

NIMBIN BOWLO
25 Sibley Street Nimbin
Phone 6689-1250

ADVICE FOR MEMBERS & GUESTS

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

The Club is now open with Covid-19 restrictions
Wednesday, Thursday and Sunday: 2.30pm – 6pm
Friday and Saturday: 2.30pm – 9.30pm,
with Bistro open 5pm – 8pm
Sundays 9am – 6pm



Home of the Big Bowler



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by Neil Amor

The Nimbin Organic Food Co-op has just entered the 'Brave New World' and installed a new point of sale system.

We beg your indulgence while we all settle into new ways of doing things.

As we say, food matters, but what goes on the outside is also important. The Nimbin Organic Food Co-op stocks a wide range of essential and perfume oils, natural deodorants, skin clays, hemp extracts, shampoos and conditioners, soaps, salves and skin balms.

Balm of Gilead was a rare perfume used medicinally. The herb's name derives from the ancient region of Gilead in Palestine, known for the great healing powers of its balm.

Balm of Gilead is mentioned several times in the Bible. The writings of Pliny the Elder indicate that the tree was brought to Rome in the first century AD.

The historian Josephus recorded that the Queen of Sheba made a gift of balm of Gilead to King Solomon.

This month's Members Special is 20% off our range of Medicine Room brand balms.

Food Matters



Tony, Co-op's IT guru, provides support for volunteer Courtney

Handmade in Maleny, Queensland, Medicine Room herbal body products are formulated with organic herbs, olive and avocado oil extractions and beeswax.

This month's feature food is the much maligned Brussels Sprout.

Although native to the Mediterranean region with other cabbage species, Brussels sprouts first appeared in northern Europe during the 5th century, later being cultivated in the 13th

century near Brussels, Belgium, from which they derived their name.

This recipe is sure to sway the unconverted.

Roasted garlic Brussels sprouts with parmesan cheese

Choose Brussels sprouts that feel tightly compacted and hard when squeezed. Smaller sprouts tend to taste sweeter, while larger sprouts taste more cabbage-like.

Dry sprouts well after rinsing, or the oil will slide

off. The drier they are, the crisper they will be.

Add the prepared brussels sprouts to a sheet pan and drizzle with olive oil.

Add thin-sliced garlic to the pan with the sprouts. Season with salt and freshly ground pepper. Toss to evenly coat.

Roast at about 210°C for 20 minutes or until crisp and golden.

Grate Parmesan cheese and sprinkle evenly over the sprouts.

Until next month, eat well.

Lamb's lettuce



Salade de chevre et chaud

by Thom Culpepper

Lamb's lettuce is a delicately-flavoured winter salad-green used as a leaf vegetable, that has a characteristic hazelnut flavour, a soft texture and a beautiful dark green colour.

Many more regional names exist for this sweetheart of a veg: Cornsalad, Mache, Feldsalat, Doucette, Raiponce. Botanically it is *Valerianella locusta* var. *olitoria*.

Ex-Oz, it dresses many a national plate, and holds a special place amid the culinaries of France, Germany, Holland and Italy. Mache is a specialty in the Nantes region of France.

The plant grows low to the ground in a rosette form supported by spatulate green leaves, but it is not of the lettuce family.

Rich in potassium, iron and the antioxidant beta-carotene, it is a source of Vit. A and has three times as much Vit. C as regular lettuces. It is also a source of Vit. B9, for cellular renewal.

Mache has a long history in Europe,

being historically harvested from amid the 'corn', (wheat to Antipodeans) so that one of its venacular synonyms is 'cornsalad'. Eaten in Britain for centuries, John Gerard lists it in his *Herbal* of 1597. It was often served together with 'miners' lettuce and rocket.

Seems the working souls of London were better supplied with interesting and more varied foods than this bean-counter run, merchant-era.

Lamb's lettuce was grown commercially in London during the 18th and 19th centuries, appearing as a 'winter green' in the markets such as Leadenhall, giving some relief from the dominance of the brassicas (cabbage, collards, sprouts and kales).

Its genius is being a winter grower and frost-safe plant that grows well in cool shallow clay soils. Stagger seed in rows mid autumn to early winter, and thin and harvest at three months. Do not let it bloom; it will be bitter.

Seed is hard to procure at this Covid-time, so I'm seeking supplies of the Italian selection 'Valeriana d'olanda



a semi grosso', and another type from Holland.

Shade is of a benefit to produce the beautiful dark green leaves. These can be served as a salad or can be lightly wilted and served on olive oil 'fried-bread', with chopped boiled eggs and crispy bacon as a breakfast delight.

Served raw, it is delicious in the simple form, washed, gently spun and dressed with an olive oil (light) vinaigrette and plated together with shredded red beet, thinly sliced fennel, hardboiled eggs, tomatoes, julienne carrots and sliced mild radish. It is beautiful accompaniment with green-melon and prosciutto.

Added to seafoods, fish, oysters, urchin row, scallops or poached white fish, cod or whiting, Mache shines. Steamed for a minute or so and mixed with sour cream, it makes a great coulis to serve with white fish, poached or lightly sautéed in butter.

An experience is to have it served 'fresh-raw' with ripened Brie (Aldi, Emporium 500gm selection) on Wasabi rice crackers (fantastic brand).

