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One with onions

Food Matters

by Neil Amor

Eschalots, Chives, Leeks, Green, Red, White and Brown... onions have a wide range of flavours, textures and uses.

Onions have been variously described as having originated in Iran, Western Pakistan and Central Asia.

Traces of onions recovered from Bronze Age settlements in China suggest that onions were used as far back as 5000 BCE, not only for their flavour, but also for the bulb's durability in storage and transport.

In Egypt, onions can be traced back to 3500 BCE. Onions were used in Egyptian burials, as evidenced by onion traces found in the eye sockets of Ramesses IV.

There is evidence that the Sumerians were growing onions as early as 2500 BCE. One Sumerian text dated to that time tells of someone plowing over the city governor's onion patch.

Pliny the Elder of the first century AD wrote about the use of onions and cabbage in Pompeii. He documented

Roman beliefs about the onion's ability to improve ocular ailments, aid in sleep, and heal everything from oral sores and toothaches to dog bites, lumbago, and even dysentery.

Onions contribute savoury flavour to dishes without contributing significant caloric content, although they do contain low amounts of essential nutrients.

Eye irritation can be avoided by cutting onions under running water or submerged in a basin of water (the onions, not you!).

Leaving the root end intact also reduces irritation as the onion base has a higher concentration of sulphur compounds than the rest of the bulb.

Please note that onions are toxic to dogs, cats, guinea pigs and many other animals... but delicious to us.

Too-easy open goats cheese and caramelised onion tart

To caramelise the onion, thinly slice and place in a deep frypan with a generous amount of good olive oil. Cook and stir at a low temperature for about



30-40 minutes until soft and starting to gently brown. The oil tastes as good as the onion.

1 x 25cm square puff pastry, scored into quarters

1/2 to 3/4 cup caramelised onion, including some of the onion oil.

Sprig fresh thyme

200g fresh goat cheese

Method

Preheat oven to 220°C. Lay pastry on a lined baking tray. Smear well with the onion and its cooking juices.

Sprinkle on a few fresh thyme leaves and scatter over bits of cheese.

Bake for about 10 minutes, or until the pastry is golden and cooked.

Cut into four, along the scoring, and serve warm with a salad on the side.

Looking to getting involved in a valued community-run organisation? Contact the Nimbin Organic Food Co-op's volunteer co-ordinator, EaLa, on 0405-659-181.

Until next month, eat well.

Nori seaweed jam

by Thom Culpepper

Looking for something different to cook? Look to Japan. This month there's no political diatribe, too late for that, just a recipe for a tasty Japanese chicken dish.

This dish of grilled or roasted chicken 'red limb meat' together with the Nori Jam (Tsukudani) is universally prepared in Japan.

The notion of a jam made from seaweed will intrigue the Western palette. Be assured it's a umami delight, and a giant lifter of the simple rice base.

The jam is commonly served alone with steamed rice or as an adjunct to roasted pork belly. The jam keeps well if clean methods of preparation and bottling are practiced.

Chicken Yakitori with Tsukudani

Ingredients
800gms of chicken tender loins or deboned thigh or leg meat marinated for 1 hour in Soy and Mirin and Nori Katsuo 'Furikake'. (Breast meat is too dry for this preparation.)

10 sheets toasted Nori seaweed
400mls dashi
50mls sake
50mls soy sauce
1tbsp rice syrup
2tbsp mirin
10gms dried or powdered chilli flakes
Shitake (mushroom)
Other ingredients:
Roasted sesame seed
Nori Katsuo Furikake
Fine-cut greens of eschallots

Method

1. Cut Nori sheets into thin strips,



add to dashi and rice syrup in a thick based saucepan or a small jam pan. Medium heat, while stirring for about 5 minutes until thickened.

2. Add soy, mirin, chilli flakes or powdered shitake and sake to the thickened nori base.

3. On very low heat, cook until most liquid has evaporated and the jam has again thickened.

Now you have the Tsukudani nori jam, grill or charcoal-barbecue the chicken, skewer and grill it preferably, basting with a little of the jam.

Serve over rice anointed with more

nori jam. Garnish with roasted sesame seeds and fine-cut eshallots and spice with the Furikake.

Side with red gari (pickled ginger), and/or shredded daikon radish with finely-sliced Pac Choi or Choi Sum in a toasted sesame oil/dashi/soy/bonito powder salad dressing.

All of the ingredients can be had from Culpeper: thewholeearthveg@gardener.com

The offer to win a smart cooker still stands. Send a recipe of Northern Rivers ingredients, cooked in a Northern Rivers style, as an entry. November deadline.

Bush regeneration is best done carefully

WEED WORDS

by Triny Roe

The Bradley Method was inspired by the Bradley Sisters who restored a patch of remnant bush in Lane Cove. Slowly, gently, they started weeding in the best bits.

Removing weeds from areas where there are only a few creates core areas of good habitat which are soon recolonised by local species. And expand from there.

Follow-up is vital but visits will become less frequent as the weed load reduces. If possible, leave weeds, minus ripe fruits and seed heads, on site to break down and return to the soil. You might need to come back and flip the pile as some weeds will keep growing if they touch the ground.

