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Organic Food Co-op news

Food Matters

by EaLa

With escalating food prices, it's the perfect time to get your hands in the soil.

Here at the Nimbin Food Co-op we stock a wide variety of Greenpatch Organic Seeds, grown on the Mid-North Coast of NSW.

They grow 230 varieties of open-pollinated certified organic seeds, with a handful of organic seed growers throughout Australia to support them.

Greenpatch Organic Seeds have been certified organic since 1993 with Aus-Qual.

So why grow vegetables and herbs from seed?

- Most vegetables and herbs grow readily from seed;
- Growing plants from seed allows you to access many more varieties that are not available as seedlings;
- Seeds are inexpensive and if you save your own, they are free;

"The tiny seed knew that in order to grow, it needed to be dropped in the dirt, covered in darkness and struggle to reach the light."
– Unknown

- Some vegetables, such as carrots, transplant poorly at seedling stage and must be sown directly into the soil;
- Growing plants from seed is fun and super-satisfying, and a wonderful natural learning experience for children.

Right now it's the perfect time to grow: capsicum, basil, celery, chilli, cucumber, eggplant, lettuce (in partial shade), pumpkin, radish, rockmelon, rosella, squash, sweet corn, sweet potato, tomatoes, watermelon, zucchini and more...

Come check out our huge selection of seeds in store.

We also have a wide variety of locally grown, organic vegetable, flower and herb seedlings, for a more instant garden.

If you celebrate Christmas,



we have a wide range of local products in store for the perfect unique gift: soaps, aromatherapy fragrances, honey products, herbal teas, massage oils, lip balm, skin creams, vegan chocolates, local coffee, seeds, seedlings and more...

Or how about creating a local organic gift basket? Your individual choices make a difference.

Choose to shop locally this holiday season, with money going straight back into our beautiful community, rather than filling the pockets of huge heartless corporations.

Thank you to all of

our valued members and volunteers. Your support is immensely appreciated.

We will be closed on Christmas Day, but open as usual over the rest of the holiday period, with maybe slightly shorter opening hours.

Join our Facebook page; Nimbin Food Co-op, to keep up to date with what's happening in store.

Remember, every time you buy organic, local produce you're persuading more farmers to grow using organic methods.

Wishing you all a joyous and peaceful holiday time.

Weeds to watch out for

Weed Words

by Triny Roe

If you like weeding, you will never be bored in the Northern Rivers. No matter how many weeds you remove, there will always be more.

Luckily, weeding is beneficial for mental and physical health and not just good for the environment. Microbes in soil and chemicals exuded by plants have been shown to boost the immune system and exercise is part of a healthy lifestyle.

Weeds can be defined as exotic, opportunistic, self-propagating and spreading species which can impact on agriculture, invade gardens, waterways and bushland, degrade the landscape, and interfere with our lifestyles.

Seeds and other propagation material come on the wind, by water, carried by animals, vehicles and some you will bring yourself. Weeds can arrive in mulch hay, compost, animal feed, landscaping supplies, bouquets of flowers, in pots with new plants, or even the new plant itself, purchased or gifted.

What is weed to one, could be prized and nurtured by another. A recent caller on the North Coast ABC garden show was concerned native violets, *Viola hederacea*, were 'invading' her lawn.

Sometimes natives are considered weeds if they grow where a human doesn't want them. Other gardeners prefer the violets to the grass, and encourage their spread.

It's important to carry out regular inspections and quickly identify new species as they arrive and deal with them, appropriately, in a timely manner. Some weeds are not a big problem, depending on the use of the land.

Chickweed, *Stellaria media*, pops up every winter and is delicious in salads. Dock, *Rumex spp.*, is nutritious. Its blanched leaves are great in stews, and the seeds can be roasted and ground into flour.

Other weeds might need more immediate and terminal treatment as



A native violet lawn

they have a high biosecurity risk and bigger potential for harm. It's easier to remove one or two while they are small than wait until they are entrenched and the landscape transformed.

Rous County Council outlines landholders' responsibilities to manage weeds according to the priority index: prevent, eradicate or contain. If a plant which poses a high biosecurity risk is not already present in the Northern Rivers, though it may occur in other parts of the state or other states of Australia, the aim is to prevent it from establishing.

One of these, Parthenium weed, *Parthenium hysterophorus*, causes land degradation and severe allergic reactions. It has spread across 18 million hectares in Central Qld. Some properties there are now uninhabitable.

Not yet established in NSW, several outbreaks have occurred in the state, some linked to organic chicken feed. Seeds can remain dormant for many years. If you think you see it, act fast.

Eradication is the option for some species already here but not yet widespread. RCC concentrate

their efforts on these and can help landholders. Seeded banana, *Musa spp* and paper mulberry, *Broussonetia papyrifera*, are on the list.

Containment is the approach for species already widespread. This means landholders have a responsibility to minimise further spread. Giant devil fig, *Solanum chrysotrichum* and groundsel bush *Baccharis halimifolia* are two that spread readily and can get out of control if not managed.

Humans have managed their ecosystems and landscapes for millennia. There's no need to stop now. The balance of nature that may have once existed has been disrupted by the introduction of new species which can dominate.

The wind blows everywhere, floodwaters reached where they have never been before. Birds and bats can cross borders, mountains and plains. New plants can come up anywhere.

Join a local landcare group – there are several in the area. Richmond Landcare can connect you with your closest one: www.richmondlandcare.org

Happy weeding.

Noodles – udon or soba, a summer's way



by Thom Culpepper

Udon noodles can be had wet preserved or frozen, either way they take minutes to cook – two to three minutes at the most, at the boil, a minute more if they are frozen allowing them to remain 'al dente'.

