

And the beet goes on

by Thom Culpeper

Beetroot, wasabi and gin-cured salmon, dressed with dill oil, is a dazzler from the kitchens of Russian cooks: a fish cuisine, made for the summer plates of the sub-tropics.

This is a perfectly delectable dish. Beet-cured salmon with dill oil. Curing makes this fish glow with the hues of the sensual.

Serve with dill pickles, capers, chopped vinegared onions and your bread of choice (Borodinsky black rye bread is well worth a try), lubricated with a portion of a 'fiasco' of gin, grappa, rum or vodka, and you'll be on a winner.

Russia spreads from the Atlantic through to the Baltic and on to the Far East, and the many mighty rivers are a plentiful source of salmon types: Coho, Sockeye (red), Chum and 'Pink' forms. The gravid caviar needs no mention.

The Russians regard salmon as a major protein source, and are very adept mistresses of the varied, delicious preservation methods. The beets (Beta), shards, cabbage and co, are another broad food source the Russian cooks do wonders with.

In this recipe, they marry and blend them into an exquisite culinary, one for the optics and the heart. All of these preservation arts are as ancient as all the peoples are. Some might offer, it's the original art form, for most are led to the food-plate by both sight and aroma that calls on all of the senses.

And so, pax, citizens. Peace. And freedom for our and the world's Truth-Man, Julian Assange! While I go on about the fish...

Ingredients

Half side of salmon (\$14 from Aldi on a pine board, set up for smoking). Leave the skin on, and don't freeze it, cool it.

10-15 gms wasabi paste. Make your own up from the genuine Japanese powdered wasabi (*Uetrema wasabi*). The stuff in tubes is Euro-horseradish, dyed green, but OK if no other is available.

20 gms fresh grated Euro-horseradish (*Amoracia rusticata*).

In Oz it is all but extinct (not in my garden), so get some and grow it!

250 gms shredded beetroot (skinned and dunked for an hour in water before shredding)

50 gms ginger (peeled and shredded)

Zest of one orange, seville if possible

150 gms of your salt selection (if possible, don't use iodised salt). Oz normal coarse salt is sun-evaporated and fully balanced. The pink (mined) stuff is rich in iron and little else.

1 cup chopped dill and some to garnish.

20 gms caraway seeds

10 gms chili flakes

15 gms allspice berries

25 gms Sumac powder

25 gms of pink or white peppercorns

15 juniper berries

100 gms demerara or muscavado sugar

(natural, unrefined sugars) or your preferred sweetener. Shredded Angelica is a thought. My seed is from Archangel, Karelia.

100 mls gin or hooch

Dill Oil: 50 gms fresh minced dill; a bit of garlic; 1/2 tsp salt; 100 mls macca or olive oil; blended.



Method

Toast caraway, peppercorns, chili flakes, dill seeds, sumac, allspice berries and juniper berries for three minutes. Don't burn!

When cool, grind to a coarse powder.

Dress the salmon, de-bone the small bones with tweezers. Trim white fatty bits.

Take a flat dish, glass or ceramic, to suit the fish piece. Line it with parchment (backing) paper, under-covered with a plastic wrap.

Place the fish skin side down and rub the fish-piece with the spice mix.

Mix the salt, grated beet, orange zest, ginger, horse-radish (wasabi), dill and booze to a thick paste.

Pack this mix soundly all around the salmon side, and wrap tightly the soused fish in several layers of plastic. The paper will keep the plastic off the fish.

Place the wrapped fish in the flat dish, weigh the fish down completely (you can't put enough weight on the wrap to hurt it). Rocks or a bottle of preserves will do admirably.

Refrigerate for a minimum of 48 hours; four days is better! Turn the fish once during this time.

When cured, brush off the spice stuff, do not wash! Slice thinly diagonally across the side, serve as to the eye, capers, pickles, dill weed, fresh chive, thin slice cucumber, radish of choice, sliced lemon or lime.

Do it all with a decent bread or a pumpernickel and many twists of the black pepper grinder. Dab a bit of dill oil over the lot.

A lot of work, but worth every minute of commitment. Every one! Slow eating's peace food.

A little cup of magic: ChaiPotion Tea

Food Matters

by Neil Amor, Nimbin Organic Food Co-op

ChaiPotion began around 2010 in the Northern Rivers where the 'Chaiposium' could be regularly found serving hot spicy chai and dessert at festivals, music events and local village gatherings around the Caldera.

The Chaiposium was where the 'real' chai and spontaneous acts of kindness could be found.

With creative vision, it was a point at events where folks could come together, slow down, and share genuine, non-competitive conversation and ideas, regardless of culture or social status.

It was out of these good vibes and ideas that ChaiPotion got its inspiration and decided to take chai on the road.

Chai is an ancient medicine and blended well, can have wonderful effects on the body. Carefully crafted tea and spices will reveal a range of flavors and uplift the soul!

For the past seven years, ChaiPotion have been getting really serious about chai blend recipes from all over the world and how to produce it so everyone can experience its powerful benefits.

ChaiPotion proudly supports local, and global grassroots groups, "...because we are all one big Global

family, with beautiful gifts provided by Mother Earth, that we can share".

So, after much alchemy, brewing and tasting, they believe they have come up with a delicious chai blend packed with goodness and an abundance of both ground and whole spices.

ChaiPotion tea is now available at Nimbin Organic Food Co-op and for the month of February will be 20% off for all our members.