NB: some weeds need completely removing from the site and treating in another manner. For example: madeira vine, *Anredera cordifolia* and black taro, *Colocasia esculenta*, which have tubers.

Tubers love a compost heap. Bin or burn these, rot in water or solarise piles under black plastic to effect a kill.

Leaf litter and the rotting organic matter on top of the soil is a vital part of the ecosystem. Many of the rainforest gullies around Nimbin are home to fireflies. Each year in September they swarm at dusk; the male,



Cunjevoi flourishes after privet and lantana are removed

twinkling and sparkling, flits about, looking for a lady friend.

The rest of the year these small and otherwise nondescript beetles live in the humus on the forest floor, sucking on slugs. No mulch, no fireflies.

Timely weeding is important. Don't let weeds set seed. Get them before they flower, though this is the time it's easiest to recognise some weeds. When it's all green, different species can blend into one another.

Flowers can help you spot the weed and cutting blossoms off before they fruit and set seed will reduce workload and the spread.

Stuffed sinuses, runny

nose, itchy eyes? Small leaf privet, *Ligustrum sinense*, has a history of causing allergic reactions and hay fever. It's common along creek banks and roadsides and pops up in gardens, orchards, and paddocks. Birds spread it to new locations.

Privet can quickly form a grove as many of its thousands of seeds will fall in its vicinity. The birds don't eat all the berries.

Small leaf privet is a dense shrub, hence its popularity as a hedge, and can grow from 3 to 5 metres. The leaves are dark green and up to 5cm wide with wavy edges.

Sprays of tiny, white, four petalled, fragrant flowers are displayed mainly in

September. The blue-black berries, ripe in Autumn and Winter, and loved by birds, are toxic to humans.

Plant native shrubs like sweet bursaria, *Bursaria spinosa*, it makes a good hedge, and *Hakea spp* to feed the birds instead, and provide secure nesting sites.

Crofton weed is in full flower now. Its flowers are dusty with pollen followed by light fluffy seeds. Allergy sufferers should avoid contact. This plant is toxic to horses but strategic weeding before it flowers can reduce its prevalence.

Some weeds don't compost well, in that they won't die in a heap and keep growing. Wandering ground covers like trad, *Tradescantia spp.* and inch weed, *Callisia repens* are famous for this. These species form dense mats, excluding native vegetation.

Rot the stems in a black rubbish bin of water to make compost tea. The nutrient rich liquor makes a great fertiliser.

The Northern Rivers is weed central. Everything here grows madly with high rainfall and mild sub-tropical climate. Consider a vegetation survey before purchasing acreage to avoid surprises.

All landholders have a biosecurity duty to manage weeds and prevent their spread.

Happy weeding.

Plant of the month



Silky Oak
Grevillea robusta

by Richard Burer

With the pending discussion of a doomsday summer, Silky Oak this year reminds us of a normal spring in this neck of the woods.

A stunning display this October shows Silky Oak at its flowering best, the deep orange floral display likely flowering late into spring, calling in a touch of early summer rain which is likely despite this traditional dry spring.

Silky Oak is very common in the area despite the past lust for its timber, which we can often notice if we do a touch of woodwork on an old house, or find a good old North Coast dining table or so on.

Easy to grow and very tolerant of frost and harsh conditions, Silky Oak is a recommended tree for your conservation projects or a handy tree for the large garden or landscape project.

This is the largest plant in its genus, and it can grow to a whopping 40m.

Happy planting folks, keep your water up.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: richard.burer@gmail.com

AFFIRMATIONS

The art of practice

by Susan Paget

"I can't do it! I just CAN'T!"

This is the conversation I'm having with myself. This column is due and the topic, 'Affirmations' is such a big one that I don't even know where to begin. I'm blocked with the thought of all these words that need to be pulled from my mind and placed onto a screen. And while I know I can do it – writing is part of my job – my inner voice is looping out and making the task at hand very overwhelming.

And then I realised something.

Telling myself repeatedly how hard this all is, is a twisted example of how affirmations work. The problem is I'm affirming struggle. What if I just stopped, took a breath and declared something more empowering, like: "I got this!" and "I can write for days" and "Writing is the easiest thing in the whole wide world"?

How would that make me feel?

And at just that moment of shifting my negative thinking to affirming something positive, the words for this topic came to me. In real time I had experienced the power of affirmations.

Affirmations are a scientifically-proven mindset technique based on creating personal statements in the present and with a positive slant. They are helpful in countering our often negatively geared programming that runs on automatic replay.

My thinking is that we naturally gravitate towards doom and gloom mindsets because it's a safety mechanism lingering in our DNA. Not being aware of threat might've gotten us eaten by a sabre-toothed tiger back in the prehistoric day. The reality though is this negative attitude

is not necessarily the true story.

What would happen if we taught ourselves how to think better thoughts?

And that is the practice of affirmations. I make time every day to work on statements that train my brain to come from a place of positivity and possibility. Not only has this practice changed my life for the better, it comes to my rescue in times like these where my unchecked mind is pumping out disempowering mantras.

With enough practice, you become incredibly sensitive to the thoughts you think and the words you say.

