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ADVICE FOR
MEMBERS &
GUESTS



Nimbin Bowling Club and the Greenskeepers Bistro thank members and the community for your continued support.

The Club is now open with Covid-19 restrictions

Wednesday, Thursday and Sunday: 2.30pm – 6pm
Friday and Saturday: 2.30pm – 9.30pm,
with Bistro open 5pm – 8pm
Sundays 9am – 6pm



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by Neil Amor

The Nimbin Organic Food Co-op endeavors to support local growers to ensure an ongoing food source close to our community.

If you think you may have some produce you wish to share with the community, contact our local food and products co-ordinator, Evie, at the Nimbin Organic Food Co-op.

We would also encourage you to consider volunteering for one of the many roles available at the co-op. You'll be part of a great team. Contact our volunteer co-ordinator, Nina, at the co-op.

This month's feature food is the wonderful variety of lentils.

Lentils are the world's oldest cultivated legume (bean) and are packed with nutrition and are good source of protein and fibre, very low in fat and cholesterol free.

Lentils are part of the legume family and are grown primarily for their grain seed, called a pulse.

Legumes are notable for containing symbiotic nitrogen-fixing bacteria. For this reason, they are integral in crop rotation.

There are countless types of legumes, including beans, peas, garbanzo beans, lentils and even peanuts.

In ancient Rome, lentil and vegetable soup was a

Food Matters



Evie, the co-op's local food co-ordinator

very common food and is featured in many books and plays from that time period. It represents the simple comfort of life.

In the play, *Lysistrata* by Aristophanes, a soldier on horseback buys lentil and vegetable soup from a street vendor and uses his helmet to carry it home for lack of a better container.

This month's members special is 20% off our range of certified organic lentil range. The co-op currently has split red, whole green, black beluga and French split green lentils in stock.

This recipe will fuel you through your winter activities.

Luscious lentils

2 cups each of two types of lentils (contrasting colors are fun. Here I use beluga lentils and red lentils. If you only have one type of lentil, use four cups).

8 cups of water or broth (mushroom or vegetable)

2 bay leaves

2 cloves of garlic

Large handful of mushrooms

2 leeks

3 zucchinis

2 tbs olive oil

2 lemons or limes
1 tsp ground turmeric
Salt and pepper
Optional: 4 ounces pecorino or goat cheese and 2 cups of walnuts, plus any dark leafy green garnish.

Method

Soak the two types of lentils separately in water (completely covered) or broth for one to two hours.

Add one bay leaf to each lentil pot and simmer for about 20 minutes, until tender. If you keep them in separate pots they will maintain their unique and vibrant colors. Drain well and discard the bay leaves.

Slice the mushrooms, leeks and zucchini. Sauté the zucchini and leeks in olive oil, garlic and turmeric for two minutes. Add the mushrooms and sauté for another minute. (For crunchier vegetables, sauté for less time.)

Combine the vegetables and the two types of lentils. Zest the lemons or limes into the lentils and squeeze the juice in too. Season with the turmeric, salt and pepper. If you are using walnuts, roast them with a little honey or maple syrup.

When you are ready to serve the lentils, add the walnuts and pecorino or goat cheese, and any dark leafy green garnish just before serving.

Until next month, eat well.

Punjabi Murgh Musallam Methi



Punjabi fenugreek-yoghurt chicken with turmeric eggs

Ingredients

- 1-1½ kg skinned free-range chicken
- 3 tbs of dried fenugreek leaf, (kauri methi) or 2/3 of a cup of fresh or frozen leaves
- 1 cup of hung curd or thick Greek-style yoghurt
- 3 medium onions (chopped)
- 4 hard boiled, turmeric-spiced eggs
- 1½ tbs of ginger-garlic paste or fresh minced garlic and ginger
- 2 tbs of rice bran, Safflower or vegetable oil of choice.
- 2 tsp of mustard or sesame oil
- 1 tbs of ghee
- 1 tbs of chilli powder
- 1 tsp of garam masala powder
- 1 tbs of coriander powder
- 4 tsp of turmeric
- ½ gram of saffron
- 3 tbs of 'Kewra-water' (essence of pandanus (pandan P. odoratissimus))
- 2 tsp green cardamon powder
- 3 black cardamon (crushed)
- ¼ stick cinnamon
- 1 tsp of ground cumin
- 1 tsp of ground coriander
- 1 tsp of fennel
- 5 black peppers
- 1/3 cup of jaggery, honey or preferred sugar type (NOT chemo-stuff)
- 4 cloves
- 5 red chillies
- 2 tbs of chopped cashews or pistachios
- 2 lemons, quartered
- 2 tbs of tomato paste or 1 tin of diced tomatoes
- 1 cup of heavy cream or light sour cream
- 3 tbs of orange flower essence

Method

Skin and brine the chicken. Brine the

skinned and scored chicken in 2 litres of salted and spiced water.

Brine: 2/3 of a cup of salt, 2 tsp of some form of sugar, 2 quartered lemons, 2 tbs of kewra-water, 1 tsp of fennel seeds. Chill this brine.

Brine (soak) the chicken in this mix in the refrigerator for about 12 hours.

Drain and marinate the chicken in a mix of: 1 cup yoghurt, 1 tbs of mild chilli powder, 1½ tbs of garlic-ginger paste, 1 tsp of garam masala powder, 1 tbs of coriander powder, 1 tbs of turmeric powder, 1 tsp cardamon powder.

Rub this mix all over the chicken inside and out. Marinate for 30 minutes.

