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Ooray for Davidson plums!

Food Matters

by Neil Amor

Davidson's plum has been a staple in the diet of the Aboriginal people of Australia for tens of thousands of years and was traditionally used for medicinal purposes.

Aborigines ate the plums raw, and used the tree trunks to make harpoons for catching turtles and hunting dugong.

The Davidson's plum, first collected in North Queensland, has three names: *Davidsonia jerseyana* (its botanical name), Davidson's plum (its common name), and Ooray (its Aboriginal name).

The Davidson's plum is named after John Ewen Davidson, the 'owner' of the land at Rockingham Bay where the tree was first found in the 1860's by John Dallachy, a plant collector.



Obviously he didn't think to just ask the locals.

The fruit grows on trunks and branches, and only after passing through the digestive tract of native animals or large birds do the seeds germinate.

The trees are considered endangered in the wild but have been propagated in sizeable orchards since the

1990's to supply the bush food industry.

These deep purple fruit are smaller than a European blood plum and the flavour is very sharp. Packed with so many nutrients and antioxidants that they have been deemed super foods, they are popular with a new wave of chefs who embrace the fruit's sour power.

The Nimbin Organic Food Co-op has a seasonally available Davidson plum jam produced at Mt Burrell. Give it a try.

You can make a Davidson plum sauce by simmering 500g of chopped Davidson plums with 2 cups of brown sugar, three-quarters of a cup of water, salt, light red wine and a pinch of cinnamon for 20-30 minutes and then pushing the mix through a strainer. Serve this with game meats.

Mix Davidson plum with forest berries when topping



cakes, or mix through yoghurt when serving with muesli. Until next month, eat well.

Brer rabbit, or underground mutton

by Thom Culpepper

The bunny is a Spanish national, all else got theirs from that land, Iberia.

The Arabs spotted them gallivanting around the shores and hills of el Estophan, a long while ago; that land then became Hispanic, which became Espania, which became Spain.

Such are the Chinese whispers, or so they gossip.

Oz 'inherited' rabbit and hare from the Poms, via their Acclimatising Societies, from 1858, together with deer, (four types) rats, weezles, pole-cats, sparrows, starlings, Indian turtle-doves, rock-pigeons, and that idiotic caper, the gormless-cane-toad.

It munching on some 'cane-beatles', to keep the London ruling-class, via the Sugar-Richos, pockets full of 'London and Settler-Sugar-Investors', (a lot under the guise of sweetener religions, and those similar, religious-duopolies, the types that go into poisoning (via Ag-merde), the rest of the world's wetlands and bloodstreams with the pursuit of sugar and the hunt for oil and god.

Back to the point of this scribble: of bunny and paddock to the plate. More ado about that critter and the pot, using a classic French method.

Lapin à la Moutarde

Ingredients
1x 1.5 kilo bunny, disjointed, and if you can source some, with all the small bits: heart, kidney, and liver. Farmer Charlie's resident butcher has frozen rabbit. Usually not accompanied by the tasty bits. Buy some chook offal, liver, giblets, etc to add this important stuff, available at Woolies and Coles.

2 medium brown onions, diced.
1/2 cup of 'green' cold-pressed olive oil.
6 sliced green preserved pitted olives.
1 medium carrot.
1 stick of celery, chopped and sautéed.
1/2 a sliced green jalapeno pepper.
4 de-seeded prunes.
1 decent glass (200mls) of Pinot Grigio or Verdello.
1x 250ml pot of French moutarde (mustard) sauce.
150mls creme-fraiche or cultured sour cream.



Method: The bunny

Soak the bunny flesh in 3% salt for 1 hour), rinse twice, pat dry with paper towel or blow dry with a heat blower, (hair dryer) for several minutes.

The aim is to dry the surface of the flesh and to bring on the precursors (surface fat) for the Maillard effect. After being sautéed, surface sugars and fats are converted into complex tasty, digestible proteins.

Let your new instant cooker take care of the culinary, it will manage admirably in tens of minutes instead of hours. And no incinerated pots to have to restore.

Sauté the spiced brined bunny in the olive oil, set aside, sauté the veg with the spices in the same oil. After the roasting the flesh, bring all to the pot, add the wine plus a little water or stock on hand and slow cook. Do not boil. Cook about 1/2-3/4 hour, medium heat, 70-80°C.

Herb notes

3 cloves garlic. Note: do not use ginger with rabbit flesh.
2 stems French tarragon with blossoms, if possible.
1 dsp dried calendula blossoms, or if your wallet allows, a small box of (2 grams or so) of Persian or Afghani saffron.
4 full stems parsley, chopped. Either type will do, or the appropriate freeze-dried, desiccated form will also do. (Get used to using freeze-dried food realities, food waste in fridges and freezers is horrific.) Salt and spice to taste. At all stages.
Don't over-salt! Add the 'Moutarde' sauce ten minutes before serving.
Simmer the creme fraiche or sour cream for five minutes, 'til blended, to

dollop on the plated food.

De-pot and serve over rice, polenta, noodles or hard-baked toasted or fried bread. Add garnish of the gutsy, light fried spiced offal small bits, add parsley, serve and wash it all down with a cabernet or a shiraz or three, or a riesling or a dry verdhelho or two.

Energy efficiency

Acquire a MasterPro 12-in-1 multi-cooker, the best thing since sliced bread, from: www.minimax.com.au (July NGT story).

Save ergs, go 'China-tech' with freeze drying, instant cook and sous vide tech.

You won't regret it. And you will save a motza on fuel costs. Throw in your bit to alleviating the polar melt downs and save thousands on useless, expensive square metres of real estate, occupying kitchen space by stoves and lung-destroying, non-venting gasifiers.

If you live alone, what is the purpose of that expensive box, which heats up the cabinet and the oven before it roasts (denying the real cooking deed) and ends up putting millions of dollars into the pockets of the burglar-energy-capitalist thieves. The waste-makers and global warmers!

Freeze drying and preservation are relatively energy economic and time-secure. Dry cupboards are hugely cheaper than fridge and freezer space, energy being the on-going cost.