Without my affirmation practice, I don't think I would've noticed that I was telling myself a story that was making life at my laptop difficult. I caught it in just enough time to change gears and yes, start writing.

Here are a few tips for learning how to practice affirmations:

Pick your practice topic: If you're new to affirmations begin with an important area of your life that you'd like to improve. For example, I really needed to rethink the way I was looking at my writing. My creative mindset was an important topic to improve on. When I noticed I needed to change my thoughts, I created the affirmations, "Writing is easy" and "I got this!" Notice the structure of these affirmations. They are said from my point of view, in an uplifting way and as though the deal is done!



Write it out: The most essential way to get familiar with affirmations is to write them down. I journal affirmations in all areas of my life every day. It seems extreme but it's what I've had to do to change my brain from searching for worst case scenarios. If you're new to affirmations, I suggest creating a statement and writing it down ten times daily so you can embed this concept into your thoughts. Yes, it's a super basic exercise, but I found in my early days of practising affirmations that writing a nice personal statement was completely against the grain of how I operated. Starting in this very simple way was the most sensible step to morph from an affirmations cynic into a believer.

Give it time: Full disclaimer on doing affirmations. It's a legit practice that requires time to notice a difference. In many ways, practising affirmations is like learning a whole new language. At first these are just strange sentences that might stretch your imagination. The thing is that after a while you notice that the new mind patterns you're creating have a ripple effect. You behave with more optimism and the world seems to respond. You make better decisions which lead to good outcomes. The game of life is easier to play when you're able to see and believe the positives. But to get on the field, you've got to train your mind to become fit.

Regardless of how tough I was thinking it was going to be to complete this column, the deed was going to get done. But the strangest thing happened when I chose the positive option of affirming that "Writing is easy". From there, the thing practically wrote itself.

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

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

LISMORE SHIRE - TWEED to BALLINA - EVANS - CASINO

One year on

by Magenta Appel-Pye

It has been one year since I was diagnosed with breast cancer. It was like getting on a horrifying roller coaster. Fast, furious and potentially deadly.

After the shock of diagnosis, I had to try and prepare for the next thing; mammogram, ultrasound, PET scan, blood tests, surgery, more surgery for portacath insertion so the veins in the arms didn't collapse, chemotherapy, radiation and many, many more tests.

Just trying to keep up mentally and emotionally with the momentum was all but impossible. Let alone what the body had to suffer. Happily, I have just received an all-clear from my oncologist, so fingers crossed.

It was like a spiritual boot camp. Forget vipassana, vision quests or ayahuasca. Having cancer and the subsequent treatments teach you the greatest lessons there are to be learnt. It may have taken me many lifetimes otherwise.

Chemotherapy kills off all soft cells, not just cancerous ones. Your brain goes to mush and you wonder who you are now and will you ever be the same person. The answer is 'no'. Being bald and looking like the living dead for months on end erodes all vanity. There is 'roid' rage which comes from having the steroids they give you to stop vomiting.

Unfortunately, we only learnt this was a 'thing' recently. I thought I had become a violent person. Another dent to the ego. I gradually became grateful to my body for surviving rather than feeling like it had betrayed me.

I put my affairs in order;



updated my will, did my end-of-life directive. They're done and I don't have to think about them again. I have made things easier for those who have to clean up after me, which is my act of love.

I learnt the hard lesson that some people who I thought were good friends disappeared during my darkest hours. And learnt to accept, with as little drama as possible because stress is deadly, that they are good-time friends. And we need them as well.

I released self-criticism. Never good enough, smart enough, thin enough etc, etc. What a waste of energy. Now I appreciate just being alive and having two breasts. I have learnt to love my body, accepting the scars and bumps and problems that come with living into my 60's. I am amazed at my resilience to stay alive and to recover.

I now live each day to the fullest, thankful for each person who loves me. I discovered what, for me, are the most important things in life – my loved ones, fresh air, good food, having energy again, life itself. I am so grateful to all those wonderful hard-working doctors, nurses et al whose dedicated work keeps people like me alive.

"Much of spiritual life is self-acceptance, maybe all of it."
– Jack Kornfield

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Foraging for Medicinal Weeds (part 2)



Nature's pharmacy
by Trish Clough, herbalist

Following from my column two months ago, I am continuing to explore the neighbourhood of Iluka with an eye out for medicinal weeds.

Being near the sea, there are some different weeds, as well as the more ubiquitous introduced species such as the plantains and farmers friends. I have childhood beach memories of the pretty pigface with cheerful pink flowers. Seeing some of these at Iluka, I have been interested in finding out about the medicinal properties. The fleshy juicy leaves remind me of aloe vera with its cooling soothing juiciness.

I remembered seeing a discussion on Facebook about the native pigface being under threat of hybridisation from introduced species. The local

native species is *Carpobrotus glaucescens*. It has medicinal and culinary uses. Possibly these properties are shared by the introduced pigface, but it is considered inferior by local experts.

Local bush food expert and forager, Peter Hardwick, has posted his concerns on social media: "There's a serious risk to the native pigface throughout Australia from hybridisation with the non-native pig face that have escaped from people's gardens and from council plantings. It is so important to only plant the local native pigface from locally-sourced stock."

