

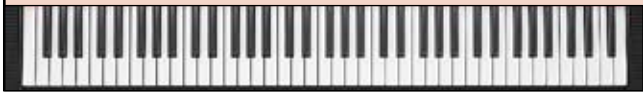
## PIANO CONCERT

**Michael Hannan: piano**

A concert of piano works by Australia's most celebrated modern classical composer, Peter Sculthorpe (1929-2014), alongside piano works by his composition assistants including Ross Edwards, Anne Boyd, Michael Hannan, David Matthews, Caroline Szeto, John Peterson, Daniel Rojas and Peggy Polias.

**Sunday August 25: Nimbin School of Arts, 2pm-3pm**  
Tickets: \$10, \$5 (concession), \$3 (students)

The door takings will be donated to the 2019 Tyalgum Music Festival: [www.tyalgumfestival.com.au](http://www.tyalgumfestival.com.au)



A TASTE OF ART



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Blue Knob Cafe

Gallery & Cafe hours:

Thurs 10am - 3pm, Fri 10am - 3pm

Sat 8:30am - 3pm, Sun 10am - 3pm

Ceramic Studio: Thurs - Sat 10am - 3pm

Ph: 0266897449 [www.blueknobgallery.com](http://www.blueknobgallery.com)



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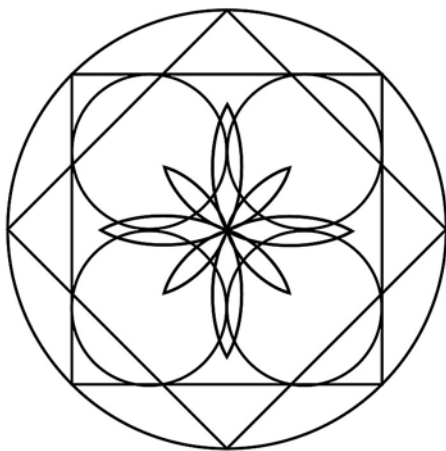
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Fin de siecle fantasies  
[yantraseeds.com](http://yantraseeds.com)



**ROXY GALLERY**

131a Summerland Way Kyogle

Open: Wednesday to Saturday 10am - 3pm, Sunday 10am - 2pm



## Responding to community lifestyle

by Karen Welsh

In August the Nimbin Artists Gallery highlights the works of Philippa Leader.

Philippa's portraits explore her response to community lifestyle in the Nimbin region. She is interested in the kinds of people who are attracted to alternative society and the relationship between people and the land; people and the native birds and animals.

Something special is born out of acceptance of difference, sharing and self expression. Philippa's strong use of colour and design fuses the connection to the alternative scene

and its roots.

In her preparation, Philippa collects and uses a wide range of electronic and paper-based resources to develop acrylic paintings on canvas. She has been painting and exhibiting for more than forty years.

Teaching has also always been a part of her practice, and she enjoys sharing skills with others to support personal growth through creativity and to affirm positive experience.

Nimbin Artists Gallery – drop in and see us at 47 Cullen Street, 10am to 5pm (mostly), or phone us on 6689-1444, visit: [www.nimbinartistsgallery.com](http://www.nimbinartistsgallery.com) and don't forget to see us on Facebook.



## Many visual arts on show



'Up & Down & In & Out'  
by Rupda Wilson



*Cryptocarya macdonaldii*  
(Cooloola Laurel) by Peter Poropat

### Ups and downs

'Up & Down' is the new member's exhibition at Blue Knob Hall Gallery.

The theme has been a challenge to artists who exhibit at Blue Knob, but the work that has come in represents many aspects of the theme with some confronting images and many loosely interpreted ideas.

We often describe things in terms of 'up and down' with expressions such as: 'What goes up must come down'; 'I'm feeling a bit up and down'; 'Up hill and down dale', among others.

Then there's the tale of Sisyphus the king who was punished for his self-aggrandising craftiness and deceitfulness by being forced to roll an immense boulder up a hill only for it to roll down when it nears the top, repeating this for eternity.

On show are landscapes, large and powerful totems by Rebekah Webster, 3D and 2D artworks from recycled bedsprings to ceramics and wood carving

### Rainforest trees

'Rainforest Trees of Australia' is a new photographic exhibition by Peter Poropat in the Solo Space at the Gallery.

Peter's work spans four decades, since the age of 17. Peter's interest in identifying Australian rainforest trees has led him to publish two popular books on the subject; *Barks and Trunks* and *Barks and Trunks Vol 2*.

Peter's skill and experience is such, that he is able to link rainforest trees to their family by bark characteristics, textures and trunk shapes.

His passion for rainforest trees was initially sparked by the work of Queensland botanist WD Francis.

First published in 1929, Francis's book *Australian Rainforest Trees* recorded large rainforest trees for botanical literature.

Inspired by this work, Peter set out to record these trees in colour to contribute to the botanical identification of eastern Australian rainforest trees.

There are over 2500 Rainforest

tree species in Australia, and this solo exhibition will represent a small selection of tree species that represent a large number of genera and families in the rainforest floristics of Australian Rainforests from the Illawarra region of NSW to Cape York, FNQ.

Both exhibitions will run concurrently until Saturday 15th September.

### Blue Knob Ceramic Studio

Artist of the month is Genevieve Davies, who has taken up a traineeship at the Ceramic Studio and is currently giving classes one morning a week.

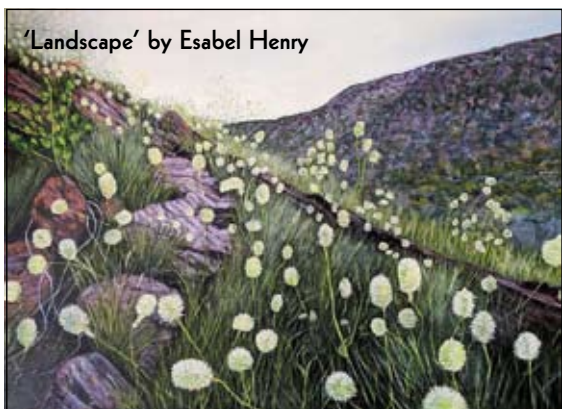
Her work is very pictorial and depicts her passion for our natural environment.

