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DOLPHIN FUNERALS

Get a leg-up with legumes

Food Matters
by Neil Amor

After the indulgences of the season, what better way to start the new year with a generous dose of low fat, high protein luscious legumes.

Neanderthals used pulses when cooking meals 70,000 years ago.

Numerous ancient cultures depended on beans, including the Egyptians and classical Greeks, with a history of legume consumption going back more than 20,000 years in some Eastern cultures. An old favourite in Europe were smallish, flat lentils, which were eaten in Greece as long as 13,000 years ago.

Archaeologists have discovered traces of pulse production around the Ravi River, the seat of the Indus Valley civilisation dating back to 3300 BCE. Evidence of lentil cultivation has also been found in Egyptian pyramids.

Dry pea seeds have been discovered in a Swiss village that are believed to date back to the Stone Age.

Archaeological evidence suggests that these peas must have been grown in the eastern Mediterranean and Mesopotamian regions at least 5,000 years ago.

The soybean was first domesticated around 5,000 years ago in China from a descendant of the wild vine Glycine soja.

In Greece, the most



Legumes on sale at the Nimbin Organic Food Co-op

ancient legumes are the lentil, chickpea, fava bean, and vetch, or split pea. All of which are still widely consumed in soups, stews and baked casseroles.

Greeks traditionally eat beans at least once a week. Famously, that was not always the case. According to the ancient Greek, Pliny the Elder, the philosopher Pythagoras and his followers believed that fava/broad beans could contain the souls of the dead since they were flesh-like and so refused to consume them.

In ancient Rome, legumes were limited to dried peas, broad beans, chickpeas, lentils, and lupins. The Romans knew several varieties of chickpea, such as venus, ram, and punic. They were either cooked down into a broth or roasted as a snack.

Out of eight founder crops since the origin of agriculture, four were food legume crops, with lentils possibly the first grain legume to be domesticated in 11,000 BCE.

Tropical climates such as South America, India, Japan, and West Africa are the origins of legumes such as the chickpea, winged bean, black-eyed pea, and peanut.

Legumes are notable in that most of them have nitrogen-fixing bacteria. For that reason, they play a key role in crop rotation.

The Nimbin Organic Food Co-op has a wide range of legumes in bulk as well many varieties of tinned product.

Middle Eastern Roasted Rice and Lentils

400gm tin brown lentils
1/2 cup of rice (dry roasted until coloured)
1 lg onion thinly sliced
1/4 tsp turmeric powder
1 tsp cumin seed
1 tsp mustard seeds
1/4 tsp chili flakes (optional)
2-3 tbsp oil
salt / coriander / lemon

After roasting, cook the rice in water until soft but firm. Meanwhile sizzle seeds in oil. Add onion and fry until well-browned and crispy. Set aside

and toss with salt.

Put drained lentils into oiled warm pan. Add cooked well-drained rice. Add onion/seed mix and lightly blend through. Top with coriander and serve with lemon wedges.

Quick and easy Hummus

400gm chickpeas
2 tbsp or more lemon juice
2 garlic cloves crushed
1 tsp gr cumin
1/2 tsp salt
2 tbsp tahini
4 tbsp water
1 tbsp extra virgin olive oil
1/4 tsp paprika

Drain the chickpeas and rinse. Reserve a few chickpeas for serving. Combine the chickpeas, lemon juice, garlic, cumin, salt, tahini and water in a food processor, and whiz to a creamy but slightly granular puree.

All ingredients are to taste, so play around. Smooth onto a plate with the back of a spoon, drizzle with olive oil, sprinkle with paprika and scatter the reserved chickpeas. Until next month, eat well.

In praise of cotton-seed oil

by Thom Culpepper

Cotton-seed oil is from the *Glossypium* species. Give up bovine lard... imbibe pork, goose or duck fat and blend them with cotton-seed oil if you want a real culinary future you can afford!

Today the price of olive oil is accelerating at a pace never seen before. Spain, the prime producer and exporter of the oil of the earth-wise olive, is finding costs and the economics of transport no longer matching. The Red Sea military 'choke' is impinging on the consumer's reality. The west is foot-shooting again...

Yemen has closed down the Suez Canal, for all intentional access, sending the bulk of western shipping doing the 18th century sail around the African Cape, adding 2-3 weeks time to delivery.

What of bunkerage oils and comestible oils? This should be a discussion. How much to harvest and how much does it cost to deliver the food-oils to the consumer, given that ammonia (hydrogen) is one of the 'new' fuels for marine cartage and that access to hydrocarbon oils and gases are becoming sources of world violence?

Less expensive oils are adequate for the frying role.

Cotton-seed oil is an economic cooking oil, and the more expensive plant oils, olive, avocado, walnut etc are best kept for dressings and sauce preparation and surface frying to achieve the 'Maillard effect', (the browning of surface-fried sugars).



Many surface-fried and deep-fried foods are prepared in cotton-seed oil. Potato chips and 'French-fries' are common examples, battered sea-foods are other examples.

Deep frying in cotton-seed oil generally produces an odour-free result, and being a poly and unsaturated seed-oil that is low in LDL cholesterol, it may reduce arterial blood vessel narrowing that may result in heart problems.

Cotton-seed oils contain Tocopherols, allowing for a long shelf life – an advantage in the coming scarcity of world food sources. Many packaged food producers utilise this facility as an advantage in preservation.

Another use of cotton-seed oil is as

an insecticide. It is considered to be the most effective insecticide of the agricultural and orchard oils. Blended together with tobacco or neem extract, these mixes are very useful in 'clean' insect pest control.