Peter has described the main identifying feature of the native species as having white at the base of the pink petals whereas the introduced species are pink all the way down the petals. There can also be a variation in how red/burgundy the stems are, but this is not as clear-cut as the flower identification.

In my local walks I have identified mostly the introduced species (thanks to Peter's teachings), but in a more isolated spot at the margin of the natural bush and salt water I found a small native plant (see photo). More photos can be seen @ peterhardwick on Instagram.

It is recommended that introduced species be removed (after careful identification)

and replanted with the native species. Some local councils are willing to do this, after previously planting the introduced species from the nurseries.

As for medicinal uses of the plant, it is indeed similar in properties to aloe vera. Traditionally it has been used by indigenous people to treat skin irritations, eg from insect bites, burns, bluebottle and jellyfish stings. The fruits are edible and considered a delicacy. They are high in Vitamin C, as are the leaves.

The fruits are described as tasting like salty strawberries or ripe figs. They have laxative properties. Conversely the leaves when added to water can be helpful for diarrhea and stomach cramps. The leaves are salty and benefit from being cooked. Indigenous people ate them roasted and served with meat.

There hasn't been a lot of research on the medicinal properties of native pigface. I did find a published paper from a Tasmanian study. A laboratory study reported in the *Journal of Ethnopharmacology* concluded that an extract from *Carpobrotus rossii* from Tasmania appears to have anti-oxidant, anti-platelet and anti-inflammatory properties.

The authors recommended it warranted further investigation as these actions



Native pig face

indicate its possible value in lowering cardiovascular (heart and blood vessel) risk.

A related species, *Carpobrotus edulis* is used as a traditional medicine in South Africa and has been more extensively studied. A report published in the *Journal of Phytopharmacology* in 2019 presented a comprehensive literature review of this species. It is demonstrated to have antimicrobial and anti-oxidant properties.

Traditional uses include tuberculosis and other respiratory infections, toothache and earache, high blood pressure and diabetes, in addition to the better-known skin treatments. It is likely that the Australian native pigface has similar benefits, and I hope there will be more research conducted on this promising species.

What are the Seven Chakras?



by Sonia Barton

These important seven chakras are spinning energy centres within your aura or energy field.

These centres connect our physical, mental and emotional selves. Each chakra corresponds to a specific location, colour and aspect of our lives from basic needs and self-esteem to communication and spiritual enlightenment.

Balancing these chakras promotes harmony, well-being and personal growth.

I usually check your energy field and balance the chakras when you see me for a Bowen therapy session or during a Reiki treatment. I check the areas on your body with a pendulum, and once I clear any indicated blockages, I check again to ensure you're nicely balanced before you leave.

- 1. Crown – Spirituality
- 2. Third eye – Awareness
- 3. Throat – Communication

- 4. Heart – Love and Healing
- 5. Solar plexus – Wisdom and Power
- 6. Sacral – Sexuality and Creativity
- 7. Root/Base – Basic and Trust

When our chakras are balanced and functioning harmoniously, we experience optimal health, happiness and a strong sense of inner peace. However, when one or more chakras are blocked or misaligned it can lead to various issues in our physical, emotional and spiritual well-being.

It's hard to believe that physical complaints can begin out in our energy field, as we have several layers protecting us, and over time the imbalance can filter through to become actual physical complaints. So it really helps your health and well-being to have a regular energy balance.

Tips for maintaining chakra balance: Stay open to self-reflection, practise gratitude, and nurture a positive mindset to support balance.

If your chakra/s are blocked things can manifest as physical, emotional or mental imbalances. For instance you might experience anxiety, low self-esteem, difficulty expressing yourself, or disconnection from your intuition.



Personal habits such as poor physical alignment or posture, eating unhealthy food, or self-destructive behavior may cause a chakra to be imbalanced.

And that prolonged imbalance may lead to physical disease and illness, musculoskeletal issues, and mental health challenges like depression or anxiety.

A great way to promote balance in a chakra is to create alignment in your physical body through:

- yoga postures
- breathing practices to encourage the flow of energy
- meditation to bring about clarity of mind

There are so many sites online where you can investigate this subject further.

I want to open your mind to the possibility of us being energetic beings that can become out of balance and that those imbalances can be helped through simple techniques.

If you've been feeling run down or out of kilter, a chakra balance with Reiki or a Bowen session might be the perfect way to even out your energy and balance your chakras for better health.

If you'd like to experience a Chakra Balance, Bowen therapy or Reiki, just get in touch. I work in Nimbin on Saturdays and Murwillumbah during the week.

Sonia Barton
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Random acts

The Cambridge English Dictionary defines 'random' as "happening, done, or chosen by chance rather than according to a plan."

Appearing in the Local Court in Ballina to seek our two-week adjournment for legal advice, my client tells me that since she was charged she's been pulled over for a random breath test three times in three weeks. She doesn't drink or smoke dope or ice, but it still freaks her out.

Another client, who's also had a bit of a problem but assures me he's over it, has been drug tested four times so far, each time in the street outside his home.