She is currently working with underglaze stains and slips on functional ware, and includes hand-built as well as thrown pieces.

### Artists & Friends lunch

The next lunch will be held on Thursday 29th August at 12.30pm with a set menu for \$20 including main and dessert.





# Art for life

by Ruth Tsimbinis  
Cultural services officer

Members from the Lismore Over-50s Learning Centre will be gracing the Roxy Gallery with a new and varied selection of works from creative arts classes they have undertaken in the 2019 year.

'Art For Life' is an interesting and exciting exhibition, with members taking the opportunity to show their newfound skills in art making, while other members exhibit their works for the first time in a gallery environment.

Works in this exhibition are a testament to what happens when you unleash those hidden talents and explore new possibilities.

The Lismore Over-50s Learning Centre is a non-profit community based organisation offering activities for the over-fifties age group.

Their members are a dynamic group of tutors and students interested in developing skills and maintaining a healthy lifestyle.

This organisation has been in operation since 1982 and it provides great opportunities for people to meet new friends, learn new skills, and explore creative interests.

The Lismore Over-50s exhibition, 'Art For Life' opens to the public on Wednesday 7th August, with the official opening taking place on Saturday 10th August from 1pm to 3pm, providing people with a great opportunity to come along and mingle with the artists and find out more about the Lismore Over-50s Learning Centre.

This show will be on exhibit until 8th September, with many works on offer for sale.

Now everyone is over celebrating Christmas in July, the Roxy Gallery wants to remind aspiring artists that it will be seeking works for exhibit during the December to January period for its annual Christmas at Christmas-time exhibition.

Knowing that art doesn't just fall off trees this is a heads-up for those with an interest in picking up on this opportunity to start producing. Expression of Interest forms hit the streets in October.

Nothing like being prepared!

*The Roxy Gallery, at 131a Summerland Way Kyogle, is open Wednesday to Saturday 10am to 3pm, and Sunday 10am to 2pm.*



## Serpentine art



'Flowers' by Janet Hassall

The next exhibition at the Serpentine Community Gallery is a combined solo show, 'The Impression of Stature' by Neal Blacker and 'Flowers' by Janet Hassall.

Neal's drawings began fruition while living and working in mainland China. Sketches were made of animals from food stalls, pet markets and other living spaces. The animals then began taking on human qualities and resembled mythological creatures.

Once returning to Australia, a narrative component emerged in the work which saw the emotional figures wandering through industrial and natural environments. Neal will be exhibiting in Gallery 2.

Neal has been producing art for over a decade, and has exhibited extensively both in China and Australia. His work is held in private collections as far flung as Shanghai, New Mexico and Darwin. The show runs from 2nd to 20th August, with the opening night on 2nd August, 6 to 8pm – everyone is welcome.

Janet Hassall says of her show 'Flowers': "Flowers are a girl's best friend and I find they are nature's gift to us all. In this exhibition I am endeavouring to express their beauty and the joy they give."

Janet is a member of the Lismore Art Club, BACCI (Ballina Arts & Craft Community) and Pan Artists. She has been



Untitled by Neal Blacker

painting for as long as she can remember, and is a well-respected member of the Northern Rivers art community.

Janet will be exhibiting her work in Gallery 1 from 2nd to 20th August, with the opening on the 2nd at 6pm.

Any enquiries about these two shows, membership or future bookings please call us on 6621-6845 or alternatively email us: [galler@serpentinearts.org](mailto:galler@serpentinearts.org)

The Serpentine Community Gallery can be found at 17a Bridge Street, North Lismore. Our hours are Monday to Friday 10am to 4pm.

## Cultural identities

'Gunyah' is a performance artwork by Melody Popple that explores concepts of belonging to the natural environment as well as the personification of an innate feminine presence within the Australian landscape.

Unveiling the interplay of her Indigenous and non-Indigenous heritage, Melody uses the art making process as a way to understand current feminine cultural identities and connections to Country, manifested as intuitive expressions of collaborative dance, site specific installation, ochre painting, natural dying/eco-printing, film production and the shared therapeutic experience.

The creation of 'Gunyah' allowed Melody, as well as the other creative contributors involved, to look inward and reflect on the natural beauty in this world that must be celebrated and protected.

Experienced as a return to one's natural home, the artistic process has allowed barriers surrounding perceptions of feminine identity to be reinvented in this ever shifting Australian cultural paradigm.

'Gunyah' is now showing at Lismore Regional Gallery 5 until 15th September.

More info at: [www.lismoregallery.org](http://www.lismoregallery.org)

**The power of worship**  
'Idle Worship' explores contemporary notions of reverence, worship and idolisation.

The exhibition, curated by Natalie Bull and Zoë



Melody Popple 'Gunyah' (detail) 2017, mixed media

Robinson-Kennedy, focuses on personal manifestations and our need to look beyond the celestial and seek comfort in everyday deities and new-age idols.

Worship presents itself in many forms. The artists feel it, know it, interpret it, challenge it, give in to it and subvert it. These idols are real and imagined, they come from the past and the future, yet are being made right now, taking their power from the present.

