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# Olives, Athena's gift of peace

**Food Matters**  
by Neil Amor

Greek mythology tells a tale wherein as a gift, the goddess Athena brought an olive to the Ancient Greeks who then named a city after her.

They favoured her gift as the most useful of inventions, as Athena's gift was one of peace.

The olive oil was popular among the ancient Greeks and Romans for sundry purposes such as sunscreen, make-up (the first eye shadow is thought to have been made from a mixture of olive oil and charcoal), and fuel for the original Olympic 'Eternal Flame.'

Olive plants as a species aren't just biblically old; individual olive trees have an average life span of approximately 450 years, but some have productive lives for more than 2,000 years.

Nimbin Organic Food Co-op now has a new range of olive products for you to explore.

Founder of The Byron Bay Olive Company, Antoine has a very strong French connection.

Hailing from a French Mediterranean beach town called Sanary-Sur-Mer,



Antoine grew up selling olives made with traditional French recipes at the daily market with his parents.

In 2015 Antoine had just arrived in the Byron Shire and noticed that no-one was offering the Mediterranean flavours of his home in Provence, France. He opened his first market stall at Bangalow Markets and sold out.

His range of traditionally made olives and tapenades (some pictured) are now available at the Co-op.

## Spanish salad with orange and olives

**Ingredients**  
2 oranges  
120g baby spinach leaves  
1 small Spanish onion, finely

sliced  
½ cup small black olives, pitted  
½ cup blanched whole or flaked almonds, toasted  
1 tbsp orange juice  
1 tbsp sherry vinegar  
3 tbsp extra virgin olive oil  
Sea salt

**Method**  
Use a knife to peel the oranges, removing the pith as well. Cut into segments. Place in a large bowl with the spinach, onion, olives and almonds. Whisk together the orange juice, vinegar and olive oil and season. Pour over the salad and toss gently.

Lastly, Nimbin Organic Food Co-op has some very exciting news to share.

We are dropping our prices, by reducing the mark up on all our products!

The Co-op has continued to grow over the past few years, aided by introducing eftpos payments, investing in a computer till system and the consistent growing number of members.

This growth has allowed us to increase the member's discount from 10 to 15%.

We have also upgraded all the food and drink fridges, air conditioning units and display shelving.

Additionally, we will be resurfacing the floors and painting the interior of the shop in the very near future.

As we are a not for profit organisation, we are in the financial position to reduce the mark up on all products.

This means you should see prices within the co-op decrease over the coming days and weeks.

We also endeavour to look for ways to help those who may be struggling in our community with the current high cost of living, with a more tailored discount system.

Exciting times ahead for the Nimbin Food Co-op and the local community. If you're not a member, now is the time to join! If you want to volunteer, contact EaLa on 040-659-181. Until next month, eat well.

## Energy conservation in the kitchen

by Thom Culpepper

The conversion of food matter into the stuff the body and mind can utilise is most usefully done by some form of chemical changes by heat, for the better utilisation and the consequent chances of biological survival, existential or martial-tribal.

Well... unholy of all unholy, as I'm scribing, a truck belches its way past the property access. It stops and disgorges to us the machine of my investigate intent.

Voila! The very subject of the matters of which I now talk, the low, low, available energy food preparing machine has just arrived.

With solar power, a way is forward and out of the clutches of the gas-oil conspiracy and the hangers-on who black-oil-mail the citizenry.

The affordable 12:1 'Masterpro' multi-purpose cooker (pictured) is another way forward to secure food survival and lowering food waste.

My next contribution is the getting rid of your 24/7/52 weeks a year energy freezer and shrinking the volume of your humungus food-wasting, kitchen-inhabiting ice-box.



What's in the back of the fridge you never utilise? No chooks? Then it's merely garbage fill. Be real: "It's been there 2-3 days, let's eat out!"

Energy to buy it, energy to prepare it, energy for stuff to put it out with, energy to preserve it, and so forth and so forth.

\$18 for an omelet, with extras, the same 'health salad' pieces of bullshit, and \$36 for a slice of the haunch of a cow, and cow-meat it will be.

No punter will be allowed a piece of a young Italian ox, the Romalio, or

a French Charolaise, or a highland-pastured Scott, Black Angus or a Swiss Simintal of their 'young-Hunks' flesh, cut from a young 'Knuttred' beast, the carcasses of the fillets for the connected elites.

Cow-beef with chipped shreds of la pomme du terre is your lot ("Spuds" by the Irish term). This fare will do the unconnected merde-kickers, that's their appointed lot. And so say all of us, we the privileged.

Back to tors! I have spent more than some time considering the matters of energy conversation. For what it's worth, intelligent cooking is the way to go.

If you can afford it, go for freeze-drying as an oxygen-free vacuum packing storage, and as a consequence definitely free up kitchen space and stop making plumbers wealthy. Cook in a low energy reality!

Next month I'm going to lay out the domestic reality of what it costs you to slavishly follow the net 'influencers'. For these lines and the future, I salute your coming awareness.

*This comrade of the true left is interested in dialoging with the aware citizens of the future. Email: hubris1@mail.com*

## Mandarins galore!

by Sue Stock

What to do with all those mandarins? Well, here is a yummy marmalade for you.

### Mandarin and Cointreau Marmalade

1.25 kg mandarins  
1.5 litres (6 cups) water  
7 cups sugar (1.75 kg) white sugar  
1/3 cup lemon juice  
¼ cup Cointreau

**Method**  
Thinly slice mandarins. Remove excess pith or discoloured rind and seeds and tie these in muslin.

Combine thinly sliced mandarins with water and muslin bag and stand overnight in ceramic bowl.