The word 'random' appears in the *Marine Safety Act 1998*, the *Jury Act 1977* (random selection of prospective jurors) and the *Criminal Procedure Act 1986* (use of random sample evidence in child abuse material cases), but in the *Road Transport Act 2013* it's only to be found in a couple of headings in Schedule 3, 'Power to conduct random breath testing' and 'oral fluid testing' and headings don't matter.

I have a theory about the drug testing regime, which happened to be introduced (randomly?) about the time of the Bentley Blockade.

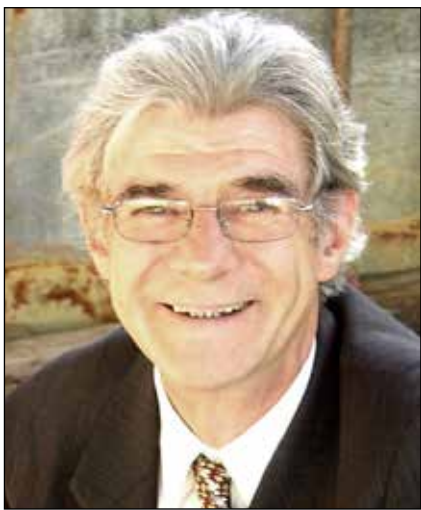
Anyway, back in Lismore a buy-back client calls. She happens, randomly, to be about to visit the Northern Rivers Reconstruction Corporation (NRRC) office. I, randomly, happen to be free. The only time I've seen her face was

via WhatsApp when I witnessed her signing a document in England. We meet in Carrington Street and visit my new friends in the NRRC office. Having been there for an hour and a half with another client two days before, I'm starting to feel comfortable with the whole buy-back thing. It's interestingly complicated.

In this case it's a tenant issue. At last they have found another home. They're happy but our client's mortgage repayments are breaking her. The Contract for Sale says that settlement is in six weeks. She's wondering whether she should board the house up while we wait. No need. That sorted, I race back to the office to email their conveyancer who agrees to cut the settlement time to two weeks.

So far in my dealings with the Corporation there's been no need to discuss the *Land Acquisition (Just Terms Compensation) Act 1991* ('the Act'). People have either accepted the offer or not. If they have, an independent valuer assesses what it would have been worth the day before the flood and a couple of documents are signed, a Contract for Sale and an Ex-Gratia Payment Deed.

The Act is about the Government compulsorily acquiring property and paying 'fair value', whatever that is. Section 10 says it will not be less than market value, unaffected by the buy-back proposal. 'Market value' is the amount that would have been paid if it

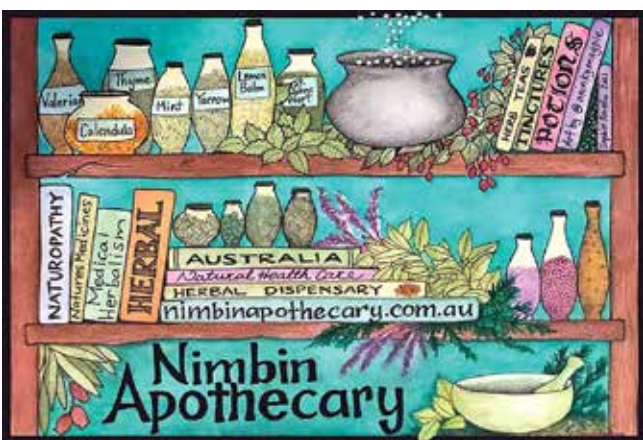


Legal writes
by John Adams

had been sold at that time by a willing but not anxious seller to a willing but not anxious buyer (section 56) but then we go back to section 55 where it gets interesting.

"Regard must be had", the Act says, to "market value" and "any special value of the land to the person on the date of its acquisition" – which is weird because that date's post-flood – as well as any loss attributable to severance, and attributable to disturbance, as well as to disadvantage resulting from relocation. Which all sounds a bit random.

So, it's fortunate that the deal includes money for lawyers and, since we're the only firm on the wrong side of the levee, if you're affected, we'd suggest you consider calling Rose on 0435-651-581 to arrange an appointment.



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The hands have it

Most of us these days type everything, using handwriting rarely, but research is showing that handwritten notes, during lectures, for instance, improves our capacity to remember what is said as well as helping us generate new ideas.

It is in the complex hand-eye motor co-ordination with spatial and tactile information associated with writing by hand on physical paper plus the brain stimulation of this, that highlights what we are doing. The hands really do have it.

A Japanese 2021 study of university students and recent graduates has revealed that writing on physical paper can lead more effective memory of the information delivered an hour later. This contrasted with those students who typed their notes. They remembered what they had written for only one hour after the lecture had finished, and then their memory faded. The information heard by the hand writers endured for much longer.

Writing by hand activated more regions of the brain, according to EEG studies, creating optimal conditions for learning. Interestingly, it's been found that children with disabilities learn better when they learn to write by hand. Writing by hand increases one's capacity to remember and generate ideas

more effectively, but those who typed only learned at a superficial level.

Now, all this makes a lot of sense. I remember in the copious notes I wrote by hand during lectures that I also incorporated related and sometimes obverse ideas into my text, as well as questions to myself, stars and doodles and other indicators of valuable and yet sometimes extraneous material.

