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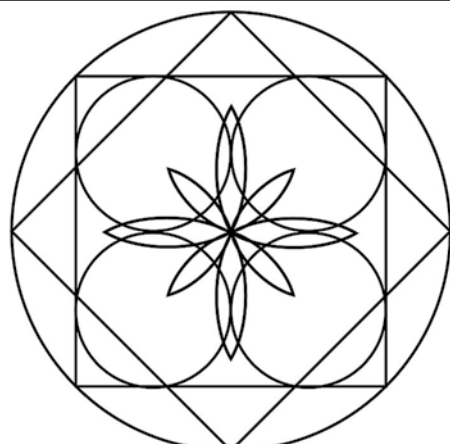
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The artist's choice at Blue Knob Hall



The Artist's Choice is the current exhibition at Blue Knob Hall Gallery. This was our last exhibition for 2019 and was not themed.

We have a gallery full of diverse and colourful work, with felted wall hangings from Year 7/8 students at Rainbow Ridge Steiner School, and Theodore Kennett-Raj's 'Year 2050' with people wearing their mobile oxygen masks.

It is a reminder of what many of us have been dealing with over the last few months here and around Australia

and of the craziness of our times.

There is artwork here that celebrates what we have to be grateful for and that also reminds us that so many things are held in the balance.

This exhibition runs through to Saturday 1st February. There are also some artworks generously donated to the gallery by Joline Shervey as a fundraiser for the hall.

Blue Knob Hall Gallery/Cafe and Ceramic Studio is now open again with our usual hours, Thursday and



Felted wall-hangings by Year 7-8 students at Rainbow Ridge Steiner School (above)
'Year 2050' by Theodore Kennett-Raj (left)

Friday 10-3pm, Saturday 8.30am-3pm, Sunday 10am - 3pm.

We have had a much needed break and now all the volunteers are back on board for another year. We wish everyone the best possible for the coming New Year.

Leaf Matters

'Leaf Matters' by Sue Boardman and Michael Hannan with eco-dyed leaf prints, collages, and ink paintings will be the new exhibition in The Solo Space and run concurrently with

the members' exhibition.

The opening night for both these exhibitions will be held on Fri 7th February, with music and a set meal for \$20 per person, including mains and desserts.

For more info please contact the Gallery on 6689-7449 or email us at: bkhgallery@harbourisp.net.au

Artists & friends lunch

The next lunch will be held on Thursday 30th January at 12.30pm with a set menu for \$20 including main and dessert.

Exhibit at the Murwillumbah Arts Trail

Artist applications to exhibit at the Murwillumbah Arts Trail from Friday 1 - Sunday 3 May 2020 are now open.

In its fifth consecutive year, the annual event is an exhibition of contemporary art that showcases over 60 artists of the Tweed Valley and surrounds, offering the community a chance to see artists at work, participate in art activities and purchase art from local artists.

Over a three-day period, this exciting event transforms the town of Murwillumbah into a vibrant and engaging arts experience, championing and celebrating the many diverse and talented artists in our region.

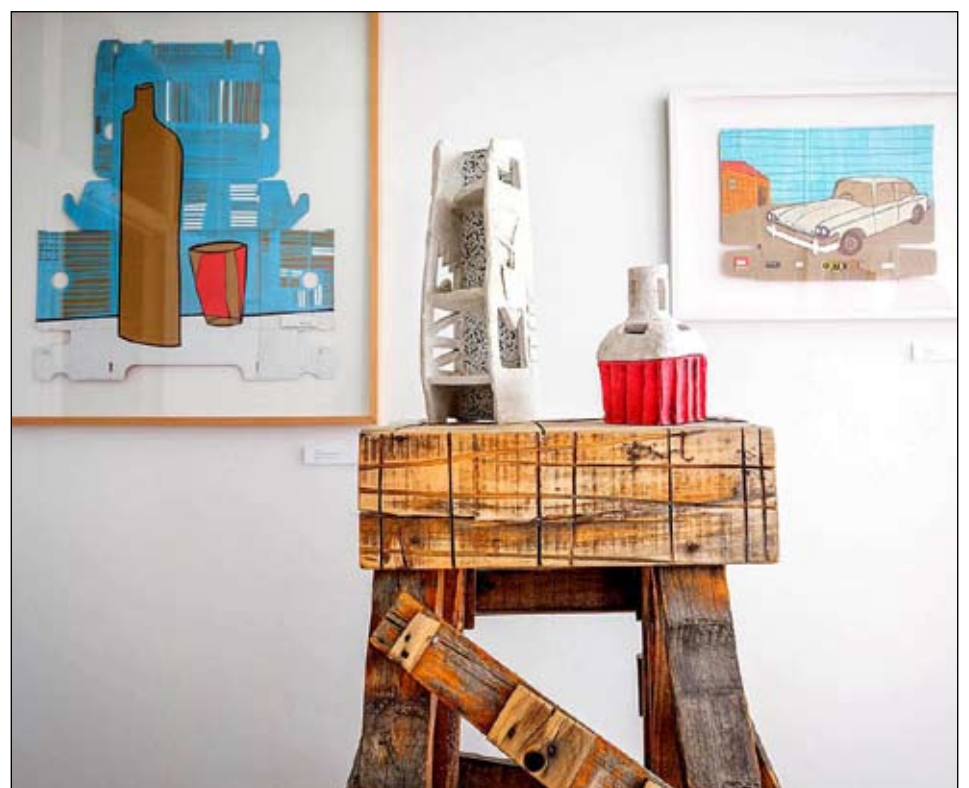
The town and shops become the gallery and visitors are invited to follow the exhibition trail including established galleries, artists' studios, shopfronts, cafes, theatres and historic halls.

