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DOLPHIN FUNERALS

How does this wet weather affect beekeeping?

by Jens Roestel,
Black Dog Honey

How does everyone manage the current wet weather?

The humidity at the moment does not only mean a struggle for us humans but is also a challenge for the bees.

After a rather dry spring, most trees have not developed flower buds as abundantly as they did last year and with the wet arriving, the plants have put more energy into new growth rather than putting on new flowers.

This in itself can be a challenge for beekeepers and bees. With a limited amount of flowers available, it also means there is less food for the bees and consequently less honey production.

Rain also means that nectar and pollen is likely to be washed off the flowers, so even if there are some flowers available, they may not be as valuable as usual to the bees.

Bees usually live around six weeks and their natural death is from wearing out their bodies by working constantly cleaning the hives or collecting resources for the



colony or by falling prey to predators.

If there are extended periods of rain, bees will only fly to do the necessary things, like cleansing flights and collecting water for the hive. Imagine working outside with jerry can-sized water drops thrown at you.

So, if they are not working as hard as they usually do, their body doesn't wear out as quickly, which means they live a lot longer.

The queen however doesn't slow down her egg production too much because that's what she is genetically geared for.

The result is an overcrowded hive, more young bees hatching, with less older bees making room for them, which can lead

to swarming behaviour, and it also means, more food is needed to support all the bees which can't be replenished due to the unavailability of nectar.

As a beekeeper one must weigh up whether one harvests honey that has been produced and stored in the currently rather full honey boxes or whether to leave it for the bees in case there is more rain coming.

Another challenge for us beekeepers is the fact that honey is hygroscopic, which means it absorbs moisture from its environment.

Usually, bees will cure the honey by fanning dry air through the hive.

Honey should have a moisture content of maximal 18% to guarantee its

longevity on the shelf and in the pantry. Having a higher moisture content means there is a risk of fermenting, especially if honey is stored over a longer period.

With current humidity levels around the 70%, it is pretty challenging for the bees to dry honey naturally.

Large beekeeping operations have a climate-controlled 'curing' room. By fanning air through the honey boxes, they remove moisture just like bees would naturally.

All of this is before we even talk about accessibility of bee yards and wet weather-associated pests and diseases. So fingers crossed, we get a break soon and the girls can go on with their business as usual.

Seven pointers for the Lacto-fermentation of vegetables

by Thom Culpepper

1 Where possible use organic or spray-free vegetables. Pesticides and storage preservatives may inhibit fermentation.

The fresher, the better. Clean root veg, by peeling and washing with chlorine-free, salt water, rinse well.

2 Use Iodine and desiccant-free, sea-sourced cooking salt. Most Australian cooking salt is solar-sea harvested.

3 Use a fermentation vessel that has a fitted top weight so that the vegetables remain below the ferment fluid at ALL times. An air-locked lid allows the gasses to purge.

The vegetables must remain oxygen/ambient air free during fermentation. Oxygen allows 'nasty' bacteria to propagate.

Use glass or pottery vessels. Metal and plastic will contaminate.

4 Use a digital scale set for accurate salt management. 3-6% salt depending on veg type is required to achieve 'safe' Lacto-fermentation.

5 Have a light-free place with a constant temperature of about 25°C. For fermentation the bathroom or laundry will do; should you have one, a cellar is better. (Should you be a new home creator, establish a cellar, below ground, very wise to do so.)

Don't store next to the water heater or washer/dryer during fermentation

unless you live in 'Snow-country'.

The fermentation will take from about 14 to 20 days at 25°C.

6 Have sufficient refrigerator space to store the yield. If your refrigerator is set at about 4°C the product will be safe for 6 weeks or so.

If the ferment has a white 'Bloom' it is safe, this is a yeast, use your nose, it should smell and taste sour/acidic. Any other colours, green, red, yellow, black, chuck it.

7 Label everything, what it is, type and mix, note date of fermentation commencement and completion, the % of salt and temperature details in a kitchen notebook (for, of course, future reference).

Here's a fermentation recipe for the fruit of the moment, mangoes.

Lacto-fermented mango sauce – a mango coulis in form.

Ingredients for ferment:

4 ripe juicy fibre-free mangoes (8 cheeks skinned and diced and the harvested flesh from the four seeds, avoid the fibre on the seeds.

2 red onions peeled sliced and diced.

6 Jalepeno chillis, no need to de-seed these, chopped.

6 cloves of garlic, skinned and chopped.

Additional ingredients for post-ferment sauce:

50 grams palm or coconut sugar

100 mls cider vinegar. (As a



Ph regulator)
Juice of one large lime
A small piece of ginger, about 25 grams.
25 grams of Korean chilli flakes.
Salt to 3-6% of the weight of the vegetables.

The following is the lactose-ferment method.

Use clean water (no chlorine or additives) to cover the vegetables.

Weigh the vegetables to establish the salt requirement; dissolve the salt in the cover water and boil for five minutes, place the vegetables in the ferment vessel, pour the saline solution over the veg, press all air out of the fermenter, place a glass fermentation weight on top of the ferment. Seal and set the airlock.

Cupboard the vessel in a light free area at ambient temp of about 25°C, for 15 to 20 days. Put a dish under the vessel as some ferment liquid may over-flow.

On completion of the ferment, drain the ferment

fluid, retaining a half, blend the fermented vegetables, to a sauce consistency. Add the palm sugar, the chilli flakes, the cider vinegar and lime juice to the sauce, boil for 2 minutes, (to stop Lacto-bacteria fermentation from continuing), cool a little, bottle and store in the refrigerator for use.

Tightly sealed, free of oxygen, the sauce should last a couple of months, more time will be had if normal bottling procedures are carried out, ie. full pasteurisation, but the usefulness of Lacto-probiotics may be lost.