Handwriting the lectures took on an almost four-dimensional level and I found that I didn't need to study those notes particularly to remember the various facts I needed. I used to sort of wonder if perhaps I was being lazy when I'd find that others were spending hours studying their notes, and I hardly ever did and I hardly did, because I remembered what I'd written/drawn.

That aside, there are physical differences in how handwritten notes are formed versus type written ones. There is no way that the extraneous, the memos to self, the questions I ask myself, etc that are part of handwritten text are possible in the formation of typed text.

Interestingly, and contrary to the popular belief that digital tools increase efficiency, the Japanese study showed that those who used paper completed the note-taking task about 25% faster



by Dr Elizabeth McCardell

than those who used digital tablets or smartphones. Methinks we underestimate ourselves.

Infants reach out with their hands and their hands receive some of the first knowledge of the world. Hands remember not only via touch, but movement. We are born with the impulse to touch and, interestingly, the first movement to connect with another human being is from the baby, not the adult. They reach out, and we respond.

Hands are superbly fine-tuned perceptual instruments. We rely on touch to feel safe and loved. Touch soothes a jagged nervous system. Our body rhythms synchronise through touch, through our hands. Touch can also traumatise, especially when it is unwanted, and the memories of this is embedded in the body, but as Peter Levine (the trauma

specialist) says, it is in touch that we can be healed.

Hand perceptions precede words and cognition. These are our first tools to engage the world. A colleague and mentor of mine, with over 50 years of psychotherapeutic experience, is now exploring the knowledge we have of our world as delivered by hand perception.

Not only do hands help us to remember, but they also remember themselves. Think of a potter: the security of remembering through pressure and movement the tension of clay upon the hands allows the vase to almost make itself.

Squeezing a ball or pressing your hands together or using worry beads (sometimes used to help anxiety) stimulates our capacity to remember and learn because it increases physiological arousal, a state of attention in which our body is pumped up and focussed and present.

We barely understand the knowing we have in our hands, but herein lies a bounty of barely explored territory and possible healing. The knowing in our hands could be the next psychotherapy.

*Dr McCardell has relocated to Fremantle, but is available for on-line consultations.
Phone/text: 0429-199-021,
email: dr_mccardell@yahoo.com*

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SEEDY SECRETS 006

by Michelle Chapman

What the frig is a fig? I'll tell you a seedy secret – a *Ficus* is a special kind of multiple fruit named a syconium, consisting of the flower stalk covering and containing hundreds of fruits. Yes, every time you eat a fig, you're eating hundreds of potentially potent trees. Quite a mouthful.

Endozoochory includes both accidental and intentional transportation resulting in the consumption of the seed. This usually means the seed will be discharged in another location, but it can also be sucked on, regurgitated or spat out under the parent tree. Look out for bird shits and bat spits full of seeds!

Shits. Fleshy fruits have evolved to benefit from ingestion by animals. For example, some species' seeds collected from birds' droppings have been more successful than fresh seed. The digestion process breaks dormancy by removing fruit layers.

In addition, the seeds are scarified by the digestive passage, allowing water to enter. So, animal scats with seeds can be found and collected, although seed mixing with other species, especially weed species, is a risk. Gloves are recommended for handling animal scats and digested seeds.

Spits. Seeds found in flying-fox spits, though undigested, have been scarified



through mastication and have been found to contain seed suitable for sowing according to local botanist, Nan Nicholson.

Ficus species' seeds can be found in little dry clumps under the tree, looking like fairy biscuits. Beautifully cleaned for the lucky collector, these clumps can be broken apart and sown directly. Again, gloves are recommended for handling.

Evolutionary adaptation has resulted in a diverse range of shapes, sizes and specialised fruit structures to aid seed dispersal, defence and growth.

Indehiscent, fleshy fruits have evolved to tempt animals into transporting them beyond the parent tree without damaging them, giving them a chance to germinate on arrival.

*Drupe*s (eg peach) have a thick skin, a fleshy middle layer and a hard woody stone enclosing one or more seeds. *Hesperidium*s also have a leathery skin and fleshy middle, but hold many seeds (eg citrus). *Berries* have a soft skin and middle layer in which one or many seeds are embedded (eg tomato). *Pepos* have a firm rind and a fleshy interior holding many seeds (eg pumpkin). *Pomes* are fleshy fruits with many seeds embedded in the pulp (eg apple).

SEEDY SECRET – Figs (*Ficus* spp.)

A seed collector's saviour, figs can be found fruiting all year around. Collect mature fruit from the tree or ground. Before collecting, check that it contains fruits, not flowers. Look for the bat/bird spits containing seeds on the ground, which is preferable.

If you've collected fresh fruit, use a sieve and water to separate the flesh and seeds. Float off the flesh in a bucket, the viable seeds will remain. If the seeds are small, mix them with sand to separate.

If you've collected spits, break apart and sow all material evenly over the tray and cover lightly with seed raising mix. (Ref: *Australian Rainforest Seeds*, 2020)



Causing arguments

My wife makes me write an advice column for our local paper, which is kinda fun but, more often than not, causes arguments. Is this helpful for our relationship?