If the cotton-seed oil formulations are mixed with a small amount (1-2%) of baking soda, it can be an effective fungicide against powdery mildew and some of the 'rusts'.

The added advantage of the oil sprays is that they evaporate from the carrier water, the spray blocking the breathing system of pests, which also inhibit virus spread.

RIP John Pilger.

thewholeearthveg@gardener.com

To weed or not to weed?

WEED WORDS

by Triny Roe

To weed or not to weed? It's summertime, there's plenty of rain, long hot days and everything is growing like an express train. Time to get out and weed. You know you love it!

Reduce the workload by getting them while they are small and before they are present in large numbers. If the soil is moist, many weeds will slip out easily with minimal effort so after rain is a good time.

Which weeds should be prioritised? Some species are relatively innocuous and cause little harm. Chickweed, *Stellaria media* is a welcome, healthy and tasty visitor to many gardens. Others can overgrow existing vegetation, smother, and kill it, or simply outcompete using up the available water and nutrients.

Land use will dictate weed management needs. A cattle farmer will not mind setaria grass, *Setaria spp*, a perennial grass that can tolerate water-logging, or velcro weed, *Desmodium uncinatum*, a popular pasture creeping legume with stems with hairy hooks as stock will graze these. However, both these species can be problematic if the aim is bush regeneration.

Horse owners need to make sure paddocks are clear of Crofton weed, *Ageratina adenophora*, as this plant is toxic to horses. It won't kill them overnight, but their lungs will deteriorate and eventually lead to respiratory failure. Setaria grass can also be toxic to horses and donkeys due to its high oxalate content.

Some weeds are widespread, like lantana, *Lantana camara*. It covers four million hectares and is considered naturalised. The naturalised weeds will always be here but can be managed to

minimise the harm they could cause.

Other weeds are not as ubiquitous and may only exist in small, isolated patches. Some of these weeds are earmarked by the authorities for eradication. While numbers are small, a concerted effort could mean successful elimination of a serious pest before it becomes entrenched.

In the Northern Rivers, be on the lookout for yellow bells, *Tecoma stans*. This ever-so-pretty shrub with bright yellow flowers is another introduced ornamental plant which has run amok in NSW and Queensland.

After flowering, long thin bean-like pods are produced. The seeds have papery wings which help them spread further afield on a stiff breeze. The pinnate leaves have a variable number of leaflets, from 3 to 13, with a serrated margin and a pointed tip. The leaflets are arranged oppositely.

Yellow bells grows quickly, a metre in the first year, into a branched shrub, generally up to three to eight metres, but it can grow taller and become a small tree. Floodwaters also spread this

plant, as does dumping garden waste.

At this stage yellow bells are only found in a number of pockets in the Northern Rivers, so look out for new occurrences and act swiftly. Address existing infestations promptly to limit further spread. Seedlings have a gnarly taproot, so take care that all is removed when digging out. They also tend to sucker and can be difficult to kill.

All landholders have a biosecurity duty to manage the weeds on their properties. Nature does not take care of introduced species and they don't all 'find their way' or 'balance out' in the end.

Many weed species outcompete, overgrow, and alter ecosystems. If they are not managed appropriately, they spread further, causing more damage to the environment and agriculture.

Prevention is the best method. Free soil, garden waste and mulch may not be a bargain in the long run if they come with weed seed and other propagating material.

NB: Even purchased gardening supplies can contain weeds. BTW watch out for fire ants!



Yellow Bells

Plant of the month



Kadamba tree
Leonamarkia cadamba

by Richard Burer

The Kadamba tree is flowering for all its beauty this January and it's a fitting tree to start 2024. Often featured in the *GoodTimes* over the last two decades, Kadamba is a highly regarded tree of North and west Asia.

Highly useful in conservation plantings, Kadamba is also very useful for making such things as paper and light woods, due to its reliable and fast growth rates.

The Kadamba tree is common in India, and in the north it is connected to Lord Krishna who it is said swung from its beautiful shady branches as a child by the Yumana River.

In the south of India this tree is venerated as the goddess Parvati's favourite tree, and all over India this tree can be found planted at temples and other places of spiritual significance.

This tree has well-documented health and healing benefits, and it is associated with religious ceremonies.

Locally, the Kadamba tree is a fast-growing tree very suitable to the Northern Rivers. The large garden will not look back, as the shade from this beautiful tree adds to the magic of the emerging wet season, which usually kicks on after the flowers of this tree emerge after summer rain.

Deciduous in late winter and spring, this tree comes to life after early summer rain; the leaves of the old crop mulching the ground and adding to soil health.

At home this tree is planted as an edge tree, and its flowers and habit are a great beauty, symbolising the rich subtropical summer in all its elements.

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

THE ART OF PRACTICE: YOUR PERFECT DAY

The art of practice

by Susan Paget

I don't do New Year's resolutions. Don't get me wrong. I love the symbolism of January and the fresh start it brings. But a while back I started to do a self-care practice that helps me feel aligned with my goals and values organically, without having to wait for the Sydney Harbour Bridge fireworks to shift myself into gear.

This practice is called 'Your Perfect Day' and it's basically asking yourself the following question: "If money, logistics, qualifications and other people's feelings were of no importance, what would be my perfect day?"

Seems simple, right?

The challenge is that many of us have no idea what would truly make our day great. We might draw a complete blank, feel too busy or unworthy of even considering it. That's why doing the 'Your Perfect Day' exercise is powerful. It's a permission slip to uncover what really matters and to bring more of *that* into your reality.

