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DOLPHIN FUNERALS

Legend of the Leek

FOOD MATTERS

by Neil Amor

Leeks are a member of the onion family. The edible part of the leek plant is a long cylinder of bundled leaf sheaths which is sometimes called a stem or stalk.

As the leek grows in height, soil is pulled around the base of the plant, blanching the stem – making it white and tender.

Historically, leeks were hugely popular in ancient Greece, Rome and Egypt. Grown on the river Nile, thanks to the enriched soil left by the annual flooding of the riverbanks, leeks were a key part of a pyramid-builder's diet.

Texts also show that it was grown in Mesopotamia from the beginning of the second-millennium BCE.

Being eaten by the lower echelons of society didn't stop them from appearing on the dishes of Rome's elite; the emperor Nero (37AD-68AD) even earned himself the name Porophagus (leek eater), such was his appetite for leeks.

Nero supposedly ate boiled leeks daily to make his voice stronger, and medicinal uses date back to legendary

Greek physician Hippocrates prescribing them as a cure for nosebleeds.

Legend has it that in 640AD, the Briton King Cadwallader and his men were engaged in battle with invading Saxons.

To distinguish themselves from the enemy, the Welsh wore leeks in their hats – and subsequently gained a great victory over their opponents.

The leek has been known to be a symbol of Wales for a long time; Shakespeare, for example, refers to the custom of wearing a leek as an "ancient tradition" in *Henry V*.

In the play, Henry tells the Welsh officer Fluellen that he, too, is wearing a leek "for I am Welsh, you know, good countryman."

The 1985 and 1990 British one pound coins bear the design of a leek in a coronet, representing Wales.

And lastly, the longest leek in the world was grown by a resident of the United Kingdom who is an amateur gardener, Derek Hulme.

The vegetable is at least 143.2 centimeters in length (4 feet 8.3 inches), according to Guinness World Records.

The culinary equivalent of wrapping yourself in a warm



blanket, this soup presses all the buttons.

Potato and Leek Soup

¼ cup olive oil
1 brown onion, chopped
1 garlic clove, crushed
4 med. (approx 700g) potatoes (desiree, pink or pontiac), peeled and cut into 2cm cubes (discarded green leaves can be used to make stock)
2 large leeks, pale section only, washed dried and thinly sliced
5 cups vegie stock
½ cup thickened cream

salt to taste
2 tbs chopped chives
croutons

In a large saucepan heat olive oil med-high. Add onion, garlic and cook until soft. Add potato and leeks and cook until leeks soft.

Add stock and bring to boil. Reduce to simmer uncovered for approx 20mins until potatoes are soft. Blend until smooth. Add cream. Heat and serve with chives and croutons.

Until next month, eat well.

Sweeter than honey

by Thom Culpepper

The Sweet Potato (*Ipomoea batatas*) is an edible convoluluous (morning glory) utilised world wide, and universally recognised for its starchy sweet root.

Some 7000 varieties are known of, most as result of the 'Columbian Exchange', a great deal for Europeans, we got chillies, peppers, maize, avocados, mangosteens, custard apples and a plethora of others, including tobacco and cocaine. They 'won' in exchange, cabbage, kale, turnips and lettuce; small beer when you think on it.

With the industrialisation of the growing and marketing of rural produce, a small selection of sweet potato cultivars have been utilised, the orange form being now the predominating type (var. 'Beregard', one of the sweetest selections).

The sugar content varies from 1% to 4.2%, and this will be increased



significantly by cooking, particularly by roasting. Boiling or microwaving does not achieve this temperature and does not go above 100°C.

Baking or roasting is the reason, the combined effect, dependent on temperature is the reason for the caramelising of the plant sugars by the Maillard reaction, when food in the presence of sugars are exposed to Amino acids at temperatures above 100°C. This is the characteristic 'nose' of baked foods. Some of the molecules of human living.

AO (Rome) says 89 million tonnes of sweet potatoes are consumed worldwide. It is a plant of prime importance, being a staple of third world children's food. Easy to prepare, it is stable in storage, keeping for months at appropriate temperatures. It is very acceptable for kids who are being weaned.

As sweet as mother's milk, and mashed it is an easy change in sustenance for the wee ones. Being a 'bind-weed', it's very productive and it's an attractive plant. Besides the root, the 'green' plant is readily cooked and eaten.

Many cultures treat it as a sweet, and candied forms are very common. Roasting first or deep frying adds to this method. To maximise this effect it is now suggested that the sweet potato be frozen solid before baking at 200°C for one hour, the cells having been ruptured by freezing.

