

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



The pumpkin harvest

Food Matters

by Evie Fairley

We know it's truly autumn when the pumpkin vine dies back to hopefully reveal an abundant harvest of pumpkins.

Everyone I'm sure has a trusty pumpkin recipe up their culinary sleeve, and it's best if we can share them around, both the fruit and the recipes, for a glut of pumpkins can be an enormous task to eat through.

That said, if stored well on their sides in a cool dark cupboard or cellar, they will last well into the emerging spring, thus making the pumpkin a great survival food.

Long before industrial agriculture fed the world and the all you can eat whenever you wish supermarkets existed, our ancestors were at the mercy of the seasons.

The coming of spring represented a time of hunger for both human and animal folk. It's easy to observe what our native and domesticated animals will try to eat at the end of winter (anything green, delicious, sometimes poisonous or poking through an unprotected gap in the fence).

Food that was stored at the autumn harvest feeding the hungry bellies of winter was by Spring either consumed or decaying, leaving a substantial hunger gap as newly-planted spring crops were only slowly emerging from a wintery ground.

But the lovely pumpkin in its various shapes and sizes, its beautiful orange glow reminiscent of the captured sunshine of summer, could feed us from the autumn harvest through the deep winter and emerging still edible into the springtime.

Here are my recipes for this month, and of course we have lots of lovely

varieties of pumpkins at the Nimbin Organic Food Co-op and a wonderful array of certified organic spices to add variations to your creations.

I decided that pumpkin purée was an essential recipe: easy and with the versatility to become an egg replacer in French toast, pancakes, bread and more.

Simply chop and de-seed the pumpkin and bake in an oven on some parchment paper for approximately an hour until soft. Once cooled, peel off the skin and then purée in a food processor. It's that simple.

Cool before using or freeze it up to one month. If you use a watery pumpkin, simply strain the excess liquid through a sieve. Now you have your purée, let's make French Toast.

Vegan French toast

In a mixing bowl, whisk together 1/2 cup pumpkin purée, 3/4 cup almond milk, spices (1 tsp cinnamon and 1/4 tsp nutmeg), 1 tbsp maple syrup and a pinch of salt.

Pour your mixture over 8 thick slices of bread (day-old bread is best) and use your hands to coat the bread generously.

Heat a non-stick skillet to medium heat, brush with coconut oil and cook until golden brown; approximately 2 minutes each side.

Serve with maple syrup and desired toppings such as toasted almonds, pecans and diced apple.

And for something savoury:

Vegan pumpkin kale quinoa salad

Make a marinade for the tempeh using the juice of one mandarin, 1 tbsp maple syrup, 1 tsp garlic powder, 1 tsp chilli



flakes, salt and pepper. Dice 200 gms tempeh and marinate for at least 1/2 hour, the longer the better.

Cook the quinoa, 1/2 cup quinoa to 1 cup water with salt, bring to boil then simmer for 13-15 mins.

Preheat oven to 180°C. Line a baking tray with parchment paper

Peel and chop pumpkin into small cubes, season with salt and pepper, place on half of the tray. On the other side, place the marinated tempeh and cook for 25-30mins.

While all of that is cooking, make the dressing with tahini, 1 tbsp maple syrup, juice of 2 mandarins and 1 lime, mustard and black pepper. Add water if too thick.

De-stem kale and tear into rough pieces, work the dressing into the kale for several minutes.

Then add the cooked quinoa, baked tempeh and pumpkin, black sesame seeds, Spanish onion and mix well.

Serve warm or cold.

Eftpos

And lastly something totally unrelated to pumpkins: eftpos at the Co-op is finally about to be launched, so from 1st April if you forget to bring your cash we are finally moving into the 21st century and you can swipe or tap.

Happy pumpkin harvest.



Nimbin Village Laundry

Brighten Your Day

Contact Maria Batistatou 0431 576 255
nimbinvillagelaundry@yahoo.com 45 Cullen St, Nimbin

A PRIVATE CREMATION – \$2310 includes GST –

- ✓ Loved one taken into our care 24 hours, 7 days
- ✓ All required mortuary attention and preservation
- ✓ Completion of all application and registration forms
- ✓ Doctor's cremation certificates
- ✓ Environmentally friendly cardboard coffin
- ✓ Private transport to crematorium and cremation fee
- ✓ Death registration and official BDM death certificate
- ✓ Return of ashes to loved one's family or friends

Pre-Paid Plan Available – No Administration Fees

Locally owned by Ben & Emma Little
Servicing Nimbin and surrounding areas

All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au

SEPTIC TANK PUMPING

GREASE TRAP CLEANING
LIQUID WASTE REMOVAL
OILY WATER PROCESSING
NIMBIN & ALL SURROUNDING AREAS
Local Since 1932

RICHMOND PUMPING
6621-7431 After Hours 0407-433-405

IT MIGHT BE SMALL, BUT IT STILL GETS NOTICED!

For a limited time, you can buy this space for only \$40.
Email: nimbin.goodtimes@gmail.com

IT'S NEVER BEEN EASIER TO GET INTO THE GOODTIMES

Golubtsi – Russian cabbage rolls

by Thom Culpepper

The Golubtsi of the Russian and Ukrainian tables are now some of this coming winter's fare. Eastern mushrooms and spiced pork-filled cabbage may give your table a Covid feast. Fill a Dutch oven for a meal or three.

As winter heralds the dearth of fresh garden sustenance and substance, the northern latitudes' forms of veg show their lovely heads. Parsley, angelica, beets, savoury, fennel, coriander, the mints and chervils thrive and the brassica beam at us to be now taken again seriously.

Cauliflower and broccoli being blooms, are a food of the day, 'yellowing' (ripening to seed state) in the instant you are distracted from their attention. Brussels sprouts are barely a lunch survivor.

The true cabbages are the grand dames of all of the northern larders and kitchens. Without the good cabbage, the Odalvi-Denovian-Neandathals would have scarpered back to Africa.

Now I claim this recipe was whispered to me, on a pillow, following a consensual matter and after a Finlandian bout during winter in Helsinki.

Golubtsi

2 medium cabbages, Lisbon savoy, open-pollinated crinkled green, Red Verona, semi savoy OP crinkled red or Glory of Enkhuizen, OP green wrapper, Golden Acre, OP green wrapper. Or the hybrid Salarite, a very sweet wrapper.

1 kilo of lean (5% fat) pork and veal mince or pork and turkey mince, make it up if you can find it.

