

Johnny Mc Towing
Lic No. 10004

Any Old Cars • Any Old Metals • Caravans • Batteries

Ph: 66897 322 Mob: 042 99 44 571

SPECIALISING IN UNWANTED CARS

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

Promote your business with this space for only

\$50

nimbin.goodtimes@gmail.com

BE SEEN IN 16,000 COPIES

NIMBIN
CHAMBER of COMMERCE

Nimbin Post

Open 8am – 5pm Monday – Friday

- BANKING • MOBILE PHONES
- IT SUPPLIES • BILL PAYING
- WESTERN UNION • GIFT CARDS

Mail leaves at 2pm sharp

Locally owned and operated **AUSTRALIA POST**

SEPTIC TANK PUMPING

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

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

**A PRIVATE CREMATION
– \$2530 includes GST –**

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

Pre-Paid Plan Available – No Administration Fees

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

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

DOLPHIN FUNERALS

Why go organic?

Food Matters

by EaLa

My grandparents grew food without chemicals using compost, crop rotation, companion planting and seasonal growing methods. They didn't call their produce organic, they simply called it "food".

Yet fast forward to now, synthetic chemicals; including pesticides, fungicides and herbicides dominate conventional growing methods, not to mention GMOs, hormones, preservatives and additives.

Those who choose to go synthetic chemical-free and certified organic have to meet rigorous Australian standards, so we the consumer can trust we are purchasing a product free of poisons.

For example, strawberries are more likely to be contaminated with pesticides than any other fresh fruit. And washing doesn't necessarily remove the pesticides, as some are systemic (which means they penetrate right through the fruit). Others are formulated



"Eating organic food isn't a trend. It's a return to tradition."

to resist being washed off by rain.

I heard a story from a farmer who once worked on a conventional strawberry farm and she was told not to eat the strawberries while picking them, and that a single strawberry could potentially be used as a pesticide for other plants if it was placed near them.

It's time to really think about what we are consuming.

Here at the Nimbin Food Co-op we strive to provide the most nutritious, certified organic food, free from harmful additives, sourced from local and Australian producers, with money going straight back into the

community, rather than to huge heartless global corporations.

A huge warm welcome to all of the new members, and thank you to everyone who renewed their membership during October.

If you are yet to pay the \$25 annual fee, sadly your discount will be removed as of 1st November. However, all is not lost, as you can join the Nimbin Food Co-op anytime of the year to receive 15% discount (10% bread and milk) on all your purchases.

We would so love to see lots more Nimbin locals venture in and join up.

All members are welcome to our AGM at 5pm on Monday, 7th November

in the Green room at the Nimbin Community Centre.

As the days are finally warming up and the sun is shining, Spring and Summer seasonal fruits are abundant in the co-op; watermelon, strawberries, blueberries, rockmelon and papaya. Perfect for fruit salad or a quick wholefood snack on a hot day.

Fresh food delivery days are Tuesday and Friday; Sol bread: Monday morning; Nimbin sourdough: Tuesday and Friday.

Every time you eat is an opportunity to nourish the cells of your body. Choose wisely.

Wishing you a nutritious November.

What's the worst weed around Nimbin?

Weed Words

by Triny Roe

There's plenty to choose from here in the Valley of Weeds. Some would say giant devil fig, *Solanum chrysotrichum*, gets the prize. Not only does it have thorns on its leaves, branches and trunks, it grows uber-fast, can form dense stands in some situations and will only spread further if left alone.

Heads up to the newcomers. Look to your giant devil fig! If you don't have it when you first arrive, it probably won't be long before you do. Priced low for a quick sale? A thorough slashing, weeding, and general tidy up before the showing can hide a multitude of downsides, not that people or land developers would ever do that to sell a property. The GDF and other exotic pest plant species rear their ugly heads after the deal is sealed.

Camphor laurel, *Cinnamomum camphora*, is a ubiquitous weed tree in the Northern Rivers. Common along roadsides, creek and river banks and on old farming land, now 'lifestyle' properties, they only get bigger with time and more in number as new seedlings germinate nearby and in new locations.

Popular with topknot pigeons and other feathered frugivores, the seeds are carried far and wide. Camphor grows fast and can quickly outcompete other establishing trees and shrubs. Mature specimens can act as a nursery for rainforest species. Native seeds carried there by birds can germinate in the shade and grow very slowly for years.

However, they cannot reach their zenith until the camphor canopy is removed. Camphor laurels live for hundreds of years so waiting for them to senesce and maybe then the rainforest takes over, is a very long-term option.



In the short term, intervention is needed. An ecological study found that 6 to 12 years after treatment, treated sites supported about twice the number of later successional tree species as untreated camphor laurel stands.

While large scale camphor clearing was not recommended in this paper, particularly for purposes of electricity generation, staged and patch removal for rainforest restoration were seen as efficacious and less disruptive to the ecosystem. Ring barking of mature trees and follow-up de-suckering can effect a gentle transition over several years to a more bio-diverse plant community.

Camphor is easily indicated by the smell of a crushed leaf. A good sniff can open the sinuses. Follow-up weed control is always essential. Stands of camphor left completely alone could also favour the establishment of other exotic understory weed species such as small and large leafed privet, *Ligustrum spp.* which are shade loving.

Privet is another problem plant in the Northern Rivers. It can take over on shady creek banks, exclude and outcompete native species and trigger hay-fever and allergic reactions.

Small leaf privet is easily recognised by its showy snowy floral display in spring. Fruiting prolifically, it too is spread by birds. While it sure is pretty for its short flowering period, control is recommended to reduce its impact on health and the environment. Hand removal of seedlings is possible particularly when the soil is moist.

Hand and tool work is the way to avoid the use of herbicides, though a combination of methods can work well to reduce workload and achieve faster results. Tree poppers are useful and can help extract medium size seedlings of privet, camphor and giant fig.

Don't let them turn into giants. Join your local Landcare group to learn more about bush restoration.

Happy weeding.

Carpe Diem: Pluck the low-hanging fruits today

by Thom Culpepper

Tools help to make the mix, and the making is for the future, today.