Join the artists and makers, the crafters, musicians, poets, storytellers and all the other creative people of the Murwillumbah Art Trail.

Make new friends, develop your skills, showcase your work and share your ideas with like-minded people. No studio? No problem - we will have a number of exhibition venues to present your work during the trail.

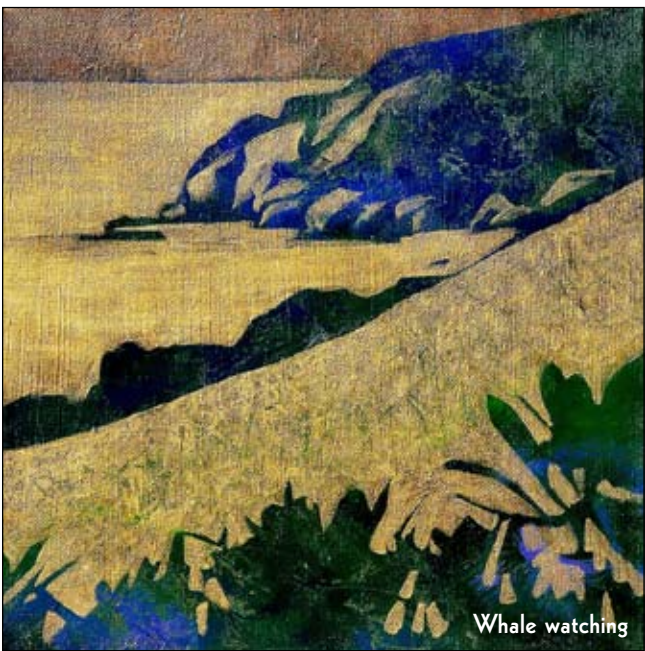
Application deadline:
Sunday 2nd February.

If you are wanting to offer a workshop or a creative service or have any questions, please apply by emailing Peita at: murwillumbahartstrail@gmail.com