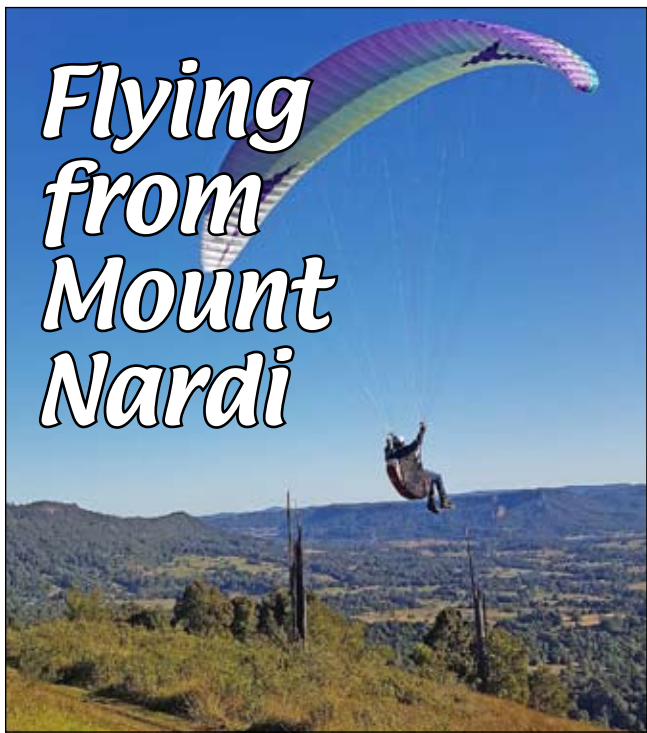
Featuring artists working across installation, video, performance, sculpture, painting and textiles each

artist attends to their private idol with idiosyncratic intent and treats them with a respectful recognition of something perceived to be greater than the self.

Artists: Jacobus Capone, Consuelo Cavaniglia, Sarah Contos, Mikala Dwyer, Bill Henson, Lindy Lee, Adam Lee, Clare Milledge, Jonny Niesche, Frances Belle Parker, Shireen Taweel, Jodie Whalen and Paul Yore.

The exhibition at Lismore Regional Gallery 1 runs from 17th August to 13th October, with the Opening on Friday 16th August at 6pm.





by Jan Smith

Over the years, many people in the Nimbin area would have occasionally seen colourful paragliders and hang gliders flying from Mt Nardi, mainly in the winter months when the west/south-west wind blows.

This is a story to tell you about the people who take off from this beautiful mountain and soar over your exquisite countryside.

We are a mix of people from all walks of life, professions and ages who have a passion to free fly like the eagles, but everyone who wants to fly must first do a full training course and attain their license, like any aviation.

We also must be members of the Sports Aviation Federation of Australia whose Insurance policy covers us and all the property owners who kindly let us fly from and land on, their land. Everyone is also a member of our local club, the Northern Rivers Hang Gliding and Paragliding Club which has been operating in the Northern Rivers area for over 40 years.

We have coastal sites we fly from in northerly, easterly and right around to southerly winds such as Byron Bay lighthouse and Lennox Point Headland, also hinterland sites near Mullumbimby and the Tweed Range and then Goolmangar and beautiful Mt Nardi for more westerly winds.

We also have towing operations from Evans Head and Casino Airstrips where pilots are towed up with a winch, often to well over 1000ft before they release and fly off.

As we are dependent on the goodwill of landowners we are extremely careful to comply with their wishes, respect their privacy and help maintain the areas we use. Over the years we have developed great relationships with these people and are always happy to take them for a tandem flight in the right conditions.

The Northern Rivers Hang Gliding and Paragliding Club has such a rich history of flying in the Northern Rivers area where our club has maintained a strong culture of caring for each other and the sites we fly, mentoring new pilots and decorating the sky with amazingly colourful wings.

Maybe some of you have joined us and soared like eagles as you've experienced an introductory tandem flight with one of the guys at Lennox or around Byron.

I look forward to meeting more of you and especially want to thank the amazing people on Mt Nardi and the surrounding farms for their friendship and support.



"Can we go camping, Granddad?" implored my impish grandsons upon my return to the Northern Rivers. Two sets of luminescent eyes beamed at me like lapis lazuli. At five, Jasper could not remember the last time he slept out in the bush. Nor could he recall much of his own garrulous past behaviour, the memory of which puts me on alert whenever we are near water together. Liam, his athletic eight-year old brother, knew exactly why we should sleep in a tent. "We really want to do it," he cooed, "because we have to make a fire, and that means we can toast marshmallows. "Marshmallows, really? They're just sugar and colour, you know." "Yeah," Jasper interrupted, bouncing on my knee in feverish anticipation. "We woast them on a stick and fwow them in our mouth." He cast me a look of such debilitating cuteness that my heart was rendered into a gooey mess, and the camping trip became a fait accomplis.

With a smattering of gear, a borrowed car, and food enough to nourish an army, we made off for the shady shores of a remote coastal creek.

You have to hand it to the winters in this part of the world. Sure the nights were nippy, but the blue sky days brought warmth, colour and vitality to the estuarine wilderness. Even I could wade across the river without complaint, and the boys splashed around like whales until the afternoon chill struck them with the shivers.

Just below the campground, a sturdy



timber wharf juts out into a pristine lagoon, ideal for watching the ceaseless action of nature in motion. At the ebb of tide, a murky tannin-soaked river pours forth from the spooky tea-tree swamp upstream, flanked by wide, ripple sculptured sandbanks. This habitat, which the boys refer to as 'The Island', provides a homeland to armies of soldier crabs, as well as myriad other creatures who feast on their crunchy bodies.

The jetty is provided with a railing, presumably designed to prevent small children from plummeting off the edge, and into the oyster-strewn waters below. The top rail was built disconcertingly wide, tempting the adventurous child to try and balance, while the middle beam was both high enough for a boy to slip underneath, and low enough to act as a rung for climbing to the top.

Within moments of our arrival, I caught Jasper teetering on the handrail, just like the time he played Superman off the back veranda, earning himself six weeks in traction.