1 can crushed tomatoes or your skinned and bottled ones

2 tblsp tomato puree



6 cups of part-boiled rice (8 minutes, absorption method) (about 2½ cups of dried rice)

2 large eggs

6 medium sized carrots, 4 for the forcemeat, 2 for the simmer sauce

5 diced shitaki mushrooms soaked in a tblsp of mushroom soy sauce

4 cloves of minced garlic

1 medium red onion, finely diced

20 soused capers

1 tsp of peri peri spiced-salt mix, (Aldi)

1/2 tsp black mustard seed (not crushed)

1/3 tsp fennel seed (ditto)

1/2 tsp celery seed (ditto)

1/4 cup red vinegar

1/2 cup white vinegar

4 tblsp sour cream or full fat Greek yoghurt

1 tblsp butter

2 tblsp olive oil

1 cup Shiraz or Cab/Sav wine

Method

Wash and par-cook the rice in an appropriate amount of water (depends on the form of rice you use), adding salt and

1 tblsp of olive oil.

Fill a large pot with water, adding 1tsp of salt and a 1/2 cup of white vinegar, boil and dunk the de-heated cabbage for about 4 minutes. Yandex and

Utube have loads of images on this process. Use gloves. Hot work!

Harvest the softened leaves, dunk again and repeat and strip until all are free. Don't allow them to get mushy in the soak. leave the leaves to air and cool. Save 5 cups of the soak water.

To make the forcemeat (stuffing), put the ground mince and rice into a mixing bowl. In another pot, grate and saute 4 carrots with 2 tblsp of olive oil and 1 tablespoon of butter (or ghee), once wilted add some onion and garlic and saute 1 more minute.

Add the cooled saute to the forcemeat adding the 2 beaten eggs and 1 tsp of peri peri salt mix, fold through until well blended.

Place a heaped tablespoon of the spiced meat mix in the cabbage leaf at the bottom of the upturned leaf, fold over the rib, bring the side of the leaf in-over the rib, repeat on the other 'wing', roll to the outer leaf, place them all into a dutch oven or a Tanjine.

To make the sauce, saute the remaining 2 grated carrots, the onions and garlic in olive oil and butter, once wilted add the mushroom mix, add sour cream or yoghurt, add the stock, tomatoes and spices and saute another 2 minutes.

Add this mix to the cabbage rolls, add the booze and enough of the saved cabbage water to cover the rolls.

Bring the cabbage rolls to a gentle boil, cover and simmer for 45 minutes or so. Serve with loads of sour cream and garnish with capers, parsley, chervil or mint.

thewholeearthveg@gardener.com



Balloon Plant
Photo: Bernard Dupont

Weed Words

by Triny Roe

Hitchhikers, stowaways, or in plain sight, invasive species can easily be introduced accidentally or on purpose by plant enthusiasts.

A facebook post asked for an ID. The twisting robust vine had arrived in a pot with another plant, a kalanchoe, purchased from a major national hardware and garden chain. The FB brains trust quickly identified the mystery vine.

Madeira vine is a WONS, a Weed of National Significance. There are only 32 species on this list of worst weeds. These plants are rated for their invasiveness, the impact they cause, whether they will readily spread and how much they affect and cost farmers, gardeners and the bush.

Luckily, the astute gardener noticed the newcomer and asked what it was,

It came with a kalanchoe

before it got out of hand and took over her garden.

A native of South America, madeira vine loves the moist sub-tropics and is widely naturalised throughout Northern NSW and SE Qld. This fleshy fast growing creeper can quickly cover and smother large trees 30 metres tall. The weight of the vine can bring them crashing to the ground.

Sometime known as potato vine, due to the warty potato-like tubers that grow along its stem, it can reproduce easily. Little pieces of stem can keep growing. The tubers drop off or blow off in a strong wind, or can be carried by wildlife to new locations. Floodwaters are also responsible for spreading madeira vine, as it is often found smothering trees along creek banks and rivers.

Management of madeira is complex. While biological agents are used in some areas, they have not yet wiped it out. Vines which grow high up trees require stem scraping and painting with herbicide to effect a solution. Simply cutting at ground level has no effect, as the fleshy stem can survive by itself and it doesn't kill the tubers.

Another post on facebook wanted to know what were the unusual hairy seed pods that featured in a floral arrangement she had been given. An odd inclusion in a bouquet, *Gomphocarpus physocarpus*, ballon cotton bush or Bishop's balls, is an environmental weed which hails from South Africa.

Introduced into Australia, it is common in pastures, especially overgrazed ones, roadsides, wetlands, and bushland. Each ball contains a plethora of small black seeds each with a white silky tuft that allows them to blow for many kilometres. This plant is well equipped to spread to new areas.

Recognised as a food source for the monarch butterfly, *Danaus chrysippus*, also known as the plain tiger or African Queen, doesn't always need the wind to distribute it. A facebook user in Queensland offered to send seed to someone in Victoria who didn't have it.

The Queenslander had purchased a specimen at a collectors' market. The Victorian gardener believed that as it was dryer in her region, it would not become a problem.

But could it? Balloon cotton bush likes full sun and can tolerate drought periods. Capable of inhabiting wet tropical areas to arid zones it can flower all year round. While it doesn't make it onto noxious weed lists, it is considered in the top 100 of invasive species in SE Qld.

Removal of seed pods will stop it spreading, but many of us lead busy lives. Missing just one will let it loose on the neighbourhood.

Do your research and make responsible choices in your garden. Dispose of garden waste properly and keep asking questions. While the soil is soft and moist is a great time to hand weed.

Happy weeding.

Plant of the month



Swamp Tussock *Pennisetum sp*

Selected and photographed by Richard Burer

Swamp Tussock is pretty showy this autumn with wet conditions giving this grass its best season for some years.

Despite its ability to dominate grazing land, this local native grass is an excellent to encourage in your wetland and riparian areas.

Showy feathery flowers are very noticeable in April, and you can see how hybrid forms find their way into home gardens and landscaped areas.

This grass is very common on the flood plains and heavy clay soils of the Northern Rivers, and it could be considered invasive on agricultural land and pasture.

Its strong and hardy tussock makes for excellent habitat and in wetland areas; many birds, ducks, small marsupials and others fauna enjoy its structure in the landscape, especially if it's in a corridor of native vegetation such as Swamp Box and Red Gum as an example.

Mowing around it when reclaiming pasture has a nice landscape effect. It's also tough to mow. It is an excellent mulch for tree planting projects but not edible to stock generally.

Richard Burer is a Nimbin-based natural area restoration consultant and contract bush regenerator.
richard.burer@gmail.com

Kyogle Writers Festival is set to impress

by Graeme Gibson

With a theme of Country, the inaugural Kyogle Writers Festival will be held over 14-16th May.