So, in the spirit of the New Year, if you'd like to try something with potentially more sticking power than

resolutions, grab a journal and do the 'Your Perfect Day' practice. Here's how:

Dream big

Write down your perfect day, from the time you wake up to when your head hits the pillow. For the morning describe the room you'd wake up in, the first thing you'd see when you open your eyes, how you'd spend your morning, what you'd eat and drink.

Be as luxurious and descriptive as possible. Note the colours of your room, the smell of the air and whatever sounds would be pleasing. Do the same for the afternoon and evening following wherever those hours take you.

Did I mention that money is no object? It doesn't even matter where you are on the globe so pick your dream location. If you want to include work in your perfect day, make sure you love it. Invent a whole new career if you wish.

Most importantly, this is YOUR perfect day. It isn't the perfect day of your partner, your kids, friends, family members or colleagues. It's all about you.

Find the higher purpose

Once you've written 'Your

Perfect Day', it's time to play detective. Look through every part of it and identify what you could implement right now given your resources.

For example, my Perfect Day had me waking up in a village where I don't speak the language. That gave me a hint to figure out a way to bring foreign language into my day, so for years now I've had a very short daily language practice. It's not the same thing as being a stranger in a strange land, but it's not about that anyway.

Bringing some sort of international flavour into my daily life has a higher purpose. It activates my love of learning and travel. It ticks the box of what I need on an emotional level. This is how you should approach your own day's description.

Look for ways to make each dream desire possible; just keep in mind what you're really looking for is the feeling of all the things that make your day perfect.

Begin the practice of living your perfect day

Now that you know what your perfect day is and how you can bring it to your reality, it's time to live it. Every day, find ways – even if

it's just for a few minutes – to live 'Your Perfect Day'. That's your practice.

Doing practices that reflect 'Your Perfect Day' is a powerful thing. It means you're consistently living your values rather than waiting for the turn of the calendar to give them a go. I've noticed that including little things that have special meaning to me has a big impact on my health and happiness.

And while this exercise begins as self-inquiry, I'm certain that getting clear and living by what matters most has a ripple effect for everyone in my circle.

If you do one New Year's resolution this year, I invite you to try doing the 'Your Perfect Day' practice. I reckon if you do there's a good chance you might join me as a member of the club where future New Year's resolutions aren't necessary because you've resolved to make each day your own form of perfection.

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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Ping Pong Power



by Magenta Appel-Pye

One of the things I do every day that gives me great joy is playing ping pong.

I often challenge a visitor to a game who hasn't played since childhood but who finds their skills come back remarkably quickly and they remember their carefree childish state of playing an all-consuming game.

Playing ping pong (table tennis for the more grown up) helps me on many levels. It is actually a much better aerobic exercise than people realise, especially if you are playing hard and furious, as I do.

They are always surprised by how much they are sweating and how they feel like they have done a decent work out. They have!

Neuroscientists know that 30 minutes of exercise daily is one of the most important habits to help prevent cognitive decline.

Table tennis happens to be the world's best brain sport. Your brain is constantly working out where the ball is coming from and how to hit it back into a very small space.

A fascinating brain imaging study from Japan found that just 10 minutes of table tennis increases activity in the prefrontal cortex and cerebellum.

Other benefits include a raised heart rate. It also helps strengthen muscles, mobilises the joints and, importantly, sharpens reaction time and hugely improves hand-eye co-ordination. All of which help to improve one's quality of life.

While playing, there is no time to dwell on the past or worry about the future. You have to be in the moment. To me it is like having a brain bath every time. It's much easier than meditation.

It is also a wonderful place to let off steam. Norm carries on a treat each time he loses a point. I tell him he is wasting his energy. He tells me he is venting. Fair enough.

Most importantly of all, playing ping pong is fun. It raises serotonin levels and you feel happier whenever you play, win or lose.

If you haven't got room inside for a table, you can buy outdoor tables, which we were thrilled to discover and have had ours for three years now.

Playing outside is nice and adds extra things for your brain to compute, such as wind factor and even playing in a light rain. It makes us get up early in summer because we have to play while there is still shade on the table.

So, these holidays get out those forgotten, dusty ping pong tables folded up in the shed and reintroduce a great sport to your family and friends.

You may be able to get a second hand one online. You can even buy small table tennis sets for a kitchen table. It helps if you have a big table!

There isn't a table tennis club in Nimbin, but you could start one easily through: itablennis.com.au

Get out there, get playing, enjoy your holidays!

magentaappelpye@gmail.com

Natural Law

Hap-Hap-Happy New Solar Year!

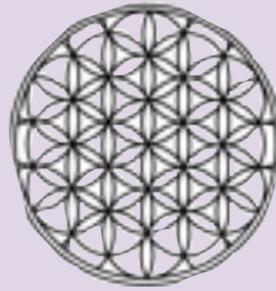
by Helene Collard

Two skills we have been invited to hone over the last few years are: becoming more adaptive, and being more discerning.

At times, these can feel like a paradox – on one hand, we are learning to be more flexible and less attached, and on the other, more discriminating with our choices.

I believe, in 50 years, when we look back on this time, we will gasp at just how much we grappled with – individually, in our families and communities, and collectively as a planet.

We have been called back to innocence. Many layers of our world have been stripped away, and we have scrambled to find solid ground again, in truth, we are all still finding our way.



We are being called home; home to our simplest, relaxed and most pure expression. Home to our natural rhythms, which ebb and flow with the seasons.