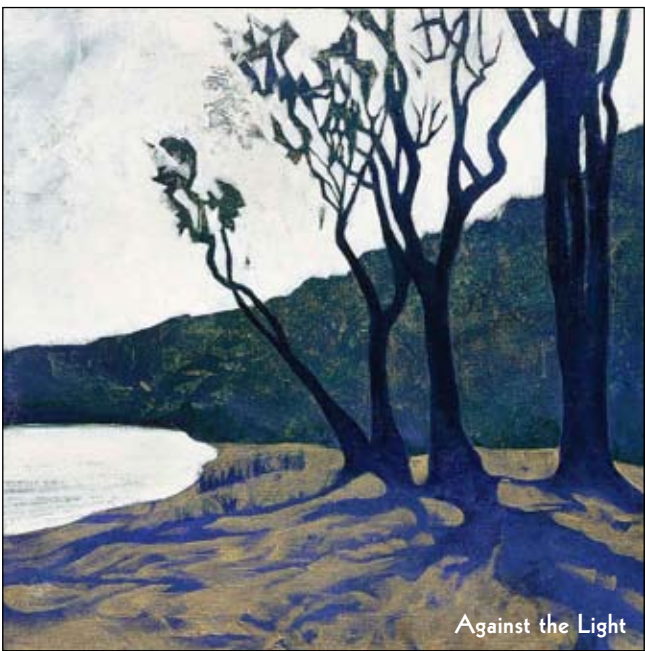




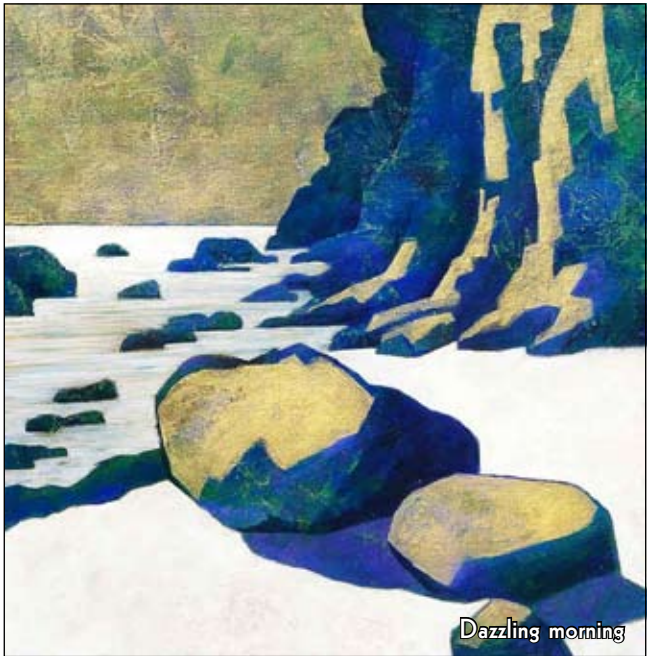
Secret picnic



Whale watching



Against the Light



Dazzling morning

Nimbin Artists Gallery

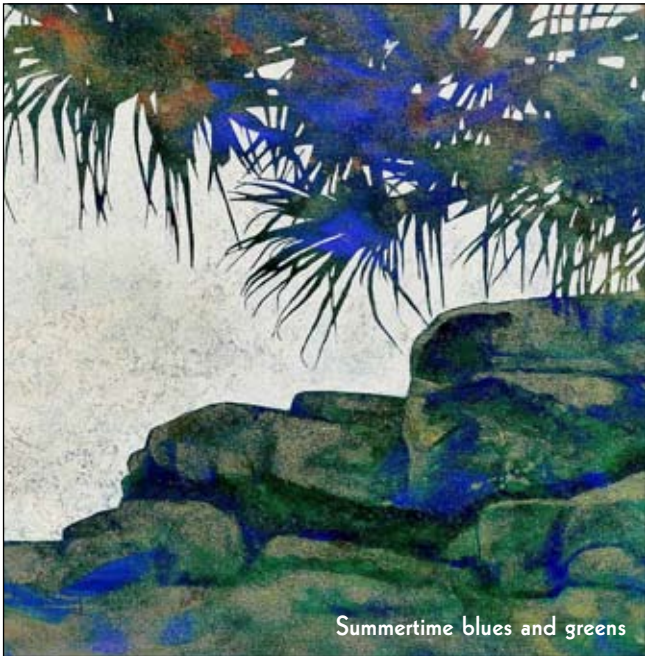
The Nimbin art year is off to an exciting start, with a new exhibition by Northern Rivers artist Karyn Fendley from 6th January, and our annual Nimbin Art Fair opening on 11th April.

Karyn Fendley is a contemporary landscape artist who works her skill in oils and acrylics to produce strong and vibrant images that remind us of the beauty that has surrounded us.

Her dramatic compositions, with their rich colour and flattened perspective, capture the essence of the landscapes she paints. A must-see exhibition to bring colour and joy to the forefront of our landscape memories.

The Gallery also has an open invitation to all artists to partake in the 2020 Nimbin Art Fair. Applications are available in the Gallery, or can be emailed directly to you. Applications close 3rd March.

Come in and browse, take in the works of all of our local artists, consider your gift-giving or treat yourself to something special – call in and see us at 47 Cullen Street, Nimbin. Open 7 days a week, 10am to 5pm (mostly), phone us on 6689-1444, email us: nimbinartistsgallery@gmail.com or check us out on Facebook.



Summertime blues and greens

End of year members' show



by Fiona McConnachie

The exhibition currently running at the Serpentine Community Gallery is our end-of-year Members' show. It finishes on 14th January, after which the gallery space is available for hire until 17th February, so if any artist is interested please contact us on (02) 6621 6845.

'Conversations With Birds' is our next solo exhibition, and showcases the latest work of Michelle Gilroy (pictured left), whose beautiful atmospheric paintings of native bird life will be displayed from 18th February to 2nd March, after which we will be hosting the annual womens exhibition to coincide with the Lismore Women's Festival.

This year's theme is 'Balance – For a Better Future' and we encourage all women artists to participate in what is an exciting and vibrant celebration of the talented women in our community.

This exhibition is open to all women (sorry boys) and will run from 6th March for three weeks with the opening on Friday 6th, 5.30pm to 7.30pm.

Please have your work in by the 3rd/4th March, and if you have any special requests as regards display just give us a call and we'll do our darndest to make it happen.

On behalf of the Serpentine Gallery, I would like to thank our wonderful community for all their support during 2019.

It's been a troublesome year, so let's hope 2020 will be better for everyone... and the art market picks up!

The Serpentine Community Gallery is situated in North Lismore at 17a Bridge Street and we can be contacted on (02) 6621-6845, or via email: gallery@serpentinearts.org



Jessi Luna opening



'Turtles' by Patsy Nagas

Bundjulahm (aka Patsy Nagas)

*the turtles swim in circles
high in the headwaters of the Clarence,
Bundjulahm once dived to catch them,
then she painted them.
stories of childhood she relates brightly
remembering the carefree happy times
reminding me her name means, Butterfly.*

*the Bundjalung elder paints for love
her paintings testimony to a well lived life
recently she rejoined her ancestor spirits
to paint the land into being
from a different vantage.*

Robert Maddox-Harle

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South Coast fires mark anxious New Year

Story & photos by Warwick Fry

Tuesday 31st December. Slept in? Still dark outside, must be 5pm. Let's stay in bed. Still dark outside? Look at watch. What the hell? 10am! Smoke haze...

We don't know it yet, but there are fires on three sides of Tomakin, between Batemans Bay and Moruya. We lurch around the house with a feeble torch until an orange sun reveals itself at midday over our little bay.

One way, and not a bad way to spend New Years' Eve, with no electricity (ie: no TV, no fireworks, no phone, no internet, no fridge). I pulled out a few notes on my harmonica, sister Kerry a few scratchy ones on her ancient violin, and we played some silly kitsch tunes for the grandchildren of my sister next door.