And on Wednesday 12th February at 10.30am, the team from ChaiPotion will be in-store for a product launch and tasting. All welcome.

Looking forward to sharing a cup of Chai!

Meanwhile, here is one of Aylar's fav recipes.

Berry Raw Chocolate Cheesecake

Crust

2¼ cups shredded coconut

3 tbsp cacao pdr

1 tsp vanilla bean pdr

1½ cups medjool dates (pitted)

Pinch of salt.

Filling

1 cup cacao butter, grated

½ cup cacao pdr

¼ cup agave nectar

400 ml coconut milk

¼ tsp vanilla bean pdr

Pinch of salt.

Topping

2-4 large squares melted raw

vegan chocolate

Lots of mixed berries.



Method

Crust

Put shredded coconut, cacao pwd, vanilla and salt into food processor and pulse briefly to mix. Add the pitted dates and process until dates are finely chopped and mix starts to clump. Press into 20cm flan, cheesecake or springform tin and leave in fridge to firm.

Filling

Put all ingredients into a high-speed blender in the order listed. Blend on low until combined, then blend on high.

Pour filling into the crust and leave uncovered in the fridge to set for four hours or overnight.

Topping

Melt 2-4 squares of your favourite raw vegan chocolate over the top of the cheesecake and cover with berries. Slice and serve.



ChaiPotion's Aylar

Until next month, eat well.



by Kerry Hagan

For anyone who has never been before, or you are new to the area and don't know anybody, come and check out Nimbin Garden Club.

We meet at someone's place on the third Saturday of every month.

We are an eclectic group of people, bound together with a love of trees, shrubs, vegetables and the land, who get together and wander all over our very kind hosts' gardens.

We each bring a plate of food, and the food is fantastic!

One of our most important functions is that we raise money for community projects, focusing mostly on children growing gardens, in the local area.

It costs a \$2 donation to come along for a really enjoyable Saturday afternoon. We'd love to see you.

Next meeting is on



Saturday, 15th February, 2-4pm at the house of Anna and Olof, 955 Terania Creek Road, Terania Creek, 9.55km up Terania Creek Road from The Channon.

Anna and Olof bought their property in October last year and in November were evacuated!

Car pooling would be good. Please bring a cup, a chair and a plate to share.

The Year of the Rat – bring animal energy into your life

by Donna Connolly and Dora

We are moving into a time of clear vision in 2020. It is especially a time of new beginnings as we head into the Year of the Metal Rat, according to Chinese astrology.

Being a metal rat is also significant, as this is represented by the colour white or gold. As per previous articles, indigenous people forewarn us about the kingdom of pure white animals that are coming here to assist us in transitioning to our new way of living.

The rat represents cleverness and ingenuity, he is also the first sign of the Chinese astrology heralding new beginnings on all fronts as we slide into a new decade.

If we are to work with the totem energy of the rat it is very powerful, here is some of the rat medicine:

- A project is about to pay off;
- Exercise caution and

- anticipate the future, adjust accordingly;
- Take inventory and let go of things that are holding you back, including habits and outdated beliefs;
 - You may be feeling insecure or not sure; it's important to trust. The universe always has a plan.

We have a huge opportunity to change things in our personal lives and that of the planet. It's time to let go of attachments and things that no longer serve our highest purpose, or that of our Earth mother.

Now is the time for action, as our beautiful country is going through unprecedented weather patterns and horrific fire conditions with intermittent rainfall. I would like to remind everyone of the power of hope and positive thoughts in these trying times.

I'm not suggesting ignorance or denial. Purely raising our vibration, rising above and seeing things from



a higher perspective. The animals in the Southern Hemisphere are an absolute beacon of resilience and strength, guiding us with their unique energy. I would like to dedicate this article to all the beautiful souls who have sacrificed themselves so we can learn and evolve.

Each animal holds a specific frequency according to their species. This allows us to call on their totem energy to give us strength and clarity in certain circumstances. Most indigenous people consider the animal energy as

medicine. The animals that seem to resonate for us now are the following:

- Eagle**
- Rising above;
 - Higher perspective;
 - Detach.
- Koala**
- Detoxing and cleansing;
 - Need to rest;
 - Watch your diet (food and social media);
 - Be aware of your emotions.
- Emu**
- Break from routine;
 - Longing for adventure;
 - Be open to new

- possibilities.
- Goanna**
- Take the opportunity;
 - Move fast and with deliberation;
 - It's okay to spend time in solitude.

- Snake**
- Total transmutation;
 - Deep soul and cellular healing;
 - Shed any attachments.

- Kookaburra**
- Find time to laugh;
 - Stay centered;
 - Time to serve your community.

- Possum**
- Go beyond your comfort zone;
 - What's in your bag of tricks;
 - Come out of the darkness.

- Echidna**
- Be vigilant;
 - You are close to completion;
 - Follow your curiosity.

- Kangaroo**
- Moving forward is key;
 - All your needs will be met;
 - Progress in leaps and bounds.

To bring the Animal's energy into your life, you can meditate using visualisation techniques.

Purchase a small totem of the animal you wish to call in. Carry it with you or leave it in a special place where you can see it or find a pic of the animal and make a screensaver on your phone.

Animal totem energy is very strong and healing. I see each animal as a necessary part of our ecosystem. Each energy working to harmonise the world around us and the planet as a whole.

If you are pondering something or contemplating the next step, take note of the next animal that crosses your path, physically, mentally or auditorily. They may just have the answer you are looking for.

Stay safe, take care of yourself and others.

