

**DIANBUNG
GARDENS**

UPCOMING EVENTS

September 14 Permaculture Action Day –
Nimbin Roots workshops 10.30am & 2pm

October 19-20 Natural Dye Workshop

November 1-17 PDC-Plus

December 1-7 Sustainable Aid Course

Gardens open Wed-Sat 10am-4pm

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Bees key to food security

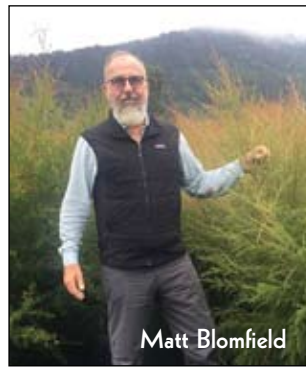
by Francesca Esposito,
Byron Hinterland Collective

Saving the bees is one of the most pressing environmental issues of today, impacting not only on the delicate balance of our flora and fauna, but also directly determining our food security in the future.

Bees pollinate 70% of the crop species that feed 90% of the planet. Environmentalists are scrambling for solutions, however, one private company tackling this problem head-on is a local North Coast organisation called Gather By.

Based in Ballina, Gather By is an Australian owned company with food security as its core activity. Gather By is achieving this by planting highly-active Australian native Leptospermum plants over the following 60 months. These plantings will produce high-value, rare and potent Australian Manuka Honey produced in partnership with the local community.

Gather By is hosting a medicinal manuka honey production info session on Thursday 12th September at Clunes Coronation Hall from 5pm to 8pm. It is a free community event which will include presentations on topics such as the value of nutrient-dense foods and how they impact our wellbeing,



Matt Blomfield

and also how you can optimise your own family's health and healing.

CEO and founder Matt Blomfield, (pictured above) former CEO of three ASX publicly listed companies, says, "We have been deep in R&D for almost six years now where we were able to identify that Australian Manuka is significantly more hyperactive than New Zealand's Manuka."

"This makes our North Coast Manuka honey nutrient dense and also highly therapeutic, with incredibly valuable biomedical properties. We also found that the Australian Manuka plant is most commonly found, and is native to, the North Coast of NSW."

"It made sense for us then to focus our bee propagation and honey making activity on the North Coast and to move our headquarters from Sydney to Ballina, which we did about five months ago."



"Since then we have been busy establishing multiple local farms to grow our precious plants, setting up our retail shop front and our operations plant, and also securing our wholesale channels domestically and overseas."

"Our highest bioactive honey is used to heal complex medical issues such as staph, acne, strep throats, gut health, burns and wounds. We have been overwhelmed with customer feedback saying that years of debilitating problems are being healed with our honey."

"In fact, our clients from Australia and from overseas can't get enough of it, and we are struggling to keep up with demand, with our dedicated team working around the clock to pack and ship orders."

Learn how Gather By's innovative agribusiness model benefits you, your land, bees and the local environment.

Dr Allan Ellis, one of the directors of Gather By said, "This is a special evening to learn about how we are helping to save the bees, and also to learn about the environment and food security. All are welcome to attend but spots are limited, so we ask that you please register to ensure that you can be included in this event."

There will be free honey tasting as well as one jar of 1080+ biomedical grade honey being given away, worth over \$250.

Register your seat at: www.facebook.com/events/2432413960207375

Another info session will be held on Thursday 5th October, 6pm at Lismore Workers Club. See: gatherby.org/northernrivers

Investors, growers, wholesale and retail enquiries, please phone Matt Blomfield on 0414-759-745 or email: matt@gatherby.org

Nursing injured koalas back to health

by Maria Matthes

It was 7.20pm on 3rd October last year when I got the call that a koala had been hit on the Evans Head-Broadwater Road.

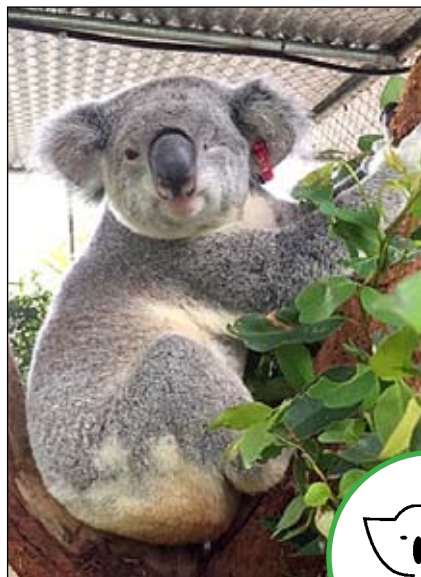
Gavin, a member of the public, had come across it walking in circles on the road. He contained it with a flexible plastic basket, which is a handy item to have in your car as when a koala is hit, even though they're injured, their adrenalin can kick in and they can still climb a tree, making their rescue difficult. If it weren't for Gavin that night, Wakan would almost certainly be dead today.

CW (full name is Cangalaska Wakan but known by everyone as CW) didn't look good, and as he was likely to be seriously injured, I gently transferred him into the transporting cage, made him comfortable with lots of towels to support him, and took him up to the FOK Care Centre, where Lola Whitney, FOK Volunteer Co-ordinator was waiting to help with his assessment.