Mache does not do well heavily cooked, though chopped and blended with a potato puree as folded soup is one way of serving it hot. Though fresh-raw is eminently better. A subtle darling, indeed.

Bon mangiare.

Note: Anybody have a Mac Notebook they want to flog? I need one. thewholeearthveg@gardener.com



Weed identification

The first Nimbin Environment Centre Weed ID workshop was held on 9th August on Mulgum Creek. Led by experienced bush regenerators Tristan Mules and John Blatch, participants were introduced to a number of common and less common weeds found on the site. Various control methods were discussed. Native seedlings were identified in situ. After morning tea, the group tackled the crofton weed on site, pulling it out by hand, and used tree poppers to deal with small saplings of cassia, privet, camphor laurel and giant devil fig. A Moreton Bay fig was planted in the fork of a camphor laurel (pictured). The next workshop will be held on Sunday 18th October, 8am–noon. Contact the Nimbin Environment Centre to register, phone 6689-1441 or email: nimbinenvironmentcentre@gmail.com This event was funded by the Federal Government under the Communities Environment Program and supported by Gungah Road Valley Landcare.

Weeds of the Rainbow Region

Weed Words

by Triny Roe B.Agr.Sc

When is the best time to weed? Yesterday! Don't put it off. See a strange plant? Isn't it pretty? Very pretty, but it could be your next nightmare if you don't take steps to address it promptly. No idea what it is? First step identify. Take a photo, post on social media, several people will usually tell you what it is, how to eat it, smoke it or kill it in a variety of fashions. At least one of them will get it right. You can confirm via the interweb once you have a clue for the search engine of your choice. Weed officers or Herbariums can also assist. Queensland Herbarium has detailed information on their website on how to collect and press specimens for identification. Just moved to the Northern Rivers? Great climate, not too cold, plenty of rain. Bought a beautiful block. Priced low for a quick sale. Let the good times begin! Oh, what's that large prickly monster plant rearing its head in the rose bed? With large fig like leaves covered in spines it looks like something out of Lost in Space and grows so fast! No it's not a trifid, it's giant devil's fig! Welcome to the land of the weeds, no, not that one, the ones that crawl, climb, smother, outgrow, compete for nutrients, space and water or simply exude toxic chemicals to prevent other species from germinating or growing. Say 'weed' and it means different

things to different people. It is a very subjective term. The red cedar popping up in my rose garden is a weed there but not down by the creek. The chickweed that might annoy someone in their lawn is my tasty salad green. Don't mow it, eat it. Some weeds have been with us so long we consider them as being naturalised. Many of them are familiar and an accepted part of our landscape. Lantana, camphor laurel and privet were all introduced to Australia in the 1800s. They jumped the garden fence a long time ago and have made themselves at home along roadsides, fence lines, waterways, on old farms and in bushland. Singapore daisy, polkadot plant, aka leprosy weed, golden rain tree, to mention just a few, came later but have the potential to spread as far and as wide, given time, if not managed appropriately. Sometimes native species from other areas in Australia are considered weeds outside their home range. Alexander or Alexandra palm, *Archontophoenix alexandrae*, is a native of northern Queensland. It's a close relative of the Bangalow palm, *A. cunninghamiana*, which is found in Northern NSW and SE Qld. The Bangalow is known as the Piccabeen palm in Qld. This name is derived from an Aboriginal word for water carrier basket. The leaf sheaths can be formed into containers. Cultivated as garden ornamental and introduced to southern climes including Brisbane, Northern NSW and beyond,



Bangalow palm on the left with Alexandra palm

the Alexandra palm is now spreading along creeks and into the bush in some regions. Alexandra palms can also hybridise with their cousin, the Bangalow. Recommendations include not planting this species near bushland or in riparian zones. Birds and bats can spread the seed further afield. Bangalow palms themselves are considered a weed in New Zealand and also in Brazil where they are cultivated for the palm hearts. The main distinguishing characteristic between these two palms is the underside of the leaves. Bangalows are green often with scaly brown bits while the Alexandra palm leaves looks like they're coated with a fine silvery white powder. Bangalow flowers are purple mauve while Alexandra's are creamy white. Happy weeding.

Snakes – some of my greatest teachers

by Donna Connolly

I have dedicated this month's article to our beautiful serpent friends. As the weather warms up they are out and about a lot more, and we are likely to encounter them. I have deep respect for our snake friends. However, this has not always been the case, I used to be petrified. Here are a few of my more memorable encounters. Living and experiencing snakes on a regular basis has been a huge learning curve for me. I didn't realise how scared of snakes I was. When I first moved into this place (6 years ago), a python got into the coop and took one of my chickens, Liza Minnelli. The night before I couldn't sleep and felt like my body was coiling around on itself. Now when that stopped I looked upwards and saw the underside of a python coiled on top of wire. It felt so very real. The next morning I went into the coop, sat on my crate to talk to the girls and looked up and there it was, exactly as I had seen it the night before. I was thinking, "Wow, thanks for the heads-up. Thank goodness the coop is python proof!" Well about 2am the next morning I sat bolt upright, as I knew the python was in the coop and he had taken Little Liza. Sure enough. I grabbed my torch, went up and here it was sliding up the inside of the coop with a lump in the middle. I took a hammock up there and watched the rest of the night. Not knowing what to do, googling how many chickens can a python eat at once, etc. I called WIRES first thing the next morning to come and retrieve the snake. They eventually came and the



fellow told me it was likely to be many decades old, as it was three metres long. And he could only move it a maximum of 400 metres away so it could digest its meal. I was freaking out. Thinking it will be back ASAP. So the first thing I did is actually made the coop as python-proof as possible, then I made it my mission to keep fully tuned in, and my whole body would react if there was a python on the coop. I would go up there and scare them off. I now recall seeing the fear in the poor soul's eyes, and questioning why I was doing this. I realised that I wasn't getting any sleep, and was waging my own unnecessary war on these innocent creatures. Then I started thinking practically. What could I do to alleviate this unfounded fear? First of all I went to the library and got every book I possibly could on snakes. Knowledge is power!