Stay connected for more information: rivergem.com.au

Plant of the month



Kadamba
Neolmarckia cadamba

Selected and photographed by Richard Burer, Bush Regenerator

I know we have featured this tree before, but I cannot go past this late summer treat.

Growing to almost 50 metres, this large tree with a broad crown and straight trunk is stunning.

Quick growing, Kadamba is a must in the large garden or on the farm. Kadamba flowers are fragrant, red to orange in colour, occurring in dense globular heads.

Native to Southern China, North Asia and South-east Asia, it grows wonderfully in the sub-tropics of the Northern Rivers

where, in our garden, it has achieved cult status!

Kadamba is associated with religious significance in India and is mentioned in many texts.

The tree is highly regarded in Hindu mythology, and Krishna is also said to have spent many a time underneath this stunning tree.

Easy to grow and it is hardy and fast, but rich volcanic soils out of frost give the best rewards.

At home in Nimbin, this tree will also be deciduous in our dry spring months, then reaching its peak after a hot summer and late summer rain, which probably is February.

Down came the rain, up came the weeds

Weed Words
by Triny Roe

The drought has broken, water tanks are full, the veg garden is cranking and fruit trees are laden. Everything is growing super fast, especially the weeds.

Weeds are the ones so called because they come by themselves, are opportunistic, fast growing, tolerate a range of conditions and outcompete the preferred species, be they native or exotic cultivated for food, fibre or fun.

Now is always a good time to walk around your block and look for emerging seedlings of groundsel, giant devil fig, camphor and other woody weeds. These species can turn up anywhere, their seeds carried to new locations by the wind, or fruit eating birds and bats.

They will be easier to deal with when they are small than if you wait until they are big and gnarly. When the soil is moist they pull out fairly easily. Use a hand-weeding tool to ensure all roots are removed. Don't waste a walk. Combine it with a hand-weed and you get extra calisthenic benefit from bending over.

Take care when hand-weeding to avoid damaging native regenerating species which may be struggling amongst a stand of pest species. Be careful where you place your feet to avoid trampling the good guys. Don't disturb the roots of trees you want to keep as you remove the interlopers.

Ensure correct identification is made. If in doubt, leave it. Plant identification is a learned skill, and some simply have more experience. Some native tree species can be mistaken for virulent invaders.

Golden Rain Tree, *Koeleruteria paniculata* is common around the streets of Nimbin and Lismore, as well as in pockets in the surrounding valleys. It is a decorative tree with a long-lasting floral display of rusty pink papery fruit following the short-lived vibrant yellow flowers.

Unfortunately GRT is a serious environmental weed with a potential spread to rival that of camphor. It can establish on roadsides, creek banks, gullies, and even on grazing land. Its seedlings look very similar to those of white cedar, *Melia azedarach*.

One point of difference is the leaflets of white cedar's compound leaves are always opposite. If any are not, it's GRT and you can pull it out.

The local bush fires are finally out. Thank you rain for finishing the job after the fireys and defenders had done their bit. Australian bushland is resilient and has already begun to regenerate. Replanting is not always a priority, as much of the bush is capable



Golden rain tree leaf

of doing it by itself.

Some species, including some banksias, actually need fire and smoke to initiate germination of its seeds. The heat opens the pods and releases the seeds. The seeds fall in the ash which provides essential nourishment.

Wattles, *Acacia* species, also germinate quickly after a fire. Nitrogen fixers, with root nodules that harvest it from the air, these and other legumes assist in increasing the nutrient level of the soil and creating a healthy environment for plant growth.

Some banksias and eucalypts also have lignotubers, underground swellings at the base of the plant containing dormant buds. These quickly sprout after fire burns off the above ground parts of the plant.

So while the bush can self heal after fire, one of the biggest threat to burnt forest is weeds. (Logging is another major threat.) Exotic species will thrive in disturbed areas. Sometimes the seed is already present, or doesn't take long to arrive.

Not just the bush that burned, but areas that were cleared for firebreaks will be vulnerable to incursions by weeds.

Happy weeding.

The importance of planetary archetypes

by Christobelle

Carl Jung described archetypes as autonomous primordial forms in the psyche that structure and impel all human experience and behavior.



Homer – *The Iliad* and *the Odyssey* – reality is perceived to be pervaded and structured by powerful forces and their associated living presences that are intuited as the divine figures and narratives of ancient myth.

You never see a Homeric

character stop to consider what to do, how to deal with a situation by engaging in an internal dialogue – all thinking takes place outside the individual mind in interactions with numinous powerful beings, or deities.

“This is a basic point of mythology: that the individual is performing an act not out of his own impulse, but in accord with the order of the universe.” – Joseph Campbell

Calling something such as love, or victory, a god meant that it is more than human, not subject to death, everlasting. Any power, any force we see at work in the world, which is not born with us and will continue after we are gone could thus be called a god, and most of them were.

In most mythologies, deities are personifications of the energies of nature. The energies are primary and the deities are secondary. The energies of nature are present in the outer world, but also inside ourselves because we are particles of nature.

In practically all the religious traditions of the world, the aim is for the individual to put oneself into accord with nature, with one's nature, and that's both physical and psychological health – being personally attuned to the flow of the cosmic mind; and thus being on a right path to progress on one's journey through life and beyond in spirit – on a trajectory that activates your best potential for your highest good and the good of all creation.

christobellehealing22@gmail.com



These five adolescent girls will graduate from Berma Literacy Centre and head for the Government school

Presentation on Indian women's empowerment charity

by Wendy Royston

How far does \$2700 per month go in India in the rural part of Bihar state?

