

NIMBIN BOWLO

25 Sibley Street Nimbin
Phone 6689-1250

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,
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Food Matters

by Evie Fairley

What begins as a visual feast at the beginning of spring, the blossoming peach tree and its subtle fragrance, both of which must delight the honeybee, whose magical art of transformation takes it from flower to fruit, so that by early summer, nourished by the elements, the transformation is complete and the plump, ripe, fragrant fruit is ready to pluck from the tree; its delicious juice drips down your chin with your first luscious bite.

In our warmer climate of the

Northern Rivers we can grow tropical varieties of apricots, nectarines, peaches and plums, provided we can give them enough love and devotion that they require. This can be hard work, so perhaps planting one of each tree is a good way to ensure a bountiful harvest.

It is a short season and so many people find ways of preserving their fruit by bottling, making jams, syrups or wine so that the taste of summer can be enjoyed in the cooler months when summer is but a fading memory. This is definitely the best way to enjoy fruits outside of their natural season.

One stone fruit tree that requires a

much colder climate than here is the cherry. The season of the cherry is brief and in Japan they honour this in their cherry blossom festival which heralds the beginning of spring and celebrates the ephemeral beauty of nature.

For us to enjoy the cherry harvest we incur many food miles to do so. There are locally grown alternatives such as the Grumichama, Acerola cherry and Brazilian cherry. The Grumichama is perhaps the closest in appearance to the cherry, but the similarity ends there.

We have many amazing fruits to feast on at the beginning of summer, but if cherries are what you desire for the month of December, the Nimbin Organic Food Co-op will give their members 20% discount on organic cherries

And our recipe for this month is vegan cherry scones, served with lashings of vegan vanilla cashew cream.

Vegan cherry scones

1½ cups flour
3 tbsp coconut sugar
2 tsp baking powder
½ tsp salt
¼ cup shredded coconut
1 cup pitted and halved cherries
¾ cup + 1 tbsp coconut milk

Preheat oven to 218°C.

Line a baking tray with parchment. Whisk flour, sugar, baking powder, salt and coconut. Add cherries and give it a quick mix.

Next add coconut milk, and with your hands, gently fold together the ingredients.

Turn dough out on a floured board and knead lightly, too much and your scones won't be fluffy.

Bake 10-15 minutes and serve hot.

Norikami: rolled sushi

by Thom Culpepper

A Japanese dish based on vinegar-rice and various seafoods, such as tuna, salmon, grilled eel, prawn flakes, lobster and sea-urchin or salmon roe with the seaweeds, toasted laver (nori) and wakame, together with various vegetables.

Three different fillings are used in these nori-wrapped rolls of vinegared rice: smoked salmon, avocado and daikon radish.

Ingredients

600g vinegared rice (The net has ample info on this rice method)
4 sheets of 20x18 cm toasted laver (nori)
120g smoked salmon
120g fermented or pickled daikon strips
120g fresh avocado strips (one for each roll)
Half a dozen pre-cooked prawns
Some fine strips of fresh green eshallot
1 tsp wasabi paste
25g red pickled ginger slices
Some toasted sesame seeds
Dried bonito flakes
Shiso Fumi Furikake (shiso rice seasoning) or another seasoning of your choice
'Kikkoman' gluten-free, fermented soy sauce



Method

Slice the smoked salmon into 15x4x200mm strips. Slice the fresh avocado into 10x10x200mm strips.

If you can, other-wise layer in shorter pieces. Advocados seem to be coming in from NZ: 150g juveniles. Tragic.

Cut the nori into half and put them, one at time onto the bamboo sushi rolling mat (shiny side down). Cover the nori with a half cup of sushi rice, spread evenly, leaving a 10mm space on the inside of the nori sheet.

Spread a thin smear of wasabi paste in the centre on the top of the rice and place the smoked salmon strips over it, making sure the nori sheet goes under the rice.

Roll the mat firmly and squeeze gently. Remove the sushi from the

mat, cut in half with a wet knife. Open the roll and add the strips of avocado, eshallot and daikon.

Re-roll, cut each roll into three pieces and garnish with ginger slices, dried bonito flakes, shredded radish, shredded carrot and some Shiso Fume Furikake (rice seasoning).

Serve with side dishes of seasoned omelette pieces or foods such as seasoned and fried burdock, lotus root or salted and boiled green soy beans, (edamame), sour plums (umeboshi), or fungi such as preserved oyster mushrooms, (mai-itake) or fresh, preserved or cooked shiitake.

thewholeearthveg@gardener.com

PS. If you've got a surplus, working MacBook you want to toss, I want one!

Tasty festival

Planning for the Kyogle Summerland Giant Pumpkin and Watermelon Festival on 9th January is well underway. The cooking competition

has been extended to include sweet or savoury watermelon dishes, as well as the traditional pumpkin scones and pies.

Eateries have been asked to participate in an "all things pumpkin and melon week" by including menu items based on either pumpkin or watermelon ingredients.

Businesses have been asked to decorate their premises and there may even be a

sculpting competition for those keen enough to sculpt a pumpkin into a work of art.

Also, there's a cash prize for guessing the weight of the pumpkin that will be displayed at CRT during the week prior to 9th January.

Well worth being a part of!

Plant of the month



Flame Tree *Brachychiton acerifolius*

Selected and photographed by Richard Burer

Everybody knows it's just about the festive time, so let's have some cheer from a glorious red blossom of the Australian bush.