The Latin poet Horace (Flaccus to his fellow imbibers) did not seize the day, he says he plucked it: *"Dum loquimur, fugerit invida Aetas: carpe diem, quam minimum Credula postero."*

Translation: "While we're talking, envious time is fleeing: 'Pluck' the day, putting no trust in the future." Or in other words and as any good Blacksmith would say: "Strike while the iron is hot."

George Gordon Noel (Baron Byron), lived by the notion of carpe diem: "Never anticipate, you own the past, others will wilfully fuck

about with your future..." Now is your moment, take it.

What has this all to do with low-hanging fruits, you may well ask? Loads it seems, for in our 'now-times', available cheap energy is at a challenge. Simple ways and efficiency are imperatives.

Competent multi-functional tools help in these endeavours. Making stuff inexpensively with inexpensive, non-energy depending, labour-saving devices is one way to food independence.

The One Step Precision Cutter is one I have used for more than half a decade, it has never failed, and it was purchased for twice the price it is now to be had. I paid \$20+ for this system then. It is now to be had for as a little over \$16+ and with



free postage. A mighty bargain!

I filled the van with fuel the other day for \$70+, expensive to drive to Lismore to buy one, but if you can locate the beast on-line, the tool is super cheap, even considering that the Oz dollar has lost 15% in the

last two weeks.

Oh, and the included vegetable peeler is not to be bettered anywhere on Earth; mine is still flashing off root vegetable skins with wrist-saving, finger-saving ease. Five years down the line and never

having been sharpened.

The net has a plethora of sites with instructions on the uses of this great tool, which is to be had from a numbers of sites that market them.

Home food preparation is becoming a survival act. Get smart tools, stock up on dry ingredients and/or solar dry your own; save glass, bottles and jars.

The glass industry is a huge user of hydrocarbon fuels, as glass-making kettles cannot be turned off.

The green bottle you may have bought your olive oil in is now costing over \$4 per bottle. A year ago, it was \$1.60 + the stopper. Save all your glass, and don't buy in plastic packing if you can avoid it.

wholeearthveg@gardener.com



Compton Road wildlife corridor in Brisbane Courtesy Pollinator Link



Australasian Grebe in breeding plumage at the Moonee Ponds wildlife corridor Photo: Dennis Hocking



The European Green Belt, a continental scale wildlife corridor

Networking corridors

by Scott O'Keeffe, ecologist

Last month's article showed how ecology is used to plan effective wildlife corridors. But do they work?

Let's look at some real corridors at different scales and examine the features that made them successful. We can also see how failures might be avoided.

Creating ecological connections is possible at local, regional and continental scales. Here are some great examples.

At Compton Road, Brisbane, a four-lane highway cuts a large intact eucalyptus forest in half, imposing a formidable barrier to wildlife. This once resulted in numerous wildlife fatalities and traffic accidents as animals attempted the dangerous crossing.

Ecologists from Griffith University proposed a wildlife corridor to connect the two forest fragments. They formed a consortium of state and local government agencies, and all participants agreed to sustained cooperation in building, managing and monitoring the corridor.

The combined overpass/underpass they built recreates local vegetation and habitat structures. They successfully created ecological connections between the isolated forest patches. The photo shows it's as if the busy highway had been placed in a tunnel. Systematic monitoring showed that in less than a decade, the corridor established new native plants from seeds deposited by animals and other natural processes.

Large animals, including wallabies, echidnas and koalas use the structure for moving between the forest patches. This has reduced road carnage. Surprisingly, some of these animals also use the underpass for movement. Many birds species, including small bush-land species that don't cross gaps wider than 100m use the corridor for movement and 'residential' habitat, as do many reptiles and amphibians.

Monitoring showed that forest micro-bats that avoid open spaces also use the corridor to move between the forest patches, and use the overpass and the underpass for movement and residence.

This project is so successful that it is now used as a model for designing similar structures at other locations. Apart from the ecological benefits, the value of long-term commitment from participants and usefulness of monitoring stand out. It's no understatement to say that this project is a source of pride and celebration for participants.

Many regional wildlife corridors are in the making, with dozens of others proposed. However, projects already underway in Australia are not being monitored, and if they are, the results have not been published. It's difficult to give an ecological thumbs-up (or down) to these. You've got to monitor this work and then publish it so it can be used!

The Moonee Ponds corridor stretches for 35 km across inner Melbourne and its rural fringe. It connects a series of billabongs via tributaries of the Yarra River.

Before the corridor was constructed the landscape was described as one of Victoria's most debased. The landscape is so highly disturbed that full restoration to a natural state was impossible. However, fragments of wetlands, woodland and native grasslands persist, some in reasonable condition.

This ambitious project aimed to conserve and enhance remnants and connect these in a corridor that also adds cultural amenity. As a regional project Moonee Ponds involves four Councils, two citizen groups and a water utility authority.

The on-going work has drawn in thousands of volunteers who maintain the landscape to increase biodiversity and reduce human impact. Odd as it may sound, this was achieved by inviting people into the space rather than excluding them. Visitors become participants who manage, enjoy, and monitor the project.

The Moonee Ponds corridor is well cared for and studied. At least 800 observers monitor the area. They have found an impressive 2000-plus species of plants, animals and fungi in the area. This includes aquatic animals and plants, and woodland species that are declining across Australia. Although it's not a pristine landscape, the most important features have

been protected and its ecological functions restored.

Wildlife corridors don't always begin with deliberate action. The world's largest arose as an opportunity with the dissolution of the USSR at the end of the Cold War. As borders opened, scientists took a close look at the enormous boundary between the European and Soviet spheres where the public had been excluded.

They found abundant flora and fauna not seen outside the border zones. Large military training areas with minimal human impact contained large areas of forest, grassland and other ecosystems. It was often difficult to determine which nations these lands belonged to. With the patronage of Mikhail Gorbachev and the International Union for the Conservation of Nature, these border areas became, by agreement, the European Green Belt (EGB).