It employs 21 people, eight of them teachers in Literacy Centres for adolescent girls, and the remainder teaching about gender discrimination, child marriage, pregnancy, contraception and the value of a small family to local women and some men.

In last month's issue of the *Nimbin GoodTimes*, Aniko Papp wrote an article about her visit to the program

which was titled 'Charity supports Indian girls to achieve literacy'.

On 28th February at Birth and Beyond, Nimbin, there will be a presentation of films and talks about the program. Doors open at 6.30 for a 7pm start, suggested donation \$10 – \$20.

Indian music with Ren, Dana and friends will also feature. Ren is a local sarod and tabla player and Dana a harmonium player and vocalist.

Together they'll add some sublime traditional Indian

music to the evening's presentation.

Of course, chai and cakes will also be available to purchase.

Come along and be inspired as you learn more about this wonderful little charity, Women's Empowerment in Indian Villages which reaches an average of 5,000 people per month and is co-ordinated by long-term Nimbin locals, Graeme Batterbury and Wendy Royston.

Enquiries: Wendy 0401-013-333, web: www.weiv-india.org

The life of a koala rescuer

Koala Kolumn

by Linda Swankie

The rescue hotline has been very busy over the last few months.

On one shift I took a call about a sick koala that had been moved off the road and put at the base of a tree. Although this had been done with the best of intentions, by the time our rescuer, Solé arrived, the koala had climbed too high to be rescued, even though it was in a serious condition.

If you find a sick or injured koala on the ground, the best thing to do is to contain it in a box or under a laundry basket weighted down with something to prevent it getting away until a rescuer arrives. Please never put it at the base of a tree.

Solé returned at dusk in the hope that the koala would come down to change trees and she would be able to reach it. We kept in touch by phone so, when the hotline rang again, I was expecting Solé, but another koala had been attacked by a dog then fallen into a ditch.

It was low in a tree, bleeding, soaking wet and shivering with both trauma and cold. The koala wasn't far away from me, so I passed the hotline over and went out with my husband Mark to try and rescue it.

It was dark by the time we arrived, and we had to negotiate a steep slope with a cage and flagging equipment to get to the koala, but Mark managed to reach it. We then met Solé, who had managed to rescue the other koala, and took them both to Vitality Vetcare in Bangalow, who had offered to help with our koalas out of hours.

Dipper, the koala attacked by the dog, needed urgent pain relief and antibiotics to

prevent any infection from the attack, and was also put on a drip overnight to help treat the shock. Both koalas stayed at the vet overnight, and I collected them first thing the next morning and took them straight up to Currumbin.

The next morning I got an urgent call from the rescue hotline asking if I could take another koala to Currumbin. It had been hit by a car just past a sign warning drivers to slow down because of koalas!

Unfortunately all three koalas had to be euthanased. Dipper, due to severe injuries, Johnny (sick) had a severe infection and his organs were shutting down, and Pikachu (car hit) had two broken legs and a head injury.

Needless to say, I was crushed that none of the koalas had survived, despite everyone's best efforts.

Over approximately six weeks, we had koalas killed on the roads in Goonellabah, Coorabell, Suffolk Park, Blue Knob, Woodburn, Coraki, Goonengerry and Ruthven, and dog attacks in Ballina, Lismore and Tweed.

We can all help prevent a local extinction if we slow down when driving, particularly between dusk and dawn and where the koala signs are located, as the warning signs are placed where koalas are known to cross and have been hit by cars.

Slowing down through these areas will not significantly increase your journey time, but it will certainly reduce the risk of hitting a koala. We can also make sure our dogs are not left to roam free, again particularly between dusk and dawn when koalas are more often on the move.

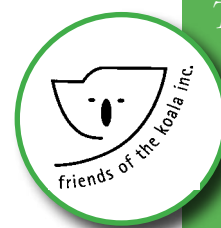
Our koalas are struggling with disease, climate change, bushfires and the loss of so much of their habitat, which means they're on

the ground more often and for longer periods seeking new habitat, making them more vulnerable to predators and accidents.

If we are to prevent a local extinction we all need to do what we can. Every little helps – so when you see that speed sign warning of koalas, slow down; if your dog wants to go out at night, put it on a lead and go with it.

It won't only be the koalas that are grateful, but all the rescuers and carers out there who have to deal with carnage day after day. It's no wonder we're all basket cases!

There's only so much trauma and heartbreak rescuers can bear, so please help us by helping the koalas.



To report a koala in trouble, or a sighting, phone:
(02) 6622-1233

For information about koalas and conservation, or to book a tour, please visit

www.friendsofthekoala.org

or email: info@friendsofthekoala.org

Follow us on Facebook.

To report environmental incidents, including removal of koala habitat, ring the 24/7 Office of Environment & Heritage Enviro Line: 131-555.



Effects of horses grazing on lush grass

by Les Rees
Equine naturopath
and sports therapy

After the harrowing times of the fires, it is a relief to have had so much rain that has helped to defuse the smouldering fires in densely forested areas and replenish our water supplies. Looking out across our valley, pastures have become verdant again, the air feels cleaner and our garden plants have bounced back to their former glory. Welcome back to paradise!

During the drought, we have been feeding our horses hay and hard feed to supplement their diet, since there was little nourishment to be found in the paddocks. Needless to say, the horses now have something to say about the removal of such privileges.