This stunning medium to tall local rainforest tree is a must for any garden, farm, roadside and conservation project, and despite its height it can be planted quite close to houses and buildings.

At home I'm greeted throughout December as Flame tree blossoms line the path to our house, which is like an Indian wedding every day.

A bush flower essence for responsibility, the Flame tree is quite the most stunning and well-known of our local rainforest trees.

I inherited one that was still quite small and never showed much sign of flower, but at about the 15 year mark it took its time and now puts on a terrific display almost every year. Strangely it's never set a seed.

Others I've planted have flowers and fruit after several years, so I guess they are all unique.

In my conservation projects this tree always makes an appearance, except for real frosty sites, and if it gets a good run for a few years without being slashed, grazed, frosted or flooded, it will almost certainly over a lifetime become a tree that reaches the resilience, stature, beauty and positivity that mere humans can only dream about.

*Richard Burer is a Nimbin-based natural area restoration consultant and contract bush regenerator.
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Grant to save Boatharbour bass

Freshwater bass is a favourite catch-and-release sport fish in the Wilson River. Unfortunately, the bass is under threat, owing to water quality issues.

A trip up-river in a canoe on the Boatharbour reach reveals a patchwork of weedy, vegetated habitats alternating with bare unfenced riverbanks.

Sparkling clear waters in a dry spring quickly become cloudy after rain events, as precious soil slips into the river currents.

To help address this problem, seven Boatharbour Landcare landholders have

been awarded a \$32,270 DPI Fisheries Habitat Action Grant, from the Fisheries Recreational Trust, raised from fishing licences.

The 'Saving Boatharbour Bass' project is creating a better habitat for native fish by planting Wilson riverbanks with local natives.

The new vegetation will shade the water, bring more insect food, stabilise banks and help to improve water quality.

Contact Boatharbour Landcare at: www.facebook.com/boatharbourlandcare or phone Dot on 6628-4270.

Regenerated forest land proves popular with property market

The recent sale of a Biodiversity Trust property in Jiggi will be of interest to anyone contemplating dedicating their land for wildlife.

Local real estate agent, Yvonne Campbell of Nimbin Hills Real Estate recently listed and sold the 33-hectare property known as 'Sandy Pinch', following strong competition from buyers interested or involved in biodiversity.

"While there is a belief in some circles that conservation land doesn't sell, the marketing campaign I devised for Sandy Pinch resulted in anything but," Yvonne Campbell said.

Working closely with its long-term owner, Derek Skingle, Yvonne specifically targeted buyers interested in land with a strong conservation value.

"The campaign focussed on the environmental legacy on offer," she said.

"It drew interest from bush regenerators, scientists, and families looking to bring up their kids in a natural setting; where they have an opportunity to learn about Australian flora and fauna.

"This sale illustrates the value buyers see in properties with diverse environmental credentials



Derek Skingle with Yvonne Campbell in the forest at Jiggi bio-diversity property, 'Sandy Pinch'.

such as healthy natural creek banks and forested land," Yvonne Campbell said.

A labour of love for Derek, the regeneration of Sandy Pinch from degraded and sparse forest canopy with virtually no understorey started back in 2005.

Comprising creek flats and hillside land, Derek placed two-thirds of the property under a Bio-diversity Trust, a move which enabled him to gain grants to assist

with weed control and regeneration of the natural understorey habitat.

Working under a plan of management devised by the Nature Conservation Trust of NSW, now the Biodiversity Trust, Derek and regenerators have left the new owners an important legacy.

Regarded as three distinct forest types which form the southern-most tip of an almost continuous line of vegetation that extends

along a ridge-line south from Nightcap National Park, Sandy Pinch comprises both hill landscape and creek frontage to Jiggi Creek.

Derek Skingle said there is enormous satisfaction and gratification from doing this type of regeneration. "I wouldn't hesitate in recommending it to others, it is life-affirming – go ahead!"

For more information, contact Yvonne Campbell: yvonne@nimbinhills.com.au

Invasive exotic weeds are flourishing

Weed Words

by Triny Roe.

Thank goodness for a little rain in November and the promise of more to come, but watch out for exotic, hardy, opportunistic species which can invade a new location, germinating quickly and out-competing preferred plants.

Many exotic species established in the wild in Australia come from the tropical zones of other continents. They love the hot summer weather, and will flourish in the coming months.

Some argue that all plants are good, including the weeds, as biomass is important. However, biodiversity is paramount and all too often, one particular pest species dominates and the ecosystem is challenged. Pest plants will displace more than a few native species. A greater variety of species ensure year-round food and habitat for wildlife.

Some sing the praises of lantana, *Lantana camara*, but this prolific shrubby plant which covers four million hectares of Australia is not our friend. It can have a devastating effect on grazing land and remnant or regenerating bushland.



New patch of giant devil's fig

Forming dense thickets when the soil is fertile and rainfall high, it can also scramble up trees and infiltrate the canopies.

Lantana is not particularly good for the soil. *Wattles* *Acacia* spp. and other native pioneer species like macaranga, *Macaranga tanarius*, are much better. Wattles, being legumes, benefit from the nitrogen-fixing rhizobacteria in the nodules on the roots. These bacteria pull nitrogen out of the air and make it available for their hosts.

Fallen leaves and branches decompose, enrich the soil and prepare it for establishment of successive species, unlike lantana,

which exudes chemicals to prevent germination of anything else – the ultimate tool in survival strategy.