Over 40 writers from the Northern Rivers and beyond will share their expertise and experiences in author talks and writing workshops held in the Kyogle Municipal Institute hall and other nearby venues.

This will be an exciting event with a number of well-known authors confirming their participation, including Melissa Lucashenko, Stuart Rees and Daniel Browning.

The full festival program is available at: www.kyoglewritersfestival.com

Tickets for author talks around the \$10 mark, and workshops from \$20 to \$35, can be purchased on the festival website.

Melissa Lucashenko (pictured) will be in conversation with Lynda Hawryluk, convenor of Southern Cross University's writing program, about her Miles Franklin Award-winning novel *Too Much Lip*, and her prize-winning narratives of Bundjalung and Australian life since her first novel was published in 1997.

Emeritus Professor Stuart Rees AM is a human rights activist in several countries and founder of the Sydney Peace Foundation.

Stuart Rees will kick off proceedings



when he will be in conversation with Richard Hil, former convenor of Mullumbimby's Ngara Institute (think Politics in the Pub) from 9am on Saturday.

Daniel Browning is a journalist, radio broadcaster, documentary maker, sound artist, and arts writer who produces and presents *Awaye!*, the Indigenous art and culture program on ABC Radio National. A visual arts graduate, he is the curator of Blak Box, a specially-designed sound pavilion.

Writing workshops will provide the opportunity for writers of all levels and experience to further develop their skills in supportive environments. Workshops include narrative podcasting, writing for children, flash fiction, self-publishing, writing for young adults and creative non-fiction.

Local singer-songwriters Thor Phillips

and Brendan Smotherer will present a song-writing workshop. Local poet Vincent Stead will present a poetry workshop. Poetry is well embedded in the festival with David Hallett doing a recital from his latest book, *Out of the Blue*.

Local writer and poet Katinka Smit will present a workshop on Writing Local History. This workshop will have an emphasis on creative writing, using local history sources and will support poets, fiction and creative non-fiction writers.

Developmental book editor Laurel Cohn will be presenting workshops for those seeking to have their work published, and will also be offering individual consultations during the festival.

In the lead up-to the festival a writing competition is now open. The theme of the competition is 'Country, into the Future', or 'The Future in the Country'. Entries are invited in two categories, for those aged up to 50, and for those over 50 years of age. Cash prizes of \$250 will be awarded to the best overall work in each category.

The competition will close on 19th April, and entries are welcomed in any genre. An entry form and competition guidelines are available from the festival website: www.kyoglewritersfestival.com

Mulgum Creek Rainforest Restoration Project

A weed identification workshop will be held on Saturday 24th April, 8am – midday, led by local bush regenerators, John Blatch and Tristan Mules.

The event includes a plant identification workshop (weeds and natives), hands-on hand-weeding practice, bring your gloves and hand tools.

Please wear a hat, covered footwear, long sleeves and long pants. Bring your water bottle, morning tea, and a notebook and pencil.

Register your interest with Nimbin Environment Centre, email: nimbinenvironmentcentre@gmail.com or phone 6689-1441 during opening hours 11am – 4pm, or come into the shop at 54 Cullen Street and leave your contact details.

This project is supported by Gungah Road Valley Landcare.

– FLOOR SANDING –


New & old floors, verandahs, decks



- Free quotes & advice
- Prompt service
- Quality work assured
- All areas serviced

Rob Clark ph 6632-3342 or 0410-016-694

ABN 93 105 831 192



Four cozy 1 bedroom timber cabins nestled on 33 acres of natural bushland with abundant wildlife, within easy walking distance of local restaurants and shops. Pet friendly, free wifi and air-conditioned. Overnight or weekly. Wheelchair Access.

TERETRE Cabins – NIMBIN
5 High St, Nimbin, 2480 Australia
Ph: (02) 6689 1908 Mob: 0427 891 626
Email: info@teretre.com.au Website: www.teretre.com.au



BUSH REGENERATION

- Forest restoration
- Integrated weed management
- Tree plantings
- Camphor management etc

Call Ben 0448-394-352

ABN: 42452847211



Lismore Foodscapes launches into future

The Northern Rivers Women and Children's Services (NORWACS) is launching the Lismore Foodscapes program that will offer four food-growing workshops to those who identify as women in April through to June.

"We are living in challenging times that require us to be adaptable and resilient as individuals and as a community," said Maddy Bradden, co-project co-ordinator.

"These workshops aim to upskill women to grow food from our homes as we learn from experienced gardeners and through connecting with each other.

"When we empower women we strengthen our whole community to be more resilient into the future as we face serious issues of drought, fire, floods and pandemics."

"We will be offering four workshops that will cover topics such as the indigenous way and all season garden, as well as a tour of several local gardens and some practical sessions with hands in soil," said Ruth Rosenhek, co-project co-ordinator.

"We are particularly

looking for those with little or no experience in gardening. These participants will have the opportunity to learn how to get started and to connect with others in a supportive and fun environment as we look at different ways to garden for different seasons and living situations."

The four free workshops will take place on Saturdays from 12.30-4.30pm on 17th April, 1st and 8th May and 5th June.

Accessibility requirements can be discussed with organisers if needed. This event is inclusive of trans women and non-binary people.

To apply for a place, email: lismorefoodscapes@gmail.com or call Maddy on 0497-274-080, or fill out an application form at: <https://bit.ly/3pOtd3>

Lismore Foodscapes is funded by the Northern Rivers Community Foundation and is a collaboration between NORWACS, the University Centre for Rural Health and Lismore Community Gardens.

We acknowledge that this project takes place on Wadjabul Wia-bul country.

Meaningful messengers

by Donna Connolly

I'd like to dedicate this month's article to the wonderful way that animals show up and assist us.

While every living being has their own individual soul light, the species they are associated with, holds a special resonance and medicine that gives us the gift of deeper understanding, underlying knowing and wisdom that comes with their presence, action and antics.

There are many factors to consider when interpreting the relevant learning in these moments. Sometimes it is with the passing of time and hindsight when the true message reveals itself...

Some examples:

- ♦ **Frog:** it's time to do a physical cleanse and detox, let yourself cry, let go of emotional toxicity, singing and chanting will create balance. A time of abundance. The start of a steady transformation from an old life to the new.
- ♦ **Snake:** Significant personal changes, transmutation. You will feel energized. New channels of awareness will open up. You will experience a dramatic physical and emotional healing from an unexpected source.
- ♦ **Whip-bird:** You are responsible for your own motivation. It is time to take control. Are you willing to do what is required to reach your full potential. Surrendering outworn concepts and beliefs. Are you free to make your own decisions?
- ♦ **Horse:** You are about to embark on an unexpected journey. Time to free yourself. Teamwork is important right now. You are more powerful than you think. This situation requires warrior strength, balanced with compassion. Sometimes it can be the colours of the animal, such as black and white is usually asking you to create or look for balance in a situation.