Fast chilling with ice preserves their integrity, they are then served with fine-grated yam and garnished with Kizami Nori (seaweed strips) cut from toasted sushi wrapping, grated daikon radish and finely-cut eshallots.

Finishing the preparation with Wasabi paste as an option, Tonkatsu sauce or a Japanese mayonnaise adds a little extra zing.

Served with Panko-coated, grilled pork cutlets, also dressed

with Tonkatsu sauce, makes for a refreshing, light summer meal.

Ingredients

1 200 gram pack of Nama Udon noodles.

Half a dozen ice cubes (to cool the noodles)

About a cup of finely grated Japanese mountain yams, use a grater, not food machines which cause lumps, or use water chestnuts if unavailable

1 tablespoon of thinly, diagonally sliced eshallots.

1 tablespoon of grated daikon radish.

1/2 teaspoon of wasabi paste, very optional.

1 cup of Tonkatsu dipping sauce thinned with mirin, (about 20%).

Method

Put the noodles in boiling water for two minutes, a minute longer if they are frozen. (They are pre-cooked.)

Drain and rinse the noodles and 'ice' them in a draining colander.

Following the 'icing' of the udon, drain the cold water. Garnish the noodles with the grated yams, the cut eshallots, the daikon and the wasabi, (if used). Finish the garnish with the the cut nori.

Serve with pickled ginger, if you have it. I see that the marvellous couple of oriental groceries that were drowned out three times have now set up shop in the Lismore Square. They need your custom.

thewholeearthveg@gardener.com

Ants in your plants

by Scott O'Keeffe, ecologist

How is it that plants are able to colonise new areas, even though they cannot move?

Plants can of course disperse their seeds, using air currents or adhering to passing animals. These passive forms of seed dispersal are pretty "hit and miss". However, an enormous number of plant species have developed more complex relationships with animals that allow very effective and less random dispersal of seeds. Since nothing is provided gratis, there is usually a reward for the animal partner.

Ecosystems of all sorts are built on these diverse, complex plant/animal relationships. Our understanding of this network of links can help us see some of the processes that shape landscapes. So this is practical knowledge for anyone trying to conserve or restore native vegetation.

Returning to the previous two articles on habitat corridors, you will be able to see where encouraging the right sort of plant/animal "co-operation" could improve corridor development and resilience. Imagine fruit doves that, instead of transporting camphor laurel and wild tobacco seeds, disperse loads of succulent native tree fruits.

Mammals are more often seed predators than dispersers. However, recent research has found that in arid Australian environments, native mammals disperse native grass seeds, which pass intact through their digestive tracts. Plants also employ some other vertebrates, such as fish and turtles to disperse seeds. Saw-shelled turtles in northern Australia are known to be important dispersers of riparian plants, including *Pandanus* species. We have one local species of saw-shelled turtle (*Myuchelys latisternum*) that could carry out this function.

Plants have developed some very sophisticated methods of enticing animals to distribute their seeds. Some plants have seeds surrounded by soft, edible flesh. These fruits are often brightly coloured or exude odours that attract dispersers. Some, like the local riberry (*Syzygium leuhmannii*) produce a large number of fruits with no seeds ('parthenocarp'). This gives dispersers a "reward" for their efforts, and provides a strong incentive for visiting the plant.

I'm sure we are all thinking birds and flying foxes at this point. Important as the links between these animals and their plant hosts are, they number few compared with the astounding number of partnerships between ants and plants that power ecosystems across Australia, particularly in dry areas.

At least 1500 species of Australian plants rely on ants to disperse their seeds effectively, and even plant them in fertile soil. Acacias are the biggest group of plants to tap into the abundance of ants and their wide-ranging foraging. Again, food is the attraction.

Many species of acacia produce seeds with fleshy attachments called 'elaiosomes'. These waxy or oily structures are usually brightly coloured, and partly envelop the ripe seeds. When the acacia seedpod dries and opens, the seed and elaiosome become very obvious, especially in some species where the seed dangles like an ornament at the end of a long filament.

The elaiosomes are made of lipids, proteins and sugars – perfect food for ant larvae. Foraging ants collect the seeds with their attached packages or nutrients. They take them back to the nest where the seed is detached before the elaiosome is fed to the larvae. The seeds are usually detached



These local saw-shelled turtles (*Myuchelys latisternum*) may be aiding dispersal of native riparian plants. Photo: Scott O'Keeffe



Acacia coriacea seeds. The orange structure provides nutritious food for ants that actively seek them out.

Photo: Maurice MacDonald

outside the nest, but those that are discarded inside the nest have essentially been planted in comparatively fertile, friable soil.

It's not only native plants that use Australian animals for seed dispersal. Camphor laurels and privets produce huge seasonal crops of fruit that are sought by native birds, and possibly mammals as well. In many areas, the native plants that were the ancestral food of Australian animals are either gone or diminished. This often forces wildlife to feed on and disperse invasive and disruptive exotic plants. We can see the results of this along almost every watercourse in the Northern Rivers district.

Our understanding of the relationships between plants and animal dispersers is incomplete. Any new knowledge would be welcome. For practical purposes, knowing more about how seeds are spread through wildlife corridors could have immediate practical applications.

We should be sticking some wildlife cameras in front of fruiting native and exotic plants to see what takes them. I might just run a short workshop on how to do this kind of monitoring.

Let me know if this interests you. Email me at: malurus@posteo.net

Djanbung's Bali hut



by Robyn Francis

We started to build our Bali hut on the island at Djanbung Gardens early this year to create a weatherproof structure to enjoy the view over our dam.

Nat Rolls-Gordan has been working with me on it but the floods put a halt to progress as other priorities took over.