The sauce: Heat 1 tbs of preferred oil, 1 tbs of butter or ghee in a skillet or pan. Add cinnamon, cardamon, cloves, red chillies, garlic-ginger mix, and saute for a minute or so until fragrant.

Add onions, saute for 2-3 minutes until wilted, add tomatoes and nuts, stir and cook for 10-15 minutes until pulped, cool and pulse-blend.

In another pan, sear chicken on all sides until a light char is achieved, about 3-4 minutes. Set aside.

Reheat sauce and add chilli powder, some salt, cook 10-20 minutes, add chicken and simmer 10-15 minutes. Add fenugreek and sour cream, orange flower or keira water, simmer 2-4 minutes.

Garnish with fresh coriander leaf, thinly-sliced fresh green chilli and sprinkle lightly with dried fenugreek leaf. Serve with turmeric-stained eggs and naan or fragrant rice with veg of choice.

Brickbats and bouquets to: thewholeearthveg@gardener.com

Parthenium

Weed Words

by Triny Roe

Parthenium weed, *Parthenium hysterophorus*, has crossed the Great Divide. It could be coming to a farm or roadside near you.

This is a weed we definitely don't want. Parthenium is toxic to stock, costing the beef industry \$16.5 million per year. If fodder is contaminated, milk and meat are tainted.

In humans, parthenium causes serious respiratory problems and dermatitis, especially after repeated contact. Its invasiveness, ability to spread and socio-economic effects has earned parthenium a place on Australia's list of 32 Weeds of National Significance. It is also considered one of the top five worst weeds in the world.

Fast growing in ideal conditions, this annual herb can complete its life cycle in one month, producing seed and continuing to produce more and more seed – 15,000 to 25,000 of them – throughout the summer before it dies off in late autumn.

With a deep taproot, parthenium can grow in most soils and reach up to 1.5 metres tall. It easily outcompetes everything else armed with its secret weapon, an allelopathic chemical exudate which prevents germination and growth of other plants.

This trait reduces crop yields. Seed can remain viable in the soil for five or more years.

A native of Southern USA, the Caribbean and Central America, parthenium is now present, and considered a weed, in Africa, India and Asia as well as Australia.

First recorded in Toogoolawah in the mid 1940s, it subsequently arrived in Central Queensland in the late 1950s in a shipment of pasture seed from Texas. From there it has spread.

The allergenic properties of the plant have forced some people to abandon their farms. A single plant can produce 620 million pollen grains. Contact dermatitis causes skin lesions in cattle, horses and humans. Wear gloves and protective clothing if handling.

While predominately a weed of Queensland, there have been 21 incursions into NSW since 1st April this year which have been managed by the DPI.

Several infestations were found along roadsides in the Upper Hunter region. There were also outbreaks near Forbes and Wallget, and it has been recorded along the Newell Highway.

The most recent appearance was in Nambucca Heads. Most likely arriving there in a bag of organic



wholegrain chicken feed, it had already spread over two hectares before being recognised.

Floodwaters can move seed to new areas, but this weed and many others can spread with inadvertent human help via earth moving machinery, contaminated hay or even mud on your own vehicles or shoes.

Inspect sites where soil has been disturbed and regularly check areas where stock are fed to ensure new species don't get a hold. Clean mud off undercarriage of vehicles after travelling to weed-infested areas, and ensure hiking boots and camping equipment don't harbour weed seeds. Horses and cattle can also carry seed in the mud in their hooves. On road trips, don't pick 'wild' flowers and carry to new locations.

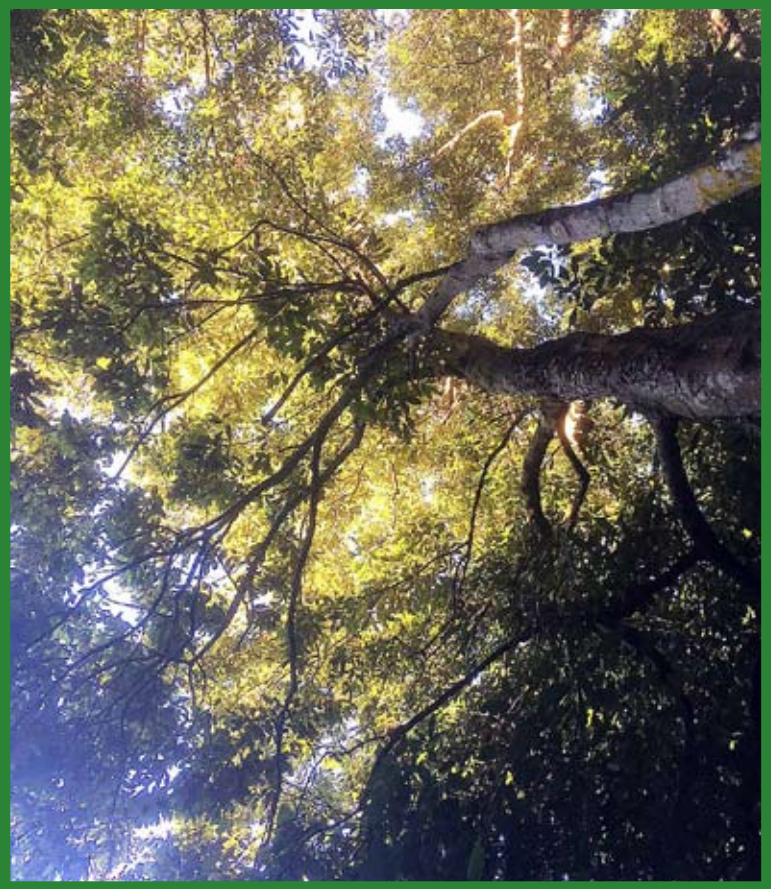
Often confused with annual ragweed, *Ambrosia artemisiifolia*, it is sometimes called ragweed parthenium due to similar looking fern-like, deeply lobed leaves. However, the flowers and stems are different.