The next day, pour the mandarins, pips and water into a large pan and bring to the boil. Reduce to simmer and cook for 30 minutes.

Discard muslin bag after squeezing out pectin.

Measure fruit – add ¾ cup sugar to each cup fruit mixture. (I have reduced the amount – most recipes call for 1 cup sugar to one cup fruit).

Dissolve sugar slowly. Bring to boil, simmer uncovered for 40 minutes. Test for setting point by putting a teaspoon of marmalade onto a chilled plate. Tip the plate; if the marmalade runs, cook for a further 5 minutes, then



try again. Remove any scum from the top of the mixture. Stir in Cointreau and bottle in clean sterilised jars.

Makes 7 cups.





Alligator Weed

# What is the worst weed?

by Triny Roe

What is the worst weed of them all? A thorny one like giant devil fig, *Solanum chrysotrichum*, which can form impenetrable groves? Or one like cats claw, *Macfadyena unguis-cati*, that can transform a landscape by smothering existing vegetation, or one that can choke the life out of a river like alligator weed, *Alternanthera philoxeroides*?

Giant devil fig can quickly grow to four metres and even higher in ideal conditions, outcompeting native species and degrading pasture. GDF has an extensive root system with a deep tap root, making it difficult to dig out.

It can re-grow from root and stem fragments. Hitting it with a tractor or heavy machinery will just make it worse. If you only have a few, cutting mature specimens down and covering the stump with black plastic or two plant pots set to block all the light for a few months

will kill it.

Birds and bats carry fruit and seeds to new areas as can floods or overland water flow, so GDF can appear anywhere. With fungus resistant roots it was, allegedly, introduced to the Northern Rivers for grafting eggplants. It has now spread to SE Qld and has been seen as far south as Coffs Harbour.

In Mexico, where GDF comes from, the leaves have been used in traditional medicine to treat tinea and other fungal conditions.

Cats claw creeper is not the same as the traditional herbal medicine, cats claw, *Uncaria tomentosa* which can treat a variety of health problems. Cats claw, the pest species, is not so beneficial and will destroy forests if left alone. It climbs and smothers tall trees, growing up and over the canopy, restricting light to the leaves.

Difficult to manage, it has a series of deep underground tubers that can resprout after the tops are treated.



Giant Devil's Fig grove

Seeds have a papery wing which helps it spread to new locations on the wind. It is however useful for weaving so if you can't kill it, harvest the tough stems each year before it flowers in Summer and make baskets.

Alligator weed is another problematic pest species. Invasive in over 30 countries around the world, costing millions to control every year, in Australia, it is a Weed of National Significance and a serious threat to agriculture.

Essentially a water weed, it also happily grows up the riverbank and further out onto the floodplain, sending down roots one metre deep in the soil. While frost might kill off some parts of it, it quickly bounces back when the weather warms.

Alligator weed has been in the Richmond River for over a decade now and the 2022 floods will have spread it to new areas as it grows from small pieces of stem. It has also been spread by humans who have confused it with its

edible cousin, *mukunu-weena*, *Alternanthera sessilis*, from Sri Lanka.

Winter is a good time for weeding. Most species grow slowly, and the days are cool so perfect for getting into the hard yakka. Or not so hard yakka, if you get the weeds when they are small and before they have entrenched.

Addressing spring flowering species in winter before they reproduce will reduce their spread and make next year's weeding tasks much easier. Look out for new plants appearing. Identify and determine the appropriate management and act in a timely manner to reduce your workload.

Join a Landcare group for support and access to funding for bigger projects. Richmond Landcare is the umbrella group for the Richmond River catchment, and it supports over 100 local member groups. Find your local group on their website: [richmondlandcare.org](http://richmondlandcare.org) Happy weeding.

# Nomadic catering



Reviewed by Marnee Wong

The Nomadic Catering Company is thrilled to announce their food trailer will be stationed outside the Green Bank Shop on Cullen Street, Nimbin, on Mondays from 12 noon to 6pm, serving lunch and dinner.

After years living throughout Asia, chef Ian developed his skills to create authentic pan-Asian menus with diverse flavours and ingredients.

He then honed his craft at the iconic Earth & Sea restaurant in Byron Bay as head pasta chef for five years.

After a successful trial through June, serving a variety of menus from Thai curries to noodle delights

and his unique ramen, chef Ian and Nomadic Catering Company (NCC) have a residency at Nimbin's iconic location.

It should also be noted that NCC always has vegan and gluten-free options to accommodate the varied dietary requirements of their discerning clientele.

Early July will see a sampling of the warming flavours of India, followed by a weekly excursion through a global taste journey of hearty winter soups.

NCC and chef Ian look forward to serving Nimbin delicious, nourishing and lovingly curated cuisine for their growing community of fine food friends, of which I am satisfyingly one.



Sue writing

## The art of practice

by Susan Paget

Every now and then I have to go into real job mode, pop on my television producer's hat and hit the road. And each time I do this I become an addict.

After about 10 days of being on every message app under the sun, plugging through emails, doing last minute research and getting directions on Google Maps, I'm officially hooked to my phone.

Between the glow of the screen light and the over stimulation of online conversations, I notice that I'm simply not feeling good.