The thatch is traditional Balinese Aland-alang grass thatch panels. The bamboo is from Djanbung.

We have now finished the floor – a massive effort and awesome teamwork with Nat



(pictured) and two wonderful woofers, Sam and Matt.

Great to have the floor done, so I can now finish it off building bamboo seating and some simple decorative features.

Hope to have it completed for when we open next year.

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Astrological decans & alchemical distillation

Tarot musings

by Amy Scott-Young
(Amy.B)

Within the system of astrology, each zodiac sign is divided into three equal ten-degree divisions, known as a decan. This divides the ecliptic into 36 parts of 10-degrees each. In medieval astrology, which we could characterise as the occult science of image-making, these decans were ruled by one of the seven planets from the Chaldean order.

The astrological magicians of the Renaissance, such as Agrippa, Ficino and Angelus, used the decan imagery in their magical practice. There are many occult secrets behind these images and if you would like to discover them for yourself, the world's leading astrological magician, Christopher Warnock, knows and teaches them well.

With regard to the tarot, the Golden Dawn system allocates these 36 decan images to the 36 timing cards, i.e. the four suits of numbered cards from 2-10. Within this system the 9 of pentacles, our card in focus, answers to the 2nd decan of Virgo. This decan is ruled by Venus and is named 'The Lord of Material Gain'. It has been described by Waite as a card of material well-being, safety and success and by the Golden Dawn as a card of inheritance and much increase of goods.

What is most interesting about the 9 of pentacles is that in the RWS version, Waite appears to have used an alchemical image from *The Book of Lambspring* (1599) as inspiration. A translation of the text that briefly explains this image entitled Figure VII can be found in Waite's book *The Hermetic Museum* and reads as follows:

"The Mercury [the essential agent of transformation in alchemy] having been often sublimed, is at length fixed, and becomes capable of resisting fire: the sublimation must be repeated until at length fixation is attained."

The sublimation spoken of here refers to a two-stage alchemical process that purifies a volatile or hot-tempered spirit. The first stage refers to our desire to move or to run away (represented by the butterfly or the eagle in the RWS version).

The second and final stage, which we could interpret as the meaning intended by Waite for the 9 of pentacles, is known as the distillation. In medieval alchemy, this is related to the zodiac sign Virgo and refers to our descension, the ability to hold fast or to be bound to something (represented by the snail).

Lyndy Abraham's interpretation of this process, states that "the descent of the soul into dense matter is seen as a part of the necessary experience which leads to the ascent into full 'philosophical' consciousness". She also states that this gives us the "ability to convert earthly fruits (represented by the grapes) into heavenly substance."

"A curious work on alchemy states that the grape has a special affinity for gold" and that the grape will grow abundantly where this precious metal can be found (Manly P Hall).

The conflicting processes of sublimation and distillation are often referred to as "sweat and tears". Before these processes have been mastered, patterns of extremely hard work might be followed by an "I quit" mentality, which inevitably prevents long-term success. However, once mastered a state of material well-being will become fixed to the personality.

This is an interesting concept, given that material gain is often viewed as a spiritual pitfall in many circles. It does however, tie in well with Maslow's hierarchy of needs, which clearly states that in order for us to reach our highest potential we must first ensure our lowest needs are met.

In this sense, when the 9 of pentacles shows up, it might very well mean that material gain is the curative force necessary to further your progress toward spiritual enlightenment.

AmyB-Chalk-Art-Tarot.com



Debt collectors and costs

In December last year, a friend parked by the side of the road, turned off the engine and prepared to get out.

We're told it's a good idea to reach across with the left hand to open the door in case of approaching cyclists. Which he did. But he made one tiny mistake; opening the door, only about an inch, posing no problem for cyclists, as he looked back, and not afterwards.

It was a very small part of a second, but long enough for another car to scrape along the side of his, jamming the door closed again.

The other car came to a stop and parked in front of his. He comforted the driver who was crying. Two women she knew crossed the road to join them. He was bemused when they told her it was OK; he was the one who'd opened his door without looking.

A week ago, he showed me a letter from a collection agency assuring him that if he had trouble paying \$2,901.78 by the due date, he could call the 1300 number and, with reasonable cause, reduce or

defer payment. In tiny print in a box on the side: Further action may be commenced...

Properly instructed by my friend, now turned client, on the due date I call the 1300 number and am through in seconds. A rare thing lately. A woman's voice, slightly accented, cool. After reading out the longish reference number, my interlocutor getting it up on her screen, we have the briefest of conversations:

Me: I'm instructed to defend it.

Her: You'll need to send us an authority.

Me: OK.

Her: And tell him he can disregard the letter. She gives me the email address.

Half my files in my first weeks as a solicitor were in the Small Claims Division of the Local Court at Liverpool. We'd meet up, the defendants and me, with the registrar and try and settle it. The defendants had all refused to pay the plaintiff, my supervising solicitor, for various but generally good reasons.



Legal writes

by John Adams

I haven't done any since then and check whether the system's changed, consulting the instruction manual. According to Reg 2.4.2 of the Local Court Rules 2009, it hasn't: "The registrar must cause notice of the date, time and place of the pre-trial review to be sent to the plaintiff and to each defendant who has filed a defence."

Maybe the insurer will file a statement of claim, then we file our defence, and off we go to have the chat with the registrar. If it doesn't settle there, it's decided by

a magistrate or assessor, "with as little formality and technicality as the proper consideration of the matter permits."

The rules of evidence don't apply, there's no cross-examination, and the court can't award costs except in certain circumstances.

If we do nothing and wait for them to file, keeping our powder dry, we end up with a few hours of enjoyable and well-paid work drafting documents and appearing. And one of the said 'certain circumstances' is found in Reg 2.9(2)(a): "if proceedings are discontinued or dismissed... at a pre-trial review..."