Found an ancient transistor radio with ancient batteries that had withstood the tests of time and found the ABC with half a clue as to what was going on, with talkback updates and read-offs from internet sites that even a week later

broadcasters did not realise that "for more information go to..." were speaking in total ignorance that without electricity for starters, there was no wifi and if there were wifi, the towers on Mount Wandera had been burnt down and there was a demonstrable failure in the NBN strategy of delivering hybrid internet to the home.

Wednesday 1st January. Hot enough to enjoy a swim, but not long enough to breathe a heavy effort from the smoke-laden air. Just good enough for a chill out from cabin fever. No phone contact and we lost the ABC for two days when the towers burned down.

Up to the local club with a generator to recharge phone and computers. Sneering at the local commercial radio urging us to 'buy locally' when the roads were shut 20 kilometres each way - where else would you buy, even if you could, if the supermarket shelves weren't stripped of anything useful?

That's entertainment. Sitting around a radio where the TV or the hearth fire used to be. Sneering if you couldn't laugh. Just a taste of the way things could be.

It took a while for people to stop going to the fridge, going to turn on the electric jug and sitting with blank gazes in front of an equally blank TV screen.

Friday the 3rd. Warnings from every direction that Saturday would be a killer. Road open as far as Moruya. Got the now free bus service to glean a few remnants from the stripped-out supermarket shelves. Stopped for a quick Thai meal and ordered takeaway. While waiting for the bus, the Thai owner insisted on driving me back to Tomakin.

Everyone nervous. We could see Guerilla Bay, Rosedale, up as far as Long Nose (the next cape around from ours) being burnt out, smoke from the Mogo evacuation to the west, and helicopters. Helicopters sucking up water from the cove fifty metres from our backyard, relays of four helicopters making twenty passes to douse the smoke columns erupting barely a mile away. (Salt water on bushfire means desperate measures). News that Broulee to the south, and Mogo to the west had been

burnt. (Mogo, we heard later, had been evacuated).

At least we had phone contact after the 2nd which kept us going, along with the transistorised ABC. Crazy obsessions of watering driveways, lawns, roof and gutters. Some of it made sense, some of it didn't. Watering driveways instead of the absent neighbour's wooden fence when rumours that the water supply would be limited, because the electricity supply to the town water pumps was in doubt seemed a bit silly to me. But you don't argue with anxiety. And the roads are still closed.

The strong winds on the Saturday were gentle with us. Sunday the cool change came and the winds were kind and blew away from us.

Monday the 6th. The sweet rain came. With the Great Dividing Range divested of its burnt-out National Parks, our major water trap that feeds our rivers won't be transpiring much rain for our starved rivers next year. Wake-up call for Australia. Abbott? Morrison?

Time for journalists to demand answers from the climate denial jihad.

Narcissism in legal practice

by John Adams

Occasionally you come across a sufferer from Narcissistic Personality Disorder (NPD).

There are other disorders, like Antisocial, Borderline and Histrionic, and they overlap and get confusing, so, to keep things simple, we won't go there.

We're all a bit narcissistic, but here I'm only talking about the classic malignant narcissist. Not being a psychologist, I can generalise.

If you're unlucky enough to have one in the family, or have been charmed into getting too close to one of these black holes, I hope you're well into your recovery.

Narcissists can be difficult to spot. If you've never come across one, think Trump. It's difficult for lawyers to identify them because time's expensive and the malignant narcissist is good at charming people.

Though one trait can be obvious. A client once emailed me numerous articles and pages of notes on the behaviour of the woman who was suing him. I wrote the initial flurry of letters and sent regular accounts. She, he declared, was a malignant narcissist.

On and on he went about this, using all the familiar descriptors; pure evil, crazy-making and so on. It was only

when my advice was rejected and I was sacked that I remembered. They project. Turned out he was the narcissist.

According to statistics, they're less than one percent of us, which is good, because descriptions include things like; an exaggerated sense of self-importance, sense of entitlement needing constant admiration, expecting to be recognised as superior when they lack justification for this, taking advantage of others to get what they want, lack of empathy, monopolising of conversations, and belittling others. And they lie.

General advice is to get away as fast as possible. One book suggests that one should never attempt to use the law against them, that they'll hire the most expensive lawyers and somehow end up not paying them. But when they file in the court, you're stuck with it.

This happened to a client who lived with one for some years. When they first met, he couldn't believe his luck that she'd even noticed him. He was just an ordinary bloke and she was so impressive, classy.

A couple of months after the marriage she changed, took to throwing tantrums, screaming abuse, alienating friends and family. He did all she demanded, anything to keep the peace, but she was never happy. He was transformed into her slave; Stockholm

syndrome applies.

After some years he met someone who helped him, suffering from PTSD like many who've lived with a narcissist, to escape. In revenge, she filed for family law property settlement. If she got what she wanted, he'd lose his house and wouldn't have enough left to buy another.

Each conference triggered symptoms, and it took him a week to recover each time. Another problem is that property settlement under section 79(4) of the *Family Law Act 1975* is about property, not behaviour.

The court takes into account the direct and indirect financial contributions of each party to the 'acquisition, maintenance or improvement of the property' as well as contributions to the welfare of the family.

There are other factors the court considers, but in practice it's a process of identification and valuation of everything in the marital pool, negotiation, mediation and, in the end, hopefully, justice. No-one goes away happy.

