

NIMBIN BOWLO

25 Sibley Street Nimbin
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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



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All our links are clickable in the web edition.
Visit www.nimbingoodtimes.com and click away!

Mango season



Food Matters

by Evie Fairley

Look above at dusk to see countless fruit bats travelling to all the local fruit trees brimming with delicious summer fruits.

The fragrance of a ripe mango must fill their senses with delight, and while they are busily devouring the fruit

out of reach, many of us can enjoy the abundance of this local tropical fruit.

At the Nimbin Organic Food Co-op we have many mangoes to enjoy, so here is a recipe or two to tantalise your taste buds and enjoy the fruits of the summer season.

Mango salsa (vegan)

- 1 clove minced garlic
- 1 jalapeno chili cut lengthwise and seeded (save the seeds and grow some more for the following summer)
- 5 mangoes, pitted and peeled
- ¼ cup coriander leaves
- ¼ red onion
- 1 red capsicum
- 1 tbsp fresh lime juice
- 1½ tsp granulated sugar
- ½ tsp salt

Mix the lime juice, salt and sugar together. Chop all the remaining ingredients into bite size pieces. Mix together in a bowl then drizzle the lime juice mixture over and stir through.

Serve with tortillas or corn chips.

We stock locally-made Dona Cholita

corn chips and tortillas which have been made with a process known as nixtamalisation, where the corn is soaked and cooked in an alkaline solution, usually limewater, then rinsed and hulled, which removes up to 97% of aflatoxins from mycotoxin-contaminated corn, and makes more nutrients available.

And then for something sweet... you will need only three ingredients for this super easy treat:

Mango ice-cream (vegan)

Mangoes

Full fat coconut milk

Pure maple syrup (we stock this in bulk so bring your own jar).

Add mangoes to a food processor and blend a little, then add the coconut milk and maple syrup and blend until smooth and creamy.

Pour mixture into a freezer-friendly container and chill until firm and scoopable.

Enjoy on its own or with other summer fruits.

IRANIAN (PERSIAN) HERBED EGG TARTS 'KOOKOO SABZI'

by Thom Culpepper

Of the many hand-foods of the Persian peasants, poets and dancers (the Whirling Dervishes), and despite the 'fire-games' of Alexander the Greek ('The Incendiary'), some have survived. One is the herbed-egg tart, Kookoo Sabzi.

Some gormless souls prattle on about the French-Hong Kong-Singaporean egg tarts, vanilla-sugared, kiddy-carer flimflam.

They need to drop this merde that perennially distracts them and in the pursuit of body/mind health, grow up and consider these herbaceous tarts to improve their gut welfare. And it may lead to a more adult/mature life-giving palate.

Food made its way, most hours, into the living world of the Persians. They had treasuries and larders provided with saffron, pomegranates, figs, various grains, rice, Emer wheat, millets, 'sweet meadow' (fenugreek), dates and fresh lamb, goats, yoghurts, various water fowl and plentiful wild game.

This made for a comestible heart-culinary to generally share in imbibed, life-giving enjoyment. For what is taken in today is tomorrow's walk and talk.

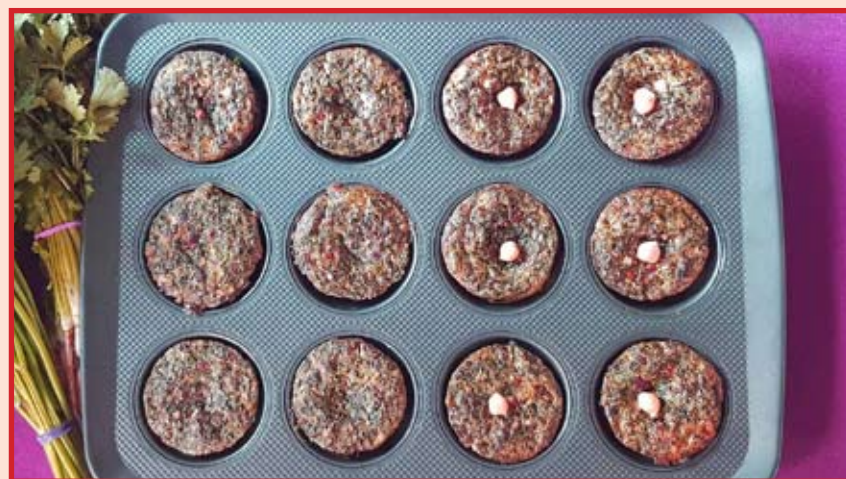
History

The Persian tribes, guided by Darius 1 at one stage, and with their dedicated Peace Imperative Collective, formed a phenomenal nation that has never been equalled in existence.

It was dedicated to the pursuit of art and creationist living, its only purpose being peace and the space for human creation-being.

That was until that Macedonian-vandal, Socrates' boy, Alexi the Incendiary, a low-life, middle-class army-jerk, a 25-year old product of the Greek tribal system, holocausted Persopolis, a city of great architectural and societal / political order, then said by all to be the most beautiful city on the known Earth.

The kitchens and cooks of that fabulous city did for the general plated



palate, beautiful nosh with a genius of tongue – food for free minds. Cultural Socialism!

Some of you currently still imbibe the mighty wine-grape Shiraz, a Persian grape grown since antiquity.

The Persians knew what they were doing, and still do.

Herbed Egg Tarts

Ingredients

13 or so eggs (12-15), to be baked in x12 or x15 'muffin' tray. (600 or 700gm eggs being the determiner).

Note: Get some laying hens and one cockerel-rooster, he helps in expanding the flock – you'll will need a trio at least.

A pinch of saffron added to the folded eggs

2 tbsp of olive, sesame, soy, peanut, safflower, grape-seed, avocado or macca oil.