However, the rapid growth of grass has its own dangers: equines are susceptible to developing a range of problems when they have access to rich grasses during high growth periods, especially after having been on a diet of dried grasses during a drought.

Wet conditions activate the grass to convert sunlight into sugars in the form of non-structural carbohydrates



(NSCs) which promotes a rapid growth of rich green shoots. Because horses have sensitive digestive systems, they are unable to cope with the high levels of NSCs which can cause life threatening issues.

When equines gorge themselves on the lush grass, enzymes in the digestive tract convert starch and sugars into simple sugars to enable the body to absorb them. This causes a surge in blood glucose which initiates the release of insulin into the bloodstream enabling the uptake of glucose into the tissues. Problems occur when fluctuations of glucose lead to over-supply of insulin, which can be a contributor to subsequent insulin resistance.

Unfortunately, elevated

glucose levels can trigger laminitis, an extremely painful condition of the feet where the laminae surrounding the pedal bone in the hoof become so weakened that they can no longer hold it in place.

In advanced cases the bone rotates, causing even more painful pressure within the hoof. Due to the long and painful recovery period, horses are often put down at this stage, so it pays to be aware of the possibilities before it becomes unmanageable!

Grasses can also contain high levels of fructose molecules known as fructans, which are a non-structural carbohydrate and un-digestible. In order for the horse to absorb them, they have to be fermented

by microbial activity in the large intestine, and in large quantities can cause a similar response to an overload of NSCs as it also initiates elevated insulin levels and is therefore another contributor to insulin resistance and possible laminitic activity.

Fructans are also not good for the bacteria in the gut, as high levels kill the good bacteria and cause acidity levels to rise and the subsequent release of harmful pathogens can also cause colic.

I often wonder how horses have managed to survive in domesticity when I consider the factors involved in keeping them in good condition, given their sensitivity to lush grass and a myriad of other possibilities that can affect their health and wellbeing. We need to be aware of the consequences of allowing our horses to eat the lush grass.

If in doubt, restrict grazing time and assess their diet. There are herbs that can be very helpful for horses. Used as preventatives, they can be useful in protecting them from seasonal disorders, as well as being very powerful to promote healing.

Phone Les Rees: 0437-586-705
www.horsetailherbs.com.au

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Are you a new resident of Nimbin or has someone new moved in next door perhaps?

Welcome to Nimbin Kit

A Kit for new residents of Nimbin to help link them into our vibrant community, its history and opportunities and local survival tips & knowledge.

NOW AVAILABLE AT:
Nimbin Neighbourhood & Info Centre
Nimbin Hills & Nimbin Lifestyle Real Estate Agents

The Welcome to Nimbin Kit is a project of the Nimbin Advisory Group (NAG). It was auspiced by Nimbin Neighbourhood and Information Centre (NNIC), in partnership with the Nimbin Community Centre and the Nimbin Chamber of Commerce. Funded by the partners and Lismore City Council, with contributions from Nimbin Hills Real Estate and Lifestyle Real Estate.

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by Suzy Maloney B.Eq.Sc.

Grooming is the first thing you do with your horse after catching them. The quality of grooming time can set the tone for all that's to follow so it's important.

Some people have 'issues' when grooming. It can be such a positive thing, a personal body pamper session, and normally horses love it, but sometimes not. Problems include moving away, trying to bite/kick or having no-go zones.

What's happening when we see two horses mutually grooming? Mutual trust and affection while touching. When we see this, we think it's sweet, they like each other. When we groom, we can adopt this headspace, that we really like our horse and want to give them a lovely experience. Not 'get the job done'. This positive headspace is essential.

To do this, we need to be in the present moment. If we're on auto pilot, thinking about other things and just getting the job done, we can't feel our horse and respond to them in the moment. If you're grooming and your mind strays, place a bare hand on the horse, or go to their head and stroke for a while to bring yourself back.

Ensure your tools are comfortable for the horse. Some horse grooming tools are uncomfortable and even painful for the horse. Hard, stiff bristles hurt on

Grooming horses

sensitive skin, especially a summer coat, and many horses hate them. Some mane and tail brushes rip the hair out, causing pain. Look at your tools and discard any that may be causing discomfort.

Look at the amount of pressure you're using, not too hard or soft. Sometimes people push so strongly it hurts, or so lightly it tickles. Both may incline horses to dislike grooming. In the middle, with a nice firm pressure but not pushing too hard works best.

Be aware of areas of sensitivity. The flank is very sensitive, plus belly, inner thighs and face. When in a sensitive area be careful not to tickle or push too hard. Grooming in the direction of hair growth can assist with comfort. When grooming the head, move slowly so they know you are aware of the eyes.

If approaching a sensitive area slide into it from a less sensitive area. For example, if you want to groom the flank and just plonk the brush there you can expect a protest. Groom along the horses' side, then slide onto the flank. Similarly, if you want to pull off a tick, don't just grab it, especially if it's in a sensitive area. Rub toward it then slide to get the tick. For a tick on the muzzle, slide down from the forehead.

The same thing goes for poking and prodding. No-one, yourself included, likes it if someone comes up and just pokes them. If you must poke an area, approach the spot by sliding there with an open hand first.

Looking at all the possible things we could be doing to cause the problem is always the first approach to any horse issue. If you've ticked all these boxes and still have a problem, it's time to start re-training. Horses with a long-term aversion to something may have formed

a habitual response. This can take time to change, but every session should show improvement. If not, then look again at what you're doing and make necessary adjustments.