Parthenium has stems with grooves and ridges, whereas those of ragweed are smooth. Parthenium flowers are creamy white, forming clusters at the tips of branches.

Biological control methods trialled in Australia include several insects and a rust. While they have had some impact on parthenium, other measures need to be implemented to achieve control.

If you think you have this weed, you can get more information from the NSW DPI website: <https://weeds.dpi.nsw.gov.au/weeds/partheniumweed> or call the Biosecurity helpline, 1800-680-244.

Happy Weeding



Plant of the month

Jackwood *Cryptocarya glaucescens*

Selected and photographed by
Richard Burer, [Bush regenerator](#)

Hello Jack! An old friend for an old friend!

This month the blaze of the Jackwood tree is covered in a black fleshy drupe.

It's a very distinct fruit, black, shiny and puckered, very fragrant when cut, and a reliable food source for our rainforest pigeons.

The tree pictured has been entertaining the stunning Wompoo fruit doves these past weeks, and August looks like a feast for our

precious birdlife as they feast on this hardy, attractive, reliable local rainforest tree.

The raised yellow venation in the midrib underneath of the leaf is a good way to identify this species.

Common in the area, Jackwood can reach about 30m in height, and it's reasonably slow-growing when planted or regenerated, but it's a must on your conservation area or on the edge of your garden.

Easy to grow (remove flesh), Jackwood is also available at your local rainforest nurseries this Spring, including Whalebone and Firewheel.



Bushwalkers explore Minnie Water

by Peter Moyle and I. Paddlealot

The Nimbin Bushwalkers Club is back with our regular schedule of walks.

The weather has not been kind, but everyone is so keen to be out and about that a little or even a lot of rain has not hampered us that much.

Numbers on our walks have been good, and a few new members have added their interesting adventures to ours.

The Minnie Water weekend in July was both sunny and very wet, but 145mm of rain over 36 hours did not deter us, as we were well set up and kept warm and dry.

We camped at the Illaroo camping area in Yuraygir National Park. What a beautiful space. Very relaxing, but with lots to see and do if you choose.

The weather cleared and gave us some gorgeous winter days and walks around the headland and around Sandon River as well.

We had a drive up to the village of Sandon River, and a visit to Wooli's sites and its lovely watering hole, the Wooli Hotel where a great lunch was had by all.

It's a sure thing that we will be visiting this area again in the warmer months for some paddling on the Sandon and Wooli Rivers.

The next weekend away at the end of August has been changed from Girraween to Bald Rock – a very special place and one not to be missed – in case we have issues with the Queensland border. Updates are always available on our web and Facebook pages.

Until the next walk, keep well. Visitors and new members are always welcome.

Walks program for August

Sunday 9th August

Mount Chowan – Mt Jerusalem National Park

Leader: Anne Gilmore 0413-450-440

Grade: 4. 10km, approx 4 hours. There are steep sections involving rock scrambling and if it has been wet, some trail will be slippery. Walking boots are recommended and walking poles or a good pole as well.

Meet: 9.15am at the trailhead off North Chowan Road which is off Smiths Creek Road between Stokers Siding and Uki.

This is a combination of a steeper bush trail and fire trail walk, with views across to the Border Ranges, and on the way up to Mt Chowan a great view of Wollumbin. We will have an early lunch on the walk, and for those interested, afternoon tea at nearby Uki.

Friday 28th – Sunday 29th August

Bald Rock National Park

Leader: Sue Macklin 0402-220-973

Grade: 3-4. Stunning landscapes with huge granite boulders, clear running streams, excellent waterholes, some easy and some more difficult walking tracks, some steep grades, caution needed at lookouts. We will be staying at Bald Rock camping area, a lovely bush setting. Camping fees of \$24 per site for two people, share sites an option. \$8 per day vehicle fee or better value a yearly. For more info and to confirm your attendance, please phone Sue.

Bring: Camping and walking gear, and firewood and warm clothing, as nights can get quite cool. You might like to check out: www.nationalparks.nsw.gov.au/camping-and-accommodation/campgrounds/bald-rock-campground-and-picnic-area

Sunday 13th September

Byron Bay Lighthouse by train

Leader: Peter Spearritt 0421-055-292

Meet: 9.30am at the North Beach Station at the end of Bayshore Drive behind the Industrial Estate for the 10-minute ride into Byron Bay.

From there we will follow the beach and coastal tracks to the Lighthouse before returning by a different route. Lunch on the way or a café stop is always an option before the return train trip.



Nimbin's Wild Weavers meeting in July in the gardens at 7 Sibley Street, with appropriate social distancing, making baskets with natural fibres. For more workshops, see the program on p.7.

