



by Kerry Hagan

After our February garden club meeting was washed out due to heavy and much needed rain, it is a great pleasure to tell you of our March garden. Martha has lived in the Avalon community for 30 years, and over that time, created a truly beautiful environment.

Her four acres of interesting nooks and crannies, meandering paths and open spaces has been developed using a vast variety of donated cuttings and encouragement of native flora.

Martha is a great animal lover, and she has also established a wildlife sanctuary around the perimeter of her property. This one is not to be missed, on Saturday 21st March,



2-4pm at Avalon, 1157 Stony Chute Road, Wadeville, 11.57kms from the Nimbin Road turnoff.

Signs will be erected to guide you to Martha's place. Car pooling is essential as there is limited parking. Please bring a cup, a chair and a plate to share.

Visitors and guests are always most welcome. Hope to see you there.

Food Matters

by Neil Amor, Nimbin Organic Food Co-op

The pear is a truly wondrous hardy fruit, widely grown in the temperate regions of the world, with varied size, shape, texture and flavours. The long-lived trees attain great size and are relatively easy-to-grow.

Pear wood is one of the preferred materials in the manufacture of high-quality woodwind instruments and furniture.

The name *pear*, from the Anglo Saxon *pere* or *peru hu*, is derived from Latin *pere* or *pira*. The first mention of the pear is found in Homer's 9th century BC epic poem, *The Odyssey*, confirming that the pear was cultivated in Greece as early as three thousand years ago.

The medicinal property of pears is first reported by Pliny the Elder in the first century, who advised: "*cut in slices and hung in the air to dry, it arrests looseness of the bowels, an effect which is equally produced by a decoction of it taken in drink.*"

In Egyptian antiquity, the pear was sacred to Isis. In Christian symbolism, the pear frequently appears in connection with Christ's love for mankind. In China the pear is a symbol of justice, longevity, purity, wisdom and a benevolent administration. In Korea, the pear typifies grace, nobility and comfort.

In many parts of the world, the pear symbolises the human heart, which it resembles.



The pear is common in art, and paintings of pears can be found in the ruins of Pompei. The pear fruit is found in Roman mosaics and in sculpted fruit wreaths commonly used on sarcophagi.

The pear has a great tradition in France where it appears to have had a period of explosion of diversity in the 16th to 19th centuries. Le Lecier, an attorney of the King of Orleans, collected fruits and describes 254 pears in his catalogue. Today, about 3000 known varieties of pears are grown worldwide.

Pear Tarte Tatin

The Tatin sisters, who ran a hotel in France in the early 1900s, created this upside-down tart.

Ingredients

100gm butter, chopped;
110gm (superfine) sugar;
One vanilla bean, split lengthways and seeds scraped
Five *beurre bosc* pears (or similarly firm variety), peeled, halved and cored;
One sheet quality puff pastry.

Method

1. Put the butter in a 23.5cm diameter non-stick ovenproof frying pan over medium-low

heat. Sprinkle over the sugar and add the vanilla seeds and pod. Arrange the pear halves neatly in the pan, cut-side down and with the bases around the outside and tops pointing to the centre. Place one pear half in the middle, cut side up.

2. Preheat the oven to 220°C. Cook the pears for 10 minutes, shaking the pan occasionally as the mixture will caramelise in the pan unevenly and shaking it will help keep the caramel smooth. Cook for a further two minutes or until the cut side of the pears is light golden.

3. Meanwhile, use a rolling pin to roll out the pastry on a lightly floured work surface to a circle, about 4mm thick. Use a sharp knife to cut out a 32cm circle from the pastry.

4. When the pears are caramelised underneath, remove the pan from the heat. Place the pastry on top and tuck it in around the side of the pan, close against the pears.

5. Transfer to the oven and bake for 30 minutes or until the pastry is puffed and deep golden.

6. Remove from the oven and set aside for three minutes to cool slightly. Place a serving plate over the pan and hold the base using a kitchen towel. Carefully invert the tart onto the plate, then remove the pan. Serve the tarte tatin with vanilla ice cream.

Until next month, eat well.

Therapies on offer

by Dana Lee

Feeling stuck and like you need some support? On Wednesdays at the downstairs practitioner room in the garden at Birth & Beyond in Nimbin, I am offering aura balancing, sound healing and purpose alignment sessions.

Aura balancing is an energy healing technique working within the chakra system, balancing energies in the body and auric field, providing a fresh response to life. A deeply nourishing and powerful experience, great for periods of overwhelm, if you feel stuck in a situation in life or suffering with lack of energetic boundary.

Sound healing is a widening field across the world, with scientific research expanding into targeted use of sound frequency to heal a myriad of disease and conditions. Working from the understanding that everything in the world is frequency, including our bodies, I use intuitive vocal toning. The beauty of working with sound is the simplicity of application, providing strong shifts in a very direct way.

Purpose alignment is a type of meditation, aligning all parts of you with your best outcome in a specific



situation. As you are in a relaxed, meditative state, I ask pointed questions working through any blockages, fears, old energetics that are stopping you from bringing in the new energy you want, and building your new situation.

I have been involved in the healing arts for over 20 years, with humble beginnings as a rebirther in 1997, have undertaken various therapist trainings, studied sound, music and Nada Yoga and now offer myself with greater life experience.

My personal practice includes yoga, music, sound and mantra-based therapies and other forms of personal healing work. I hold a non-judgemental space for your transformation and look forward to working with you.

Please feel free to call for a chat or book a session on 0428-539-232, or simply pop in on Wednesdays.