– Norm Mann, Mullumbimby

by Uncle Norm & Aunty Maj

My little factotum makes me write 'She Says: He Says'. I really don't know where she got this crazy idea from. Perhaps she was not content with just telling me what to do all the time. No, she wants to tell the whole bloody world how to live.

Make no mistake, we have our fights around this shared activity. It doesn't help that she insists on being my editor and cuts out lots of my swear words and crass, politically incorrect jokes.

We argue over the very issues that our poor unsuspecting correspondents ask us about. Hell, we even write some of the questions ourselves.

Arguing with your spouse, at least in regard to writing an advice column, can actually be a good thing. We learn a lot about each other and often find ourselves taking our own advice during the daily grind of married life.

Recently she was most pleased with me when I put a plate in the dishwasher. I told her I learnt to do it after reading her column. I even got sex that night.

There are many positives to writing an advice column with your wife. You get a lot more time to yourself. You can sit at your desk, have a cuppa and go on the internet. When she yells out, "Haven't you finished yet?" I tell her I'm still thinking about the ending. It's great not to have to sit on the dunny for hours just to get a bit of peace and quiet.

Then there's all the chores you can avoid. Whenever she wants me to help her weed the garden, clean the gutters or wash the car, I simply say, "I have to write our column." She replies, "Absolutely darling, you go right ahead." Yay!

So you see Norm, it might seem strange to be giving people advice, even if most of what you have to say is total bullshit, but it beats the hell out of going to dancing lessons or yoga classes as a means of Doing Something Together.

My wife told me I had to stop acting like a flamingo. So I put my foot down.

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

She says

After writing my own column for many years, I got to thinking it would be a good community service to write a relationship column and share our sagacious advice.

Underneath Norm's yobbo persona, he is insightful, wise and always funny. We are not trained psychologists, guidance counsellors or have a PhD in anything other than bad habits.

I am a teacher and a healer who doesn't know when to stop telling people what to do, and Norm does it for the sake of peace.

To Norm's surprise, he found the exercise enjoyable and can be found happily cogitating in his office for hours. We still gain valuable insights into each other even after 25 years of marriage. Best of all, we always have a good laugh at ourselves.

Most behaviour is subconscious. Unless we take time to sit down and think about it, we often don't know why we do or don't do things. Especially in relationships. By answering people's questions, we found that we understand each other better and have made changes which have led to happier, more peaceful lives.

Norm, ten points for giving it a go (the scoring system works well with men). When you understand why the other feels, thinks and acts as they do, you develop empathy and compassion.

Don't worry about arguing. It is good to air your opinion and in turn listen to your partner, whether you agree with them or not. This type of communication and willingness to listen, open up and share, are important skills for relationships.

HE says

Norm, if your letter proves one thing, it's that the issues and problems that couples experience are not unique to them.

What happened to the Rainbow Health Centre?

The Rainbow Health Centre was first established in Lismore by Naturopath, Chris Russell in 1983, at first in McClelland Lane and then in Centre Walk Arcade, off Woodlark Street.

The Rainbow Health Centre has become renowned as a naturopathic health clinic that utilises electrodermal screening as a tool within a comprehensive Naturopathic consultation and assessment.

After thirty-plus years of practice, Chris Russell retired and her mentees Lee Vassella and Anna Lusty have taken on the practice, continuing the work and serving the community of the Rainbow Health Centre.

They are joined with colleague Claire Patterson as one of the Naturopaths on the Rainbow

Health Centre team.

Prior to the record-breaking floods of February 2022, the clinic was situated on the first floor of its downtown Lismore premises. This was a practical choice in lieu of flood insurance in light of the frequent flooding endured by the town, but the first floor premises became no longer safe as everything in the clinic was destroyed including the computers, the BioScan electrodermal screening device and health records.

The clinic has now found its place in the Goonellabah Business Hub in the Goonellabah industrial estate, and we are grateful to no longer be vulnerable to floods.

Anna Lusty, alongside her work at the Rainbow Health Centre, has served the Nimbin community as a body worker but has decided

the time has come to bring her naturopathic skills and the Rainbow Health Centre to Nimbin and will be providing a satellite clinic in Nimbin once a week on Thursdays at Birth and Beyond/ The Apothecary.

Over the years many people in the Nimbin community have travelled to Lismore for the services provided by the Rainbow Health Centre and so it is Anna's intention to make these services more accessible to the wider Nimbin community.

Between Anna, Lee and Claire, naturopathic consultations are available in Goonellabah, Monday to Friday as usual. Contact 02 6621-5121 or 0484-076-120 to make an appointment or check out our website for further information: rainbowhealthcentre.com



The Akashic Records and you



by Auralia Rose

You may not have heard of the Akashic Records, nor even be aware of their existence, yet you can be sure this library knows all about you!

Every thought, word, emotion, deed, intent you have ever uttered, experienced or committed in the past, present or future is stored there.

It is a vast library containing the records of everything that has ever existed, all talents and knowledge, all lifetimes all universal events. It permeates throughout all Universes and in all dimensions.