While this kind of behaviour is part of the job, I've got to be careful that when I take off my "hat", the extreme device usage

stops too.

So, when the job is done and I return home to Tunttable Creek, it's time for me to do a digital detox.

This is the practice of winding my on-line usage back so I can restore my overall sense of well-being.

Here are a few things I do when my online usage has gone beyond a healthy limit:

### Cold turkey

When I can tell I need a break, I do what I can to cut the communication cord. I reduce every unnecessary phone (or computer) behaviour to get off the addictive cycle of chasing dopamine hits.

During my digital detox, I delete all social media apps and commit to only using my phone for the most basic and essential of uses. Mindless

# Digital detox

surfing is off limits.

What I'm looking for during this cleansing time is to notice the desire to use, to take a breath and to find an alternative to picking up my phone.

### Pull out the knitting needles

So much of being on-line and the endless scrolling could be prevented by simply giving our hands something else to do. If you're keen to take a break from your device, find a way to get tactile.

For me, doing some shitty crafting – the art of doing a craft poorly so the pressure of perfection is off – is a solid way to help reconnect my brain to the working of my hands.

I've got some basic knitting needles from the local op shop and a lot of yarn that I keep on the coffee table where I can easily see and play. This is just one idea.

You might prefer working on a jigsaw puzzle or maybe place a sketch pad somewhere close. Just have something that you can pick up and do when the urge to check Instagram surfaces.

I notice when I use my hands for a very basic and old timey offline skill it's practically restorative.

### Hit the books

If your main source of information comes at you from online, it might be time to get reacquainted with the joy of holding an actual chunk of paper, putting your feet up and getting lost in a book.

I notice that I never feel guilty or bad about the time spent reading the way I absolutely do after getting pointlessly detoured on my phone. I often feel that reading has a sensation of giving my mind a bubble bath. That said, if you're only used to screen reading, brace yourself as books might take some getting used to.

I've found that at first, it can be difficult to focus and it feels weird to sit in one place rather than being mobile and multitasking. I'm very grateful that I've caught this lack of concentration in time and have learned to stick with the initial adjustment.

The reality that my devices threaten to steal my joy of book reading is so concerning

and worth fighting against.

This isn't the first time I'll do a digital detox practice and, as long as technology is in my life, it won't be the last. But I feel these intentional times of being a little more sober with my devices makes a difference.

A digital detox is a reminder that there's still another way

to communicate, that it's okay to not be constantly informed or entertained and that there's more to this precious life than staring at a screen.

Susan Paget is a television producer and well-being writer who teaches yoga classes on-line and at her home in Tunttable Creek. [susanpaget@gmail.com](mailto:susanpaget@gmail.com)

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# What's on TV?



by Magenta Appel-Pye

This past year I have watched more TV than I have in my lifetime. A lot of it was very enjoyable and so I would like to share my favourites with you.

Funnily enough some of the best TV, the ones that made me laugh and cry and just feel good to be alive were kids shows. *Bluey* is a worldwide hit and has become a bible for modern parenting. It is a show that makes grown men (and women) cry, especially the recent episode about cricket. You do not have to be a child to enjoy this seven-minute insight into the beautiful world of children.

Also on ABC iView is *Bad Nature*. Another seven minute kids show that looks at disgusting things that animals do. My scatological sense of humour makes this the funniest show I have seen on TV for years. It's also extremely interesting.

On SBS On Demand *The Educators* is a hilarious satire about teachers. As a teacher myself, I couldn't help but laugh at their atrocious shenanigans. I actually know some teachers like that!

We joined Amazon Prime just to watch the spectacularly good series, *The Marvelous Mrs Maisel*, about a Jewish female comedian in the 1950's. Winner of many

awards, the story, sets and costumes are superb and well worth the subscription. You can try it for free for a month. We have watched it twice, enjoying it even more the second time around.

On Netflix I totally enjoyed the movie *True Spirit* about the Australian 16 year old Jessica Watson, who successfully sailed solo, non-stop around the world! Inspiring, amazing and very well filmed.

I just loved *Next in Fashion* and *Glow Up* about make-up artists. I learnt so much about these industries. Even Norm enjoyed both these series very much.

From Japan we watched *The Makanai*: cooking for the *Maiko House*, a beautiful series about two inseparable friends training to be maiko and eventually geishas.

Also from Japan is *The Midnight Diner* about a diner that opens from midnight to 7am and features a cast of quirky night-life characters who frequent the diner.

Also on Netflix is *The Extraordinary Attorney Woo*. From South Korea, this series features a lovable, autistic attorney.

All these series are available dubbed in English, but I prefer to hear the language spoken and read the subtitles.

I feel like I have had a holiday in Asia.

# Herbs for fracture repair

I'm typing with one hand, with a suspected wrist fracture, so the topic is on my mind. I somehow tripped in a tangle of garden hose and fell over backwards. My hand broke the fall, but broke itself in the process.

I've not had a fracture before so it's all a learning experience. I'm finding it challenging managing things with only one hand. Typing is slow! (I've just learned today that the computer will automatically convert the first letter of a new sentence into a capital letter, yay! Who needs two hands?)

Fortunately I have had experience prescribing supportive herbs and nutritional for people with broken bones. The first thing to reach for is arnica, either drops or pillules. Arnica helps with shock and bruising. It can be taken frequently until the reaction starts to settle. Rescue remedy is also good for the shock.