Nurturing the 'other' brain

by Thom Culpeper

What we eat today, "thinks, walks and talks" tomorrow. All is but, according to some agency, just a move on life's paths, destiny is of no choice and there appears, often then in your face, pundits.

They in some cases, appear as an informed entity, in others a gormless, SJW recalcitrant life-fascists. Dues-paid members of the 'shoddy' (collective noun?) the tissue-synapse-thin, 'knower-types', eg the anti-vaccination, science-gormless 'mouths' of committed dopes, child abusing morons, who declare, among other stuff, that turmeric is a cure-all! If this was anywhere near a fact, Big-Pharma would have had it scheduled by now, alongside the more useful cannabis.

Which brings us to the the fact of the 'silent' WW3, the now extant violence that is being 'reigned' on the Good Earth by an absurd, dangerous maniac-elite.

I'm impressed by decent caring China. Who can manage to build and staff two 1000-bed hospitals in 15 days? Don't get the idea that I'm in the fob-pocket of the privileged poly-class of the great nation of the Chinese. I'm not. I'm clear-eyed about power elites. After all, I have to live under the ScoScum regime in Oz, voted in by a mob of gormless fuckwits, distracted by nothing more importance than their house prices, super-loaded shopping trollies and dumb-shit SPORT.

China has been hit by a series of coincidences, all in the space of two

years. Bird flu (H7NA and H7N9), and another strain in January 2020. African Swine Flue (2018) killed millions of pigs (as another did in Cuba). Massive food crop (soy and maize) decimation by a so-called 'army-worm' Sars (202-203) and now NcoV 2020.

Two weeks after 200 American soldiers participated in the WUHAN 2019 7th Military World Games, voila, COVID19.

Gestation period? 14 days. Come on, come in spinner. And we now find Uncle Samuel has patented the CVID19 Genome. WTF? And now they want to sell back to the Chinese the antidote. WTF?

China will not lose. The one child policy amounted to a plethora of men! Chinese IQ 105, American IQ 97.

So ferment your food, stash it properly and see out the winter.

Sauerkraut could be the solid base of sustenance. Get your cabbages now (Farmer Charlies) the oriental cabbage have gone over the planet, last year, \$2-4 each, now \$10-12, get all the Daikon you can lay your hands on, or plant out now. Chuck out the least important botany to you, the looky-lovely stuff, and grow the survival, real.

Culpeper is running a number of



Meanwhile the Banh mi, the sanger of now. The marvellous 'Saigon Sanger'. All that is left on the cutting broad, bits of shredded chicken, shredded roast pork, brawn, ham ends, sardines, grilled fish, is loaded into the centre-gutted bun, with julienned fermented carrots, sliced jalepeno, pork pate, onion, cilantro leaves, sliced turnip, sauerkraut, Kimchi, lime slices, mint and a mayo and chilli sauce to boot.

free survival fermentation classes this month. The times and dates will be advised through his email address: thewholeearthveg@gardener.com His new webpage will point to it from there.

By the way, get the Singer out, buy the "right stuff" and make some masks. There's not one to be had in Lismore, the smart-arse ladies, avec (their) brats, nabbed them all, so said one Bunnings man. "What can I do to help the tradies out on matters to do for health and safety issues?" (undercover economy issues), Don't bother checking the Bunnings data base, it's not reliable.

Save your fuel, make your own. We will give a free demo on how to make them: thewholeearthveg@gardener.com

Plant identification workshops

Tuntable Creek Landcare will be hosting a native plant identification workshop at Whalebone Nursery, Falls Road, Nimbin on Sunday 15th March, from 8am-12 midday.

The emphasis will be on local rainforest species, how to identify them and where to plant them. A light morning tea will be provided.

To register call Vanessa on 6689-7079 or email: vanessapelly@westnet.com.au

The Nimbin Environment Centre's Mulgum Creek Rainforest Restoration Project, which received

federal funding from the CEP, is also hosting a plant ID workshop, focussing on local weed identification and techniques for their management.

This hands-on workshop, led by local bush regenerators John Blatch and Tristan Mules, will be held on Sunday 29th March, from 8am-12.

It includes practical experience in weed removal and a planting session along a section of Mulgum Creek.

Register with NEC on 6689-1441 and leave contact details, or email: nimbinenvironmentcentre@gmail.com

Minimising use of herbicide

Weed Words

by Triny Roe

The Northern Rivers is a mecca for weeds, with 100 listed as noxious and another 187 considered environmental pests. These species have the power to transform landscapes and degrade ecosystems. They cause health impacts, economic loss and a lot of extra work.

The valleys and hills around Nimbin were extensively cleared in the past. Logging for cedar in the 19th century followed by dairying, pigs and bananas from early 20th century converted most of the original Big Scrub rainforest into rolling hills of green pasture.

Farmers and their families introduced a host of new plant species for cultivation, exploitation and ornamentation. Many of these are now considered environmental weeds. The prolific shade tree camphor laurel, *cinnamomum camphora* was planted in every school yard. Now it lines creeks and roads everywhere.

Over the years, grasses like setaria, *setaria sphacelata* were sown for the cattle.

Leguminous vines such as Siratro, *Macroptilium atropurpureum*, were introduced to improve the pastures. Now known as crofton weed, *Ageratina adenophora* was planted for beautification around a house in Crofton Road. I'm sure the green thumb who planted it didn't call it that at first, but this pretty plant is ubiquitous and has well earned its current moniker.

All are now considered environmental weeds. Crofton

weed and setaria also cause serious health issues for horses.