As the high tide surged through a maze of filtering dunes, the waterhole filled with water as clear as an Alpine stream, revealing a secret aquatic world, abundant with myriad life.

"This one is poisonous," I announced, pointing to a tiny toadfish which pulled the bread off a fisherman's hook every time he tried to target a school of bream. Although he is so fond of noxious creatures that he was once ejected from day-care for sucking a cane toad, Jasper took an instant dislike to the fish.

"Don't let Toady eat it!" he screamed, swiping at the fishing rod, seeking to deny his nemesis a free meal. With his balance askew, he slipped between the rails and tumbled flailing into the drink, fully rugged up in his winter woollies. He clambered out, howling like a demon.

"What is it Jasper? Where are you hurt?" Jasper rarely cries from pain. He drew me in with his gaze, a deeply forlorn look on his transparent face. "I was naughty and I'm going to lose my marshmallows," he moaned.

## Taking responsibility for our own wellbeing

by Kathy Smith

Everything on the physical plane is a manifestation of something from the metaphysical plane. I believe we are all energetic and spiritual beings having this temporary physical experience.

When our physical body feels pain or becomes disabled by disease or accident, we tend to start reaching out for answers. We tend to want to fix something we perceive of as broken.

Realistically, when our body refuses to do something we want it to, metaphysically it is not broken, it's doing its job. What's actually happening is that our higher self or energetic self is communicating to us. And it's up to us to interpret these messages and take action.

Western medicine takes the position that we feel pain because we can. Western approach to pain as the main symptom of any disease are pretty much limited to drugs and surgery. Treatment consists of numbing or diverting pain receptors in the body or cutting out the offending organ.

While this approach does have its place in acute situations. It is at best a temporary and often harmful way to approach pain or disharmony in our bodies.

Throughout history, many masters, great healers and visionaries have said, "Know thyself". As when you tune into your inner self and truly listen to what your body is trying to communicate, you gain awareness, and therefore freedom to access optimal wellbeing.

The problem is most people don't know how to do this.

When you are opened up to the understanding that your past trauma, suppressed or repressed emotions, negative conditioning and harmful



*"Livid, pissed off, torn up inside, heartache, bone weary, gut wrenching, blood boiling, pain in the neck, stab in the back, takes my breath away, a rash decision, sick to death – our language is alive with ancient wisdom about the origin of illnesses."*

– Dr Robin Youngson

thoughts are creating the imbalances in your body, you learn that you can actually heal yourself.

Letting go of destructive patterns and emotions such as resentment, fear, depression, anger, failure, jealousy and hopelessness. Connecting back to the wisdom of your body, learning to use your intuition, opening your heart to experience joy, compassion, clarity, relaxation and love. Discovering the innate intelligence of your body and how to use it to create amazing transformations.

I have been blessed to discover the power of self-healing at a young age, after years of anxiety, unworthiness, addiction and depression. My addictions were a form of self-medication, to numb myself from the pain of past trauma that was deeply repressed but played out energetically from my unconscious beliefs about myself and what I believed I deserved.

Louise L. Hay's work was integral in my healing as I worked with my emotional body of existence to uncover the numerous ailments and symptoms that kept reoccurring in my physical body. For example, my addictions stemmed from a belief of inadequacy and a feeling of fearful futility, self-rejection and not knowing how to love myself.

When I brought these emotions to the conscious level, I was able to truly feel the uncomfortable emotions and

seek to change my thought patterns surrounding these damaging beliefs. I won't say it was an easy process or that it happened overnight, but it was through the consistent observation of my internal chatter and how it made feel on the emotional level, that finally transmuted these negative beliefs and behaviours from my life.

However, the deeply repressed traumatic experiences in life may need another conscious being to help you shift the blocked energy and release the unconscious beliefs that are adversely affecting your life.

"The Healer" is trained in the observation and interpretation of signs and symptoms and methods for dealing with them.

Holistic healing of an individual occurs at different energetic levels: physical, emotional, mental and spiritual. To begin the process of healing we need to look at the individual from these four broad realms to at least begin the process of healing.

However, the 'best' healers are the ones that lead you back to your own inner knowing. Empowering you to take full responsibility for your own health and well-being.

I have, and am, continually healing whatever comes up for me to allow a sense of spaciousness, so I can be of greater service to my clients.

Ultimately I'm doing nothing more than creating space to be an open channel for universal consciousness to work through me and lead my clients back toward greater balance, harmony and complete connection to their vital source of wellbeing.

Kathy holds a Bachelor of Psychology and Education and a Diploma of Counselling, and practises energy healing for both children and adults at the Green Bank every Friday from 10am-5pm. Kathy also works from home and is available via Skype, FaceTime or Whatsap by appointment.



# Three generations of new souls

by Auralia Rose

It is not uncommon during a past life regression for a person to discover this is their first time here on earth. My teacher Dolores Cannon discovered there were three distinct waves of volunteers who came to Earth after World War II to assist. In 1945 when the atomic bombs were dropped, highly evolved spiritual beings saw that Earth was on a collision course with disaster. The call went out for volunteers to come and help. "Earth is in trouble – who wants to volunteer?" Some of the souls who volunteered came direct from the "Source" and have never lived in any type of physical body before. Because all memory is erased upon entry to the Earth dimension, they do not remember their assignment. These beautiful souls have a difficult time adjusting to our chaotic world but they have a vital role to play. Dolores discovered three distinct generations of volunteers. The first wave, now in their mid 50s to around 70 (the Baby Boomers) have had the hardest time adjusting to life



on Earth. They are greatly disturbed by the violence, anger and hate of our world and want to return "home" – even though they consciously have no idea where it is. Some rebelled against the status quo and even committed suicide to escape the chaos of Earth. They are the pioneers who paved the way for the second and third waves of volunteers.