2 bunches of at least 60grams, fresh cilantro (coriander), finely chopped, stems included

2 bunches (60 grams) of flat-leaved parsley (Leb/Italian/Continental), finely chopped, stems included

1 bunch of spring onions, (eshallot, scallion), finely chopped

2 level tbsp crumbled dried fenugreek leaves (Box Hill Shop has this goody, Coles has the frozen stuff)

2 tsp wheat flour or buckwheat flour or spelt flour

1 tsp baking powder

Cooking salt and fresh ground black pepper.

Method

Heat a 250mm skillet, add a smidgeon of oil and wilt cilantro, parsley and shallots (3 minutes), let them cool.

Oil a 12-15 cup muffin tray (egg size dictates, 600-700 gam is of import (especially for prize-winning bake-offs))

Whisk eggs (gently), fold in the fenugreek leaves and wilted herbs, baking powder and flour choice, season.

Load muffin tray evenly with the mix.

Preheat oven to 180°C. Bake tart mix for approx 20 minutes. De-pan tarts, rack and cool slightly.

Serve with Iranian rice salad, green fava bean salad, or as a side to saffron/rose petal roasted goat/lamb with pistachio, figs basted with pomegranate, molasses and cumin.

Moroccan fish with Persian rice is in my sights for March.

Any brickbats or a pot a' fleurs? Email to Thom C...

Addendum

Fancy a gratis lunch? A Covid-21 free nosh? All is under ultra-violet care.

From now on, I will share the published lunch free with two readers, including a house red or an in-house surprise.

Send a note to me in 20 words if interested, the address is below.

Peace comrades... Peace.

thewholeearthveg@gardener.com



Weed Words by Triny Roe

Why does everyone think it's a weed and want to get rid of it, when it's some of the tastiest bush tucker around? The orange globular fruit are sweet and juicy, the young leaves can be eaten raw, and this hardy plant grows prolifically in the local bush. *Maclura cochinchinensis*, known colloquially as cockspur, is in the family *Moraceae* and related to figs and mulberries. It is a slow-growing Australian native thorny vine found in tropical and sub-tropical forests, both

the wet and the drier ones. With a large range extending from south of Sydney along the eastern coast to Far North Queensland, cockspur also grows in many parts of Asia including the Himalayas in India, Malaysia and China. It has been used for centuries as a dye and in herbal treatments to treat fevers and coughs. Chemical assays have isolated compounds with anti-inflammatory, antioxidant and anti-diabetic properties. The heartwood of roots and stems is used to produce a yellow pigment for soga-batik, highly prized by

It's not a weed

Javanese nobility. Different colours are also produced when it's mixed with other plant materials and mordants. Traditionally harvested from the wild in Indonesia, cockspur is facing extinction on Java and is now imported from Irian Jaya for the needs of batik makers. With separate male and female plants, cockspur will grow as a creeper in shady spots with trailing stems up to 10 metres long, weaving its way through undergrowth or climbing up trees. In sunny and open areas, its habit is a wide straggling shrub. Mature leaves are 3 to 8cm long, oblong to elliptic with a pointed tip. Juvenile plants look very different from mature specimens. They have much smaller leaves and the thorns are longer than the leaves. The bane of bush regenerators, the sharp thorns clutch at clothing and their tips can remain in fingers after stick injuries.* Take care working around this plant as the thorns, which can grow to 2.5cm, can pierce gloves and even rubber boots. While some people remove cockspur completely, this misunderstood plant is

an important part of the ecosystem. As tracts of lantana are cleared, the wildlife that lived there previously is impacted. A thicket of cockspur creates valuable habitat for small birds who can nest safely among the thorny stems, protected from kookaburras and other predatory birds. Cockspur is also a host plant for the Common Crow butterfly and, of course, the delicious fruit provides food for a host of wildlife including birds and lizards, not to mention foragers. They are ripe right now. With long flexible stems, cockspur can be pruned and trained to form an impenetrable hedge to contain stock or keep out intruders. Or encourage it to climb up a tall tree to get the spiky bits out of the way. Bougainvillea is a popular garden plant, and it has thorns. So keep your cockspur. It's one of the good guys. Happy weeding. * A poultice of treacle and salt on a cockspur wound will draw out the tip and toxins. NB: I am not a doctor so not qualified to give medical advice, but have used this bush remedy since I was a child. It will also draw out glass.

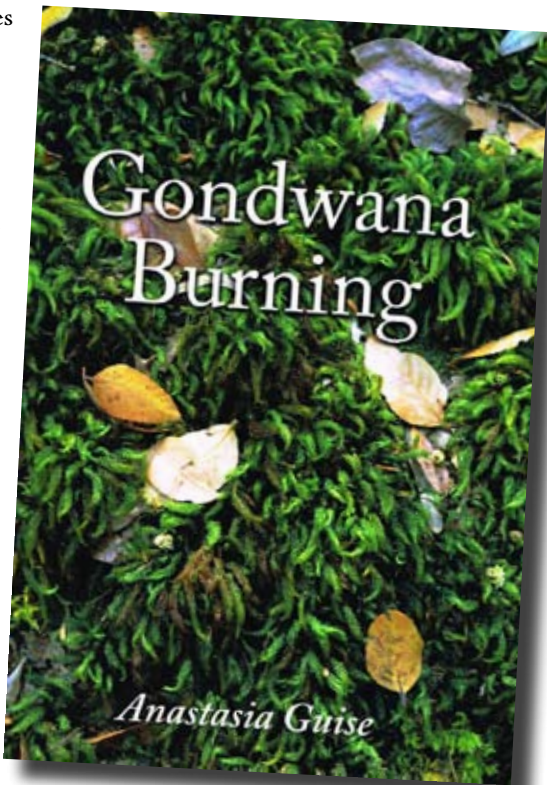
Essays eyeball the abyss of immovable mistakes