Then I booked myself in to do a snake handling course. I didn't know that I would be able to hold one, but I thought it was important to at least understand them more. What do they eat? When do they come out? What is their breeding season? How many eggs do they hatch, or are they born alive? What are their favorite habitats? Well as I found out, each snake and each species is entirely different. I managed to capture and release a medium python that day. The weird thing is I saw the snake in an infinity symbol in my mind's eye. I had to put it in the bag and release it less than 20 seconds later. We all gasped as it came out in a perfect figure 8, and the guy asked what I had done to his snake, as it was in a trance-like state. I had given it Reiki to apologise for my fear vibration. And just for good measure, seven days later a tree snake got into my house. There have been five snakes in the house since, and likely to be more. On one occasion I stepped in the front door, and immediately thought there is a snake in the house. I walked through three rooms and straight to a set of drawers in the far corner and there it was curled up. I opened the back door and asked it to leave, which it happily did. Snakes have taught me a lot and continue to do so. I have visions I am likely to see a venomous one in the next week or so, incorporating the place it is likely to occur. My whole body breaks out into a prickly heat vibration if I am about to encounter a highly venomous specimen, so it heightens my awareness. And keeps my focus strong. Years of meditation have never taught me this technique so powerfully.

Plant of the month



Coastal Banksia *Banksia integrifolia*

Selected and photographed by Richard Burer, Bush regenerator

September is a great time to hit the beach, and I always find myself sharing the sand somewhere or another with the Coastal Banksia. This iconic species is, despite its name, endemic in and around the Nimbin area, and it can be found on sandstone at Nimbin Rocks, The Channon, Keerrong, Wongavale, Rock Valley and if you're on a drive, Glen

Innes! Usually a tree on the North coast, Coast Banksia can grow to over 15m high and it is very common in coastal shrubs and in the hind dune, where it assists holding our precious coastal sand and soil together. Easy to grow from seed and available at your local native nursery, Coastal Banksia is a great addition to your coastal conservation projects and, as I mentioned, grows well on sandy soils in the inland.

Relief from hay fever

Spring is just around the corner and I know a lot of people suffer with hay fever with all the pollen being released and blown around, especially on windy days.

Bowen Therapy is very effective for pain relief of hay fever and sinusitis. From the moment of diagnosis, I can help with upper respiratory and neck procedures to reduce swelling, pain, and allowing mucous to drain naturally.

Bowen is a set system of small moves; the technique is a gentle, fast and effective way to treat muscle and connective tissue disorders. Some clients can, within days, enjoy activity, if not sport, without pain and sinus and hay fever pain symptoms, and have been known to cease altogether in three to six months instead of years by conventional means.

Don't put up with the pain any longer! You don't have to live with it.

Bowen therapy may be helpful to reduce the onset, duration and intensity of the body's response to the allergens and histamines that trigger this condition.

A key part of this treatment involves the draining of the lymphatic system hidden behind the sternocleidomastoid muscles on either side of the neck. It seems that this area being blocked over a long period of



by Sonia Barton

time, or in response to a hay fever trigger, is the key to why it is so difficult to successfully clear the sinus area.

When Bowen is given, this part of the treatment often produces an immediate positive response to the sinus blockage. Once started, it does not then seem to re-block, and many clients just need one treatment a year to keep symptoms away.

However, with the chronic cases, clearing this area can take a number of treatments, which must continue once per week or so until the blockage is clear. This can take three to six weeks and occasionally more. We start with an hour's treatment then it can be reduced to a half-hour treatment to keep clearing the area.

By improving circulation and lymphatic processes within the body, Bowen therapy innately improves the immune system of

the body and reduces the reaction to foreign allergens. It is thoroughly effective in the reduction of hay fever symptoms and the long term prevention of over reactive allergic processes.

- Hay fever signs and symptoms can include:
- Runny nose and nasal congestion;
 - Watery, itchy, red eyes (allergic conjunctivitis);
 - Sneezing;
 - Cough;
 - Itchy nose, roof of mouth or throat;
 - Swollen, blue-colored skin under the eyes (allergic shiners); and
 - Postnasal drip.

Experiencing these symptoms over time can have a negative effect on sleep quality. It can create asthmatic symptoms, or cause you to be less productive at work and school, or even require you to stay home.

Ear infections can be a problem and allergic conjunctivitis, especially in children, which can occur when the allergen irritates the membrane over your eye.

Sinus inflammation can become sinusitis due to persistent congestion.

Well there you have it! If you would like to feel better this season, just give me a call for a friendly chat or make an appointment. I work in Nimbin and Byron Bay.