Hippies and tree-changers came in the 1970s, 1980s, 1990s, continuing into the 21st century. The newcomers replanted rainforest and brought in a new suite of exotic plants to enhance and support their lifestyles. More environmental weeds. Curry leaf tree *Murraya koenigii*, ice cream bean *Inga edulis*, golden rain tree *Koelreuteria elegans* and Brazilian fern tree *Schizolobium parahyba*, are firmly established in pockets. Giant devil fig, *Solanum chrysotrichum* was used as root stock for eggplants. Look at it now.

Many people are concerned about the use of herbicides, particularly glyphosate, especially since IARC declared it a 'probable carcinogen'. In the USA there are lawsuits against the makers of the popular product Roundup. However, the level of exposure is the critical factor. People involved in two high profile litigations sprayed Roundup almost daily, and were sometimes drenched in it. This is a high level of use over a



Brazilian tree palm self-seeded in the rose garden

long period. Alcohol causes cancer too. In the UK over 10,000 people die each year from alcohol-related cancers. The more you drink, the more likely you are to get one of the seven different cancers connected to alcohol consumption. Are there calls for a ban on alcohol for this reason?

IARC declared fumes from gas stoves a 'probable carcinogen'. Burning LPG gas produces formaldehyde which IARC calls, straight up, a carcinogen. How many people cook on gas stoves? How many have adequate venting? Formaldehyde is

present in permanent press fabric. Should we return to ironing everything?

Repeated herbicide spraying over decades on food crops, playgrounds, footpaths, public spaces and roadsides can cause residues to build up in the environment. Spray drift can impact non-target species.

However, limited use of herbicide for bush regeneration, particularly drill, frill and stem injection is another situation. The chemical is rapidly taken up and absorbed into the plant. Collateral exposure is strictly limited. The amounts used on a bush regeneration site are very small in comparison to agricultural and industrial use. Liken it to the difference between occasionally having a drink to being an alcoholic and drinking copious amounts daily.

While the aim is always to reduce the amount of herbicide used to nil if possible, given the sometimes seemingly insurmountable weed problems in many areas, it will remain a useful tool for bush regeneration.

Happy weeding.

Plant of the month



Pastel/love flower *Pseuderanthemum variable*

Selected and photographed by Richard Burer, Bush regenerator

Pastel flower, also known as love flower, is a common perennial herb in this area.

Endemic to dryer rainforest and wet sclerophyll forest, pastel flower is a gentle introduction to the autumn time of the year, and is a welcome friend as you stroll through the forests after this timely seasonal rain.

Producing abundant seed, pastel flower is having a great display this year. Easy to overlook, pastel flower is not only a reminder to walk gently in our precious bushland, but is also an attractant to various local butterflies.

Locally, most people with a large bush gardens or some remnant forest will have this common local herb present in the ground cover stratum.

An exercise in communication with a horse named Hope

by Donna Connolly

Sheila contacted me to facilitate a distance animal communication session with a horse named Hope.

The main purpose was to check in with Hope to confirm that Sheila was the right person for the job.

There is divine timing in everything, and I loved that the session was all about Hope's highest purpose. This is definitely the right way to start a relationship.

Sheila wanted to know if they were a good fit, what Hope requires to be happy, what is her role and teaching for Sheila, what her challenges are and how they can be overcome? All great questions, Hope is one very lucky girl.

This particular session was conducted over the phone, using photos of Hope to tune in.

Before a distance session, I meditate, to clear my



head and only bring forth information that is pertinent to Sheila and Hope.

I also choose a rune to assist me with the overall energy of the reading and I work with a pendulum during the session, to gain clarity and guidance. The phone readings work well as there is instant validation and verification as we work

through the findings.

Immediately Hope's unique energy comes through. She is a very sweet, gentle and a wise soul.

In fact, one of the first things she shows me is the way she is going to telepathically communicate with Sheila is by sending a distinct smell, that will be their signature.

Lovely Hope shows us she has a bit of a sweet tooth, enjoys apples (particularly red) and baby carrots.

However, there will be challenges, this is to assist in expanding Sheila's intuition and trust their connection.

Hope shows us she is afraid of loud noises, and certain gates, showing us why. Also, she can be stubborn, but this will only be to get her point across if she is not being heard.

As it happens they are going to be a perfect fit, so the soul evolution begins.

Hope shows us that she would prefer "being" with her new guardian, and she will show Sheila when the time is right for riding. Hope is willing to be patient and guide Sheila throughout the relationship.

Looking forward to deepening their connection and helping each other find their authentic inner foal and child along the way.

Hope is now living on

Sheila's testimonial

Donna's recent animal reading was phenomenal and helped me enormously to make the big decision to buy my first horse.

Donna tuned into both me and the horse, Hope, and shared really specific details that made my decision a complete no-brainer. Donna delivers all her messages in a very kind tactful way while still honouring the truth.

She has such a gift, and not only did it help me make the decision, it has also provided really valuable insights into how I can build a strong foundation in our relationship right from the start. Highly recommended

Sheila's large property and since the reading, she walks up to her in the paddock because she knows she is her person... and is hoping there'll be carrots.

It is a great privilege and honour to do this work. All of our animals are in our lives for a reason; whether it is for a short or a long time, their presence will be life-altering. Their unique perspective can assist our soul evolution.

What messages do your furry friends have for you?

We can tune into their behavioral issues and dietary requirements.

A rainbow session with animals that have passed can be so helpful for processing grief and answering any outstanding questions.

Connect with us today to get a better understanding of your pet's perception, and in the process deepen your bond.