Where they are located. Such as an eagle in the sky suggesting to rise above or to see things from a higher perspective. Time to go with the flow and allow the wind currents to do all the work.

Is the animal in an unexpected space? Placement of the animal can be significant also, if they are near your front door, the energy or lesson is likely to be entering your life.



The age or stage of life for the animal can be significant too. Such as having the privilege to watch a butterfly leaving its cocoon; suggests a new project about to take off, or its time for you to spread your wings. Starting a new phase.

Sometimes the Animal shows up in a telepathic vision, and their energy is particularly familiar to you. This happened with me and one of my passed goats a few weeks ago.

I happened to be writing in my journal at the time and pondering how to handle a situation. And I had a clear vision and feeling of Maybelline. She was a beautiful soul, however everyday in every way she treated everything as a battle that needed to be won. With every living creature, even her Goaty brothers, me and Dora.

It was a tough way to experience life, butting heads with everyone and essentially proving herself triumphant and right!

It was in this moment that I realised that I was in conflict with the situation/person, for no good reason. I was just matching the energy of the other person. A lot of wasted unnecessary angst. I decided there and then to not engage, just be me, and accept the situation as it unfolds. On the way to the meeting I also saw an eagle that gave me confirmation to take the high road.

Another thing to be aware of, is repetition. For example two days this week, I have had a tree snake capture a juvenile frog at the front door at the same time both days. Each time I have opened the door, the snake drops the frog and goes under the house.

There are multiple lessons in this encounter. The message of the snake, all

about transmutation, new channels of awareness etc. Aiming for the frog, it is in his grasp. Time to transform from the old to the new, it will be abundant times, and the detox will be the start of steady transformation.

The bonus message of the encounter was that it was literally taking place at my front door. The action of the snake meant time to strike, or I may lose the opportunity. To be honest, had this not happened twice I wouldn't have seen the significance.

We co-exist with so many beautiful creatures and each one brings their own form of narrative to the day, allowing another level of magic to unfold and inform us on our journey of soul evolution.

Please take some time to feel into each encounter with nature, we are all connected.

If you are interested, there are many resources on-line, to research the messages from our animal friends. Oftentimes you can pose a question and the first animal that shows up will have the answer, or at least hold an element of wisdom within them.

You are welcome to follow us on Instagram and Facebook. As we do a free Oracle reading each week using different decks that are Animal and Earth related.

The photo is of our frog friends blessing my newly-created Healing wand. Purely by chance I walked into the kitchen where they had gathered to imbue the wand with their special medicine.

Take care of yourselves and each other.

Connect with us today to learn more: rivergem.com.au

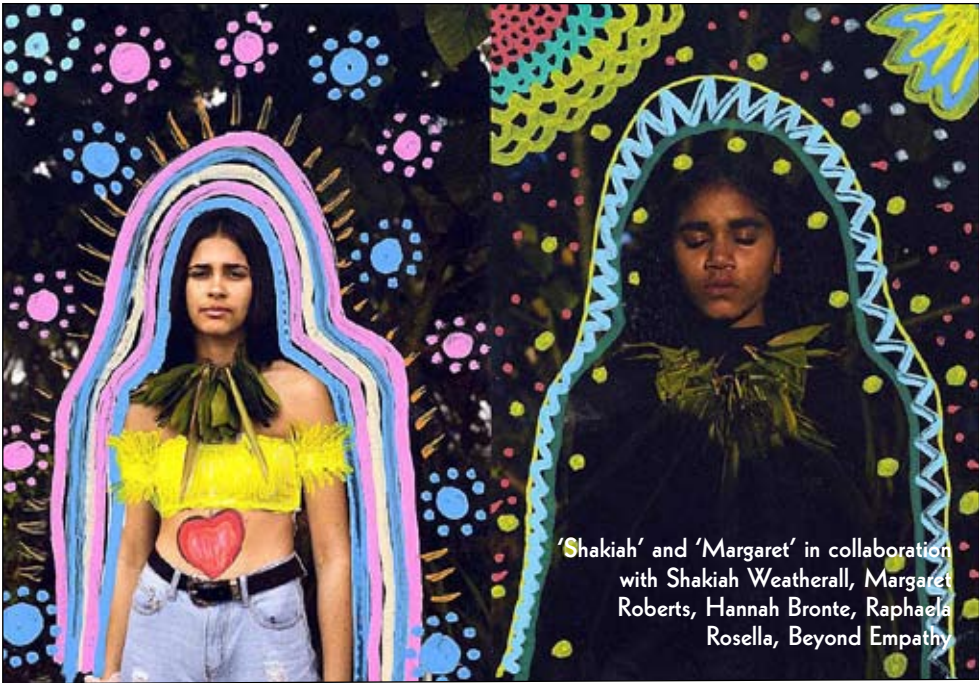
Lots on for Youth Week in Lismore

Lismore Youth Festival is back! Three days packed with music, performance, art and workshops to entertain and inspire young people.

It will take place across multiple venues in Lismore on Wednesday 14th, Thursday 15th and Friday 16th April. And it's all FREE!

Kicking off the festival on Wednesday 14th April at NORPA at Lismore City Hall, Bundjalung hip-hop sensation and 2020 *Triple J Unearthed* Winner of the Year, JK-47 will headline an awesome line-up of local music acts.

Then on Thursday 15th April and Friday 16th April, The Quad and surrounding buildings will come alive with a half-pipe, skating comps, DJ's, comedy, light saber dance-offs, and a huge workshop program that offers everything from street



art to bush survival.

Lismore Regional Gallery will feature youth art exhibitions by Defiant / Beyond Empathy and

The Rainbow Collective (LGBTIQ Youth Group). All of Lismore Youth Festival events are free, but bookings are required for

some workshops and events as numbers are limited. Jump onto: www.lismorequad.org.au for full program and details.



Boatharbour Landcare had to postpone the 'Bugs and Bass' event, planned for 28th March. The event site was fully inundated. Boatharbour Road had completely disappeared.

Flood time brings joy among the very real angst at Boatharbour and Eltham. Along with the inconvenience of flooded roads, the aftermath of piled up debris, floating rubbish bins, freaked out domestic animals and property maintenance issues, there are many sights you don't see every day. Our bugs and Bass have their time of plenty.