Get in early and stop everyone else arriving. Look underneath a lantana patch – there is no ground cover. The soil is bare, apart from a maze of snaky stems. Sometimes germination occurs on the edge of a patch, but without intervention the lantana keeps growing and soon covers and smothers whatever had optimistically tried to shoot for the light.

Giant devil's fig, *Solanum chrysotrichum*, is another rampant pest species. Like lantana, it invades grazing land and readily out-competes native species.

This prickly species has an ability to form dense groves, impenetrable to human or beast. People have reported thorns which pierce the skin remain lodged for months.

Seed is spread by flood water or carried by birds and bats who eat the fleshy fruit and deposit the seeds in a moist nutrient package in a new location. GDF can come up anywhere in suburban gardens, veg gardens, in paddocks, orchards, on creek banks and roadsides. Fruit that isn't eaten by wildlife falls nearby to begin a new generation.

Unfortunately, Nimbin sits in the middle of the 'core infestation area'. If you haven't already got GDF, it could be coming soon. Authorities have decided the horse has bolted in this region and there is no imperative to eradicate it here as there are in other parts of the state.

Biosecurity responsibilities on the NSW DPI website state that in this zone, "Land managers should reduce impacts from the plant on priority assets." Does that mean don't let it set seed and spread further?

This weed will be with us for a while, but we can reduce its impact by acting swiftly.

Happy weeding.

Relationships: a marker of spiritual evolution

by Auralia Rose

What a year 2020 has been! It has been said that only the strongest souls were chosen to come to earth to be here at this time. So stop where you are and give yourself some love and acknowledgement that you are at least still standing, albeit limping and crawling maybe. 2020 has shown us the strong spiritual warriors we truly are.

One of the casualties of this year has been relationships. Have you noticed how many have suddenly ended? One divorce lawyer in Lismore commented that his average number of divorce cases is six per month. By the third week of October he had received 36 such cases!

With the increasingly high octave energies we have been experiencing this year, relationships are undergoing intense forms of transformation, testing our emotional integrity and spiritual maturity.

On the soul level we attract relationships that push and trigger our imbalances, bringing unresolved issues and pain to the surface to be cleared and healed.

As emotionally difficult as it may feel, embrace these changes as they occur, they are assisting our evolution towards uniting with our true spiritual purpose and the sacred marriage between the long-dominant masculine and the long-suppressed feminine.

It is so very important that we take steps, no matter how small, to heal ourselves from the emotional and spiritual pain of the separation that exists between males and females. We can do this by first waking up to our own worth, liberating ourselves from old destructive relationship patterns.

We need to own our right to equality and respect and remove ourselves from abusive situations. We have to re-learn and remember that we are all sacred, free, and have the right to speak our truth.

Thousands of years of patriarchal domination has severely damaged the natural balance that exists between the universal male and female energies. This has emotionally devastated and spiritually stunted all human beings to some extent and has blocked the soul's communication with the entire body, which manifests as self-rejection.

By rejecting our true nature, through the constant denial of accepting the male and female energies



in creation as equal in value, many people have an unconscious terror of connecting to their heart, with associated unconscious fears of becoming deeply intimate and connected with another person. The soul wound of separation is extremely painful for so many here on earth.

Spending time quietly contemplating how we can communicate and express ourselves in harmony with our own inner male and female sides will improve all our relationships. We must learn to honour both males and females equally, having empathy for each person's experiences, in order for us to build a strong spiritual foundation for loving relationships and unifying our own inner masculine and feminine selves.

When we recognise the program of separation that exists between the sexes we can refuse its control over us and choose unconditional love, which connects us with the eternal spiritual beings that we are.

It is time to break the spell of 2,000 years of male-dominated culture. And to liberate both men and women from the fear driven and destructive patterns we have created. We have the power to make this world better – or destroy it. Each of us has to make that choice. If you want to create harmony in this world you must start with yourself by unifying your feminine and masculine sides. We need both our feminine and our masculine power to create balance; and start honouring ourselves, each other, and this Earth.

Many relationships are karmic in nature and Past Life Regression can help you understand the lessons, resolve the karma and move forward in your evolution. Please contact me if you think this may help you.

I honour you wherever you are in your relationship journey, partnered or otherwise, for 2020 has been, and continues to be, a great reckoner.

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Alive and well, and still creating

by Triny Roe

Though we haven't seen him around lately, Leaf van Amsterdam has been a frequent visitor to Nimbin since 1992, making the village his home for a few years more recently.

Leaf never expected to live here, but after a friend's death from cancer, realising life was short, he was inspired to follow their mutual dream and make the move. It turned out to be the highlight of his last 15 years.

Quickly involving himself in the Nimbin community, Leaf got to know many locals. He was a frequent presenter on Nim-FM 102.3. He graced the airwaves with a couple of shows each week, playing his favourite music and often filling in for others.

A lover of nature, Leaf also volunteered at the Nimbin Environment Centre working in the shop on Cullen Street. Another passion was legalisation of cannabis, and he spent time campaigning for that.

And all the time Leaf was writing poetry. He considers his first real work didn't begin until 23 and that the following 15 years were not highly productive. However, he says, the last five years have been really focussed and he wrote most of his poems during this



period.

The creative atmosphere in Nimbin was stimulating. He met like-minded souls and found acceptance and understanding. He was published in the Northern Rivers literary journal *Beyond the Rainbow* for six editions straight, one year.

Finally, after 20 years of working at the craft, he released his debut collection of 100 poems in Nimbin, *Schizophrenic Poetics* in 2017.

