to be an optimistic day for all kinds of relationships, romance and creativity given there is a willingness to come together in appreciation of everybody’s uniqueness and innate gift to shine their own light.

On July 2, the Full Moon in responsible and dutiful Capricorn adds intensity and drama to our emotional reality by approaching a conjunction with extremist Pluto. Mythic Pluto is the Lord of the Underworld and signifies deeply entrenched security patterns that are highlighted now. Mars, the planetary energy field symbolising courage, will and action is also playing a role in the current cosmic drama. However, Mars moves through sensitive and intuitive Cancer (until August 9) and can be easily hurt being particularly protective of family and close friends. Therefore, the vibrant energies of the moment have to be channelled into creative outlets that support imagination, inclusiveness and kindness. The Full Moon in



Capricorn opposing the Cancer Sun increases the tension between our personal needs for emotional bonding and closeness (Cancer) against the urge to be part of a larger collective structure that provides security (Capricorn).

There are a few more important Mars transits during the month when the red planet interacts with the passing Uranus/Pluto square re-initiating the clash between forces that

protect the values and power structures of the past versus emerging futuristic ideas that are revitalising and eventually will shatter old molds (July 15 -24). The New Moon in Cancer (July 16) indicates that a lot of these tensions might be played out in the home, which definitely can upset domestic harmony. On the positive it can be a time when we finally decide to move into a new direction that is more fulfilling and true to the needs of the deeper Self. Nevertheless, keeping intense and volatile emotions in balance will be the challenge, especially when old hurts could be triggered. At the same time, there is great potential for emotional healing.

During the last week of the month, Venus turns retrograde (July 25 –September 6) and will conjunct the Sun on August 16, when she undergoes her transition from evening rising to becoming the morning star. Venus is close to the Earth now and, according to ancient astrology teachings, Venus is regarded as less fortunate when she finds herself in this position. She is meant to lose some of her spiritual potency, as she becomes more concerned with physical beauty and materialistic pleasures. She is now more demanding and assertive in relationships. Therefore, the entire Venus retrograde period can coincide with relationship breakdowns and emotional separations, as we review our alliances, self-worth and values during these 6 weeks. Especially new relationship opportunities that eventuated during the Venus/Jupiter conjunction early this month (see above) will be scrutinised and re-visited. If we went too far out then, we will cut back now, or at least attempt to establish a balance that works for everybody involved. On the positive, Venus is the brightest planet in our sky, fuels our imagination, creativity and gives abundance. She is the force of creative intelligence and at each conjunction with the Sun (Aug 16) she becomes impregnated with a new seed.

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

‘Medical Astrology and Psycho-Emotional Well-being’, Wednesdays, 10am– 1pm, 8 mornings at the Lillifield Community Centre, starts July 15. ‘The Astrological Signs’, Saturday, July 11, 10am– 4pm; please contact me for info and bookings.

Aries

At the moment it is important to clarify what motivates you on a deeper level. Home and domestic affairs seem to be at the centre of your concerns, but have to be juggled with a call for independence and autonomy. July 15 – 24 could bring challenges which ultimately point you into a new direction that is more fulfilling and true to your core needs.

Taurus

Communication with others can be fiery at the moment, especially when concerns that you feel strongly about are at stake. During July 12-17 unfinished business from the past could be triggered, especially in your One-to-one relationships. Use the Venus retrograde phase (July 25 – Sept 6) for reflecting on your values and alliances keeping a flexible mind.

Gemini

Projects that have started recently need to be resourced now. Therefore, lots of your energy might go into finding support for your ideas and objectives. However, you might find that you cannot count on anybody else than yourself at the moment, teaching you valuable lessons in self-sufficiency and patience.

Cancer

Mars, the warrior planet, is moving through your sun sign until August 9, urging you to be assertive about your needs. The additional physical energy is best spent on creative projects especially around the home. The last half of the month could bring domestic troubles, but also the energy needed for making a decisive step into a new direction that is more appropriate for your personal evolution.

Leo

Venus and Jupiter are closely conjoined in your sun sign until July 20. This combination can bring improved finances and is a fabulous time for being social and indulging in activities that bring joy and happiness. However, unfinished business concerning your domestic affairs might need to be addressed before any lasting progress can be made.