The priority is to remain safe. If the horse is showing aggressive behaviour and you are not sufficiently experienced to re-train, call in a professional to start. If it's safe and you have the skills, the goal is to reward the positive behaviours and ignore the negative. Hitting or reprimanding will only confirm to the horse that grooming is bad.

If grooming the body and the horse moves or goes to kick/bite, try and keep the brush on their body (it doesn't matter where) until they stop. The moment they stop, remove the brush. It's best to have the lead-rope in your other hand for this. If they're tied up and pull back, they may feel trapped and panic, again confirming it's bad. If you have the lead you can move with them, show them what's wanted plus control dangerous behaviours

If grooming the mane and the horse turns the head away, continue and wait for them to move back to centre. When they do, stop grooming. Set up a rhythm. Every time they move away keep going, every time they come back stop. Pretty soon they won't be moving.

Using this simple method horses can see being groomed as a pamper session, not as a punishment. This is what it should be, pleasurable for both the horse and the human. Your special time together.

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Finding a bra that fits

Doula Wisdom

by Kirrah Stewart

This may come as a surprise to you, but you're most likely wearing the wrong size bra. Due to outdated measurement techniques, up to 80% of women are walking around with ill-fitting bras.

Back in the 1930's, bra sizes only went up to a D cup (and that was considered BIG). Now cup size measurements can go as high as N (which is equivalent to a British JJ). There tends to be a big variation between manufacturers, because no international standards exist.

This guide will help you understand more about bra sizing and what to look out for when choosing a bra for pregnancy or breastfeeding.

During pregnancy, your breasts will get bigger and your rib cage may expand, so you'll need to look at getting some new bras. A good bra should feel supportive and not squash your breasts or compress any milk ducts.

Your breasts will be more sensitive during pregnancy and breastfeeding, and a properly fitting bra can make all the difference.

A bra that actually fits

There is a fantastic resource online for finding your correct size. You might be in shock what your bra size actually is. Head to 'A bra that fits' calculator at: www.abrathatfits.org/calculator.php



and then be pleasantly surprised by what a well-fitted bra actually feels like!

Keep in mind that your breasts will change a lot in pregnancy and then again after birth when your milk comes in. So, you will need to measure a few times. Any time you notice a change or your bra feels uncomfortable, use the calculator again.

Maternity bra hooks

Maternity bras have more hooks than a normal bra so that they can be easily adjusted. Look for bras that have 6 rows of hooks on the band. This way you can more comfortably adjust your bra as your rib cage and breasts change in pregnancy.

You can use 'bra extenders' to widen the band a little and accommodate changes.

When buying a bra during pregnancy, it's good to find one that fits on the tightest hook so that you can loosen it if your rib cage expands.

Overall, make sure it is comfortable.

Nursing bras have clips

You'll notice that nursing bras have clips that allow you to open and close the cup. This allows you to discreetly breastfeed without having to remove your bra.

Materials matter

Your nipples will feel more sensitive during pregnancy and lactation, so you might prefer softer fabrics like cotton or bamboo. You may even like to look at getting a 'nursing tank top/singlet' as these can be more comfortable.

Under-wire vs wire-free

Look for bras that don't have underwires in them. These are best for pregnancy and lactation as they won't put pressure on the milk ducts.

If you wear an underwire bra that doesn't fit properly, it can compress milk ducts and lead to blockages or mastitis.

If you like under-wire, make sure you are definitely wearing the correct size bra.

You can also find bras that have 'flexi-wire' which are

designed to flex with your body as your breasts increase and decrease (due to milk production).

It's best to wear a bra with soft cups (no wire) in the first weeks of postpartum when your milk supply is establishing and your breasts are changing size the most.

How a correct fit feels

The band should feel firm and comfortable and not ride up the back. After doing a 'swoop and scoop' (google it!) all the breast tissue should fit well inside the cup with no bulging over the top or sides.

The straps should not dig in or slip off the shoulder. The breasts should be supported primarily by the band, rather than the straps. You should be able to breathe and move easily.

Some brands to look at

There are many different brands of maternity and nursing bras. You may like to check out: Anita, Cake, Bravado, Hotmilk, Freya, B free, Bonds, Thirdlove and for pumping bras try Medela or Simple Wishes.

Now, go use 'a bra that fits' calculator and discover how amazing a properly fitted bra feels.

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Stalking shadows and voices of the past

I am a stalker of shadows, but not in any vengeful way, and not in any way associated with that lovely Old English poem, Beowulf (where Beowulf stalked Grendel, the dragon in the dead of night), nor computer games.

I mean that I stalk the partly absent presences of others who enter the room with each client, as a shaman might. There's an inchoate back story that runs parallel to the issues that the person brings and I am interested in that, as it gives me clues to what's up and how we can work together.

The voices of the past linger like reverberations after a thunder storm or a very loud concert. Things that were excluded, an unspoken death of child, an absent workaholic father, a severely depressed grandmother, a traumatised soldier, an exhausted and emotionally fragile mother, a jailed uncle, incest, a brutalised alcoholic aunt – though never mentioned – replay out a horrid shadowy dance to awful music in the day to day lives of many of us.

I, for instance, had a great-grandfather, on my father's side, a brute of a man and a jailer at Maitland Prison, who went mad and died when he



by Dr Elizabeth McCardell

burned his house down. One of his daughters, my father's mother, was a very prim and proper woman who I met when she came for a week's stay in Perth when I was nine.