This sauce can be used on seafoods, deep fried coconut prawns for example, spiced-rubbed, fried chicken, grilled pork, grilled salmon and with added fish sauce for many Thai dishes, both sweet and spicy. It's a useful sauce on roasted summer vegetable dishes and salads.

Free Julian... And the Gazans...!

thewholearthveg@gardener.com

Target the ginger lily

WEED WORDS

by Triny Roe

“Summertime and the living is easy” – so goes the song, unless you live on acreage and the weeds are blooming.

This time of year, the hot sun and copious rain enhances all plant life, the good, the bad, and the ugly – the plants you want and ones you don’t. And the ones you don’t want seem to grow faster and bigger, and they are everywhere!

Time to go weeding ...
New weeds, opportunistic, energetically growing species with a competitive edge, will always come. When they are not blowing or washing in, we bring them home on our vehicles, on our clothing and sometimes in pots, purchased from a commercial nursery.

Just because it’s sold in a shop doesn’t mean it is not an environmental weed. Well-meaning friends, neighbours, garden clubbers often share seedlings that pop up in their gardens or cuttings from plants that have overgrown their pots or beds.

Plants are usually listed as invasive or noxious because they have an economic impact on agriculture costing billions of dollars to manage and in lost productivity. Some species are restricted, and it is illegal to sell or distribute them. Landholders are required to ensure their properties are free of a number of the more problematic species.

Weeds that impact on the environment or can become a nuisance for the home gardener are considered less important and may not be subject to strict controls.

Kahili ginger, *Hedychium gardnerianum*, aka ginger lily, is a popular garden ornamental. Prized for its large fragrant blooms, it can grow two metres tall. Native to the moist forest of the Himalayas, it has



been spread around the world by plant enthusiasts.

Introduced to Hawaii early in the 19th century, it gained its common name there from its inflorescence’s resemblance to the ceremonial royal symbol of a long pole adorned with feathers, known as a kahili.

Listed in the global top 100 invasive plants species, this attractive ginger dominates the understory of rainforests in Hawaii, displacing native species and choking all other vegetation with its dense mat of rhizomes. Kahili ginger is problematic in other Pacific islands, New Zealand, South Africa, the Azores and parts of Australia.

Listed as an invasive species in Queensland and NSW, it will grow in full sun as well as in deep shade under a forest canopy. This aggressively growing plant can alter ecosystems due to its competitive nature.

Spreading mainly via rhizomes, birds can carry also seed to new locations. The colourful flowers, with yellow petals and red stamens, each produce up to 100 bright red seeds. While the chunky rhizomes may look like ginger,

they are not edible. While not yet widespread in Australia, it has potential to grow anywhere from Melbourne to far North Queensland. Kahili ginger is drought and frost tolerant. To reduce its spread, enjoy the cut flowers and their perfume in a vase, then bin them.

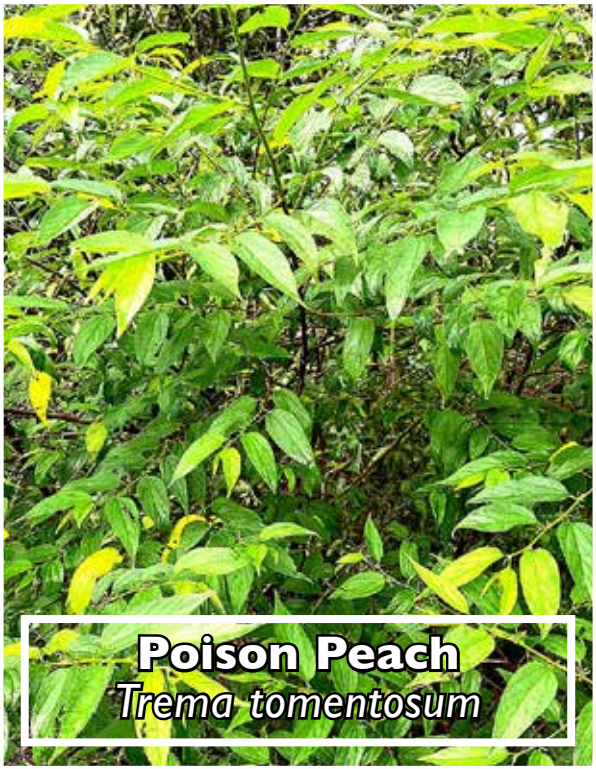
Grubbing out the rhizomes can effectively remove small patches, though follow-up will be required as it can regrow from a small piece and the rhizomes can be found down to one metre deep.

Careful disposal of unwanted and excess plant material reduces weed spread and further infestations. Many plants grow readily from vegetative material especially in subtropical areas with plentiful rain, so check the compost heap. It may need turning.

Black rubbish bins filled with water can also deal with plants that easily grow from cuttings. Leave in the sun for a few months to brew and the plant material rots away to mush. Strain out the lumpy bits and use the nutrient-rich liquor diluted for fertiliser.

Happy weeding.

Plant of the month



by Richard Burer

This small shrub is often unmemorable, at times ignored by the untrained eye, and when growing near Lantana it could be mistaken for that invasive plant.

Growing to 2-5 metres this native pioneer is often found on edges of wetter forests including dryer rainforest but also in open forest, particularly after disturbance.

This month be on the lookout for its small black fruit that follows the rather insignificant green, yellow flowers of this very useful plant.

The black drupe is a favoured food source for many small birds including Brown pigeons, which clearly find it one of their main food sources.

Trema is considered poisonous to stock – hence the name Poison Peach – but would only be grazed on in times when feed could be in short supply, such as drought. In early colonial times the plant was used for making gunpowder charcoal.