He was a beautiful four-year-old boy, but he looked worse in the light at the Care Centre. His left eye had been ruptured, he had a wound on his left paw and his right arm was tender. He was given pain relief through the night and went to Currumbin Wildlife Hospital in the morning.

CW spent around three weeks at Currumbin, with most of his time in his enclosure spent on the ground. His eye was removed and, given his lack of improvement, he was transferred to Australia Zoo Wildlife Hospital. He spent around four months at AZWH.

During those four months, CW had many issues on his road to recovery as a result of his injuries, particularly to his



Koala Kolumn

by Maria Matthes

head, as well as the stress caused by the trauma of the whole affair. He continued to spend time on the ground, walk in circles, and tilt his head to the left.

It took a month after being hit for him to be able to walk on all fours again, and while he could climb and was eating well, he continued to prefer sitting on the ground. His neurological issues were improving but still evident.

In March CW came back to FOK. With his long-term head trauma, and his preference for sitting on the ground so much, he was deemed by the vets to be unsuitable for release back into the wild. As he was otherwise healthy, he has been recommended for Species Management as a breeding koala.

While FOK has applied to transfer him to Port Macquarie Koala Hospital

to be part of a breeding program, he has had some minor setbacks and is now back at AZWH to build up his strength in its plantation.

With the assistance of the NSW Government, through its Environmental Trust, Friends of the Koala has prepared a Koalas and Roads Glove Box Guide as part of the Koala Watch project.

The Glove Box Guide provides guidance for members of the public about koalas on roads, koala aware driving, and what to do if they see a koala on the road or hit a koala.

To help prevent a local extinction, I ask drivers on local roads to be koala aware, watch for the koala signs, be extra vigilant: between dusk to dawn; on crests and curves; when it is raining or foggy; and where there is long grass beside the road.

I also encourage drivers and walkers to put the Friends of the Koala Rescue Hotline number 6622-1233 in their phone, as the sooner we rescue a diseased or injured koala the greater its chance of being released to the wild.

Also, the breeding season has commenced and already we're receiving calls particularly about juvenile males that have been kicked out of the colony by a dominant male.

If you don't have a copy of the Glove Box cards developed under our Koala Watch project, call Claire on 6621-4664 and she can arrange for you to get one.

People can become members online at: www.friendsofthekoala.org and if they wish to volunteer, they need to contact our volunteer co-ordinator Lola on 0412-753-739.





by Kerry Hagan

On a perfect day in August, some 25 members and guests had the privilege of visiting the property of Ros and Rob Fleetwood.

Thirty years ago, Ros and Rob bought a lantana-infested cattle property. With extraordinary vision and an enormous amount of hard work, they have created a Northern Rivers rainforest.

Starting out as owner-building their charming house, the gardens evolved with vistas from every window. As the land is sloping, a huge amount of rock terracing was done to accentuate the some 1000 species of rainforest trees and plants.

Under a canopy of flooded gums (eucalyptus grandis), philodendrons, ferns and many forest floor species thrive around the meandering water course.

Of note are the beautiful blue quandongs, with their amazing buttress roots and the vast number of indigenous palms.

A very special day for us all, and a huge thanks to Ros and Rob.

Next meeting

Our September meeting is on Saturday 14th September at the home of Cherie and Russell at Lot 6, Jarlanbah, Cecil Street, Nimbin.

Parking is at the Jarlanbah community centre. Visitors are always very welcome. Please bring a cup, a chair and a plate to share.



Scrub turpentine *Rhodamnia rubescens*

Plant of the month

by Richard Burer,
Bush regenerator

This critically endangered small tree is very common in the Nimbin area, but the effects of Myrtle rust disease has wiped out many plants over the last several years.

Despite the disease, some excellent specimens can be found and more than often withstanding the effects of the Myrtle rust.

The tree is easy to identify with its distinctly three-veined leaf and fluted and sometimes buttressed brown trunk.

Currently a blaze of stunning white fragrant

flowers adored by bees cover healthy trees, and this will be followed by red-black berries which are eaten by many birds including figbird, brown cuckoo dove and green cat bird.

It is common in most forest types in the area, though I think the most healthy specimens are those that can withstand the effects of the Myrtle rust fungus, and they can be found in the dryer forest types of the area.

Check your local rainforest nursery later in the the summer for tubestock which will sure to be propagated after what will be a bumper fruit crop this spring.

Problematic species finding new homes

Weed Words

by Triny Roe

Spring has arrived. We had a couple of light sprinkles of rain during August and some warm balmy days.

Lots of plants are flowering and germinating seedlings are flourishing. Plenty of opportunities for opportunistic and problematic species to find new homes and establish in your garden or on your block.

The strong August westerly winds may have brought in a fresh batch of seed. A bit of groundsel bush, *Baccharis halimifolia*, around the Nimbin valley set seed again this year. Not everyone managed to get on to it before it flowered.

Strong winds have been known to carry the fluffy white seeds up to 40km. About half the seeds fall around the parent. Soon you will have a dense grove. Act early on this one to reduce your workload.

Another wind-borne seed is Golden or Chinese Rain Tree, *Koelreuteria elegans* subsp. *Formosana*. It produces small round hard black seeds attached to a pink capsule. This seed, though not very light itself, can float a long way on the papery wings of the pod. It can pop up a fair distance from the parent.

Seedlings can be easily mistaken for those of the white cedar, *Melia azedarach* so check carefully. There is plenty of Golden Rain Tree in and around Nimbin.