The EGB links conservation reserves of all types and previously non-protected areas along the borders. The map shows the huge ecological network that connects ecosystems between the Barents Sea in the Arctic, and the Adriatic and Black Seas. The four EGB regions are managed by the countries that share borders in each region. Overall direction is provided by the IUCN.

The EGB is outstanding for its scale and the cooperation needed to make this monumental project possible. As well as its conservation benefits, the project has produced goodwill and a reason to put aside territorial disputes.

It's not simple to create a working corridor. They must be well-planned using sound science. Since landscapes are mosaics of land tenures and uses, cooperation between land-owners or managers is essential. Sustained effort and systematic monitoring are needed to tell us whether we are succeeding and show where improvements might be made.

These insights are needed to maintain the participation of contributors, especially where money is involved.

Email Scott O'Keeffe at: malurus@posteo.net

The septenary & occult blinds

Tarot musings

by Amy Scott-Young
(Amy.B)

When describing the Temperance card, Arthur Waite makes note of the symbol on the Angel's breast "the square and triangle of the Septenary".

Eliphas Levi describes the Septenary, which relates to the number seven, as "...the sacred number of all theogonies and all symbols, because it is composed of the triad (the number three), and the tetrad (the number four)."

With regard to the triad, ancient wisdom tells us that the human body has three centres: the Upper, the Middle and the Lower. The Upper and the Lower are often associated with The Magician card and the old Hermetic axiom: "As above, so below".

It is worth pointing out here that this has been mistaken to mean that which is physically above is considered superior. However, in the esoteric realms both the Upper and the Lower centres are considered to be below or inferior.

So, in this sense, the Middle becomes the above or the superior, the Upper becomes the link between the two and the Lower is the below or the inferior.

This might seem quite ambiguous at first, as esoteric concepts often are. However, with a little meditation and further exploration of the imagery much can be revealed.

The Upper centre is clearly seen by "the sign of the sun on (the Angel's) forehead" and this represents the human brain or knowledge. For the intellectualist or the misled occultist, the Upper centre is considered the most important.

The Lower centre can be seen by "the essences of life" being poured from chalice to chalice and this represents procreation. For the materialist, the Lower centre is the most important.

The Middle centre can be seen by looking above the Septenary to the Tetragrammaton, or the four lettered name of God, written in Hebrew letters, Jacob Bohme used the Pythagorean Tetractys to depict this same concept in the alchemical engraving entitled "The Tetragrammaton in the human heart" (pictured).

The Tetragrammaton represents our tetrad, and reminds us that the human triplicity is assisted by the forces of the four elements. It also tells us that within the human heart exists the throne of God, where you will find all the treasures of wisdom.

This confirms to the true occultist that the Middle is the above or the superior. As Manly P Hall states, "By bathing the two extremes in a flood of spiritual effulgence - (the heart) controls wholesomely both the mind and body."

Manly P Hall also states: "The ancients often resorted to various blinds to conceal the true interpretations of their mysteries. The substitution of the brain for the heart was one of these blinds."

Bohme's representation might also help you come to the realisation that occult imagery portrays its concepts in a variety of ways. Not only does this help develop the skill of hermeneutic interpretation but it also allows many esoteric secrets to be hidden in plain sight.

This is because it takes time and patience for a seeker to gain insight and only those who are sincerely worthy of enlightenment will persevere.

If you would like to start developing this skill, once you believe you have grasped these concepts of the Temperance card, then perhaps you might like to meditate on the RWS Magician card and see what insights might be revealed.

Need a hint? Start by meditating on the lower roses and lilies. Then try exploring related symbols within the card and see what synchronicities or intuitive hunches follow.

You might just realise that there is a common misconception or another occult blind also concealing the true meaning of The Magician card.

AmyB-Chalk-Art-Tarot.com



Legal Aid and little kids

Lately we've had emails direct from Legal Aid NSW inviting us to take on extra parenting matters. Offers used to come via Grants Online. You had to scroll down. I never got up early enough to bother.

The office in South Lismore is running almost smoothly. In the last couple of weeks, synchronistically, we've filed two urgent recovery applications, both where the father has taken the child from an allegedly dangerous mother. And we're preparing, a bit less urgently, a few other live-with/spend-time-with matters.

Filing any Initiating Application in family law parenting matters takes time. For years it was just the application and supporting affidavit. Then the court added the certificate saying you've tried mediation, then the Notice of Risk. Now there are six documents, some needing to be signed by the client; a few hours work. But Rose, our legal secretary, has years of experience in this and Hilina, headhunted through academia, a criminal lawyer by nature, needs to

learn that the more you get into something, the more fun it is. We can do this.

When the mother of my own child went off to Roxby Downs and never quite came back, we couldn't afford the typical each alternate weekend and half the school holidays and amicably agreed on alternate six months. But separating parents sometimes have trouble amicably agreeing anything.

When it's urgent, when a new client comes in and says, 'He's taken my baby', things get hectic. Phone calls are still taken, file notes made, but the focus is on those six documents, finally done, checked, signed and uploaded to the Comcourts Portal, sealed copies (pdfs from the portal) served by email on the father and/or his solicitor. Next day we're in court by telephone with an actual Senior Judicial Registrar and the child is back with mum the following day, the matter adjourned for response and directions.

Non-urgent matters that don't settle at mediation, like the white wife of a Bundjalung man, without



Legal writes

by John Adams

warning taking the kids interstate, and more to the point, off country, can be slow. This one's been running for some months now. Current Interim Orders are that the kids stay with her and see him supervised by her relatives. He pays all travel costs. A Family Report is ordered. He's a remarkably humble and patient man who cries when he tells me what the kids have said to him on the phone. She's alleged he's a violent drunk. He says he's not. I believe him. He takes a week off work to drive there for the Family Report.

Our next court date is a readiness hearing before a judge, in a case where the older children have run away from mum as soon as they were old enough and found dad, who was got rid of ages ago on 'trumped up charges', leaving their little sister alone with her. The siblings' affidavits reveal serious concerns.