Book Review by Katinka Smit

Gondwana Burning by Anastasia Guise

Regular readers of the *Nimbin GoodTimes* will remember Anastasia's sincere and insightful meditations on sustainable living over recent years. No longer content with living to counteract the greed of others, *Gondwana Burning* is the author's call to action, a plea for us to join her. The titular essay of this collection lays out in grim yet lyrical detail the events of last summer's fires. It's a sobering read. She does not shy away from the devastation that is at once ecological and personal. Her refusal to look away is the thematic core and strength of these writings, central to each narrative. With scientific knowledge and a lover's attention to detail, she walks us through places she loves, doing the hard thinking that we all must do at some time. Each essay is grounded in place; from mountain tops through forests to tidal lakes, we traverse our damage, confronting the enormity. Grief, despair and disbelief spiral through concise descriptions of habitats human and non-human. Yet the wonder, her deep and abiding love for earth and all it contains – even us, the destroyer – is rooted at the heart of every inquiry. Short, snappy pieces cover a range of subjects. 'Greenwash and Scapegoat' questions dangerous divisions created by the idealogues called out in the author's introductory note; 'Narwhal' regards patriarchy with compassion, focusing ecocide under that gaze; 'Let Them Eat Mangoes' proves humanity is

ripe for change that celebrates life. But her thinking and writing really shines in the longer essays. Placed on country, seasoned according to it, populated with real people and living landscapes, we experience the local, historic events that evidence our unmistakable impact on the planet, the ecological reality described in scientific terms personal and readable. 'A Hard Rain' zigzags between the ordinary and the extraordinary, from a biology lab classifying local rainforest flowers to the cyclonic rain filling every crevice of land and mind. 'Trouble in Paradise' wades through the quagmire of community prosperity and its unintentional ecological damage at Hearn's Lake. *Gondwana Burning* travels through deep time, tracing the evolution of Earth, its changing shape and our remaining living record of that continental shift, the irreplaceable, fragmented Gondwanan rainforests where rare and wondrous species teeter on the edge of extinction. She eyeballs the abyss of immovable mistakes we have made to lead us to this point, where life on Earth is in grave and very real danger. These essays are not manifestos: there is only one narrative that could be read as solutionist. Yet the feelings stirred by



reading them are revolutionary in nature. If you want a call to arms to change the world, this is it. Copies of *Gondwana Burning* are available for sale at the Book Warehouse Lismore, Alternatives Bookshop, Bellingen, and soon from the Nimbin Environment Centre, the Green Bank Nimbin and the Lismore Environment Centre. You can also buy copies directly from the author on-line at: www.facebook.com/anastasiaguiseauthor or at: <https://anastasiadeguisse.wixsite.com/author>

Market talk series

Blue Knob Community Market is hosting a series of talks on market Saturdays once a month, and have finalised their program for the year. Clip and keep it. All Talks start at 10am and are gold coin donation.
6th February: Seed Saving with Steph with Stephanie Seckold
6th March: Useful Native Plants with Andrew Readford, RnR Produce
3rd April: Seedlings and Your Winter Garden with Greg James, Tutti Frutti Farm
10th April: Trash 'n Treasure
1st May: Building Your Own Kit Yurt with Brian Forbes, Useful Yurts
5th June: Bee Keeping For Beginners with James Creagh, plus Trash n' Treasure
3rd July: Amazing Mammals with Jo Cabale, WIRES
7th August: Gardening, work wiser, not harder with Janaki, Garden Goddess and Bush Regenerator
4th September: Funky Fermenting with Louise Plant, 3H Farm
2nd October: Local Birds of Interest with Jo Cabale WIRES, plus Trash n Treasure
6th November: Recycling Everything with Janaki, Garden Goddess and Bush Regenerator
4th December: Reptiles with Jo Cabale, WIRES
For information or stall enquiries, contact Louise on 0418-940-653.

Plant of the month



Kadam *Neolamarkia cadamba*

Selected and photographed by Richard Burer

Kadam or Burflower tree is having the most beautiful season this summer. The perfumed scent in the air is somewhat intoxicating, and it is no wonder why this tree is so highly regarded, it truly is beautiful, large, straight, hardy and strong with hundreds of stunning fruits, so delicate and unusual. It can often be found planted as an ornamental tree in temple precincts in India, as it often features in Indian religion and mythologies. Its flowers are used in perfumes such as Attar. Common in south and south-east Asia, this tree is very useful for conservation projects, timber, paper-making and as an ornamental street tree. It's one of the most frequently planted trees of the tropics. It grows pretty big, but I find it can be planted in the garden pretty much anywhere, but it really deserves to be a feature and it's particularly hardy. Planted trees will take some years to flower. It doesn't like frost.

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

Bipolar disorder from a higher perspective

by Auralia Rose

One of the reasons I love being a Past Life Regression and Quantum Healing therapist is that I get to delve beneath the surface of people's ailments.

There is always a higher perspective to everything we experience in life, and I find it so very interesting and satisfying to help someone understand what their soul requires for their learning and growth.

In one recent Quantum Healing session, a lady was wanting to know the underlying cause of her brother's bipolar disorder. This is what Dr Taryn Crimi had to say in her paper 'The Angel's Perspective on Mental Disorders' (2013):

"We see this as being a chemical imbalance, which although not hereditary, is commonly found amongst family members. Not because it is passed through the cells of the parents to the child, but rather because the beliefs that are passed and shared within the genetic line.