A cultural asset, Trema was used by the first Australians for such things as making twine, due to its excellent strong fibre string harvested off this fast-growing plant.

Poison Peach is also endemic to the Indian subcontinent and to parts of SE Asia and the east coast of Australia from NSW all the way up to the NT.

This small shrub is a useful fast-growing pioneer and small bird food source for your conservation project, and is a reliable regenerating species throughout the area.

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

THE ART OF PRACTICE: GETTING OLDER

The art of practice

by Susan Paget

I’m on a 20-year plan. This is where I’m thinking about who I want to be two decades from now when I’m in my 80’s. How do I want to feel? How would I like to look? What do I see myself doing?

While it’s impossible to disregard what might happen when you’re a human at the pointy end of life, there are things we can control. The way I see it is right now, every single day, is an opportunity for me to practise the kind of person that I want to meet in the 2040’s.

This might seem extreme, but about two decades ago I did the same thing. My primary focus was working on my mindset about ageing. I’ve learned to question belief systems and disregard the social messaging we receive about being “too old”.

I’ve practised discovering that my capacity to learn, grow and be curious has no end date and that regardless of the number, every day of every year is a chance to become my true self.

So, I think about this 20-year plan thing a lot. To the

point where I’m a bit obsessed by it. I’m now dreaming up what our home will look like so we can age in place. I imagine the kind of yoga teacher I’ll be in my 80’s and the quality of the creative work I’ll be doing based on all these years of practice.

I visualise myself with an ease of mobility, delighting in the world around me with my family and a posse of fabulous friends and colleagues. To me these are amazing life achievements and are possible if I commit to bringing them into reality now.

If you’re interested in manifesting the narrative of your older years, here are three areas of practice to consider for your own 20-year plan.

Keep the shop open

I heard a super motivating phrase a while back that if the body stops moving, the mind thinks the ‘shop is closed’.

For those who haven’t yet latched on to a consistent physical practice this won’t be simple but if you consider now as the starting point for the next 20 years, it might be a little easier to lace up your joggers. Doing the inner work is also crucial. Now’s the time to heal the past rather than carrying it another day,

to practice stilling the mind and to activate your creative muscle so you can stay connected to your soul.

A varied social network

Cultivate a quality inner circle which includes younger people. This keeps us plugged into life as the culture shifts and changes.

On a practical note, younger friends don’t want to hear about the doctors we’re seeing, the medicine we’re taking or the latest funerals we’ve attended. Having younger generations close by our side keeps our whinging in check.

Success leaves clues

At 82 years old, Bob Dylan is about to embark on a world tour. Jane Fonda turned 86 last year and has recently been arrested several times for fighting climate change. Go Jane you badass!

Here in Australia, Noel Braun, a writer I follow who’s in his 80’s, just published his latest novel and has walked multiple stints of the Camino de Santiago.

That said, while the concept of getting older is changing radically, we’re still at the stage where the current crop of seniors leading the way

are unicorns rather than the norm. That’s why for proof of life, we need to seek them out and figure out their secret sauce.

Find elders you admire whether they’re virtual or live next door. Whoever you want to be when you grow up has longevity practices that most likely can be replicated.

Of all the myths about getting older, one seems to hold water and it’s that the older I get, the faster time seems to go by. And that’s literally the 20-year plan’s fatal flaw. This lifetime will go by in the blink of an eye and then it’s game over.

Should I leave the things that I have some control over to chance? Nope. I choose to stack the deck in my favour with daily efforts to greet myself 20 years from now with a high five. I can imagine her saying a heartfelt “Thank you”.

And then we’ll begin hatching our 20-year plan for 100.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntab Creek. Listen to her new podcast ‘The Art of Practice’. More info at :Instagram: @therainforestfarm or email: susanpaget@gmail.com

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"Who will be the last person on Earth to touch your beloved?" - Mimi Zenzmaier
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Socrates, the barn owl at the Wildlife Sanctuary.

Wildlife Sanctuary to be upgraded

A new chapter has begun for the Byron Bay Wildlife Sanctuary, formerly known as Macadamia Castle.

Over the next 12 to 24 months, it will shift towards becoming a bio-park, with the priority to respect, protect and enjoy Australian Native Wildlife.

Working alongside partner organisations to increase awareness and preservation, this will include structural and aesthetic upgrades, as well as habitat advancements for resident wildlife.

The Wildlife Sanctuary will continue to offer an interactive wildlife experience, café, and unique retail, with a focus on locally produced and sustainable gifts.

It is a family-friendly destination with something for everyone. Open from 9am-4pm there is a comprehensive daily program of Keeper talks and interactive activities.

The Free Flight Birds every day at 12.15pm is a special experience not to be missed.

The Sanctuary is home to more than 100 incredible Australian wildlife animals, including kangaroos, a fabulous array of birds and reptiles including snakes and crocodiles, plus our resident personalities Manda the wombat and Arnie the koala.

There are bunnies and guinea pigs and a Chick House with lots of baby chicks that can be handled.

A range of wildlife encounters are on offer that allow visitors to experience these beautiful animals up close.

Take a break and play the 18-hole golf course, splash in the waterpark or have fun in the treehouse playground.

Stay for a meal and enjoy snacks or lunch from the Sanctuary café. With a delicious selection of fresh food made from locally produced goodness, catering for all dietary requirements.

You can always bring your own picnic and make use of the free gas barbecue facilities.

Breakfast is served from 9am, so start your day with a barista-made coffee and some amazing wildlife.

See: byronbaywildlifesanctuary.com.au



Herbs for the heart

Cardiovascular issues are very common and account for frequent medical appointments and reliance on prescription medicines. Heart disease has been described as the leading preventable cause of premature death.