The second wave is now in their mid 30's to early 40's. They have made the transition to life on Earth much more easily than the first wave and are said to be beacons or channels of energy who can affect others just by being near them. This is their "job" and they have nothing else to do. They tend to work behind the scenes, often on their own, creating little or no karma. Their paradox is they are supposed to be sharing their energy, but they do not like being around people.

Many first and second wave souls unconsciously realise that having children locks them into the Earth's cycle and they do not form long term relationships, unless they are fortunate enough to meet another soul to whom they can relate. They just want to do their job and go home. The third wave is a group of exceptional new children, many of whom are now in their 20's These advanced beings are equipped with enhanced DNA. They have tremendous intelligence and/or talent. All of this new generation are very loving, but struggle with our negative society which may make it difficult for them to show their loving nature. Many are diagnosed with ADHD and are medicated. They need to be kept interested and stimulated, not given drugs which suppress them. If you feel you may belong to one of the three Waves of Volunteers, regression through hypnosis can help bring peace through understanding of your specific and critical role here. Earth and humanity are deeply grateful that you answered the call.

Contact Auralia on 0422-481-007 or visit: [www.auraliarosewellbeing.com](http://www.auraliarosewellbeing.com)  
Facebook: [www.facebook.com/AuraliaRoseWellbeing](http://www.facebook.com/AuraliaRoseWellbeing)

# It's a living thing

The process of taking one's own manure and transforming it biologically into something that will nourish and support the earth, sequester carbon and provide food for countless organisms in a complex food web should be called bowel mining; the only form of mining where the earth gets something from us instead of the other way around. Alternatively you could say it's just dealing with our own shit... metaphorically and practically. I applaud all the compost toilet owners of the world for doing their bit for the planet. The unsung heroes though, are the millions of strange and wonderful organisms that chomp through our manure turning it into beautiful rich soil. To get this process right and make the best compost has always been a goal I have aspired to, and I have a few helpful observations that will improve your compost toilets function. Firstly it is important to point out that batch and continuous compost toilets work on very different composting processes. A batch system such as a Nature Loo or Farralones can get warm enough inside the heap to begin a thermophilic composting process, where certain types of bacteria

called thermophiles grow rapidly in number and eat all the manure. Temperatures get up to 70 deg., killing off most pathogens (with the exception of parasite eggs or oocytes). By comparison, a continuous style system such as a Clivus Multrum or Thunderloo works on a longer, slower breakdown process called mouldering. Fungal spores inhabit the pile and macroinvertebrates (bugs like slaters or roaches) slowly eat their way through everything left behind by the fungi. The type of bulking agent used in this last type of loo can determine the effectiveness of the fungal breakdown process. From my experience, pine shavings tend to be less susceptible to breakdown from our native white rot fungi than they are to brown rot fungi found in cool temperate pine forests. So if you have a continuous style loo it might be well worth finding a source of hardwood shavings or sawdust rather than using pine. Alternatively, a deciduous tree might provide a years worth of bulking agent with a rake and a wheelbarrow. In the lower reaches of your loo it can get a bit damp and this is ideal territory for the humble Surinam cockroach. I have been trialling these



View from the loo by Stuart McConville

little critters for a while now and they are just fantastic at converting everything down to a very fine rich compost. Don't fret, they don't like light and prefer it damp so they won't venture up the chute towards your bits, but they will eat and multiply, breathing in O<sub>2</sub> and out CO<sub>2</sub> so a lot of carbon just gets lost to the air. In this way the pile shrinks and shrinks, and emptying the loo becomes something you have to do a lot less often. If you have chooks, just let them free range in the loo for a while to give them a great feed of roaches before you empty it. I am looking for people with different types of toilets to run more trials with Surinam roaches, so if you're interested please get in touch.

Stuart McConville is a waste water consultant and compost toilet re-seller/manufacturer. See: [www.poohsolutions.com](http://www.poohsolutions.com)



In this moment by Dr Jacqueline Boustany  
Medicine woman

A lot of people I have seen over the years lament the fact that they can't find a regular, approachable let alone nutritionally aware doctor. Maybe this is indeed a thing of the past and we need to look after our own health in an industry that is so sick itself, that many of the practitioners are falling apart. In a study found in the JAMA in 2009, Dr Tait Sharafet found that 1/3 of doctors are in burn-out at any given time. Right back to June 1999 in the AFP it was known that 50% of GPs would quit tomorrow given half the chance and we all get that "compromised caregivers have a potential to harm" (p8 *Medicine Today* 2005, vol 6, no 4), so who needs that? GPs leading balanced lives including time with their own families, adequate rest and leisure

# The happy MD

time are more likely to be at their best for their patients ('Feminisation of the medical workforce', AFP 99), but the demand on medical practitioners is increasingly intense as our society has also lost its way. Pharmaceutical solutions to this suffering are limited and may in fact cause more problems than they alleviate if used for long periods in chronic disease. With 1/6 hospital admissions due to adverse medical events, many of us have been looking for other options in our health care. Evidently 'Intensive lifestyle changes for reversal of coronary heart disease' (JAMA 1998; 280: 2001) and other illnesses, but to make such choices takes a lot of time, support and knowledge, which goes back to the quality of the health consultation. Of course "longer consultations were related to better patient outcome or greater patient 'enablement' defined by the ability to better manage one's health, treatment and social problems." (MJA 1999; 171: p.77) But with the medical system so stressed that most doctors are only able to put out fires, we don't have a lot of time left to prevent them. This has resulted in the ongoing imbalance in medical care funding with 95% spent on acute care. The majority of funding that is spent per person is often in the last few years of a person's life.