"On a physical level, a person who experiences the wide fluctuation of emotions due to the chemical imbalance known as bipolar disorder lacks the body's ability to maintain and balance chemicals at a constant steady rate. Their brain usually suffers from dehydration. Water serves to balance and maintain.

"A healthy human's brain will release chemicals based on the stimulation that is detected by the five physical senses. When you encounter a frightening experience, your brain will send a signal to secrete an extra amount of adrenaline that may be required to help you to respond in an appropriate manner.

"However, with a person who suffers from bipolar disorder, the brain does not properly monitor the secretion of the numerous chemicals that are responsible for their moods.

"There is a large correlation between not enough water in the brain tissue and its inability to properly balance and monitor the secretion of numerous chemicals responsible for large mood swings.

"Simply drinking more pure water is insufficient to restore the imbalance and brain function of those with bipolar disorder, however we do highly recommend that those who suffer from this



imbalance drink at least ten glasses of water per day.

"This alone will not generally resolve the chemical imbalance, although it will significantly impact the severity of the mood swings generally associated with bipolar.

Even those who do not have this disorder will find that when they have neglected to drink enough water throughout the day, their mood will be dramatically affected.

"This is the physical explanation of why a person experiences bipolar disorder. However, as always, nothing manifests in the physical before manifesting on the spiritual and emotional planes of existence. Those experiencing bipolar disorder

often are holding onto very many conflicting beliefs.

"A soul will often choose to incarnate into a family whose conflicting beliefs match their own which have been carried

over from previous lifetimes, in order to try and heal them and end their mental torment.

"Medication balances these huge fluctuations in mood, simply because the physical is being artificially balanced by forcing the brain to emit a slow steady amount of chemicals.

"However, it is not able to balance the problem at its source. This would require a balancing of the spiritual and emotional bodies.

"Energy work would be particularly helpful for these people, as well as a strong focus of healing and detoxification of the emotional body to release the stress held in the emotional and physical bodies."

As always, it is a choice made by the soul before incarnating to gain another experience.

The reality which we have chosen to incarnate into is filled with many unique opportunities for growth that simply cannot be found anywhere else.

You may find more information on Past Life Regression and QHHT here: www.auraliarosewellbeing.com phone 0422-481-007.

How to negotiate with bull ants

by The Toddfather

Years ago in a small place of Earth I called home, I and my tribe were under attack from what we wrongly perceived as enemies, the amazing bull ant. But that was all bullshit.

For a while an individual bull ant represents an individual neuron, the connected earth being that is the bull ant's nest, makes up a mind of great complexity and subtlety.

Our human-centred consciousness often fails to appreciate the nest of bull ants is easily as complex and varied as ourselves.

When encountering such nebulous beings, we find ourselves with an opportunity to communicate from the heart.

When comforting my daughter with vinegar and hugs after the latest assault of a bull ant, not knowing



Myrmecia is a genus of ants first established by Danish zoologist Johan Christian Fabricius in 1804. The genus is a member of the subfamily Myrmeciinae of the family Formicidae.

that my daughter was not an invader, but merely a curious Earth wanderer who had stumbled into the wrong address.

As a caring parent, I found myself channelling negative feelings toward the blameless bull ant, who was naught but fulfilling the purpose as defender of the nest queen, much like the mindless minion of the capitalist government.

However, after a smoke and reflection on the veranda, I realised the cerebral being could be negotiated with.

At that moment a solitary March fly landed upon my

arm, as if the earth itself were sending me a message.

Those of you familiar with March flies will know that a single blow that would dispatch a normal fly will simply stun the more indestructible March fly.

However, I sensed an opportunity in which my desire to protect my tribe and the nest's desire to protect itself, could find synchronicity.

Picking up the stunned March fly by its wings, I

walked mindfully toward the nest, centering and earthing myself, and asked permission from the nest to negotiate.

And while the March fly was sacrificed, I was reminded of the Vedic tradition; I was connected to the divine.

I offered a mutually beneficial arrangement in that from now on, whenever I was assaulted by a March fly, I would bring the bounty to their nest – a peace offering to nourish their nest – in return asking that they would refrain from assaulting members of my family from now on.

And so began a binding truce between my family and the wonderful being that is the ant's nest.

Since then, myself and my tribe have both enjoyed communing with the bull ants as they go about their day, both of us unafraid and appreciative.

Animal communication can change your life!

by Donna Connolly

I understand that this is a hell of a statement. However, I personally know it to be true, and have had the privilege to witness some extraordinary moments.

Getting your animals' perspective and a greater understanding of their purpose in your life, including the lessons and patterns, can be life altering for you and them.

Animals are highly evolved sentient beings; they are here to assist us and the planet to evolve. Some of their lessons and behaviours can mirror what is happening in our lives, and sometimes it is to get our attention in order to assist us out of destructive thought-loops and situations that no longer serve our higher purpose.

There has been a really strong theme with the clients I have read for recently: that is domestic abuse and violence. In one case, the dog lived with the family in order to show the woman that she deserved better (this dog lived outside, chained etc). It wasn't until she realised that the best life for this gorgeous dog was to be re-homed that she understood that she too needed to look for other accommodation.

Another case involved a woman from another country; her beloved, brave dog was tortured and killed in front of her so that she should fully see her life for what it had become. In both of these situations, the "family unit" appeared normal to the outside world, including the perpetrators.

This particular dog came through loud and clear to say how brave the lady was, and it wasn't her fault. In fact it was a soul contract they had signed prior to this lifetime. It was about self-worth and self-love.

Our session allowed the woman to start processing the immense grief and sorrow she had been carrying. This gorgeous dog still works with her guardian as a spirit guide from the other side.