Hoping to have had decent rain before this paper hits the streets. A good half inch and the rest is needed to get the garden growing but it will also stimulate a new round of germination of seeds that you didn't plant. Look around and see what's coming up on your patch. Act sooner rather than later.

If it's new and you haven't seen it before try and get an ID. Phone apps and social media are excellent sources



Giant devil fig germinating on a creek bank

of knowledge easily accessed. Be careful though they don't always get it right. Confirm with a reputable source. Ask the local weed officer for advice.

One school of thought says there are no weeds. All plants are good and there's no such thing as a pest species. *The New Wild* by Fred Pearce promotes the view that invasive species will be "the salvation of the world". He hasn't met giant devil fig or cats claw.

Note here that Fred Pearce is not an ecologist. He is a journalist, who, in an opinion piece in *The Guardian*, 'Fracking: the monster we greens must embrace' appears to endorse fracking as a good option to tackle climate change. Maybe he likes to be provocative. Sell more books?

The key message is to know your plants, their habits and how they will behave. Yes, some exotic species may be benign, gently naturalise and find a niche in an ecosystem, providing benefit in food and habitat for wildlife

and humans. Others have an ability to take over and completely destroy the ecosystem, reducing biodiversity, annihilating habitat and even threatening survival of some species.

Then there is the full range between the two extremes, and plenty of variables in soil and microclimate to affect the growth and nature of specific species.

The Invasive Species Council reveals there are more than 2,700 weeds in Australia, with around 20 more being listed every year. There are 32 species classified as Weeds of National Significance.

There is no one-size-fits-all when it comes to the vast group of plants designated weeds. Management will vary according to purpose of the land. Crofton weed in the paddock may not be a problem unless you have horses. But a grove of giant devil figs is not welcome by the creek under any circumstances. Nip it in the bud.

Happy weeding.

Kyogle Food Co-op set to sprout

Momentum is building to establish a fresh food co-operative in Kyogle, supplying local, seasonal and organic fresh fruits, herbs and vegetables. It is an initiative of Arcoora Arts and Ecology Training Ground.

The store will primarily be a sales outlet for local growers and producers. It will also be an educational hub, network base and community resource for those interested in small scale, natural food production systems, local food security, and ecological regeneration.

The organisers are keen to see what community interest and



support exists in the local area, and would like to hear from any local growers, producers and those interested in being involved with store operations.

This is a non-profit community-run endeavour, so the more support there is, the more likely it will be a thriving success.

Where the project is at:

- A 5x2m six-door coolroom has been purchased;
- The volunteer base to run the store is still forming;
- List of local growers and suppliers is growing;
- A suitable store location is yet to be identified; and
- Seed funding is being sought.

Please sign up to the mailing list to keep updated with progress: arcoora.org/kyoglefoodcoop

For any enquires, suggestions or expressions of interest, please email Brad at: kyoglefoodcoop@gmail.com

Let's get growing! Local – seasonal – organic.

be a survivor

The closest I've come to having a career in this life is in the area of survival or having a life.

So far I have survived, and as a result have also had a life. I wasn't doing what I was supposed to do, I really believe I was doing what I had to do.

I was such a disappointment to my authority figures. School was not a place of relevance to me, I didn't understand the point of any of it other than when I was left to my own devices.

Disappointment turned to anger. I wasn't being defiant, I just didn't understand what they wanted me to do and why they wanted me to do it. Ultimately it was made clear to me that if I refused to co-operate and live up to my expectations then I would be of little value to anyone, probably just a street sweeper.

Another aspect of my career was in the area of gardening, which did involve quite a bit of sweeping, an honourable means of transforming a landscape. Gardening was really just another way of surviving for me; interacting with my environment allowed me to justify my existence, I could spend my time observing and nurturing beautiful things, I could learn and understand.

Early in my life there was an incident which I now believe had quite an impact on my destiny. When I was five or six years old, one Sunday I was being driven home from Sunday school by the Goodlads, some neighbours. I was in the back with Robert and John, we were happy and boisterous. Robert was big and, giving me a big shove, the door of the old black Austin flew open, and I landed on the road, my head hitting the concrete curb.

Aside from having my brain rearranged at such an early age, it must have been decided that I looked alright and that there was



by David Ward
Vital Choices

no need to worry my parents about what had happened. It's hard to believe my parents didn't notice I was walking around in a daze. Something was noticed but it was interpreted as a bad attitude.

So I was left with a repressed memory for the next 30 years or so. Just one scene surfaced in my mind, lying in the gutter looking at the little black car down the road with the door swinging open, then no memory of anything.

This is the personal detective work I speak about sometimes, a photograph or an incident can be evidence, helping us to understand why our lives took certain turns, allowing us to overcome oppressive emotions.

Going through my life with the brain injury and the shock that no one knew about, it seems the rule for authority figures must have been: when in doubt, come down hard, in the style of our current government.

I feel proud to have deciphered some of the mysteries of my life, it's been an important aspect of accepting myself and removing the guilt my education left me with. Survival and all the things we do in the process can be a worthy pursuit.

I can almost feel myself saying if I had it all over again I wouldn't change a thing.



by Therese Hedwards

The practice of yoga is ancient. Millions of people over thousands of years have been yoga practitioners. They have kept the practice alive for us over such a long time – that alone makes yoga very special.