Household cellars are a wonder. Nil energy storage costs. Most root veg kept in damp brickies sand will last the year through.

Many pomme types (apples etc) in dry, light-free drawers will see out the next harvest. Freeze-drying pomes will see them last five years or so, with vac-pac and oxygen exclusion.

We have a new MasterPro 12-in-1 cooker to award to the best and most innovative recipe using locally-grown stuff. All categories.

This machine will be awarded to the successful contributor after recipes have been submitted for adjudication.

The successful recipe will be given the prize in October, the winner to be announced in the November NGT. Send recipes to: thewholeearthveg@gardener.com

Over 2700 weeds listed in Australia

WEED WORDS

by Triny Roe

There will always be weeds, exotics, opportunistic species that can colonise disturbed landscapes, and let's face it, most of this country has been extremely disturbed.

Sometimes weeds can invade pristine ecosystems, though not much of that left these days. How we deal with the pest species makes the difference.

One theory says let it all be. Nature finds its own way. But this theory doesn't hold up in the face of the more vigorous and aggressive species that can do and do do, serious damage; out-competing and over-growing preferred species not just on roadsides, creek banks, native bush and forests but also in orchards, vegetable gardens, backyards, farms and lifestyle properties.

Madeira vine, cats claw creeper, privet – large and small leaf – giant devil fig, and old faves like lantana and camphor laurel are prevalent throughout the Northern Rivers. These are only a few of the exotic species that cause problems. There are many others.

Over 2700 weeds are listed in Australia. Every year there are 20 more. Most of these are garden escapees.



Create paths through lantana

Imported and planted for our pleasure, they have become a nuisance, a pest and/or an economic burden.

Just because you can buy it in a nursery doesn't mean it might not spread and become a regret. The Invasive Species Council have called for a list of safe plants to guide consumers and regulate their dispersal.

Be on the lookout for pest plant species. Some can be hard to recognise in a sea of green but as the weather warms and plants burst into bloom, then is the time to identify them.

Prevent the spread. Don't let weed plants set fruit or produce seed and your workload will be reduced. Your neighbours will also appreciate your efforts.

Humans have for millennia

managed and modified their landscapes. No reason to stop now.

Giant devil fig has gone crazy in many locations in the hills, particularly those that were hit with landslides. Birds and bats, feeding on the fruit, can carry seed to new locations.

Floodwaters and overland flow of water will also distribute seed to new locations. It could be coming to a location near you, if it hasn't arrived already. Act promptly.

Bush regeneration can be done without chemicals. Slow and gentle allows the wildlife to adapt to the evolving ecosystem. In a staged process, create a mosaic pattern in large dense patches of lantana, slashing tracks through with a brush

cutter or brush hook.

Follow up by hand, uprooting any live stems sprouting new shoots. Roots lose their vigour after a serious lopping and pull out more easily.

Plant fast-growing pioneer tree species in the gaps and favour natural recruitment. As time goes on, nibble back the lantana, gradually increasing the cleared areas.

Camphor laurels can be treated by debarking. In Spring the bark will flake off easily, hammered with the blunt end of a tomahawk. Follow up with regular de-suckering and they will eventually give up.

It can take up to seven years, but during this time any native species germinated under the canopy will grow bigger as they get access to more light.

Biosecurity is important and not just for weeds. Red fire ants are itching to get into the Northern Rivers. Last heard, they are only 5.5km from the border. Ecologists have warned that they can fly that far.

Don't bring pot plants, soil, stock feed or landscaping materials into NSW from Qld. If containment fails at Tallabudgera, be prepared for lifestyle changes.

These highly aggressive ants will impact on wildlife, pets, gardening, bush regeneration, farming and all outdoor activities.



by Triny Roe

Progress on a riparian restoration project being carried out on Mulgum Creek was showcased at a recent field day organised by Gungah Road Valley Landcare.

Rehabilitation was needed on this stretch of creek after the 2022 floods and landslides and the subsequent earthworks.

"We got biblical floods," said a local who lost his causeway, access to his home and over a hectare of creek banks where mature trees and regenerating rainforest previously grew.

"Millions of tonnes of rock, boulders and trees smashed their way down into the creek, the creek was running down the road," he said. "It was devastating but lots of people suffered worse."

After the floodwaters subsided Lismore City Council and the Army arrived with excavators and heavy machinery to realign the creek and repair the road.

Access was also needed for residents further up the valley and to the weir upstream, which supplies the village of Nimbin with water. The weir had filled with a landslip and needed urgent remediation.

After the machinery left the valley, the area between road and creek was bare and heavily compacted. Left alone it would soon become infested with noxious weeds.

With support and funding from Local Land Services, Lismore City Council and Richmond Landcare, Gungah Road Valley Landcare embarked on an ambitious project to rehabilitate the creek.

Tristan Mules, bush regenerators from Wholistic Habitats, helped with planting and weed control. He highlighted the importance of projects like these.

"Waterways are the lifeblood of the landscape and markers of health of the ecosystem," he said.

An initial hydro-mulch treatment sprayed a slurry of seed, straw, fertiliser and binder on the bare ground. Following that, 3,800 grasses and sedges and 600 trees were planted on the creek banks and are establishing well.

Tristan said the project site had challenges and they needed crowbars to break into the compacted ground. Attendees at the field day were impressed with the results and encouraged to see what can be achieved.

They also appreciated the opportunity to meet neighbours and other bush regenerators, sharing knowledge and networking.

This project is on-going and another field day will be held on Saturday 26th August. Register your interest at: gungahroadlandcare@gmail.com or phone 0427-022-295 for more information.

MONEY

The art of practice

by Susan Paget

I was raised in a family with a very dysfunctional approach to money. It was a necessary evil. Never discussed, hard to come by and something that would easily make or break the mood of my parents.

By the time I became an adult I had zero desire to pay any attention to the "all mighty dollar". Sure, I could earn money, but I spent it faster. It either bored me or created extreme anxiety and anything that required the slightest bit of financial know how went in the too-hard basket.

I'm not sure what flipped the switch of my relationship with money but around ten years ago I had some sort of epiphany that I couldn't tolerate this disconnect any longer. It felt out of alignment. And this woke me up. I might've been raised financially clueless, but I wasn't a kid anymore. It was time to take charge and heal my money story.