Sometimes animals come to us to assist us with understanding our illnesses, and in some cases become surrogates by testing likely medications, cures and outcomes.



Donna and Mitzi

I have met animals with diabetes, asthma and many other human disorders and disease. Quite often it will be our relentless search for their well-being that we end up discovering our own!

I find if there is an animal with anxiety, there is nearly always a person suffering the very same. Anxiety and depression can be debilitating, and animals are wonderful at assisting their guardians through the hard times. The common thread is the unconditional love that animals bring in abundance.

Some animals can literally change your life by virtue of their needs and requirements, based on their issues and quirks. Exercise and enrichment is a necessary part of an animal's day, big or small.

Our whole lifestyle can change and adapt, leaving us with more time and energy to just be. Something humans seem to struggle with in this day and age.

Usually our idea of a misbehaving animal can actually be an incredible lesson for us. Nearly always the behaviour stops once it has been addressed and understood. For example; there's been dogs with incontinence. The Guardians believe they are doing it on purpose. During the session we uncover an underlying bladder

infection, which is taken care of within a couple of weeks.

Another area where extraordinary change can occur is with allergies, skin issues and dietary matters. Usually by the time I am consulted, most people will have tried everything. These sessions really can be life-changing. The proof is in the healing and changes, sometimes dietary changes can bring about behavioural differences too.

For me the most beautiful moment is when the human "gets it", and the animal sits quietly in the corner like 'Yoda' or literally is so excited they do happy dances. I love my job and the ability to bring the animals' messages and wisdom out into the open.

Bottom line is animals come to us to help make us better people. Have you ever wondered what your animals' purpose is in your life? Because I guarantee you there is one!

Would you like to learn more and have a better understanding of your fur-friends? Everyone has the ability to communicate with animals. We have Introduction to Animal Communication Workshops coming up, and practice days.

Check out our workshop page: www.rivergem.com.au for more details, and connect with us to go on the mail-out lists, so you are the first to know.

The rising costs of keeping horses

by Les Rees

I'm constantly appalled by exorbitant prices of all things related to the horse industry. It often appears as if it's a licence to print money!

Social media is full of advertising promising that their products are the best thing since sliced bread. But if you read behind the lines and are willing to do a little research, you often find that it's the same old product with new packaging and a promise of increased benefits for your horses.

Has anyone else noticed that rugs have shot up in price? Most are shoddy goods with a made in China tag on them made in with an obsolescence of less than a season. Many fall apart quickly because they're badly sewn, particularly around the seams, and are often made with materials totally unsuited to the rigours of horse wear.

Amongst the worst offenders of charging exorbitant prices has to be found within medicinal supplies industry, and the sky is the limit as far as some of these items are concerned. It's due to the in-your-face advertising via social media. All you have to do is to click on something and your interest is noted and every day you'll receive unwanted advertising relating to your



collected data.

If that isn't enough, many of the big companies post stories of how successful their products are. If you see them often enough you'll eventually be persuaded to make the purchase.

Just recently I've had concerns about the frequency of Hendra vaccinations pertaining to the duration of time between boosters. Whether you believe in vaccinating or not, if you want to compete in any sports, your horses have to be vaccinated. Also, if they're not vaccinated a vet can refuse to look at your horse if it becomes sick or has an accident.

The frequency of vaccinations for horses against Hendra virus (HeV) is set by the Australian Pesticides

and Veterinary Medicines Authority (APVMA). When the HeV vaccine was first released, in November 2012, on the advice of the CSIRO Australian Animal Health Laboratory, the APVMA approved its use as an initial vaccination (two doses) followed by boosters at six-monthly intervals.

In May 2016 the required frequency for the boosters was increased to 12 months, representing an on-going saving to horse owners. This was based on data supplied by the vaccine manufacturers who tested the antibody responses in a herd of horses at James Cook University to study the fall-off rates in their immune responses following the revised (12-month boost) regime.

Some horses showed higher

residual immunity than others after the second 12-month booster, raising the possibility that "extension of booster intervals beyond 12 months... could be possible", but that "any extension (of booster intervals) would need to be based on additional evidence of persistence of immunological memory (to the vaccine) in a larger horse population".

Unfortunately, at the present time such an enlarged (and longer duration) study has not been carried out (so far as information is available) and so for the present we are left with no option but to conform to the APVMA requirements in order to satisfy the concerns of veterinarians attending our animals, as well as have peace of mind that we are doing our best to protect them against Hendra virus.

Is it any wonder that so many people are choosing not to continue vaccinating their horses when you consider the cost involved for each horse? When the duration was six-monthly, it cost \$1,000 per year for four horses. Fortunately now it has been halved. Imagine how much it would cost if you owned a string of sport horses!

It would be useful if a new study could be initiated soon, but I'm not holding my breath.

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by Suzy Maloney

A horse spends 17 to 18 hours per day eating. Can you imagine how strong their jaws are? Plus, they have nice big teeth at the front of their mouth, perfect for nipping other horses...or people.

A biting horse can do serious damage, so this is not a behaviour to be taken lightly. If you are a beginner with horses or are nervous and feel in danger, I recommend highly that you call in an equine professional to help you deal with this behaviour. If you feel you are up for it, read on.

First, it is a good idea to try and work out why the horse is biting. This is where we wish horses could talk with words, because it is not always easy to discover. See if there is a particular situation where your horse bites, any predictability to the behaviour. If you know the trigger, things are a bit clearer.

For example, if your horse bites when you touch their belly, the job is

Horses that bite

desensitisation of that area. If your horse bites when you are mounting, check saddle fit, style of girth, back pain/issues, how you are mounting.

If possible, contact previous owners and ask them about it. If a horse is a confirmed biter and has been doing it for years, it can take time to shift. Sometimes we never discover the root cause, and just have to deal with the behaviour.