January is also a time to continue changing things up. Keep the energy moving and don't allow things to get, or remain stagnant. The elements of fire and water offer you transformation and flow.

Becoming versed in moving energy like this will bring vitality to your life. Try something new.

Do it differently to the way you've always done it. These are perfect remedies for January.

Sometimes, something feels so in-grained, we can't see how it will change. It doesn't feel that easy. Keep sitting with it. Ask for guidance. Try something new. Do it differently. There is always a divine solution to every problem. If it feels stuck, change the program.

All the change we have had thrust upon us has offered opportunities to transform on many levels. Some have felt at ease and expansive, while others are more exposing and willing us out of our comfort zones.

The most profound growth always includes discomfort. Repeat. The most profound growth always includes discomfort.

So try to find joy in your discomfort, because the



*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.*

friction and agitation you are feeling is a sure-fire sign you are going through a major growth spurt! Embrace it, go through it, and set yourself free!

Reiki Treatments available throughout January. Go to: www.yemayacentre.com.au

Summer holiday support



Nature's pharmacy

by Trish Clough, herbalist

Living by the bay and beaches of coastal Iluka with its World Heritage listed littoral rainforest I notice the influx of visitors at this time of year.

The water is beautiful for swimming, and the sunsets are superb. However, there are occasions when I reach for the natural health products for support.

Dawn and dusk are high risk for sandfly bites. Some of my family members have severe allergic reactions to the bites so the best strategy is avoidance. Cover-up clothing helps but can be challenging when the weather is very warm. My daily prevention is a lavender spray that I carry with me at all times. It is simple to make.

I use 10% lavender essential oil, dissolved in equal parts of a solubiliser. This enables it to mix evenly in water. I use a solubiliser called polysorbate 20. Then I add filtered water which calculates at 80% of



the total blend. I make a bulk quantity and dispense into a small spray bottle for convenience. It works well for me as a sandfly deterrent but needs to be reapplied fairly frequently. It's pleasant to use and non-toxic. Although lavender oil is generally well tolerated and non-irritating, it's wise to do a small patch test first to assess any reactions.

The lavender spray is helpful against mosquitoes too. Not 100%, and it does need frequent applications. I was impressed with a product my daughter has for her toddler. It's a small round sticker that is applied to his clothing. It contains citronella oil as the only active ingredient and works very well. We took him for a walk in the rainforest nearby. It was a few days

after a huge storm with lots of rain, so the mosquitoes were ferocious. He had the sticker on his back and he was running in front of me. I only saw one mosquito land briefly on his back and it flew away immediately. In the meantime, my husband and I had lots of mosquitoes on our clothing and I used a lot of lavender during the walk.

One of my visitors was bitten by a large ant. I picked a ribwort plantain leaf from the yard and advised her to chew it until it releases some moisture and apply it to the bite. The issue quickly resolved.

One summer issue I find challenging is sun protection. Obviously hats and cover up clothing help, but that isn't always possible when in the water. The more natural sunscreens contain zinc

oxide as the main ingredient. Some of them can be a rather heavy and leave a faint white film on the skin. Sesame oil is sometimes used in the natural sunscreens (not the roasted aromatic variety). Some of the natural sunscreens for babies are lighter and I use these.

Staying hydrated in the hot summer is important for health. Chilled herbal teas are a good option. Peppermint and lemon balm can be nicely cooling. Hibiscus (rosella) is very cooling. It can also be made into ice cubes for extra cooling. Additional water intake is important when alcohol beverages are consumed – not unusual during summer holidays!

Lemongrass is another cooling herbal tea. It helps with digestion, so can be of benefit with bloating or constipation. Peppermint and lemon balm are also useful digestion herbs, which can be needed as the holiday season often involves socialising and nice food. You can make your holiday season more festive with some simple home remedies.

Trish Clough is a Lismore herbalist who has been practising for more than 30 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.

Mental Health and the Law

This city has never been my favourite. When I was 16 and playing for WA in schoolboys Rugby Union against NSW, my flying tackle caught a goal post, thankfully padded. We didn't worry about concussion in those days so, when I came to, I played on. The rest of the game was a blank.

I was uncomfortable with the family who put me up in their dry, dusty suburb, and who got me to the airport too late for the plane back. The airline put me on the next flight, but it was no fun.

When my marriage ended, it was here that my wife went with our daughter. We never considered family law, but it was a long way to drive for changeovers.

Last time I was here, a few months ago, it was for a trial, opposed by learned counsel who, because I'd been a little too passionate in an article in this newspaper, accused me of breaching section 121 of the *Family Law Act 1975*, that one mustn't identify the parties in a family law case. I still don't think I had, but I suspect it's arguable. The penalty is 12 months imprisonment. I await the call from the AFP.

Back here again, but this time to spend Christmas with family, I'm sent an article by my mental health social worker. He spent a week in a 19th century prison before the magistrate and I got him out. He thinks I need to read it.

If I can quote without breaching

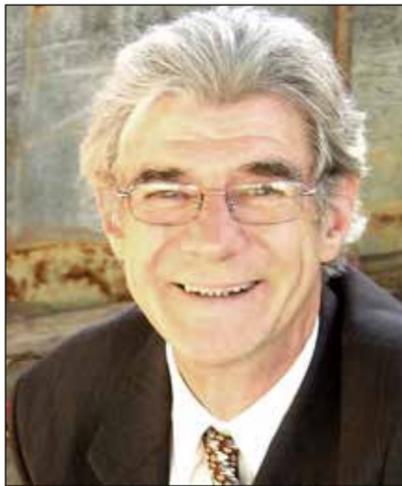
copyright – one can slip into paranoia in this job – “It is widely accepted those in caring professions who are exposed to other people's grief and trauma experience detrimental effects on their own wellbeing. Lawyers working in areas such as criminal and family law therefore have a ‘double whammy’ of occupational stress and exposure to potentially traumatic material.”