While I didn't realise it at the time, this decision was a very powerful way to start changing my family tree for the better. Money became

something enjoyable to learn and talk about rather than a topic to avoid at all costs. I learned to see the world as an abundant place instead of limited and stressful.

Here are a few key practices that I used to begin changing how I did money and that I still use today:

Take your money pulse

How does money make you feel? A simple test is to pull out the last few months of bank statements. Notice what comes up.

For me? Well, I couldn't even open the envelope of my then paper bank statements. Besides visualising a sad balance, I knew I'd be confronted with the proof of so many wasteful purchases. My fear and shame levels would go through the roof!

My response to the admin told me almost as much – if not more – than what the numbers on the statement did and that's where I began.

I started confronting my bank statement phobia and focused on calming myself down. It took a few years of solid work to be able to open and read a bank statement without an adrenaline spike, but it's been worth it. The healthier my relationship with

our bank accounts became, the more I started to care for them and the safer I felt.

Find your money mentors

When my parents were navigating their own money situation, there weren't many financial teachers out there who could make the subject approachable and even entertaining.

It's a whole different story now with fantastic experts on financial empowerment to suit every kind of circumstance and learning style. I really relate to the down-home advice of Dave Ramsey, a YouTube personality with a daily call-in show but I'm also drawn to spiritual teachers like Tosha Silver who explain how to release financial fear.

Having money mentors, in person or virtual, is a very helpful way of guidance with financial goals as well as understanding your self-worth.

Observe your money language

Paying attention to my words has been a very important part of creating a healthy money consciousness. I practice affirmations, positive statements said in the present tense. For years now I include writing down affirmations about money during my daily journaling.

Some of the affirmations I use are "I am safe", "Life is abundant", "I have an

overflowing bank account" and "I have more money than I could ever spend."

In the early days I would write affirmations like these 10x each because I was literally trying to brain wash out the mantras of my upbringing. Nowadays, I'll just write endlessly about all the goodness in my life, how fortunate we are and how I'm enough.

While this might seem like crazy talk to anyone unfamiliar with positive language, the truth is we behave the way we believe. If I believe I'm enough, chances are pretty good I'm not going to overdose on retail therapy and spend what I don't have. If I believe life is abundant, then I will find optimism even during news cycles that tell us how financially tight things are.

The other day, one of my adult kids called. My daughter was creating some financial goals and wanted money inspiration. As I shared some things I've learned, I couldn't help but reflect on how wonderful it was that we were able to have an easy-going conversation about money. I had changed my family tree, and it's been one of the most important things I've done in my life.

Susan Paget is a television producer and well-being writer who teaches yoga classes on-line and at her home in Tumble Creek. susanpaget@gmail.com

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Beautiful butterflies

by Magenta Appel-Pye

One of my great enjoyments in life is butterflies.

I stop for a moment and watch in awe and fascination as they flit and weave around my garden, stopping at this flower, supping from another. I plant my garden with butterflies in mind and am rewarded with many varieties of different sizes and colours.

You don't need a large space to create a butterfly-attracting garden, you just need the right plants. Plant type and colour is important. Many can easily be grown in pots. Karamat (*Hygrophila angustifolia*) attracts five different butterflies, a good plant to choose if you have limited space. Adult butterflies are attracted to red, yellow, pink and purple blossoms that are flat-topped or clustered and have short flower tubes. Your key butterfly nectar source plants should receive full sun from mid-morning to mid-afternoon.

Don't spray plants with chemicals, including neem, because anything that kills the bugs will also kill the caterpillars. Butterflies have four distinct life stages – egg, larva, chrysalis and adult. If you kill all the caterpillars there will be no butterflies. I have a sacrificial citrus plant just for the caterpillars to eat.

Some easy-to-find plants for this purpose are: coreopsis, wild bergamot, echinacea, sunflowers, asters, salvias, daisies, herbs and buddleia. Sennas attract the yellow native butterflies.

There are food plants for the caterpillars such as the native passionfruit vine, and nectar plants which butterflies and the occasional caterpillar enjoy such as the pentas. The native mulberry is a small fast-growing pioneer bush tucker



Richmond birdwing butterfly

tree and is great for butterflies.

If you can find a Richmond birdwing vine (*parastolochis praevenose*) or the mountain aristolochia, you can attract the Bundjalung (or Richmond birdwing) butterfly which is the totem of the Bundjalung people. With a wingspan of up to 16 centimetres, it is one of Australia's largest butterflies.

Since 1990 a number of conservation initiatives have helped stabilise populations through the cultivation of the feed vines and restoration of their rainforest habitat.

Most butterflies come out in spring and summer, and as such have always been regarded as a symbol for growth and transformation.

Herman Hesse wrote: "...a butterfly wing with its arrangement of crystalline ribs, contours, and the vibrant bezel of its edges, the diverse scripts and ornamentations of its markings, and the infinite, sweet, delightfully inspired transitions and shadings of its colours..."

I feel drawn in, enchanted, opening myself momentarily to its existence and epiphanies, all I do in that moment is 'wonder'. While wandering down the path of wonder I briefly escape the world of separation and enter the world of unity."

By planting the right plants you invite into your garden these beautiful, enchanting pollinators that make your home magical, and help fruit, vegetables and flowers to produce new seeds.

Foraging for medicinal weeds

Since moving to Iluka last year, I have met with some community-minded people for a plant 'swap, sell or give away' gathering.

People bring bunches of herbs, vegetables, seeds and stories. We found ourselves talking about how many 'weeds' have medicinal properties and can be used in the kitchen. Everyone seemed interested in learning more about the medicinal uses of weeds.

One of my favourite weeds that was plentiful in Lismore is plantain (*Plantago lanceolata*). My back yard was a good source of herbal material that I used fresh, and I made into a tincture. I have been foraging everywhere locally but couldn't find any.

Surprised and disappointed, I was relieved I kept some seeds from Lismore. But just yesterday I noticed a struggling little plant in the very dry lawn in my front yard. So tiny, it's hard to identify but I'm fairly sure it's ribwort plantain. I'm surprised I was so excited to find one of these usually plentiful weeds.