Yoga wisdom was traditionally passed on by word of mouth, then, about 5,000 years ago, a sage known as Patanjali, gathered together the numerous practices, and recorded them. They became known as the yoga sutras, a handy guide to living a balanced and satisfying life here on planet Earth.

The sutras tell us of tools that we can use to navigate this wonderful world. One of those tools is the

So, what is Yoga?

practice of asana (yoga poses).

Yoga poses are designed to keep the physical body in balance. A good yoga class will stretch, strengthen and train the body to move in different ways, thus maintaining a good sense of space. If we're not very flexible now, practising yoga over time will bring in some flexibility. It's mainly a matter of regular practice.

Different ways that we move the body in our yoga classes include bends, twists, inversions and balances.

Each movement affects us in different ways. Forward bends stretch the back body and calm an overactive nervous system. Backbends stretch the front body and energise a sluggish nervous system. Side bends stretch the side body, an area that is rarely stretched in our day to day life. Twists give us a good cleanse as they squeeze our organs.

Inversions flush, cleanse and nourish our upper glandular system. They are said to keep us youthful among other things. Our faithful downward-facing dog is a wonderful and relatively safe

inversion to practise from our very first yoga class.

Balancing poses aid in equalising the immune and nervous systems, along with improving balance and increasing our strength.

Our postures are linked to the breath, and the different energies of the inhale and exhale also assist the asanas to balance the body.

The way in which yoga classes are sequenced is an art. The various poses complement and balance each other and over time they strengthen, stretch, cleanse and heal us from within.

They also help us to train the mind to become more focused and clear. They help to sooth the nervous system and release some of the stress of this modern world. They are a wonderful gift handed down to us from the ancients.

If you're interested in giving yoga a try, you're most welcome to come along to my class at the Dharma Centre, Wadeville on Mondays 4.30 to 5.30pm and at Birth & Beyond on Saturday mornings 9.30 to 11am. Contact me on 0439-575-714.



As an animal communicator, I seem to meet my fair share of rescue animals: they have been rehomed, re-loved, recycled, re-established and in some cases, rebirthed.

The term "rescue animal" gets bandied about a lot. For good reason, I guess, as it has the ability to conjure up an image in our mind. We instantly recognise and assume that the animal has had a bad start, a horrible upbringing, or come from a nasty situation etc.

The common denominator seems to be the human becomes the hero of the story.

It happens frequently with animal

rescue groups. The terminology has the ability to tug at our heartstrings, which can have a direct link to our purse strings.

There are many reasons why an animal may need a new home, and not all of them have a confronting or disturbing backstory.

From an animal perspective you can potentially make their recovery and ongoing life more difficult if you are constantly bringing up their past stories. This in turn can make healing harder for them too. It is like reopening a wound.

The situational story and the words that you use hold a frequency and vibrational energy.

Who is rescuing whom?

Animal talk

by Donna Connolly

It can be very re-traumatising for them.

You wouldn't sit with a war veteran constantly telling them how bad the war was and all of the horrors they saw. So why do it to your beloved best friend?

Quite often, it seems the more graphic and detailed the story, the more brownie points for the human.

I completely understand there are times when it is necessary and appropriate for the human to tell the animal's story to the best of their knowledge. In some instances it can help explain certain behaviors that the animal exhibits. Whether it be fear, antisocial, or unusual quirks.

However, in my experience I have found that sometimes the behavior is completely unrelated to the 'story' being conjured by their guardians.

What I have noticed is the animal really enjoys getting their perspective, truth and point of view across. They are happy to answer any questions about their previous life, purely to give a greater

understanding to who they are now.

It is like a therapy session for the animal and their guardian.

Quite often with the new perspective, things can move forward and change rapidly, allowing new behaviors and deeper bonds to develop.

On occasion the animal has a contract to be with more than one guardian in their lifetime, often knowing who their new guardians will be.

I have communicated with animals in shelters: they have known who they are going to be living with next, including other animals, adults and children. In some cases which direction and specific roads they will be travelling on. Incredible insights.

Most importantly I have found that the animals come into the person's life, just at the right time, often rescuing the human in some way. Whether it be from grief, depression, sadness, anxiety etc.

And more times than not, they are a mirror of what is going on in the human life, in some cases exhibiting the behavior of an unruly teenager, or deep sadness.

By assisting the animals you are opening your own mind up to healing.

The best thing you can do for a rescue animal is reassure them of your love, show them kindness, patience and understanding. Make them a priority not an afterthought. In short, give them the life they deserve. Remind them of their beautiful shining soul.

If they are scared of situations don't keep trying to make them change. Meet them where they are mentally, physically and spiritually.

Animals can and do change but only when the time is right and they don't feel pressured and are confident in their surroundings.

I would highly recommend getting a pre-loved pooch or pussy cat, they will enhance your life in ways you can't even imagine. However, make sure you have the space, time and energy for them.

And most of all, keep reminding them how beautiful they are.

Until next time, Big Love.

Connect with Donna at:
www.rivergem.com.au
or text on 0490-156-038

Sharing human grief

by Suzy Maloney

Recently I experienced a high level of grief in my life. After three weeks away I returned home a different version of my former self.

I arrived home in the evening so didn't see my horses until the next day. I went out to the paddock in the clear fresh morning and greeted each in turn.

