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DOLPHIN FUNERALS

by Neil Amor

What's neither plant nor animal, can sprawl for kilometres beneath the ground, and is responsible for life as we know it?

Ancient peoples called them the "flesh of the gods" while in Greek mythology it was said they came from Zeus's lightning because they appeared after rain storms.

The mighty mushroom! While Western culture is currently becoming increasingly aware of its many properties, medicinal mushrooms have been used in traditional medicine for thousands of years, such as the Greek physician Hippocrates, circa 450BCE, who found them to be an effective anti-inflammatory.

Raw brown mushrooms provide 22 calories per 100gm, and are a rich source of B vitamins, as well as phosphorus, zinc and potassium.

Ananda has been growing and distributing in the area for four years. In that time she has seen the business grow to an output of 500-800 kg per year. Not bad for a home-based virtually one-person operation.

Motivated to make the best use of the land in a way she could manage – "I live a 10kg lift life" – Ananda drew on her background in soil microbiology, and a whole lot of research, to get started.

Up to seven varieties of oyster mushrooms are available, such as Lionsmane and Blackpearl, which generally take 3-4 weeks to grow.

The distinctive Shiitake mushroom takes three



A range of Oyster Mushroom growing on a base of hay, sawdust, rice hulls and coffee grinds



months by comparison.

Climate control, for both product and farmer, is essential as mould can be a problem if not effectively managed.

There is a shutdown period twice a year for deep cleaning and re-start. Most of the spores can be hibernated after incubation.

The Nimbin Organic Food Co-op is pleased to be able to

offer the community a range of local certified organic mushrooms, freshly delivered from the Nimbin hills every Wednesday afternoon by Ananda.

Cooking the perfect mushroom is easy with these few hints:

- Keep them dry. Pat with a paper towel if moist.
- Don't crowd mushrooms in the pan, or they will steam.

- Salt mushrooms at the end of cooking. Salt brings out moisture and prevents browning.

- Use a heavy based frypan.
- Don't stir during cooking. Flip when browned.
- When cooked, add a some flavour with salt, a little butter, fresh thyme, garlic and lemon zest.

Perfection! Until next month, eat well.

Green banana omelette, or avocado and basil

by Thom Culpepper

Eggs in the 'Excited States' have reached US\$1 an egg! WTF? Greedy food corporations will soon deliver Oz the same generosity.

Remember, when 'Aunty Samantha' gets a cold, we in Oz get the flu.

Using desiccated whole eggs may be an economic solution, especially for omelettes.

Green Banana Omelette Ingredients

One 125-150gm whole semi-green banana, skin included.
2 large (60-70gm) eggs or 4 tsp of dried whole-egg powder. Reinvigorate dried eggs in 1/2 a cup of water, to which may be added a few drops of orange oil or some orange flower water, about 10% by vol.
25 gms coconut or sesame or olive or peanut oil or ghee or unsalted butter. Use your own fat of choice (no meat dripping, puleese).
10 gms of honey or other sweetener of choice.
A few drops of pure vanilla extract.
1-2 drops orange oil or 1/4 tsp



of orange blossom water.
A smidgin of salt.
1/2 gram of chilli flakes.
A pinch of cinnamon.
A dash of sweet soy or sweet plum sauce.

Garnish

Ground nuts with banana bell flour or slices of sweet ripe banana (Red Dacca, Ladyfinger or Goldfinger).
Floral finish with sweet blossoms (Honey-suckle, Orange blossom, Rose-bud petals or Bergamot flowers).

Method

Mix egg powder with water or 10% orange blossom water. (Dried egg mix: 2 tsp + 1/4 cup of water = 1 large

egg.) Leave stand for 15 minutes to fully hydrate the egg powder mix.

Oil the pan, add spice for cooking, and add the egg mix to the heated 'oiled' pan, swirl around for an even cover, allow the egg mix to lightly set. Then add chosen fillers. In this case sliced semi-ripe (green) bananas.

Cut the whole banana into thin rings, 15mm in thickness and soak in boiling water for 5 minutes or so. Discard ends.

Add the bananas to egg mix after it has initially 'set' in the pan. Gently fold the omelette over.

Leave as cooked and turned, or roll into a

cylinder. Plate and add garnish and pan sauce. Add a splash of Triple Sec or Cointreau!

For an avocado omelette, spice with ginger, turmeric, garlic + piquant spices, sauces and herbs, say basil or rocket, or salad veg of choice for the garnish. Add a splash of Amaro Fernet Branca or Limoncello!

Why include the banana skins? Why not? They contain important B vitamins, B6 and B12 plus magnesium and potassium.

After all, you paid for them in your banana purchase, utilise them!

thewholeearthveg@gardener.com

After the flood

by Kat and Crystal, Dragonfly Cafe

Crystal: I decided to stay home that evening. We had learnt that the 74 flood didn't come into our home in South Lismore, so we decided to stay, in the hope that we could save our things by raising them. We left our children with friends.

I was at work, and I remember hearing all the sirens and commotion around town. It was 4.30 in the afternoon. When I got home it was on the news that a man had been swept down a storm drain. I intuitively thought about my dad, because he would often be in that area.

That night I was feeling uneasy because the rain was so intense. I went to sleep at midnight and was woken two hours later by something knocking on the wall outside. The water had come into the house up to my knees. My ex-partner started to pick things up and I thought "that's not going to help".