Although breaching s121 attracts no fine, the other side's lawyer declared me conflicted. I withdrew, then was told he'd seek a costs order against me personally. He suggested seven thousand.

On painkillers for a tooth that needed to come out, I bargained him down to three and a half, and caught a plane back to Ballina and the dentist. It's not only other people's grief and trauma that can affect one's mental health.

It wasn't all bad, that trial, even though my client is still saving up to pay me. The hotel was comfortable and the walk to the court took me past an Indian restaurant and through patches of parkland. On each of the three nights I was there I ate at that restaurant.

Now I'm changing my mind about the place. I took my little family out for a meal there. The young waitress who served me those few months ago sadly did not appear. I suspected, ridiculously at my great age, that her husband kept her hidden from me in the kitchen while he served us. The food was really very good.

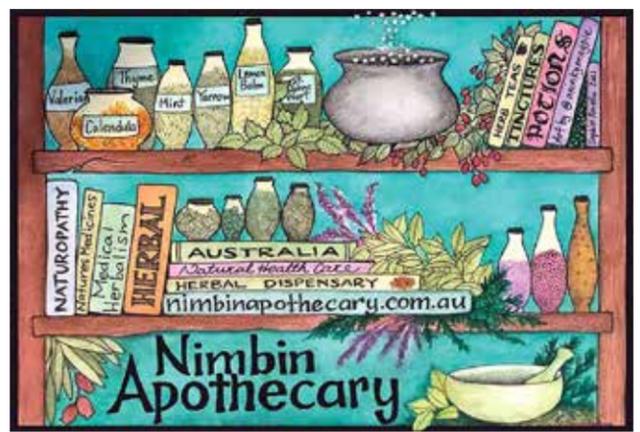


Legal writes
by John Adams

We were particularly amused by a review on the website, especially the paragraph, “it would be remiss of me not to mention the captivating presence of the waitress.

Her beauty was simply sensational, and her infectious smile added a touch of ethereal charm to the ambience. I found myself enthralled, captivated by her mesmerising beauty as I indulged in the culinary delights.”

I wonder if the grief and trauma of the job is disturbing my own mental health when, on leaving the restaurant, I see her face in the kitchen, and she catches my eye and I see that infectious smile.



Dr Elizabeth McCardell

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The implications of handedness

Leonardo Da Vinci's mid-15th century notebooks include experiments with writing with both hands at the same time in the same direction, writing in mirror writing, upside down, writing with both hands in different directions, and so on, indicating that he was ambidextrous.

For years, it was thought he was left-handed but learned to write with his right hand. Recent studies by the Uffizi Gallery in Florence, Italy, indicate that he was equally proficient with both hands and his drawings and writings indicate this. The drawings and writings showed equal pressure in each stroke and produced in the same style, debunking the other theory that some parts of his work were done by an apprentice.

Current studies on hand dominance are producing a lot of new and interesting insights. I've written something about this before, but here I want to elaborate upon the psychological implications of the subject.

About 90% of people are right-handed, while the remaining ten percent are either left-handed or with some degree of ambidextrousness, though only about one percent are truly ambidextrous.

What is happening in the brain? The examination of those who have had surgery to fix their epilepsy that

involved having their brains surgically split, has shown that the two halves of the brain are responsible for different tasks. The left side controls language and the right, emotional and nonverbal functions.

When a person has a right-hand preference, the brain's left hemisphere is dominant. Left-brain dominant people tend to be better at analytical thinking, while right-brain dominant are more ‘big picture’ thinkers. In mixed-handedness, one side of the brain has no clear dominance over the other. Ambidextrous people are using both sides of their brains about equally. Herein lies some difficulties that may arise for the ambidextrous. These issues can be corrected with training.

An article published in a neuroscience journal in 2023, identified an association between dyslexia and ‘mixed handedness.’ In the study context, ‘mixed handedness’ referred to both ambidexterity (no hand preference for a task) and inconsistent hand use (using different hands across different activities.) A strong link was found between dyslexia and mixed-handedness, and also, interestingly enough, ADHD (attention-deficit/hyperactivity disorder).

Which hand to use, and how? What to do next? A symmetrical brain thinks differently. In typical brains,



by Dr Elizabeth McCardell

language is rooted in the left hemisphere and neural networks that control attention are anchored in the right hemisphere, but brains without a dominant hemisphere operate in other ways. Maybe our education system just isn't geared to these differences.

Hand dominance is inherited, though the old practice of making left-handed children write with their right hand often leads to ambidextrousness, or left-right confusion. La sinistra, from which comes our English word “sinister”, literally means “left” and being left-handed was an indication of being associated with the devil (according to some misguided people).

Being ambidextrous is useful. A friend of mine once worked in casinos and she was able to be much more efficient way than her right or left handed counterparts. I first came to know her

when she was a university student of mine. I noticed then that she seemed to have a certain linguistic blindness to particular words. When she became a friend, I continued, and continue, to proofread her creative writing and notice that the problem continues. I only recently discovered that she is ambidextrous.