Then I moved to sit on the ground under a tree, one of the horses' 'camps'. As I sat there, the enormity of what I had just experienced overwhelmed me.

The brumby Rumpy came over first to say hi, then Soray, a beautiful dark bay thoroughbred gelding. Soray stood beside me and touched my face with his muzzle. Next the TB mare Minka came over. Normally Soray would move away at Minka's approach, but this day he merely moved to the side and stayed with me.

Minka began touching my face with her muzzle. Soray put his muzzle on my left cheek, Minka put hers on my right cheek, and then they both just held that without moving.

The tears started pouring from my eyes, and then I started sobbing. I had to blow my nose a number of times but they both remained. I sat on the ground, with huge horses towering over me on both sides and felt held in the tenderest loving embrace. I cried and cried.

I felt their love pouring into my heart and the warmth of their caring enveloped me like a soft, warm blanket. Their total immobility was amazing; they stayed like that until I had cried myself out, then Minka walked away.

After a while Soray started bumping me with his head. It felt cheeky and



playful, and after a while I started laughing. He kept doing it and I realised he wanted me to get up. But I didn't, I stayed stuck to the ground, so he reached out with his front hoof.

Now I had no choice but to do what I was told, so I stood up. I got the message loud and clear, he was telling me to get up now and get on with life. Satisfied that I was OK, Soray also walked off.

I started walking out of the paddock and then the enormity of what had just happened hit me. While it was happening I was completely in the moment and was not thinking about it at all. Afterwards it hit me, and I turned and looked back at my horses with totally new eyes.

I have said it before and I say it again, horses are amazing. The depth of caring and understanding of my emotional situation was amazing. The desire by the horses to help me and be there for me in such a way was

amazing. Horses have a depth and emotional intelligence that many of us humans struggle to achieve.

To care for one of another species to this emotional level clearly demonstrates how evolved horses are as a species. This was not a knee-jerk reaction in response to a survival issue, this was beings caring and giving to another in time of need.

This is something we may think only humans are capable of. Horses are clearly capable of it too.

I feel extremely grateful to have experienced this. I will never forget it and will be aware of this gift with every horse I meet.

I invite you to share your inner world with your horses, you will never regret it.

Happy Horses Bitless,
Phone 0401-249-263

happyhorsesbitless@gmail.com
www.happyhorsesbitless.com

Facebook: Happy Horses Bitless Bridles

Supporting horses recovery from neglect

by Les Rees, Equine Naturopath

For many years I was involved in the rescue and rehabilitation of horses and have come across some horrific situations concerning animal cruelty and neglect.

However, not all of the surrendered animals were necessarily from a background of abuse. Most were neglected due to circumstances beyond the control of those who owned them ranging from financial problems, changes of address, and marriage break ups, etc.

Our rescue organisation in Tasmania regularly received calls from an abattoir asking us if we could find homes for young horses that were no longer useful for the racing industry. They didn't want to put them down if we could find them new homes. At least they had a conscience!

Unfortunately, we didn't always have the means to be able to take them all, as there was a constant stream of such animals needing homes.

There is still a lot of ignorance concerning animal welfare, and many people buy horses and ponies without having the knowledge or skills needed to look after them properly.

Ponies are often bought because it seemed like a good idea at the time, thinking that they will be perfect to use as lawn mowers. They are often put on areas too small to cater for their nutritional needs, and left to fend for themselves after the initial fun of having them has worn off.



I have two ponies that I rescued in Tasmania which were the result of over-breeding. The owner had just left them and having no idea whether they were alive or dead. When they were taken by the RSPCA, they were all walking skeletons and traumatised.

I took the worst two and it was a real challenge to bring them back to health both mentally and physically. They are now well adjusted, happy ponies who are well loved, and when we moved from Tasmania, they came too!

Ponies are also prone to getting diseases from access to lush grass. It can lead to equine metabolic syndrome (EMS) linked to insulin resistance, laminitis and Cushing's disease. Horses and ponies affected with EMS need careful management in order to reduce the intake of sweet feed and calorie intake. This would include limiting their access to rich grass and also sweet treats.

Exercise also plays an important role. They cannot be ridden so they need

access to an area of land that has no rich grass so that they can move around. EMS horses and ponies also need regular trimming to assess and correct any damage to their feet.

One important part of animal rescue is to ensure that you are aware of all the facts. Just because an animal looks extremely thin doesn't necessarily mean that they are being starved. Aged horses can have problems metabolising, or they may have special feeding requirements.

Teeth issues can be problematic for them as they can no longer chew hard pellets, but there are plenty of feeds available now that cater specifically for aged horses. During the cold nights they also need to be rugged, otherwise they will lose even more weight trying to keep warm.

All horses need to be fed for their individual energy requirements, plus extra for any required work load. They may also need supplements containing vitamins or minerals to keep them healthy.

I also use herbs to help them cope with seasonal changes throughout the year.

If you are concerned about horses that obviously need help, you can try to contact the owner and see if anything can be organised to help them. Just try not to be judgemental in your approach since you don't know the full story, it will help to avoid any anger issues.

There are many horses around that need us to have the courage to be their voice

Phone Les Rees: 0437-586-705
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Beyond the Rainbow

Back copies available at the Nimbin Visitors Centre

The birth alphabet: M-N-O-P

There are many options for those who can help you through pregnancy, birth and beyond: Midwives, Newborn screening, Obstetricians and Postpartum.