Virgo

At the moment it is easy to make many new friends, and you might feel like taking on a leadership role in group work or team building activities. Take care not to impose your will on others and try to balance the real with the ideal. It is helpful to have an open exchange of ideas with like minded souls while working towards mutual goals.

Libra

At the moment you might be very ambitious, seeking to get ahead with your career. You need autonomy and independence to do the things you feel urged to do. The second half of the month might bring some conflicts at the home front as you try to find a balance between domestic demands and your place in the world.

Scorpio

At the moment you like to create harmony based on fairness in your public life as well as personal relationships, even attracting public recognition for what you have been doing. It is as if you are on a quest for creating a new level of meaning and understanding in your social environment. Make use of this moment in time by exploring different cultures and beliefs keeping your mind open and flexible.

Sagittarius

This is your time of the year for deep transformational work, when you finally can move beyond old security patterns and family conditioning that has outlived its usefulness. You might be even called to support others during their crisis by adding courage and direction to their lives.

Capricorn

The Full Moon on July 2 highlights the need for establishing a new balance in your life. If your emphasis has been too much on achievement and succeeding with your goals, you are now reminded to shift your attention to strengthen those emotional bonds that nurture heart and soul. Be aware of conflicts especially during July 15 – 24 and focus on solutions that are all-inclusive.

Aquarius

You are in a position in which you have to be sensitive to other people’s needs. You have the ability to be a supportive networker and can be diplomatic for the purpose of establishing right human relationships. There could be great opportunities for new social connections and activities.

Pisces

At the moment, the focus is on enjoyment and exploring your personal creativity. However, you might lack the discipline for any long-term projects, therefore try not to put too much on your plate to avoid getting frustrated. On the other hand, you can be insightful and intuitive, and it is easy for you to attract people to inspire them with your many talents.

Nosin' around with PAC



A white-faced heron

These birds are common around the Nimbin area, and you can see them walking slowly through the swamp margins searching for food – probably anything that moves, insects, frogs et cetera.



by Auntie Maj and Uncle Norm

She says

Dear Helen, we must put all moral considerations aside and follow the biological imperative. But one-night stands are a minefield and it is best to go in armed with strategy and protection – literally. Safety is essential. You don't want a nasty STD or unwanted pregnancy from just one night of passion. Buy a big pack of condoms. You never know, with the pressure of relationship issues off, you might just have the time of your life.

A good idea is to pick a guy you don't like to avoid possibly ending up in a relationship with someone unsuitable just because you were horny, and have to spend two years extricating yourself from it. At your age, there's no time to waste.

Don't sleep with a male

friend unless you're either ready for a relationship with him, or ready to lose his friendship. It is never the same afterwards. You might want to consider "friends with benefits" as long as you are both on the same page.

I suggest you go for one of the fabulous polygamous guys. These men are well versed in the arts of conversing, dancing and lovemaking. They are often denigrated by women who have wanted to keep them for themselves, or jealous men, but these men have an important evolutionary role. They service, keep happy and impregnate single women. Mother Nature knows what she is doing and these guys need to be appreciated for the good work they do. The trick here is to not fall in love with him. Ask him

She says / HE says

Send your relationship problems with a pseudonym to
She Says He Says: nmappel@westnet.com.au

Dear SSHS,

I am 37 and have been single and celibate for 3 years. My hormones are demanding that I have sex NOW! I am still recovering from a bad divorce and am not ready for a relationship so am considering having a one-night stand. Can you give me some tips? – Helen Orny

why such an eligible man is still single and the truth will be revealed. They are an excellent choice for a one-night stand, just remember the condoms! Also don't get drunk. Try and stay as sober and rational as you can so you exercise good judgement.

If you decide to go for it make sure you have no regrets and no guilt. Enjoy yourself, it will probably do you the world of good.