Now, I am also ambidextrous, but I am not dyslexic. I've been mulling about this and conclude that because I was introduced to playing musical instruments at a very young age, I was able to develop my dual-handedness, without too much confusion. I do retain a bit of left-right confusion when opening jars, as do others with ambidextrousness, but the clue to ironing out incipient problems is getting the person to engage the hands in related but different tasks at once. I encourage others to explore this. Maybe taking up an instrument or experimenting – as Da Vinci did – with writing/drawing with both hands at once could be the clue to strengthening one's attention and linguistic skills, and thus avoiding psychological issues associated with a symmetrical brain.

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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Weaving Wildly in 2024



by Dr. Kim Gillbee, Psychologist

Weaving Wildly in 2024: Reconciling resolutions and reality

New Year's resolutions are kind of for chumps, I think.

They sometimes help, they're usually always set with good intentions, but for the most part are fruitless and leave us feeling like a failure. This is because the very act of goal setting can be fraught, as it frames the thing we want as something outside of us.

Yes, we definitely need to be clear about what we want, but we can't do it from the energy of a little kid who's sorry and sulky after being told off for ransacking the lolly jar, but who really, secretly, just wants to keep scoffing gummy bears uninterrupted.

Wanting something isn't enough, we need to choose it. It doesn't matter how firm we

can be with ourselves, if we don't address the reason why we engage in an undesirable behaviour to begin with. It's like meticulously labelling all your kids' back-to-school stationary while the school burns down.

Like other animals, we run on impulses much more of the time than we care to admit. It's estimated around 80-90% of our daily thoughts are repetitive or similar to previous days. Psychology calls these automatic thoughts, and they reflect our core beliefs – our most deeply held assumptions about ourselves, the world, and others.

For example, no matter how much someone might want to lose weight, if they have a subconscious core belief that it's not safe to be attractive, their subconscious is going to do whatever it needs to keep that weight on. If there are things in your life you've struggled to change despite working hard to do so, I guarantee you are running a subconscious program that was probably installed in you at a very young age.

This means there are parts of your mind that believe something really bad would happen if you actually

stopped doing that thing.

The good news here is that we have more power to change these than we think.

We can try to change by recruiting the *conscious mind*. With enough conscious repetition, the subconscious will start to rewrite itself. So, you can say to yourself a hundred times a day, "I'm safe to be attractive", noticing any resistance that comes up and making space for it to move through you.

It's helpful to add: "I choose to KNOW, it's safe to be attractive". This tells your rational mind even though the statement might not feel true, you recognise consciously that's just old stuff and from now on are choosing to rewrite a new reality for yourself.

OR... we can try to change by talking directly to the more powerful subconscious mind. The brain doesn't know the difference between thought and what is really happening. So, the more you can imagine what you want, how it feels, even what it tastes or smells like, the more that's going to become an internalised reality for you. This is what athletes do before performances.

If you focus on how much

you want to quit smoking, and how strong you will be in the face of urges, it's simply strengthening the neural networks of being a smoker. We need to drop that sense of fighting ourselves: what we resist persists. Instead, see yourself easily lounging on the couch after lunch, disgusted at the thought of lighting up.

A step further would be to try and dialogue with the part of you that wants to smoke (or whatever it is you are trying to change) – it's always more than just a chemical or behavioural addiction.

Maybe write it in a letter and let it write back. Try to get to the bottom of where that part of you learned it had to do that thing to keep safe and offer it some compassion and understanding. Then try to update that belief, letting it know circumstances have changed, and try to reach a mutual agreement.

In approaching our undesirable parts in this way, some huge and rapid neural remodelling can take place and the very cells in your body respond effortlessly, making way for what can seem like the impossible.

www.nookpsychology.com



Magenta Says:

You may have been bowled over by this guy with his fine long legs but here's a silly point: men all over the world, and apparently some women too, absolutely love cricket.

It seems a lot of men aren't very good at resting in the heat of the noon day's summer sun, so the powers that be put cricket on the TV to keep them rested and entertained. Time slows down and memories are rekindled of boyhood matches in the backyard.

Norm thrives on schadenfreude watching them melt in the stinking heat out there on the pitch. Especially the sun-deprived English side.

I have tried to get into it but after 15 minutes I dozed off, slipped off the lounge and cut myself on an empty beer can and have the scar to prove it. They're not even speaking my language. To me 'out for a duck' means taking your Grandma to the movies. A 'silly mid-on' is a boob tube and 'slips' are things you wear under a sheer dress.

However, Norm has taught me a valuable cricket phrase. When a nasty comment is thrown at you, instead of taking a straight hit, you can decide to 'let it go through to the keeper'. This phrase has been invaluable at times when otherwise I would have been completely stumped.

So even if he does have a short leg and a silly mid-on, don't give him the full toss, because he could well be a keeper. Having been married for a long time, I can assure you this will happen every year so you will just have to get used to it. I suggest you learn the ukulele because you're going to need something to entertain you over summer. At least cricket stops couples from becoming too co-dependent.

Just let it go through to the keeper and hopefully he'll be all yours for the rest of the year,

Why are cricketers so good at ironing clothes? Because they know how to spot a crease!

Cricket Tragic

Dear SSSHS, my new relationship was going well until summer when he dumped me for... cricket. Not playing cricket but watching it on TV. Not just for one day, or even three days, but the whole of summer! I tried stripping in front of the TV but he just asked me to move. What can I do?

– Ms H. Owzat, Main Arm

Norm Says:

I must confess to you Ms Owzat (interesting name, Polish?) that I've always wanted to write about the Big Picture; philosophy, politics, the wonders of nature, the universe, the humanities. So, thank you for giving me the opportunity.