Backache and hands

There are a few reasons why, no matter what one does, back, neck or shoulder ache will not leave. Apart from having an unfortunate malady, which involves an aching back and limbs, there are other issues that may not have been thought about, which are stopping you from a pain-free and flexible existence. Uneven leg lengths that could be removed by Bowen Therapy, an Osteopath, or a good Remedial Masseuse, or if there is no other answer, a Podiatrist, can keep one's back and limbs in a state of unhappiness for years. An unattended, misaligned jaw can have the same effect, because as I've repeated with boring regularity, the body works as one unit. Probably, the least thought-of appendage, which can cause havoc when it's not given the attention it richly

deserves, is the hand. The muscles in the hand can throw a tantrum or hide in a corner and refuse to co-operate, just like any other muscle in the body. The symptoms may be as minor as a hand that feels slightly weaker than the other, but its gentle refusal to co-operate fully may be affecting one's arm and shoulder, which in turn can cause problems in the muscles in the upper, middle and lower back. So, if you are battling with a back, shoulder or neck-ache that keeps returning, get a good body therapist to check all of the above, including your hands. Last of all, but perhaps should have been first in these uncertain times: stay in the moment (the now) and smile kindly at yourself and others. It strengthens the immune system.



by Tonia Haynes

And if you desire a tool to assist in eliminating stress and strengthening your lungs? Take a look at Hoff Breathing on the net. It's easy and it works. I am available for Bowen Therapy, Massage, Spinal realignment and Pranvic Healing in my cabin in the country, nine kilometres from Nimbin, if you fancy a caring treatment in a quaint, rustic environment. Phone 0439-794-420.

Meniere's disease

Quite a lot of people struggle with the inner ear disorder Meniere's disease, in fact 1 in 500 Australians are suffering right now. Vertigo is the most debilitating symptom and can result in depression and severe anxiety. It usually affects one ear but can affect both ears in 15% of patients. Triggers for attacks are stress, fatigue, emotional stress, certain foods, additional illnesses and too much salt in the diet. Symptoms include: • Fluctuating hearing loss; • Episodic vertigo; • Sensation of ear fullness or pressure; • Tinnitus; and • Dizziness. People with this disease usually experience sudden attacks, involving some or all of these symptoms. Attacks typically last around two to three hours although, for some, it can take a day or two for the symptoms to subside. Some people may experience several attacks each week, while others may have weeks, month or even years between attacks. The exact cause of Meniere's disease is not clearly known. It is believed to be caused by a problem with fluid (endolymph) in the inner ear. It is thought that if pressure of the endolymph fluid changes (eg. too much fluid) it can result

in symptoms such as vertigo and tinnitus. However, this theory is yet to be proven. Typical age of onset is 20 to 60 years of age. Some people find relief from limiting salt, alcohol, tobacco and caffeine consumption. Some people spend years desperately trying to find a "cure" for Meniere's, which can be frightening, debilitating and isolating. So, how can I help you? As with everyone that comes to me for Bowen therapy, the whole body is treated as it is a holistic treatment. I check all alignment of your body, pelvic alignment, check leg length discrepancies, the core muscles (psoas) and finally the TMJ (temporomandibular joint). It's really important to ensure the body is in alignment so that the body can function optimally. The TMJ is the joint between the mandible and temporal bone of the skull. Normally if the patient is suffering with any of the symptoms stated above, it is usually caused by the TMJ being out of alignment. Also there might be a blockage of fluids in the ear instead of it being able to drain. I can check with kinesiology testing to accurately see if the TMJ or the C1 (axis), which is all part of the jaw mechanism, is out of balance and if it is, I can very gently persuade



by Sonia Barton

it to go back into balance, and after 2-4 sessions hopefully the dizziness and the symptoms will subside or disappear. I also do lymphatic drainage around the ears and neck for this condition. I always think it is worth a try. Besides getting a whole body balance, your posture will improve, your immune system will be strengthened as the treatment is a lymphatic drainage procedure, and you will feel relaxed and much more "centred". And fingers crossed, the debilitating symptoms will disappear and you can get your life back. For more information about Meniere's disease, contact the Deafness Forum of Australia: www.deafnessforum.org.au Please call me for a friendly chat on 0431-911-329 if you would like more information on how I can help you with Bowen Therapy. I work in Nimbin and Byron Bay. www.bowenenergywork.com.au

What chance democracy?

by Simon Clough

Australian democracy is being threatened like never before. Many of these threats could be mitigated or eliminated by government. The missing element is the political will to act in the public interest to protect the democratic system. There are two main corrosive forces at work, and they are closely connected. The first is the dominant attitude that keeping a hold on power is the main job of a political party. Second is the cashing in of political experience to secure an extremely well-paying job in the private sector. When combined with the privileges politicians are granted (luxurious by most Australians standards) the perception of many Australians is that politicians are simply 'in it for themselves' and that democracy doesn't exist. Let's have a brief look at some of the forces and attitudes undermining democracy. **The ever-expanding pork barrel** One of the most recent examples of this was Bridget McKenzie's 'sports rorts' affair involving \$100m, where, even after the beginning of the election period, grants which had not been applied for were being made to marginal seats. Up to 73% of the chosen projects went against the independent Sport Australia's recommendations. What is deeply concerning is just

how much politically targeted large-scale grant giving (vote buying) prior to elections has become a 'normal' part of the Australian political landscape. **The media problem** The Murdoch media empire dominates Australian media almost completely. News Corp Australia titles account for 59% of the sales of all daily newspapers. Australian newspaper ownership is one of the most concentrated in the developed world. The implications for our democracy are overwhelming. For example, the Murdoch empire has provided a platform for climate sceptics and deniers which has held back action and decent policy on climate change for decades. Social media in its many forms is open to extraordinary manipulation and even more concerning is the growth in technology which now makes it very difficult to detect if a video or audio record has been manipulated to create totally fake news. Another aspect of media manipulation is the now huge budgets governments spend promoting their programs prior to elections. Television commercials are often thinly disguised as helpful information to the public when they are in fact party political advertising. **Unchecked cheque books** Because the major parties are largely dependent on donations for their election campaigns they