He says

Dear Ms Orny, Where the hell were you when I needed you 20 years ago? I'd heard women like you existed but could never find one. I don't know how much I can help you here, because the only one night stands I had ended up in long marriages. This despite both young ladies telling

me that we're "only having a one night stand." I might like to think I'm worldly and debonair, but in truth I'm quite naïve and gullible. But I wasn't born yesterday Ms Orny, so I think it's my duty to advise the young men reading this, who are drooling at the opportunity to meet you right now. So Comrades, listen up. When she says "one night stand", it's like Tony Abbott saying he believes in climate change. You're fair game. If you're half presentable, with a modicum of intelligence, a job and a good root, you're gone pal. She uses those three words like a bit of mullet gut on a hook to reel you in.

As for you, Ms Orny, if you are indeed the genuine article, then the world is your oyster my dear.

Bushwalking - Binna Burra and beyond



by Sandy Gilmore

On Friday afternoon/evening, twelve participants converged at Lamington National Park from addresses that ranged widely within the Richmond Valley. The scattered showers weren't looking scattered enough at that time. After a wet and windy night, it changed after dawn to a lovely day and after comparing experiences of various walks and the arrival of a 13th walker, our intrepid leader Peter Moyle chose the 12km Bellbird Loop walk.

We started through sub-tropical rainforest on the plateau but most of the walk was through wet and dry sclerophyll forest at the top of steeper slopes. Occasional rocky knolls gave us great views of valleys below and supported heathy vegetation, and wetter slopes had tea tree with sedgy ground-cover.

Towards the end we stopped at a once cleared farm, now being revegetated through planted trees and self sown regrowth. This included many low stinging trees, to keep walkers alert. The final ascent, the steepest

part of the walk, was up the main entrance road through a grassy dry sclerophyll forest, which brought us back to the camp. Along the lowest areas traversed we enjoyed giant Tallowwood and Hoop Pine trees, plus many medium to large specimens.

The second day was clear and still and twelve walkers completed the Dave's Creek Loop. This also commenced with sub-tropical rainforest with many buttressed trees, then changed to warm temperate forest and even a small area of Antarctic Beech forest. This was surrounded by a forest of giant New England Blackbutts, Forest Oaks and Prickly Treeferns through which we craned our necks to fully appreciate. As we approached the edge of the escarpment and soils became shallower, tall heath dominated and once more we enjoyed the views from the lookouts (at one we took the group photo).

A shallow cave was examined and several people suggested (with its running water, flat floor and built in shelves of rock), it would fit the government's definition of an affordable home. A large hollow log of generous proportions (that could be easily crawled through) and was relatively well lit (open at both ends) drew a similar assessment.

We enjoyed the well maintained track network, with impressive rock work supporting the track at the base of several cliffs and frequent cross drains to remove water, preventing boggy areas and track erosion developing. We didn't see any of the Lamington Spiny Crayfish that are often a feature of these walks, and bird life was quiet compared with warmer seasons, but we did hear a threatened and regionally endemic hip-pocket frog calling.

From the smiles on people's faces, an enjoyable time was clearly had by all participants, well done Peter for organising this weekend.

Walks program for the next six months

Nimbin Bushwalkers Club has a variety of fortnightly walks on its program for the rest of the year. As the walks are conditional on weather and other variables it's always a good idea to check in the NGT or on the Nimbin Bushwalkers' website close to the date of the walk: nimbinbushwalkers.com

The program of walks scheduled from July to end of year is as follows:

12th July: Afterlee – private property walk led by Don Durrant (6633-3138 evenings); Grade 2 walk for 2½ hours through regenerated rainforest, and return after lunch via a different track for another 2 hours. Tracks are clear of vegetation and mostly flat.

26th July: Mt Cougal, led by Tony Isaac (07 3206 2539); a Grade 4 walk following the tick-exclusion fence along the NSW/QLD border to the east peak with views of Mt Warning, Border Ranges, Currumbin Valley to the sea.

8th-9th Aug: Yuraygir National Park, led by Peter Moyle; Grade 2, various coastal walks, camp at Minnie Water.

30th Aug: Mystery Walk, led by Judy Hales; Judy's (in)famous walk, full of surprises! Grade 2.

13th Sept: Arakwaal National Park, led by Eleanor Edwards; Grade 2 walk through heathland behind Tallows Beach.

27th Sept: Rummery Park, led by Anne Gilmore/Peter Spearritt; Grade 3 walk from top of Minyon Falls around cliff top to Condong Falls and return via the firetrails.