There are shining mirror-like water expanses which draw you to the windows time and again. There are bird bonanzas as they feast on all the little creatures that come up for air. There are fish swimming in paddocks as they also hunt for the goodies not usually available to them.

Apparently, as the scientists tell us, the soil also benefits from the inundation of nutrients contained in floodwaters.

On Sunday 18th April, we are going to have a second go at providing a family fun event.

All the booked stalls will be there, including Friends of the Koala, Fishcare (DPI), Ozfish, Buskers, Far North Coast canoes, SCU Water Bug people, Children's Nature Games, Casting Competition, Landcare, Rous CC and The Pantry catering. The Knitting Nannas will also craft it up with their colourful stall.

Possibly flood time is a bit too dramatic for the tiny bugs. The top predator in the river, however, the Wilson River Bass, should be doing very well indeed.

The rescheduled 'Bugs and Bass' event is on Sunday 18th April, 10am - 2pm at 756 Boatharbour Road, Eltham.

Phone Dot on 6628-4270 for more information, or go to: www.facebook.com/boatharbourlandcare

Damage control in wet conditions

by Les Rees,
Animal Naturopath and
Massage Therapist

The wet weather conditions we've been experiencing recently has been causing major problems for a number of horses. Many have had to be evacuated to higher ground and sadly, some have gone missing due to rising water levels.

It can be a harrowing time for both animals and their owners who may also be fighting back the torrents flooding towards their homes. I thank those brave people who have been working tirelessly, putting themselves at risk in order to help stranded animals in the floodwaters.

This extreme weather is being touted as a once in a hundred year event, but I'm sure that this will be the new norm due to the impacts of climate change.

Fortunately for some of us in the Northern Rivers, we have not been impacted too badly because the rain hasn't been as persistent as it has in other places nearer the coast, but that doesn't mean we can be complacent.

I have several rules concerning horse management, all of which include being prepared for all eventualities. These include:



- Having enough hay, hard feed and supplements in store and never allowing it to trickle down to empty.
- The provision of stables and/or a covered yard to ensure that the horse's feet can dry off between being turned out into wet paddocks.
- Have an alternative paddock on higher ground in order to avoid standing around in water.
- Have a horse float in case of emergencies.

Being one step ahead is extremely important for anyone owning horses. It keeps both you and them safe and prevents having the additional worry when catastrophe strikes.

After heavy rain, soils can retain high levels of water, especially in low lying flat areas. This can present serious health problems, particularly

if they stand around in wet muddy paddocks.

It's important to pick out your horse's hooves daily and check for seedy toe (separation of hoof tissue from the sole of the hoof). Clean them thoroughly and ensure that the feet dry out overnight in a covered yard if possible.

Other conditions include mud fever, caused by bacteria/fungi/mites entering the skin on the legs through exposure to wet muddy conditions and lymphatic swelling.

Wet muddy areas and pooling water also provides the perfect breeding ground for those nasty biting insects that are the curse of horses and humans alike.

I'm inclined to put lightweight rugs on my horses to protect them both from the bites that can cause itching

and subsequent scratching and from rain scald caused by standing around in prolonged periods of rain. I also use my herbal spray to help prevent fly attack around the legs and face.

It's certainly a full-time job in the subtropics to keep horses safe, especially during the wet humid conditions we've been experiencing. It is worth remembering that mosquito larvae thrive in stagnant water, so it's worth examining your drainage system around your property in order to keep the water moving away from sensitive areas.

It's good to have a sloping paddock that allows water to move downhill to enable your horses to keep their feet out of relentless muddy conditions.

For preventative care, it is important to maintain good hygiene during extreme weather events. Frequent grooming allows time to check for rain scald, scratches and other skin infections that can have serious impact on health if left untreated.

I have also formulated a herbal supplement that has been proving to be a useful aid for metabolic balance during these extreme conditions.

www.horsetailherbs.com.au
Phone 0437-586-705

Past Life Regression

Quantum Healing Hypnosis Technique (QHHT)

Free your Mind, Body & Spirit.

Live with more purpose, balance, ease & joy



Auralia Rose

0422 481 007

auralia_rose@hotmail.com

www.auraliarosewellbeing.com

CAREFREE CEREMONIES

Unique & Personal Celebrations

by Gwen Trimble

- Weddings
- Commitments
- Vow Renewals

0427-486-346

A/H: 6689-1490

www.carefreeceremonies.com

gwentrimble@dodo.com.au



EARTHBOUND BODYWORK

Allow the benefits of the art and science of Therapeutic Massage into your life.

Jasmine at EarthBound BodyWork offers:

- ~ Relaxation
- ~ Deep Tissue
- ~ Cupping
- ~ Myofascial Release
- ~ Reflexology
- ~ Assisted Stretching
- ~ Trigger Point Therapy

76 Cullen Street, Nimbin

Call or text for bookings:
0481-742-471

*Home visits available upon request

How to treat a horse safely



by Suzy Maloney

A few months ago, I shared an article about horses that bite. In the article I said I do not give horses treats until the biting behaviour has stopped, and they have learnt to turn the head away for treating.

Someone asked me to explain how to train this behaviour, so here goes. As always, this is how I do it, I am sure there are other techniques just as effective, I can only share mine.

I stand beside the horse's head and raise my hand containing the treat so the horse can see and smell it. If they turn the head toward me for the treat, I nudge the head away or just wait, depending on the horse and if they are being aggressive or not. I stay in that position, holding the treat and waiting for the horse to try different things out. Basically, I am asking a question, and I am waiting for them to find the correct answer. The moment they turn the head

away from me I reach over and give them the treat.

It is particularly important to take the treat to them. If you hesitate and give the reward as the head comes back toward you, you are rewarding the wrong behaviour. You are reinforcing the head coming toward you then, so you must be fast and make sure the treat arrives with the head still turned away. This can take a bit of practise, so do not worry if you get the timing wrong the first few attempts.

It can take a few sessions to establish this behaviour. Once you have it on one side, repeat the process on the other side. Some horses think they are being rewarded for going to the right, not for turning away. So, when you change sides they will turn right instead of left and away. This is just a misunderstanding on the horses' part, so be patient with them and start back at the beginning for the other side.

Once you have the horse moving their head away consistently from both sides, then it is time to work on duration. Repeat your normal position and when the horse turns the head away, instead of giving the treat straight away hold off for a moment. Count a few seconds and if the horse holds, give the treat. If they break and turn toward you, wondering where the treat is as they have done the right thing, just be patient and wait again until they turn away before treating.