Why consider a midwife?

Many healthy women choose to have a midwife support them during pregnancy, birth and the postnatal time.

Midwives are specialists in natural birth. They understand what helps birth flow more easily and can also diagnose if something isn't progressing normally and can intervene or refer when needed.

There are options called 'case load' or 'continuity of care' where the woman can have the same midwife care for her through her pregnancy, birth and postpartum. In many places, there are options to hire an independent midwife who can care for you at home or hospital or birth centre.

When women have continuity of care from a known midwife they are more likely to have a natural birth, more likely to successfully breastfeed and generally feel better about their birth and postpartum.

What is a newborn screening test?

Newborn screening is offered to all babies and involves a heel prick test and a hearing test. It is usually done when your baby is around two days old.

The heel prick involves pricking the baby's heel and collecting some drops of blood on a special piece of paper.

This is done to test for some rare but serious conditions like; Congenital hypothyroidism, cystic fibrosis, galactosaemia, phenylketonuria and other metabolic disorders.

Early testing means that these disorders can be picked up and treated before they cause serious illness.



Midwife in birth centre

Doula Wisdom

by Kirrah Stewart

Download the natural birth checklist at: www.doulawisdom.com or contact Kirrah on 0429-308-851, or email: kirrah@doulawisdom.com

What do obstetricians do?

Obstetricians are medical doctors trained in pregnancy and birth. They are the specialists to turn to if you have risks during your pregnancy, if complications arise during birth or an intervention like vacuum, forceps or a cesarean is required.

What is postpartum?

Postpartum is the time after birth. Many cultures believe that the first forty days after birth affects a woman for the next forty years of her life and a lot of reverence should be given to the newborn mother and her needs.

Different cultures and societies have varying beliefs around postpartum care. There are some common protocols that

really should be encouraged such as rest, nourishing foods and outsourcing of usual responsibilities.

Also, having guidance and support helps everyone to feel calmer and happier.

What is a postpartum doula?

Postpartum doulas are experienced in helping families navigate the transitions that happen after birth.

Care can focus on nourishing the mother so that she can heal from birth and nurture her newborn. Postpartum doulas often bring in traditional practices like massage and belly binding so that the mother can physically relax and heal.

They may cook delicious and nourishing foods like soups and stews as they are particularly suited for a new mother's digestion. Some doulas have experience with breastfeeding support to assist you to get off to a good start. Other things that you can ask your doula to help with are looking after your baby while you sleep, helping around the house and providing emotional support.

Overcoming fear through body movement

In Germany from the 1920s to the 40s, some very innovative work was going on that traversed psychotherapy and body work.

Dancers, gymnasts, massage therapists and other body workers were in conversation with psychoanalysts and psychologists (including C. G. Jung), and these conversations were the seed to recognising that no psychological problem exists without a bodily response and no psychological/emotional problem exists outside a bodily experience.

It is curious, therefore, that the two forms of therapy then went off in separate directions. Psychotherapy started to think of itself as entirely to do with the mind and social domain, and physical work as having nothing much to do with feelings and thoughts.

Both had got caught up in a mechanical way of doing things. I'm talking mainstream here; alternative modalities didn't lose track of the whole embodied self.

It is interesting that the severe anxiety response particularly in post-traumatic stress disorder is being our entrée into more holistic approaches to healing.

Anxiety is a fear response, a flight-freeze-fight response



by Dr Elizabeth McCardell

that stirs up adrenalin, causes cortisol levels to soar, saturates the blood with higher levels of glucose and more white blood cells, hyperventilation, saturates the mind with recurring thoughts and imaginings, stirs stomach discomfort, gives us a dry mouth, makes us feel we can't escape, etc. Imagine being in a sustained fear response lasting days, maybe years. Fear is crippling, and those consumed by it tend not to venture far.

In the 80s a Tai Chi practitioner friend was involved in a study with a group of elderly people with a fear of falling. Many had already fallen several times and broken bones.

My friend was hired to teach the group some simple Tai Chi exercises. The more they exercised in this flowing fluid way, the less fear was experienced. Fear of falling, and interestingly, other fears

went away.

Exercise is good, but I think there is more to what was going on here. I have two main thoughts on the matter. Focused body movement matters. Tai Chi is a mindful, focussed form of exercise.

Mindfulness is now a tool in psychotherapy. When you are aware of what you're doing, your thoughts are no longer on your anxiety.

My other thought is that mindful physical exercise expands our perceptual strengths and capacities. Most of us have a dominant sensory perception, where the less dominant ones are not paid much attention.

When one perception shapes a person's experience in a fairly exclusive way, negotiating the greater world can be compromised. Think of someone who practically exclusively gets around using just what they can see as a means of knowing what is there and how it must feel to meet the unseen, unexpected whatever. It would be scary.

We usually talk of only five sensations: sight, hearing, taste, smell, and touch, but there is another: proprioception.

Proprioception, also known as kinaesthetic sense, is the sense of self body movement and position in relation to space and other things.

Developing proprioception can be very beneficial for people who have an over developed sense of sight (maybe they spend all day on their phones).