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

The gut and back issues

I don't know how many of you have perused the comics of *Footrot Flats*. Immensely amusing and created by a Kiwi farmer, the dog was often the star of the show.

I remember one comic where the scruffy looking border collie cross was gazing into the compost bin. Hearts surrounded his soppy face as he watched the maggots in their abundance crawling through the debris and the caption read, "Awww, look at that! Spring's here."

In Australia, for many of us Spring has the potential of turning into a hot, dry summer, which may bring devastating fires. So considering the present state of this confusing and potentially dangerous world, living in the 'now' and enjoying the beauty of an early Spring without worrying about an uncertain future is a good thing to do.

I know that training the brain to stay in the 'now' takes effort, but it's possible, because we are much cleverer



by Tonia Haynes

than we are generally told.

Nevertheless, it appears that every season has its down side where the physical body is concerned. Warmer weather may bring less muscle aches and arthritis, but similar to maggots and ticks, gut parasites love to breed in warm conditions.

So if the gut is not being nice, it is wise to be checked for parasites, of which there are many varieties.

The stresses of life can also create gut problems and an aching body. "Life wasn't meant to be easy" is

an affirmation that needs to be removed from the human psyche, along with "no pain, no gain". Both of which I detest.

But it appears that even in the science of physics, dissatisfaction, or the embracing of opposites, is the energy that keeps this planet pumping along, so I obviously know nothing.

On a more anatomical note, of which I know a little, physical and emotional stress causes an overload of lactic acid in the body. This creates an imbalance in the muscles and gut. The connective tissue that surrounds every cell and is a message carrier, also gets discombobulated and sends out confused messages that switch off and cause pain in muscles that create movement – including the muscles in the gut.

This issue is not necessarily a forever. Muscles can be encouraged to work properly once again, including those of the gut. I use a mixture of remedial massage, Bowen therapy, kinesiology and pranic healing in a manner that is intended to restore you, the individual, back to a state of emotional and physical well being.

At the very least it can set you back on the path towards good health.

If you would like an appointment at my cabin in the country outside of Nimbin, phone 0439-794-420. Enjoy the now.



'Dog' by Murray Ball

From humble beginnings – Rainbow Power

by Diana Gosper

Part one of two

The 80's in Nimbin saw the hippies not only protest for climate action and protect some of our most precious old growth rainforest, but the region also saw new technologies pioneered.

In the solar and renewable energy sector, Rainbow Power Company founders Peter van der Wik (aka Peter Pedals), Dave Christmas and Jack Von Hest were leaders in their field, setting about bringing affordable renewable energy to the fore – out of their car at The Channon market to start with – and spearheading the solar revolution.

"There has never been a greater need for society to change the way they manage generate and consume energy." – Peter Pedals

Already with a name and a logo in mind, in 1987 Rainbow Power Company was formed. With \$90, some solar know-how and a passion for the environment, simple rechargeable torches soon gave way to complex integrated off-grid and hybrid power systems, and the local customer base soon extended to the whole of Australia and the South Pacific.

Solar at the time cost around \$10 per watt, and now it is as low as 50 cents, and the technology is ever-changing and improving.

Solar has steadily been becoming a more mainstream option for people; as far back as '97 BP Solar were opening the world's biggest solar manufacturing plant. That same year President Clinton launched a solar initiative to have solar installed on a million US homes.

These arguably aren't true environmental idealists, but the figures are impressive



nonetheless; where once going off-grid was the domain of ferals and hippies, a cheaper if often rudimentary alternative for the drop-outs of society, it was fast becoming thought of as a responsible step towards future energy creation and storage.

20 years ago the Australian Greenhouse Office 75% rebate was introduced, which along with lowered prices and increased battery storage capacities, saw a big national push, as people also became more aware of climate change and our national and individual carbon footprint.

Back then, RPC customers were stoked to just be able to run a light! Now aircon is not unusual and whole houses (indeed massive

businesses) are run without compromise on the electrical devices connected or the overall quality of life.

Generators kick in when needed, and it is a seamless transition from solar to back-up generator (or grid). Bake your bread, curl your hair, dehydrate your fruit, charge your car – whatever you want.

These days a lot of people in town get solar and feed back into the grid, using a grid tie inverter that converts direct current (DC) into an alternating current (AC) suitable for inputting into a power grid. This is reasonably or relatively new technology and has bolstered the uptake of household solar.

Mod cons like toasters, kettles, pool pumps,

air con, hairdryers and the like, are no longer unusual for solar powered homes, and a solar powered house is no longer a hippie shack in the bush – for better or worse.

"We were one of the first few solar companies in Australia and I used to be regarded as an extremist greenie who shouldn't be taken seriously, but now my views have become mainstream – although they haven't actually changed," said Peter Pedals in 2010.

In 2005, *Time* magazine stated that solar panel costs had fallen 66% from the previous decade, and with the price of oil at US\$70 a barrel at the time, the demand for solar on the world market increased substantially.

Analysts at the time estimated that a further 50% reduction would make solar powered electricity costs comparable with other types of fuel within the following decade. If oil and gas prices continued to increase (which they did), the cost parity would come a lot sooner (which it has).

Reports such as this one from *Scientific American* (21 Feb 2008) helped to further highlight the need for solar uptake: "PV power would cut air pollution, including the greenhouse gases that cause climate change, by nearly 90% if it replaced fossil fuels."