At times being a horse person is like being a detective! For this reason and the safety issue, get help if you need it. If you feel you have eliminated all possible causes and the biting persists, it is time to train.

I never use food rewards with a biting horse until the biting has ceased. We do not want that mouth coming to us for any reason, and sometimes giving treats by hand is where it all started. Once the behaviour is under control, food rewards can be re-introduced after the horse has learnt to turn their head away to receive them.

When I work with this issue, I start by doing some connection work first, some yields, walking or circles help the horse and I tune into each other. Then I stand beside the head in a normal position and wait for them to bite. When they do I have the point of my elbow ready to lift and they bump into it. I do not move; it is the horse's choice to bring the head around for a nip or not.

I sometimes do this alone, and sometimes add a verbal reprimand. Horses hate a deep, guttural growl. I do not hit horses ever, and I find their dislike of the growl is enough anyway. If you hit the horse, you are reinforcing

to the horse that humans are not good to be around, plus it is ineffective anyway. We want to deal with the behaviour and develop a trusting, respectful relationship at the same time.

Then the important part, when they stop trying to bite, I praise and lavish on the love. It is so important not to just reprimand, there must also be a reward for the correct behaviour. Sometimes people are so busy correcting a negative behaviour, especially a dangerous one like this, that they forget to give the good stuff when the horse is *not* biting.

Ideally you want more of this than the correction. It also ensures that we soften and relax between the reprimands, otherwise it can be an incredibly stressful procedure for both human and horse.

At the end of the day, biting and kicking humans is an absolute no go, we humans are much too soft and squishy for that. Being in a good relationship with a horse does not mean being a wimp. No horse will respect you if they think you are weak.

I have zero tolerance for biting and kicking, and make this clear to the horse at the start of our relationship. Horses respect me for setting my boundaries, just as another human would.

PS: New Bitless Pony Club starting up in March, more info in the next article. Please contact me if you're interested.

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What is matrescence?

Doula Wisdom

by Kirrah Stewart

Have you heard of matrescence? It has many similarities to adolescence.

In the 1970's, anthropologist Dana Raphael coined the term matrescence: "The time of becoming a mother". It is used to describe the physical and emotional transformation that mothers make when a baby is born. The transition also greatly affects partners and family members.

Some of the similarities between adolescence and matrescence:

- Hormonal shifts;
- A change in identity;
- Physical changes; and
- Feeling uncomfortable.

The hormone changes, unfamiliarity, and the time it takes to transition physically, mentally and emotionally don't happen overnight. Just like with adolescence, there is no 'going back' to the old self. Every single aspect of a new parent's life has changed to some degree. It's normal to have new perspective and new passions and this transformation takes time and support.

There's an excellent TED talk called 'A new way to think about the transition to motherhood' by Alexandra Sacks. It really helps put



words to what many are thinking and feeling as they transition in postpartum.

Everyone understands the awkwardness of adolescence, but for some reason matrescence is poorly understood and people expect new parents to breeze through this transition looking 'happy and in control'.

During postpartum, many people have worries that come up, like "Is this normal?", "What if I'm not enjoying this?" or "Do I have postpartum depression?"

It's really important not to dismiss these feelings. Saying "You're fine!" doesn't address the huge transformation new parents are experiencing.

It's important that we normalise the enormity of the postpartum transition.

It can be really difficult to balance changing family dynamics, juggling motherhood and independence and coming to terms with how things really are versus what you thought they would be.

Reproductive psychiatrist Alexandra Sacks explains matrescence as a 'push and pull' concept. New mothers strive to bond with their baby, understand their needs and make their baby the centre of their universe. This is the 'pull'.

The push is the flip side of that, where the mother is trying to re-frame this

new life she has within the context of her identity, relationships, career, interests and her own physical and emotional needs.

"When women find themselves feeling lost somewhere between who they were before motherhood and who they think they should be now, many worry that something is terribly wrong, when in fact this discomfort is absolutely common."

– Alexandra Sacks

Author Amy Taylor-Kabbaz talks about this as an Inner Split, "the phenomenon of being both completely smitten with your baby, ready to give everything to protect them, and at the same time, still be you". It can be really uncomfortable to feel two opposing things at the same time. We need to acknowledge this and be supportive of the process.

Becoming a parent is a huge transformation. We need to talk more about the emotional shifts and to allow space for parents to make this transition. The right support makes ALL the difference!

If you or someone you know would like more support for the postpartum transition, please reach out!

Visit: www.doulawisdom.com
or text Kirrah on 0429-308-851.

Listening and hearing

I'm intrigued by the way in which we get a sense of unseen other people through the narrative of the people talking directly with us. In literary terms, this is known as narrative empathy, and it may be because my first degree was a major in English Literature that the idea fascinates me on several levels.

A while ago, I was listening to a man describing a few ex-girlfriends, and I could barely get any real sense of the personhood of these women. It dawned on me that my feelings of disquiet had a lot to do with this man's own lack of a sense of the "otherness" of the women. If they were characters in a novel, they would be like wraiths, with no substance. We speak, after all, much as we experience.

We fill in, with our imaginations and felt sense, what we think is going on in another person's mind when we listen to them speak or write or otherwise depict the object of their interest. If a person's focus is on outward appearances, as it was with the man described above, we get very little information on what these other people are actually like. It's sort of

like flicking through a *Vogue* magazine where women are objectified; nothing more, nothing less.

This man, who did not have a real sense of the subjective nature of his ex-girlfriends' experiences, could not understand the effect his actions had on them and the not knowing caused him and, presumably them, real distress. His lack of empathy seemed to be generated by an unawareness of the subjective presence of others.