So many of us are choosing to move away from this system and search for alternatives, which in fact may be the best outcome from this sad state of affairs, as people are progressively more informed and empowered to look after their own health. The reason why people choose alternative therapies range from cultural beliefs and practices to seeking another source of hope but it is also documented that "The quality of the doctor-patient relationship is inversely related to the propensity to seek alternative care. Studies suggest that less than 50% of patients using alternative therapies discuss this use with their doctors", which concerns me greatly in terms of possible interactions, although I understand why. Why would you if you risk the chance of mirth and derision and most of our medical graduates don't have the training to deal with such questions anyway. We have to remember that medical universities were set up to dispense pharmaceutical product. It is not in the best interest of the powers of financial gain and government lobbying, for us to be a self-aware, empowered, happy and healthy society. It simply wouldn't pay the bills. Medical research that is supposed to keep us up-to-date is also unfortunately heavily influenced by pharmaceutical funding and

innovations on that level are very slow to move into general practice. Of course we want our medical research to be evidence-based and this requires time and effort, but it took 300 years for Vit C deficiency to be finally recognised as the cause of scurvy after evidence for this was initially presented, so we have a pretty poor track record on nutritional observation. Regardless, there are still reams of information coming out every day that is available for consumer and doctor alike. "Every second person (in Australia) had used at least one non medically prescribed alternative therapy in the previous year and almost one third of respondents had used an alternative therapy in the last week." Not so long ago we were being advised to 'Discuss alternative therapies with your patients.' (p.877 AFP Vol 28, No 9 1999) "With alternative medicine growing in popularity, it is important to keep up-to-date with the therapies that your patients may be using." However now the Medical Board of Australia has called for clearer regulation of medical practitioners who provide complementary and unconventional medicine and emerging treatments. What does this mean and what will it mean to the many doctors who are simply asking the question 'why' we are ill, and gaining knowledge at their own time and expense to address this question, is still in the air. Just like our governments attempt to control free speech in journalism, our options for choice in medical care are being threatened. "We destroy what we don't value

and we don't value what we don't know." – Rachel Carson I believe all this debate would be better spent addressing the evident imbalance in our health care system. We are told all the time that GPs are ideally placed to identify the early signs of illness but we are not supported to do so. It is clear that general practices are "constrained by the current funding model", and this has to change in order to realise the value of GPs as the hub of an efficient system to manage the worsening chronic care crisis. (Professor Hambleton, *Medical Republic* June 2019) Then maybe we wouldn't suffer so much job dissatisfaction. Most doctors do care about their patients, often suffering the 3am 'what ifs' and are not given the tools or the time to do so. According to *The Happy MD* by Dike Drummond, our doctors require: 1) Physical energy to keep going; 2) Emotional energy for staying engaged and compassionate; and 3) Spiritual energy for remembering your purpose and why you do what you do. I would say that's a good formula for us all, but as a health professional I agree with Dr Dave Rakel who proposed that the most important thing a doctor can do for his or her patient is to believe in the patient's potential: "In research, we can't call it love. Instead, we have to refer to it as 'unconditional positive regard'." Ultimately, "The arrival of a good clown exercises more beneficial influence upon the health of the town than that of twenty asses laden with drugs." – Dr Thomas Sydenham



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## Psychedelic therapy for war veterans

The award-winning documentary, *From Shock to Awe*, shines light on the use of cutting-edge psychedelic medicines to treat mental illness in war veterans.

The Australian Psychedelic Society will be premiering the documentary in Byron Bay, with guest speakers from the film, local academics and war veterans who experienced such therapies.

The film follows veterans, Matt Kahl and Mike Cooley, through their challenging post-war lives, shattered by the trauma of war. It also explores the impact on their wives, Aimee and Brooke.

The vets struggle with anxiety, fear, depression, anger, unable to find equilibrium with society and with their families. After confronting death multiple times, our heroes set out on a journey to treat their mental illness with Ayahuasca and MDMA.

It's a challenging topic, but now very firmly backed by increasingly positive



research.

Following the film there will be a Q&A with Mitch Schultz, the film's Transmedia Producer; Major Steve McDonald, an Australian war veteran who used psychedelic medicines to successfully treat his depression and PTSD; and Nimbin's Brooke Vogler, a navy veteran.

The film is screening on Australian Veteran's Day, Sunday 18th August, 2.30-5pm at Byron Theatre, 69 Jonson Street. Entry: \$30, concession \$25, Seniors & Veterans \$15. Age 15+



Hannie Rayson, multi-award winning playwright, weaves her words with wit, intelligence and a great understanding of the human condition. She is a true dialogue diva.

Her play *Extinction* delves deep into the heart of our moral values, drawing the audience in to an emotive story, interwoven with both environmental and social ambiguities.

The narrative wraps an important conservation message around a unique and personal human story that materialises from a wild, rainy night, a twist of fate and an injured Australian native animal, bringing together four interesting and diverse characters.

Directed by Richard Vinycomb, the cast comprises Cate Feldmann, James Grant, Diva Cory and Avikal (Steven Browning), with renowned local artist, James Guppy providing artwork and set design.

*Extinction* will play over three weekends, 2nd-18th August, Friday and Saturday at 7.30pm and Sunday 2pm at the Drill Hall, Mullumbimby.

Tickets are \$30/\$22, available at the Bookshop, Mullumbimby or on-line at: [www.drillhalltheatre.org.au](http://www.drillhalltheatre.org.au)

## Seaweed Matters: sources and uses

by Thom Culpeper

The seaweeds, the algae, are now coming into their own on the world's tables.

Terrestrial water is becoming an ever diminishing resource. Due to the political shenanigans by the corporate elite, free access to agriculture water is being further corralled into a managed, rent-resource.

Historical riparian rights are being stolen and the rivers are being dammed for stock-market business prerogatives, 'rent-taking' again being the base for this banditry. Nothing that is 'free', so to say, will remain that way..