A schizophrenic himself, Leaf has struggled with voices in his head for many years, and some of these pieces give glimpses and insights into how he has experienced life. Raw, from the heart, his poems

resonate.

His style is unique with plenty of variations. Rhyming is his usual fare, but then there will be an occasional free verse.

Refusing to be defined, Leaf followed his first book with *The World According to LVA* one year later – 80 poems, every second one a different style.

His third endeavour, *In the Zone: Raw Poetry* (2019) was written in just six months and contains 90 works.

Leaf's latest publication, *Moral in a Bottle*, a collection of his best work as well as 25 new poems.

It is available from: leafvanamsterdam@outlook.com.au for \$20 including postage.



New book on grief

When a loved one dies, many of us sense, see, hear or smell the spirit of the deceased.

Local author Brenda Christa Fleming (pictured), has released her first book, *Spiralling to the Light*, which traces the pathway of a woman from a spiritually unconscious and chaotic state of mind to a place of peace.

Through the experience of losing her beloved brother, Brenda, a busy wife and mother working 80 hours a week in business, enters a long dark tunnel to emerge years later into the light.

Ms Fleming said, "It is a true story about self-discovery, intuition, spirits, mystical happenings, ancient wisdom, compassion and empathy."

"Most of all, it is a journey from confusion to bliss, harmony and love."

Spiralling to the Light is available at: <https://books2read.com/Spiralling-to-the-Light>



by Donna Connolly

It has been an epic year, with some massive changes and new ways being integrated into our daily lives.

As we head into the holiday season I thought it very timely to check in with my animal friends to offer some holiday reminders, to keep your fur babies safe and honour your sanity. Here's a list we created:

- You may have some extra time available, consider going on some adventures, to the creek, ocean, bush walk, or just snuggled up. Animals love it when you hang out together (and it can be hugely beneficial for you too, as a stress reliever);
- It's going to get hot, really hot. Make sure you exercise them in the coolest part of the day. Dawn and dusk are perfect. Also, please don't leave them in the car too long. It can be disastrous;
- Boundaries and limits. I know they look super cute in that outfit. But some just don't like it. (My Dora loves a good frock-up, however her brother hated it. So I never tried it again, on him. Animals are not here for our amusement.)
- It can be a wonderful magical time of year for some. And for others,

Happy holiday happenings

their worst nightmare. Please have a contingency plan if your fur friends are afraid of crowds or fireworks. Anxious animals need preparation and some reassurance, so please allow time for this;

- Ahem... food. Some animals and people would like me to skip this point. However, it is important. Don't feed animals table scraps. Not only does it create undesirable behaviors, it just isn't good for them. Just a couple of examples: onions are poisonous to them; cooked bones can splinter and perforate their systems. Even though we love them very much and especially when they are working their 'best-ever puppy dog eyes' please be strong;
- Be aware. This is the time of year to be vigilant about checking our mates for ticks, even if they are using protection. And snakes, keep your properties tidy and clean as possible. If you are surrounded by snake havens, expect to see them; and
- Last but not least... please, don't buy animals as gifts. It is not a spur-of-the-moment decision. You have just locked that person into a potential 10+ year commitment. A financial and emotional investment that they may not be ready for.

Not to mention, it can perpetuate the puppy-mill industry. The statistics surrounding animals that are dropping off to shelters after Xmas are staggering. And heart-breaking.

How can we help the animals in shelters? It's okay if you can't guarantee 10 years. There are some other options available that have just as much impact on their lives:

- By donating time or money. This can help considerably. Volunteering at a shelter can be mutually beneficial.

Walking the animals, engaging with them. Showing them unconditional love;

- Fostering. Opening up your heart and home. Helping them adjust to the next chapter. Hopefully in their fur-ever home. Please understand, this can have its pitfalls. I know many a "foster-fail", who couldn't imagine life without these beautiful souls;
- Adopting a senior animal can be hugely rewarding and fulfilling. They need more love and kindness now than ever before. It takes a special person who can journey with an animal in their twilight years. It is a huge honour.

I would love to send a heartfelt thanks to all the beautiful creatures and guardians I have had the privilege of meeting in person, via Zoom or over the phone.

It has been a huge year, and the memories will remain forever in my heart.

Dora's Last Word:

"I love this time of year. Lots of swims and visits. I especially like visiting the people for whom we are their family. Take some time to open your hearts and make new friends – some people get sad at this time of year. Lots of kisses and stump wiggles."

We have gift vouchers available from \$60. Give the gift of understanding and connection. It is a great option for the people and pets in your life that have everything. A session can help answer the perplexing questions from your fur friends regarding dietary needs and behavioural issues. The animals can be living or passed over.

Stay safe and be kind to one another. I look forward to connecting in the new year.

Dealing with the jigjog horse

by Suzy Maloney

Some horses seem unable to walk calmly along and are constantly doing a jigjog. It is not a walk or a trot, but a bouncy jogging that is tiring to ride. It requires the rider to be constantly working, and there are no restful long rein breaks for either horse or rider.

When dealing with any challenge I like to look at it in four steps: environment, horse, rider, and training.