When fear arises from encountering the unknown (which is always there) – eg not being able to see into a dark room – having a strong body knowing, that is, a better proprioceptive sense, can give greater security, because presences and absences can often be felt actually in the body. You don't have to see everything to feel secure.

Focussed exercises, like those in the martial arts, where you are aware of your own sense of balance, your core fulcrum, as it were, the slowness or speed of your body movement, the grace of an arm, perhaps an unsteadiness of a leg, your breath, your sweat, expand your sense of safety and confident engagement in the world. It's also great fun.

As one of the early German body practitioners who worked alongside a psychotherapist said, the therapeutic work is sped up when patients do both focussed body work and psychotherapy.

I encourage my clients in the pursuit of both for their healing.

How do we make our money?

by Cameron Storey

I have always envied people who fall into a profession, find they love it and spend the rest of their days perfecting their art. Such was not my case as I worked my way through almost seventy organisations and numerous career paths.

The first work I did was work experience delivering milk. While it may have kept me fit it was neither profitable nor satisfying. There followed a string of back-breaking jobs: landscaping, brickies' labourer, and roofing tiler. All these were mentally unsatisfying, and the sun would roast you alive.

While still at school, I joined the Army Reserve, working on a range of tasks. Marching around, shooting rifles, armoured vehicles and live-firing mortars. During basic training at Port Augusta the temperature reached 55 degrees. Guys would just pass out and collapse in heaps. I spent two years in the Army Reserves while finishing grade 11 and 12 and made the State Military orienteering team.

After school I applied to Outward Bound SA and was accepted to train as a kayak instructor and lead groups around the Coorong and assist with rock climbing and abseiling. My previous orienteering experience meant I could teach

students how to navigate – all of which I did for a few months before the organisation closed down. This work made an indelible impression.

Back to full-time for the Army Reserve before leaving for Officer Training in Portsea, Victoria. Several months into training and working from 5am to 10pm on a range of military studies and academic studies.

Even though I was a crack shot and equal first in the company PT (physical training), I was deeply unhappy with the culture of alcohol abuse, hazing, and the soulless pre-occupation with learning to kill people in fifty different ways. The fanatical adherence to following orders, a service prerequisite, was the final straw.

By the time I left I had been charged with more offences than everyone else. Back in civilian life, I tried strawberry picking. There followed picking broccoli, brussel sprouts, and kiwifruit, white-water rafting assistant and ski lift operator. After a six-month massage course, I had a string of casual placements but was still looking for more.

Unable to decide my future I spent the next two years travelling Australia competing in orienteering events. That year in the National Military Champs I out-ran all service personal from

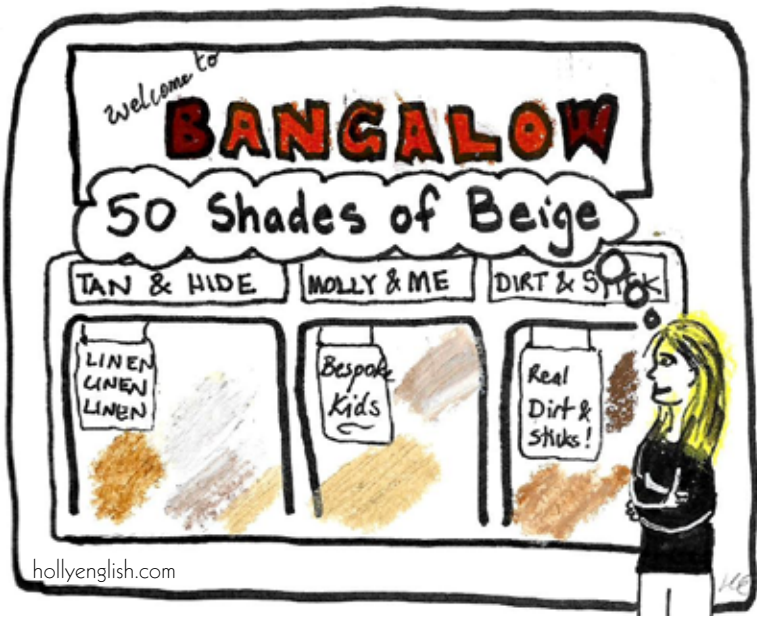
navy, army and air-force over three days of running. Unfortunately orienteering has none of the money of say tennis, golf or football. So I had to keep looking.

Heading to Bendigo College, I studied a Diploma of Outdoor Education but eventually realised that I loved being in nature so much that I could not sacrifice that to the god of money. In Morocco I landed movie work and the promise of more movies that year, but the passion wasn't there so I continued to wander.

Landing a hospitality job at a convention centre I could choose the number of hours but serving drunk people was deeply unsatisfying so I swapped to working at a sports store – no drunk people. At the same time I completed a yoga apprenticeship with the occasional white-water rafting, massage or canyoning gig.

This work meant continual study of anatomy – muscles, bones, joints, and how the systems interacted with each other to create health or disease. Teaching people is an art in itself. It took around 10 years to understand the depth behind the eight limbs of yoga and another 10 years to learn what I could pass onto students and what was almost impossible for them to absorb.

Understanding your own and



students' physical, emotional and psychological blockages or attributes is always on ongoing process. Over several years I also taught yoga, meditation, massage and orienteering at a health resort.