11th Oct: Mt Jerusalem National Park, Grade 4 walk led by Bill West, from his place to start of Nightcap Track and beyond.



Intrepid walkers (above), tree huggers (below)



24th-25th Oct: Forest Tops, Border Ranges, led by Michele Alberth; camp at Forest Tops picnic area and do Brindle Creek walk, Grade 3.

8th Nov: Broadwater National Park, led by Bill Potter; a Grade 2 walk along Evans Head Beach to Salty Lagoon, returning on firetrail. Coffee rock sculptures on beach, wild flowers on firetrail.

22nd Nov: Brunswick Heads beach and firetrail, led by Catherine Baker; short (1 hour) Grade 1 walk to be followed by AGM in covered area – maybe the pub.

'Christmas in July' – lunch fun at Blue Knob

Café Blue Knob is always amazed how many of the community actually rise from their warm sheets on Saturday mornings and come to the Blue Knob Farmers Market, for German Bretzels, warm Raisin Rolls and coffee (really good coffee).

On Sunday 28th June we had a ball, eating through the historical and traditional German lands with courses having Bretzels, special potato salad, bratwurst, Schupfnudeln (German style gnocchi) to specialties like red wine gravy beef roulades and of course sweet dumplings filled with spiced apples. If you missed it, ask the café for another one.

Half a year into the adventure of Joline running the Vintage café, she is planning a fabulous 'Christmas in July' Food Safari. What that means is you will explore and feast on several different festive Christmas foods in various lunch courses from different countries and continents, learn about their customs and historical origins, enjoy multiple Christmases in one lunch and simply have jolly fun. Woohooo!

Also a 'Happy Birthday'



Quark Poppyseed Cake

to LC as she honoured us to celebrate her 60th Birthday with us. It was amazing to cater for her family and friends. "I had a ball decorating and serving amazing food whilst hearing them laugh and enjoying themselves," Joline said. "The café also offers now birthday party and cake packages, catering for festivities from 8-50 people. We provide a space and catering for special occasions where people feel welcome, relaxed, indulged and celebrated."

Café Blue Knob July

- Friday 24th July, 6.30pm, 'A Piece of Paradise' Exhibition Opening with Exclusive 2 course dinner – bookings are now being taken. Entertainment by the Metamorphosis String Ensemble.
- Sunday 26th July 12.30pm, 'Christmas in July' World Food Safari Christmas

Lunch – Bookings are being taken now.

- Thursday 30th July 12.30pm, Artists & Friends Lunch in the Blue Knob Gallery– any artist and their friends are welcome – exclusive 2-course dinner with choice of vegetarian or meat as main. Call for bookings: (02) 6689-7449 / 0416-616-804.

Mulled wine – German Glühwein

German Christmas Markets offer these drinks to warm the stomach and bones. I just love the smell of it, and to hold the cup was usually enough to bring a smile onto the frozen red faces. Just try it for your next gathering/ party in autumn or winter and see how people warm up... hehe

Ingredients

- 2 medium organic lemons
- 2 medium organic oranges
- 10 whole cloves
- 5 cardamom pods
- 1 1/4 cups granulated sugar
- 1 1/4 cups water
- 2 (3-inch) cinnamon sticks
- 2 (750-milliliter) bottles dry red wine, such as Cabernet Sauvignon or Beaujolais Nouveau

1/2 cup brandy(optional)
Cheesecloth & Butcher's twine

Method

Using a vegetable peeler, remove the zest from the lemons and oranges in wide strips, avoiding the white pith, and place the zest in a large saucepan. Juice the lemons and oranges and add the juice to the pan.

Place the cloves and cardamom in a small piece of cheesecloth, tie it tightly with butcher's twine, and add the bundle to the saucepan. (Or fish it all out later with a slotted spoon.)

Add the sugar, water, and cinnamon sticks, place the pan over high heat, and bring to a simmer, stirring to dissolve the sugar. Reduce the heat to low and continue to simmer, stirring occasionally, until the mixture is reduced by about one-third, about 20 minutes.