Australia, with our great expanses of land and plentiful sunshine, could (and should!) be leading the way with PV solar production.

DC from RPC said back in 2010, that an array of 120km x 120km would provide enough solar PV energy to power the whole world. It would take less than that now with the new and improved panels that are available (and that RPC use).

RPC are your local solar specialists. Call 02 6689-1430 and benefit from their years of experience.

Shut-down horses

by Suzy Maloney

Recently I went to view a horse as a potential purchase for a client. The current owner ran the horse around a round yard for a few minutes and then rode him.

He was an enormous horse standing at 18hh and seemed to have a lovely personality. But under saddle this all changed. He refused to go forward, or backwards; in fact, he gave the current owner troubles with everything she asked.

When she asked for reinback he did not budge, she pulled harder and harder on the bit and I could see the mouthpiece coming out the sides of his mouth as she leaned all her body weight into it. He just ignored her.

I could not stand watching it, so I said it was OK, I did not need to see the reinback and she stopped. Then she wanted to show me his trot. She kicked and kicked and eventually he gave her a small jog for a while.

It was strange to me that she thought it was OK to use such aggressive aids with her horse to get the most basic of things happening.

Then it was my turn to do a 'test ride'. I must admit by this stage I had pretty much decided he was not suitable for my client, but felt it worth having a feel of him myself in case there was something I was missing. And I also wanted to give him a chance, it would be nice to take him out of this environment.

Normally I would never ride with a bit, but in this situation, it was the only fair way to assess the horse. Trying to do an instant transition to the bitless bridle for an assessment is not fair on the horse.



Danielle and Bosco

I mounted and settled for a while so he could feel me, and I could feel him. Then I asked him to go forward and after a while he walked off. He was resistant with steering, going, and stopping. It felt like there was absolutely nothing he was willing to offer. Everything had to be forced out of him.

I commented to her that I was unaccustomed to feeling a horse like this. That with the bitless horses I ride I just pick up the weight of the rein and they turn. This seemed a novel idea to her. I started to feel an uncomfortable familiarity. This forcing the horse to do things using strong coercers such as bits, whips, and spurs, with stronger and stronger aids, is where I had been many years ago.

This also, at one point, was my reality. I remembered fighting with every horse I rode, dominating and forcing them to my will. I felt compassion for the horse and the woman, as I understood where they both were. It is not a happy place.

This was a great reminder for me of the power of riding without pain. Horses are so incredibly different to ride

when all the pain and forcing is removed, it is worlds away from where these two were.

I remember when my husband first rode one of my horses. He had ridden when younger but not for many years. His understanding of riding was that you tell the horse what to do and they do it. If they do not, you get stronger.

After his first ride with me he commented that he had never experienced anything like it. He said that the information coming from the horse almost overloaded his ability to respond.

He was not accustomed to horses communicating with their riders to that degree. His experience in the past had all been one-way, human to horse. But my horses were accustomed to two-way communication. It is a constant back and forward conversation with them. I had gotten to the point where I took this for granted as normal, so it was great to be reminded of what a gift this is.

And when I rode this other woman's horse, I felt nothing coming from the horse. An absolute zero. He had shut down to such a degree he was not even in the room anymore.

Another name for this condition is 'learned helplessness'. When the horse has no say in their reality and nothing they do changes anything, they give up and shut down.

I am so happy I found another way to be with horses and am grateful for this reminder that I am on my right path.

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Facebook: Happy Horses Bitless Bridles

www.patreon.com/suzymaloneyart

Cross-species communication

by Les Rees,
Equine naturopath and
sports therapist

An interesting thing happened to me the other day which made me aware of how much time I spend communicating with horses and other animals.

It came up because I ran into a friend who stopped to talk to me while I was out walking my dogs. It was difficult to concentrate on a chat while being aware of the communication that was going on between her dogs and mine, and also that of another two dogs approaching us who were overjoyed to see their friends.

There was no point in continuing with the conversation with so many possibilities going through my head, along with barking dogs, so I gesticulated for my friend to move on.

This is second nature to me, as I do this with horses all the time because it is part of the language of equus. But I was surprised and amused that I was now introducing it into my everyday vocabulary with humans too! How rude of me, Sorry Lisa!

I think of it as a spill-over from talking two languages, they often merge into one another because some words

seem more appropriate than those used in the second language. It often affects the syntax of sentences when you construct vocabulary using your first language. The interesting thing is that we can usually make sense of it.

Animals have the ability to understand language of other species because it's an important factor for survival. They also share mutual symbiotic benefits, alerting one another to danger, finding good grazing places and water sources etc.

I'm writing about this because it's wonderful to immerse yourself in communication with horses and other animals, as it can open so many doors of connection with them.

Some have commented that this is horse whispering, but I'm not particularly partial to this theory. I'm more inclined to believe that many humans have lost the ability to see the natural world of communication because the human brain is flooded with information flowing from high tech gadgets that close the doors of perception to other animals.

Observing animal communication can also be essential to our survival. Ask any farmer and they'll tell you about many observations that enable them to predict



weather events such as storms, earthquakes and drought etc.

My horses alert me to things all the time, a dingo lurking near our fence, birds fighting, wallabies boxing, or it can be just to tell me something like where they want me to scratch them or that I've left the water running.