High blood pressure, reduced blood flow from arterial plaque, irregular heartbeats and congestive heart failure are just some of the possible problem areas.

These symptoms are generally 'managed' with long-term prescription medications and sometimes surgical intervention. The challenge for the natural health practitioner is to provide support for cardiovascular health without compromising the patient's medical treatment.

There are some herbs which are contraindicated with specific prescription medications, so it is essential that supportive remedies are given safely.

Having said that, there is good evidence of improvement in symptoms and quality of life with some traditional herbal medicines. My favourite combination is arjuna bark (*Terminalia arjuna*) and hawthorn berries, leaves and flowers (*Crataegus monogyna*). These two herbs have a good safety profile but still should be monitored and used with caution.

Heart failure, also called 'congestive heart failure' (CHF), is a somewhat misunderstood medical term. It happens when the heart muscle, for a variety of reasons, is unable to pump sufficient blood for the body's needs.



Hawthorn
Courtesy BBC Wildlife

Symptoms can include fatigue, reduced ability to exercise, shortness of breath, a chronic cough from excess fluid in the lungs, and fluid build-up in the feet and legs. These symptoms obviously affect the person's quality of life.

Contributing factors such as high blood pressure, narrowing of the arteries, and damage to the heart muscle from a previous heart attack mean that the patient may be taking several prescription medications. This is why safe herbal support must take into account herb/drug interactions. But it is possible to live well and for a long time if managed effectively.

Arjuna is an Ayurvedic herb named after Arjuna, a warrior in Hindu mythology. The herb is known for its strengthening and toning of the heart muscle, and also is considered to strengthen the energetic and emotional aspects of the heart.

Arjuna has anti-inflammatory actions that help reduce plaque buildup in the arteries. Extracts of arjuna have shown to strengthen the heart muscle so that more blood can be

pumped with each beat. Studies using echocardiogram testing showed an increase in exercise tolerance on a treadmill test in patients taking arjuna extracts.

Congestive heart failure (CHF) is medically classified from Class I (mild symptoms) to Class IV (severe). In one study, 100% of patients taking arjuna extract improved from Class IV to Class III, and after 4 months, 75% of patients moved from Class III to Class II.

This was an enormous improvement from basically bedridden to only slight limitations in physical ability. Arjuna was taken as an add-on therapy, and a very positive outcome was that there were no meaningful side effects from the addition of arjuna.

Hawthorn extracts are also impressive for cardiac support. Studies show hawthorn enhances natural antioxidant defences in heart muscle cells. Coronary artery blood flow was boosted by up to 70% in animal studies. This minimises injury to the heart during an ischemic event (reduction in blood flow as from a heart attack or angina episode).



Nature's pharmacy

by Trish Clough, herbalist

Animal studies showed pre-treatment with hawthorn reduced the mortality rate from an ischemic event five-fold. In mild heart failure patients (Class II), hawthorn improved cardiac oxygen use, blood pressure, heart rate, blood pumped per heartbeat, and echocardiogram results. Exercise tolerance on treadmill tests showed improvements.

Other symptoms including shortness of breath, ankle swelling, fatigue and palpitations improved on hawthorn. Another study showed a 41% reduction in sudden death in patients taking hawthorn supplements.

With the use of hawthorn and arjuna, it is possible to improve the quality of life for cardiac patients.

Trish Clough is a herbalist who has been practising for more than 40 years. She now conducts her own clinic practice in Iluka after relocating from Lismore.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough2@gmail.com

The information in the column is meant for general interest only and should not be considered as medical advice.

Natural Law

by Helene Collard

Lunar New Year Greetings

On 10th February we enter the Wood Dragon Chinese New Year.

Therefore, whilst we have celebrated the birth of a new solar year on the 1st January, we have continued to clear, shed and prepare for the birth of the new lunar year. We may have done this consciously or subconsciously.

Energetically, this year is shaping up to be another epic adventure of creation and destruction, light and dark, yin and yang. Buckle up and get 'fit' in all three areas of body, mind and spirit. We need to have our 'game on'. The last few years of upheaval have prepared us well for what is ahead.

We each need to intuit our what, how, where and when for any given circumstance. This is very important to listen to, and more importantly, to trust, your

deepest stirrings.

In this dragon year, that carries the powerful themes of strength, purpose and revolution, remember there are many ways to achieve the same result – follow your gut. "All roads lead to Rome."

Make regular time to be alone and reflect on things. This is an important practice that ensures we can hear our inner knowing. We all have a vital and meaningful role to play. We all have valuable ways that we can serve for the highest good of all. Take the time to check-in with yourself, to feel your next steps.

We all have people in our corner that support us, that are there when the proverbial hits the fan. These are the people that just get you, they see you.

Most importantly, when you make mistakes, these are the people that won't judge you. Your worth and integrity is never on the table for discussion with

*We are all self-governing
Let us call upon our ancestors,
Elders and teachers –
past and present,
To guide us in
the way of the Heart
You are all my relations.
All is One.*

them. Similarly, they own their mistakes.

Your shared vulnerability, offers a humanness that doesn't involve subtle, nuanced or overt dynamics of power and control. It feels easy. We all need these relationships in our lives.

On the other hand, we all have people in our lives that challenge us. Our boundaries are routinely crossed, communication may feel rough and disrespectful. Toxic games are played.

When we make mistakes, we are abandoned or condemned. If we don't play the game, we are the problem.

Gaslighting. Over time, we feel anxious or constricted when our phone rings and their name comes up. We



know the game we have to play, to keep this going, and it feels like the world will fall apart, and something 'bad' will happen, if we stop playing.

Life will never be all roses. Make regular time to be alone and reflect on things. This is an important practice that ensures we can hear our inner knowing.