Plantain leaves are an excellent remedy for insect bites and any sort of skin inflammation. It's easy to mash the leaves until they release some moisture and apply it directly to a bite or sting. I just chew it and apply



Chickweed

straight away. It is a good drawing agent, so it can help clean up a dirty wound and prevent infection.

As an internal medicine (tea or tincture) it is cooling, moistening, but also astringent. It is useful in bronchial infections, as it draws up mucus and fluid from the lungs but at the same time is soothing. It helps to support kidney function by building up the kidneys rather than being a forceful diuretic. It is used also for tooth abscesses, bleeding, earache and facial neuralgia (nerve pain).

The whole plant can be used medicinally (leaves, stems, roots and seeds). The seeds are helpful for constipation. It is a close relative of psyllium (*Plantago psyllium*) which is a well known remedy for sluggish bowels.

One plant that's plentiful in my area is chickweed



Nature's pharmacy

by Trish Clough, herbalist

(*Stellaria media*). It seems to love the shady moist areas in the neighbourhood. It's a delicate small plant with a vigorous spreading habit. It can be eaten as a salad green and tastes a bit like young sweetcorn.

It is well known as a soothing skin remedy for any inflammations eg. bites, rashes and eczema etc. And yes it can be combined with plantain. It is moisturising, nourishing and cooling. Internally it helps with assimilating other nutrients. It can help with weight loss also by clearing excess fat deposits. Despite being moisturising, it helps drive off excess fluid retention, decongesting the lymphatics and kidneys.

A prolific weed that's not well known for its medicinal uses is *Bidens pilosa* and its

close relative *Bidens tripartita*. We commonly call it 'farmer's friends' or 'cobbler's pegs' (yes, that weed). Regarded as a nuisance due to its excessive self-seeding habit and remarkable ability of the seeds to cling to one's socks, I spent years weeding it out before I discovered its usefulness.

The young leaves are commonly eaten as a green vegetable in many parts of the world. Medicinally, it is a helpful remedy for urinary tract inflammation and infections, being soothing and toning. It resolves mucousy conditions and stops bleeding. It is a useful lung remedy and helps with tissue healing.

Stephen Buhner, in his book *Herbal Antibiotics*, lists it as active against a range of bacterial and viral infections, but does point out that the method of preparation, time of year, and ecosystems will affect its potency as an antimicrobial.

Medicinally it is most effective as a fresh plant tincture as the active ingredients are best extracted in alcohol rather than water. Eating the raw leaves also works.

Trish conducts her own clinic practice in Iluka and is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au

What is good health?

One of my clients asked me – what things do I do to stay healthy? Good question. It led me to really think about what good health is.

Good health to me is primarily a state of mind. Good health is access to peace, and joy. Access to nutrient-dense foods grown in soils plentiful with vitamins and minerals, and also to have the ability to feel true freedom from oppression and the fear mongering of today.

Having a positive mindset, emotional stability, and a sense of purpose in life are all important components of good health. Your overall lifestyle should include maintaining your health.

The whole state of the body, including fitness, strength, and flexibility, is referred to as physical health. Maintaining a healthy weight, getting adequate sleep, eating a balanced diet, and engaging in regular physical activity are all part of this.

How do you get there? Eat well, not too much, exercise enough to have strength – not too much. Sleep properly. Good health is your biggest wealth.

I think that drinking enough water each day is really important too as we are made up of 70/80% water, and if you want your body to function properly, especially the brain, you must stay as hydrated as

you can.

Putting a pinch of organic Celtic sea salt in your water daily helps the cells to absorb water and the body needs salt to fire up. You also receive about 80 essential minerals with each pinch, so how beneficial is that?

If you do need assistance with pain there are many natural ways of gaining assistance, before turning to medications, if you possibly can.

I'm not perfect but I'm as healthy as I could be - I have nothing that can stop me from doing what I want with my body, and I don't take any medicines.

First emotion when I think about this – gratitude.

My tips for good health:

1. Eat fresh natural food as much as possible, organic if you can afford it or grow your own;
2. Eat homemade food instead of packaged, processed or junk food;
3. Avoid refined flour, sugar and seed oils like sunflower oil or canola. I use ghee for cooking, olive oil on salads and coconut oil on my skin and hair;
4. Do some exercise every day, walking is actually the best exercise and it is free. Stretching is another great thing to keep your muscles healthy. You could join a yoga class to get you into a routine of exercise;
5. Try and reduce TV



by Sonia Barton

watching to a minimum, especially watching "the news" and "programmes", most of it is negative and it affects your mental state, leading to worrying about all the bad things that the news show you. You could try not turning on the TV one day a week and see how your body and mind feel without that interference;

6. Think positive thoughts rather than doom and gloom ones. I had to reprogram my thoughts over a couple of years. Each time I thought of something in a negative way, usually about myself, I would say, "stop". Guess what, I said stop about a thousand times a day to begin with. Awareness is the key, once you are aware of your thoughts you can change them;
7. Good quality sleep is essential. I read the other day that eating two pistachio nuts before bed can release melatonin to help you with a good sleep. Why not give it a try?

8. I take some supplements most days. I find that taking magnesium stops me having cramps in the night;

9. Having fun and laughing is also essential to saying healthy. Hang out with a buddy who makes you laugh. Try dancing or join a walking group. Find a hobby that you love, as this is encouraging a form of meditation and stillness as you concentrate, not thinking of anything else;

10. Get out in nature, walk barefoot whenever you can to have that contact with the earth. Even having plants in your house can be helpful to your wellbeing. Swim, play a sport, walk the dog more, play with the dog! They will love you for it;

11. Do everything with love, you will see your world change. Smile more; and

12. Participate in community events and experience a sense of belonging. I am sure that there are many more things you could add to this list to stay healthy.