Even more interesting to me is that so many people get upset with their horses if they misunderstand their demands. It's extremely important to remember that as far as the horse is concerned, you're speaking a foreign language which can present many difficulties for an animal that uses mostly gestures to communicate.

Given that horses are often sold on to new owners, is it any wonder they become sour as each new trainer uses different cues in the training process?

Take the time to be with your horses, be open to learn from them, it shouldn't be all about your needs and desires. Equines are sentient beings; they too have their off days. They shouldn't be treated like slaves to accommodate your whims.

Show empathy, learn their language and appreciate just how amazing they are and you'll be rewarded with trust... that's what I call pure gold.

Phone Les Rees:

0437-586-705

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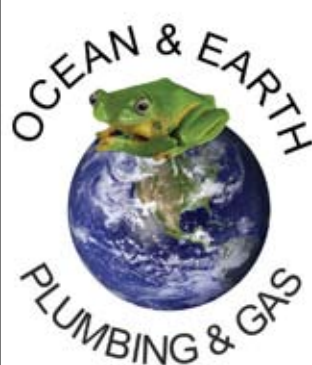
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Talking to yourself

Silently talking to yourself in the third person, hearing voices alien to yourself, talking to yourself in the first person, and thinking in words are all things that many people do, but not all.

Why we do/don't do it is barely understood. There is quite a bit of research on hearing voices in schizophrenia and other psychopathological states, but very little done with people who are quite normal in other ways. A symptom of hearing voices in schizophrenia is an accepted diagnostic symptom, but it is possible to hear voices and not have schizophrenia.

Hearing voices is a fact of life for people across many, if not all, cultures and in earlier times was viewed as hearing God's voice or those of an angelic/or other realm. Most inner speech isn't about hearing voices, however.

Inner speech, also called an internal monologue, self talk, inner discourse or internal discourse, is a person's inner voice which provides a running verbal monologue of thoughts while they are awake. It is usually tied to a person's sense of self and is particularly important in planning, problem solving, self-reflection, self-image, critical thinking, emotions,

and subvocalisation (reading silently).

It is thus relevant to a number of mental health issues like depression and anxiety, and bulimia nervosa, as well as certain psychotherapies, such as cognitive behavioural therapy and narrative therapy, where self talk is altered from negative self talk to positive.

The 'why' of self talk has a number of theories. In the 1920s, Swiss developmental psychologist Jean Piaget proposed the idea that private (or "egocentric") speech – speaking to yourself out loud – is the forerunner of social speech and that it dies out as children grow up, which it clearly doesn't.

In the 1930s, Russian psychologist Lev Vygotsky proposed instead that private speech develops from social speech, and later becomes internalised as an internal monologue, rather than dying out. This interpretation has come to be the more widely accepted, and this supported by empirical research.

Many of us engage in self talk, but what or who does this self talk sound like to us? In the last few decades, researchers have examined this question in more depth. In one study, a Polish psychologist, Malgorzata

Puchalska-Wasy, asked his subjects to describe the different kinds of inner voices they conversed with and came up with a list of four common internal interlocutors: the faithful friend; the ambivalent parent; the proud rival; and the helpless child.

Each voice might pop up in different situations – an ambivalent parent-type might offer caring criticism, but a proud rival-type is more likely to be focussed on success rather than offering support. We might adopt these different roles to help ourselves get through situations like a difficult exam or sports game.

Traumatic experiences also have a role in the quality of self talk. The inner critic seems to arise from early childhood experiences where the child feels they are not meeting the expectations of her/his parents and so their inner voice tells them to metaphorically "pull their socks up and do better".

Some people don't have an internal voice at all. Russell Hurlburt, an American psychologist currently working in the field, says that the thoughts running through our heads don't often take the form of words, contrary to popular opinion. He believes that most people think



by Dr Elizabeth McCardell

in pictures, abstractions, symbols, algorithms, geometry, emotions, and other sensorial ways, and only 3% of people think in words. Whether this is true or not, it certainly gives one something to consider.

Hurlburt's views are absolutely counter to the once fashionable idea that all thought is inner speech, but how and where we study the business of thinking naturally limits our conclusions. We can race down the rabbit hole of the question, "What is a thought" because the explanations of this (that it is a representation or a map of something, or a form of information) doesn't help.

What is useful, at least as I see it, is how we make sense of things and how we may avoid getting caught up in negative thinking through accusatory self talk.

That's what interests me.

Iron: the number one nutrient for mothers

Doula Wisdom

by Kirrah Stewart

This month's article is inspired from a talk by Dr Oscar Serrallach about the importance of iron.

Dr Oscar Serrallach is an integrative GP who is well-known for his work in functional medicine and postnatal health. He has written the groundbreaking book, *The Post Natal Depletion Cure*.

He is extremely passionate about helping mothers rebuild their health and reclaim their energy after giving birth. He believes that iron is the number one nutrient for pregnancy and postpartum health.

Signs and symptoms of low iron

Iron is a multi-faceted nutrient that is crucial for energy production, brain function and immune support. If you are low in iron you might feel fatigued, have shortness of breath on exertion, dizziness, poor concentration, feel easily overwhelmed and experience problems with your mood.

Some physical signs to look out for are cracks in the side of the mouth, a blueish tinge to the white part of your eye, brittle hair or nails, restless legs and pale creases on your palms.