There was electricity in the water, so I suggested we go onto the veranda where it was safe. When the water rose further we managed to climb onto the roof, where we waited, shivering in the pouring rain for four hours until we got rescued by a couple of guys in a tinny.

I was so frightened. There were rescues happening in the whole street. We were dropped off at the old Norco building, because the tinny was too small to cross the raging river.

Vince and Johnny were there with jackets and food. It was really nice to feel warm and fed, but I was beside myself with worry about my dad.

Then the SES guys came a couple of hours later and ferried us through town to the Bruxner highway drop-off point. We happened to have parked our cars near there when we moved them to higher ground, so we were able to drive straight to my boss's place in Goonellabah. Kat was also housing the families of other staff members.

While on the roof I managed to keep my phone dry and called my mum to tell her I'm safe. Then I got a call from my sister asking if I had heard from dad. No one had heard from

him. I was very close to him and was worried. My sister put up a public post and a lot of people helped in the search, going to recovery centres, the hospitals, and the police.

By Tuesday night I was getting the feeling that my dad was the person reported on the news. It was a massive fear, and then on the Wednesday we were given the contact of a police officer who may know something about the body found in the drainpipe near the cinema.

We had to identify dad through his jewellery and tattoos. His body was disfigured by being in water for three days and we were advised that to see him like that would be too traumatic.

I was in complete shock, we all broke down and became very emotional. I think I was in complete shock for at least three months, it's all a haze.

My dad was helping carry sandbags at the Gollan Hotel when he was swept into a drainpipe by the flood water and released fifty metres away.

I spent two months with my sister and mother grieving over dad, then stayed with Kat for a couple of months. About June, the time Lismore Council put on the concert at the showground for flood victims, I took up an offer from a friend who was leaving her apartment, and I'm still there with my two sons.

My elder boy is at TAFE now. The flood ordeal has changed him. It's one positive that has come out of this. I've seen him change from being a typical fourteen-year-old teenager immersed in himself, to being an aware, empathetic, passionate, thoughtful young man with direction in his life.

Now, when I'm not working at the café, I've recovered my interest in acting and am in a play called 'The Hungry Ghost', about addiction and the struggles in life. My dad used to love seeing me on stage, and I feel it's a way of connecting with him.

Over the last year I've learnt how to be vulnerable and allow myself to receive the love and support on offer. Emotional, financial, or just in the friendship of connection, it's been very eye-opening for me to receive the support



I've been given. As a mum I'm used to being the supporter and have had to shift to realise how giving and loving life is if you allow it.

I love working at the café, we are such a family. We've all been through this together.

Kat: up to 26th February I thought I'd worked out the hospitality game. We'd got through Covid, and the masks came off on the Friday. There were smiles and joy, but it only lasted two days. I thought Covid was bad, but what happened in the flood, well, there are no words for it.

Amongst all the things that happened in the flood, losing homes, losing dads, I wasn't aware that I was in shock until it hit me at the beginning of this year. I kept telling myself "No, I'm not affected". I keep it positive for the staff, they don't need to see me upset. It's always better to find that ray of sunshine than be absorbed in darkness.

When I came downtown after the flood and stood at the door with all the mud and carnage and smell, I said to myself "What do I do now? I've got nothing, nothing left."

I had to decide whether to keep going or throw my hands in the air and say, "I can't do this". But I have such wonderful staff who need jobs and money, and homes and all sorts of things, So, "Let's clean it up." We had to fix the whole building by ourselves. We cleaned and cleaned.

I had the target of opening by Anzac Day. We set up a gazebo tent in the shop to serve coffee and cordoned off the rest of the area. There was no ceiling or walls. The dining floor survived, we got an insurance payout for the kitchen floor, and we saved two fridges. Now the walls are fibro, and the plan for another flood is to take

everything to my garage. The government money has helped, but we've had to earn money to get money, and after Covid there was nothing in the coffers. My saving grace was that I didn't have a mortgage and was able to get a loan to get the business going, and the building owner wanted us back.

We've slowly but surely come back, and I'm grateful for my staff and the community. It took over a year to get the building repaired, which was going on while we were in business.

There was a lovely lady called Terrie who came and planted flowers, and lots of our customers and strangers came and helped in the clean-up. My son and his friend came down from Brisbane, and there were even people from the Gold Coast who would come down and offer petrol and generators and pressure cleaners. The fire brigade was awesome. I'd put in for a couple of jobs for the Army when they were here, but I had leaking pipes and things that couldn't wait.

All the staff were amazing, they all put in a magnificent effort. We started back with a generator and three power points. Too many lights would trip it and turn off the coffee machine.

Over time and patience, we gradually came back, and the community has continued to support us. That's why I brought in my lounge from home. The café has been a meeting place. Lots of laughter and tears. They've had the experience of loss too and understood what we were going through. Under terrible conditions for my staff, we provided a space for everyone. Our community is so unique. It's diverse and supportive, and we all pull together and help each other.

We've come through this. I love this town; I love the people. I'm honoured that people respect what we do here because it's about community. It's not all about me, or money. The town hasn't got a lot of money after the flood. I decorate the café with beautiful staff and good food.

As Crystal's dad used to say "Onwards and upwards, never above you, never below you. Always beside you".

The Dragonfly Café, 36 Carrington Street, Lismore. Breakfast and lunch six days a week.

The Art of Practice: Travel



by Susan Paget

Travel is such a huge part of my life, personally and professionally, that it seemed almost criminal and downright shameful that at 60 years of age, I hadn't been to Italy.