We all have a vital and meaningful role to play. We all have valuable ways that we can serve for the highest good of all.

Your soul desperately wants you to live your fullest and highest potential of service. Take the time to check in with yourself, to feel your next steps.

Extra-judicial Punishment



Legal writes
by John Adams

Punishment seems like a simple concept when, for instance, it's applied to children. Child psychologists will say it's important to not spank, hit, or slap a child of any age. A humane alternative is to take their screen away for a bit.

On the other hand, under section 61AA of the NSW Crimes Act 1900, "lawful correction" is a valid defence for the application of physical force to a child. You can hit a child.

When I was noticed, with my childhood friend, carving bits of jarrah up the back of the schoolyard with our pocketknives, we

held out our hands as the headmaster's thin cane whistled down three times per hand. We'd always carried pocketknives. It didn't make sense. Thus began a lifelong interest in justice. The cane was withdrawn from use generally in Australia in the 1980s and 90s.

In NSW, corporal punishment for grown-ups was abolished long before that. If someone's been particularly annoying to the rest of us, we now put them in a two-person cell with a TV, leaving the corporal bit up to the other inmates.

My mate, who's done a few months, agrees with my suggestion that if you're too quiet or too mouthy, it won't be long before you're beaten up. It's extra-judicial because it's not something the judicial officer has prescribed.

If, on the outside, you happen to be violently attacked through anger, lust or some other sin, the state may compensate you with a few thousand dollars. Inside, it's a bit different. An article in the *Australian Lawyers Alliance News* (4th May 2020) is revealing: "Any survivor who experienced sexual abuse

while in juvenile detention must have access to redress and compensation for their pain and suffering. These children were vulnerable and powerless, and it would be severely unjust to apply a law designed to prevent excessive injury claims from adult prisoners to cases of child sexual abuse."

"Excessive injury claims" – says it all. I recall telling a magistrate my client had been raped in prison the last time and that compensation was not available to him. "Yes," his Honour replied, "the statutory exception."

Under section 3A of the Crimes (Sentencing Procedure) Act 1999, the purposes of sentencing are punishment, deterrence – of the offender and everyone else, protection of the community, promotion of rehabilitation, making the offender accountable, denouncing their conduct, and recognising the harm to the victim and community.

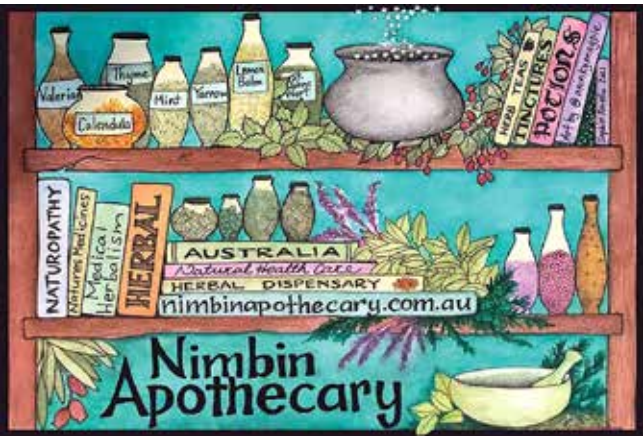
I'm sickened when relatives of victims complain about 'light' sentences but that's just the defence lawyer in me. Magistrates and judges must consider "all possible alternatives" (section 5) before locking someone up and, if for less than six

months, give reasons why an "intervention program" wasn't ordered instead. The Act lists a lot of matters that must be considered in the sentencing process. It's not a simple task.

But extra-judicial punishment is not considered. My mate, for instance, finally found the perfect job. Then the results of a police check came back, and he was unemployed again. The rental market doesn't like ex-prisoners either.

It's an interesting society that spends so much energy on getting the sentence right then locking up the (over a quarter indigenous) offenders, each costing a bit over \$100,000 a year, providing them with "evidence-based approved rehabilitation programs", "education and vocational training" and work experience, then fails to acknowledge prejudice against them after they've been rehabilitated.

Imagine being on the street with a bit of cash, back on the dole, knocked back from job after job, unable to rent anywhere decent. Three meals a day and no rent might seem like a good idea.



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Feeling ashamed of being successful



by Dr Elizabeth McCardell

I've avoided writing about this ever since I started writing articles for this paper nearly 15 years ago.

Why? Because this topic is too close to the bone for me. Yet, I think it's time. It's also a pervasive topic for women and, I suspect, many men.

Maybe it's our Australian tall poppy syndrome, maybe it has to do with "the good woman keeps her head down and doesn't show up to others", maybe it is indoctrination from our school years where, often, we had to be like everybody else. The thing is, how much are feelings of shame getting in the way of being even more successful? Interesting thought.

Since beginning research on this subject two dominant ideas have emerged: 1. Feeling not good enough, and 2. Not wanting to draw attention to oneself.

I've searched long and hard within myself for confirmation for the first and can honestly say that this is not "the" thing for me but maybe it is true for others, I'm not sure of that. Since I don't really know how much feelings of shame have to do with feelings of unworthiness, I shall concentrate on the second dominant idea of not wanting the attention.

I should note here that there is a difference between guilt and shame. Guilt has a moral dimension, while shame does not. Guilt is concerned with one's responsibility for a harmful attitude or behaviour. Shame feels different. There is a sense of loss of interior power, a sort of inner collapse. Whereas guilt is likely to motivate either reparative or self-punitive behaviour, shame is likely to motivate either withdrawal or increased efforts in attempts to fit in.

As for me, I've never been in any doubt that what I contribute isn't worthy enough, yet I find it difficult to speak of what I know from my own expertise. It isn't as though I am spouting

fluff nor am I bragging; decades have gone into this knowledge base and when I speak, it's from that source.