Having fun and getting the other side to pay one's own inflated costs may tempt some, but the law is that a solicitor's highest duty is to the court. Keeping legal rubbish out of that expensive system is part of the job.

I get his signed authority and write to the debt collector: "...should you proceed to file in the Court, we have instructions to accept service and envisage making an application for costs."

Natural Medicines Awards finalists

Last month I reported that our Herbies Hub (volunteer clinic for flood-affected locals) was nominated as one of four finalists in the Australian Traditional Medicine Society (ATMS) 'Clinic of the Year' Awards.

As co-founders of the Hub, herbalists Fiona Gray, Sandy Jeudwine and I recently attended the awards night in Sydney. Sad to say, the Hub was not the overall winner on the night, but we were surprised and honoured to be one of the finalists. At the risk of sounding like Donald Trump, we got more applause than anyone else!

The Clinic of the Year was awarded to Goulds Natural Medicine in Hobart, Tasmania. We were very happy with their win, as there are close links between Goulds and the Herbies Hub.

Dawn Whitten, one of the owners of Goulds, is also a volunteer at the Hub, and has regularly visited and conducted sessions at the Hub. She and her partner Jason Hawrelak donated Goulds herbal mixtures and generous amounts of beautiful Tasmanian Lavender essential oil for distribution through the Hub.

They both studied naturopathy at Southern Cross University, and have attracted Southern Cross graduates to Goulds. They have a herb farm run by Dawn's father Greg Whitten, who grows medicinal herbs which are used in the

Nature's pharmacy

by Trish Clough, herbalist

manufacture of tinctures for the dispensary.

Goulds was established in 1878 as a Homeopathic Pharmacy and was run by the Gould family for three generations.

They were committed to making homeopathy affordable for all, and treated many people free of charge when circumstances were difficult for people. It is a fascinating place, very reminiscent of European-style apothecaries.

Dawn and Jason, along with Belinda and Daniel Robson, became the owners of Goulds in 2006 and continued in the tradition of the herbal apothecary. In 2015 they expanded to include a natural medicine clinic in adjacent rooms. Sandy, Fiona and I enjoyed the opportunity to catch up with Dawn at the Awards Night. We also met with some special herbalist friends of our acquaintance, and met new ones.

A small group of us (including me!) were recognised for being members of ATMS for at least 30 years.

Hub update

We have been invited to run the Hub on the premises at Koori Kitchen, as we needed a new location since Resilient Lismore moved from the Magellan Street premises. We love being here and are grateful to the Koori Kitchen team.



The photo of Clinic of the Year finalists (Herbies Hub) with Fiona Gray, Trish Clough and Sandy Jeudwine.

One of our volunteers will be there one day per week to provide on-going support with herbal medicines for flood impacts. We will be available on Mondays from 10am to 2pm.

Since early March we have offered medicines for stress, anxiety, fatigue and immunity. Because we don't have a complete dispensary, we are unable to treat some medical conditions outside of this range of conditions.

From six days per week initially, we have gradually cut back as demand reduced and many of our practitioners returned to their own clinics as buildings were repaired.

As our medicine stocks are reducing, we are happy to receive donations from community members,

which can be left with our volunteers at the Hub.

We will continue to approach our medicine suppliers, but are also aware that they may have limited capacity after so many months. Our team values the concept of community-based care, and is having conversations about "Where to from here?"

Our story will continue into the New Year.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. Trish is available for consultations by appointment on 0452-219-502, or email: trishclough@internode.net.au

The information in the column is meant for general interest only and should not be considered as medical advice.

Time to grieve

Elizabeth Kubler-Ross did a tremendous service and disservice in identifying what she saw as the stages of grief in her work with the dying.

It's unfortunate that people sometimes give themselves a hard time because they think the way they're handling their experience is wrong in some way, and this idea is sometime supported by helping professionals.

Kubler-Ross, a psychiatrist in the 1960s, identified in her book *On Death and Dying* what she saw as the five stages of grief: denial, anger, bargaining, depression, acceptance. This stage theory suggests that one moves from each stage in an orderly way, but in reality this isn't the case.

Nevertheless, let's pretend this isn't so, and examine what she had to say about each stage.

Stage 1: Denial. Quite often we respond to sudden loss or change by pretending it isn't happening. This serves a purpose in numbing our feelings and giving us time to process it. You can call it a defence mechanism, or just accept it as a natural way of dealing with loss.

And then you move from denial to **anger** when your suppressed emotions start welling to the surface. In this anger, there is a lot of sadness, bitterness, or resentment, hidden away under the projection of rage onto the situation, other people, or even inanimate objects.

Then, you move to **bargaining** and you find yourself creating lots of "what if," "if only," statements. These help you postpone the sadness, confusion, or hurt. If you are

religiously inclined, you are likely to try and bargain with God to get relief from your feelings that are welling up: "I promise to be a loving daughter of God, if you will take away my pain" kind of thing.

Stage 4 describes **depression**. Here there are profound feelings of despair and loss. You feel heavy, confused, foggy and really sad. You want to isolate yourself, and just feel the feelings as they dump upon you.

This phase often feels like what people say about the nature of loss, that it is inevitable and that is something that must be taken care of, maybe through medication. But, hang on, maybe there is more afoot here and maybe then is the time to talk about it all with a counsellor.

And then, according to Kubler-Ross, you may enter Stage 5: **acceptance**. Now this doesn't mean you've moved beyond grief or loss, but have accepted it and have come to some understanding of what it means for you in your life.

Now this stage theory of grief is all very well, but, in my experience and the experiences of many other therapists, feelings of loss do not follow a clear-cut pattern; rather we dip in and out of such feelings throughout life.