It usually settles before you get to a trial but in this case, my advice is; hang in there. Narcissists have a problem with the truth. One of the greatest inventions of the Common Law is the art of cross-examination.

Again, think Trump.

New SEPP a disaster for Koalas

by Dailan Pugh,
North-East Forest Alliance

The NSW Government's new State Environmental Planning Policy (SEPP) for Koala Habitat Protection makes it easier for developers, without providing Koalas with the long-overdue and urgent protection they desperately need.

The new SEPP relies upon mapping of 'highly suitable koala habitat', on the North Coast. 29% of this has been burnt this year, making it urgent that the government protects what's left from clearing and logging, while we wait for the decades it will take to map and protect core Koala habitat as required by the SEPP.

The NSW Government has replaced the 1995 State Environmental Planning Policy (SEPP) 44 (Koala Habitat Protection) with the new SEPP (Koala Habitat Protection) 2019.

The most substantive change is to exempt developers from having to undertake Koala surveys to identify core Koala habitat and prepare site specific Koala Plans of Management, instead only requiring them to apply as yet unpublished guidelines.

For the past 24 years, a succession of NSW Governments has failed to facilitate the SEPP 44 requirements for Councils to prepare Comprehensive Koala Plans of Management that map core Koala habitat for protection, and this new SEPP promises more of the same.

Only six Comprehensive Koala Plans of Management have been approved over 24 years, and only three of these map core Koala habitat.

Another eight are being sat upon by



government. Both Byron and Tweed Councils prepared draft Koala Plans of Management for their coastal areas which were submitted in 2015, yet the government has refused to ratify them.

Since SEPP 44 was introduced, north coast Koalas were estimated to have declined by 50% to just 8,400 individuals by 2012. The SEPP has been a sham used to cover up government inaction. More of the same will just mean the continuing decline of Koala populations.

The government has released mapping which identifies "highly suitable koala habitat ... likely to be occupied by koalas." The mapping for the North Coast (north of Port Stephens) identifies over a million hectares across all tenures of highly suitable koala habitat.

Already this year, 312,000 ha (29%) of this mapped habitat has been burnt, including some of our most important populations. Thousands of

Koalas have been killed.

If this government is serious about saving NSW's Koalas from extinction, they must immediately place a moratorium on clearing and logging of all the mapped highly suitable koala habitat while they fast-track Koala Plans of Management to identify core Koala habitat.

The future of the 215,000 ha of mapped highly suitable koala habitat on State Forests on the North Coast is just as dire. Over the past 15 years more than 82,000 hectares of this highly suitable koala habitat has been logged, and this year over 94,000 hectares burnt.

Last year the government abandoned the requirement for pre-logging surveys to identify and protect Koala High Use Areas on State Forests.

Rather than the SEPP exempting the Forestry Corporation from the requirement to prepare Koala Plans of Management, the government needs to identify and protect core Koala habitat on public lands to set an example.

This government is winding back protection for Koalas when it needs to be urgently improved. With thousands of Koalas being killed in already depleted populations, remaining core Koala habitat desperately needs to be identified and protected.

At the very least the NSW Government needs to immediately place a moratorium over the clearing and logging of their mapped "highly suitable koala habitat" across all tenures, until there has been a comprehensive assessment of fire and drought impacts on this iconic Australian species.

Remedies for carpal tunnel syndrome

The other day I was told by a bloke, who heard from a staff member in OfficeWorks that the number of 'carpal tunnel syndrome' operations needed in kids between the ages of eleven and fifteen years is accelerating daily.

In case you've forgotten, the carpal tunnel is the entrance for nerves to the hand and it lives in the wrist. Syndrome means it has calcified, or shrunk and is therefore squashing the nerves, causing pain and a reduction in grip.

In other words, it's bloody sore and extremely inconvenient, because all those things we do with our hands without thinking, suddenly become a teeth-clenching, conscious trial of stoicism. Bad enough when one is fully adult, but it must be a nightmare for a 12-year old.

In the good old days, which weren't so long ago, most people reached the age of at least 50 years before they needed their carpal re-tunnelled. And many never needed it at all. So what's different now?

I wonder if you're reading this article on your phone, iPad, or laptop? Every day and night we are using our hands for texting, swiping and tapping. Many people,

particularly children with phones are using repetitive and limited movements with both hands, hundreds of times a day.

Or else they are bent over iPads or laptops for hours, with their backs curved, head forward and shoulders hunched and tense.

As I've mentioned before, the hand bone's connected to the backbone, and the backbone's connected to the shoulder bone, etc., because the physical muscular system works as one unit.

So when the hand overloads and throws a tantrum (and this is well before the carpal tunnel begins to calcify), it negatively affects the muscles in the arm, neck, shoulder, and chest, which in turn affects the lower back muscles on the other side of the body, which in turn affects the hips and legs.

Computers and their associated technologies are most important in our lives today, but I would suggest that we are not making the effort to learn to drive them in a way that supports our health.

Hence children are needing carpal tunnel ops and suffering from weak eyesight at a very young age.

So, until the big boys change the ergonomics of



by Tonia Haynes

technology to synchronise with the good health of the human body, there are a few things we can do.

When working with a laptop, use a separate keyboard and mouse attachment. There are some great ergonomic mice available that support the hand and wrist in a natural fashion and a separate keyboard allows us to sit up straight.