The law is that children, not parents, have rights. Sub-section 60CC(3) of the *Family Law Act 1975* is clear; the right to have a meaningful relationship with both parents, and to be protected from harm. Children love those they've bonded with. They can't help it. It really fucks with their heads, often for the rest of their lives, when parents fight. Children feel shit.

So, if you happen to come across, amongst your friends perhaps, a couple of separating parents, you might gently suggest to them that two happy homes are possibly better than one unhappy one, and that instead of using lawyers to fight, they might use them to agree on a parenting plan.

Herbies Hub finalist in clinic awards



Nature's pharmacy

by Trish Clough, herbalist

Usually I scroll past those emails saying 'Congratulations!' But this one was from ATMS (Australian Traditional Medicine Society), my professional herbalists' association.

Upon reading, I was very excited to see that the Lismore 'Herbies Hub' has been chosen as one of four finalists in the ATMS annual awards for Clinic of the Year!

I have previously told the story of the Hub, offering free consultations and donated remedies to flood affected people. I worked with Fiona Gray (Blessed Botanicals in Club Lane, Lismore) and Sandy Jeudwine (The Village Herbalist, Alstonville) to set up the Hub soon after the devastation occurred.

The community-based service organically grew to a team of sixteen local herbalists and naturopaths, all volunteers, who jumped

in to offer help to people in need. Many of us were also flood affected in our clinics and workplaces which were unusable while repairs took place.

In addition to our valued team of volunteer practitioners, the Hub was made possible with the generous support of many companies and individual practitioners. We requested and at times were simply offered donations of herbal remedies, flower essences and supplements.

The donors are too numerous to list, but our major sponsors were Integra Health Care (Mediherb and Eagle brands), Osborne Health (Optimal Rx brand) and Give Back Health.

Support organisations included Herbalists Without Borders, the Naturopaths and Herbalists Association (SE Qld) and Gould's Pharmacy.

We operated the Hub between five and seven days per week in the first months after the flood. Our volunteers also participated in outreach clinics at Coraki and Woodburn.

After several months, the days were reduced as demand and availability decreased and volunteers needed to return to clinics and workplaces. Currently we are looking at options to keep the Hub open one day per week.

The impacts of the floods still weigh heavily on our community, with enormous stress around housing and



health.

I had no idea the Hub had been nominated, so it was a complete surprise. Larisa Barnes, one of our volunteer naturopaths, was compiling statistics about the Hub to send to Herbalists Without Borders.

As Larisa said, "I was entering the data and thought, wow, 817 instances of help in a three-month period. Yes, in a carpark, all voluntary and so well received. This deserves a nomination! Of course there are many more than 800, that was just the March to June numbers."

The image in my mind of a Clinic of the Year is of beautifully appointed rooms with natural light and exquisite indoor plants. There would be a team of practitioners looking very professional (white coats maybe), with an immaculate set of shelves for the products to be dispensed.

Instead, there we were in a muddy carpark in a marquee in the rain and boxes of herbal remedies in the boot of a car. We upgraded to a borrowed campervan, and then a larger

marquee.

After several months we moved in with Resilient Lismore with an actual roof over our heads and some space to store our medicines. Luxury!

Because our Hub locations did not have facilities for pouring herbal tinctures, several of us did mixing and bottling at home. Some herbs were dispensed as single remedies, eg. herbs for stress, immune support and recovery such as Tinospora, Echinacea, Kava and Withania.

We made blends including 'Kids' Calm' (passionflower, lemon balm and chamomile), 'Restore Me' and 'Mould Illness Remedy'.

We dispensed literally hundreds of Rescue Remedy and Emergency Essences, gentle flower essences in drop doses.

Later in November we will find out whether the Herbies Hub is the winner of the Clinic of the Year Award. Regardless of the outcome, we are very grateful for the acknowledgement.

As Sandy Jeudwine says, "This nomination recognises and celebrates the role that Western Herbal Medicine can offer in grass roots first line community health care."

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

Keeping the balance

I've been trying to practise *samatva*, the middle way, equanimity... call it what you will, for several decades now. It is the equal consideration towards all sentient beings, the conscious awareness of the transience of reality, the not believing in and getting caught up in extremes.

I came to this not from the teachings of the various religions, even though the idea of keeping the balance is implicit in all of them, but from my own life's experiences.

Until my thirties, I was very much thrown around by the winds of extremes and I realised one day that, unless I found a middle path, the torment of extreme feelings would destroy me, and so I began a daily practice of discernment and careful listening for what matters and what doesn't, as well as choosing not to believe in the highs and lows of my emotions (neither elation nor depression). They, after all, are endlessly subject to change and are not a measure of reality itself. This practice of equanimity, I believe, contributes well to my skills as a psychotherapist. My interest is thus less on technique, more on my capacity for staying present with whatever arises interiorly and thus allowing me to be present with whatever the other person brings into the therapeutic relationship.

Being, and staying present with the other person necessitates being mindful of them as much as myself, with awareness that they have chosen to come because they are suffering in some way. My mindful presence creates a

sense of safety for the client, giving them courage to address the issues that surround their feelings of anxiety, depression, or whatever. Successful therapy changes the client's relationship to their particular form of suffering, freeing them to pursue a happier life.

So, what is mindfulness and how can we achieve equanimity? It's interesting that despite the term 'mindfulness' being so integral to much modern psychotherapy, including the very popular cognitive behavioural therapy, and is being taught in workshops and in counselling sessions all over the world, it is only now being effectively defined.

Mindfulness is being in the moment. It is a way of relating to all experience – positive, negative and neutral – such that our suffering is reduced and our sense of well-being increases. To be mindful is to wake up, to recognize what is happening in the present moment, and not coloured by old memories, traumatic reactions, dreams, etc.

When we are mindless, we rush from activity to activity, we drop things, break them, hurt ourselves; we fail to observe the subtle changes in our feelings, we eat and drink without awareness, and we are preoccupied with the past or the future and are not aware of what's happening right now.

Being mindful is being aware of the present moment; it's paying attention to the circumstances and issues of right now and it enables us to attend to what is required now. It allows us to step out of our conditioning and see things in a fresh vibrant way. All this mindful



by Dr Elizabeth McCardell

presence allows us to develop equanimity and thus to weather the storms of unconscious conditioned behaviour with a deep calm and clarity of mind.