are particularly open to sectional interests affecting their policies and decision-making. It is particularly galling to see many large corporations especially in the mining industry paying virtually no tax (because of legal tax loopholes) making large donations to political parties. Closely aligned to these political donations is the work of lobbyist representing large corporations or industries. There is a lack of effective legislation controlling lobbyists. It is worth noting that the National Audit office was scathing of the Morrison government's failure to implement the recommendations of a previous audit of the lobbying regime. PM Morrison and Attorney-General Christian Porter terminated plans to enshrine the lobbying code in legislation. The current system is regulatory, meaning there are no penalties for failure to comply other than being struck off the register of lobbyists. There is another factor, the revolving door between industry lobby groups such as the Mining Council of Australia and ministerial staffers. The Chief of Staff of Prime Minister Scott Morrison is John Kunkel, the former deputy CEO of the Minerals Council of Australia. Former mining lobbyists who now hold key positions within Morrison's staff include the Prime Minister's Principal Private Secretary, Yaron Finkelstein, the former CEO of Crosby Textor (now C|T) a multinational lobbying firm

with close ties to the Liberal Party and the mining industry. Other C|T alumni include Liberal Party campaign director, Andrew Hirst and his deputy, Isaac Levido, as well as James McGrath, LNP Senator for Queensland and prominent public advocate for Adani's Carmichael coal mine. A further pro-mining lobbyist connection is Stephanie Wawn, a senior advisor to Morrison. This is not to say that the Labor party is any different, with many staff of shadow ministers having strong links to sectional interests.

Spooked by the spooks

Peter Dutton's Department of Home Affairs with its control of all Australia's major spy agencies and extensive surveillance capacity is an ongoing threat to democracy. Additionally, Dutton keeps pushing for more powers which can be enhanced by Artificial Intelligence, especially incorporating biometrics such as facial recognition technology. A retired ASIS agent known only as Witness K and his solicitor Bernard Collaery were charged in June 2018, with the Attorney-General, Christian Porter's consent with "conspiring to reveal classified information". The charges relate to a bugging operation carried out in the cabinet room of the Timor-Leste government by Australian intelligence agencies with the approval of then Foreign Minister Alexander Downer. This operation occurred 14 years ago and gave the Australian government an unfair advantage in negotiations

over oilfields between Australia and Timor-Leste. Witness K had objected to this secret operation against the newest and poorest nation in the world. Woodside Petroleum was the main beneficiary of these negotiations and Downer on retirement almost immediately joined the board of this company. These actions together with the raiding of journalists homes and offices has confirmed that the government will not tolerate dissent or truth-telling essential for a democracy. **The way ahead** How have these significant threats come about? The failure of legislators to keep up with the emerging threats is one of the major reasons that our democracy is so tenuous. It is in the interests of politicians to extend their power. Previously there were strong conventions and culture that limited many of the threats to our democracy. There was a belief in ministerial responsibility, a belief that ministers were to retire after their public service, that public money was just that, not to be used to promote a particular party, and many more democratic protections. Rather than being replaced by legislative boundaries, the situation has become a 'free for all' where usually the biggest donor or the most devious scheme wins. Australian democracy can be protected and it will flourish, but it needs immediate attention with excellent policies and legislation.

Buying the dream horse

by Suzy Maloney

When people get a new horse, they have visions of cantering down the beach into the sunset, their hair blowing in the breeze with not a concern in the world.

The reality of the dream horse is sometimes different. It can be extremely hard to let go of this vision and see the horse that is standing in front of you, which can result in difficult times for both the horse and human.

People may find time with their horse frustrating, as the horse is not fitting into their vision, and they stop enjoying being together. If the horse does not live up to expectations the person may try and force the horse, sometimes with dangerous results.

No horse will ever be as perfect as the vision we have in our heads, regardless of how much we love them or how much training they receive. This may sound a bit negative, but it is important to be aware of so that we can appreciate and love the horse that is in our paddock, not the one in our heads.

A few things people sometimes do when they get a new horse increase the difficulty. One is to immediately start feeding their new horse rich food to improve condition. Increasing a horse's feed frequently increases their energy and affects their personality.

A gentle, quiet horse can become another type altogether when fed a rich diet. There will be enough adjustments already with a new horse without adding another. Feeding your new horse low sugar, high fibre feed is much safer.



Another thing is allowing the horse to settle in before asking anything of them. In theory this seems a respectful thing, but it can start you off on the wrong foot with your horse.

Years ago, I worked for a horse starter and re-trainer. When he had a horse come in for behavioural issues, he would always ride them in the first day or two. I asked why he did this, and he said that horses are disoriented when first moved. In the first day or two they are amenable to nearly anything.

At this point you can establish a relationship for training and riding much easier than if you wait for them to settle in and start asserting themselves. Then when they are settled and start to express their personality more fully, you already have a healthy working relationship established.

Most horses are noticeably quiet when they first arrive at their new home. After two weeks to a month they seem to 'arrive' properly, and then you see the true horse you now have. Their self-confidence increases, and they begin to express their desires more strongly.

Within a few months they can be a totally different horse to the one the person went and saw before buying. This can be a very tricky period for people.

Re-adjusting your vision and really seeing the horse before you is so important at this stage. Relationships between horses and humans are not transferable. The horse will carry the relationship it had with the previous human for a while, then start to form a new, different one with you.

If your horse came from a professional trainer and was perfectly behaved when they arrived, unless you are also a professional, this will change. The horse will change and adapt to be a match to you. Behaviours of concern may start emerging. Of course, it can go the other way too.

Either way, it's worth being aware of how huge it is for a horse to be sold, to go to a new home, a new human, and to try and see the horse that is standing in front of you, not the one in your head.

From there the two of you can move forward, with patience, and who knows, one day reach that dream.