Stay connected for more information: rivergem.com.au
Text to 0490-156-038

Property settlement made simple

Legal Writes
by John Adams

Dear (Client),
I refer to yesterday's free 30-minute consultation. Here's my preliminary advice. First, I'll summarise how a court would likely decide. We don't want it to, of course. We want consent orders, and the court would make us mediate anyway.

First, we identify and value the matrimonial pool: real property, vehicles, furniture etc minus liabilities – say, hypothetically, to keep the figures simple, \$250,000.

Then the judge performs an intellectual juggling act, balancing a whole range of factors, giving each its own weight; first, financial and non-financial contributions (to the "acquisition, conservation, or improvement of the property") including "in the capacity of homemaker or parent": 79(4), then the relevant 75(2) factors, and decides what percentage each ends up with. (Google *Family Law Act 1975* and scroll down if curious.)

The best outcome I can envisage, without more information, is that we might be able to push it to 55/45 in your favour, when you'd get \$137,500, and he gets \$112,500. More likely something closer to \$125,000 each. Legal costs wouldn't take long to exceed the \$12,500 or so that you'd be fighting over.



- So you have two options.
1. Sell up and each leave with enough capital to continue, at "a standard of living that in all the circumstances is reasonable", rather than "to which you've become accustomed", or
 2. One party keep the property and pay the other out at, given these figures, if the equity in the house and land is, say, \$220,000, half of that.

Either way, that's what a court might decide is just and fair. No-one wins in this jurisdiction, not unless costs are a small proportion of a massive pool, which is certainly not the case here. The court process is long, stressful, and expensive and the vast majority of cases settle before trial, as costs rise to the point where one party collapses in the face of the obvious commercial decision.

Should you decide to engage my services, I will first send you a Costs Disclosure/Agreement document, which you need not sign.¹ Then, depending on the other side's approach, we sort it out with an exchange of telephone calls, emails and letters (at \$30 each) between two lawyers, properly instructed, rhetorically bludgeoning their respective clients into submission. Face it; you're a lot poorer now.

Before you call, it's only fair to advise that telephone calls are charged in 6-minute units of \$30. Easy to forget that the cost jumps dramatically to \$60 shortly after the first 5:59 minutes.² This is because I need to take file notes.

The legal term is posterior protection, involving listening and talking, scribbling almost illegible notes, pulling out the file, a quick flick through

the top pages, opening the electronic file, drafting the file note, the first draft of a letter if that's the job, making a phone call, sending an email or whatever, saving and/or printing documents, applying staple(s), paper-clip(s), tags etc, hole-punching and adding them to the file. Then putting the file back.

Sometimes I can manage the lot in six minutes.

Hope this helps. Good luck and warmest regards.

¹ Clause 9: I will begin The Work promptly when you notify your acceptance of this offer which you may do orally or by signing, dating and delivering to me (by post or email) the Acceptance below or by your conduct in continuing to instruct me.

² High on the list of stupid things to do is ringing your lawyer for a chat.

Family History Group events

The Casino and District Family History Group will be hosting a number of activities during March and April:

There will be a **trivia night** at the Commercial Hotel, Casino on Saturday 14th March. The cost will be \$10 per person at tables of eight.

There will be lucky door prizes, raffles and games with lots of fun to be had. Dinner can be purchased from 5.30pm, and our activities will kick off at 7pm.

Phone the Commercial Hotel on 6662-1007 to make a booking.

A night for research beginners and refreshers and will be held on Monday 23rd March from 6.30pm to around 9pm. The cost will be \$5 per person.

If you need to refresh areas of how to research, or if you are a beginner at tracing your family tree, there will be instruction on how and where to begin your journey of searching for your ancestors.

If you wish to come, please call 6662-8114 or drop into our rooms in the Casino School of Arts building and put your

name on the list.

Our opening hours are Tuesday, Thursday and Friday 10am-2pm, and Wednesday 12-4pm.

Everyone is welcome. This will be a good opportunity to come along and see what we have to offer and join the group.

A morning tea for new members and roster people will happen on Wednesday 1st April.

A reminder to our roster people that there will be a morning tea commencing at 10am to welcome our new members to the group.

Please let us know if you are coming by calling us on 6662-8114 and if you are coming, please bring a plate. Our new members will have received an invitation in the mail.

Our **regular monthly meetings** are held on the second Wednesday of each month. The April meeting will commence at Wednesday 8th April at 9.30am in our rooms at the Casino School of Arts building.

After the close of the business, our guest speaker, Mr Hilton Fatt, will speak about the life of his family in the Casino area.

A post-fire survival story

Koala Kolumn

by Susannah Keogh, Care co-ordinator

Rather than relating the story about Ember, Susannah has imagined herself as Ember, who was rescued from Bungawalbin-Whiporie Road, Whiporie late on 29th November. She is the only koala rescued from the fires that is still with us, and we're hopeful that she'll be released soon. That will make six all-told of the 21 we rescued that were released.

My name is Ember, and so far, I've had a pretty rough life. Just after my Mum and I said goodbye for the last time (at 18 months of age, I am old enough to look after myself), I encountered something really scary.

At first, I could smell smoke from far away, but as the day progressed, it got closer and closer. I climbed as high into the tree as I could to get away but soon there was thick black smoke everywhere and the heat of the flames started to singe my fur.

It was so hot and hard to breathe, but I hung on tight. I saw lots of humans putting water on the fire and eventually, the fire seemed to go out. The humans moved on to fight fires in the distance but as I looked around, I saw my home was all gone. I was hot and thirsty and it was hard to breathe.

After resting a little, I thought I had better go looking for some food and maybe some water. But as I climbed down the tree, my feet started to burn. I jumped to the ground and started running but my feet kept burning. I was so scared.