And that's why out of the blue, I made a declaration of #yolo and booked my husband and I last-minute tickets to the place I'd dreamed of for as long as I can remember.

Mamma Mia, I was beyond excited and totally got into trip research mode. And while there are some fantastic travel YouTube tutorials and podcasts out there, I did notice there's one essential travel tip that doesn't get a lot of mention and that's to practise travelling before you hit the road. At the very least it's going to make your trip a whole lot smoother and at the most, it will infuse

the "in between times" with a little getaway spirit which is often what we crave in the first place.

Here are some daily life practices that are great travel preparation – whether business or bucket list.

Unpack your life

Unless you're relocating or need to shlep equipment for work, traveling with large suitcases is cumbersome and stressful. More than ever, with airport staff shortages and tight connections, there's a strong case for carry-on rather than checked bags. But it can be super challenging to work out what to take away.

For that reason, I think learning how to pack light begins long before you leave home. You know, the minimalist thing. The never-ending practice of letting go is a good way to uncover what

items are essential to your daily life. Knowing what you really need to be comfortable makes it a lot easier to pack.

And guess what? I reckon there's a bit of a woo woo benefit to this "let it go" philosophy. The day before I had any visions of Rome dancing in my head, I did a big declutter, bagging up old city clothes that just didn't fit in with my Tuntable Creek life. My closet looked better and 24 hours later I was booking flights. Coincidence? Maybe. But I relate to the concept that taking time to bring organisation and freshness into our spaces has the potential to call in ideas and opportunities.

Train for it

For the most part, travel is an athletic endeavour. You'll get those steps in just transiting through an airport and long hauls in a tiny economy seat require a contortionist mindset. Between different time zones, food and climates, travel can be hard on your body.

For me these reasons have been a good incentive to train for travel when I'm at home. Nothing fancy – walking, stretching and lifting – just the practical things you should do to feel good anyway. But when it comes to travel, I've never regretted this at home habit. It makes my life out of a suitcase

so much easier because I'm fit for it.

State of Mind

Travelling is a state of mind. It's a sense of staying curious and engaged with the world, wherever you are.

When Covid had us locked down, it was confronting to consider that perhaps I'd never travel again. Who knew what was happening, right? For the most part though I didn't feel trapped and I think it's because a lot of the values that travel holds for me are things that I honour in my daily life.

What lights me up about travel are things like learning, logistics, experiencing different tastes and sounds. I tap into these feelings in my own backyard in small ways like doing five minutes of daily language study on an app or by hosting adventurers at a Hipcamp we've created on our property so we can share the type of travelling experience we would love having with like-minded people.

These little behaviours work like a vision board for me. I know whenever I'm thinking about travel, something is brewing behind the scenes creating my next opportunity to head out.

So here's a question to ask: What is it about travel that you love and how could you bring those things into your home? Do a bit of that every day in your own unique way and you might find it feels

very satisfying to honour the cravings now that you'd usually put aside for a vacation. If Covid taught me anything, it's to do the things NOW!

That first day in Rome was surreal. Finally, I was hearing the language and wandering cobblestone streets, drinking the wine and eating the pizza! Just a few years ago the idea of travelling over the Queensland border, let alone overseas, seemed so fragile.

I clearly remember thinking during those lockdown days that my Italian ship might've sailed. But here I was. I made it. A long time coming. And with all that practice to get here, I couldn't have been more ready.

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

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"Who will be the last person on Earth to touch your beloved?" - Mimi Zenzmaier Founder & Funeral Director

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Loneliness



by Magenta Appel-Pye

A big problem about having cancer is loneliness. When you are going through the long, dark months of chemotherapy and are so tired you can hardly squeeze out a fart, often you do not have the energy to talk to people. You especially don't want to hear their cancer stories, and everyone has them. With one in three people predicted to have cancer at some time in their lives it is a ubiquitous yet devastating disease. For some reason people think that by sharing a story about anyone they know who has had cancer will somehow be of comfort. It isn't! Your story reminds them of their story and they want to share it. At such a low, vulnerable point it is depleting and depressing to have to listen to those stories. Especially, if the person has died. It's like when you are pregnant and women suddenly start telling you their dreadful birth stories. I know it is a normal reaction because everyone does it, except those trained and those who understand. Of course it's another matter if the person has their own personal story and can offer compassion and support by sharing their experience. Another truly annoying thing is when people start telling you all the 'alternative' treatments that you should,

could, must try. These are usually very expensive and scientifically unproven. I did my research and, at this point, probably know more about cancer than those who don't have it. Yet some feel free to spout some miracle cure. Cancer is a life and death situation. If I told them what I really think about their unsolicited 'advice', they would be offended. Yet they feel free to dismiss what actual research shows; that, as awful as they are, chemotherapy and radiation is your best bet. Hard working, highly qualified surgeons, oncologists and nurses help us survive and do it without exorbitant fees. If you are a public patient, it's all free! With no capacity to hear these stories, or the strength to ask them to stop, which they often don't until they get to the gory end, it is easier not to talk to anyone. This has its own problems, of feeling isolated and lonely. However, another good reason to isolate is that your immune system is completely knocked out and to get Covid or the flu could land you in hospital and possibly kill you. I had a friend just drop in to visit who refused to wear a mask! Says a lot about her. What helped me through were good books when I had the energy to read them, and the Mindful Movement meditations. And especially those kind souls who sent regular messages of love and support saying they were thinking about me and sending love without expecting me to reply. Or left flowers, meals and presents on my doorstep. Bless them. Sometimes even to live is an act of courage.