Slowly increase the amount of time you hold off. This duration training is a gem. It brings a sense of space and calm into the whole treating process. Instead of the horse becoming over-excited by treats, they learn self-control

and patience. As you can imagine, learning these qualities is going to be of enormous benefit in other areas of your horse training as well.

If you find that your horse starts to nip because of being given treats, discontinue treating and work on stopping the nipping as described in the 'Horses that Bite' article. This may be a transitory behaviour and when you go back to training the head away, the nipping does not resume, fantastic.

In some cases, the horse is not able to learn the self-control and patience required to be able to be given treats safely and without engendering negative behaviours such as nipping and biting. With horses that get too excited, trying out different types of treats can help as not all treats have the same yumminess level.

I know a mare who will rear up on her back legs if treats appear. She is fine with anything in a bucket, but loses all self-control with hand-held treats. With these types of horses, it is best not to treat from the hand. If you do want to give a treat, put it in a bucket or on the ground.

Many people want to treat a horse after they have worked, and it is an essential part of positive reinforcement training. However, it is good to ensure that safety is always maintained, especially if there is any likelihood of children giving the horse a treat. Done correctly, treating can be a pleasure for both human and horse and be completely safe.

All past articles can be found in the blog at: www.happyhorsesbitless.com or phone 0401-249-263

Happy Horses Bitless

Considerate Horsemanship

Suzy Maloney B.Eq.Sc. 0401 249 263

Bitless Lessons and Bridle Sales

happyhorsesbitless@gmail.com

www.happyhorsesbitless.com

Plumbing & Gas

Local Nimbin family business

- Septic Systems
- New Homes
- Maintenance Work
- Blocked Drains
- Council Compliance
- Solar Hot Water
- Gas Fitting

Call Wazza: 0468459151
Email: warren@oepeg.com.au
Licence number *313106C

Northern Electrical Solutions

Electrical Contractor

Domestic | Commercial | Industrial

- Safety Inspections • Smoke Alarms
- New Installations • Renovations • Phone
- Mains Power • Switchboards • Solar • 12v
- Ovens • Hot Water • Appliances

NSW Lic# 299571C

0427 803 251

THERAPEUTIC MASSAGE

**Aches and pains. Release Stress.
Relax, Revive and Rejuvenate.**

Male Therapist

Massage conducted with respect & courtesy

**Appointment hours:
9am - 5pm, 7 days
Fee is \$35 per hour**

Appointments and
enquiries welcome via
therapeutic_care@yahoo.com

Mark 0448-441-194



NIMBIN HOMEOPATHICS

— For all your homeopathic supplies —

02 6689-1452

tarangbates@yahoo.com.au

Dr Elizabeth McCardell

Dip Clin Hypnotherapy, BA, BA (Hons), M. Couns, PhD

**Counselling, Psychotherapy,
Clinical Hypnotherapy,
Supervision**

Monday – Saturday: Clinic in Lismore Heights
Online sessions also available.



**For appointments phone/text: 0429-199-021
email: dr_mccardell@yahoo.com**

Your-Pace Counselling

Kind, compassionate counselling
For more info: www.yourpacecounselling.com



Providing over the counter
advice with an extensive range
of herbal extracts, dried herbs,
berries and powders, homoeopathics,
supplements, oils, crystals
and more



Nimbin Apothecary
Tel: 02 6689 1529
54 Cullen Street Nimbin NSW

www.nimbinapothecary.com.au

**Sonia Barton
Bowen Therapist**

Bowen Therapy
Scar Tissue Release
Reiki Master

www.BowenEnergyWork.com.au

Mobile
0431 911 329

**IT MIGHT BE SMALL, BUT
IT STILL GETS NOTICED!**

For a limited time, you can buy this space for only \$30.
Email: nimbin.goodtimes@gmail.com

It's easy to get into the GoodTimes

Lactation support for new parents

Doula Wisdom

by Kirrah Stewart

When people give birth, they are usually supported by a midwife who provides initial breastfeeding and lactation support.

Most women know the benefits of breastfeeding and want to breastfeed, but they need high-quality support in order to do so.

According to the 2010 Australian National Infant Feeding Survey, 90% of mothers initiated breastfeeding. This is super positive!

However, by the time the baby was three months old, only 39% of babies were being exclusively breastfed and by five months old, only 15.4% of babies were being exclusively breastfed.

To me, this shows that more support is needed in those first six months.

Midwives, lactation consultants, lactation counsellors and postpartum doulas (with lactation knowledge) can help immensely.

Another support network that is available is the Australian Breastfeeding Association (ABA). It is the largest breastfeeding organisation in Australia, and provides 24/7 support to parents via a free helpline (phone: 1800 mum2mum) and live chat service. This service is provided by trained volunteers.

The ABA breast-feeding helpline is supported by funding from the Australian Government, which means it

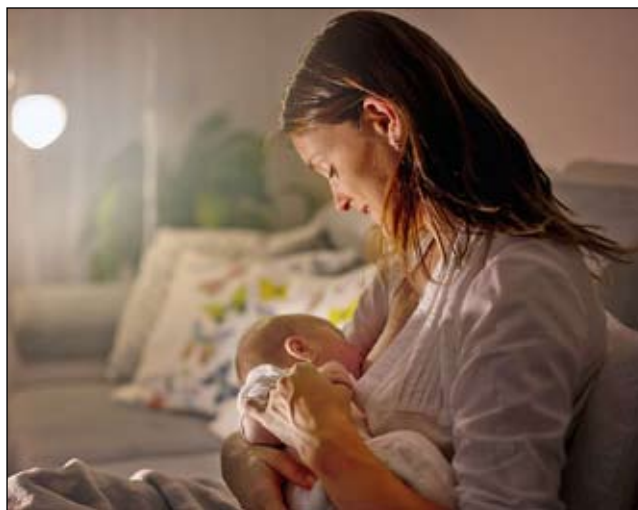
is a free service and available for anyone who has phone or internet access.

They also provide help to non-English speaking people via an interpreter (translating and interpreting service).

They also provide information to parents via blogs and podcasts and have in-person breastfeeding classes and education services. They encourage people to make a 'breastfeeding plan' (which is just as important as a birth plan).

They also have an App called MUM2MUM which provides information and support and provides a place for parents to ask questions, get support and record information like feeds/sleeps and nappy changes.

Amazingly, there are around 140 ABA groups that meet all across Australia. These can be in-person or online. They cover all sorts of topics including supply issues, tips for returning to work, parenting and much more.



The Lismore Group of the ABA supports families from Nimbin, Kyogle, Casino, Evans Head, Ballina, Byron Bay and Mullumbimby.