Watch your posture more carefully. Keep your shoulders back and head up when you're walking down the street with your phone in front of you. If you're sitting, make sure your chair is comfortable and that your feet are flat on the floor.

For kids, give them a foot stool, because if the feet are hanging in mid-air, it strains

the back.

Peruse Google for eye exercises for computer users. Also look at hand and wrist exercises for computer users. They are useful and easy. Teach the kids the exercises.

And if you are rolling your eyes at that one, remember how you taught them to tie their shoe laces and manipulate a knife and fork, because it was important?

Well maybe, knowing how to readjust the body back to normal whilst using phones, iPads and laptops is even more important.

Children are flexible and growing all the time, so if they are not taught ways to protect and readjust themselves, the negative effects of phone and computer use may not show until it's too late to rectify, except with glasses, or hand and wrist operations.

If you have pain in the back, shoulders, neck or arm that keeps returning it may be coming from your hands.

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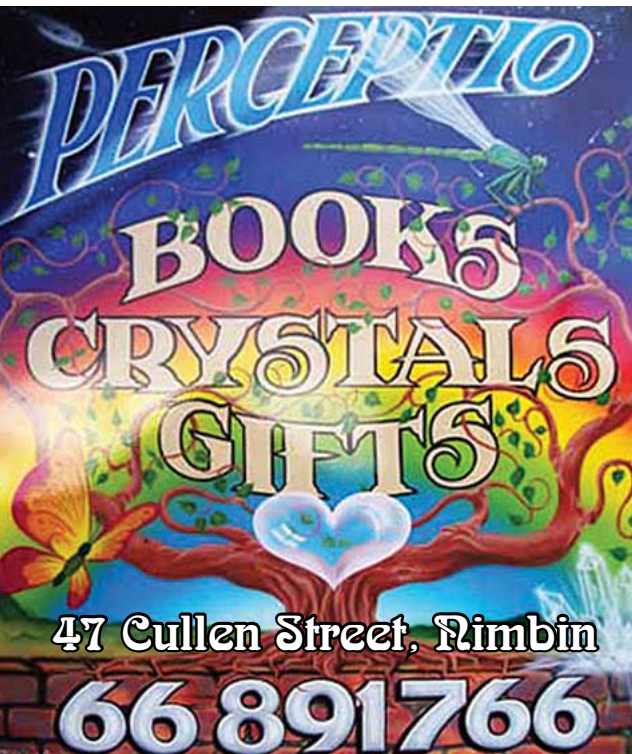
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This one's for the boys

I love men, and not just in the way you're probably thinking, although that's fun too.

I always got on with boys better than girls when I was a child, just because they were easier to work out. I don't mean they were dim or simple, they just seemed more transparent, like they didn't have to hide or have the complex agendas that girls seemed to have. Maybe that's just because I was a girl and not generally one they needed to impress. Their basic needs were obvious and easy to interpret.

Still, I don't think it's actually that easy to be a man, especially in Australian culture where the definition of man is quite limited. Alcohol, footy and a quick shag seemed to dominate the adolescent male agenda as we grew, hemmed in by poor emotional intelligence where the human experience is curtailed. Cry and you're a girly wimp, admitting fear was even worse and anger soon turned into 'losing your shit', with no safe space to explore these emotions in an amicable way.

I remember reading a book once about a female private detective needing to go undercover as a male. The transition she took was more internal than external with a sucking in and dampening of her emotional expression to a managed limit, keeping most of her feeling deep within, grumbling and growling until they were subdued and forgotten. It also strikes me how much more men have to deal with the threat of violence, mostly from other men, than I have ever have to consider and how this plays out in their avoidance of being singled out as different. Many salutes to those who have endured physical and emotional pain because of their individual expression.

No wonder suicide rates for men are higher, especially in rural areas where this cultural isolation is compounded by more physical isolation. "Men tend to choose more violent and immediately lethal means, which increases their likelihood of dying" (Black Dog Institute). Having contemplated suicide,



In the moment
by Dr Jacqueline Boustany

as many of us have when the difficulties of life wear us down, I would say that it is not for the faint hearted, as it goes against every grain of our cellular survival mechanisms, and it is a travesty that such courage and determination should be funnelled in such a final act. Often this is due to a lifetime of suppression of emotion, with no skills taught to us to deal with them, other than ones that do ourselves and others more harm. Of course the mind, trying to stop feeling the intensity of shame, grief, disappointment etc, as it is trained to avoid such pain genetically and from early childhood, will present the available options, opting out all together being one. Then it is a shame and a grieving disappointment that some of our men and women feel like there is no other option.

Still I see the noble heart of men, even in such drastic action, trying to shine through. In the fairy tales of old, men were the rescuers, the protectors, the knights in shining armour using might for right. Maybe the armour is a bit more tarnished, but many wear it still, hiding their tender hearts under the camouflage.

And we women were named as their biggest threat, their temptation to weakness, only because we see the

softness inside, relate to their deeper feelings and incite their uncontrolled passions they had long forgot.