Phone 0401-249-263

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www.happyhorsesbitless.com

Facebook: Happy Horses Bitless Bridles

www.patreon.com/suzymaloneyart

Mindfulness the key to good training

by Les Rees,
Equine naturopath and
sports therapist

In my Facebook stream today there was a video of a woman swearing and beating up a young horse she was attempting to break in.

I use the words 'break in' because that's exactly what was happening. She was using a whip to terrify this youngster into submission. I was absolutely incensed by what I saw, as every fibre of my being tells me that this is not the way to gain trust.

Trust has to be earned and cannot be attained using cruelty to gain submission. It takes time, energy, love, intuition and gentleness to gain the trust of any animal.

There are no quick fixes for those poor damaged souls who have been traumatised by bad handling and the road ahead for that young horse will certainly be problematic, especially if it is misjudged for behavioural issues.

I have a mental note in my head that tells me to be aware of a number of things. The first is to always look for the good in animals, be quick to praise the positives and treat the negatives with the respect that they deserve.

Never make judgements about the things you observe,

you cannot know what may have caused behavioural issues so the best way is to move forward, not dwell on the past.

Trust has to be gained, but that's a two-way street. Being kind and gentle helps to soften ingrained attitudes and can offer new paths of thinking.

Understandably, humans often tend to be defensive when confronted by half a tonne of horse with attitude, but I would suggest that you don't allow yourself to be put in that position.

Being present in the moment can help us to be reactive in a gentle way by where you place yourself in the space around horses.

The space around a horse is very important to them as it forms an essential part of the language of equus. This language involves signals that can invite or push others away from its personal bubble of space.

It isn't until trust has been established that you will be welcomed to share this space.

Experienced horse communicators can predict and react quickly to those horses that choose to invade the laws of space.

Sometimes it can be as easy as using your elbow as a block when the horse is



Les and Gypsy

making a move to nip you.

Blocking is far better than shouting and hitting and nipping issues can be dealt with simply by gently pushing the head away from you in a few short sessions of interacting with your horse.

People often ask how long it will take to train their horse. My answer is always the same: "It will take as long as it takes."

How can you enjoy the journey if you're constantly measuring time? Horses are extremely smart, and know if you are not fully present with them.

I really enjoy photography,

and often think that it is the intuitive part involved in peripheral vision that enables me to understand the subject matter.

It opens the mind to the intensity of light, reflections and shapes within the landscape.

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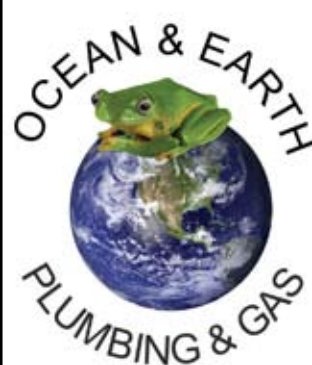
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Context matters

Context matters; in art, in psychology, in music, in life itself. Nothing exists on its own apart from everything else, no piece of music, no art, no life.

The suffering known in a marriage breakup, the death of a loved one, the torment when families are torn apart through war and civil unrest or misguided government rulings (I'm thinking asylum seekers and other circumstances like the tearing away of children from their Aboriginal families, right now), or when freedom is lost, or domestic violence (those who experience it and those who inflict it), or any of the other multiple ways we are hurt and hurt others, these experiences shape the people we are.

We can try to operate without the contexts of our lives, but such an action is not only impossible, but the very endeavour self destructive.

I had a rather peculiar online conversation with a man who was irritated by the contents of a news report of the death of an Auschwitz survivor and famous cellist and founder of the English Chamber Orchestra. He couldn't see the relevance of her concentration camp

experiences in relation to her music making.

My brain exploded! How could anyone think such a thing? This was beyond my comprehension and me being me, I checked out his on-line status and found that his social media pages were full of soft porn. It is as though he was blocking out the pain and suffering of the entire world and his place in it.

I also tried to suggest to him that all experiences acknowledged deepen one's art, deepen one's capacity for empathy and being present for others in our lives, as well as giving us the tools for innovative creative acts.

I told him that my first cello teacher, a Hungarian Jew, had also been a concentration camp survivor and that that experience, that ongoing suffering through memory, made him the most extraordinary musician.

He played with his heart excruciatingly beautiful music and with a sense that this could be the last time he plays. I was able to connect with this in my own playing, because he was so very present with me.

To this, the online fellow replied that he didn't care and that what I was saying was nonsense. A red rag to a bull, to be sure, but his comments

made me remember once again how little many of us in our society consider important the fact that context matters to the making of selves.

Ours has become very superficial, individualistic and self-driven and as a result our creative output is quite shallow. Our attitude to mental health issues are also shallow.

Witness, for instance, the emphasis on symptom management control through the one tool of cognitive behavioural therapy, rather than an actual working towards the healing of the whole person. Merely a quick fix to satisfy insurance companies.

As I write this, I'm remembering also an artist client I once had whose paintings were very pretty, but lacked depth. They were pastoral scenes, without the snakes and dingoes, without fires, storms and tempests; without death being acknowledged.

Technique-wise they were similar to Sydney Nolan's palette-work landscapes, but Nolan knew death and pain and his paintings are so much more than merely pretty. His work is majestic, agonizing, incredibly beautiful; hers are not. My heart ached for my



by Dr Elizabeth McCardell

client whose own experiences were left out of her paintings and that her potential was not yet realised.

Bringing those experiences into her conversation with paint and canvas was the difference between accomplished and great and she was frightened to go there. This is where psychotherapy and clinical hypnotherapy really helps. I am interested in participating in the development of people in whatever path they choose.