After running a long time, I found a human in a big house who gave me a bowl of water



Ember when rescued

and I drank a lot because I was so thirsty and my mouth tasted like fire. He called Friends of the Koala for help, and not long after that, some more nice people came to rescue me from my bushland home which was now barren, black and smoky instead of lush, green and full of life.

I heard them talking to each other as they were taking me to Lismore, and they said it had been very scary for them coming to rescue me as there were huge trees that had fallen across the road in 15 places. They said they had to drive into the fire ground to get around them and that there were still trees smouldering around them.

When I got to Friends of the Koala in East Lismore, I was rushed to Currumbin Wildlife Hospital where they see many koalas like me each year. They gave me fluids, pain relief, medicines for my burns and badly affected lungs, but most importantly, they gave me yummy moist green leaf, lots of it. Beautiful

green leaves that I was so hungry to eat.

For a few months they treated me for smoke inhalation and my lungs are much better. The burns on my paws, heels and face are still healing, and the cream and bandages are changed every other day.

Then I was brought back to Friends of the Koala in Lismore, much closer to my home, and I think if I continue to improve, and when they know that there are trees with leaves that are as they were in the past much closer to my home, I will return home to Whiporie.

I am so grateful for the lovely people who have saved me and cared for me. I know listening to the humans who talk with each other whilst caring for me that I was really one of the lucky ones, because so many of my fellow koalas didn't manage to get away from the fires.

I do hope that once I'm free again I can find some more koalas and have joeys of my own to care for.



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.



Ember now

White line disease in horses

by Les Rees
Equine naturopath
and sports therapist

I never thought that I would think it wonderful to be back on the mower whiling away the hours in a lame attempt to keep up with Mother Nature's summer abundance of pasture and lawns around our property.

Yet here I am doing it with relish, remembering just how lucky we are to live in this special place. However, there are always timely reminders to bring us back to reality, and mine centre around the animals I treat and of course, the mower I managed to break!

The excessive deluge of rain recently has caused weather conditions to change, creating a number of potential problems for horses. Combined with the high temperatures, the humidity has risen significantly, causing a sudden flourish of plant growth taking advantage of the weather conditions after a long dry period.

One of the problems I am hearing about at the moment is that a significant number of horses are suffering from white line disease, and if you take into the equation the constant onslaught of



annoying biting insects, it is easy to see that the horses are having a rough time coping with the impacts.

White line disease is most often seen in moist, humid areas with large annual rainfall totals, and is a fungal infection caused by bacteria invading and separating the layers of the hoof wall, causing pain and lameness. It can be observed as a white line where the outside wall of the hoof meets the sole.

Damage to this region opens up an area for the bacteria to enter, then travel up inside the hoof, eating away and causing separation within the middle layer of the hoof capsule and laminar horn.

It is a nasty insidious disease that can become severe if it is not discovered

early. It pays to check regularly by removing the dirt and any stones that have become lodged in the hoof, taking care to ensure that you get the tiny fragments of grit lodged in the layer behind the hoof wall as this provides the perfect point for bacteria to enter the hoof.

Detection of the disease can be seen via the white line changing colour to grey or black, which can also be accompanied by an odour. These are the early warning signs demonstrating the importance of checking, as this can develop into lameness when the disease progresses into advanced cases.

Treatment can be difficult because recent research has found that out of the 22

spores associated with white line disease, there were six that could not be killed in the laboratory. This would suggest that the condition has to be managed rather than cured, by knocking it back.

It is important to get the advice of a qualified farrier who will make decisions on the balancing of the feet to enable the horse to put less stress on the weight-bearing areas of each hoof.

It is also important to keep the horse moving in order to promote blood circulation to aid hoof growth, so a regular program of in-hand gentle exercise is recommended.

Externally, a medication consisting of hydrogen peroxide can be used to flush out the area, then fill with copper sulphate mixed with Vaseline and plugged with cotton wool.

Internally, there are a number of herbal medicines that can be used to aid the circulatory, lymphatic, digestive and hepatic functions along with pain relief; herbs that promote hoof growth and, depending on other individual factors of the disease, there are other herbs that may be added for specific cases.

Phone Les Rees: 0437-586-705

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0427 803 251



by Suzy Maloney B.Eq.Sc.

The image of jockeys swinging their arms and continuously whipping horses is familiar to most of us. What's less known is the extensive use of whips in other horse disciplines.

Go to any country show or horse event and you'll observe that the majority of riders have bits, whips and spurs. These are the three main ways humans inflict direct pain onto horses. I've written many other articles about the pain caused by bits, and I think spurs are self-explanatory, so in this article I'm going to explore the use of whips further.

People who ride with whips say they only use it as a back-up to the leg aid, or they just wave it and don't actually hit the horse. I ask, if you're not using it then why carry it? The reason people ride with them is because the horse DOES respond to a movement of the whip. So why is this?

Unfortunately for several years I was apprenticed to various horse breakers/starters. I was privy to what they did with the horses when the owners weren't present, and it was a whole different story to the beautiful picture that the owners saw when they visited.

Whipping horses

If the horse did anything wrong, whack with the whip, hard. If the horse didn't move forward, whack, if the horse misbehaved, whack. Then when the owners came to see how their horse was progressing the horse behaved impeccably, only the slightest twitch of the whip and they would submit to the rider's requests.

The reason the horse submits to the rider when the whip moves is because they've become programmed to expect the whack. After a while, all it takes is a small movement and the horse responds. This sounds like it works well, except for two huge problems.

One, the horse is being abused during the training process. Two, for the rest of their life, every time someone rides with a whip they will expect to be hit, and every time the rider moves the whip they are regressing back to the time when they were whacked.