Yet I sometimes feel embarrassed when I draw attention to myself; and yet again, in apparent contradiction to that, is an act of self-declaration, which I am writing about here. In other words, despite feelings of shame at my success, I still speak up.

I don't have imposter syndrome these days (I used to when I was researching my doctorate) because I know what I know and I know, full well, what I don't know. I'm not pretending knowledge. Imposter syndrome is very common in the workplace but, actually, most people are doing good work. Few really are incompetent and pretending a knowledge they don't have.

There was a case recently of a paramedic who had cooked up advanced qualifications over a hot computer but was found out when the certificates were found to have lots of spelling mistakes! But knowing that so many of us don't feel confident and yet are doing well, is enough to drop the imposter syndrome belief.

So, what of feelings of shame of being successful? Feelings of shame and embarrassment are social constructs, and as such, can

be turned around.

When we feel we have been exposed for doing something that is inappropriate in terms of social norms and expectations or inconsistent with gendered role expectations or our social identity we feel uncomfortable, but we can learn to better value the contributions of others and ourselves.

Social constructs are fluid and not set in stone. Instead of reacting as though we've breached our perceived social status, we could feel pride in what we have achieved. And likewise, pride in what others have achieved.

Feeling pride in one's work, or any output, is not a dirty shameful thing, and certainly not worthy of excommunication from the community (which experiences of shame can inspire one to feel) despite what some fairly rigid people think. It is a clear acknowledgement that it is a job well done and something to be appreciated for.

Condemnation by others simply needs to be ignored, and our authentic expression celebrated.

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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by Sonia Barton

Do you feel like your body is in balance? Do you feel like your neck is 'out' or your hips don't feel right, or even one of your ankles feels weaker than the other?

It could be that you would benefit by having a Bowen session to bring your body into balance.

It's hard to believe that after the therapist gives your body messages through gentle touch, it will trigger your own self healing system, and by the end of 45 minutes your body will have changed position.

It will automatically try to bring itself back into balance without any force or manipulation.

Sometimes one session is enough to set off the process,

The importance of balance

sometimes you need three, and sometimes you might need a regular session, say every six weeks if you are doing something that throws you out of balance every so often.

Examples would be if you are gardening, sitting at work all day, picking up children often, or you're just feeling stiff in general.

Bowen therapy is very practical and simple as well as very relaxing, as it calms down the nervous system. Doing an assessment on your first session, it will show me where I need to work on your body, to help you get out of pain or discomfort, and I can focus on that rather than waste time on guessing. Your body will show me immediately through the assessment.

Tom Bowen created this technique. He was working in Geelong, Victoria, in the 70's and 80's. He didn't spend much time on each patient. He would go in the room that was already prepared by his assistants, and do the assessment, treat them and leave the room and then go to the next room and

treat that person.

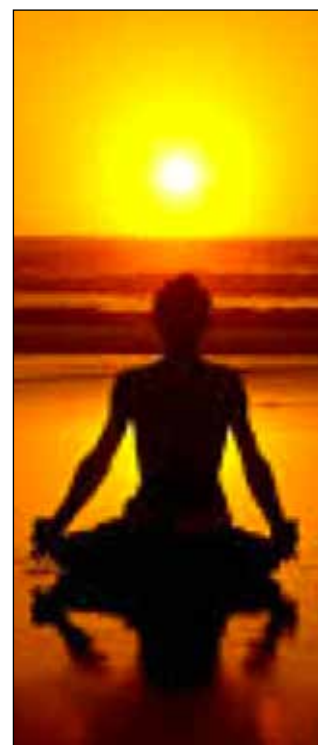
Sometimes the patients would not even get to see his face. He also worked on horses. People would bring their horse to his clinic on a horse float and he would go outside and treat them in it.

He figured out that there are four places on the body where fascia gets caught, and once you release those areas then the body can start to balance out and heal.

Of course, we have other procedures besides the basic areas, such as the knee procedure, the pelvic procedure, the coccyx procedure etc and over 20 years I've gathered a great tool box of different tips and methods to help you to come back into homeostasis.

Once your body comes back into balance, which is usually after three sessions, then it's best to book a check-up session, say in four-six weeks, and maybe have a treatment four times a year to keep everything in Symmetry.

Once you are balanced you should feel taller, have more energy, be out of pain, sleep better and who knows what else will change in your life.



I can help anyone from babies with colic to the elderly with stiff and painful joints. And just about anything in between.

Sonia Barton practises Bowen Therapy and Reiki in Nimbin and Murwillumbah, phone 0431-911-329.
 bowenenergywork.com.au



Farticle

My partner has developed a habit of having to lift his bum in the air anytime he farts, sitting or standing! He started his 'bulletproof' technique after he didn't lift when farting as a kid and got an unexpected surprise in his underwear. How do I get him to be brave and stop?

– Ivana Skreem, Lismore

Magenta Says:

Dear Ivana, I'm no Freud of farts, but our readers seem to love this subject, so let's get to the bottom of your problem.

You may be overlooking your partner's talent and dedication to the arse, I mean arts. He is playing his musical instrument. The sounds of farts are very much shaped by their expulsion velocity as well as the shape and size of the anal sphincter opening at the moment of passing.

The smaller the size of the exit point, the higher the pitch – and perhaps more squeaky it will be. If you listen without judgment, you may notice that he is honing his craft. I imagine he gains much flatisfaction every time he toots his horn. And I'm sure he would be happy to have an appreciative audience.

Have you never heard of Le Petomane, the fantastic fart artist who was the late 19th-century's biggest attraction? Joseph Pujol went by the name Le Petomane, meaning The Fartiste. Impeccably dressed, little farts warmed up the crowd.