Many political orders are ferreting around the notion of charging rent for the rain that falls on growers' lands, that water is deemed to be under corporate rights. World-wide urban water is being privatised, now being reduced to just another 'rentable' commodity.

The imperative of not coming to terms with the reality of global warming has shown what this stupidity is leading to. In these past few weeks the outcomes are plain to see; what a bind the energy-gobbling world is in.

Paris has never in all recorded history and examined evidence, experienced elevated temperatures as have become apparent in this month. Satellite images this month are showing the Arctic across its whole breadth beset by raging wild fires. The usually 'wet' peats of the Tundras are drying out due to extraordinary temperatures across the whole of the Arctic North, from Greenland to Alaska.

Meteorologists are saying these wild fires in the Arctic are on an unprecedented scale, emitting thousands of tons of CO2. The emissions are in this one month, June to July, larger than the total of two years of emissions of such countries as Sweden.

Portugal is also burning. The corporates deny any of the implications of global warming. The three clowns, the Donald, Sco-Mo and Boris-Bootlicker, are sending their minions off to the American-Christian, "There's NO Global-warming" chin-fest. Where



is this gaggle of idiots meeting? You guessed it: at the Trump warehouse of empty heads, Trump Towers. Right now. In this black week I get a Nero shudder. Wankers with fiddles. Pinkies in panties and a paw on the stump! JFC! (Aside: learn to love your lover, they are not a commodity.)

We live on a blue globe: water and the sea are the reason that tis 'marble', the wet-third-rock-from-the-sun is life-giving. In spite of the Climate Crisis, in spite of general moronity, unreal-estate bullshit, sport idiocy, shopping, shopping and shopping, we on this globe may get through.

You can help yourself to a real existence by immediately doing an energy audit on your world: was that drive necessary? Can I fix what is broken? Can I learn to? In winter, adequate clothing is energy cheaper than heating-energy. In summer, intelligently install shade, get rid of those ugly stupid yankee pea-caps, wear brimmed hats, everybody did pre-WW11.

Build to conserve, always build with verandahs. Vent walls, double glaze, install curtains, crush your waste into fire-bricks, install rabbits to manage your lands, get rid of that idiot mower, convert all ground to productive Ag, that means flowers too, or only use advanced battery, solar-charged garden tools.

What has all this diatribe got to do with seaweed, you may ask?

The algae are the most competent converters of light into life useful energy. And they are at home in the largest volume of solar exposed surface on Earth, the only geographical entity that is increasing, due of course to that land-shrinking reality of global warming, less land and more wet space.

Algae is coming into its own. The Algaecene, so to coin. Was Costner's *Water World* prophetic?

Wakame (*Undaria pinnatifid*) is one of the three that are of importance at the moment. It is well understood by aeons of utilisation and culture. Oz has many forms of native seaweeds, some have been investigated. 'Til more resources are marshalled for research, we have yet to know of their potential use as human foods.

The East has utilised mari-culture for hundreds of years. But some of these waters are now very contaminated. The Antipodes offers clean seas. If we do not bow to the idiots who are punting for nukes on our coasts. Jervis Bay, No Way!

Useful land has always been the imperative. A few hours of reading the tomes of Joseph Needham (SSC) (a massive work), or the more manageable 'Clerks and Craftsman in China', CUP, will open the eyes to the reality of utilising the sea to feed the masses.

We may have to go in this direction, after all, Oz is girt by sea.

To return to seaweed, fresh material is available in the main from Sydney, Tasmanian or New Zealand harvests. Several forms can be had locally, they are in the main, dry forms. Buy the Taiwanese and Chinese product, do not buy the Japanese-harvest materials.

### How to utilise the 'Ocean Weed'

10 grams of dried material is re-infused in 250 mls of water. The fresh or the bigger leaf material is the better form.

Dress it with any sauce of your fancy. Oil-less Thai-style salad dressings are quite good. Treat this 'weed' as a prime veg. It is.

Serve with fresh shredded daikon radish or fine cut choi-sum stems, the crunch is the essence. Dress with sesame seed, shredded bonito, preserved ginger and with Gobo, (burdock-root).

Cut, julienne and add the flesh or other of your desire and "Se mettre a table"!

Conversation to: [Pacific-Seaweed@tech-center.com](mailto:Pacific-Seaweed@tech-center.com)



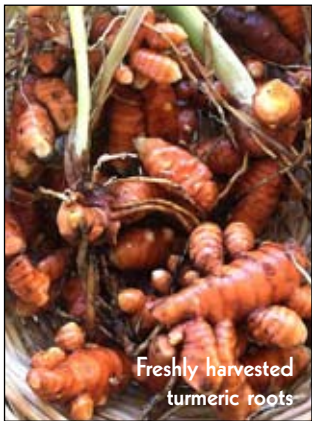
# Endometriosis: a complex condition

Endometriosis is a painful gynaecological condition that affects up to 10% of women.

Symptoms vary considerably in severity, and it can be very difficult to diagnose. For reasons not well understood, some women have patches of endometrial tissue (similar to the lining of the womb) growing outside the womb. This tissue is influenced by the monthly hormonal cycle, so it builds up, and then bleeds with menstruation. The bleeding cannot leave the body, unlike the menstrual bleed, so it creates a lot of pain and inflammation leading to scarring and growths.

The endometrial tissue is found in the pelvic organs and can affect the bowel and bladder. In rare cases, it has been found in the gall bladder, brain, lungs, and major nerves. The symptoms include painful heavy periods, pelvic pain outside of periods, painful intercourse, painful bowel movements and infertility. Frequently it causes pain radiating down the legs, lower back pain, and even joint pain. Some women experience severe pain up to three weeks of every monthly cycle.