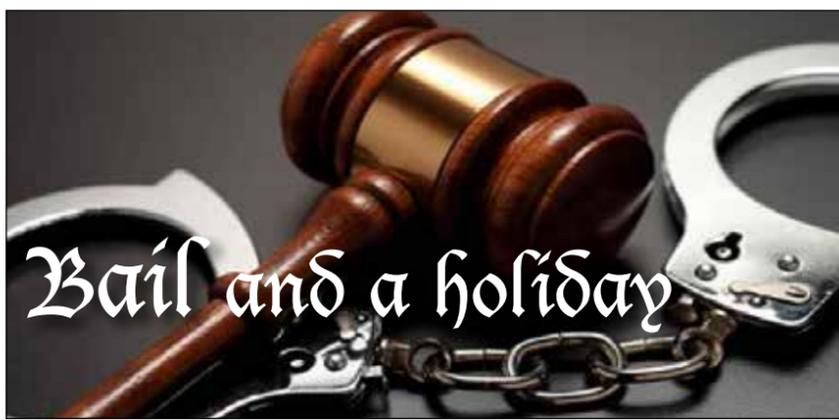
So remember to be kind, smile, have positive thoughts and don't forget to breathe deeply!

I work in Nimbin on Saturdays and Murwillumbah during the week. If you have any questions just give me a call.

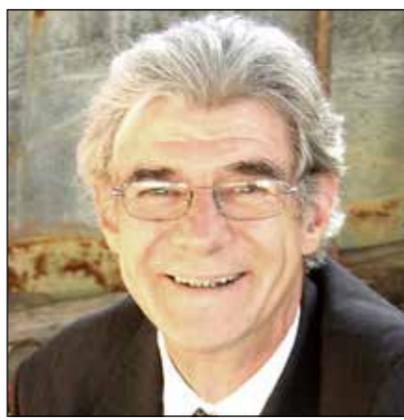
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Bail and a holiday



Legal writes

by John Adams

In Sydney for a bail application, my usual hotel is closed.

I lug my bag to Abbey's Bookstore, buy a copy of *The Dark Cloud – How the digital world is costing the Earth*, and call an old friend who tells me the number of the bus to his place, which thoughtfully stops opposite where I'm standing.

A month ago, I'd sent the form to the prison and was waiting for a call from my client. Since then, we've spoken most days.

He's doing alright inside, been elected Aboriginal delegate by the indigenous inmates. He tells me the duty solicitor didn't make a bail application. Good, I think, section 74 of the *Bail Act 2013* doesn't apply.

This says you can only make one release application unless there are grounds; like a change of circumstances, or there's relevant material that wasn't before the court the first time.

I fill in the release application form and send it to the court. They email back to advise that he did apply for bail, so section 74 does apply. But that's alright, I hope; the references I've collected were not before the court last time. And they're impressive. The uncle we want him to stay with is highly

respected.

I could have appeared by telephone, and legal aid won't pay for a second bail application, but I need a break.

The old friend I'm to stay with has a grant of aid, in the family law jurisdiction. It's a long time since I last put the question to him; do you want us to arrange a family dispute resolution conference or end the grant? This is my only other task.

I sometimes appeared at Burwood Local Court when I worked in Liverpool years ago. Burwood is different now but the courthouse has stayed the same. My client's uncle and I sit outside until the door opens.

I went round to his place the day before, had a cup of tea and a chat. We're good. I'm older than him. We talk about art, me the amateur, he the master.

He takes his seat with the audience while I go through the metaphorical boundary that used to be called 'the bar'. In some courts there's a gate, but not here. It's all very functional.

The magistrate comes in. Everyone stands up and sits down again and he calls for short matters. He has a long judgement to give and would like to finish it before lunch. Mine is not a short matter. I'm surprised when he

calls it on. He'll hear me after morning tea. But he's still reading at 1. We're back at 2.

In the end we're still there at 3pm. There's a division in the *Bail Act* about 'show cause' offences, where the accused must show cause why their detention is not justified.

This is very different from the usual topics; danger of absconding, safety of victim, *interfering with witnesses*... Show cause offences are serious, like anything you could get life for; murder, selling Kalashnikovs, commercial quantities of prohibited drugs.

Or a 'serious personal violence offence'. Check out section 4 of the *Crimes (Domestic and Personal Violence) Act* for the definition. I'm confused.

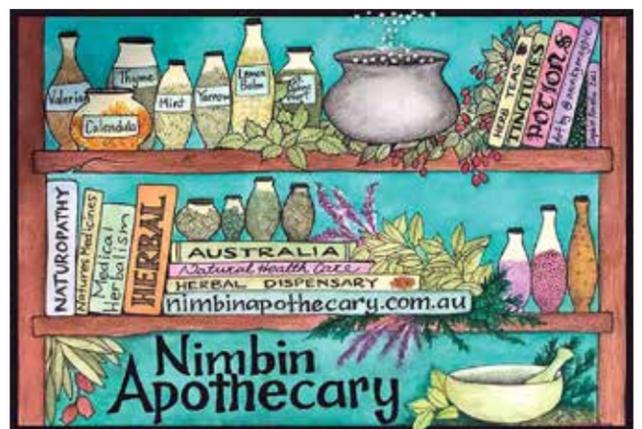
Anyway, at 3.20pm I'm asked, "Is it a show cause offence?"

I respond, "I don't believe so."

The sergeant disagrees. So does his Honour. Bail is refused.

Leaving for the airport I ask my friend, who still has his complaints about shared parenting, whether we should sort it out with mediation and a parenting plan or close the file.

"Neither," which is fine with me.



Dr Elizabeth McCardell

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

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Playing at releasing creative blocks

I think we all know what this feels like. You're sitting in front on your computer, canvas, with your instrument – and nothing happens. Your mind is a blank.

You're thinking, what am I going to write, paint, play? I should think of something soon. Nothing comes. You hop in your car and drive down to the shops, hoping for inspiration. Nothing arises. Perhaps I should go for a walk... Still, a blank screen, still wondering.

A friend of mine, a writer, has a strategy for getting writing happening. He begins by writing about sitting in front of his computer, with a mug of coffee nearby, the position of his chair, the views through the window: wind in the trees, transient clouds, a twitter of bird song, the reflections in puddles after the last rain, and so forth.