He named them as he went along, doing such impressions as a bride on her wedding night (a little one). A lengthy 10 second fart replicated the sound of a dressmaker tearing two yards of calico. Then, with all his might, he blasted one in the form of a cannon firing. People were writhing about laughing.

Le Petomane kept his farts completely odorless by giving himself an enema before each show. Unfortunately, no footage of his shows was taken, but he has gone down in history for his unusual abilities. RIP Joseph Pujol, 1857-1945.

Even though your partner may not have been born with the same condition that made Le Petomane famous, he may well just be an everyday pooter honing his skills. Frankly, I would love to meet him.

One word of advice; he should make an effort to lift from different sides every other time or else he may end up lopsided.

What's the sharpest thing in the world? A fart because it cuts through your pants without making a hole.

Norm Says:

So, he's an arse lifter eh? I'll bet your fella's a pretty smart dude, like an engineer or creative of some sort. In the true spirit of human ingenuity, he figured out from a young age how to drop a gut without soiling himself. Brilliant!

You might have noticed, if you have ever waited for a train at an underground station, that sudden gust of wind as the train approaches from inside the tunnel. Imagine if there was a wall in front of the train what would happen. It doesn't bear thinking about it, does it?

Well, a similar disaster could befall your partner in the pantular area if he fails to lift in time. Would you like to deal with the ensuing fecal fall out? I think not.

The scientific principles involved here are indeed profound. I'm sure the helicopter and the hovercraft were invented by arse lifters, and it wouldn't be stretching the truth to declare that it is in fact rocket science.

When I was a child we possessed a large electric heater, the classic Vulcan Conray. I discovered its acoustic qualities when sitting on it and lifting my right cheek to the precise angle.

I could play a melody on the poot flute that was amplified like a rock concert. This eventually led me to an illustrious career as a piano tuner and musician.

So, Ivana, maybe you are the one who needs to be brave. Next time he uploads to the cloud with a bit of lift, give him a round of applause and the appreciation he deserves.

You should try it yourself. Although to avoid a full nappy, I recommend practising on the jobby pan first.

What's the crookedest thing in the world? A fart – you aim it at the ground and it hits you in the nose.

Send your relationship problems to:
magentaappelpye@gmail.com

SEEDY SECRETS 007

by Michelle Chapman

I'll tell you a secret. Seed collectors are psychic, or appear to be.

Hooning down the highway with my seedy colleague, suddenly I'm told, "Stop! Pull over now!"

Skidding to a gravelly halt next to an old rainforest restoration site, she leaps out of the car while I make sure we're well off the road.

Walking into a sea of green and brown, she confidently makes her way toward a spindly small tree. I see the victory dance as I approach, still wondering what the fuss is about.

In her hand is a brown capsule, slightly flattened,

about the size of a 50-cent piece. Inside hang around 50 beautiful bronze seeds, flat and winged, ready to fly away on the next big windy day. Native Frangipani (*Hymenosporum flavum*)!

I'm impressed. How could she see that nondescript brown lump hanging from that spindly tree, 30 metres from the road, driving at 100 km/hr? That's next level: psychic seedy sense, or amazing eyesight, or both. Turns out, it's neither.

She bursts the bubble of secrecy and confesses that three months ago, she noticed the tree in flower. Then, it's simply a matter of remembering to return to collect.

That's right, fruits come

from flowers! Let's refresh. A flower is the reproductive organ of any flowering plant and is positioned on a flower stalk with an expanded end called the receptacle that supports four whorls of flower parts.

The first and second whorls are the sepals and petals. The third whorl consists of stamens, the male reproductive organ, which produce pollen.

The fourth whorl is the female reproductive organ, and consists of one or more carpels, each carpel having three parts: an ovary, style, and stigma.

Each ovary contains an ovule and is connected to the ovary wall by a stalk. Pollen lands on the stigma, travels

down the style to the ovary and fertilises the ovule. In simple flowers, the ovule becomes the seed and the ovary becomes the fruit.

Depending on the size, shape and material of the fruit structure and seed, the time between flowering and fruiting can range from a month to six months.

Knowing how long each species takes to form mature fruit, and noting when trees are flowering so one can return in a few months' time is part of being in tune with the trees.

Or, if you have a Seedtree Map on your property, it's simply a case of searching for what's Fruiting Now: the ultimate cheat sheet for a serious seed collector!



Native Frangipani fruit seed

Seedy Secret

Native Frangipani (*Hymenosporum flavum*)

Collect capsules and seeds in a paper bag to keep from going mouldy or rotting quickly. Look for brown capsules, or green-brown capsules almost ready to

open.

Keep in a warm, dry place until all capsules are open. Bang bag against a pole to shake seeds free of capsules, or extract seeds by hand.

Sow medium density. (*Australian Rainforest Seeds, Dunphy et al., 2020*).

Aquarius chimes in interplanetary human herbivores

Shapeshifting

by Anand Gandharva

Humanity enters a New Age: Aquarius, the Space Age. It differs from now; is cyclical without today's scarcities, has better diets, mana from Earth, nanotech, genetics, space travel, settles exoplanets, AI linked brains, confirms global cyclical history, maybe alien heritages.

Rural regions, especially wilderness areas, havens in a sinking ship of the polluting, materialistic, rigid, lopsided, short-term 'growth' economy that abuses nature to oblivion.

But a new 'sustainable' consciousness is dawning: cheaper, healthier, minimalist, tolerant. There are now over eighty million human herbivores in the world and a billion flexitarians: people

who consume less animals to save money, support nature or gain health.

The EU calls it 'Green Household Behaviour': environmentally mindful consumers, sensitive, switched-on, fast-growing. A rising awareness: comfort includes viability of Earth.

Yes, people have to eat to exist, but in aspiring to eat a dead animal one justifies being a human predator, consumes DNA of the beast; prefers 'might is right' rather than caretaking.