Dr Oscar said that leading into pregnancy, 40% of mothers are already iron deficient. Low iron in pregnancy increases the chances of a mother having a postpartum haemorrhage after birth, mental struggles, postpartum depression and there are potential long-term side effects for the baby too.

How to diagnose low iron?

Dr Oscar stresses that you need to work with a clinician who knows what levels of iron are optimal. Most lab references say that you have to be in the bottom 2.5% of the population to be considered 'iron deficient' yet studies have shown that in Australia up to 25% of people are actually deficient.

This is an example where the 'optimal biological range' differs from the 'laboratory reference range', so many people are told their results are 'normal' when in fact they are probably suffering.

A blood test looking at ferritin can show if iron deficiency is present. If ferritin is below 25mcg/L, Dr Oscar suggests an iron infusion. You can contact him at The Health Lodge to find out more about his recommendations. If ferritin is between 30-50mcg/L, he recommends making dietary changes and supplementation.



What foods and supplements are recommended?

Many meats are high in iron. They need to be cooked really well so the iron can be absorbed more easily. Liver is particularly high in iron.

If you aren't ready to cook up some liver, you can try the organic chicken liver capsules that I make. These have helped hundreds of people boost their iron, increase their energy and regain their mental clarity.

Some good plant sources of iron are: beans, lentils, leafy greens and pumpkin seeds. Be sure to look for foods that are organically grown because there is a big difference in their nutrient level. For example, spinach that has been grown in healthy soil can have 1500 times the nutrient level of conventional grown spinach.

When it comes to

supplementation, look for products that contain ferrous bisglycinate. Other forms of iron, like ferrous sulphate are much harder to absorb, can increase inflammation and actually lead to a decrease in your ability to absorb iron.

Dr Oscar recommends taking the iron supplements every second day, so the body can regulate iron absorption more easily.

To find out more about rebuilding your health after birth, I highly recommend you follow Dr Oscar Serrallach on Facebook/Instagram, read his book *The Postnatal Depletion Cure* or make an appointment at The Health Lodge.

We know that healthy mothers mean healthy families and therefore a more healthy community.

For more information about Kirrah's services, head to: www.doulawisdom.com

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In recognition of a Great Dame

by Robyn Roos and Nora Savona,
UHA Nimbin Branch

In our last month's edition of NGT we celebrated the 91st birthday of perhaps one of the most active and respected members of our community, Faye Scherf.

This month we are pleased to announce that Faye is one of only 12 recipients of the 2020 United Hospital Auxiliaries of NSW Inc. Life Membership Award. In a letter from the Central Executive Committee, they stated that there were many excellent nominations and the deliberation process was extremely difficult.

Faye moved to our area in 1989, and joined the Hospital Auxiliary in 1990. She was elected Treasurer that year, and so began her long service to the auxiliary and the community. She has served as treasurer, president and other executive positions over the years.

Faye has always led by example, giving her full support to the presiding branch executive and continuing to participate in meetings to this day as she warmly welcomes and mentors new members with her knowledge and wit. She has never been shy to voice a viewpoint. It is a very rare occasion that she is not present at our branch meetings.

With skills honed over a lifetime, Faye has wholeheartedly been involved in multiple fundraising initiatives and organising/ hosting events, doing more than her share of baking, making preserves, selling raffle tickets or offering material aid for our functions. Age may now limit her to what is physically possible, however small tasks are still done with the same ever-willing spirit.

Faye has been involved in many other community groups and lobbied government



to establish a local Aged Care Residence in the 1990's. She also served on the Nimbin Health and Welfare Committee and lobbied government a second time when it looked like we were going to lose our Health Services.

In 1996 she received the NSW Premier's Senior Achievement Award for Service to Community. In 2013 our local Nimbin Hospital Auxiliary made her an Internal Life Member. That same year she was also acknowledged in the NSW Hidden Treasures Honour Roll.

It was with these credentials and more, that the Nimbin Branch had no hesitation in nominating Faye to the State Executive Committee for Life Membership of United Hospital Auxiliaries of NSW Inc. and we are very proud that this recognition has now been awarded.

Adventures of an intergalactic traveller

by Auralia Rose

Human beings are multi-dimensional, and we have all had lives on other places in the universe.

Our soul is so vast it cannot be contained in our earthly body and exists simultaneously in other places and dimensions and in various forms, often referred to as parallel lives.

To demonstrate, allow me to share with you a recent session I conducted with a woman I'll call Jane.

Jane attended a boarding school when she was a teenager and always had the feeling that something unusual had happened one day when she was attending church with her school.

So I regressed Jane to that moment in time to find out more. She found herself floating in space and saw before her a round door, which she understood to be a portal. Upon entering the portal she observed a pink sky and grey mountains. She found herself standing atop of one of the mountains, below her was a forest of trees and shrubs, also grey.

Her body felt like her human form. She was wearing long black boots and a black tight fitting suit. There was a belt with buttons that had specific functions, on her wrists was some chunky device which also had buttons and around her throat, some type of tracking device. On her head a helmet.

She arrived with three other people, they were here on a reconnaissance mission and were all dressed the same. She recognised one of them as a male friend from her current earth life.

Their job was to spy on the native people and to discover if there was anything they could take from there that could be used on their own planet, such as soil, plants, atmospheric gases etc.