This, I think, was the result of being thrust into an adult world when he was still a child. We develop much of our capacity for empathy through peer contact in a casual environment where ideas of relationship are tried and tested and tried again, and he didn't have much of this. He was forced to grow up too quickly.

Getting a sense of how others are feeling is a sign of emotional intelligence, and it is the capacity for empathy. Not "hearing" how others are feeling means that they don't really get a sense of what they themselves are feeling.

This is not to say they have no feelings, but rather can't identify what's going

on within themselves and in the behaviour of others and have difficulty adjusting their behaviour to make space for others' responses. There is a clinical word for this personality trait: *Alexithymia*, and being a trait, it is possible to learn, to heighten, awareness of the feelings of self and others.

When I was studying couples counselling in my Master of Counselling course, we did a lot of practice runs working with people who were not "hearing" the perspectives of the other person they were in a relationship with. We had them do a bit of play acting whereby each had to pretend to be the other person, saying the words they'd heard the other say.

This simple task quickly gave each person a felt sense of the other person and a bit of an awareness of other lives, other sensibilities, other perspectives.

A study needs to be done to investigate how such a technique changes the quality of "voice" in a person's narrative accounts of others. The quality of "voice" after all changes the capacity to "hear" another person, other people.



by Dr Elizabeth McCardell

When we speak of others, what we know of ourselves and how we perceive the other lives of the people we speak of, is reflected in the quality of our narratives.

To speak of others without feeling something of what another is feeling is to speak as if "tone deaf": there is sound, but not much content. To "hear" another allows us to speak of them in a deeper, fuller way.

The man I mentioned above could well benefit from psychotherapy, if he ever should wish it. The purpose of therapy here would be to learn how to fill out a life with reciprocated relationships that feel good, by recognising the felt being of others.

That makes for a life among others that is rich and fulfilling.

Elders explore our beautiful region



by Jenny Martin and Rebecca Ryall

For many of us, 2020 was a year of staying put and meticulously planning outings to ensure our own and others' safety.

At Nimbin Aged Care & Respite Services (NACRS), our staff adapted to the changing Covid regulations, ensuring our clients stayed safe and connected with their communities.

Our dedicated team responded to the rapidly changing conditions by adapting our services, limiting numbers and adopting new and more considered approaches to caring for our diverse client group.

We have continued to provide individual home support throughout and as conditions eased, from July we recommenced offering socially distanced social groups and bus outings to people living within 25km of Nimbin.

Our twice monthly bus outings – currently with reduced numbers – are a great way to connect with friends old and new while exploring the natural beauty of our area without the stress of driving.

The day includes a sociable morning tea at one venue, then a scenic drive to a lunch venue – you purchase your own morning tea and lunch.

Seats are booked in advance and the price is \$15, which

contributes to the cost of the HART Services bus for the day and the NACRS support worker organising the outing. This initiative is made possible by Commonwealth Home Support Program funding.

Examples of destinations visited include the Lighthouse Beach Café in Ballina, The Channon Tavern, Flutterbies Café in Tyalgum, the Lismore Blue Kitchen and the Byron Bay Bistro.

Wherever possible, a stop-off at popular viewpoint, some winter whale watching, or spring-time koala spotting and perhaps a ride on the Casino mini-railway will be included!

These popular day trips are available to frail aged people over 65, Aboriginal and Torres Strait Islander people aged 50 plus, and people experiencing housing stress aged 50 plus, and you need to be registered as an

Nimbin Aged Care and Respite Services
Based at the Bottlebrush Studio, Nimbin Community Centre

DROP IN SERVICES – Monday-Friday 10am-2pm drop in for a cuppa and a chat, use computers, or get help to access services and useful information.

- Device advice: Thursdays 10am-12.30pm, help with your phone, tablet or laptop, with Mark. Call NACRS or drop in.

SOCIAL GROUPS – all invite only:

- Weekly Tuesday Social Group at Bottlebrush Studio, 10.30am-1pm. Morning tea and light lunch (\$10)
- The Channon Seekers & Sages Group 3rd Thursday, 11am-2pm
- The Outsiders Group 1st and 4th Thursday, 11am-2pm
- Koonorigan Hall Social Group 4th Monday, 11.30am-2.30pm

For info on any of the above, call NACRS on (02) 6689-1709.

NACRS client.

If you or anyone you know could benefit from social support such as this, give us a call and we will arrange for our senior support worker to assess your eligibility for this and other NACRS support and home help.

NACRS employs local, experienced, trained support workers, all qualified to Cert III or higher (Diploma and Degree level) in Community Services, Aged Care Services, Disability Services or Social Services.

All of our support workers maintain First Aid, CPR, fire safety and manual handling certification, and regularly undertake further training and complete industry updates.

We are proud of our team and the valuable work we do within our communities, through the CHSP program, NDIS, HomeCare, ComPack and Safe and Supported at Home (SASH) packages.

NACRS, and all our staff, are a part of this community and, as such, value and respect our clients' right to privacy and confidentiality.

We welcome new prospective clients and potential support workers. Please phone 6689-1709 or email: jenny@nacrs.com.au

What is the psoas muscle?

The biggest factor in back and hip pain is frequently the psoas muscle. Many believe the psoas muscle is one of the most important muscles in the body.

The number of problems caused by the psoas is quite astonishing. These include: low back pain, sacroiliac pain, sciatica, disc problems, spondylolysis, scoliosis, hip degeneration, knee pain, menstruation pain, infertility, and digestive problems.

The list can also include biomechanical problems like pelvic tilt and leg length discrepancies.