One therapist I know who suffered tremendous personal loss when her 12-year old daughter died of a brain tumour 30 years ago, and who now works as a grief counsellor, suggests we consider another way of thinking about the process of grief.

She sees the process of grieving not in a stage form



by Dr Elizabeth McCardell

but as an infinite loop where feelings of sadness arise and diminish in an accepting kind of way, and accordingly she continues to celebrate the life of her child with each of the deceased birthdays and the day of her death.



Infinite loop model

I acknowledge the wisdom of this infinite loop model and utilise it with my clients.

I might, for instance, recommend spending 30 minutes a day giving mindful space and time to feelings of loss and sadness, suggesting to my client that it's actually ok to feel such feelings for the rest of their life, or not, however they feel.

There is no time limit on feelings of loss, and such feelings are not negative, dark entities, but part of the richness of life itself. There are no rules here, and our experiences matter.

By spending just 30 minutes a day also safeguards our experiences from overwhelming us into a contained and special place. We can make this time beautiful, with flowers and candles, or not, as we wish.

It's OK to feel sad, to grieve.

PEACE, LOVE, FREEDOM

Deep down that's what we all want. We have an innate need to feel safe and secure, so what stops us from having it?

If we review our lives, all too often we recognise we have been running from a Big Scary Bear. The Big Scary Bear is often an overlay from a past life. It remains as an imprint on our soul until we become aware of it, discover its origins and take steps to heal it.

The resultant effect is we are never truly in our bodies, some part of us always on the alert, looking over our shoulder for perceived danger, mostly unconsciously. The ironic thing is though, through the law of resonance we often create situations that confirm the world is a big scary place.

Let me give you a couple of examples that I often find in my practice.

A very common one is the fear that many holistic and medical professionals hold in their sub conscious. All those herbalists and healers who in past lives were persecuted, hunted down, tried as witches and killed because the catholic church considered such work to be that of the devil. They often die feeling heartbroken, betrayed by their community and deeply misunderstood.

Those healers still carry the knowledge and wisdom gained from their past lives in their DNA, but many of them are held back in pursuing healing roles by their fearful subconscious memories of persecution. Fortunately, this can be addressed and healed in a single session.



by Auralia Rose

And then there is Atlantis. Many Atlanteans have reincarnated here to either to balance their karma which they accrued through their ego driven contribution to Atlantis' destruction, to heal the trauma from memories of the cataclysm, or to continue their soul's work of trying to awaken humanity to what lies ahead for us if we continue to ignore the signs and continue blindly following the same path that has got us into our current mess.

I have a friend who is a brilliant healer, having forged his own holistic healing system. We shared a past life in Atlantis at the time of its destruction. He held a high and respected position as a scientist and worked with crystals to manipulate the weather to produce the most beneficial outcomes for growing crops and for human comfort.

Unfortunately, he went too far and began experimenting with energies he didn't completely understand and were best left alone. I was an assistant and tried to warn him that what he was doing was dangerous, but his ego

would not allow him to listen.

Then came that fateful day when we knew what he had set in motion could not be reversed and our land was doomed. Violent and destructive lightning, earthquakes and floods ensued, as we clung to each other awaiting our impending annihilation. During that time, I felt only forgiveness for this brilliant man who had no malicious intent in his heart, only an out of control ego.

Past life regression enabled him to heal this memory, find forgiveness for himself and request forgiveness from all those souls who perished as a result of the disastrous choices he made. Then began the long journey through many different lifetimes to learn our spiritual lessons.

I am very pleased that I at least had the spiritual wisdom to forgive him before we disappeared into the dark abyss of witnessing what was created.

In this life, my friend has had to overcome subconscious fears of abusing his power in order to present his totally unique system of healing to the world. Whilst initially unaware of the subconscious need to right the wrongs of his past and find the inner peace that had eluded him, he has healed much of his karma and found a greater level of inner peace. Interestingly, he still has a mistrust of crystals

Peace, love and freedom are attainable. Please feel free to call for a chat if you think I may be able to help you.

0422-481-007
auraliarosewellbeing.com

Straw bale homes

The seething siren of cicadas steals the senses from sound.

Summer is nearly here, sizing us up for a hot one. The relative cool of the mornings gives respite from the sizzler in the midday. My airy poo eyrie allows breezes to flow through while I take in the view.

Over my shoulder and down the hill, my strawbale home's ochred walls have not yet collected the sun. The eaves hang like steel wings around the walls, keeping them cool and dry. Inside, the night-time temperatures preside, and coolness prevails.

More than once, on a hot day, visitors have commented on how quiet my air conditioner is. Strawbale is silent indeed. Sometimes, when it gets really hot, I can smell the lime in the render. It smells like a cave, cool and earthy. The only drawback to having a strawbale home is that it is really difficult to leave when

it's hot outside.

I decided to build from straw for a couple of reasons. Firstly, it is incredibly easy. As I am essentially lazy, simplicity speaks to me in volumes. The walls went up in no time and rendering was just slopping mud around. Straw lends itself well to sculpting. My place has curves, bulges and even a face shaped into a straw bale buttress.

Secondly, it is very sustainable. Straw, as opposed to hay, is only the stalk of a field crop such as barley or wheat. The flowers have already been harvested for beer and bread etc, so the concept that we can build a house, eat bread and drink beer from the same stuff is amazing. It doesn't need further processing, just bale it up and build it up. Rendering can be done with locally-extracted clays, mixed with borax (fire retardant and rodent deterrent) and chaff.

Thirdly, its insulating

properties are second to none. Cool in summer, warm in winter, my power consumption for temperature control extends to a few days on the chainsaw to cut wood for an efficient home-made slow combustion fireplace.