There is plenty of protein in spinach, avocado: plant-based food has all nutrients. Gardeners and orchardists grow food that doesn't depend on animal farming.

The future is glass houses, intensive agriculture instead of broad acre destruction, free sun power instead of expensive and polluting fossil fuel.

Predatory opportunism also

conflicts with sensible laws, like 'Thou shalt not kill'.

At low populations, people got around it by separating tribes, dividing life in species: false boundaries, artificial cages, double standards, excuses, convenient lies, discrimination.

Genes show people are related to each other, primates, mammals, amphibians, insects. Not all are nice, some dangerous or obnoxious. We create safety with respect. If in doubt what to do with snakes or spiders, contact experts, like National Parks and Wildlife Services.

People thrive in wholistic nature, the tree of life. We should caretake all its branches.

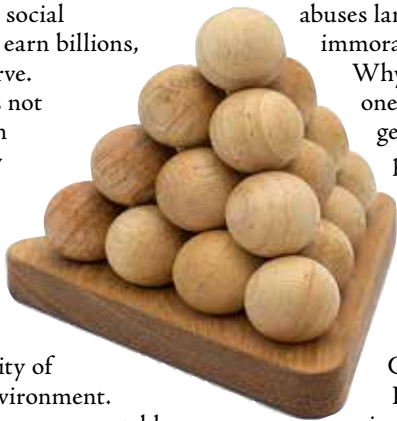
At current levels of resource use, population pressure is harming environments. Our generations learn that Earth is finite. We learn to consume smarter. Our planet needs us.

There are huge social inequities: some earn billions, while others starve.

The problem is not really population growth. Scarcity is brought on by inefficiencies, wanting more, not reinvesting enough in Earth productivity of economy and environment.

Consumers too are accountable for improving environments, using sustainable products. Public awareness campaigns are needed. A lot of what humanity is taught is nonsense. Why dominate all others when nobody can survive long on their own?

Why waste Earth and destroy umpteen planets feeding our faces, when it now makes many sick, reduces life, is expensive,



abuses land and resources, is immoral?

Why hardships of one-child policy, genocide, slavery, partition, Rwanda, first nations in Americas, Australia, Japan in China, WWI & II, Yugoslavia, Ethiopia, Ukraine, Gaza, etc?

Population growth is a mark of species success in nature.

Society is at tipping point. Robots can work. In future we may not need people for factory floors, farm labour, wars, mining, roads, cooking, but every Council area will employ hundreds of Earth Care workers.

Restructure community by changing education, the creative joys of Aquarius.

Awakening the White Dragon and meditation



by Auralia Rose

I would love to share with you the journey I've just completed to Japan, organised by the visionary Solara, who some may know from her worldwide 11:11 activations and books.

This was to be a journey not so much about my spiritual expansion, although it was that and more, as it was to awaken and anchor a very new energy on Earth for the benefit of all life here.

This is Solara's description of the event: "Momentous, once in a lifetime, ceremonies to awaken the White Crystalline Dragon within us.

The White Dragon appears from Beyond the Beyond embodying pure true energies that have never been on this planet before. The White Dragon is an open doorway through which we can touch unborn worlds.

Although all Dragons bring transformation, whenever the White Dragon appears, it brings something absolutely NEW from far beyond our present imagining that realigns us with our Timeless True Self.

Whenever the White Dragon appears, there's an energy of total newness that the White Dragon embodies which can immediately be felt. This newness fills us with fresh, new energy and pure true love!

The appearance of a White Dragon is an immensely

auspicious sign. It shows us that deep and positive shifts are taking place and that we are becoming ever closer to shifting reality systems."

The ceremonies were pure magic; 100 people from all over the world gathered in various locations to first ignite the White Dragon energy within each of us, culminating in the final ceremony on the banks of a beautiful bay on Japan's north coast.

The mission was successful and has far reaching implications for our Earth and beyond. It shows as a collective we are ready to move into the next phase of our ascension as we embrace oneness and move beyond duality: right and wrong, good and bad, dark and light etc.

The energy of oneness is now more freely available for all whose souls have made the decision to move beyond duality, a huge step for



humankind.

Now the real work begins, to constantly remind myself when I fall into dualistic thinking, forgetting that the play of light and dark is just a game to help us evolve. Seeing beyond the illusion that we are separate.

If this article speaks to you, you may wish to do the following meditation to further anchor and strengthen the White Dragon Energies in yourself and the Earth.

This can only be done through us, the people who offer themselves as

anchoring points on the planet.

Meditation

Find somewhere quiet, preferably in nature, and begin by taking a few deep breaths to centre yourself.

Call to yourself a column of bright light from Creator Source and see it coming down into the top of your head, continuing all the way down to the centre of the Earth.

Now send a cord of light from the base of your spine into the core of the Earth, really feeling the connection with Mother Earth.

Call unconditional love to yourself and feel it pouring into your body and aura from Source, opening your heart chakra, feeling love and gratitude for the beauty of earth and all life.

Feel your aura strengthening as a deep peace and strength arises in you.

Be prepared to go deeper into yourself, into the earth, into your purpose. Sit for a while in stillness, quietness and solitude.

Deeply listen. When you feel ready, invite up the White Crystalline Dragon Energies to activate within you. As you focus your attention upon it, the energy intensifies.

Feel the deep connection, the deep receiving as you embody truth, love and strength. Feel the love and power infuse throughout your entire Being. Your willingness and intention make it so.

Offer this energy to Mother Earth, her oceans, streams and rivers, out into the atmosphere, and to all people who are ready to receive it.

Deep gratitude to you all for the gifts you bring to our beloved Earth.

auraliarosewellbeing.com