My two favourite plants for healing are boneset (*Eupatorium perfoliatum*) and comfrey (*Symphytum officinale*). Comfrey can be applied as a poultice by mashing the leaves. If the injury is covered in a plaster, then instead the homeopathic form of comfrey ('Symphytum') can be taken either in drops or pillules.

Comfrey cannot otherwise be prescribed as a medicine



as it is restricted by the TGA (Therapeutic Goods legislation). It contains an alkaloid which is toxic in large quantities, and may be carcinogenic. This decision was partly based on a study where rats consumed what in human terms amounted to 290 comfrey leaves per day for 14 days, and it produced an abnormal liver function reading. So definitely don't do that! There appears to be no documented cases in medical literature of comfrey poisoning in humans.

Boneset (*Eupatorium*) is widely used by Native Americans. I wrote a column in 2021 featuring boneset as one of our 'forgotten' herbs. As the name implies, it is used to repair bones. As pointed out by herbalist Matthew Wood in his book *The Earthwise Herbal Volume 11*, most of the literature specifies it is used for 'fever with pain in the bones'. It is also known



**Nature's pharmacy**  
by Trish Clough, herbalist

by common names 'agueweed' and 'feverwort'.

There are claims that it was never used for bone setting. However, Matthew Wood while teaching at White Earth Reservation in Minnesota was told by Indigenous elders that it was indeed traditionally used to repair bones.

It is especially valuable with broken bones because it helps to bring the bones together in the right place and then set them 'from the inside out'. I thought this was a remarkable claim (how does the plant know which is the right way to align the bone?).

But apparently when bones are broken they secrete substances that help bring the broken ends together correctly. It is believed that boneset stimulates the production of these

substances. So the body chemistry and the plants are both very clever.

In addition, to support healing of my wrist fracture, I am taking herbs for microcirculation including ginkgo biloba, dan shen, nettles and prickly ash. Lymphatic drainage is important to reduce swelling. Herbs such as red root (*Ceanothus americanus*), calendula and clivers can be helpful here.

Professional advice should be sought before using any of these, as some may be contraindicated for you.

In addition to herbs, there is a role for a good bone repair supplement based mainly on minerals. Essential ingredients include calcium, magnesium, silica, boron, Vitamin D and Vitamin K2.

I have seen excellent results with a supplement like these in reducing the time taken for healing. Some formulas use K1 instead of K2, but I consider K2 to be essential. It helps the calcium to be carried where needed, that is to bone repair rather than deposited in arteries.

Hopefully by next month's column I will have some good improvement to report.

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](mailto:trishclough@internode.net.au)

## Free Bowen therapy for children and babies

I love to help babies that are struggling with issues, that's why their treatment is free, and for children up to two years old.

If your baby is a restless sleeper, teething, or suffering from colic, the Bowen technique could help you and your child. The exceptional gentleness of the Bowen movements, combined with their effectiveness, makes the therapy a powerful tool for treatment and relief of discomfort in babies.

Newborn babies often have delayed intestinal peristalsis due to an immature digestive system. This can lead to constipation, reflux, difficulty in digestion, or restless sleep. Bowen treatment for babies is very effective in releasing tension in the diaphragm, possibly a contributing factor to colic.

Only four movements on the back and three more on the baby's stomach are enough to soothe the affected areas. The baby can be held by the parent; he can lie down; or sit and play while the procedure lasts. It is important for the baby to feel comfortable and safe at all times. The treatment also tells the baby's nervous system that the emergency is over, from the birth.

All babies are different, and the number of treatments required depends on the complexity of their problems.



by Sonia Barton

However, usually after one to three treatments, colic completely disappears or significantly decreases. The baby becomes more relaxed, sleeps deeper and longer, feeds better, and has more frequent bowel movements.

A therapy session for babies lasts only about ten minutes.

Remember babies are still getting used to this world, and with their growth, their colic will gradually disappear as their digestive system learns how to function better. However, the use of the Bowen technique can shorten this period.

Bowen therapy is extremely effective in treating many other causes of discomfort in babies and children. Some examples that often respond favorably to treatment are:

Bedwetting in children; unsettled or distressed babies; restricted neck movement; babies with poor or disrupted sleep; babies with feeding

problems; bloated stomach and gas, constipation; colds, congestion, sinusitis and similar infections; asthma, respiratory problems and allergies; projectile vomiting, reflux, impaired digestion or other gastric disorders; postural imbalance, pelvic misalignment and uneven leg length; feet turned in or out or lying flat.

### How can I help mum?

Are you looking for a safe, natural way to keep the body in balance throughout your pregnancy?

There are no contraindications to Bowen therapy, which means it is safe, even in the first trimester. Postpartum pain can be relieved as well as restoring your vitality after childbirth, stimulating lactation and helping with any mastitis issues.

Bowen therapy can be used safely throughout pregnancy, to relieve many discomforts, such as back pain, as the centre of gravity is changing and causes problems to the back, pelvis, diaphragm and spine. Other complaints are emotional fluctuations, neck tension, sciatica, aching legs, fatigue, headaches, heartburn and decreased energy. Most of those complaints can appear, as the growing baby gets heavier, and the muscular skeletal system is out of balance and leads to strains.

Mum and babies in third trimester relax and harmonise well together and the treatment helps to encourage the head down position for the baby to ensure a smoother birth.

The Bowen treatment can be performed in its most comfortable ways, either by sitting or lying on the side. This holistic treatment is built on what the body knows best already and is very beneficial right through to labour.