This is no longer an equal partnership, for the horse has been firmly placed in the victim role. If the horse has not been severely hit with a whip in the past, just moving a whip will not engender a response, think about this.

Another problem with humans riding with whips is that they're human. The majority of humans are not Buddhas. Most of us are still struggling with emotional control, especially in difficult situations or where our egos are involved.

Anyone who has been involved with the show circuit for a while will have seen the competitor who leaves the ring a loser and starts whipping their horse when they get back to the stables for performing badly and losing.

Or the rider with a low level of riding

skill resorting to hitting the horse with the whip out of frustration because they won't respond. Unfortunately, these and many other situations occur where humans 'lose it' and the horse pays.

Also, when riding with a whip, it delays the development of riding skills. Some horses have more whoa than go, this is their natural temperament. Learning how to motivate and ride this type of horse forward is a great riding skill, and one that needs to be learnt to become an all-round horse person. Using a whip stops the development of this skill set.

I recall teaching a group of students and one complained that her horse was lazy and wouldn't do anything. I asked if I could ride her horse. I mounted and had no problems asking the horse to move forward at all, the issue was not with the horse but the rider.

We tend to always blame the horse for whatever is happening, not look at ourselves. Then if it's the horses' fault, we can justify using harsher and harsher methods of persuasion to get the horse to perform.

One situation where it may be appropriate to ride with a whip is if the rider has a disability and can't use leg aids, so uses the whip as a leg. Even then, there are other methods for asking the horse to go forward, such as voice commands, which could be tried. So maybe it's time to throw those whips in the bin and learn some great new skills, good luck!

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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.

With thanks to the Nimbin Bush Theatre for its generous contribution towards the printing of the Kit.

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Refashioning after stressful experiences

What happens to a person after stress and trauma really matters.

Most studies have identified the effect of these from a psychophysiological standpoint (including disruption to sleep, alcohol and drug misuse, depression and anger management problems), but there are those of us who are interested in something completely different.

At the risk of sounding airy fairy, I note that there is a spiritual dimension to this realignment process. I've observed it in myself and in others. The effect of trauma (and, yes, I've known this) was to move me from a more pragmatic life to one more interested in the numinous, and with this, a deepening empathic response to others.

I note here that I'm understanding 'spirituality' as a felt search for meaning that transcends the nuts and bolts of ordinary life and connects us to a timelessness, and thus to ourselves.

It is as though the stressful experiences stripped the outer covering of conventional being (a state of being which, of course, is very useful in everyday life) to reveal something much more

intangible and inexplicable. And thus, I now move tentatively to explore this other dimension of being.

It is not unknown for people to seek a deepened spiritual life after trauma of whatever kind. Some seek it and find it in Christianity, or Buddhism, or whatever. Some seek out more esoteric spiritual paths. Some find contentment in the rituals, beliefs, and practices (which is perfectly okay), while others feel for something else.

A client of mine, for instance, says that when she enters her local church that it is like entering the layers and layers of spiritual experiences before the church was even thought of; for her, she senses she's entered a timeless space. I got something of this last year in my visit to Obernai, in Alsace, France and a walk through oak and pines beside the Pagan Wall that surrounds Mont Sainte-Odile Abbey. This convent was built originally in 690 AD, and remodelled in the 12th century. This is experienced as such by people all over the world.

So, is the seeking of a more spiritual life merely a self soothing response to recently experienced stress, or is something else happening?



by Dr Elizabeth McCardell

The more cynical will claim the former, but – again – I'm less likely to go along with that explanation, and this is mainly because one's angst isn't diminished, but rather heightened in some ways.

I suggest that this search for meaning and a deepening of a felt spiritual connection is part of a realignment of being human. It's as though we are refashioned. Some writers have suggested that this realignment allows us to face new trauma more easily and to also to better help others get through their stresses.

Donald Meichenbaum, co-founder of the cognitive behaviour therapy school of psychotherapy has noted this, as does the founder of logotherapy, Viktor Frankl, through his experiences in

a Nazi concentration camp. The search for meaning allows us to consider things beyond immediate painful events, and to be more empathic with others. This in itself makes us more aware of the humanity of ourselves in relation to others.

The old ways of being that responded to stress (with sleep disruption, outbursts of anger, misuse of substances, etc) can be shifted to something else through not merely choice, but a responsiveness to a spiritual call of whatever kind. Death, divorce, loss of job, experience of the absolutely horrible can open us up to other levels of experiencing the world.

This is quite risky, as it means discarding certain familiar ways of doing things; it means, also, recognizing that anger, depression, etc are not doing us any good.

Frankl puts it well: "Everything can be taken from (us) but one thing: the last of the human freedoms – to choose one's attitude in any given set of circumstances, to choose one's own way. For herein lies our growth and our freedom."

There is a space between a possible trigger and our response, and therein lies our freedom.

Build your village before you birth

Humans have been breastfeeding for millennia, but for many people it doesn't come easily. Some research has shown that only one in three mothers are meeting their breastfeeding goals. Too many women find themselves struggling and end up weaning their babies sooner than they had hoped to.

Doesn't come easily?

Today many people enter motherhood without having seen birth or breastfeeding first-hand. So, young women don't get a chance to see what to do and how it works. Breastfeeding is a learned skill that requires a lot of support and encouragement on a societal level.

We need a support network

A newborn baby will likely want to feed every 2-3 hours and can take anywhere from 10-60 minutes to have a full feed. Many are surprised to learn how many hours a day a new mother will spend feeding her baby.