The ABA also offers breast-pumps for hire. Trained volunteers also help answer questions about using the pumps and give support around how to safely express and store breast milk.

They have booklets covering a range of situations like breastfeeding and sleep, supporting a new mother, reflux, feeding with cleft lip, re-lactation and

induced lactation, breastfeeding twins/triplets/more, using a supplementer, breastfeeding a baby with Down syndrome, weaning, returning to work, expressing and storing milk and breastfeeding a premature baby.

It's more likely that breastfeeding will be a successful and enjoyable experience when the new parents feel well supported. Ideally they are getting help with cooking, cleaning, caring for other children and being encouraged to rest and heal.

A good support network makes the world of difference and helps the parents to raise healthy, thriving children. If you or someone you know is wanting help during postpartum, please reach out!

Email: kirrah@doulawisdom.com or
phone 0429-308-851. You can download
a free checklist for natural birth at: www.doulawisdom.com

Being present with another's traumatic experiences

"Trauma is not what happens to you, it's what happens inside you as a result of what happened to you."
— Gabor Mate

We all react differently to things that happen to us and what can feel catastrophic to one person may not be felt that way by another. Some people just seem to ride the waves without being too much affected by what they experience.

That said, we can misjudge a person's reaction when all we see is how they are behaving. A person showing outwards signs of distress may not be in the same degree of shock as the person who is simply sitting staring ahead in silence. The silent one may continue to feel distress many decades after the event, but still not show it.

They might be experiencing sleeplessness, nightmares, panic attacks; they might resort to excessive alcohol consumption and taking drugs, or none of these things, but still give the appearance of coping perfectly well.

I'm reminded of one of my first clients many years ago who came to me because he was feeling suicidal. He'd taken early retirement as



by Dr Elizabeth McCardell

an aircraft mechanic and a week after giving up work was suddenly inundated with memories from his time in the air force where his job was flying helicopters picking up bodies during the Vietnam war.

He'd kept it 'together' throughout his working life after Vietnam, not showing any emotion, just pressing on, doing his job. He maintained a holding position, until he couldn't anymore.

The person yelling and sobbing after traumatic events may be coping better than the silent one. Yet we, in our society, judge the former as being more traumatised than the latter. Thinking here of the quick condemnation of Lindy Chamberlain on the tragedy of losing her baby to

a dingo at Uluru in 1980. She showed no emotion at all and was judged as being a cold, calculating child-killer, when in fact she was frozen in utter shock.

The Perth psychologist and trauma counselling specialist Michael Tunnicliffe who taught trauma counselling in my Master of Counselling degree explained that the crying person was already adjusting and adapting to the reality of what they have just experienced. The silent person might be numb, not feeling anything, as if the event did not happen. The silent person has got stuck, as it were, along the path to adjusting and adapting to their new reality.

Stuckness in shock is felt bodily. Freezing in fear is what animals do (called 'tonic immobility'), and it is a survival response, but unlike other animals, people can get stuck there. We do this by repeating our fears in a sort of emotional loop and thus continue the frozen response.

If you watch a cat encountering something frightening, they freeze, but then shake it off. Too often we humans recapitulate our fear response by overthinking it. This is where counselling comes to its own. If such a person can talk their

experience through, with plenty of emotional and somatic support, then the fear response doesn't tend to get stuck.

Peter Levine, a pioneer in trauma therapy, (cf *Waking the Tiger, Healing Trauma*) notes that certain things can effectively loosen the frozen response. He might ask the client to put one hand on their forehead and the other on their chest, or put one hand under their armpit and the other on their upper arm in a kind of self-hug. Tapping your whole body or tapping just their hand also works for some people. Such movements contain feelings of panic and lessens the sense of having a hole in a person's boundaries.

When the sense of frozenness is old, dance, massage, gentle breathing exercises or vocalisations are good ways of releasing seized-up emotion. For immediate help, just sitting listening while the person speaks whatever it is they want to say really helps.

The key is, gently does it. What doesn't help is more exposure to the same sort of traumatic event.

Just being with a person helps give a sense of safety and containment, which is a beginning to healing.

Winter aches and pains

by Tonia Haynes

As the weather gets colder, our blood recedes back towards the vital organs to keep them cosy so that we may go on living.

Unfortunately, in the process, our appendages and muscles get a tad neglected, and many of us dislike Winter because it is the season of aches and pains.

Exercise and deep breathing brings the blood back to surface, so any exercise, including walking and breathing, are a good thing to do.

Too cold? As any bushie will tell you, a warm hat, warm socks and (if one still has a quiet fondness for the film, *The Best Little Whore House in Texas*), long johns and woollen vests will keep you snug on the coldest of days.

The food we eat, which gives us the fuel to keep the Rolls Royce of us cruising along, should be nutritious at any time, but particularly in Winter.

A tricky situation: for unless one is aware that what we put in our mouths today, writes the history of the body's health tomorrow, we are seduced by all sorts of evil yummys, made by companies that quite frankly, my dear, don't give a damn!

Minerals and trace



elements are super-important, because it is these, along with the correct protein, that keep the tissues of the body strong.

Once again a tricky situation. Minerals and trace elements live in the soil and are broken down and absorbed by the plants and fruit we eat. Sadly, if the trace elements and minerals are lacking in the soil our food grows in, we don't get them either.

Australia is inclined to lack some minerals and trace elements in the soil, so even if you eat organic, make sure that the food is also filled with the correct minerals and vitamins that will keep your muscles and bones healthy.

Conversely, take a mineral supplement. For minerals to absorb properly, they need to be of a liquid variety, so colloidal minerals are the way to go. There are a few brands on the market, but just a tiny

warning: when it comes to mineral supplements, more is not better, so do not exceed the dose.

If you do decide to embrace colloidal minerals into your life, you may be surprised to notice that within a week, your nails are stronger and your hair will become richer, but unfortunately, so far, I haven't found that they cure baldness.

B12 is another must, and I suggest that if one is over 60, ask your doctor for a B12 test.

In my experience, among its other benefits B12 may well counteract shingles, sore feet and some forms of stroke.

Added to that, celery juice, drunk straight, first thing in the morning, definitely reduces those aches and pains and as well, may chase away skin problems.

Whatever you decide is the best way to keep cruising in Winter, just remember that you are a Rolls Royce of extraordinary value, not a two-stroke lawn mower. So make sure that the fuel you place in your mouth is Rolls Royce suitable.

Many aches and pains can be removed with my mix of Remedial massage, muscle and spinal realignment, Bowen Therapy and Pranic Healing. I live 9 kms out of Nimbin in a delightfully nurturing environment. It would be great to see you.