It is very beneficial for a new mother to have a 'rebalance' session after giving birth.

Nurture yourself and give your body the kind of care it deserves, especially when you are supporting another life in addition to your own. You and your baby will both benefit from the extra attention.

### Labour and birth

Stimulation of specific moves is also widely used for inducing labour of full time pregnancies.

It can help to trigger contractions and allowing the womb to relax and stimulate the birth canal for a smooth birthing process.

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

Sonia Barton is a Bowen therapy and Reiki teacher  
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# Buybacks and a Statutory Declaration



**Legal writes**  
by John Adams

I spend Thursday, between appointments, trying to fix a problem. Two clients, now married, wanted to consolidate their titles. Something went wrong and a couple of titles were missed. I open two new files then decide to leave it to the next day, when the diary is clear. Late that night my phone tells me there's an email. It's from a buy-back client who's worried NRRC won't settle before her interest rate moves from fixed to variable. She's in Europe. They've emailed her, "Unfortunately we cannot accept the current statutory declaration." The local pharmacist's signature wasn't good enough. Next morning I'm about to look up the rule book when Rose needs me down the front, where we notice a bearded gentleman perusing our modest signage, then sliding open the glass door and coming in. We introduce ourselves and he shakes my hand. He wants to know about liability if the valuers come onto his land and injure themselves. On reflection, he's



begun to lose trust in them. Them being the NRRC. He's not sure what to do. We discuss public liability insurance, but I can't think of anything else that might be useful. After a few minutes he relaxes and tells us how he'd come to live this side of the levee and what his place is like. He'd prefer to raise the house instead of accepting the buy-back, but has been told he'll have to lodge an appeal. It's clearly too much for him. He's got that flood-plus-16-months look. But then we ask him what his dreams for the place have been. By the time he leaves we haven't been able to provide any legal advice. But he's got half an acre. In North Lismore. He's the one who mentions market garden. I ask him if he wants the small-leaf tamarinds that there's no room for at my new South Lismore residence. He says yes. When I deliver them, I'll tell him we can do appeals. Back with the statutory declaration problem, if my client overseas can find an employee of the Australian Trade Commission who's authorised under section 3(d) of the *Consular Fees Act 1955* (Commonwealth) their signature will suffice. Then there's an urgent call from another client's mother. Weeks ago, he was bailed to live in Sydney. He was doing well, even had a job. Now he's been arrested and is on remand. I make phone calls, check court lists, and call the wonderful woman who always answers, and give her his master Index Number (MIN). Anyone who's ever been locked up has one of these. She tells me which prison he's in, and I spend far too much time listening to the prison's recorded message and not getting through until a human voice tells me I have to fill in the form she'll send me. He's in court on Wednesday, which is when I get my first chance to speak to him. I call his mother, explain the situation, and go back to the rule book. Then the client with the transfer of titles problem calls and wants to urgently sell a part or all of one that successfully transferred. With lots of caveats. I take notes and go back to the Statutory Declaration issue to find I can witness her signing by WhatsApp under section 14G of the *Electronic Transactions Act 2000* (NSW). I email her. It's 4am her time. Later she calls me. It's good to see her face again. I watch her sign the document. She scans and sends it to me. I print and sign and send to the NRRC.

**Christine Becroft**  
Counsellor  
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## Creating space to work

**Words Before Words**  
(a poem written by me and published in 2015)

I want to write about the dark inchoate space that is night.  
I want to describe the beginning before the setting out without a plan, guided only occasionally by a snatch of moon and shiny patches of wet on the leafy ground.  
I want to write of this before, before, before, because that's how it feels right now, to write without a clear sense of what I'm writing about. I have only a feeling; nameless and wordless.  
Words before words, before even concepts, before even a sense of direction, before the division of light into dark, before the Genesis of God himself, before before before...  
I saw the movie 'A Theory of Everything' the other day, about the life and work of Stephen Hawking. In the beginning was not even the word, the thought, nor time, nor a beginning shining in darkness, exploding in the night, just an inchoate nothing.  
And yet, a mere dot in which all worlds, all words, spawned and into which all will retreat.  
There is a hum threading each precious bead of wordlessness to words to nothing once

more.  
*A snatch of light, a glistening of moon captured in grass, a stumbling, a bird call... and then the night.*

And so these were my thoughts this morning as I relaxed into the geothermally heated, mineral-saturated hydrotherapy pool down beside the Swan River. As I lay there, rain came: cold drops bouncing off the still surface of the water and I entered into the space between worlds: water from above and water below. This is what it is like meeting a client for the first time, and for the second time, and all other times. There really is no point having one's head filled with expectation, theories, strategies; there really is the simple meeting that may, or may not expand into deeper places. For one thing, you might try to drive the therapy session in the way you think it should go, but actually by then, you've really missed the boat. The other person, after all, has come to the meeting between us with their mind, their feelings, their intentions, their expectations, their recent

and old experiences and want to express these, without hindrance. I provide guidance, for sure, but without obstacles. My job is to listen to them and adapt. To do this, I have to be in a state of knowing nothing... before words, before all else. Then, and only then, does my participation begin to matter. Only then, can my words have any potency. I'm reminded of a client who had claimed to be one type of personality on the phone prior to us meeting, but came to the session expressing quite another side of herself. If I had designed my work strategy before meeting her, hell-bent on driving the session in the way I thought it should go, I would have been totally insensitive to her actual needs. Too much prior knowledge really does cloud one's perceptions. Space and inner quiet is required in order that any real work is possible. Without such preparation, there is only chaos. No workman can do their job with a bench cluttered up with the bibs and bobs of inessentials. All of us are craftsmen of some kind: we plan our



by Dr Elizabeth McCardell

strategy for performing whatever task it is, we clear our space and then we focus on doing the job we've set ourselves. There is reflective order here, and a lovely sense of spaciousness. The longer I do psychotherapy with people, the more I value this preparation time before sessions. I cannot just engage in other activities and drop them and begin working with a client in session; I need a place of contemplation, of meditation, of emptying out my mind of other things. Then, I can be truly present with the person sitting with me.