Knowing now her past, I can understand why she held her emotional stuff so tightly to herself and why my father was afraid of anger, and why I have had to work on my own anger so extensively throughout my life. The past is continuous with the present, and the old shadows loiter on in some form or other.

In families, these excluded people, are included somehow or other. We might make a deliberate attempt to erase the emotional torture of family life by using another name, or moving across the world, or

pursuing lovers that seem not to bear any resemblance to our family of origin, but someone, something or other, triggers a string of memories and the pain comes tumbling back. It is as though the shadows we seek to avoid and think we've successfully left behind, just sidle up beside us and continue needling us.

Stalking shadows is subtle work and a number of psychotherapeutic practices have been developed that aid the therapist in identifying them and using that knowledge to further the therapeutic conversation. The group therapies of psychodrama and family constellations focus in on giving the barely seen a voice. The shadows are personified by members of the group and the participants and therapist-facilitator is able to see, and amplify, the dynamic of family members portrayed in the drama.

I've participated in several family constellation and psychodrama workshops and also did two years of training as a psychodrama facilitator in Perth before moving to Lismore. Though I don't do group work often, the insights that came to me during that time, remain and enhance my individual

psychotherapeutic work.

I notice that when I'm doing a clinical hypnotherapy session as well as a counselling one, the way I think has definitely been shaped by what I learned when working with groups and stalking shadows. It should be said, however, that any work I do is not to remember factual details about a client's past, but how the shadowy figures play out their stories in the client's emotional life.

I also do not do regression work, and this is basically because I am uninterested in influencing my clients in believing something in their past that I may inadvertently have created. My work is listening to my clients, not putting thoughts into their heads.

The shadow stalker is primarily a listener, a tracker of minute details and behaviours around and about the shadow itself; someone who can change direction in a flash; someone who listens in the cracks, who watches the fluctuations of moods, observes silences, faces the barely comprehensible fearlessly and enjoys being there.

Without this element of enjoyment, I doubt the work could be done. Plainly put, I like my work.

From toys to killing: Conditioned violence as normal

Children are often unconsciously groomed for the adventure and prestige of violence and war, but do we examine how our minds are built, why we think the way we do and if we can change our minds?

As a child I played with artillery guns, fighter jets and toy soldiers.

Our family have had soldiers in most of the wars over the last several decades, and sleeping in an army sleeping bag under a hoochie, sporting an army pack and webbing and eating from ration packs were all normal for me before 8 years.

My father, who had served as a Captain in New Guinea during WW2, talked for hours with our cousins, most of whom were career soldiers.

Meanwhile back in primary school I was being violently baptised by some random kid with a brick to the head and a hospital visit.

The family moved out west next door to a charming alcoholic farmer and his psychopathic son, Bill (hindsight is a wonderful thing). Bill and his father changed my relationship to animals, guns and other kids.

You see, Bill and his father loved to kill stuff, and with rifle in hand would dispatch defenceless birds or cut the heads off large venomous snakes.

Coming from a different state and generally being a lone wolf, I found myself more than a few times the centre of unwanted attention at school.

Bill, that bastion of moral flexibility, gave me instruction on how to punch kids in the face, fight dirty and seek revenge.

Fast forward to high school where hormones kick in and size difference between kids is unequal. I remember watching a footballer who looked like he just walked off the set of The 300, straddling a kid's chest and beating him senseless. Wow. Note to self: Avoid that guy.

On another occasion on an interstate trip we stayed at Kings Cross, Sydney where we watch a guy get his face kicked to a bloody mess.

(As an adult I have to ask my supervising teachers, WTF were you thinking, staying in such a known violent place?)

Kids love to watch fights, and

when a crowd is chanting your name from the top oval to come and fight another kid, of course you go.

I turn up to face a bigger, meaner army brat (classic bait and switch), with clearly more skills, who bloodies my face up while I try to take out the back of his head.

The next two fights are provoked with verbal abuse, I ignore them at the time and surprise attack later – Sun Tsu (*The Art of War*) would be proud.

I remember my profound sense of confusion when I was punched in the face by a girl. WTF? Am I supposed to punch her back?

I receive phone calls for fake jobs and fake dates, all set-ups to get me to the school, outside of school hours, to beat the shit out of me.

A few weeks before, a kid had his arm broken.

Naturally I train in a variety of martial arts because every local dance is a potential fight club, constantly scanning for threats and trying to avoid violence.

At 16 I joined the army reserve (helicopters, SLR rifles, mortars) and at 18 office training (Regular Army) at Portsea, Victoria (pistol,



by Cameron Storey

sub-machine gun, machine gun, anti-tank gun, hand-grenades and claymore mines, etc).

Both racism and verbal abuse are just SOP (Standard Operating Procedure), and on your birthday you might get tied naked to a bed-frame and thrown in the ocean.

The next step was, of course, to travel to foreign countries and kill people I didn't know. It's then I decided that war culture is not very sane, but most guys I'm surrounded by love it.

Science has discovered that the fear centre of your brain doesn't

develop until 25 years, so it really pays the recruiters to attract adolescents early to enter all the services (army, navy and airforce) and so they train kids at 16 years.

But way before this, maybe their family, friends or the rest of society have led them to believe all this violence is just normal behaviour.

We live in an era of pre-emptive strikes by the US and their faithful ally, Australia.