The new family benefits highly from receiving extra support, particularly during those early weeks. It's wise to build your village before you birth so you can get help with cooking, cleaning and child-minding (if you have other kids). This will allow time for bonding, rest and proper recovery so that you can more successfully breastfeed your baby.

Anthropologist Dana Raphael discovered that breastfeeding actually requires the support of the whole culture in order to work. Traditionally this support would have come from family and friends, but today we are seeing care being offered by postpartum professionals, people who have an intrinsic understanding of the physical and emotional needs of newborn mothers.



Doula Wisdom

by Kirrah Stewart

Setting yourself up for success

Skin-to-skin immediately after birth will give the baby a chance to initiate that first latch. Ideally you and your baby have uninterrupted skin-to-skin contact for at least an hour after birth. They will likely initiate the 'breast crawl' around 30-60 minutes following birth. Baby-led attachment is a fantastic introduction to breastfeeding.

Skin-to-skin contact also helps the baby to feel calmer, stabilise their temperature, breathing, heart rate and regulate blood sugar levels. To help enhance the benefits, make sure you aren't wearing any fragrances so baby gets used to your natural smell and can easily seek out your breasts.

Demand affects supply

Your baby suckling will have a direct impact on supply. Feeding on demand will help your body to get the signals of how much milk to make. It can take six weeks to establish milk supply, so keep feeding as much as your baby wants.

How to encourage milk let-down

- Try to find a quiet and relaxed place where you can be in a comfortable position for feeding;
- Try feeding after having a shower or bath as warmth helps let-down;
- Gently massage your breasts and nipples;
- Focus on your baby; and
- Remember to breathe and relax your shoulders.

Promoting milk supply naturally

- Drink lots of water;
- Enjoy herbal teas with milk boosters like fennel, fenugreek, alfalfa, goat's rue and nettle;
- Eat nourishing foods and include things like barley and brewers yeast;
- Know how to properly attach your baby to the breast;
- Get support.

Seek help for more support

There are many great resources available to help you get breastfeeding off to a good start, and for support along the way, the Australian Breastfeeding Association and La Leche League International are great places to start.

You can also search for local breastfeeding meet-ups in your area. For one-on-one support, try searching for midwives, breastfeeding counsellors and lactation consultants in your local area.

If you are living around Nimbin or Lismore and would like more support with your breastfeeding journey, please reach out to: support@doulawisdom.com If you're currently pregnant, make sure you have downloaded the free natural birth checklist at: www.doulawisdom.com

WARNING – travel may expand your mind

When I touched down in Denpasar, Bali I was met with a wave of heat and humidity. This was a time before nearly every Australian had been to Bali. There were only small businesses, tropical forest everywhere and hardly any tourists. Our guide said, “All you Europeans look the same.” I realised that whatever random culture we are born into, our mind has a better discrimination of subtle facial features for the majority race we grew up around and it takes time to retrain for unfamiliar features.

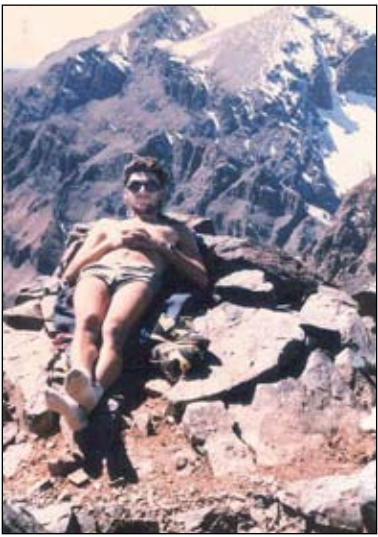
When I touched down in Frankfurt, Germany I was still in ‘Indonesian mode.’ I was wearing bright yellow baggy pants, a rainbow top and platted hair braids. Any wonder no-one stopped to pick me up. After a change of clothing I hitch-hiked across Germany from the beaches in the North to the Swiss border. Sometimes I competed in orienteering competitions, one running through a metre of snow and also spent some time hiking through the mountains on the Swiss-German border with totally different mountainous terrain than in Australia. Catching a ride in a Roll-Royce across the Swiss Border

I jumped a train to Neuchatel (French border) and by random chance attended a training camp for the Swiss National orienteering team (running and navigating) and discover super delicious Bircher Muesli (thanks) and that actual Swiss cheese smells like arse-sweat (why?).

“The world is a book
and those who do not
travel read only a page.”

– Saint Augustine

After a quick trip to the Italian border for another comp, across to Salzburg, Austria for statues and art museums and then up Prague, Chechia (Czechoslovakia) to visit some friends. Some of the time I had to communicate in sign language (no English). The shops had very little food on the shelves but the forests were beautiful with monolithic rock tors. One day I was accidentally locked into an apartment on the tenth floor and spent the rest of the day listening evocative music from widest range I’d ever heard whilst writing poems about concentration



by Cameron Storey

camp, animals in captivity, love and other human traumas. Then I jumped a train to Berlin, stayed a few days, another train up to Hamburg, Germany, through Belgium and the ferry to the white cliffs of Dover, UK. The ferry ride was fairly rough and the 400 gms of Toblerone didn’t help but I managed to not vomit. Up to London where I slept on the streets overnight on an Embassy veranda before staying with some friends

at, how to say this nicely, a tiny rat hole of an apartment. Three people on mattresses in a space the size of a bathroom but hey any port on a storm. London had a heat wave (three days of 20 degrees) and Hyde Park turned into a dog and frisbee festival. Cruised down to Plymouth, saw the tall ships set sail, up to Wales for another comp, then hung in the rugged fell mountains of the Lakes district before a ferry ride to Ireland. Hitchhiked my way around Ireland, stayed a few weeks in Belfast, missed a lethal bomb blast (11 dead) by 24 hrs, squeezed through a ridiculously tight (after removing my wetsuit) and super wet cave. Three ferries later I arrive in Denmark and hitchhike up into Sweden and Norway. In Halden, Norway, I spent a week living a small hut, meditating, and forest running each day. In Summer it’s only dark from 10.30pm till 4am. Then back to Sweden. Each year Sweden hosts a five day orienteering comp which is bigger than the Olympics - 24,000 people. The terrain in Scandinavia is highly complex and orienteering is to Scandinavians as football is to Australians. Afterwards, I catch a lift to the mountains of Southern