Dr McCardell has relocated to Fremantle, but is still available for on-line consultations.  
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# SEEDY SECRETS 003

by Michelle Chapman

I'll tell you a little secret.  
Not all seeds are seeds  
and not all seeds have  
secrets.

If I could have a bitcoin for every time I've been asked why the blue quandong seed is so hard to grow, I'd be able to give up seed collecting for life. But where would be the fun in that?

It's so much more fun to share the knowledge that the wrinkly 'seed' is not a seed at all! In fact, it's a stone like a peach pip that contains one to four actual seeds.

And, if you split that stone open with a vice or a hammer and nail, you can raise four blue quandong seedlings within four weeks!

The seeds themselves have no secrets, no dormancy to break, no germination tricks to bursting into life.

Botanically speaking, a seed is a matured and fertilised ovule containing an embryo, with nutritive tissue (endosperm), enclosed in protective layers of the seedcoat (testa) or inner fruit tissue (pericarp).

Despite slightly different terminology, all sources agree that a seed consists of three parts: an embryo, storage



tissue and a protective outer covering.

So, back to what you're holding in your hand. Is it a stone? Is it a seed? The best way to find out is to cut it in half with a pair of secateurs. Cut a few in half to check consistency of form and work out what you're looking at.

Check for seed presence in up to ten stones/seeds before taking fruits and useful plant material away from the forest unnecessarily.

Some stones are incredibly hard to cut open, like the blue quandong (*Elaeocarpus grandis*).

The iridescent blue quandong fruits were probably favoured by cassowaries, and the hard woody fruit layer protecting the seeds was mechanically scarified by time in the birds' gizzards or chemically



scarified by digestive enzymes and stomach acids.

Both processes create a scratch that turns into a crack that allows water to enter the stone, initiating germination.

In our backyard nurseries, we mimic these natural processes by using tools to create cracks, or creating a dry compost heap that mimics the forest floor.

This is the best method for propagating many seeds. The bacteria and fungi, combined with alternately wetting and drying the heap, weathers the hard stone layer over time.

Water gets in, seeds break free in their own time, giving you a constant supply of baby blue quandongs to share

**Blue quandong seed**  
Photo courtesy Project Noah

with friends, restore your rainforest patch or sell at local markets (always a hot favourite!).

I have mapped many majestic blue quandongs around the Northern Rivers on private properties. As well as being ecologically significant, these 'new giants' since colonisation and clearing are significant for aesthetic, spiritual and social reasons as people love to gaze upon and gather under them.

Do you have one on your property? Contact me at: info@seedtreemaps.com for a chat about putting it on a map!



by Uncle Norm & Aunty Maj

## She says

Dear Fanny, I'm so glad you asked for advice on this one because friends with benefits can be a slippery slope. Often your single friend is trying to snap you up by sleeping with you. I know, because that's how I got Norm. The other thing is that one of those friends may turn into something more serious.

Friendship is a great way to start a relationship. You get on and know a bit about the other person. However, when you sleep with a friend, things are never the same and you run the risk of either losing them or ending up with them when you didn't really mean to.

I recommend you value your friendships and don't go there unless you really love them.

Humans need physical touch and missing that is visceral. When I was single and needed a shag, I made sure I only picked men whom I did not like. That way there was no problem with 'sex goggles' clouding an otherwise unsuitable candidate.

I let them know it was only a one-night stand and if a condom wasn't on, then it wasn't going to happen. I spent five years happily fulfilling my needs and have many pleasant memories to boot.

I was friends with Norm for two years before we actually did the deed. As soon as that happened we were in a relationship. It has lasted for 25 years, so far, so good.

Regarding dating sites, ask hard, real questions and, if the answers are too good to be true, they probably aren't. It's a lottery out there but there are many winners. I prefer the old-fashioned way of meeting people in real life and then seeing whether I like them... or not.

## Safe dick

I have split up with my husband and been single for six months. I am nowhere near ready to get into another relationship but I am horny and need to feel weight on my body. Some of my male friends have mentioned 'friends with benefits'. Should I go there?

– Fanny Tingle, Blue Knob

## HE says

Dear Fanny, I assume you are reasonably attractive, perhaps even an absolute stunner. Otherwise why wouldn't your male friends be offering themselves up to you?

Friends with benefits, or FWB, sounds like some sort of jingle for an insurance ad. Every red blooded heterosexual male, and probably some gay guys as well, would give their left ball to have a FWB. Even better, several.

What could be better than regular sex without commitment? To someone like me, who ends up married every time I shup someone, it sounds fantastic.

So what is your problem? Why can't you 'go there'? Are all your male friends a bunch of deadbeats? Or maybe one or two of them are a bit of alright and you might fall into an unwanted relationship. Yeah, I can see that could be a problem. Wouldn't want to be too happy would we?