As he writes of what is around him, other ideas arise and soon he is in the midst of writing the poem, the story, the essay that he originally was attempting to start.

A painter friend of mine, instead of attempting to seriously compose the best painting ever, recalls a dream and paints that. Or paints a dot on the page and elaborates images arriving

from the dot. Joan Miro, the Spanish painter, did this. He was motivated to do so by the writings of Freud. He allowed emergent images to arise from his unconscious and to play with the images.

Academic thesis writers often feel stuck. Some are filled with such fear (often it's a fear of failure) that their writing just doesn't happen.

I heard a lot of such stories from my fellow doctoral students when I was writing my PhD thesis years ago. People felt unable to produce anything original, and years and years went by with nothing to show for it.

The way I got around this was to play with the ideas and to include, in amongst the serious stuff, playful word images. I even included such an idea in the title of my dissertation: *Catching the Ball: Constructing the Reciprocity of Embodiment*.

Musicians can feel blocked too and all the trying to create more than just following notes on the page just doesn't work. The famous cellist Paul Tortelier, suggested sitting in a darkened room with your eyes shut and just allowing yourself to muck around with sound and see what arises. This works, as I've found.

Thinking more about the musical mind. Some

neuroscientists scanned the brains of jazz musicians by placing them in an MRI machine while they engaged in musical improvisation.

The researchers found that during improvisation, activity significantly decreased in a brain region known as the dorsolateral prefrontal cortex. This region is typically active when we're actively focusing on a specific task, and may work by helping us to inhibit distracting information.

While this is beneficial if you're filling in a tax return, it may actually harm creative thinking by masking the brain's ability to form spontaneous ideas and connections. By reducing activity in the prefrontal cortex, the musicians were able to freely come up with musical ideas on the spot.

Activating more of your brain than just the part involved in focussed thought, liberates you to be able to play with ideas and images and sounds in familiar and novel ways. Play is the key.

Research is finding that play creates new synaptic connections (the connecting points between neurons) in the brain much faster than deliberate and focused learning. Play is iterative, fun, emotionally meaningful, and it enhances one's skills.

I like working with creative



by Dr Elizabeth McCardell

people; I like participating in their creative liberation. Psychotherapy, and especially hypnotherapy are very good ways to undo creative blocks.

Essentially, hypnotherapy is the art of playing with ways of thinking and experiencing those thoughts, through enhanced awareness. It could be said that hypnotherapy creates a playground where renewed creative juices flow wonderfully.

Remember, that though I'm now living in Western Australia I continue to work with clients online and if you happen to be in Perth, give me a call, please.

*Dr McCardell has relocated to Fremantle, but is still available for on-line consultations.
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email: dr_mccardell@yahoo.com*

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SEEDY SECRETS 004

by Michelle Chapman

I'll tell you a little secret: rainforest seed collectors are explosives experts.

For days, I've had a bag of long-leaved bitterbark (*Petalostigma triloculare*) fruits drying, shrinking, and shrivelling on my car's dash. Secretly splitting along three sutures, the capsules are building up to an explosive release of seeds. If they weren't in a paper bag, they'd be everywhere in my car. In the forest, they'd be on the forest floor, washing down the creek, or on the backs of creatures ready to travel far from home.

Knowing the seed dispersal mechanisms of different species' seeds helps a collector be in the right place at the right time. Too early, and the seed may not be mature enough. Too late, and the seed has already left the tree and it's another year's wait.

For most seeds, dispersal beyond the parent tree is desired. Much like we lovingly kick our kids out of home with a car, some food and some 'street smarts', trees also kick their progeny out of home with enough strategies for transport, sustenance, and self-defense to support them until they are a safe enough distance enough away to not be competing for resources.

Explosive dehiscence or ballochory, the release of seeds via forcible ejection, is a form of autochory (self dispersal) used by few rainforest species including



Long-leaved bitterbark

brush bloodwood (*Baloghia inophylla*). Collecting seeds in a paper bag and leaving in a hot dry location encourages these dry fruits to dehydrate and explode. Just make sure they're covered!

Some explosively dehiscent fruits are fleshy, the most spectacular in slow-motion being the exotic squirting cucumber (*Ecballium elaterium*) – see 'Exploding Cucumbers!' by SloMo on BBC Earth Unplugged.

A couple of species' seeds explode into the subtropical rainforest vegetation community. However, most of the time, seed dispersal mechanisms rely upon other organisms or environmental factors in the forest.

Dispersal by water, hydrochory, occurs along creeks or during floods and we often see blue quandong (*Eleocharis grandis*) rolling along creek floors. Dispersal by wind, anemochory, happens when diaspores that are small and light can be transported easily over great distances.

Others have specialised structures such as wings. White booyong (*Argyrodendron trifoliolatum*), silky oak (*Grevillea robusta*) and red cedar (*Toona ciliata*) all have winged seeds (samarae) and are a real challenge for the seed collector to catch at the right time – just before take-off!

Secret seed

Long-leaved bitterbark (*Petalostigma triloculare*)

Fruiting every couple of years in the winter months, the fruits are ready for collecting from the tree once they've turned orange red. Collecting from the ground will still provide viable seed, if the fruits are still whole.

Keep in a closed, aerated bag in a dry hot location (car dash is perfect!). Check occasionally to see progress of shrinking and splitting. When most fruits have exploded, separate fruit and seed material by hand or by winnowing (throwing material up in the air and blowing the lighter material away while catching the heavier material again). Sow medium density.

Contact me at: info@seedtreemaps.com for a chat about putting it on a map!



by Uncle Norm & Aunty Maj

She says

I have many friends who complain about this very issue. I spent so long asking Norm to slow down and feeling unsafe that I didn't want to go out with him anymore, and he likes to be the driver.

To make matters worse, he would deny that he was speeding and that anyway, the legal speed should be much higher. I can clearly see the speedo and notice we are overtaking everyone at a breathtaking pace.

His unwillingness to even admit his fault was infuriating and always started a fight that lasted all the way to our destination. And then the same thing on the way home. It was like Groundhog Day in a car.

As the speeding fines piled up and his licence points went down, I warned him that he would surely lose his licence but he resolutely would not slow the fuck down.