Environment

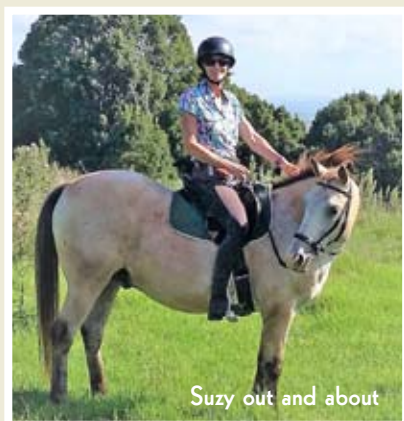
Does your jigjog horse live in a large stimulating pasture with other horses where they can run at liberty and use up excess energy? How much sweet pasture is in the paddock? Spring grass is full of sugar, perhaps you need to restrict access to lush pasture? What else in the environment could contribute to this behaviour?

Horse

What are you feeding your horse? High energy feeds like grains need to be removed gradually from the diet and replaced with high fibre feeds. Could your horse have a physical issue that is causing pain? Is their back sound and pain free? Does your saddle fit well? If you are using a bit, perhaps consider using a bitless bridle, as all bits work by creating pain. Is there anything else with your horse that could be causing pain or discomfort?

Rider

Are you hanging on to your horse all the time? This can wind the horse up like a spring, causing them to bounce along in the jigjog. The horse needs to



Suzy out and about

be given releases when they do as you ask, and be given times when they can relax with a loose rein.

Perhaps check in and see if you are anxious or fearful? Are your arms relaxed and allowing the horse softness and movement of their head? Ensure your leg and buttock muscles are relaxed and are not gripping, effectively giving a go aid all the time.

Check in on your ego. I have ridden with people on jigjog horses who are holding on to their horses constantly, creating a lot of energy build up. They make comments indicating they should be admired for their control of such a high energy horse. Their egos are invested in riding and controlling a 'difficult' horse. Analyse other areas of your riding to see if there is anything else you could change to reduce the jigjog.

Training

This must come last. If any of the above have not been addressed and you go straight into training, it will be difficult, slow, and unproductive.

Spend time connecting with your

horse before riding. When your horse starts to jog, do not try and stop them. Turn your horse in smallish circles, it does not matter if you need to do 20. They can jog around for as long as they like while you sing a song!

Eventually they will go back to the walk (the first time can take a while), when they do, allow them to walk along in a straight line again. When they start jogging again, repeat the circles. Alternate sides so they get a good stretch both ways. It is a great flexing exercise to loosen up your horse's muscles.

Usually every time there are less circles; you can count them if you like. Horses are smart, after a while your horse will twig to the fact that when they jog they must work harder (small circles are hard work for horses), and they will start to control their own behaviour.

You can make the walk sections extra sweet by giving verbal praise and neck rubs. Then it all comes down to patience, consistency, and repetition. If sometimes your horse jogs and you let them, the whole thing will take longer to fix. Consistency is especially important for horses.

Following these four steps ensures you are using a holistic approach to dealing with any challenges you meet with your horse. These four steps can of course be applied to any other area of difficulty you are currently working with. Good luck and happy riding.

Phone 0401-249-263

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www.happyhorsesbitless.com

Facebook: Happy Horses Bitless Bridles

www.patreon.com/suzymaloneyart

Degenerative joint disease in horses

by Les Rees

Degenerative joint disease (DJD), also known as osteoarthritis, is a chronic condition in which the cartilage on the ends of bones wears away, resulting in loss of joint mobility.

The symptoms are caused by swollen joints that create hot, painful conditions which restrict movement causing stiffness and lameness, owing to the buildup of inflammation concentrated around the joints.

These symptoms can either subside, or get worse to the extent that the swelling breaks, releasing inflammatory exudates and synovial fluid, increasing the potential to become a chronic condition causing cartilage degeneration.

DJD is a common cause of lameness, reduced performance and stiffness, particularly in older horses, that often improves with gentle exercise. It can affect a single joint or several joints simultaneously and in severe cases is a common cause for the retirement of horses.

Bone spavin (arthritis of the lower hock joints) and ringbone (arthritis of the pastern or coffin joints)



are two of the best-known examples, but any joints are at risk.

Management must aim to reduce pain and minimise progression of the condition by stimulating the cartilage and inhibiting further degradation.

Another serious type of arthritis found in horses is septic arthritis. This is an acute form of DJD caused by a bacterial infection inside a joint. It is typically seen in foals that have compromised immune systems or systemic disease, as well as in horses of any age that have suffered a traumatic injury near a joint.

In all such cases, infection enters the joint cavity, which can be difficult to

treat and needs veterinary intervention. It's important that a septic joint is treated rapidly and aggressively, usually by flushing out the toxins.

Herbal medicine can be beneficial both in the healing process and during the early stages by halting the progression of the disease. It addresses this by treating the excretory functions of the body. The herbs used aid the removal of metabolic waste via the movement of blood around the body which is then cleansed by the liver and excreted from the body.

In order to do this, other herbs are used to aid the circulatory system by strengthening the pumping action of the heart to

enable a strong blood flow around the body, while additional herbs address digestive, urinary, hepatic and lymphatic functions. Also included are herbs that address tissue regeneration, inflammation and associated pain.

Given that injury is a precursor of arthritis, it makes sense to use preventative measures to aid the body in the complete removal of waste products at the time of injury, giving the body a fair chance of complete recovery, rather than leaving residues that can cause chronic conditions later in life.

In some cases, if it is caught early enough, arthritis can be cured by a natural diet and herbal medication, but in acute cases herbal treatment can allay the process of further degeneration, enabling the horse to be more mobile and free from pain.

However, I've always found that the best preventative is to incorporate regular stretching, massage and fitness training which help to build up the strength and stamina needed for my horses to remain supple and free of injury.