Over the years I have made several orienteering maps. For a time I studied real estate, graphic design, financial markets, and diplomas in business management and IT. Jobs followed in Department of Education, TAFE, and Tweed Council. God knows I tried to be normal and fit in. I left feeling fat and unsatisfied, but with a healthy bank balance. Back to yoga teaching I went.

Eventually hosting people on site provided better ways to educate

via centenarian diet, bushwalking, yoga, meditation, medicinal plant ceremonies, environmental sustainable accommodation – solar power and hot water, composting toilets, rainwater, growing food, and most importantly not partaking in products or services that fuel companies who further destroy the planet.

Finding the right combination of occupational streams to weave together took such a long time to manifest, but I can't imagine how unhappy I would have been to settle for just making money.

The Dharma Centre is on AirBnB as Nimbin Eco-Retreat. FB Dharma Centre – Lillifield

Natural Law

Jingi Wallah.

On a recent trip to the Central Desert, I had the privilege of sitting with two senior law men. Here is what I learnt:

We all belong here. The spirit of this country lies in the songlines, stories, ceremonies, language and culture held in DNA and custodianship by Aboriginal peoples.

These stories connect our country from the east coast to the west coast – and right through the heart. Did you know the desert mob have a word for ocean?

In September, take time to connect with the local mob and listen. If you show up and hang around long enough, you will hear stories. These stories and other cultural sharings are your keys to connecting with the spirit of this country. Allow it to soak in.

Create sacred time every day – stop, breathe and be still. Regularly become quiet in yourself and in nature – listen to the land.

Our responsibility as a nation is to facilitate a systems transformation from the current patriarchal, capitalist, to Aboriginal ways of knowing, being and doing. This will ensure the wellbeing of the land, people, animals, plants, waterways, skyways, and ancestors-spirit world.

The Aboriginal way is for everyone – yes everyone can belong here – yet this comes with responsibility. As Uncle said, "You can live in Australia, or you can BE Australia".

My daily affirmation for September: *Today I connect with the spirit of this land.*

Enjoy the month dear friends and thank you for reading *Natural Law*
Yours in wellbeing, Helene.



by Helene Collard

*We are all self-governing.
Let us call upon our ancestors and
teachers – past and present,
to guide us in the way of the heart.
You are all my relations.
All is One.*

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Helene has a Bachelor of Trauma & Healing (Law & Justice), is a Reiki Master and the founder of the Yemaya Centre for Reiki & Wellbeing in Lismore where she teaches Reiki.

For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.

Changing energy as days lengthen

There is a changing energy as the days lengthen and there are signs of new birth and regeneration in nature.

In classical Chinese medicine the element associated with this month is metal, and the associated organ the large intestine.

In this system where each month is looked at separately, the large intestine energy is the one associated with this the second month of spring.

One theme of this month is the correct order of things, as small undifferentiated things grow and form "the realm of the ten thousand things". The spring equinox occurs later this month, again it is a time of one thing changing to another.

One of the traditional instructions for this time of year was to carefully look after newly emerging buds, care for young animals and watch over all orphans.

As in the parallel, the eighth month, autumn equinox, the energy is poised and traditionally signs of the season changing were watched for. In the spring for example, returning swallows were seen as harbingers of fertility.

The large intestine is less often referred to than its metal partner the lung. However it does have a number of functions. Mentally it influences our capacity to let go and move on from the past.

There are points on the large intestine channel that specifically have this function.

In this season of transformation, it is a good time to stop habitual thought patterns, grievances and unhelpful stories or obsessions we often



by Brigid Beckett

unconsciously hold onto.

Just being aware can give perspective and help change mental and physical patterns.

Being related to the lung, sadness and worry can also affect the large intestine.

With insufficient lung qi the qi needed for the large intestine may fail to descend causing abdominal pain and alternating diarrhoea or constipation.

Anger stagnates liver qi, this stagnant qi will affect the large intestine too, especially when anger is experienced around meal times.

Climatically cold affects the large intestine. Cold dampness can penetrate from the ground level, once in the large intestine it can cause pain and diarrhoea. This pattern is common in children.

Other large intestine patterns involve damp heat. Weak spleen qi (the digestive energy) predisposes to damp, anything that weakens the spleen will affect the large intestine.

Dietary considerations for the large intestine are similar to that of the spleen. Too much cold and raw food can give rise to interior cold causing diarrhoea, while greasy food can cause damp heat.

The channel of the large intestine contains some important points. It is used extensively for problems of the arm and shoulder and head as well as having points with important functions more generally.

An example is the source point, LI 4 or hegu, on the top of the hand close to the thumb. Its many functions include regulating the defensive qi that guards against colds and flu, it treats headaches, jaw, teeth, throat, nose, eye and ear problems, treats problems anywhere on the arm, regulates the ascending and descending of qi, calms the mind, promotes menstruation and labour.

Because of the many applications this powerful point is one of the best known and frequently used ones. It is an easy point for people to use themselves for the treatment of headaches or toothache by applying pressure.

Many points on the large intestine channel are like this, being very useful for treating arm and shoulder problems but also having wider applications, as diverse as affecting mental states, treating skin conditions or regulating the intestines.

So there is a lot to learn about and learn from the metal element.

Enjoy the season of spring and make use of its particular energy.

Brigid Beckett is a registered acupuncturist working at Lismore Community Acupuncture. She can be contacted on 0431-702-560