I told him when (not if) he lost his license that I was not going to drive him to work. Ever.

This only got him thinking it might be nice to have an enforced three month holiday with a good excuse why he couldn't tune people's pianos. Being self-employed, he had never taken a long break.

The prophecy was fulfilled at the worst possible time. I had a cancer diagnosis which meant many trips to the hospital.

Is your husband around 60? It seems that often men's angst about being 'old' comes out at the wheel and they want to pretend they are 17 again.

If your husband won't do the right thing and drive sensibly, you have only two choices; don't get in the car with him, or take the wheel yourself until he is old enough to be a responsible senior citizen.

Speeding

My husband always speeds when he drives and he is getting worse as he gets older. I ask him to slow down but he tells me not to be a backseat driver. He could kill us both but doesn't seem to care. I am at my wit's end. Help!

– Trixy Goodyear, Yelgun

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

HE says

Trixy, allow me to do some mansplaining. Firstly, yes, hubby's getting older and, as us old codgers age we get crankier. We begin to realise that when we get behind the wheel, everybody else on the road are a total bunch of douchebags.

For those of us who have had drivers licenses longer than most of the incompetent twats who make the rules these days have been alive, it is extremely galling to see them continuously dumbing us all down to timid mediocrity. We used to drive cars that were so inadequate in the handling and braking departments they were death traps. Yet we drove them at 100 miles per hour (160 kms) without fear (or brains) thus learning survival skills non-existent today.

Even the crappiest of today's shitboxes can sit rock steady on 200 km/h, and the exotica will comfortably do 300 km/h. Yet the powers that be will only allow us 110 kms speed limit on freeways! Cars are safer and faster than they have ever been yet speed limits and driver ability have gone backwards. No wonder your husband has the shits.

Being an old fool like your hubby, I finally received that dreaded letter informing me I'd lost my license. I'm now on a good behaviour license which means one wrong move and I'm back to walking.

I have discovered how to use cruise control and now sit obediently and surprisingly relaxingly on the speed limit much to the satisfaction of my little traffic cop in the passenger seat.

Every other bastard now flies past me while I'm Mr Goody Twoshoes, probably thinking I'm some old fud. Little do they know I'm out on good behaviour.

Everyone who hates speeding tickets raise your right foot.

From IQ to ISEAQ

Shapeshifting

by Anand Gandharva

A person should not only engage their brains (IQ), but employ social skills (SQ), emotional intelligence (EQ), and tap resilient abilities to deal with adversity (AQ).

Nurtured in infancy or trained in at later dates, these knacks teach self-confidence, flow, superpowers!

Some experts demonstrate that 80% of success in life may come from EQ.

Valuing only IQ has issues. For example, a person may be ace at maths, yet socially awkward. A chair has four legs. It is hard to balance on only one.

There are two kinds of IQ, one inborn. While most wealth goes to few educated, brainy

types, luck is important. But most important: money doesn't guarantee happiness. For that to flow, material and spiritual, yang and yin, have to dance together.

The biggest criticism of only focussing on IQs is what it may leave out: empathy. Predators, sociopaths, liars, cheats without feelings and double dealers can thrive for a while.

Intelligence is often measured in dominant culture symbols to assess reasoning, but may omit unorthodox talents: how to predict rain, design a dress, sing a song, paint a scene.

A person deserves praise for logic skills, but also for social and emotional excellence.

All can be taught. It is never too late or early for courses in SEL (social and emotional learning).

They can lead back from the brink, mend tracks, flourish careers, change outlooks.

Accentuating IQs above all others is one-sided, may lead to conflicts, wars, turmoil, and separation of related DNA groups. It leans to the laws of the jungle, not of community.

Surprisingly, 30 years ago, it was discovered the heart has braincells too (40,000+ synapses). Together with the brain it makes music, like an orchestra combines instruments.

A key to success: harmonising reason with feeling. Being multi skilled opens doors.

Logic can be too self-serving without empathy. Disharmony makes mistakes. By itself, being tough is not enough: to be the strongest or biggest no guarantee to win.

Human history shows that brute strength, or 'ironclad' logic, does not always succeed.

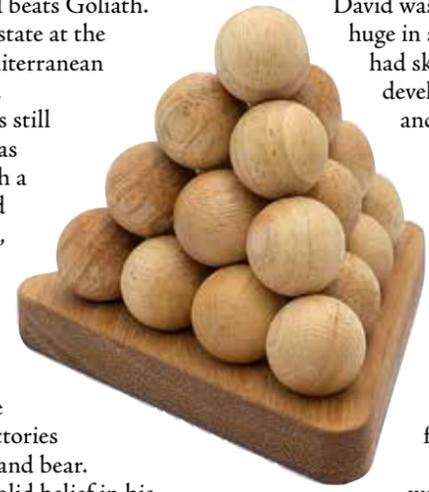
E.g., David beats Goliath. Prime real estate at the eastern Mediterranean was at stake.

The lessons still stand. He was accurate with a sling, battled at a distance, used brains and faith: head and heart. As a shepherd, he had prior victories against lion and bear.

His rock-solid belief in his tribe's supernatural powers gave him wings.

Teamwork beats brute strength. David hit the heavily armoured giant Goliath on his forehead, in the third eye area. Goliath, their 'champion', fell. The Philistines were defeated.

That was three millennia ago.



David was lithe of stature, huge in self-confidence, had skills, balanced and developed both heart and brain.

People still have to train, draw on inner resources, but Earth changed dramatically.

At that time there were 1000 times less people, abundant flora and fauna.

When before there was plenty, there now is not enough.

We can no longer live off nature as a free gift, but have to help heal environments.

The holding capacity is exceeded. We need to adjust. The game is changing.

We need a new way of measuring aptitude: ISEAQ.

Wisdom from the Higher Self



by Auralia Rose



Do you sometimes wish you had a wise and loving mentor who could guide you through life, answer your perplexing questions, help you make sense of things?

Someone that is always available and best of all is free?! Well you do, closer than you think. That being is your own Higher Self.