We can do this for each other in a healthy balanced relationship and it is a welcome diversion from the hardness of corporate, bureaucratic realities, but this is only possible when both parties are willing and more importantly able to account for their own feelings and human behaviours in a mature, compassionate way. Of course there will be heated moments in any close relationship, but as a woman I only ask that a man can self-reflect after the event, as I also choose to learn from any intense interaction.

Maybe this opportunity to reflect and grow is the biological and evolutionary advantage of relationship, the mirror for our souls, even if that learning is that it is time to move on, especially if there is repeated violence involved.

In this event we can no longer blame testosterone, as it has now been found to be more of a great sustainer of health and vitality in both men and women, than that of violence. In fact, it has been demonstrated that men who are depleted in it actually have more potential illness including depression, anxiety and related anger.

As a medical practitioner I would also challenge any man to review their beliefs around illness being a sign of weakness, as this may prevent asking for help or having regular health checks. Is our body machinery any different to the regular servicing of a car? Acknowledging our innate vulnerability is the real strength and will enhance your health, your wealth and your relationships.

Get hold of the book, *The Way of the Superior Man* by David Deida, and you may find some helpful tools your dad and your mates probably don't know.

Remember, "Women are infinite, but Men are eternal" and we all need your stable current of open strength more than ever.

Can you approach 2020 with a clean slate?

I'm feeling that at this time, at the end of this decade we have the perfect opportunity to let go of old issues, grievances and feelings that don't serve us anymore and move forward into the new decade with a clean slate.

How would it feel to forgive that person who has done you wrong – at the end of the day all that stuff you're feeling is only poisoning you – they probably don't even know how you are feeling. This is a time to express forgiveness. One simple way you can do this is by sitting and meditating, and asking that the whole scenario be dissolved with love. And let it go.

Prior to 2020 this is the perfect time to release childhood experiences and memories (true or artificial) that don't serve your highest good. If they are no longer a lesson, let them go.

Forgive any terrible memories, along with other experiences you recall throughout 2019. Include as many as possible for the cleanest slate. Embrace this opportunity with gratitude



by Sonia Barton

and forgiveness. If you don't have the opportunity to make physical amends, then try meditation with self-forgiveness, eg: "I forgive myself and I forgive them and I let go of this energy".

Psychologists generally define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward a person or group that has harmed you, regardless of whether they actually deserve your forgiveness. Just as important as defining what forgiveness is, though, is understanding what forgiveness is not.

Experts who teach or study forgiveness make it clear that when you forgive, you

do not gloss over or deny the seriousness of an offense against you. Forgiveness does not mean forgetting, nor does it mean condoning or excusing offenses. Instead, forgiveness brings the *forgiver* peace of mind and frees him or her from corrosive anger. It empowers you to recognise the pain you suffered without letting that pain define you, enabling you to heal and move on with your life.

There are many specialists who can help you with letting go of issues, or trauma. Examples are counsellors, hypnotherapists, kinesiologists, EFT (Emotional Freedom Technique), meditation teachers, yoga teachers and psychologists. In the Northern Rivers we are surrounded with all these caring men and women who are there to help you move forward, get clarity and to be the best you can be.

Why take all that old energy into a new year? If you are experiencing these feelings, now is the time to do some spring cleaning on your mind and body. You will feel like a new person when you let go.

How am I clearing my "old

emotional stuff"? At the moment I am journaling my feelings, meditating, allowing the feelings and tears to flow. I also see a mentor in Murwillumbah who is guiding me.

If I'm driving along and a negative thought comes into my mind I will use the Ho'oponopono verse (a Hawaiian practice of reconciliation and forgiveness) which is "I'm sorry, please forgive me, I love you, thank you." This distracts and dissolves the thought immediately. It is forgiving you and forgiving the other at the same time.

If I don't clear my negative energy, how can I move boldly forward into 2020? You can't create new beginnings with old foundations, can you?

We want to enter the New Year as our authentic selves. Let's leave the trauma in the past and speak of, and to ourselves as the developed, strong, amazing, big hearted people that we all are.

Sonia Barton is a Bowen therapist and Reiki master who works in Nimbin and Bangalow.

Rosemary: what's in a name?

This came as a bit of a shock to most of my herbalist friends. The botanical name of rosemary has been officially changed! It's no longer our beloved *Rosmarinus officinalis*.

The Royal Horticultural Society in London has determined that rosemary is actually a member of the salvia family. That's right, salvia as in sage. This decision was announced in November, after DNA testing and considerable research confirmed that rosemary is a member of the genus salvia, along with more than 1,000 other salvias. At least, in a concession to decency and tradition, they've allowed it to be *Salvia rosmarinus*, and the common name will remain as rosemary.

The RHS decided that the scientific name should reflect the new classification. This means plant publications and plant labels all have to be updated.

The name rosemary originally came from the Latin *ros marinos* meaning "dew of the sea", which is rather delightful. It is native to the Mediterranean, and it thrives best by the sea. A sadness for herbalists is the loss of 'officinalis' in the name, as the term referred to the medicinal species that was historically sold in the apothecaries.

Apart from its well-respected use as a culinary herb, rosemary has some intriguing and less known



medicinal properties. We are mostly familiar with the term "rosemary for remembrance" as people wear sprigs of rosemary on Anzac Day when honouring our fallen soldiers. The term in fact came from rosemary's medicinal property of improving brain function and memory. In Shakespeare's *Hamlet*, Ophelia recognised the plant's capacity to help with grief when she said "There's rosemary, that's for remembrance; pray, love, remember."