The process of the development of mindfulness enables us to reduce vulnerability to stress and emotional distress and allows us to keep a steady course throughout life.

Working towards mindfulness and thus achieving a balance is, as I've observed before, the aim of all religions. The *via media*, is a Christian idea; the *samatva* is Hindu; equanimity is implicit in Taoism and Buddhism; and it is central also to Islam, Bahai, and the Greek philosophies, but as a life-long strategy for equitable living it makes a lot of sense.

We are less inclined to enter arguments and wars and, very positively, we are more able to achieve a greater simplicity of being open and loving towards the world.

The Sufi whirling dervish achieves a simplicity and direct experience of the here and now at the core of their being despite turning round and round and round. This is my aim: a wonderful interior harmony.

What is osteopathy?

Are you interested in visiting an osteopath but would like to know more about what to expect?

Osteopathy is a form of "hands on" manual therapy, focused primarily on the musculoskeletal system.

Osteopaths view patients holistically, seeing each as an individual with unique biological, psychological and social factors influencing their health and treatment needs.

Osteopathy is based on the following founding principles:

- The body is a unit with interconnected mind-body-spirit;
- Structure and function are interrelated; the body's structure governs how it functions and optimising the body's structure (posture, movement patterns, strain patterns) can improve how it functions;
- The body has its own self-healing mechanisms with an innate wisdom to seek health. Osteopathy aims to identify and resolve obstacles restricting the body from healing itself.

These principles are what guide our practice and are the foundation for everything we do. As osteopathy is not a set of specific techniques, each osteopath will treat differently.

Generally, I tend to treat quite gently and therefore see patients of all ages from newborns to the elderly as well as people with complex medical problems.

When seeing an osteopath for the first time, we gather initial information about your health history and the reason for your visit.

Once clarified, we move on to a physical assessment where we observe the structure and function of your musculoskeletal system.

We look at your posture, how you move, occupational factors, lifestyle, hobbies and habits. We consider your painful or symptomatic region within the context of the whole person. Then with your consent, we create a unique treatment plan specific to you.

Our treatment plan will include our chosen approach and techniques, some self-management strategies for you to do at



by Charlotte Hellmundt

home (eg specific stretches, exercises and progressions), advice on activities to avoid or alter, your expected prognosis or healing time and any required or recommended referrals to other modalities or specialists.

Osteopathy plays an important role in the team of specialised healthcare practitioners that support optimal health.

Our role is focused on the musculoskeletal system, with the goal not to "fix" patients but to work together with individuals to achieve positive outcomes and strengthen your supporting infrastructure.

You may be surprised to learn that it is not just bones that we treat! If it's pain or discomfort that you feel, then we may be able to help.

Here are some common complaints I see in my clinic:

- Headaches and migraines;
- Neck and back pain;
- Shoulder, elbow, wrist and hand pain;
- Hip, knee, ankle and foot pain;
- Arthritis;
- Jaw pain;
- Pregnancy related pain; and
- Sporting injuries.

If you have any questions or would like to find out more, contact the Nimbin Osteopath, Charlotte Hellmundt at Thrive Health Care Nimbin on 0421-178-269, or book an appointment on-line at: thrivehealthcarenimbin.com

Historical shit

The human condition prevails upon us to deal with our shit. I mean it really stinks...right?

Throughout the ages, the smell of human excrement has warned us against getting it all over us, eating it, adding it to our water supply (oh, hang on, we still do that).

I guess if it smelled great we might not be so careful of the way we deal with it. Remember the adage, if it looks like shit, smells like shit and tastes like shit... it IS shit. An ode to the fool who needed to go that far...

The flush toilet is a relatively new invention (Sir John Harrington, 1596 but not commercialised until the 1860s by Thomas Crapper). Prior to that we all used dry toilets of various form and relatively primitive function.

A simple peasant's abode would have had the animals on the ground floor and a drop into their dung heap from a hole in the upper floor.

All the manure would have been one big steaming pile, great for the one who got to sleep above it in winter. It's a wonder our noses didn't evolve filters!

If you were lucky enough to live in a castle, you may have had an "abort eeker", or long drop to a closet below where a dung heap accumulated. I guess that is why the princess always got the tower.

Disposal of faeces has challenged humanity from the beginning, especially in cities. Many houses directed their secretions directly into rivers or ditches. Where this was not possible, sinks and coolers were used.

Here, the dirty water was passed into supposedly waterproof cesspools that were made of wood or masonry. These cesspools were not as watertight as everyone thought and they were rarely emptied.

As a result, there was groundwater contamination and the spread of epidemics

such as cholera.

Later, these cesspits were sealed more effectively and a new profession, the night soil collectors, emptied them and took them to be mixed with other refuse to produce compost for growing crops.

In Japan, fierce competition for travellers' turds resulted in a culture of glorifying the toilets to attract custom.

In the middle of the 19th century, people wanted to finally master the evil odours. The excrements were now dropped into pits supplied with various substances that absorbed the urine and removed the water that drives the decay process.

The ammonia formed during storage was bound and composting accelerated. Peat litter was used as an additive, but also humus-poor soil, ashes, sawdust and so on. This is how the first earth and compost toilets were created.

Modern composting toilets



View from the loo

by Stuart McConville

were invented by a Swede, Rikard Lindstrom, in 1939.

Clivus, Latin for slope and Multrum, a Swedish word meaning compost room, have become synonymous with waterless toilets, thanks mainly to Abby Rockefeller who set up a company to produce them in the 1970s.

Pooh Solutions still sell Clivus Multrum brands and many others to boot.