In my QHHT sessions, I help people connect to this infinite source of wisdom and intelligence. The information my clients receive is often revelatory and a source of inspiration for me as well.

Sometimes the information is mostly personal and other times it's more universal, such as in this recent session.

Twin Flame relationships

Lisa's Higher Self confirmed that someone she had known since childhood was in fact her twin flame. They are currently not in a relationship and she had questions about whether they were meant to be together this lifetime.

Her Higher Self advised that the relationship she has with herself must come first, finding balance within herself on every level, which is true for all twin flame couples.

Twin flame relationships are very different to other types of romantic relationships. Plenty of information on the subject can be found on the internet if you wish to explore more.

The spirit and the body are one

Lisa was advised to not see

the body and spirit as being separate but as one divine conscious entity. In our current time of evolution on Earth, the new higher vibrational energies reaching our planet are causing our bodies to become lighter.

Memories of events are stored in the body not the mind and the more we clear the heavier memories and emotions the more light can enter our physical body, facilitating the assimilation of these higher, finer energies.

We are not broken

Advice was given to not see anyone as a victim as it keeps people in a broken construct and keeps all parties locked into the rescuer/perpetrator/victim dynamic. She should see people she cares for as being perfect just as they are.

The way you define someone is how you see them, so see them in their perfection. In reality nothing is broken and nothing needs fixing, it's just our perception.

This applies to how we perceive ourselves as well. It has been indoctrinated into our way of being that focussing on the problem fixes the problem, but the opposite is true, it keeps us stuck.

It also applies to the expectations we place on people and judgements about the choices they make for their lives. Seeing people and their choices as being perfect frees them from the roles we have placed them in.

When we can observe things in this way we can recognise it's all just a construct, a hologram of projections.

Health advice

Regarding Lisa's questions about her declining eyesight, she was advised to stop saying her eyesight was getting worse and instead to affirm she has 20/20 vision and is grateful for her perfect eyesight and total health.

When we see what's wrong instead of what's right, the power of our mind creates a self-fulfilling prophecy. Our body is always listening to us and we need to offer it more praise and gratitude.

We are infinite beings

Lisa is quite psychic and was able to "see" a lot of what was occurring in the session. She observed what resembled building blocks in her aura being moved around by her Higher Self.

She understood they were the energy of what she had created in her life through thoughts, words and actions. She is an infinite being and it's only her fears and limiting beliefs that have held her back.

Lisa saw clearly how she had created everything in her life and understood that her only limits are the ones she places on herself, nothing was holding her back.

She was also shown clearly how there are only two emotions, fear and love, but that you need to experience fear to understand love, and the two cannot co-exist.

What would your Higher Self have you know?

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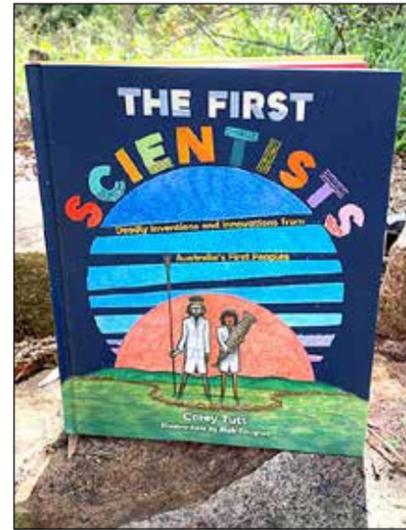
Deadly inventions and innovations from Australia's first peoples

National Science Week is on between 12th and 20th August, and features in-person and on-line events, virtual tours, DIY Science and more.

Schools will also be placing a special emphasis on STEM during the week, and may be seeking additional resources to support learnings.

The First Scientists is an illustrated science book from Corey Tutt of DeadlyScience. With kids aged 7 to 12 years in mind, this book will nourish readers' love of science and develop their respect for Indigenous knowledge at the same time.

Corey Tutt is a Kamilaroi man from Nowra. In 2020, Corey was named the NSW Young Australian of the Year and a Human Rights Hero by the Australian Human Rights Commission, and has presented at Harvard and Oxford universities.



In consultation with communities, Corey tells us of many deadly feats – from bush medicine to bush trackers – that are today considered 'science', and introduces us to many amazing scientists, both past and present.

The breadth of 'sciences' is incredible, with six main chapters covering astronomy, engineering, forensic science, chemistry, land management and ecology. The first scientists passed on the lessons of the land, sea and sky to the

future scientists of today through stories, song and dance, and many of these lessons are now shared in this book.

Vibrant illustrations by Blak Douglas bring the subjects to life, so you'll never think about science as just people in lab coats ever again!

The book is available for \$34 from: www.inspiredec.com

Blueprint release retreat

When one has invaded our being, so many factors come into play and having gone through this in my life and healed from all aspects; it would only be right to help other women that are struggling.

After interviewing over 100 women and many more coming to me for holistic counselling that has faced abuse, this four-day "Blue Print Release Retreat" has all my tools put together to help you start or intertwine with your healing process.

When one has had some trauma through abuse, we hold it in our bodies; we keep it in our cellular data, it might sound strange, but we do.

It's a memory in our body, and sometimes we just don't know how to release that memory which, after a while, becomes the blueprint of us, and we struggle to go forward in life.



by Tereza Andjelic
Holistic counsellor

Communicating with people is difficult; believing in ourselves is hard to comprehend. Let's not even go into that relationship situation.

Holding the memory of the abuse we have taken on, we can just struggle day today—not even thinking about what will happen next week, in three months, or even trying to have a goal for the future. I know it can be very overwhelming. I have been

there and done that.

So how do we get to a place where we are joyful and grateful, have goals for our future and not worry about any triggers that may come along?

This retreat will help you to understand the depths of your triggers so that you can be aware, prepared and continue growing and seeking that fantastic life that you are meant to have.

Four days of glamping at Whistling Hill at Lillian Rock

Group holistic counselling healing, meditation, PTSD work, inner child work, understanding how the blue print works in our bodies, healing foods (not only chocolate) and making longtime new connections.

Only a few spots left. 1st-4th September 2023.

For more information, phone 0419-437-044 or go to: terezaandjelic.com