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Medicinal mushrooms revisited



Nature's pharmacy
by Trish Clough, herbalist

Some years ago I wrote some columns on the properties of medicinal mushrooms. Since then there has been continuing interest and a lot of research. While I am not focusing on psychedelics (these are officially outside my scope of practice) it is interesting to note the current medical interest in microdosing of psychedelic mushrooms, which are showing to be beneficial in treatment of mood disorders. I previously wrote about some favourites of mine including shiitake, reishi and maitake mushrooms. Shiitake (*Lentinula edodes*) is a delicious flavour used in many Asian recipes. The common name is from the Japanese, but it is known to have been used in China for over 6,000 years as a medicine. As with most traditional herbal remedies, scientific research is continuing to

validate the traditional uses of the shiitake. It is a powerful immune boosting food, and also contains a strong anti-oxidant which has anti-cancer benefits. Reishi mushroom, *Ganoderma lucidum*, is known as the "Mushroom of Immortality". It has many benefits including reducing blood pressure, anti-cancer properties (especially when combined with green tea), and immune stimulating properties. The Maitake mushroom *Grifola fondosa*, lowers blood pressure and boosts the immune system. It works by activating a range of immune cells (macrophages, "natural killer cells" and T cells) to help fight infection and prevent cancers. It also helps regulate blood sugar levels, lowers cholesterol and benefits the liver. These three mushroom varieties taken together are especially immune boosting, which is important as we are heading into winter. They are rich in polysaccharides called glucans. A study published in 2019 investigated the immune stimulating effects on cytokine expression in human macrophages (immune cells) of a combination of extracts from these three mushroom species. Glucans are not produced by humans, so the immune system reacts to give protection in the same way it does when exposed



Reishi mushrooms
Photo courtesy Fungi Nature, Mushroom Revival

to pathogenic microbes and harmful effects of environmental toxins and carcinogens. The study measured a variety of cytokine expression responses to the mushroom glucans. The researchers then selected a ratio combination of shiitake, reishi and maitake that elicited the strongest immune response. This combination demonstrated an even stronger immune response than the tally of the individual extracts. In other words, there was a synergistic benefit of the combination of mushrooms. The information from this study led to the development of a product released by Integria Healthcare and marketed in Australia as Mediherb Mushroom Forte. This is produced as a concentrated liquid extract (with a very strong mushroomy taste) and also in a tablet form. I use both extensively in my clinic with excellent results. From my own personal experience, I have been taking the liquid extract as

an immune boosting support during the Covid pandemic over the last two years. I fortunately have not had a Covid infection, nor has my husband who is also taking the Mushroom Forte. Of course I am not able to claim that this is solely due to the Mushroom Forte, but as it is a safe and beneficial supplement I intend to keep taking it. I also recommend the Mushroom Forte for people who have recurring difficult to eradicate viruses (eg herpes, Ross River virus and others). It is appropriate to use after medical cancer treatment as ongoing immune and anti-oxidant support, and also as part of a supportive treatment for Long Covid.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Iluka. Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au

Keep your fascia healthy

Fascia is connective tissue. It surrounds your body parts, from organs to muscles and joints to blood vessels. It can also be a tough part of the body on its own, like the thick plantar fascia that stabilises the arch on the bottom of the foot. It appears throughout the body, and because it's so widespread, keeping your fascia healthy is essential. A new appreciation of fascia has begun throughout the health and well-being industries as a way of explaining and treating injuries, but fascia is something we Bowen therapists have been working with and on for years. You could say we love fascia! How to improve your fascia health? Just find a stretch routine you enjoy and do it for 10 minutes a day, stay hydrated and get professional help. If you're chronically stiff and sore, or you have a muscle injury that just won't heal, consult a specialist such as a Bowen therapist or Physiotherapist to see what treatment would be right for you. Because fascia is so interconnected, one area can

affect other areas in your body. For example, a knee injury can affect the opposite shoulder. Injuries and a wide range of health problems may be treated by working on the fascia, including babies with colic, adults with work related injuries, continual compromised posture, seniors with any of the problems that are common with old age and athletes with acute or chronic injuries. Fascia keeps your body taut, it's your body's first line of defence against injury and it's the first place health problems or injuries should be treated. How does Bowen therapy affect the tissue? When you have a Bowen session, the fascia around your body is solid, like boiled egg white. As I work over each area, very gently, blood flow and nerve stimulation is affected in that area. Then the fascia transforms into a gel-like substance, like raw egg white. This will allow blood to flow through the fascia and muscles and bring fresh blood and oxygen for



by Sonia Barton

healing. It stimulates the immune system as well, by performing lymphatic drainage. Then after 40 minutes or so, the fascia turns back to the solid form. This is why a permanent change can take place and you feel so different after a treatment. Especially with the jaw that has been out of alignment, even for many years, when the fascia "sets" again the muscles that are encased can hold the jaw in the right place. Despite all that, fascia hasn't been studied much because the medical world has struggled to understand what its real function is, but it's certainly more than just packaging that holds our

bones and muscles together under our skin. Fascia is vital for every movement you make and every injury you've ever had but, until a few years ago, nobody paid it much attention. Fascia holds human bodies together Fascia is essential for our physical well-being Fascia affects how our muscles work and how our bodies move Fascia is affected by and affects your mental and physical health The first international Fascia Research Congress was held at Harvard Medical School in 2007 and since then medical professionals and body workers, including Bowen therapists, have been trying to learn as much about it as they can. If you have any injuries or pain that I might be able to help you with, please call me for a friendly chat. I work in Nimbin on Saturdays and Murwillumbah during the week. Sonia Barton is a Bowen Therapist and Reiki Teacher. Phone 0431-911-329, web: BowenEnergyWork.com.au