If you have enjoyed this article please check out my blog at: poohsolutions.com.au for a whole lot more.

poohsolutions@gmail.com
Phone 0427-897-496

VALE PLUMBING
PTY LTD
0416 130 664
DOMESTIC • COMMERCIAL • RURAL • OFF-GRID

BERNARD O'BREE
0416 130 664
645 Williams Road, Barkers Vale NSW 2450
bpobree@outlook.com

**PLUMBING
LP GASFITTING
SEPTIC SYSTEMS
IRRIGATION
BORE PUMPING SYSTEMS
WATER TANK INSTALLATION**

"Prompt and efficient service, when & where you need it"

- ✓ Fully licenced
- ✓ Insured
- ✓ Free quotes
- ✓ Reliable

• SERVICING THE NORTHERN RIVERS AND SURROUNDS •

THERAPEUTIC MASSAGE

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

Male Therapist

Massage conducted with respect and courtesy

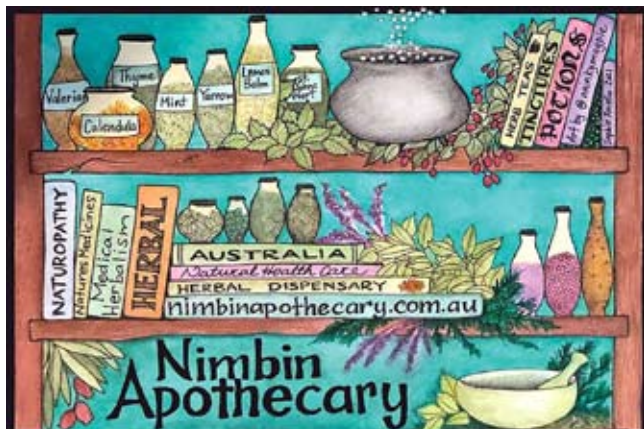
9am – 5pm, 7 days

From \$40 per hour

Appointments and enquiries welcome via

marks_message@yahoo.com

Mark 0448 441 194



Past Life Regression

Quantum Healing Hypnosis Technique (QHHT)

Free your Mind, Body & Spirit.

Live with more purpose, balance, ease & joy



Auralia Rose

0422 481 007

auralia_rose@hotmail.com

www.auraliarosewellbeing.com



IT MIGHT BE SMALL, BUT
IT STILL GETS NOTICED!

For a limited time, you can buy this space for only \$30.

Email: nimbin.goodtimes@gmail.com

Staying flexible

It's raining and I'm flooded in. Again! This time I am not prepared, so George the cat will be eating part of a \$7.50 can of salmon for dinner, and Jamie the wookie dog will be dining on chicken schnitzel, while for me it will be baked beans and egg on toast. Why? Because neither the cat, nor the dog will eat baked beans and egg on toast.

Silly, I know, but when pets are some of one's best friends and the closest thing to available family, some of us are inclined to do things like that.

At times many of us, during tough times whisper to ourselves and others "stay strong."

Perhaps a better wish is "stay flexible" because it takes far more than gruesome weather to knock over a clump of bamboo that bends and flows with whatever is thrown at it, while one decent storm can totally crucify a seemingly

impenetrable oak tree.

And so it is with us humans. Many healing therapies maintain that holding on to old patterns and decisions that no longer serve our best survival can create stiffness of bones and muscles, which in turn may bring about other unwelcome illnesses.

For example, rigid views and behavioural patterns, created by fear of the return of past emotional, or physical pain may bring about, neck, back, shoulder and jaw issues, eczema, ear, eye, nose and throat problems, headaches and feelings of continual low energy.

This is due to the theory that the nerves in the spine and muscles all relate to one or more of the organs and systems in our body that keep us healthy and raring to go. And the mind, emotions and body, work as a team.

Mind you, I personally believe, from what I have observed in others and myself over the years,

that this theory is a very simple explanation for a very complicated species, called human beings. The experiences and unfulfilled expectations that lock up our bodies and mess with our feelings are as varied as the leaves on a tree and the effects are different for everyone.

The good news is that many of the above mentioned symptoms can be relieved, or even eliminated by the series of the multiple techniques that I use in my healing work. These include massage, kinetic muscle and spinal realignment, Bowen therapy and pranic healing-plus various mental, emotional stress-healing processes, if needed.

We still have much to learn about what really makes us tick. In fact, we still have much to learn about every species on Mother Earth. Hopefully, it is not too late. Nevertheless, being a bit of an Alice, I am inclined to think that we can manifest



by Tonia Haynes.

three impossible things before breakfast, if we believe we can.

From Monday the 7th of November I will be practising in the room behind the Apothecary in Nimbin, on Mondays only. The rest of the week, I am available at my delightful cabin in the bush-12kms out of Nimbin.

Individual healing for the individual is the motto and I do my best to create that scenario for all, who visit for a treatment.

Phone for an appointment on 0439-794-420.

About ageing

personal choice, and their private business." However, if getting work is a conscious personal choice, then why is there so much shame and secrecy around getting it? Why aren't we talking about this?

Getting 'work' is clearly not a personal choice. It is feeling conscious or unconscious pressure (from peers, society, sexual partners) to look a certain way to be loved, respected and valued.

And doing it to 'feel better about ourselves', from what I've witnessed, is a never-ending path of what needs to be fixed next. It's a path leading to suffering, not the inner growth of self-acceptance.

GPs abuse power when they adopt the 'cosmetic empowerment/aesthetic medicine' sales pitch. There is nothing empowering about conforming to a beauty standard.

The problem is that GPs are influential because we have all been taught, "doctor knows best". However, to say things like: "Come in to discuss your wholistic plan to achieve your aesthetic goals" and: "We are now offering cosmetic empowerment in our passion of aesthetic medicine" is harmful to women's perceptions of themselves.

It comprises the duty of care GPs actually have for their patients' mental and physical health. The whole anti-ageing/ beauty industry costs money. BIG money.

Given the cost, does beauty then become a privilege for the rich? Does that mean poorer people and demographics won't be loveable and have worth or value in society because they are... old and ugly?

The anti-ageing epidemic is a self-hate driven industry playing into an idea of false self-empowerment. There is nothing self-empowering about it.

If a man needs me to look young and 'hot', I really don't want the pressure. Quite simply, I don't want a man who needs me to look young and hot. A deeper attraction is what sustains a relationship.

The boyfriends I've had who have found me 'hot' and praised me for my 'sexy' looks have always been a fairly

superficial love.