Phone for an appointment on 0439-794-420.

Keep laughing. It's good medicine.

Lymphatic Drainage: Our body's built-in rubbish removal system

by Sonia Barton, Bowen therapist and Reiki master

The lymphatic system in our body is our "rubbish removal system".

When we carry too many toxins and waste products we can feel exhausted, and when we don't have a lot of energy we become prone to catching colds easily. In times like these, a lymphatic drainage treatment is very helpful.

This system has filter stations around the body much like sponges, called "lymph nodes". It contains lymph fluid which flows through these and the nodes retain "bits" that need to be dealt with and broken down, eg: bacteria, waste products, etc. When the nodes become congested, they need to be cleared.

In Bowen therapy many of the Bowen moves are made near those lymph nodes. The moves work on structural realignments of the body and, at the same time, placed in a particular sequence, they initiate lymphatic drainage. So every time you have a treatment you are getting lymphatic drainage as well as a body realignment.

We can all get swollen feet or ankles from being on them too long, or when we live in a warm humid climate. But many people live with lymphoedema, the constant swelling, usually in limbs,

which is uncomfortable, restricting, unsightly and can be an invitation for infections.

Lymphoedema is the result of an impaired lymphatic drainage system which can no longer remove the volume of lymphatic fluid within a given area of the body.

This lack of normal drainage produces tissues that are filled with protein-rich stagnant lymph. If there is even the slightest break in the skin, bacteria can enter and thrive in this fluid, reproducing quickly and causing serious infections that can spread rapidly. People with lymphoedema are particularly at risk for cellulitis, an infection of the skin, usually in the lower limbs.

It has been found that Bowen therapy can be very helpful for lymphatic drainage.

The gentle movements in a Bowen session stimulate lymphatic flow and drainage. The therapy activates the body's fluid circulation that helps remove toxins, fats and aids the re-absorption of inflammation and oedema (fluid retention) through the lymphatic system. The fluid cannot be simply drained with a needle and may not improve if you take "water pills" (diuretics).

The immune system is also boosted by increased lymph



flow and this addresses symptoms such as bronchitis, sinusitis, tonsillitis, laryngitis, acne, and eczema, chronic fatigue, Ross River fever, glandular fever, fibromyalgia etc. Lymphatic drainage relieves pain by reducing fluid pressure or congestion on nerve endings and speeds up healing in the body.

After a Bowen session the body is feeling much more relaxed, balanced and generally has a feeling of wellbeing. It is better able to cope with stress, fatigue, emotional shock and the loss of physical activity caused by pain and injury, all of which can overload our lymphatic system.

If you would like more information call me for a friendly chat on 0431-911-329. I work in Nimbin and Byron Bay.

BowenEnergyWork.com.au

Natural Law

by Helene Collard

Namaste. The Spirit in me sees the Spirit in you.

Seekers of spiritual growth and wisdom are encouraged now.

As Reiki Master Karyn Mitchell PhD says, "The physical is finite, whilst the spirit is eternal".

When we view life through the lens of Spirit, we access the universal library of all time, and all dimensions, also known as the 'Akashic Records'.

Through the lens of the Akashic Records, you are not the other, the oppressed, of this race or that. From this all-encompassing lens, you are everything. You have experienced every story, been every colour, skin and every gender.

The lens of Spirit is inherently inclusive, and when we actively weave this truth into our knowing, we experience a greater felt sense of sovereignty and belonging. In addition, meditation with spiritual knowledge evokes the deep knowing within, that we are indeed, one family.

There are five principles in the Reiki Healing System, and students of Reiki contemplate these daily, as a guide for living.



The fifth Principle is 'Show Gratitude to Every Living Thing'.

For this month, spend some time in spiritual contemplation, and practise feeling and seeing yourself as One with every living thing – plants, land, animals, sky, spirit, water, and of course other people.

You are all my relations. All is One.

Yemaya Centre offers:

Reiki Treatments; Reiki Courses; Yogalates; Craniosacral Energetics; Shiatsu; Yoga Deep Immersions; Family Constellation; Astrology; Art Therapy and much more.

Visit: www.yemayacentre.com.au for more information.

A plan for entering and exiting this life?

by Auralia Rose

Did you know that you came into this life with a pre-birth plan? And an exit plan?

Like it or not, you choose everything, including your parents, siblings, partners and all the important people in your life.

You choose all the things you wish to experience, the goals you wish to meet, challenges to overcome, karmas to clear.

You establish this plan before you are born with the help of a spiritual council of wise elders which includes your Higher Self and Guides.

You discuss the life ahead of you and are given the choice of a few different lives to pick from.

We all take turns playing different roles, for instance in one life we may choose to be murdered and in another we will volunteer to be the murderer.

We may choose to be dumped by our lover and in the next life be the dumper.

Switching roles is vast and complex and often linked to karma; certainly our roles are designed to provide us with the greatest soul growth in any one lifetime.

After the plan is in place, we are born and forget the plan and who we truly are. As we go through life, free will gives us the ability to create any reality we choose to live, however we are meant to experience certain things.

Because of that, I believe some things



are out of our control.

For example, if you are meant to experience a certain illness or disease, you will manifest that illness.

If you are meant to experience a disastrous relationship, you will attract that person into your life.

Your guides also create synchronicities to trigger certain things in you and guide you on the best path to help you master your goals.

It does seem rather unfair that when we enter this life we forget about our past lives and the plan we made with our spiritual council.

Why do we forget? The wonderful regressionist Dolores Cannon says, "It wouldn't be a test if you knew the answers."

You can get more expansion by forgetting, it is an integral part of the cycle. It's how we truly get to know ourselves and fully live the current life we are living.

Just as we come into life with a plan, we also have a plan for our exit. There are various reasons why a spirit decides it is time to depart the physical.

It is usually because it has completed its goal, its plan, and worked out all the karma that was necessary for this lifetime. In this case there is no need to continue.

In other cases, it decides that other people will progress much faster if they are out of the way. In these cases, the spirit decides to forego its own further development so that others who are too dependent can evolve faster.

Once the soul has decided it is time to leave the physical, it will arrange events to exit stage left. I have always believed that you exit this life when you are meant to, not a moment before.

At this very important time in Earth's evolution, many of us are remembering who we are and why we came. I feel it is very important to find out what is truly going on in our world and what our role is.

A 'Between Lives' session can awaken you to your abilities and provide more insight about who you are and why you are here.

I offer this as my perspective from the thousand-plus sessions I have facilitated, but please just take only what resonates with you and disregard anything that doesn't.

www.auraliarosewellbeing.com
Phone 0422-481-007