The psoas primarily flexes the hip and the spinal column. At about 16 inches long on the average, it is one of the largest and thickest muscles of the body. This powerful muscle runs down the lower mid spine beginning at the 12th thoracic vertebrae connecting to all the vertebral bodies, discs and transverse processes of all the lumbar vertebrae down across the pelvis to attach on the inside of the top of the leg at the lesser trochanter.

The lower portion combines with fibres from the iliacus muscle, which sits inside the surface of the pelvis and sacrum, to become the Iliopsoas muscle as it curves over the pubic bone and inserts on the lesser trochanter.

What is the function of the psoas?

The psoas has a number of diverse functions, making it a key factor in health. The psoas functions as a hip and thigh flexor, which makes it the major walking muscle.

If the legs are stationary the action of it is to bend the spine forward; if sitting, it stabilises and balances the trunk. The lower psoas brings the lumbar vertebrae forward and downward to create pelvic tilt.

When we think of smooth, elegant and graceful movement in dancers and athletes we are looking at the psoas functioning at its optimum. It requires that the psoas maintains the pelvis in a dynamically neutral orientation that can move easily and retain structural integrity. This creates positions of the spine that require the least muscular effort.

What are common pain symptoms of the psoas?

When the muscle becomes contracted due to injuries, poor posture, prolonged sitting, or stress, it can alter the biomechanics of the pelvis and the lumbar, thoracic and even cervical vertebrae.

Typically, a dysfunctional psoas is responsible for referred pain down the front of the thigh and vertically along the lower to mid spinal column. Frequently the quadratus lumborum muscles develop trigger points, as well as the piriformis, gluteals, hamstrings, and erector spinae.

The psoas can torque your spine to the right or left, pull it forward and twist the pelvis into various distortions. Frequently one psoas will shorten and pull the spine and/or pelvis to our dominant side. The distortions of the spine and pelvis can also show up as a short or long leg. This all results in scoliosis and spasms in back muscles trying to resist the pulling of the psoas.

It can also pull the spine downward, compressing the facet joints and the intervertebral discs of the lumbar spine. The pressure can cause the discs to degenerate, becoming thinner and less flexible. This degeneration makes the discs more susceptible to bulging or tearing, especially



by Sonia Barton, Bowen therapist and Reiki master

with twisting and bending movements.

What keeps the psoas in contraction?

The psoas will stay contracted because of postural habits and trauma. The way we stand, walk and sit can distort the psoas. Sitting through much of the day causes the muscle to shorten to keep us bio-mechanically balanced in our chairs.

Unresolved trauma and stress can keep the psoas short and reactive. This is a primary muscle in flight, fight, freeze or fear responses to danger. When survival is at stake, it propels the body to hit the ground running. Until the psoas is released, the muscle may stay contracted and go into further shortening and spasm very easily.

Simple psoas tests

I can very simply test your psoas muscles to see if they are in balance and very easily re-balance them through gentle touches/messages during your treatment.

Afterwards you feel taller, straighter, more balanced and can experience less pain.

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

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Natural Law

Kapow!! January was explosive for some of us, facilitating uncomfortable, yet important change.

Bringing an exhausted relationship to completion isn't always easy. However, remember that endings are a natural part of life, and are neither good or bad. They just are.

Nevertheless, sometimes endings feel difficult. Recently I've practised ritual such as walking-meditations in nature and cacao ceremonies to deeply connect-in spiritually and intentionally.

In addition, creative expression, such as ecstatic dance and journaling, are therapeutic and have assisted to process a recent 'ending'.

Ritualising significant change in my life, connects me with all life – and reminds me of life's natural

cycles and seasons. This practice guides me to reflect on the relationship, to practice gratitude for the blessings and growth, and to acknowledge and feel the hurt.

These practices that bridge the spiritual with the physical, facilitate integration and transformation, around an experience of change, in a way that brings me into right relationship.

SPACE. When such an ending occurs, SPACE is created. This SPACE is SACRED, and need not be quickly filled.

For me, this SPACE is to recover and slow down. SPACE to ritual and release. SPACE to play, celebrate and laugh. SPACE to simply be in NOTHINGNESS.

This void is where all life begins and to where all life returns.

by Helene Collard

This month: ritual – honour – release and sit in SPACE.

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When things are not what they seem

by Tonia Haynes

A couple of months ago I had a visit from a new client, who had not been able to walk fully upright for nigh on four years. He walked in the door swaying from side to side, like a boat on rocky seas.

He had been a relatively fit man until 20 years before, when he had an accident and damaged the nerves in one of his legs. As time went on, he became more bent in the back and the legs and walking had become a bit of a challenge.

A visit to a physio had brought him no result and he was puzzled that a leg, which had been injured 20 years before, could still have such an extended effect on the rest of his body.

An hour and a half later, he was amazed when he got off the treatment table and discovered that he could now walk upright with ease.

He still had the limp in the leg, so I suggested that he once more visit a physio to strengthen the muscles that had been switched off since the accident.

Muscles, due to physical and emotional stress, do actually switch off and at times they need a physical kick-start to encourage them to work again. In this case, the psoas; a pair of muscles that begin in the spine and extend diagonally through the body, where they attach to the top of the legs, had been switched off for goodness knows how long.



The job of the psoas is to lift and extend the leg, and when it's not working the results can create havoc with many other associated muscles and also, at times, the digestive system.

This time the physio treatments were successful and the client is happy to do the required exercises, because now that all muscles in his body are once again switched on and happy to work as they should, he is receiving on-going positive results.

I live in a cabin 9km from Nimbin and work from home. If you think I can assist you with a mix of spinal and muscle realignment, remedial massage, Bowen therapy and pranic healing, it would be a pleasure to see you. For an appointment, phone 0439-794-420.

Love and light.