Looking down from the mountaintop, Jane observes a large hole in the ground in the valley below. Their plan is to go down into the hole, but then they see a flying craft coming around the mountain and entering the hole. Their mission cannot be accomplished and they need to return to home base.

They leave through the same round door and find themselves in a tube of coloured light which transports them back to home base. This place feels beautiful, it is not her home but is where she lives. On stepping out of the tube they take off their black suits, go through a series of doors and are sprayed with some substance. She is now wearing another uniform, a one-piece piece blue/grey garment.

Our four spies must now report their findings to other galactic beings via a type of computer. These beings are from various parts of the



universe and all look quite different to each other.

The place where Jane now finds herself feels very comfortable, it is very beautiful and she is happy to be here. She lives with her partner and four children. At this stage in the session Jane becomes very emotional as she recognises this man as her beloved Divine Masculine counterpart.

Jane remains here in this beautiful place, living an idyllic life where all her needs are met until one day it is time to leave. She finds herself on a large craft which looks like a bright sun. She is returning to the boarding school and is very sad to be leaving this beautiful place, her beloved partner and children.

Jane then finds herself back in the church as a 16-year old. She has no recollection of what has just occurred, just a strange uncomfortable feeling. She's hot, doesn't want to be there, somehow it feels worse than before she was "beamed" up.

When I asked to speak to Jane's Higher Self to get their higher perspective, we were told that Jane had that experience so she could reconnect with her galactic family. They wanted her to know she is not alone or forgotten.

Jane made the decision to leave because she wanted to help Earth with its transition to higher realms and consciousness. Her Higher Self told her that she cannot return because she doesn't belong there, but that she will reconnect with her partner and children on earth in 2024. Her loved ones are waiting for a certain frequency before they can leave.

It was further explained that the reason she can't go back is because the people there are all bribed, as she herself was. They are given everything they could possibly need to live in happiness, so they are willing to do whatever is asked of them.

In effect they were all owned. Jane's spirit made a higher decision for her life.

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Chinese medicine and back pain

Back pain is an extremely common complaint. Most people will suffer from it at some point. It is also debilitating and frequently recurring or chronic, and can be difficult to treat satisfactorily.

Mechanically the lower back is the point which bears the brunt of mechanical pressure in two-legged animals. We evolved with four legs, and the spine in this case was subject to far less pressure from the weight of the upper body, as well as having less flexion and extension to deal with.

The muscles bones and ligaments in the lower spine have evolved to be bigger and stronger, but this does not fully compensate for the inherent problem.

From a Chinese medicine perspective, the lower back is dominated by the kidney and bladder channels, the lower back is called the palace of the kidneys because of its connection to kidney energy. The dominant element is water. The emotion related to water is fear, and fear or anxiety can cause tension in the lower back muscles.

The kidneys are weakened by over-work or over-exercise particularly if heavy lifting is involved. Also too much standing, not enough sleep or long-term exposure to cold, as well as sudden shock can adversely affect the kidneys.

As we age, the kidney energy naturally declines, which is why there is often



by Brigid Beckett

a deficiency component to lower back problems, and why lower back problems are more common the older we get.

However, problems can occur at any age from trauma, strains and disc problems. These are classed as stagnation of qi and blood in Chinese Medicine and are likely to respond quickly to acupuncture.

A deficiency is more likely to be involved if the condition is chronic or if there are repeated acute episodes. Other deficiency symptoms being present would confirm this diagnosis.

Cold or damp attacks are one cause of back pain. They can be either acute – on waking there is a sore back after being exposed to cold and wind – or chronic. The result is pain and a feeling of heaviness in the lower back that can radiate to the buttocks and legs; often there is restricted movement. Acupuncture, cupping

or massage and moxa are all good for treating this condition.

In chronic cases of cold damp there is obvious worsening in cold or damp weather. Usually there is also a deficiency present which needs to be treated, as well as expelling the cold and damp. When the weather is changeable as the seasons change, cold invasions are likely.

Another common pattern is tight muscles due to liver qi stagnation. This predisposes to lower back pain, as the tight muscles are ready to strain from lack of elasticity. The key observation is tightness with the person stressed and tense and worsening of symptoms with emotional upset.

Spleen deficiency causing weak muscles is also common. The back pain in this condition will be heavy and aching. Often this is seen in overweight individuals who have poor posture and have a lifestyle of a lot of sitting and little exercise.

Acupuncture, cupping and moxa have been recognised as useful treatments for many types of back pain. These are safe and effective treatments that can give much needed relief from this common and frustrating condition.

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

Natural Law

The last few months has required a deep level of softening and letting go, in order to release old pain. Within that process of healing, some of your healthy routines may have also fallen away – leaving some of us feeling like we're free-falling...

This major unravelling is necessary for a deep realignment to take place. Perhaps aspects of the way health and wellbeing has happened for you in the past, had an unhealthy flavor of control, or fear attached.

Finding a new road that leaves old, outdated ways behind, offers a refreshing sense of opportunity and rebirth. Many processes

of life will flow differently, including those you previously regarded as healthy.

Open up to the change and embrace this in-between time. Use this time to focus and plan for what you want, and trust the right information, people and resources will find you, and, that you will feel and walk your straight line (your right path).

The old people (your ancestors) are walking with you. Speak to them often.

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by Helene Collard

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