Phone 0437-586-705

info@horsetailherbs.com.au

2021 CALENDAR



The Bentley Peace Angel

Available at Nimbin Environment Centre, 54 Cullen Street, open 11am - 4pm daily, phone 6689-1441, or contact the photographer, Marie T Cameron 0448-685-925 email: awomanwithacamera@gmail.com

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All the waters of the world

Most people who know me know that my passion is swimming, snorkelling, and diving. Just being in the water is bliss.

These days, it feels to me that all the pools, ponds, lakes, rivers, seas and oceans I have ever swum in are gathered together in the singular swim of the day. It is as though all the waters of the world are present in the now of this swim.

I have swum in the North Sea (Scotland, England), the Adriatic (off Italy), the Andaman (off Thailand), the Indian and Southern Oceans (Western Australia), Fonty's Pool, Manjimup (WA south-west), in the Pacific, the Atlantic (Iceland), multiple rivers, streams, lakes (including Lake Zurich in Switzerland), the Silfra Fissure in Lake Thingvallavatn in Iceland (water temperature, 3-4°C); hotel and public pools (last year I was in Berlin swimming in their pool on top of a shopping centre, and Caracalla Spa in Baden-Baden), etc, etc. I actually dream of swimming across whole countrysides, and it feels fantastic.

One thing I love to do when diving, is swim upside down gazing at the underside of the shimmering water's

surface. I've had dive masters try to save me, thinking I'm drowning! This, I guess, is the legacy of nearly drowning when I was four years old. That time, I wasn't yet a strong swimmer and couldn't follow the group of swimmers who left me behind, so was going under.

Far from being afraid, however, I was fascinated by the underside of the surface of the water with the light streaming through. It was magical. I was pretty cross on being saved and told to play on the beach like the other little kids. I guess the reason I didn't drown was the child's capacity for stilling the breath, something I consciously practice these days.

I have a hankering to free dive the kelp forests off Tasmania, and plan on doing this in the next couple of months. I bought the useful extra-long free diving fins and added them to my existing rather large fin collection (I'm the Imelda Marcos of swim fins).

My *Octopus Teacher*, that beautiful documentary made by Craig Foster on the way in which an octopus taught the man about octopus-life, has added fuel to this desire. The dance of waving kelp seduces me.

So, what has this all to

do with psychotherapy?

Far from being a remotely connected idea, understanding what being in water requires and understanding what being in the presence of other people in the psychotherapeutic realm necessitates, gives a very clear pointer to how the one reflects the other.

Being in the water and working with clients requires in-the-moment attention; it requires focus, listening, awareness of everything around me, and all done while alert and yet relaxed. The nature of both and all the interconnections within is an imperative of the therapeutic communication.

It is no accident that water is often seen as the essence of communication, a word that shares its meaning with "communal", or "togetherness". Sound travels long distances in water. A microphone dropped beneath a boat captures whale song of those swimming many metres away.

In astronomy, Sedna, the planetary body beyond Neptune, was named after the Inuit goddess of marine life. She, or it, in this romance, usefully could symbolise the coming of consciousness from a backdrop of watery unconsciousness.



by Dr Elizabeth McCardell

This is our task in psychotherapy, and in life. It's also what I endeavour to do while swimming; that is, swimming with awareness.

Water is subtle in her currents, shifts in water temperature, clarity or murkiness, volume (it took awhile to perceive in my body depth perception), the delicate sense of water tension, and the strange way in which the swimmer can sometimes forget that there is a watery substance, but just the natural environment of the marine animal.

Swimming the waters of the world is how I'm coming to know how interconnection, individuation and consciousness all roll into the doing of participation in the art, craft and process of psychotherapy.

I swim for the enjoyment of coming to know my work, my life.

The first feed

Doula Wisdom

by Kirrah Stewart

The importance of skin-to-skin contact after birth

At the time of birth, ideally the baby is placed on the parent's chest. This skin-to-skin contact helps the baby regulate their breathing, temperature and heart rate.

Babies tend to feel most comfortable here and will appear more settled when having a cuddle. It is a huge feat to be born, so this helps ease the transition and lets them know they are safe and loved.

The chest area and breasts have a microbiome that helps seed the baby's digestion. This is important for their digestive health for the rest of their life.

Skin-to-skin contact also releases oxytocin which helps the mother to safely birth the placenta and minimise blood loss at birth.

A little while after birth, the baby will hopefully show interest in having a feed. At birth, they have a 'stepping reflex' that can help them instinctively crawl up the chest towards the nipples.

This is known as the 'breast crawl'. The baby stepping on the abdomen also helps stimulate the uterus to contract to help prevent excess blood loss. How smart is nature?

Pre-feeding cues

A newborn baby may start bopping their head around, sticking their tongue out and trying to suck their hand.

They will be looking for the nipples (which usually become darker in pregnancy). They may also be attracted to the breasts by the sense of smell.

By holding the baby nice and close, you can help them feel secure while they bop their head naturally and find the breast on their own.

Babies often attach beautifully when given time and space to do it themselves. Ideally they open their mouth wide and have a deep latch.

If everything is going well after birth, then interventions like cutting the cord, weighing and measuring can wait until after baby has had their first feed.

This 'golden hour' is really important to getting breastfeeding off to a good start.

What if the golden hour is interrupted?

Birth is unpredictable, so sometimes the hour after birth is not as smooth sailing as we hope.