Lastly, it is a very fireproof. After the Victorian bushfires, the CSIRO undertook research at the request of an avid strawbale enthusiast who was sure any new building codes designed to withstand fire should include strawbale. With little or no oxygen inside the walls, there is nothing to burn, and when render is made from earth or lime, it can withstand enormous temperatures.

During a test burn on a strawbale structure, outside temperatures reached over 1000 degrees C while inside temperatures peaked at only 35 degrees C. This represents a maximum intensity bushfire and a fire front equal to 29Kw per



View from the loo

by Stuart McConville

sq metre, the acceptable standard under the current bushfire code AS3959.

I had originally seen pictures of what was left of a house after a wildfire in the US. Only the strawbale part of the structure remained intact. In our area, where many dwellings are surrounded by bushland, I can think of no better life insurance policy than owning a strawbale home.

Stuart McConville runs Pooh Solutions, compost toilets and waste water services:
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Ethnic differences

My new girlfriend and I come from different religious backgrounds. She does the big Christmas thing with her family and I am not. What should we do?

– Wag Prod, Dunbible

by Uncle Norm & Aunty Maj



She says

Australia is a multicultural country and even I, who was brought up Christian, find it lopsided that Christmas gets so much attention while all other religion's cultural festivals lapse into the background. At least most of us have heard of Diwali, the festival of lights in October these days.

Even though I no longer adhere to Christian beliefs (even as a child I thought the women got a bad deal), I can't help but expect that on December 25th something special will happen and I will at least give and receive presents.

I know I'm buying into the retail industry's machinations and I'm way too old for it, but I can't help it. My Jewish husband does not, so it's always disappointing. By the way, my favourite Christmas song is 'Fuck Christmas' by Eric Idle. Check it out. Always good for a laugh.

Is your girlfriend interested in celebrating your culture's holy days, or is she only interested in her own? And is this a deal breaker? Together you can decide to either spend a life celebrating or not. Or do what many people who can't stand the stress and rigmarole of Christmas do, and pack a picnic and go to the beach.

At least you get some public holidays, unless you work in the retail, hospitality, police, security or hospital industries. Hopefully they get paid overtime. Whatever you do, be grateful that you have a partner in your life this year and accommodate your differences for this is one of the main aptitudes you need to have a long, happy relationship.

Vive la difference.

"To fall in love is to create a religion that has a fallible god."

– Jorge Luis Borges 1899-1986

HE says

My cheese and kisses and I am similarly culturally challenged. She comes from some sort of Christian background (though she's reaching cult status herself) and I'm a lapsed Jew. Jesus however, unlike me, was a good Jewish boy, so it's likely he wouldn't celebrate Christmas either if he was still around.

For me, Christmas is an annoying interruption to normal life. I get no work, I run out of money, everyone is on holidays happy and cheerful (spew) and everything's closed. Boring! Or should I say, "Bah humbug!"

I took a couple of unpleasant Christmases together before I understood that I'm supposed to buy her a present, and nothing cheap either. She tried to tell me that traditionally at Christmas, men have to do all the odd jobs around the house that they have cunningly put off all year.

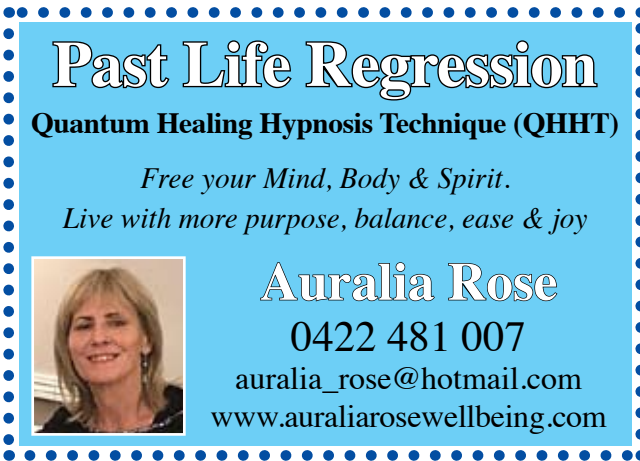
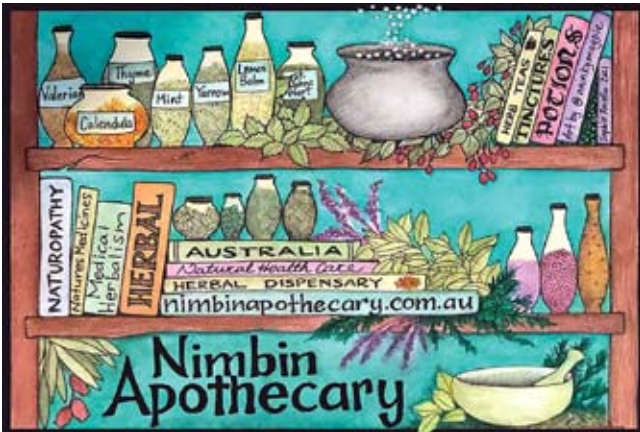
I'm not stupid, so I played the Jew card and told her that it's Hanukkah and Jews are forbidden to do manual labour over this period. This, of course, is also rubbish. Hannukah, by the way, is pronounced as if you are gobbing up a huge bogey.

Sorry Wag but, like me, you will have to accept that in this country when Christmas comes around, everyone must bend over and take it no matter how much it offends your moral sensibilities.

At least you do get to pig out on rich, unhealthy food and get the odd present. Plus there's plenty of cricket on telly, and it feels so good when it's all over.

Perhaps you could take your girlfriend to the desert, away from all the bullshit. You can't get any more spiritual than that. So I'm told.