France for the world orienteering champs. From France we catch a train South to stay in Barcelona, Spain for a few weeks before travelling through Granada, on to Gibraltar and a ferry to Morocco. This was my first experience of racism towards Westerners but not from women who were kind. White Europeans stand out, and especially their blonde girlfriends. We are verbally abused, spat at, mislead, and stolen from. In spite of this I land a Universal Studios job on a movie and my girlfriend baby sat actor’s kids. In Morocco alcohol consumption is illegal and hash/cannabis is legal. Inconsistent laws seem prejudiced, locality based and/or corporation driven. Travel expanded my view of the world, people, language, clothes, food, customs and laws. “Travel is fatal to prejudice, bigotry, and narrow mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views (of people) and things cannot be acquired by vegetating in one little corner of the earth all one’s lifetime.” Mark Twain.

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Season of the goat

Last time I wrote about weather, we were in the middle of drought and fires. This extreme heat and dry has now been replaced with wet damp conditions. This is appropriate for this time of year, the end of summer, when deluges of rain and moisture are expected. Chinese cosmology sees the macrocosm, the universe, being reflected in the microcosm, ourselves and other parts of the natural world. For mental and physical health it is essential to maintain this connection with the vitality-imbuing cycles of nature.

Classical Chinese symbolism for this time of year of late summer includes the sun withdrawing into the Earth, as nature is pausing and fruits and seed are maturing. Plants are giving up their bounty and foliage becomes dense, forming dark spaces. I think this is very evident in our area too. It is a season of introspection and closing off the outer senses, also a time of connecting with ancestors and ancestral energy.

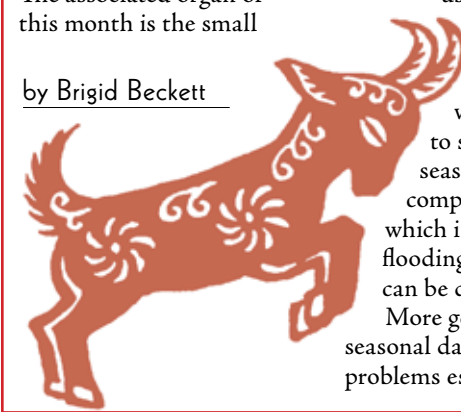
Each lunar month has an associated organ. The associated organ of this month is the small

intestine. Although sometimes overlooked the small intestine has important functions. It aids digestion in co-ordination with the spleen and transforms fluids in co-ordination with the kidney and bladder. Probably overlooked because the spleen and kidney are primarily associated with these functions, the small intestine is important in linking these energies which can be seen as linking pre heaven and post heaven qi. It is associated with the brain, and the blood brain barrier, being important in mental clarity and discrimination.

The small intestine’s function, physically and emotionally, is to absorb what is needed and to expel what is harmful. If it is not functioning well the body will absorb some harmful substances, resulting in food allergies. Conversely it may not absorb needed substances such as vitamins and minerals, causing depletion. At a deeper level, as with separating the good and bad from food, it helps in choosing the right direction in life, pointing

those who are prone to damp or damp heat. Damp has been described as a thick fog affecting digestion, leading to bloating, tiredness, fluid retention, aching muscles, or foggy headedness. If you are prone to this, looking after digestion by avoiding excessive amounts of cold and raw food, which will put out the digestive fire, will help. Also avoid dairy and rich food, or if eating these combine with pungent flavours such as pesto, garlic, pickles, tea. Ideally, small meals of seasonal food, lightly cooked, is what is recommended at this time of year.

The animal associated with late summer is the sheep or goat. Sheep and goats resemble goodness in Chinese culture. There is the symbolism of the leader leading the flock and members of the flock experiencing equality and justice, with a softening of the ego in this flock situation. The city of Guangzhou in Southern China, is known as goat city and it has a large statue of five goats as a tourist attraction. The legend is that there had been a famine for many years, until five celestial beings arrived on five goats with sheaves of rice in their mouths. Ever since then crops have prospered, again goats symbolising benevolence. Enjoy the season.



by Brigid Beckett

us to listen to the voice of the universe rather than our own voice. It is a time to surrender to the season rather than complain about it, which in deluges and flooding is often all that can be done. More generally, the seasonal damp can cause problems especially for

Brigid Beckett works at Lismore Community Acupuncture. She can be contacted on 0431-702-560



by Helene Collard

This is the ancient story of eternal life. A story of the matriarchy – strong and wise women, whom ensured the safety and flourishing of their children and their communities.

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Helene Collard is a culturally informed trauma integrated healing facilitator, and a Reiki teacher and practitioner. 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 founded the Yemaya Centre for Reiki and Wellbeing, in Lismore.

Helene has two children which keep her laughing and active, a loving partner, and a large extended family who mostly live in Melbourne, where she grew up. She is a great lover of music and the arts, and is currently learning to play the guitar and sing.

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