If medication is needed during labour, then the babies can be a bit sleepy and not as alert. If a baby is needing special care, then immediate skin-to-skin contact may not be possible.



Kirrah and Juna

However, people can recreate these bonding moments later. Perhaps having a bath together or simply laying in bed naked can help boost oxytocin and bonding.

People may need to wait for the medication to wear off before their baby will show an interest in feeding.

You can also take time before each feed to have skin-to-skin contact, watch for their cues and allow time for bonding and breastfeeding.

Remember to ask for support

It's a great idea to see if you can hire the support of a private midwife, postpartum doula, lactation counsellor or the IBCLC.

This will help you get

breastfeeding off to a great start and for ongoing support during your postpartum.

I encourage you to also get my free natural birth checklist. This has tips for the three stages of labour as well as a place you can select your preferences around skin-to-skin contact, delayed cord clamping, bonding and breastfeeding. Download for free at: www.doulawisdom.com

Kirrah offers pregnancy and postpartum massage from her studio in Nimbin and at the Lismore Birth House. Visit: www.doulawisdom.com for more information, or text 0429-308-851.

Make sure you have also received the free natural birth checklist so you can feel more calm and confident about birth.

The ways of women

I went to India for the weekend. I know that's not exactly Covid-friendly, but I have to thank the likes of Jacinta McEwen of Om Herbals and Caroline Cowley for bringing the holy cow to Burringbar for the health and happiness of 20 fortunate women.

Lucky for the cow, it was an Ayurvedic cleanse involving ritual, yoga, song, self massage and pranic healing. Getting an insight into possibly one of the oldest of healing modalities has been of huge benefit to my understanding of health, including my own.

Allowing rest, and especially remembering my connection to Mother Earth, has also done wonders in calming my nervous system, realising how we all try to do it all on our own, when every day there is an enormous source of vitality directly beneath us.

Just visualising sending my roots down into her cooling soil connects me to a boundless energy that feels me and holds me, even if it's just accessing that ability in my own subconscious.

Connection to so many powerful women has always been daunting for me, coming from being the 'fat' wog girl at school amongst the 'skinny' white popular girls. Being a sensitive soul, amongst the chaos of my parents' drawn-out separation, I was an easy target, and a pack of girls can turn vicious in the playground, as many of us have experienced.

But why is this so? Why do women tend to turn on other women even when a man is to blame?

Why was I more anxious when my baby girl was born, merely reflecting on the potential for her pain and enculturated behaviour in the world?

I'm certainly not an expert on the subject, but talking to my step-daughter as she emerges from her gender studies course, I am fascinated that this seems to be another example of unconscious lateral violence, as a reaction to oppressive cultural programming and collective trauma.

Lateral violence, as you may remember, is the tendency to take out your anger on the people close to you when you can't fight the actual source of pain, like crabs in a bucket. And it's been going on for centuries!



In the moment
by Dr Jacqueline Boustany

My husband is listening to a book called *The Immortality Key* by Brian Muraresku, which details the history of the early Roman Catholic church.

Before the Council of Nicaea in 325AD, early Christian rituals were often held in the homes of the Medicine Woman, incorporating the pagan Dionysian rites of partaking in spiced 'wine' or ergot-laced 'bread', transporting the seeker to be one with 'God', to be as 'god', to experience themselves in the realms reserved for death, to realise their higher selves and be prepared for this eventuality.

Is this not the true purpose of hallucinogenic drugs, or any 'drug' that allows us to access other dimensions of self, when held by a nurturing presence that can guide our way through?

I find it fascinating that our nervous system even has the receptors for the plants that we have evolved with and have used for ritual since time immemorial.

Finally the value of such 'Mind Medicine' is being recognised by professionals, using LSD and psilocybin in safe, supported clinical environments which allow processing of such experience, to be infinitely valuable to those of us with long-term mental health issues.

Of course, to take control of the church and the popular power it was wielding in the Byzantine era, Constantine III rewrote the doctrine and 'converted' to lead the way.

He needed to throw out any scriptures relating to spirituality, like references to reincarnation or the role of women in the church, like the Gospel of John or even maybe that of Mary Magdalene more recently found at Nag Hamadi.

The 'New' Testament systematically outlawed the old herbal lore and all its connections and thus the 'witch' hunts of our medicine women began,

and carry on even now.

I am particularly drawn to the story of Mary Magdelene, the woman closest to Jesus, potentially his partner, his first disciple, even possibly his teacher in the Tantric Mystery Schools, where sex was consciously practised as an avenue to other dimensions we still transiently experience.

She was demonised and labelled as a 'prostitute', while Mother Mary was revered and held up as a woman to emulate, so pure that sex could not touch her in the immaculate conception.

Now, I connect to the energies of both these women and Jesus himself in my own healing practice, as I revere the qualities they represent as many religions do in their personification of different attributes we recognise and aspire to.

So many people invest their faith in these projections that we can tap into the power of these ideals by simply thinking of, or praying to these symbols.

It certainly makes them as real as any other belief we hold in this 3D hologram, but it also allows us to question where our hearts and minds have been directed, which images we choose to revere.

If the idea of 'woman' has been so manipulated, it has an effect on how we view ourselves as women or indeed the inner feminine.

We are living in a time where we are addressing the inequalities of gender and colour and may finally find the balancing point between the great dualities.

Women have had to claim back their intelligence, their sexuality and indeed their anger at the long history of abuse and oppression, but we need to be conscious of where this is directed.