Conveyances and Developers



Legal writes
by John Adams

Client, in his will, wants to keep his pristine forest from ever being sold or logged. Another one wants to sell her house to the Northern Rivers Reconstruction Corporation. Things have changed since the days when the Land Registry was owned by us and run by the government, when all the paperwork was by mail and Certificates of Title (CTs) were documents dodgy law clerks could borrow, get a mortgage on, and set off for South America. CTs were abolished a few years ago, after our Land Registry was sold to private enterprise, for \$2.6 billion! And replaced by a current Title Search pdf available almost instantly for \$27.00 from another company. Now we download the 'Contract for sale and purchase of land 2022'

with copyright owned by The Law Society, fill in the contact details of vendor, estate agent and ourselves, tick boxes, whether our client wants to leave the curtains, TV aerial et cetera, (inclusions) or take them (exclusions), the price, and other details. Then we draft extra provisions to suit the case, download the Title Search and order plans, sewage diagram, zoning certificate, and any other relevant documents. When they've all arrived, we print and put them together, scan and email the completed draft Contract to the estate agent, and wait. Chapter 2 of my latest favourite book starts; "One of the core powers of government is to establish private property rights in land." The chapter is titled 'The Great Property Development Game.' The book is rigged: how networks of powerful mates rip off everyday Australians. It's by a couple of academics and is disturbing. Said mates are not bad people; they just happen to move between government and private enterprise and can make spending decisions. Fortunately, I've never dealt with developers, never been part of their Game of Mates, have only ever conveyed homes, farms, shares in MOs, small businesses, and (appallingly) water access licences, from vendor to purchaser, where now, at settlement, instead of handing over the CT in exchange for a cheque, the purchaser downloads a current title search and numbers change in bank accounts. Ownership passes.

The buyers move in and make the new property their own, often decisively, by means such as replacing productive trees with neat lawns. If prices rise enough, there can be a tidy profit. My mate with his pristine forest doesn't want profit. He wants his will to bind the beneficiaries. "Perhaps a clause like, as long as they never sell or log the forest?" "No," I explain, "we can draft a precatory clause, 'I Wish that'... rather than 'I Direct that'... but it means nothing if they don't respect your memory. We can stop them selling it for a while though. One way is a life tenancy for the kids, and after they die it goes to the grandkids who can clear-fell as soon as they like. Or we could create, in the Will, a testamentary trust, where a trustee – which, practically, must be a company because they can last longer than humans – holds the title. This can get expensive, too expensive for you." There's no need to explain The Rule against Perpetuities, why even trusts have to die eventually. That sorted, we return to the buy-back offer. Hundreds of millions of dollars are up for grabs. I look up the biographies of the Board of the NRRC and am impressed by their credentials, how they've worked in government and private enterprise and non-profits. They look like nice, trustworthy people. I wonder whether any of them are mates with developers. I'm blessed. I'm just a lowly lawyer who knows about conveyancing.

Knowing, but not knowing you know



by Dr Elizabeth McCardell

On the radio the other day, a football coach was saying that he knew it was time to give up his job as soon as he asked himself the question whether to continue doing it. The question itself implied a sense of the answer, or so he thought. This got me thinking about the thing about asking questions as well as the kind of implicit knowledge we have about certain issues before knowing that we know. I could never answer the question, for instance, put to me by an old mentor of mine, "Did I have any questions I wanted to ask him?" My mind always went blank. It dawned on me, as I was driving home from the beach this morning, that the reason for this was that I didn't

know what I didn't know and for me to ask a question would be to already know what I didn't know. I needed the language in order to ask the question, any question. People come to me sometimes knowing what their problem is and can easily articulate that, but mostly they come expressing a generalised sense of anxiety about what they think they don't know what the problem is. Knowing somehow, without knowing consciously. There are several kinds of knowing, but broadly two types: *Explicit* knowledge and *tacit* knowledge. The first is the knowledge we can draw upon whenever we like, and organise according to categories (for instance, a plan of how to connect SCUBA equipment in preparation for a dive). *Tacit* knowledge is the knowledge we have that is difficult to explain; we just have a sense of knowing something (like, knowing just the right time to enter the water). Tacit knowledge increases with experience over time, whereas explicit knowledge must be added to deliberately. Some researchers also talk about *inert* knowledge, which is knowing something without understanding it, and there are a number of other kinds and levels of

knowledge. I intend to only talk about inert knowledge. Clients may say, for example, that they know they should be meditating and that they know how to do it. They know that meditation will help their levels of anxiety diminish, and yet they don't do it. This kind of statement needs to be untangled. Sometimes it isn't a case of actually knowing how meditation feels, but knowing the procedure for getting into a meditative state. *Procedural* knowledge is like reading a manual and knowing the steps to something, but it's a knowledge that hasn't been instilled into experiential and tacit knowledge. It is as though the information is there, but the embodied knowing is absent. In cases like this, I'll often suggest walking meditation where you put your focus on the sensation of walking over grass or sand, becoming aware of the textures, the dips and rises, beneath your feet, the coolness or warmth of the air around you, the way your jacket feels on your body; in other words, getting your awareness back into bodily experience. You walk slowly, conscious of each and every step. This level of mindful practice becomes a meditation very quickly.