Cricket embodies all that is. It's probably the most Zen activity anyone can do. It involves science and mathematics and works just like the principles of the cosmos. Both work to a set of rules but with an unpredictable outcome, although it would seem outcomes take a little longer in cricket and perhaps with a little less unpredictability.

Don't ask me to explain. It takes a lifetime in front of the telly and a lot of beer to understand the complexities of cricket, and just about everything else as well. I'll give you a clue though, two words: bat and ball.

Cricket is also a great social and political asset to humankind. How enjoyable it is to see the English team kept out in the field for days on end, watching them burn and melt in the hot Aussie sun. Think how much more tolerable Americans would be if they played cricket and we could do the same to them.

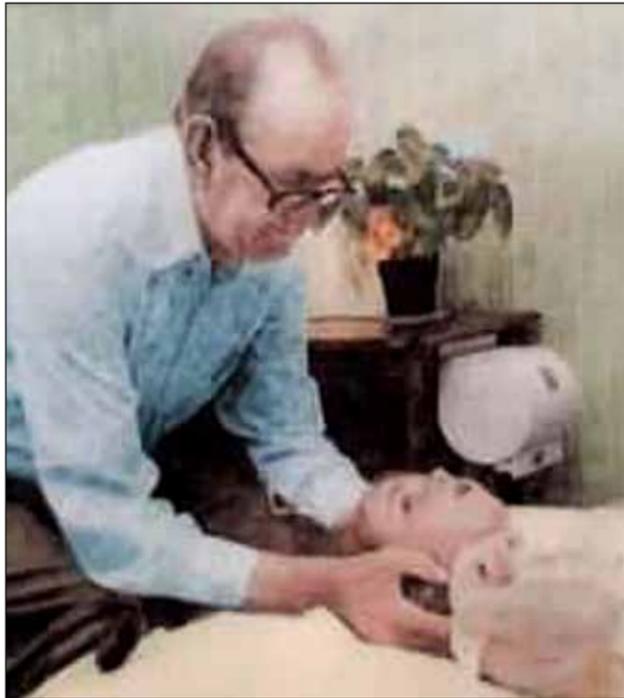
So, Ms Owzat when your boyfriend watches the cricket there's more to it than meets the eye. He's bettering and improving himself as a human being. Just a little tip. If you decide to give in and watch with him don't come out with any questions/comments like, "Why is the bowler rubbing the ball up and down his crotch like that? It looks disgusting." That would spoil the cosmic connection. Rather, ask questions like, "Would you like another beer, darling?"

Remember that "If we win, you just might be in for a good time tonight!"

My wife said she will leave me for my obsessions with cricket. To be honest, it knocked me for six.

Send your relationship problems to:
magentaappelpye@gmail.com

Therapy for children with aching legs, neck or back



Tom Bowen (1916-1982), inventor of Bowen Therapy, conducting a treatment on a child. Photo courtesy Bowen Therapy Federation Aust.



by Tonia Haynes

When I was a kid, I suffered from aching legs and my skill at sport was mediocre, much to the disappointment of my grandfather, who had run

long distance in an earlier Olympics.

The doctors maintained that I was suffering from growing pains, but fortunately, because Mum was a bit more alternative than most at the time, I ended up at a chiropractor's clinic, where we discovered that my back was 'out'.

Sadly, we had waited too long, and I ended up with an affliction of the sacrum with a long medical name, which basically means I suffer from a crooked bottom that makes one of my legs longer than the other.

Recently I treated a six-year old boy who had been complaining of neck pain for two years. After the treatment, he was so relieved that the pain had gone, he cried.

It is true that children can

use malingering tactics to get out of doing something, especially on a school day, but kids rough and tumble and at times hold stress in their physical bodies, which may interfere with the balance of their muscles and bones, and also their digestive systems.

The digestive issues are relevant, particularly if they were colicky babes.

For this reason, it is important to take note of their complaints about pain, particularly if the complaint is repeated, because the child is in a state of growth, and the best we can ask for them is that their bones, muscles and digestive system reach adulthood, without any afflictions that may have started when they were very young.

A Bowen treatment for

a child can last anything from 15-30 minutes because different children need different amounts of therapy.

Usually, I implement massage into my treatments along with Bowen Therapy, Spinal Realignment, and Pranic Healing, but with children I eliminate the massage so that they do not need to remove their clothes if they don't want to.

I'm sure that for many kids it is scary enough that some stranger is touching them in an unfamiliar manner, without them having to remove their clothes as well.

My clinic is at the cabin 12km from Nimbin town. Phone 0439-794-420 for an appointment for you or your offspring. Children under twelve \$40, adults \$80.

Degrees in pollution

Shapeshifting

by Anand Gandharva

It is still possible to get a degree in economics or business studies, such as marketing, management, sales, advertising, administration, accounting, without a solid foundation in caretaking ecology.

Tricks of the trade: teaching taking from common wealth to enrich a few.

Profit is holy grail at any cost. No wonder Gaia is dirty, flora and fauna in trouble.

We all depend on nature being healthy. Earth environments are finite. No income should flow from unsustainable ROIs (return on investments). Why chop the tree of life?

At university the customer is king, unaccountable under the

Paris Climate Agreement.

Yet productive environments are needed. Regulated like seatbelts or drunk driving.

Sure, humans want to increase comfort and have to get nourishment... but how?

Believing flora, fauna and people, are subservient to our survival creates the problem.