Thanks to our readers for sharing their intimate quandaries with us and for all the encouraging feedback. Have a good one and see you here next year in our wonderful Nimbin GoodTimes – Magenta and Norm.



Scar tissue – is it holding you back?

When you have surgery or an accident that opens your skin, the resulting scars never go away. They are an ever-present reminder of that day. Scars also arise from wounds, personal attacks, burns and many other traumas.

Effective treatment of scar tissue is, for a big percentage of the population, left untreated and is probably the most neglected of bodywork skills for the manual therapist.

Why should I, a Bowen therapist be interested in scar tissue treatment? Well, I see scars on people's skin when I am treating them, and I wondered if these sites could be helped and healed internally. Damage from dog bites, burns, joint replacements, caesarian scars, appendix removal and complicated surgery can be helped even up to 60 years later.

I have seen amazing results from treating the scars with a very gentle touch, which brings collagen to the underside of the scar, increases blood flow, and helps release stored trauma from the person from the

memory of the event. Often just one or two sessions can produce dramatic changes that you can see and feel!

In my experience most people ignore their scars and not until I point one out to them they tell me the story and it could have been from a skin cancer removal or a fall as a child. The memory and feeling of the event are stored in the cellular memory. This can build up to stress and discomfort in the body but you'd never think it was from the scarring on the skin.

About three years ago I trained in a course called McLoughlan Scar Tissue Release, and so many people have found relief since I started treating their scars. It's a really quick and pain-free method of treating them. Fingertip pressure is applied and no force is involved.

The body forms scar tissue as a natural response to trauma when the skin is lacerated or punctured either by accident or purposefully from surgery. Collagen being laid down during the repair process results in a thickened, fibrous mass which can impede proper circulation of blood, congests lymph flow, and can even



by Sonia Barton

impact on range of motion.

Additionally, the severing of delicate nerve tissue often results in an abnormal sensation of not only the scar but the adjacent, surrounding tissue. As the scar is fibrous and non-elastic it will have a dragging and pulling effect on bio-mechanical function of all physiological systems particularly the fascial membrane covering muscles, organs and glands. The effect of scar tissue in the physical body is just the beginning.

If you have a scar and experience any of the following, I can help you: numbness, tingling, pain, burning, itching, hypersensitivity, postural distortion, reduced range of motion, loss of flexibility,

feeling of coldness, feeling of 'disconnection' between lower and upper parts of the body. These symptoms may persist for decades after surgery or injury with the loss of sensation being an ongoing experience to the patient that interferes with daily life.

Healing can be attained, on mind, body and spirit. It's quite incredible to observe and I feel honoured to be able to help people to release traumas that have been held in the scars for many years. As well as to help release tension in the scar itself and surrounding tissue.

Each session takes no more than 15 minutes, with a very light pressure, but I allow an extra 30 minutes in case you experience an emotional response, which is quite common. First session I book an hour for you, then 30 minutes thereafter.

If you'd like a chat to discuss any concerns you may have, call me on 0431-911-329.

Sonia Barton is a Bowen therapist and Reiki teacher practising in Nimbin and Murwillumbah. www.bowenenergywork.com.au

Digestive woes

I find it sadly fascinating that humans are happy to watch violence and torture of other humans and animals on film, but the real things, like observing someone sitting on the loo, or squatting in the bush doing what comes naturally is thought of as disgusting and not to be entertained.

Considering the fact that if we don't evacuate the waste from our bodies, our potential death is likely to take longer and be more painful than being hung by the neck, smashed to bloody pieces by rocks, or gored in the gut by a spear, it is a wonder that some bent filmmaker has not created a series of innovative poo films for the happy sadist to peruse.

Or perhaps they have, and I just mingle with the wrong people.

There are many things that can go wrong with the gut and usually the symptoms express as constipation, diarrhoea, nausea or a simple, swollen stomach.

My personal interest is a dysfunctional illeocecal valve. In fact, one could almost call it a passion, because over the years, I have observed the diabolical damage it can do.

The task of the illeocecal valve is to open the small intestine so that waste can be deposited into the large intestine, and then the valve closes again.

Unfortunately, similar to the rest of the body, the valve is not infallible and it may get stuck open or stuck closed due to accident, injury, shock, chronic stress, medication, the inhaling of chemicals, parasites, hypoglycaemia, or even dehydration.

The valve's function can also be interrupted by a dysfunctional Psoas muscle, which has the job of lifting and moving the leg; or a misaligned vertebrae in the lower spine. So, if your back is out, it may well have taken the illeocecal valve along for company and results can be diabolical.

Some recognised symptoms of a dysfunctional illeocecal valve include: shoulder pain, sudden lower back pain, pain around the heart, dizziness, tinnitus, bowel disturbances, headache, bursitis, nausea, allergies, bad breath, body odour, swollen stomach, excess flatulence, dark circles under the eyes, lethargy, and colic in babies.

I remember a 19-year old girl who had been vomiting

after eating for four years. She had seen doctors, specialists and a psychiatrist, because they thought it might be bulimia (insatiable overeating). Nothing was found.

It turned out to be a malfunctioning illeocecal valve, which is relatively easy to treat, if one knows how. She had two treatments with me and the vomiting symptoms disappeared.

Another client who had been diagnosed with potential diverticulitis was overjoyed when, after two treatments, her stomach once again flattened and she could enjoy her morning toilet without the pain that had been plaguing her for 12 months.

As to colicky babes – what a joy it is to see the look of relief on a parent's face when their little one stops crying with pain after weeks of sleepless nights.