Your focus is, and has to be, present with what you're doing. Sitting meditations can too readily drift off into memories and other distracting thoughts. Bringing consciousness into that which has been unrealised is a really important tool in the art of healing. Much of this inert knowledge is known but not known. Once the knowledge shifts into embodied knowing, it can alleviate much ungrounded anxiety. Milton Erickson, a father of clinical hypnotherapy (which I practise, along with psychotherapy and counselling), said this "When someone comes to see you, they always bring their solution with them, only they don't know that they do, so have a very nice time, talking with your client, and help them to find the solution they didn't know they brought with them." It's the art of coming to know something you know at some level, but haven't been able to successfully access. It's the art of using what you know to be able to ask the questions needed for finding your answers. Dr McCardell has relocated to Fremantle, but is still available for on-line consultations. Phone/text: 0429-199-021, email: dr_mccardell@yahoo.com

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Seedy secrets 002

by Michelle Chapman

I'll tell you a secret.

Not all fruits are fruits, not all fruits have seeds, and not all seeds are as good for spitting as watermelon seeds.

As a rainforest seed collector, checking for seed presence before harvesting fruits from a plant is vital. Sounds like a no-brainer, right?

However, many enthusiastic beginners have arrived excitedly back at the nursery or home with a bag full of fruits, only to open them all and find no seed. A waste of time and energy collecting, and a waste of good fruit that could have fed creatures of the forest. Check at least 10 fruits for seed before collecting and keep your haul small.

Parthenocarp is the technical term for fruits with no seed, and there are various reasons why plants produce seedless fruit.

In cultivated fruit crops, we're familiar with the practice of hybridisation – breeding plants with the similar characteristic of little to no seeds to create a variety of fruit that eventually will have no seeds.

The oh-so-boring seedless watermelon is an example of such cultivation, sucking the wildness out of watermelon and of children who love to spit the seeds at each other.

In nature, in-breeding also occurs in small plant populations in isolated rainforest remnants, and leads to a reduction in seed size, seed presence and fertility. *Syzygium cornanthum* (Sour Cherry) produces crops of beautiful looking yet sour tasting fruits with very few seeds.

Plants have adapted and evolved over millions of years and we only understand a little, but plant lovers love to speculate about parthenocarp.

Some suggest that plants produce an initial seedless fruit drop to lure frugivores early in the fruiting season. Then, when the plant has become a popular stopover on the mealtime route, fruit with seed will be produced and transported to a greater geographic radius by a larger number of creatures.

Another reason that the 'fruit' may not have seed, is because the 'fruit' is not a fruit but a fruit-like structure. The Brown Pine



Brown Pine fruit

(*Podocarpus elatus*) lives up to its name, 'podos' (Gr.) means foot, 'karpos' (Gr.) means fruit, referring to the fleshy, swollen, foot-like stalk which imitates a rainforest fruit.

Around 300 million years of evolution in the making, this gymnosperm produces a delicious pine-flavoured 'fruit' that rainforest birds love. Attached to the fruit on the outside is the naked seed, ready for transport.

In June, look out for the seeds of the Brown Pine. It's been 'fruiting' for a few weeks now, so you may not always find them on the tree. However, the hard

round seeds will still be on the ground under the trees, attached to shrivelled half-eaten 'fruits'.

Separate the 'fruit' from the seed by crushing underfoot or pinching off by hand. Sow directly, not deeply. Cover lightly with seed raising mix. Expect high germination within 3 – 8 weeks, but may take up to four months (see my book Dunphy et al. *Australian Rainforest Seeds*, 2020).

Do you have a Brown Pine fruiting like crazy on your property? Let's put it on the map!

www.seedtreemaps.com



Sloppy dresser

My boyfriend is a sloppy dresser. Is there any hope of me reforming him?

– Elle, Dorroughby

by **Uncle Norm & Aunt Maj**

pretend otherwise. What a champion.

I was a pretty snappy dresser for a little while in my youth. At that age you want to impress the girls, wearing the latest fashion – skin tight pants and tops.

But as I got a bit older, I became political. I was living in the squats in East Sydney with a bunch of fellow revolutionaries, and the standard uniform was Black. You also had to look surly, sallow, and unkempt.

That today I still possess at least some of these qualities somewhat pleases me. But the sad truth is that now, in my approaching old age, I simply don't give a stuff. I only wear clothes because I have to. You can get arrested for not wearing clothes in public, you know. How draconian is that?

These days I choose comfort over fashion. So pants have to have plenty of room for the boys and have an elastic waist so as not to pinch my gut. T-shirts and singlets are the go up top and the bigger, the better.

My wife has bought me lots of 'good' shirts and pants over the years but it just doesn't work for me. When she makes me put these clothes on and I look in the mirror, all I see is mutton dressed as lamb. Plus, I only have to wear a good shirt for half an hour and I've somehow soiled it with food or burnt a cigarette hole in it.

Let's face it, your boyfriend and I are not meant to have good clothes. We're hard on them, mean and nasty to them, we're shirt molesters. Put us in an Armani suit and at the end of the day we're still slob and the suit is ruined.

What he's saying here is, look at the man, not the clothes. A noble sentiment indeed. So, can you change him? Should you even try? I think you can guess my answer.