I've met my best boyfriends when I have been looking rather mediocre. They have loved me... for me. And found me ridiculously attractive even in my trackies and greasy hair.

Let's start a self-esteem revolution. A revolution of ageing naturally and gracefully together. Without the use of cosmetic /aesthetic enhancements. Because, ultimately, it comes down to feeling good. Feeling loveable. Being OK. As we are.

Isn't that what we all really want? A culture that values each other for our humanness, our vulnerability, our love and our uniqueness: our inherent worth?

This is our opportunity to create a self-esteem revolution as individuals and as a society. That we don't compromise our integrity. That we support womanhood as a whole.

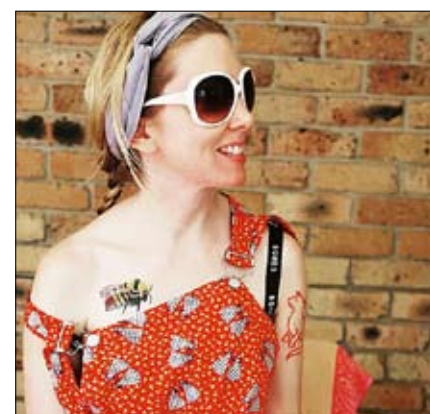
Plus, our Botox money could be used for much more important things. Like building refuge homes for women in the Democratic Republic of Congo, where 1.8 million women and girls have been the targets of mass rapes, gang rapes, and genital mutilation.

Not only are women unsafe, they are often outcasts from their villages and families after sexual assault. They need protection, health-care, rehabilitation and livelihood. Now this is a problem. Not the wrinkles on our faces.

It's hard to go against the grain. I struggle with ageing. I don't like it as much as the next person. But it is my practice, my emotional and spiritual practice of radical self-acceptance, self-love and cultivating authentic connections with my friends, lovers and society.

Yes, I want to look good too. I sometimes wear make-up and change my hair colour. Yet I'm not changing or altering the fundamental structure of my face, my cells, my features.

My wrinkles and body-changes tell the story of my life. My pain, my joy. And where I am now – empowered to take the next steps into mature adulthood, and to be an example to emerging generations.



by Holly English

Why is it that women need to look 25 even when they are 50? What is the message here? Stay young?

The global obsession with beauty and youth is a result of our narcissistic culture, a product of a capitalist world that sustains multi-billion-dollar anti-ageing, beauty and fashion industries.

I am 46 years old. The ageing process has well and truly kicked in. I've always been praised for looking younger than I am – like it's an achievement.

I've been a pretty woman – I've been noticed, valued and had advantages simply because of my looks. But I can tell you that the period of my life when I was most beautiful, popular and with very handsome men, I often felt confused and empty.

I am very clear that I am not going to get 'work' aka 'aesthetic medicine': Botox, fillers, lifts, lasers and implants... I am going to grow old naturally.

This is starting to feel like a rare and radical act. Like I am the odd one out, to want to do this naturally. So many women my age (and younger) are getting 'work'. They don't admit it. They say they are youthful because of their lifestyle.

However, I know a lot of them secretly get 'work' to look 'naturally' younger.

Those of us who don't get 'work' get to feel bad for somehow looking older than our peers – because we obviously don't do enough juice detoxes and yoga!

It seems some of us will grow old, but not others. We are not growing older together. I think this is sad.

I hear people say, "It's a woman's

Vegan recipes

by Evie Fairley

The rainy season is the perfect time to bring the energy of the outdoors, indoors.

Whether the weather makes it too steamy or muddy to garden, too rainy to escape to the beach or you just find yourself with cabin fever, this could be the best time to spend time in the kitchen making foods from scratch.

Homemade fare is a step towards our wider longing for self sufficiency and lessening the human footprint.

Homemade granola

Vegan, gluten free

2 cups rolled oats, a handful of each pepitas, sunflower seeds, raw pecans, shredded coconut (this can be varied according to your own desire), 1 tsp cinnamon. Mix all of these dry ingredients in your baking dish.

Melt on low heat 3-4 tbsp coconut oil. I use a pyrex jug in a saucepan of water.

Pour 1/3 cup maple syrup, 2 tsp vanilla over the oats mixture, coating everything thoroughly, and bake in an oven at 180 for 20 min, stir through and bake further until golden. Let it cool down

before putting it in a well sealed jar. It will be lovely and crunchy when it's cooled. Serve with lovely organic berries, coconut yogurt and nut milk.

If you want dried fruits in your granola, add this at the end when it's cooled as cooking dried fruit ends up burnt.

Homemade falafel

Vegan, gluten free

225g dried chickpeas soaked for 12 hours or longer

1 cup each coriander and parsley chopped

6 spring onions chopped finely

2 cloves garlic

1 tsp cumin powder

1/2 tsp coriander powder

1 1/2 tsp salt

1/2 tsp baking powder

4 tsp besan flour

5 tbsp water

Drain soaked chickpeas and whizz in food processor Add remaining ingredients and blitz for roughly 2-3 minutes. Mixture should look smooth like guacamole. Refrigerate for 30 minutes.

Heat olive or sunflower oil. Form mixture into balls and drop into hot oil, cook for several minutes each side. I shallow fry rather than deep fry so they require flipping.



Drain on kitchen paper and serve with:

Tahini sauce

4 tbsp tahini, 2tbsp lemon juice, 4 tbsp water, tabbouleh, cooked quinoa (for gluten free) or pita bread or other flat breads.

Galettes

(Recipe gifted by Gigi Warne)

500g Kamut (khorasan) flour

30g toasted sesame seeds

30g Nigella seeds

1 heaped tsp salt

200ml olive oil

200ml water

1 tsp baking powder

Add dry ingredients together, mix then add oil and water. Mix to form a ball and let it rest for 20 mins. Roll out to 1cm thick and cut with a cookie cutter or small jar into the shape you like.

Cook in a pre-heated oven at 180 for 20 minutes or until golden brown. Cool before eating. They can be stored in an airtight container for up to a month. Great with your morning coffee if you are trying to cut out a sweet snack, or anytime when you feel like a delicious cracker!