The term Akashic is derived from the Sanskrit word *Akasha*, which means



ether, sky or atmosphere, or the non-physical plane of existence. Sometimes referred to as The Book of Life or Soul Records, some people see this vast library psychically as actual books or scrolls, but they are more an energetic vibration, an indelible imprint of everything, etched into eternity. Anyone can access the Akashic Records and inspect the history of their

own soul because we are all part of it.

There are many advantages of visiting this realm and inspecting your own Records as they provide valuable information, which can assist us to live a better, healthier, happier life.

So many problems can be solved and so much healing can be achieved from any life situation, such as relationship and

career problems, money blocks, health issues, fears and phobias. In fact, we can transform our entire life experience through the wisdom to be found in this energetic database.

A visit to the Hall of Records can provide priceless guidance on enhancing our personal and spiritual development. They can help us work through problems by seeing things from a

different angle by presenting previously unrecognised opportunities for growth, direction, creativity, and joy.

Problems carried over from past lives can easily be cleared by going back to the original source of a particular issue. Subconscious as well as conscious beliefs are often carried over from past lives and can be very detrimental, inhibiting us from leading purposeful, happy, liberated lives. In the absence of negative memories and beliefs, we are free to create our life how we want it to be, making way for new supportive, holistic manifestations.

Through reading your own Akashic Records or having them read for you by a qualified practitioner, you can receive answers to some of life's big questions, such as:

- Why am I here?
- Who am I?
- What is my soul's purpose?
- Am I on the right path?
- Am I in the right job/career?
- Am I in the right relationship?
- How can I heal my body/mind/spirit?
- Do I have any remaining

karma?
Will I ever find true love?
Will I find happiness?
Which past life or lives have had the biggest impact on my current life?

You could look upon these questions as a google search of your soul.

The wonderful readers of my articles will know I am a qualified QHHT and Past Life practitioner, with sessions conducted under hypnosis by accessing the subconscious mind.

There are a few people though who have trouble relaxing deeply enough to access their subconscious and so in order to help these people I decided to do the Akashic Records training, which requires no hypnosis.

If you would like to explore your own Akashic Records and are not sure where to start, or would prefer to have me read them for you, please get in touch, I am always happy to chat.

Private sessions can be done in person or by distance.

auraliarosewellbeing.com
0422-481-007

Building sustainable communities

Shapeshifting

by Anand Gandharva

The Rainbow Region models the future: love of nature, resilient, eco-friendly, fun, creative, self-reliant, charitable,

ecosystem-aware gardens, listens to all voices, yang and yin fairness, comfort without harming others: an inclusive multicultural meritocratic democracy aiming at carbon neutral, healthy futures for individual as well as community, flora, fauna, mind, body.

Many lifestyles, integrating. Colourful. Lesson: when natural energies are welcomed, flows not blocked yet safe, it blows in fresh life to boost self, community, nature and economy.

The area mixes ample rural and new ways; daring, tolerance, focussed competition to be one's best, enough bush for Yeti and Nimbinje sightings, useful teamwork where needed: working together, symbiosis. Family, flowers, bees: good logic matched with pure feelings.

The area nourishes creatives, gardeners, businesspersons, tradies. It uses power from free sunshine to curtail non-renewable fossil fuels. Roots to past, treasuring a viable future.

When the solar panel was invented, it was used by NASA in space. A hi-tech oddity. A factory in Sydney, a shop in Murwillumbah, Rainbow Power Company, prices and global policies helped mainstream it: living without harming nature a

goal. Keep CO₂ from rising.

The spirits guiding the Aquarius Festival warrant credit. Others added extra, like Peter Pedals, one of the RPC founders. He started a trade with a few mates showing the potential of 'Energy from nature'. It became a major employer. Vale Peter. A true pioneer with DIY practicality, he saw society at the abyss, paying for pollution. Why not clean powers? Solar panels and pumps are now a great way of life.

It is not just cars driven and factories making things, it affects thoughts and work, the very basis of economy. Do more with less,



reduce dependencies, live efficiently and smart.

Redefining our role in nature.

The old idea that humans battle the environment, exploit Earth treasures and fossils, needs updating. Very good while it lasted, there are now too many people to divide that

pie. We evolved dominating hostile surroundings and each other, when populations were lower. Now we have to live with nature and different cultures.

Are animals here to serve, livestock 'dumber' beasts, only alive to be eaten? No, we are part of nature. Humanity has grown: environments, land and water are running low. Bush disappears. Air,

soil and water fouled.

This can be of little concern to those whose main concern is themselves. The short-term voter may want the lights burning and low prices: oil, coal, gas, sun, wind or water. But the Rainbow Region thrives on long term values.

Many hands sculpture sustainability: self, caring for others, the planet, flora and fauna, long-term welfare of all.

Previous generations still thought Earth did provide endlessly: if it grows chop it, if it is buried dig it up, if it moves stop it, animals are 'lower'.

A new way of looking at life, and our place in it, is needed. An apex predator who supposedly dominates all before, tops a fake pyramid. It omits: your fate relates to mine.

Independent, but also co-dependent. Less sharp elbows, more kind hearts.