"Great men are seldom over-scrupulous in the arrangement of their attire." – Charles Dickens

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

She says

I sympathize with you. My husband is also a sloppy dresser. He thinks it's a fashion statement to look like a homeless guy. I buy him nice clothes, but to no avail. They languish, unworn, thrown in the back of the wardrobe.

Norm is proud of being a slob. He thinks it makes him one of the proletariat, fitting in with mainstream Aussie working blokes. He especially favours faded black t-shirts with stains that show even on this non-colour.

When we first moved in together, I went through his wardrobe when he was out and took the schmutter to Vinnies. The lady there said they were only good as rags. He was devastated to find his very short-legged, holey, lime green shorts missing. He whined that they were dear to him because he'd had them for 20 years. It sure looked like it. He nearly broke up with me.

Some men's fashion is appalling. Remember the trend of very expensive t-shirts with neat holes randomly popping out over the place? Norm has his own version with little cigarette burn holes that cost fuck-all. Then there was the torn jean look. He was riding a wave with that one.

Elle, you must lower your expectations and accept him as he is. I went to buy some camouflage trousers the other day but I couldn't find any.

HE says

Dear Elle, your boyfriend sounds like a good, honest, down to earth bloke. He hasn't tried to fool you by dressing up for you during your courtship, and then reverting to his natural state once he had you bagged.

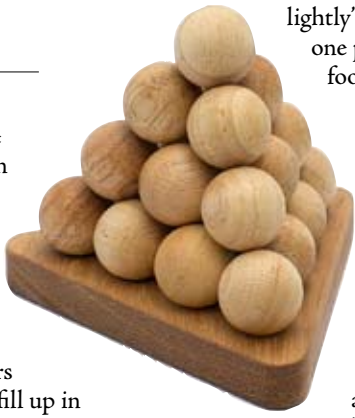
No, he's obviously been a slob right from the start and not

Tread lightly footprint taxes to guide consumers #1

Shapeshifting
by Anand Gandharva

In November 2022, the UN estimated 8 billion people on Earth. That's 8,000,000,000. And growing: 32,000 extra mouths every two hours, almost as much as Byron Shire. The whole Northern Rivers region in Australia would fill up in a day.

A huge crowd on a small planet! Yet, it will not stay a problem if each person pays fairly towards Earth care. It costs US\$ 3.5 trillion per year for the whole planet to be sustainable. That \$3,500,000,000,000 sounds like a lot of money, but is easily achievable. It averages at 7% of incomes globally, depending on 'how



lightly' one treads. Average. How much one pays (if at all) varies with the footprint of what is bought. Currently we cost-shift to future generations. If we do not want to hand kids a poisoned chalice, have a future at all, society needs to charge real cost to guide consumption habits, and pay for bio-repair jobs.

While the idea of renewable energy, net zero industry, holding producers accountable, protecting and flora and fauna is truly great, do not forget consumers drive producers.

The problem therefore lies not only with manufacturers, but outdated consumerism. Why subsidise environmental destruction with bad habits? Simple, these habits did not used to be bad, but become so as there are many people.

Too many? Blaming overpopulation in this vast universe may be a mistake. The birth-rate is dropping this century. Besides, the Space Age is dawning, with zillions all over the galaxy in inclusive multicultural meritocracies. The human adventure has just begun.

The size of any population in nature is also a marker of evolutionary success. Sure, some areas seem too busy, but there are still two acres of useable land per person.

Coming up: ice melting in Antarctica, parts of Greenland, Iceland, Alaska, Canada, Kamchatka and Siberia. Real estate in future? Goodbye penguins, seals, polar bears?

Regardless, most folk are in cities. Blocks smaller. Fauna and flora disappear. 4,000,000,000 still want cats or dogs as pets: wildlife disappears too at their hands.

Sustainability is paper-thin. Self and income are everything.

But people cannot keep on doing what was

the norm, 'dominating' nature, subsidising old consumption and production methods. Instead: live sustainably!

One learns in life that all places are connected. Gaia, one being.

Time for new rules. Community banned duels, marrying relos, theft, drunk driving. Charge consumers for food choices, footprint size and biosphere repair?

It is hard for anyone to see the impact of personal freedom of choice multiplied by billions. But that is the dilemma. Human wants are passing the regenerative powers of nature.

How to become sustainable? Charge true costs to the price-conscious consumer. Trees grow again and fauna multiplies... over decades.

Wilderness is declining rapidly. Even so, it was recently described as 'wasteland' by exploiters. They love the past, and may take us with them.

What if dying is not as bad as we think?

by Auralia Rose

What a fantastic event The Aquarius 50th Anniversary was!

Ten days jam-packed with activities, workshops, gatherings, music and celebrations.

The festival was a beautiful example of what makes Nimbin such a special place, and it was wonderful to see the active participation and broad support from the community.

A big shout out to the organisers who devoted many months of long days and their own personal resources to make it all happen.

It was brilliant and I feel privileged to have been part of it, through the offerings of my Past Life Regression group session and the panel discussions on spirituality and death and dying. I particularly enjoyed the death and dying discussions.

Many people have a fear of death and feel uneasy even discussing it, so it was wonderful to have an open discussion, with some beautiful and poignant stories being shared.

I would love to tell you and have you know that death is nothing to be feared. From my perspective, death is to be celebrated just as we celebrate birth. It is simply a transition from one state of being to another.

While I can't say I have had any direct personal experience of death, my conclusions have come partly from facilitating thousands of past life regression sessions where I guide a person into the time immediately after they have died and left that lifetime.