Add the red wine and brandy, stir to combine, and bring just to a simmer (don't let it boil). Remove from the heat and remove and discard the spice bundle/spices before serving.

For any questions or more info call Joline on 0416-616-804 or (07) 6689-7449.

FLAVOUR OF THE MONTH

by Thom Culpeper

Lactic acid fermentation:

The past becomes a future

In a world facing the almost certainty of a world wide energy precipice, inequitable distribution and the inevitable violent social reactions, the imperative of 'new thinking' must now be considered.

Food safety in increasingly urbanised societies following the industrial revolution, forced the search for temporary storage solutions in towns that had no natural access to ice and a general isolation from fresh rural food sources. Prior to the 1850s ice and salt became a solution to this need. Elizabeth David in her book, *Ice: A history* gives insights into this pre-refrigerator world.

Ice harvesting, marine transport and storage was a very expensive way to deal with food preservation. Drying, canning and acetic-salt pickling solved some of the problems of food poisoning.

Salt became the solution and currency in many societies to these needs. This economic reality is still reflected in language: the term 'salary' has its etymology from the Roman term for salt.

The recognition in many cultures that salt-acid fermentation led to safer and digestible food stocks allowed a wider settlement of border agricultural lands, the production of food surplus and the medium to long term preservation and storage of agricultural and marine foods.

Some cultures in cooler climes developed these arts to high degree. The Sino-cultures, China, Japan and especially the Koreans developed these techniques to a useful degree. The Northern Slavs, Icelandic and Mongolian societies did likewise. Long winters and low fertility lands forced these solutions. All of these outcome



Formal restaurant presentation of a Tongbaechu-kimchi (whole cabbage type).

The Gin in the illustration is of the proposed first product of the Nimbin 'Calderan' Ginney

were the culmination of aeons of incremental culinary knowledge and in the case of plants, selection and breeding utilisable species and forms. This was the beginning of civilisation as we have come to 'know' it.

In the coming six months I shall attempt to cover the history and development, nature and science of fermentation, both Lactic and otherwise. As I'm preparing a book on these matters, I shall bring to you some of the fruits of this endeavour. The point of the work is concern with safe healthy food and energy conservation. The proposed title is *Fermentation: The Foment of a useful Ferment*.

Lactobacillus is the main agent in these processes, though some bacteria and yeasts are used in similar pathways. The most common outcomes are Yoghurts, Sauerkrauts, Soy-Garem (Fish) sauces and Kimchi like preparations.

Kimchi is now accepted across the world as a health culinary. Korea having developed a plethora of variations on this art, we shall see what they have to say on the matter.

Kimchi through Jimchi or Gimchi (hangul) (soaked vegetables) was the generic name adopted from the time of the 'the three kingdoms' and was originally 'Napa' cabbage fermented in beef stock, the chilli not reaching Korea until the Japanese invasion in the 1590s.

Adaptation across Korea of what had originally been a seasonal famine preserve allowed its adoption as the National Culinary by the 18th century. The West discovered it about the 1950s via political interest in the outcome of the 'cold-war' action police and partition action on the part of the UN and America in Korea, 1950-2.

The US absorbed a large post war immigration of Koreans, they introduced Kimchi to the west coast, California, the Napa Valley proving ideal for the propagation of the oriental brassicas, the daikon radish and the access to secure, year round supplies of chillies. As this cohort moved east their culinary followed, boosted by the Korean involvement in the Asian wars.

The Vietnam conflict under presidents Park Chung-hee and LBJ, further brought it to the attention of the western palate, its quarter-mastering to the Korean troops being seen as a morale booster!

The following is a list of the more important forms of Korean kimchis:

- Baechu kimchi. Stuffed with sok mixes of other vegetable and spices.
- Gogamasson kimchi. Sweet potatoe stems, a summer Kimchi.
- Chungcheong-do. Coastal, usually not having fish additives.
- Gangwon-do. Long stored.
- Gyeonsang-do. Salty and spicy.
- Hamgyeong-do. Coastal very marine, fresh oysters and fish added.
- Hwangeon-do. Mild, as no chilli is used.
- Jeolla-do. Very, very 'fishy'.

The types run to hundreds, being that Koreans consume about 20 kilos per head per annum.

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