Anyway, call me old fashioned, but I'm pretty sure if you walked into any pub and announced to all and sundry that you are in need of a good rogering, that your needs will be met.

Unlike me where, if I were lucky I might be pointed in the direction of the nearest bordello. Most likely I would end up frog-marched outside quicksmart. Forget 'Me Too'. More like 'Why Not Me?' in my case.

Fanny, if by the time you read this you haven't felt that weight on your body that you so crave, I suggest you purchase a 'personal massager' and a large sack of flour.

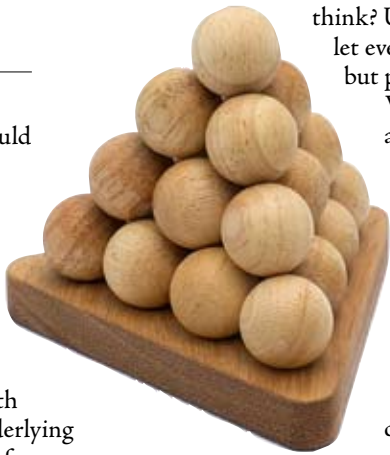
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# Tread lightly footprint taxes to guide consumers #2

**Shapeshifting**  
by Anand Gandharva

The community should not only hold producers to Net Zero industry targets, but also improve sustainability with footprint charges to guide buyers, labelling, heal environments. With problems coming with population growth the underlying issue is our combined use of resources. What was norm yesteryear, no longer is. We have to do more with less. The footprint of individuals, or how lightly one consumes, is easily calculated, see [www.footprintnetwork.org](http://www.footprintnetwork.org). It counts if your lifestyle fits on one planet, or gobbles up more? Why tell anyone in a free society what to



think? Until there are bio-health laws, let everyone decide for themselves, but pay for what's desired. While voluntary, models already exist. One of them is called TRUE PRICE. The store's items for sale include the cost of compensating environment and social programs. Paying more for sustainable products is popular. Over 80% of consumers want this. Everyone keeps dignity of their beliefs, but pays full price for repairing what's used. Unwittingly often, we have been subsidising habitat destruction. The extra costs of environmental care are estimated to be an average of 7% of household spending. How much is charged depends on environmental impact and location.

Switching consumption can be done at net savings when one learns to tread lightly. An additional 14% or even more has to be paid by those who live like there is no tomorrow. Before 1788, millions of tribal Aboriginals could survive in balance with nature, but excessive habits in 26 million Australians cannot be sustained by Earth. Too many people! A perceptive letter writer from Evans Head wanted to hold the mega rich liable. She is right; they should pay lots. Sadly, it is not only leaders, but all who use Gaia unnecessarily. Together, these extra charges pay for the cost of wages for new jobs: Earth restorers. Thousands in Australia alone. What they do is up to the region, but generally they fix lands to make it sustainable again. Humanity is part of nature. We need it to survive. E.g., forests to recycle the air and attract rain, healthy habitat, bees to fertilise crops, etc. We can't go on harming koalas, wombats, kangaroos, eagles, lizards, trees and shrubs.

It is getting very serious. There now are 8 billion people on Earth and they consume the resources of two Earths (4.5 with average Australian lifestyles). The understanding must grow that at current choices humans exceed the holding capacity of Earth – we consume more than nature can regenerate! 'Overshoot' is a by-product of population pressures. It is getting busy. Try to find a car park: almost impossible. Decades ago, a councillor (alderman then) spoke excitedly about a city to rival Brisbane in Northern NSW. Wall to wall people. The last koalas, wallabies, doves? Eventually: a city stretching from Coffs Harbour to Southport? The population is growing. Our use of resources has to adapt, preserving and restoring nature vital. Become plant-based, inclusive and truly sustainable. Measure and tax footprints. DNA shows all humans are related; mammals are kin.

## Life as a monkey and the tree of life

Allison's recent session was very interesting. Using regression hypnosis, she remembered a lifetime as a monkey. It was a happy, carefree life, spending her days swinging through the trees in a lush jungle environment with many different creatures and colourful birds. In that life Allison was a young male monkey living in the tree tops with his parents and two younger brothers. Until one day a huge fireball came from the sky and destroyed their beautiful planet. In recounting this part of the story, Allison became very upset as she relived the scene, crying and angry at the senseless destruction of an entire planet for which there was no reason, other than experimentation. Monkey left his body, his consciousness still carrying the trauma, grief and anger, as well as guilt that he couldn't save his family.



by Auralia Rose

Allison's soul soon found itself in a place she described as a pretty golden city, much like the city of Asgard in the movie *Thor, Tales of Asgard*. She described a beautiful place with lots of golden domes and tall spires. Feeling her soul to be in need of rest and healing, she was immersed in a pod where she received healing from purple and gold light. Souls very often go to healing places such as this between lifetimes. When she was ready to move on, Allison found herself in a huge library with very many levels, each one crammed with an infinite number of ancient books. This place is known as Akashic records. The higher levels had very advanced books, and Allison's feeling was to go to a lower level where she selected a very large book with many pages, the cover depicting a beautiful image of a sun surrounded by golden vines and green leaves. The book was written in a language she didn't understand, but she kept turning the pages until she came to the middle of the book where she found a picture of a tree taking up the whole page. She was fascinated at how much life there was in the roots, and observed wombats at the base, some in their burrows. It felt very grounding.