I have also studied many reports of near-death experiences where people have been clinically dead then chose to return to their body. It is always a choice, never coerced. These innumerable recorded and researched past life experiences clearly point to life continuing after death.

When a person dies, the physical body shuts down, while their consciousness continues. They are the same person with the same personality and characteristics they had while alive in the body.

Sometimes it takes a while to realise they have actually transitioned as they still feel like them. They are usually very detached from the life and the body they have just left.

It's quite amusing to hear the newly departed soul refer to that "crumpled old bag of bones lying down there!"



place where they review their entire life, the good, the bad and the ugly.

Many people are fearful that they will be punished for their misdeeds in the afterlife, however there is never any judgement or punishment from some fearful "big god-like being in the sky", only a beautiful vibration of acceptance love.

It is their own consciousness that decides if they could have done better, and they may decide to be reborn into another physical body at a later stage to try and do better next time.

It is always the soul's decision to return, soul growth being the whole point of why we reincarnate.

Other times, particularly if the lifetime or death experience has been traumatic, souls will find themselves in a place of healing, often described as a place of coloured pools of healing waters, where they are free to immerse themselves and stay as long as they wish.

Ultimately, they find themselves back in the Source realms from which we all originate and are part of, as much as they are a part of us.

That's where souls have the first-hand experience of knowing there is no separation and everything is connected.

I hope you've enjoyed this article; if I have allayed any fears of death I am truly happy.

After floating in blissful and peaceful realms for a while, free of whatever difficulties, pain or illness they endured whilst in their body, they realise that consciousness has no limits and can relocate instantly to any location.

Free to explore any timeline, past, present, or future, they usually go and check on loved ones to see how they are doing.

They wish their loved ones could hear them communicating that they are doing great, are happy and well and delighted in the freedom and awareness they now have on the other side.

At some point they feel pulled somewhere else, which may be the

Tereza Andjelic – Holistic Counsellor



I am a holistic counsellor who prides myself on creating a warm, caring and safe environment for my clients.

I work with teens, adults, couples, people with disabilities, healthcare professionals and corporate clients in an approach that is truly holistic. My work aligns mind, body, spirit and emotions by helping clients identify the emotional triggers for their anxiety, depression, grief, PTSD, trauma and addiction.

I was drawn to holistic counselling many years ago based on a powerfully transformative personal experience of working with a holistic counsellor. The holistic counselling enabled myself to see life in a different perspective and helped me to secure a healthier lifestyle for me and my family. I now passionately help others change their lives to overcome challenges and reach full potential.

I have undertaken significant study since 2013 holding a Masters in Holistic Counselling from International Meditation Teacher Trainers Association (IMTTA). In 2018, I travelled to India to enhance my education in Holistic Counselling.

Working with the mind, body, spirit and emotions is consistently achieving results for clients that are transformational, practical and sustainable. Client testimonials often involve deep gratitude for the healing, flourishing, new life perspectives and coping tools learnt in their work with me.

I hold regular courses where I teach:

- Understanding the cause and effect of stress, along with

- physiological responses to stress.
- The foundations of human happiness involving states of mind and fundamentals of self-image. Subconscious programming and more importantly re-programming based on the psychology of happiness.
- Tools for healing with positive thinking skills, foundations of Mind-Body Medicine and meditation.

I will hold retreats in the coming months at our new residence that we have called Whistling Hill in Blue Knob.

So far, I have:

- Kids Day Retreat – July school holidays 2023
- The Blueprint Release Retreat – 1st-3rd September June 2023
- The Potential Me – 21st-23rd September 2023
- Beginners Yoga and Self-love Retreat – TBA 2023
- The Couples Retreat – TBA 2023
- The Journey of Me – TBA 2023
- Sunday morning meditation – TBA 2023

I also travel frequently for my work, with a particular affinity for remote regional Australia where mental health and tools for coping are much needed. My work is endorsed by several leading groups including:

- Life Without Barriers (leading social purpose organization dedicated to changing lives for better) regularly refers foster care clients to me.
- Country Holistic Counselling I currently am the CEO of 'Matters To Us', a charity about "Acknowledging Suicide in Young Males" helping males with their emotions. The charity is registered under two subtypes:
- Health Promotion Charity – promoting the prevention or control of diseases in people
- Advancing Health – a process of inner transformation to bring about the changes you wish to see in your inner and outer world.

I have a clinic on Monday evenings in Nimbin, as well as Blue Knob and on-line sessions Tuesday, Wednesday and Thursday.

For all appointments, phone 0419-437-044. terezaandjelic.com

Healing

*The time has come to face our fear
and celebrate our lives,
As mansions of greed crash
and burn,
Shake free the chains that bind
and tie you to the ground*

*The time has come,
The moment is ours,
to make a stand,
fearless and proud.
Unite!
And don't allow this opportunity to
pass by.
Shout it out people!*

*Don't forget who you are,
Your lives, your roots.
Your belonging to place,
and the struggles of your ancestors.*

*We can do this; this healing,
This improving the world.
It just takes sharing, compassion,
and a striving to be kind.*

*Let's make a better world.
One we can be proud of.
It starts with each one of us; to forgive
and be forgiven.*

*So shake hands, kiss and make up.
Bless each moment because it is a gift
from creation to us.
Choose life, not fear.*

*Give love and it will expand within
yourself,
until all else resists,
and love will dominate over hate,
greed and fear.*

– Franca Wolfe, January 2023