If the Psoas muscle is dysfunctional, one may be feeling sore in the back, or find standing and walking uncomfortable, because the Psoas begins at the middle spine, runs diagonally through the stomach muscles and attaches to the top of the thigh.



by Tonia Haynes

It also rides over the top of the illeocecal valve, so if the Psoas is not repositioned back to normal function it is likely that the valve will continue to give problems.

If you are suffering from back, neck, shoulder, limb pain or any of the above listed symptoms give me a call and make an appointment.

I use a mix of massage, kinesiology, Bowen therapy, spinal realignment and Pranic healing to rectify the problem physically and emotionally. I am also an excellent listener.

I am in clinic at The Apothecary in Nimbin on Mondays and work from my delightful cabin 12km out of Nimbin town at other requested times. Phone 0439-794-420.

Love, light and giggles.



The healing power of music

by Magenta Appel-Pye

Today I received a wonderful visit from my dear friend, Ray Ellis, going on 99 years young in January.

I first met Ray when he was doing a demonstration at a lapidary show in Parramatta 44 years ago when I was 18 and he was 36.

I was so interested in what he was doing and in the ray of light that he was and we both remember each other from that day.

We met up again when I was running senior ukulele classes at the Mullumbimby Community Gardens. He was given a uke by his children for his 80th birthday to help stave off dementia, and it certainly worked.

We went on to learn and play together for these last 18 years with joyous singalongs at retirement villages and at Brunswick respite centre for people with dementia.

We were amazed and thrilled that several of those people remembered us, and the look of joy they gave us when we walked in has given us precious memories. Music and musicians certainly goes into the long-term memory.

Even though neither Ray nor I have played our ukuleles for a while, we were amazed at how well we were able to get back in the saddle and belt out some great old songs even though our fingers were soft and our voices a bit rusty. It helped that Norm played along very competently on his melodica.

We were all so uplifted from the experience and we remembered the amazing healing power of music.

People often say that laughter is the best medicine, but for me I think playing music with others is even better.

Both Ray and I said it was the best fun we have had for some time. I vow to recover from this cancer situation so that I can get back out there and share my musical gifts with others and spread and receive the joy.

Wishing all my readers a happy, relaxing and fun silly season.

What do you call Santa's little helpers? Subordinate clauses.

Joseph comes out of the stable and announces, "It's a girl!"

magentaappelpye.com

Natural Law

by Helene Collard

Buckle in, more change is coming. The upheaval of recent times has created chaos in our personal and global landscapes.

This forced us to make change – decisions that were previously not in our field of consciousness, were suddenly being made, whilst other areas of life, that had been lingering in discontent, suddenly needed to be resolved, one way or another. A time of reckoning.

Whether we have willingly accepted the change that has been thrust upon us, or lament and host a painful residue, either way we have built up our resilience to change. Weary as we may feel, or meek at the thought of more significant disruption, the truth is, there is more to come.

As we journey through a universal turning of the seasons, the energetic landscape changes and evolves, and in an interconnected world, all life must change and evolve together. It cannot be any other way.

There are ideas you've left gathering dust on the back-burner, and it's time now to bring them to the foreground, as it may well be the right climate for them to flourish now.

It's a fertile time to start tinkering and attuning, because come March 2023, there will be a very nice release and opening for us all.

The change in pace over the holidays is the perfect time to focus on personal care. The Reiki universal healing energy always works on the cause of an ailment or imbalance (rather than the symptoms).

Subsequently, each session of Reiki works to clear your energy field, creating a feeling of lightness and balance, so you can flow through the holiday period with ease, and shine into the new year.

If you would like specialised healing support over the December-January period, I offer a 3x distance Reiki session and mentoring package. Bookings are also available for Reiki level 1 and 2 in January. Contact me to book a call.

I am humbled by the community's support. Thank you.

The Yemaya Centre is open in Lismore and Wollongbar

Reiki courses and treatments (distance Reiki also available), Shiatsu, over 50's yoga, psychology. January Reiki courses on the website: www.yemayacentre.com.au

Understanding pain in our bodies

by Charlotte Hellmundt

One of the most common reasons a patient will visit an osteopath is because they are feeling pain in their bodies. The pain may be recent or continue over a longer period.

Chronic pain generally persists for more than three months. Even though it is uncomfortable, pain has an important role to play in keeping our bodies safe. When body tissues are damaged, it triggers nearby 'receptors' to send signals through our nervous system to the brain.

Along with other sensory information, the signals alert the brain about a problem and activate defence mechanisms to help guard our body against further damage. Pain is our nervous system's useful way of helping to keep us safe and prevents us from hurting ourselves.

With the right physical therapy and management, our bodies move towards healing and the pain ideally goes away, or at least experiences less pain sensitivity. However, complications can occur because the nervous system can also become over-protective.

This means it continues sending warning signals to

the brain, even when your tissues are safe or have healed! Also, our ability to manage pain can also be positively or negatively influenced by other environmental factors such as sleep, exercise, mental health and even people around you.

Osteopaths work to assist patients in managing their pain and to support their own self-healing. We assess your pain to try and find the root cause through history taking, physical assessment and findings. A treatment plan is then developed to address identified issues.

This could include manual therapy, pain management strategies, exercise recommendations and lifestyle discussions. The process could also result in referral to other medical and allied health practitioners who can provide additional support.

Having a better understanding of the when, where, and why pain exists in your life will help you build a more effective and respectful relationship with your own body.

For more information on how osteopathy can help you, contact the Nimbin osteopath, Charlotte Hellmundt at Thrive Health Care on 0421-178-269.



Remembering Di Kivi



Photos: Heidi Glover

by Gaula Hout

Family and friends of Di Kivi gathered at 7 Sibley Street on 30th October and started a little memorial garden.

We plan to gather there every year on Di's birthday, Halloween, the Day of the Dead, to remember those who have gone before us.