Hair

Psychic development

with Magenta Appel-Pye

Hair defines us. The bowl cut mum gave all us little kids.

My older sister cutting off those 10-year old long, straight primary girl pigtails. My amazement at the beautiful, wavy collar length hair heralding my adolescence – I let it go during early motherhood. Ridiculous perms of the 80's.

It took me until the '90's to realise that my natural hair was much better. With grey showing, in my 50's I dyed it burgundy. I now matched my son. Sort of. But never bald. I never felt inclined to shave off the beautiful frame that highlighted my face.

You don't appreciate the jobs hair does until they're gone. Eyebrows and eyelashes protect precious eyes. Nose hairs stop snot from running straight out. Ear hair works together with your body's natural ear wax to form a protective barrier. Just like nose hair, it helps prevent germs, bacteria and debris getting inside and causing potential damage.

I won't go into pubic hair except to say that I'm sure there's a very good reason for them. Those fecund individuals who constantly remove their pubes would do well to remember that children, oldies and sick people don't have pubes.

Baldness happens because of genetics, age and/or illness.



Society has embraced male baldness (go guys!), but we're not quite as accepting of seeing a woman's bald pate. Unless they are gorgeous. Or we are very brave. At least I've got lots of hats given to me by a friend.

With chemotherapy, your hair follicles die off. And it hurts. Every single friggng one of them. The longer they are, the more they hurt. The pain was too great to wait for my hairdresser. It had to go, and fast.

There was no time for any rituals or anything normal. Just shave, relief and try not to look in the mirror, which always gives me a shock. Gone are the last vestiges of vanity.

Anyway there is no energy for such luxuries. I brought a wig but when I tried it on it wasn't the face of the pretty young thing who modeled it on-line, it was my old face. And it was hot and uncomfortable.

I walked into the bedroom wearing it one night and Norm screamed. Accepting baldness is easier. At least I have a nicely shaped head. I pretend I am a Buddhist nun and this helps immensely.

If only I had their inner calm. And courage.

magentaappelpye.com

Bearded

My boyfriend has gone all hipster and grown a beard. He thinks it's really cool but I hate it. What can I do?

– Prunella Baldcock, Skinners Shoot



by Uncle Norm & Aunty Maj

She says

Prunella, he's his own man and has the right to his own looks. However, you are his partner and are the one who not only has to look at him, but is supposed to be intimate with him.

Personally, I never could stand kissing a man with a beard. Not only is it scratchy and unpleasant but there is usually some of his meal to be found in it.

Beards have always been an important sign about belonging. Some religions demand it whilst others forbid it. It seems beards are the main indicator that someone is a hipster. I notice a lot of these guys happen to be bald on top. They often wear a groovy cap to make up for this embarrassment.

I understand because I am currently bald and if I could grow a beard I would. I saw Costa on *Gardening Australia* this week at a flower show and they had a competition for floral art for beards. Happily women were able to enter as well, and it looked like a lot of fun.

Your boyfriend should probably care about your opinion of his looks, but you have to ask yourself would you change your hairstyle for him if he didn't like it? You could try growing out your underarm, leg hair and any other hair that is usually depilated and see how he likes it.

Or you could use a bit of sex play and truss him, shave him and then have your wicked way with him. Pretend it turns you on. Maybe it does.

At least it will take a while for him to regrow his pesky beard. The only problem is that it will be even scratchier than when it was grown out.

Did you know that usnea is the proper name for the plant "old man's beard"?

HE says

When I was young enough to be a hipster, hipsters were actually a style of underpants. Today I'd much rather be an old fart than a pair of grundies.

Going back a century and beyond, every dude seemed to house a beard. But shaving goes back a long way too. The ancient Egyptians as well as the Romans were into it which all goes to show that your problem isn't anything new. Women have been harassing men to shave for millennia.

For a young fella, reaching that age when you start shaving, or conversely, growing a beard, is a rite of passage.

So, at some stage we start experimenting with different topiary here and there. A pair of mutton chops, or a moustache and maybe a little mouse pussy below the bottom lip. Wouldn't you if you could?

I know blokes who've had beards all their lives. Others, like me, give it a try for a while and give 'em the chop. I've found having a beard annoying and irritating. They itch like hell and everything you eat and drink ends up in them.

Besides, my wife won't let me grow one. I suppose for some women, kissing a man with a beard reminds them of kissing something else entirely.

Anyways, just hold out for a little while and hope that he realises that a beard is a pain in the arse. If not, you've always got that ultimate weapon, and tell him the shop's shut until he complies.

One time I asked myself, "What would Jesus do?" Then I grew a beard.

Send your relationship problems to:
normanappel@westnet.com.au

Natural Law

by Helene Collard

When we intentionally create space and minimise distractions, we allow whatever needs to come through, to come through. I experienced this recently.

I took myself away with the specific intention to receive new insights for my work. However, what I got was clear information about what needed to change in other areas of my life.

Sometimes we perceive and live life in compartments. In this compartment is my work. In the next, my children and role as a mother.

In another compartment is me as a woman in the world, and so on and so forth. Sometimes, we behave differently, or wear a different mask, depending on which compartment we see ourselves operating in.

I have been thinking about this recently, and considering what it means to play ONE game, on one field (no compartments) and, to 'have all your skin in the game'.

Some of you may feel it's what you've been doing all along. It's been a really powerful musing for me, which ultimately is about congruency.

Having all my skin in the game, no matter what aspect of life I'm in, flowing in and out of my roles, with congruency. This exercise has highlighted a lot for me, and I wonder what it means to you.

Keep going deeper. There is much to receive and learn. We are heading into a month of eclipses and juicy underworld themes, so it will pay to be open to feeling your edges, and hearing your shadow. Being okay with tension and chaos. Knowing these are the precursors to transformation.

For the highest good of all.

The Yemaya Centre is open in Lismore

Reiki courses and treatments available, shiatsu, over 50's yoga, psychology and more.

November Reiki courses, see: www.yemayacentre.com.au