Certainly not at our fellow crabs, male or female, but using it to empower us into unity, inner and outer with compassion and wisdom.

"The doors to the world of the wild self are few but precious – if you have a deep scar, that is a door. If you have an old, old story, that is a door. If you love the sky and the water so much you almost cannot bear it, that is a door. If you yearn for a deeper life, a full life, a sane life, that is a door."

– Clarissa Pinkola Estes, *Women who Run with the Wolves*.

Is it Carpal Tunnel Syndrome or something else?

This month I thought I'd write about Carpal Tunnel Syndrome and its symptoms, only because my friend was diagnosed with the condition years ago, and was going to have surgery to correct it.

She recently visited me and I reminded her that I tried Bowen therapy on her three times and found her neck and shoulder tension to be involved. Her symptoms have completely gone and she said she can't remember coming to me with the pain. She is an artist, so if she had chosen surgery it would have made a big impact to her work, and going through the recovery, healing, scarring and emotional upheaval etc.

The carpal tunnel is a narrow passageway in the wrist, which opens into the hand. It is surrounded by the bones of the wrist (underneath) and the transverse carpal ligament (across the top). The median nerve runs through the carpal tunnel and gives feeling to the thumb, forefinger, middle finger and half of the ring finger.

Many tendons also pass through this carpal tunnel and if any swelling occurs, the large median nerve can easily be compressed, causing carpal tunnel syndrome.

Flexor tendons run through the carpal tunnel into the hand. These tendons are covered by a smooth membrane called the tenosynovium and allow hand movement. Any thickening from inflamed tendons or other causes of swelling can reduce the amount of space inside the carpal tunnel.

If left unchecked, the median nerve is squashed against the transverse carpal ligament until the nerve cannot function properly. Numbness and pain are the result. It can affect one or both hands.

The muscles of the thumb are also serviced by the median nerve. A person with advanced carpal



by Sonia Barton

tunnel syndrome may find they cannot properly use or move their thumb any more, and may find it difficult to grasp objects.

The symptoms of carpal tunnel syndrome include:

- Numbness;
- Pins and needles;
- Pain, particularly at night;
- Darting pains from the wrist;
- Radiated or referred pain into the arm and shoulder;
- Weakness of the hand;
- The little finger and half of the ring finger are unaffected.

Some people are at higher risk of developing carpal tunnel syndrome – people who use their hands repetitively in their day-to-day activities, such as typists, gardeners or assembly-line workers.

You cannot 'work through' carpal tunnel syndrome. At first, the pain and stiffness may be slight. But they may increase until your hand hurts all the time. You can suffer permanent damage if the cause is not addressed.

Non-surgical treatments can include:

- Plenty of rest for the affected hand;
- Physiotherapy or Bowen therapy;
- Wearing splints on the affected wrist and hand at night;
- Diuretic medications to reduce your body's retention of fluid by increasing the amount of urine

- passed;
- An injection of local anaesthetic and a corticosteroid medication into the affected area to reduce the swelling.

Surgery is one treatment option for carpal tunnel syndrome. The surgeon may operate on one or both wrists at the same time. The pain and numbness might improve immediately, or over time. Generally, you should rest your hand for a number of weeks after the operation.

Some of the possible complications of a carpal tunnel operation include injury to the median or ulnar nerve, injury to surrounding blood vessels or the transverse carpal ligament isn't cut through completely, so you need a second operation.

So how can I help you with this condition?

Bowen therapy uses a non-invasive, relaxing and pain-free method that focuses on relaxing and freeing the stiffness in your arms, forearms, and wrist area where the median nerve is compressed and causes this syndrome. Bowen therapy targets specific muscles and connective tissues by providing precise rolling movements which activate your natural ability to heal.

I also check your shoulders, upper back, neck, jaw alignment, upper and lower arms and fingers and joints. In my experience, the condition is usually caused by tension in all these areas. During a treatment, the whole body is encouraged to relax and re-align naturally. After two to four sessions you should be feeling relief and less pain. And perhaps permanent relief, like my friend has achieved.

If you would like to discuss your condition, give me a call and see if I can help you get out of pain. I work in Nimbin and Byron Bay.

0431-911-329
www.bowenenergywork.com.au

Natural Law

The rhythms of nature flow in a symbiotic dance, that ultimately maintains a sacred balance, so that all life may exist.

We sometimes forget, that in death, there is life. Many people have forgotten the spiritual aspect of our existence – the unseen world. The spirit world is alive, and the practice of ritual and ceremony, strengthens and reaffirms our true spiritual nature, and connects us to the ancient wisdom of the ancestors and the land.

Be aware that, within the Spirit world (just like in the physical world), there are laws and protocols that govern conduct and places. If you are unsure, seek assistance from an appropriate person. This may be a cultural person, or another person that understands the spaces beyond the physical. It depends on your situation.

For example, because Reiki is a universal healing

energy that works across all dimensions of time and space, a session may involve working on your spiritual self at an earlier age, to clear unresolved trauma. Another example may involve sending Reiki to you across all lifetimes, and/or across ancestral lines (if a recurring problem seems to emerge).

For many reasons, including the oppression of ancient spiritual worldviews, and the organisation of religion, some people have lost connection with spirituality. This month I encourage you to find what plugs you in spiritually, and mindfully, do more of it.

My loving wishes to you and your family.

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- Helene is available for:
- Reiki treatments & deep listening sessions (in-person or distance);
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by Helene Collard

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