Digestive symptoms are very common. Diagnosis can be delayed for years with testing to assess Irritable Bowel Syndrome (IBS), or other gastrointestinal conditions. Often women have colonoscopies, gastroscopies etc and can be given a wrong diagnosis of IBS. More than 80% of women with



endometriosis have painful bloating. Bowel motions can tend to either diarrhoea or constipation, and nausea and vomiting can occur.

Diagnosis is through laparoscopic surgery to confirm endometrial tissue in the pelvic area. Medical treatment initially consists of hormonal medications to prevent the monthly cycle of tissue build up and shedding for women who are not trying to conceive. Fertility is reduced with endometriosis, but improved chances can occur after a time period of a number of months on the hormonal medication to settle the inflammation, and then discontinuing the medication.

For some women the only effective treatment, since hormonal therapy cannot be used long term, is surgery to remove the endometrial growths. This is effective, but in approximately 25% of women the lesions will regrow.

The cause is not clearly understood, but potentially involves genetic susceptibilities and other inflammatory



**Nature's pharmacy**  
by Trish Clough, herbalist

drivers. Some women have more of a difficulty in detoxing their natural estrogens. Research shows the endometrial lesions themselves produce the inflammatory form of estrogen (E2), but this does not correlate with higher circulating E2. So it seems the hormonal inflammation is more localised.

Because it is a disease of inflammation, the holistic approach to management is a diet high in antioxidant nutrients, plus herbs and supplements to support detoxification. A beneficial diet could include green leafy vegetables, berries, lean meat and/or oily fish, raw nuts, and citrus fruit. Evening primrose oil and magnesium supplements are beneficial. Foods to avoid are gluten, processed foods, sugar, alcohol and caffeine. Green tea can be beneficial because of its antioxidants.

There are herbal medicines with proven benefit. Curcumin (bioavailable form from turmeric), Japanese knotweed, Baical skullcap, Dan Shen, cinnamon, licorice root,

frankincense, myrrh, and bupleurum are just some of the herbs that have been traditionally used. Additionally, hormonal modulation with herbs including vitex and peony are often used.

I prescribe herbs that suit the person's specific symptoms, bearing in mind that some herbs are unsuitable for some women. Some are safe to use alongside prescription hormonal medications, and some are not.

A promising new supplement showing excellent results for natural pain relief is PEA (palmitoylethanolamide). It has only recently been made available through naturopaths and herbalists. It is safe and can give excellent results. It specifically helps with nerve pain, although it can take several weeks to 'kick in'.

Medical management is not always effective enough for some women, so combining dietary changes, herbal medicines and natural supplements can provide additional benefit. For women who need surgery to remove the lesions, it is wise to maintain herbal and dietary protocols to reduce the risk of recurrence of the endometriosis.

*Trish Clough now conducts her own clinic practice in Club Lane in Lismore after owning 'Traditional Medicinals' for 20 years.*

*For consultations by appointment ring 0452-219-502 or email: [herbalist.trish@internode.net.au](mailto:herbalist.trish@internode.net.au)*

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## Don't forget that glass of water... here's why

Water, it comes out of the tap, right? It gets pretty easy to ignore. But this is the one thing that keeps you being a 'healthy you' rather than in the ER with kidney stones – or worse.

The human body can sweat between 0.8-litres and 1.4-litres of water in just one hour – which, logically, all needs to be replaced. But even though it's cooler now, you're still losing lots of water simply by breathing and from drinking all those nice warm cups of coffee and tea that can fill the bladder faster than you can say, "I think I'll have a glass of water instead."

Dehydration can strike even in the middle of winter and by the time you're feeling thirsty, you will spend the rest of the day chasing your optimum hydration level. So it's important to stay ahead of the curve.

Don't wait until you're thirsty, make sure you're taking in water at regular intervals, and make sure it doesn't have caffeine in it – a diuretic is the last thing you need – that cup of coffee isn't going to count towards your water intake.

Dry air-conditioned



environments or wood fires in your home will actually suck up water from your body. Aching joints and muscle cramps can all occur if the body is dehydrated.

So in the end there's no escape – aim for eight glasses a day. If you're still feeling thirsty then drink until you don't. There's no hard and fast rule here, but if you're expelling water faster than you're taking it in, well, it's not going to end well. A little water can really go a long way. Some people say they don't drink water because they don't like running to the toilet all day to pee...

Here's a tip to keep the water in your body: Just sip the water all day, rather than gulping down a glass at a time. When you sip it your cells can actually hold



by Sonia Barton  
Bowen therapist and Reiki master

the water and process it to help essential body organs function correctly ie: brain, kidneys, heart and liver.

Here's how to keep yourself hydrated: Begin by sipping a glass of water as soon as you wake up, and 30 minutes before eating any big meal. (This will control appetite too.) Get in the habit of keeping a water bottle on hand at all times. And if the taste begins to bore you, spice up the taste buds with a squeeze of citrus into the glass! Before you know it, all the benefits of water will be right at your fingertip and in your body.

**Here are some reasons why our body needs water:**

- It lubricates our joints;
- It forms saliva and mucus;
- It boosts skin health and beauty;
- It cushions the brain, spinal cord, and other sensitive tissues;
- It regulates body temperature;
- It flushes body waste;
- It helps maintain blood pressure; and
- The airways need it.

Hopefully you will see by reading this article, the importance of keeping your body hydrated. Of course filtered water is preferable to tap water. At home I use a Kangen water system and I can highly recommend it. It's portable and can be moved, so when you go on holidays you can take it with you and always have good healthy ionized water – Google it – you can see how important it is for health and is anti-aging because it is high in anti-oxidants. I can tell you more about the system if you give me a call.

*Sonia Barton is a Bowen Therapist and Reiki Master. Contact her on 0431-911-329 or go to: [www.bowenenergywork.com.au](http://www.bowenenergywork.com.au)*

Sonia Barton  
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## Nimbin Crossword Solution

From Page 31

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