This is where it gets really interesting. It was as if the tree kept growing out of the page, reaching higher and higher into the sky. It had very big round leaves and Allison felt the urge to climb the tree. On reaching the top she received a message from her higher self, asking her to look all around. She was told this was how far she had come in her soul evolution; she had come so far and achieved so much and was capable of reaching much further than she thought, indeed already had. She was not limited in any way. She felt quite overwhelmed at the vastness of her soul and its journey through time and space. This is true for each of us, most of us just don't see the enormity of who we really are beneath our skin. The canopy of the tree had its own eco-system, it was like a complete universe teeming with life. Allison was very fascinated with the billions upon billions of leaves which had so much complexity and life in them. They were of a deep bright green/blue colour, each leaf having its own individual consciousness, yet not separate from any one part of the tree. The leaves were always departing and returning, attached by an invisible cord. On discussing Allison's experiences with her later, we both felt the tree was symbolic of creation source, the leaves representing all the individual souls connected to, but never separate from the one true source of creation. If you would like to explore more of your own unique vastness and have your burning questions answered, please contact me at: [auraliarosewellbeing.com](mailto:auraliarosewellbeing.com). Sessions available in Murwillumbah.

## A safe place to re-connect to you

My life has not been an easy journey. Like so many other people in this world of ours I continue to learn about ME every day as a person, mother, daughter, sister, partner. "Meeting me" has been the most uplifting part of my journey. So many things in life can change from the time we are born; life challenges, school pressures, family influence and much more. I always found myself different to others. As a child growing up I felt that no one really understood me, I would play by myself in the backyard and talk to myself, I thought it was myself, knowing now it was someone. As a young child I always felt fear and a sense of freedom in my life too, which was very confusing when you are a young child.



by Tereza Andjelic  
Holistic counsellor

How does one feel fear and freedom at the same time? You see my mother had this fear of life, it was a mixed bag of fears and my father was the one that had this sense of freedom. So as life went on, my mindset had been set in a very confused way. "Live with fear but freedom too". With that mindset and the one that I was told that marriage, children and housewife was my path. That's what happened. I married at the age of 22, had my first son at the age of 24, then my twin boys at the age of 27 and divorced at the age of 31. I loved married life at the beginning. My husband and I did everything together. Great friends! Great outings! First baby born in our social group! Life was great! The twins came along and life was even more exciting, friends having babies by then, baby catch-ups WOW awesome. Something changed along the way; it's not something that was in my path, my 'mindset'. My husband and I started disagreeing on things, parents got involved in our life; too many points of view! We decided to leave Sydney and move to Perth and get away from everything. Two years later I moved back to Sydney with my boys and left my married life. Moving back into mum and dad's place was hard, their point of view of what I should do and how I should do it, started to take effect. I felt my life was being controlled again because of the mindset I felt I had

failed, so as a thing I just allowed my parents to control what I did, to a point and that's when I chose that I needed to do something about my "mindset". With my first encounter with a holistic counsellor, I didn't really know what a holistic counsellor was, but something drew me to them, so I made an appointment to see one and went with an open mind, and to this day, I am forever grateful for Judith and my amazing first holistic counselling session. Judith helped me to connect to my inner-self and helped me to work through the pain and suffering of my mind, body and spirit. I still remember her first question to me, "Who is Tereza?" and I remember thinking to myself just who was I really? The answer was: "I was everything to everyone but nothing to myself." Having about eight sessions straight with Judith and then fortnightly ones for about two months and then top ups when I felt I needed some direction. My life started to expand and my consciousness too. With this new 'mindset' I had happier boys, my relationship with my parents became, to a point, a respectful one and meeting Mr Awesome that accepts me for me. Still not knowing what I wanted to do in life and not wanting to go back to doing photography. A girlfriend got me a job as an office manager. That was great but not still for me. I did some baby swimming teaching classes and then, it hit me like a hammer hits a thumb, a burst of energy rushing through your body.

Studying holistic counselling, becoming a meditation teacher and a mindset coach has being the most rewarding experience, along with being a mother, that I have ever felt. Opening Tereza Andjelic – holistic counsellor was going to be a place where people came who wanted to free themselves from whatever was going on in their life that they felt heavy about. It could be anxiety, depression, bipolar, stress, relationship breakdowns, finding relationships, finding themselves. To date I am very confident in saying that all my clients are in a happier place in life plus feeling lighter with the tools and choices they have made apart of their everyday living. Having teenagers come to Tereza Andjelic – holistic counsellor has been an amazing experience and one that I choose to always create time and space for but in doing this and creating awareness for teenagers its exciting to know that a lot of adults have connected to the same emotions and feelings. You see they are connecting into their "teenage mindsets" and we together work out how these mindsets are stopping them from creating more in their lives now, this could be work opportunities, relationship opportunities, business opportunities and a lot more. I believe that we all have a special gift, but until we know who we are it's hard for that gift to come through. What is your "mindset" now? Do you enjoy your "mindset"? Would you like to create more opportunities in your life? Is the word "create" a heavy feeling for you? Is the word "opportunities" a heavy or light feeling in your body? What lies are you living that are stopping you from an extraordinary life? I have an extraordinary life and some may say that it's different, that's just "their point of view". I am blessed with creating opportunities for people who want to be more conscious in their life. "Feeling lighter and freer" not "fear and freedom". I offer on-line sessions and work from Lillian Rock if you are needing a change in your life.

For all appointments, phone 0419-437-044. [terezaandjelic.com](mailto:terezaandjelic.com)