Medicinal components of the leaves of rosemary contain flavonoids, proanthocyanidins (powerful anti-oxidants), tannins, terpinoid bitters, phenols and volatile oils. Even breathing in the essential oil was found in a study to improve memory tasks by 15%. Rosemary stimulates the metabolism, so it warms, cleanses and

oxidises the body, according to Matthew Wood in *The Earthwise Herbal, Volume 1*. It enhances the burning of fats and sugars, and strengthens the heart and blood vessels and digestive organs. It encourages liver detoxification, and although stimulating, it also relaxes the nervous system and muscles.

It is less well-known that rosemary is a proven heart tonic. It has been used traditionally as a specific for cardiac edema (fluid retention) and congestive heart failure. It is recommended that it be combined with honey for heart conditions.

Scientific studies have confirmed many traditional uses of rosemary. Published research shows benefits in diverse conditions including heart disease, narrowing of arteries, high cholesterol, fatigue (both physical and mental), depression and anxiety, cataracts, liver toxicity (including lead poisoning), and ulcers. It has anticancer, antimicrobial, antiviral, pain relieving and anti-inflammatory as well as kidney protective effects.

It reduces damage in the brain from localised reduction in blood flow (ischemia). Animal studies showed rosemary extract to reduce brain swelling and risk of stroke, prevented rupture of the blood brain barrier, and reduced neurological damage.



Nature's pharmacy
by Trish Clough, herbalist

Studies also show rosemary gives protection against radiation damage from electromagnetic fields such as those emitted by mobile phones and from gamma radiation. Animal studies showed treatment with rosemary extract reduced symptoms of radiation sickness and delayed mortality.

Rosemary can be used as a herbal tea, either fresh or dried. For stronger medicinal uses, I prefer a concentrated dried plant tincture. Additionally, I make a herbal cream from the tincture with added essential oil. It can be applied to the feet at night, and is purported to help protect against EMFs (electromagnetic fields). For heart conditions I have a tincture made with the addition of some honey.

Trish Clough conducts her own practice in Club Lane in Lismore. For consultations by appointment, phone 0452-219-502 or email: herbalist.trish@internode.net.au

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2020 and the New Earth. Are you coming?

2020: a year when so much is set to change. As a Quantum Healing Hypnotherapy (QHHT) practitioner, I and many of my colleagues around the world have facilitated sessions where our clients, under deep hypnosis, have reported seeing massive changes coming to earth very soon. Most see these changes occurring in 2020, possibly around June to August.

Interestingly, most of these reports are very similar, if not identical in many ways. Many use terms such as "The Event" and the "New Earth". Considering that these people are spread around the earth and don't know each other, it might be wise to sit up and take notice.

They are reporting an earth which becomes like a paradise again. A beautiful new earth filled with love, light, cooperation, joy, ease, beauty, where everything is green and the oceans are clean, a place where people live in harmony with nature, animals and one another. People are healthy and strong in body mind and spirit, they seem to not age, they communicate telepathically, having learned to master their mind and emotions so they only think

beautiful loving thoughts.

It will be an an earth where technology is not needed, as we have found a far superior way to live without it. A world where colours are different and more vibrant to what we are used to. Where money is not required, all our needs provided for. Communication with animals is common place and we understand each other better. Our bodies are lighter, moving from a denser carbon based physicality to a more crystalline one.

Not everyone currently on earth will be able to exist in these higher vibrations. Those who chose to remain in separation, fear, engaged in violence, those creating wars, fear mongering, greed, those who lack love and compassion, holding on to unforgiveness and revenge, will not be able to cross over to the new earth when the time comes.

It is not a judgement or punishment handed down by some wrathful God, it is simply that such people have chosen to keep their hearts closed and continue their lower density lives. Neither would they be comfortable in a such a higher vibrational environment. Too much love and light there for comfort!



by Auralia Rose

It is up to each person to choose what they want. No judgement. Everyone has free will.

Unfair? I don't think so. Everyone on earth has had the same opportunity to awaken, our souls have known about these times for eons, we have returned to earth time and time again to further our soul's evolution. For some people it may have been more difficult due to early childhood experiences, family and cultural conditioning, geographical location etc. However, there is a spark of light in each and every one of us that guides us, informs us of our choices in every situation. It is our choice to open our hearts and act from that place of love that will decide which side of the fence

we are on.

There are many ways to raise your vibration and let go of those denser thoughts, feelings, emotions and energies. QHHT offers a wonderful and very effective opportunity to perform a carte blanche of the many lifetimes that are sitting there in your energy field and affecting and directing your life in ways you don't even know about.

My understanding is this shift *will* happen – nothing can stop it, it is part of a very long cycle of changes, with many timelines converging right at this point in our Earth's history. This is BIG.

Will the old earth continue? Sadly yes, for a time anyway, but it will be an earth that you and I wouldn't want to be part of. Those left and those who survive will see the results of their choices, the devastation of the planet, the hate, violence, anger and greed that many humans have succumbed to. When it is time for those souls to pass on from the earth plane, they will receive healing in the spiritual realms and can then choose to continue their soul journey in another place.

Become a light bearer on Earth.

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