Does anybody see the irony of preaching against domestic violence while supporting violent invasions in country after country? Or is it: "Do unto others before they do unto you, but do it harder, faster and more violently."

Years later in Gestalt therapy, the therapist said, "So you are in a constant state of hyper-awareness."

To which I replied, "Isn't everyone?"

His answer was, "No." Must be a leftover pattern from school.

Last year our band released an anti-war song: www.youtube.com/watch?v=edDr0QWcaOw

Check FB Dharma Centre – Lillifield for yoga classes.

The year of the rat

The year of the rat has just begun. It is a very significant year in Chinese Cosmology. The rat signifies the beginning of a new 12 year cycle. In the case of this year's white water metal rat it is the beginning of a new 60 year cycle.

The Chinese generally like rats more than our society does. They are considered to be clever and resourceful, seeing a fat rat is considered good luck.

Rat people have the characteristic of being social and charming

The metal water signs are favourable for harmony, with the proviso that there is the potential for aggression with this rat sign being very yang.

The good part of the general forecast is that people are likely to come together for a common cause, and to be successful. "All waters become one ocean" is a good summation.

People will be more likely to uphold values of decency, honesty and good manners. Those that have acted ethically in the past and possibly suffered for being true to themselves will now be rewarded. The younger generation will become more important. Older leaders could be replaced with young leaders with new values.

60 years ago when it was last a metal water rat year JF Kennedy was elected, the civil rights movement and the peace movement gained strength. On the negative side the Vietnam war began, consistent with the yang conditions sowing the seeds of conflict.

People will become less tolerant of corruption and bad behaviour generally. Moral courage will be applauded, some may become dogmatic, but



by Brigid Beckett

generally the metal element is about a code of virtues that is personal.

This sign has a strong link to the water element, the ocean and large bodies of water such as lakes and major rivers, there could be major flooding and coastal erosion. Care needs to be taken with the ocean, whether on boats or swimming and surfing.

The fire element is suppressed in this sign, meaning it could still break out unpredictably in volcanoes or unexpected fires. The earth element is also weak. There could be food shortages in spite of the rainfall, as this could be uneven or flood food producing land.

In terms of economics, the conditions are favourable for trade agreements. Returns on investment are likely to be sluggish though and the economy is unlikely to boom. One sign that is likely to do well financially is the ox.

It is a good time for start-ups; technology, science, medicine – both traditional and modern – are favoured. It is a positive year for health, with many

chronic problems likely to be resolved. The lack of the earth element means that digestion should be cared for well with warm cooked foods beneficial. As I write I am aware of the worry with the Coronavirus, if the rat year predictions are correct it should be controlled, an early test of these predictions.

In terms of personal relationships, it is a "peach blossom year", very favourable for romance and fertility. Although personal astrology signs will mean different outcomes for different signs

Interpersonally, this is a good year for co-operation, social advocacy, intuition, and creativity. There may be vacillation between wanting to be alone and wanting to join up with others.

To sum up; A year with the potential for change led by a change in people's outlooks and subsequent social movements. Young people will contribute more. People will be less tolerant of bad behaviour of those in authority.

There is likely to be instability with weather, especially likely are major flood events or coastal inundation.

A good year for science with scientific evidence on climate change being taken more seriously.

There is the potential for conflict, major wars are not likely but the seeds of future military conflicts may be sown.

I would like to wish everyone a healthy and happy Year of the Rat, good luck.

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

Natural Law



by Helene Collard

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

"All is One" is a mental truth for many of us. Yet to feel deeply anchored in this knowing, to live it in our bones, takes practice and commitment, in a supportive environment.

To describe the task before the human species, to condense its complexity into two words, it would be "right relationship". Wherever you are in your personal development, right now, everyone is maturing.

The three key areas to focus on are: body – trust – purpose. Move your body, keep fit, eat cleanly, stay clear and aligned with positive thoughts. Trust yourself and practice discernment, trust your feelings, and your natural instincts. Trust your body.

What is your why? What is your story? Find your boundaries, and practise setting limits. Feel your passion and grow your self-esteem.

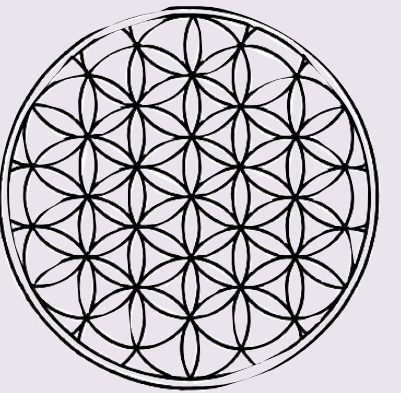
These three areas combined form your anchor – the more you mature in these areas, the more solid you become in yourself, increasing your fitness to cultivate right relationship with the land; animals; plants;

waterways; skyways; ancestors and spirit world; and other people.

The 'New Way' is an inside job: "Be the change you wish to see in the world" – Gandhi

Enjoy these days my friends, and thank you for reading *Natural Law*.

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Helene Collard is a Culturally Informed Trauma Integrated Healing Facilitator, and a Reiki teacher and practitioner. Helene is a first generation Australian. Helene is a lead facilitator for We Al-li, an Aboriginal trauma-informed organisation that contributes to research, and delivers training to individuals, organisations and communities.

Helene has been practicing Reiki since 2007 and began sharing and teaching Reiki professionally in 2015. In 2016, Helene founded the Yemaya Centre for Reiki and Wellbeing, in Lismore, NSW, and continues to practice and teach Reiki there.

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