The contexts of our lives matter and it matters that we bring them into our awareness in a real way.

Merely acknowledging it in a sort of clinical case history manner is usually not enough; it needs to be felt; it needs to be known in the sinews of souls to bring a person to wholeness and to make their art, their music, their humanity lushly alive.

Herbs to help boost breastmilk

Doula Wisdom

by Kirrah Stewart

While breastfeeding is a natural process, sometimes mamas want a little boost to help with their supply. There are many natural herbs and foods that can make this journey just that bit easier.

The act of taking a few minutes to enjoy a warm cup of tea can help boost oxytocin which helps with milk flow. If the herbs used in the tea can also help boost milk production, then it's a win-win solution.

For busy mamas, making a thermos will help keep your tea warmer for longer. As well as teas, herbs can also be taken as tinctures, in capsule form or even used in smoothies.

Below are some common herbs used for boosting lactation.

Fenugreek

This is one of the most commonly used herbs for promoting breastmilk production. You may already have this spice in your cupboard, as fenugreek seeds are a common ingredient in curries.

When women are taking the prescribed dosage of fenugreek, their sweat and urine may smell like maple syrup.

Fennel

Another herb/spice that you may already have is fennel. It is a great herb for helping with milk production. It is quite pleasant tasting and can be used in teas. Another added benefit is that fennel can help soothe your baby's digestion through your breastmilk.

Alfalfa

Alfalfa is said to help with development of glandular tissue of the breasts and



also help with increasing milk supply. It is highly nutritious and contains many vitamins and minerals. It can be bought in powder form and added to smoothies.

Nettle

Another highly nutritious herb that is beneficial during postpartum. It is a galactagogue so it helps with milk production and it can also boost iron levels. It tastes quite nice as a tea.

Goats Rue

The scientific name for Goats Rue is *galega officinalis* which translates to "bring on milk". It is a powerful galactagogue that can help develop breast tissue and stimulate both production and flow of breastmilk.

Shatavari

This Ayurvedic herb has been used for centuries. It is excellent for increasing breast milk production and as a general tonic.

Moringa

This is another nutritious herb packed full of vitamins and minerals. The leaves are a natural galactagogue that help increase breast milk supply.

Blessed thistle

Blessed thistle helps promote lactation and supports digestion. Lactation specialist and pediatrician, Dr Jack Newman says: "Fenugreek and Blessed Thistle seem to work better if you take both, not just one or the other."

This article is intended as a guide only. Reach out to a naturopath or herbalist for more information or for advice regarding your particular situation.

Successful breastfeeding relies on a multitude of factors so make sure you also seek the help of a midwife or lactation consultant if you are needing more support.

Pregnant? Be sure to download the FREE natural birth checklist at: www.doulawisdom.com

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Cold weather and our health

As we are coming to the end of winter, it is a good time to consider how cold weather affects our health.

In traditional Chinese medicine, the organ and meridian of the kidney is associated with winter. This is the most important energy affecting our overall health status.

This energy is referred to as the gate of life. It has its roots in our constitutional essence received from our parents but is also influenced by events on our life journey. The kidneys govern the life cycles – seven years in women, eight years in men.

The kidney energy governs growth, reproduction and aging, so is important in all our life stages. The kidneys are involved in hormonal changes. Organs and structures directly dependent on this energy to function include brain, bones and bone marrow, ears and hair as well as bladder and kidneys.

There is a strong link between the kidneys and lungs, often chronic lung disease is caused by weak kidney essence. Also there is a strong link between the heart and kidneys, with kidney energy needed to replenish and cool heart fire, and heart fire needed to warm the kidneys.

The aspect of mind residing in the kidneys is the zhi. A strong zhi confers willpower, motivation, strength and skill, as well as providing stability in the face of adversity. While it allows us to work well, overwork, particularly working at night, weakens this energy. A disharmony can also turn people into workaholics.

This overwork is a common



by Brigid Beckett

cause of serious illness. It can be difficult to look after the kidney jing essence, especially when most people have the demands of paying bills, caring for family and other on-going commitments that can feel relentless. This often results in being on a treadmill with insufficient rest.

It also means we neglect non-work parts of our life that we know at a deeper level to be more important. Not many people look back at the end of their lives wishing that they had spent more time at work. Our society does encourage the “work till you drop” work ethic.

People who are not working, working short hours or on benefits are often talked about disparagingly may feel embarrassed when asked about their worklife. I am not advocating sitting around on the couch, but there are other aspects of life such as relationships and emotional and spiritual aspects that need attention, and disease can be the result of long-term imbalance in our lives. Recently the enforced staying at home has changed attitudes to work in many cases.

A weak zhi will cause fear and anxiety, despondency

and a lack of drive or will to change. It may cause bed wetting in children and insomnia in adults. The roots of fear and anxiety may be found in childhood, possibly from bullying or traumatic events. Or there may have been a traumatic event during the pregnancy. An inherently weak constitution can also cause fearfulness, usually with other physical symptoms being obvious.

To strengthen the kidneys, good sleep is essential – sleeping between 11pm and 2am is especially replenishing. Diet wise, sufficient protein is important, as well as foods that are easily digested, so that qi is produced efficiently from food. Dark-coloured foods are good for kidneys eg kidney beans, black beans, black sesame, dark leafy vegetables. Eggs and seafood such as mussels and oysters are beneficial as part of a balanced diet.

There is a difference depending on whether kidney yin or yang deficiency predominates. For yang deficiency, raw foods should not be eaten at all and warming herbs such as cinnamon, ginger, cloves or fennel seed benefit. For yin deficiency, hot spicy food and coffee need to be avoided.