Where the economy is consumer driven, buyers steer trends with purchases.

It is not only a consumer society, but also a producer's market. What is available?

The booming market share of free-range eggs, nut milks, organic foods, ethical medicine and cosmetics shows that price alone isn't everything. Price and quality often are! Together.

There is something fundamentally wrong with many consumer, producer, manager and

enterprise attitudes in a society that do not recognise our co-dependency on nature.

Some people buying the cheapest cotton jeans is not an endorsement of abuse of land or hoarding rain water. It affirms that many people cannot afford ethical clothing.

Buying cage eggs is sad, but not automatically an OK of brutal management practices. It affirms low incomes, ignoring long-term health, poor judgement, lobbying, bad regulation.

They eat dogs in some countries because they can feel superior, and are hungry.

Horses are eaten in France because there are no laws against it. They may become pet food in Australia once reaching use-by date.

Song birds in rural Mediterranean are still netted, and eaten. In English speaking countries people consume pigs, cows, chicken, prawns, etc. In

other countries it is also bats, whales, ducks, cats: anything that moves and can be exploited, or considered a pest.

Is humanity unsustainably predatory? No. There are perfectly good examples of human herbivore cultures. We can be anything. Taste is nurture, not nature.

It is much easier to feel empathy for a cuddly animal, than a tick or annoying insect. Yet all creatures great and small are part of nature.

In future, human behaviour must be guided by non-violence ethics; Ahimsa Laws.

That nature is in "a struggle to survive" is from Darwin. The whole idea of struggling against is old thinking. Human survival needs stewardship. Schools should

teach how.

Darwin lived when nature was plenty, other tribes and cultures enemies.

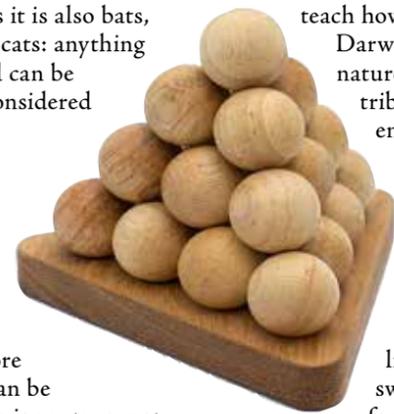
People today are helped by civic rules, services and infrastructures: roads, water, electricity, libraries, planes, swimming pools, food inspectors, land

registration, safety, mail, public services, parks, social security, etc.

Blame universities and teachers for today's chaos? Not really. The economy is consumer-driven.

The Paris Climate Agreement must be improved to guide not only production, but also consumption. People should not buy crap.

It is not just the economy stupid, but sustainability.



Exposing my demons



by Auralia Rose

This month, instead of exposing my clients' deep dark past, I've decided to share my own. Past Life Regression practitioners also need to dive into their own past lives to keep their energy clear and remain spiritually attuned.

My colleague Daryl Spielberg and I do similar work, Daryl practicing a technique known as Crystal Dreaming, which helps people gain clarity about their past, and so I asked Daryl to help me uncover any blocks I may be unaware of.

During this amazing session I experienced several past lives which explained things about this life.

First off, I regressed to a life as a Native American male. I saw myself pinned to the desert floor under a blazing hot sun, left to die. I wasn't sure if it was punishment or some type of ritual, but it explained why I have always hated the heat, holding the irrational fear that I would die if the weather became too hot. It also made hot days more unbearable.

Since my session I have been spending time in a place where the temperatures have been consistently hot, reaching 42 degrees one day. I was surprised that I survived quite well, even going for a walk in 38 degree midday heat, where previously air conditioning would have been my only salvation! Amazing how things change when the underlying cause is found.

Skipping to a scene from another past life, I was a woman lying on the ground, yelling profanities at a soldier who had just plunged his bayonet between my legs, penetrating all the way up to my abdomen. I died with the rage still raging inside me.

I have discovered numerous past lives where I have been both the victim and perpetrator of sexual abuse, none of us are angels, we have experienced everything, good and bad throughout our many incarnations.

The energetic imprint of all that abuse, as



well as the karma, resulted in a serious illness in my pelvic region in my current life. It was only when I cleared all that energy through regression practices that my body was able to heal. Obviously there was a remnant from all that grisly history that still needed to be resolved.

Personally however, the most beautiful part of the session was around my relationship with my mother, who died many years ago. On the way to Daryl's session, I reflected that I had not felt a lot of love from my mother, rather judgement, displeasure and condemnation.

I realised there was a part of me that was still harbouring unrecognised anger and resentment towards her, which in turn resulted in me being unable to remember her with much love or affection.

During our session I discovered that we shared a life in Hawaii a few hundred years ago, where she was the medicine woman for our village, and I her daughter. She passed all her knowledge and wisdom on to me so I could one day take her place.

Needing to know why she had abandoned me, she answered in that Hawaiian lifetime she had taught me everything she knew about her craft and this time around she wished to teach me resilience, inner strength and to learn to love myself.

She told me as my mother in this life she loved me intensely, the same way I love my own children. In that moment I truly felt her immense love for the first time. Where's the box of tissues?

I now feel much closer to my mother in spirit since the hurt which caused me to reject her has now been healed and I am grateful for the inner strengths she helped me cultivate.

Deep gratitude to Daryl for his expertise in facilitating this beautiful mother and child reunion.

Bounce into 2024 with a renewed Spirit. I wish you love and abundance in all things.

Auralia practices in Murwillumbah. Please feel free to call 0422-481-007. auraliarosewellbeing.com