There are specific Chinese herbal formulas to benefit kidneys, and many of the most important acupuncture points tonify kidney energy. Now is a good time to build our reserves to increase strength and resilience for the rest of the year.

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

From dark to light

by Auralia Rose

Why is there so much sexual abuse of children? I have often wondered this during my 25 years as a holistic health practitioner. It seems that every second client who comes has a history of childhood sexual abuse, which invariably leaves a lifetime legacy of deep psychological problems.

The answer has come through having my eyes opened to the awful knowledge that our beautiful planet Earth has been ruled by a satanic cult who invaded Earth many thousands of years ago.

Satanism became a religion and practice, and millions of followers believe Lucifer created the Earth and therefore it belongs to them. Their *modus operandi* includes trauma-based mind control, organised paedophilia and ritual abuse of children.

I am aware this may be new and very shocking to some people, while others are well aware of it. For those to whom this is new information and wish to know more, I suggest you do your own research on satanic and luciferian cults. It is disturbing and horrific, but knowledge is power.

I do not wish to go into the whole story here, but we need to wake up to this and try to understand it, because we are being ruled and governed by people who have exploited, controlled and manipulated humanity for eons.

The aim of this article is to awaken people to the necessity and responsibility we have to clear all the energy, memories, trauma, beliefs and patterns carried over from lifetimes of almost certain sexual abuse, in order to halt all this vileness and unspeakable horror which has become encoded in our DNA.

If we have experienced sexual abuse in this lifetime, it is highly probable we have experienced it in many lifetimes. As we clear ourselves and embody more of our spirit we also clear it for the collective, as we are one human family, inseparable from All That Is.

They understand that humans are light beings and through ritual abuse of children they so traumatise them that they dissociate from their spirit, their connection to Infinite Source.

Satanists hijack human souls, stealing their spiritual identity, strength and light. They are terrified of us remembering that humans



carry inner light and soul energy, something they do not have.

That is why it is important to clear our own energy and imposed amnesia, imperative that we seek higher consciousness, higher awareness, and know who we really are as spiritual beings.

How can we know this if our subconscious and cellular memory are holding onto the shame, guilt and trauma of all the abuse, causing us to shut down and preventing us from connecting to our divinity?

As we embody more of our spirit, we come to know ourselves at deeper levels, aligning more profoundly with our divinity and truth. We can no longer be controlled, and this is why the dark forces do not want us to awaken.

You’ve had the bad news, now here is the good news. The light forces have actually won, there are so many high level beings incarnated now, who have come to Earth specifically to shine their light and shift this planet out of the clutches of the luciferian agenda.

We will see many changes on the planet very soon, so please hang in there. What we are seeing is the dark forces struggling for supremacy, making a lot of noise, a bit of a wasted effort, I say.

Your participation is required to help clean up all this mess and make the transition easier. Past Life Regression and Quantum Healing Hypnotherapy (QHHT) are wonderful tools in helping release and heal all that energy through the timelines, genetic lines and DNA, and reconnecting us with spirit.

Infinite love, light and empowerment to you all.

0422-481-007
www.auraliarosewellbeing.com

Natural Law

What a month July was! Passing through the portal of light has required shedding of old stuff, and illumination of what needed to be brought into consciousness, and made real.

This is the stuff that reminds us we are alive (and mortal). These breakthroughs pave the way for the new roads ahead.

During August the magic continues to unfold. There continues to be mystery and uncertainty, however the important thing is to remain anchored in yourself.

This is an excellent time to review and/or remind yourself of your core beliefs and values, as these will hold you steady in yourself, as you connect to new roads.

When you simplify life, you create space. When you have space, the things that give you joy/bliss/excitement emerge and find expression.

So, turn down the volume on all the noisy tidbits and distractions. This is key.

Learning Reiki is a path of personal development and empowerment. Did you know the foundation of Reiki practice is self-treatment?

I have some Reiki courses coming up. Check out my website for upcoming dates. If you’re feeling like a treatment, check out the “special offers” page on my website.

I’m looking forward to meeting you! Love and Rainbow Light Blessings.

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by Helene Collard

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Helene Collard is a culturally informed Trauma Integrated Healing facilitator and a Reiki teacher and practitioner. For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 0405-656-797.

Street libraries for Kyogle Shire

by Danielle Mulholland, mayor

I visited the Kyogle Men’s Shed recently to take a look at the five street libraries they have built for Council’s street libraries program.

I would like to give my heartfelt thanks to the generous souls who volunteered their time to build these for me. (Yes, OK, I did ask them, but they said yes!)

These new libraries will be rolled out at Mallanganee, Mummulgum, Woodenbong, Old Bonalbo and Ettrick.

The street libraries are usually painted by a local artist, like the one we put in at Bonalbo which was built by local, Dave Tucker.

If there are any local artists who would like to volunteer their time to decorate a street library, please let me know.

The libraries will need to be maintained – someone to check they are stocked, clean and in good repair. Usually, this is the person who “hosts” the street library.

These libraries are intended to be 24/7, all-weather libraries and need to be positioned in a place that is readily available to the public.

So, from here I will be looking for someone in each of these villages who can take the lead on identifying a



Danielle Mulholland and Alan Price of the Kyogle Men’s Shed admire two of the five street libraries built by Men’s Shed volunteers

suitable site and a local artist. Please let me know if you are interested in helping to facilitate this program in your village.

Contact Cr Danielle Mulholland on 0438-931-425.

Covid restrictions

There are Covid-related restrictions still in place, so before scheduling or organising an event, please just check what the current restrictions are before proceeding.