The Wikipedia site on sweet potato is profound and informative.

Email: thewholeearthveg@gardener.com

Delicious sweet potato curry

A staple dish throughout India, this is a simple curry with whole and ground spices at its heart.

This recipe has been gratefully reproduced from Swasthi's Recipes, see: www.indianhealthyrecipes.com

Ingredients

2 cups sweet potatoes, cubed into one inch pieces
1 cup onions chopped finely
1 cup ripe red tomatoes, chopped
1 green chilli, slit
1 tsp ginger grated
1 sprig curry leaves
1 to 1 1/2 tsp coriander powder

1/2 to 1 tsp garam masala
1/2 to 3/4 tsp red chilli powder
1/4 tsp turmeric
1/2 to 3/4 tsp salt
2 tbs oil
1/4 tsp cumin seeds
1/4 tsp mustard seeds
1 pinch hing or asafoetida (optional)
1/4 cup thick coconut milk (optional)

Heat oil in a pan, add cumin and mustard, allow to splutter, add hing, ginger then curry leaves. Fry together, do not burn.

Add onions and green chillies and fry until golden, then add tomatoes, sprinkle

salt and turmeric and sauce for 2 mins.

On a low flame, cover and cook until tomatoes turn soft and mushy.

Peel and cube sweet potatoes and add them to salted water (2 cups water with 1/2 tsp salt).

Fry chilli powder, garam masala, coriander powder and red chilli powder for 1 to 2 minutes without burning, then add sweet potato cubes, pour in the salted water. Bring to rolling boil and reduce heat.

Cook on low heat until sweet potatoes are soft but



not mushy. If the curry looks too runny, put on high heat to evaporate water, then add coconut milk.

Keep covered for 15 minutes for the flavours to absorb, then serve, garnished with coriander leaves.

Watch out for Morning Glory

WEED WORDS

by Triny Roe

Do thorough research before you plant. Does that pretty flowering plant have weed potential?

It is hard sometimes to determine what's a goody or a baddy. If you can buy it in a nursery, it must be OK? Right?

The Invasive Species Council has called for the creation of a 'White List' – a compendium of plant species that are unlikely to have weed potential and can be safely introduced, instead of the current system of a list of restricted species. It can take decades to get a plant black-listed.

Look at giant devils fig, *Solanum chrysotrichum*. Concerns were raised years ago about this aggressively-growing spiky shrub that was slowly colonising valleys in the Northern Rivers. It was not gazetted before it had firmly entrenched in the Nimbin hills and spread far and wide.

It's now found throughout SE Qld. Carried by birds and bats, it pops up in gardens in Brisbane. The creek running through the Woodford Folk Festival has had infestations.

Specimens can be spotted in the median strip and in the vegetation beside the M1 running through the Gold Coast.

GDF has been seen in the hinterland in Numinbah Valley and on South Stradbroke Island, and has made its way south, reaching Coffs Harbour.

Bush or pink morning glory, *Ipomoea carnea* aka *I. fistulosa*, has recently been noticed in nurseries in the Northern

Rivers. A native of tropical America and in the same genus as the invasive morning glory creepers, *Ipomoea cairica*, *I. alba* and others, this shrub too has major weed potential.

It's pretty, with soft pink flowers and heart-shaped deep green leaves. It grows from one to three metres high, though in the shade it's taller and straggly. Hardy, tolerating a range of conditions, you might regret planting it, as it has proved difficult to control.

In India, where it was introduced as a hedging plant, the Hindis call it 'behaya' or 'shameless', as it has become invasive and spread widely.

Growing readily from seed, new plants pop up nearby or are carried by water to new locations. Small pieces of stems will take root in just a couple of days.

Few species have as large a range of environments it can grow in. This plant is equally happy in both water and on dry land, and will readily invade seasonal waterways. Heavy infestations in many parts of India and Nepal have severely impacted rivers, lakes and fisheries and agriculture.

It is toxic to stock and produces allelopathic chemicals, effectively stifling any competition, allowing it to form monocultures.

Efforts to remove it in some regions have been fruitless. Control requires a combination of techniques as one method alone is not successful.

This fast growing, multiple-stemmed shrub has also caused devastation in several African countries, southern USA, Cuba and some of the Pacific Islands. In Australia, it has naturalised in areas in NT, Qld, SA and WA.



Bush or pink morning glory

Photo courtesy Sekh Sayantan, Bugwood.org

It is not yet established in NSW, Victoria or Tassie. Please don't let it get away in these states.

If you have one, pick the flowers or ensure seed pods are removed before they ripen. And never dump garden prunings in the bush or down a gully.

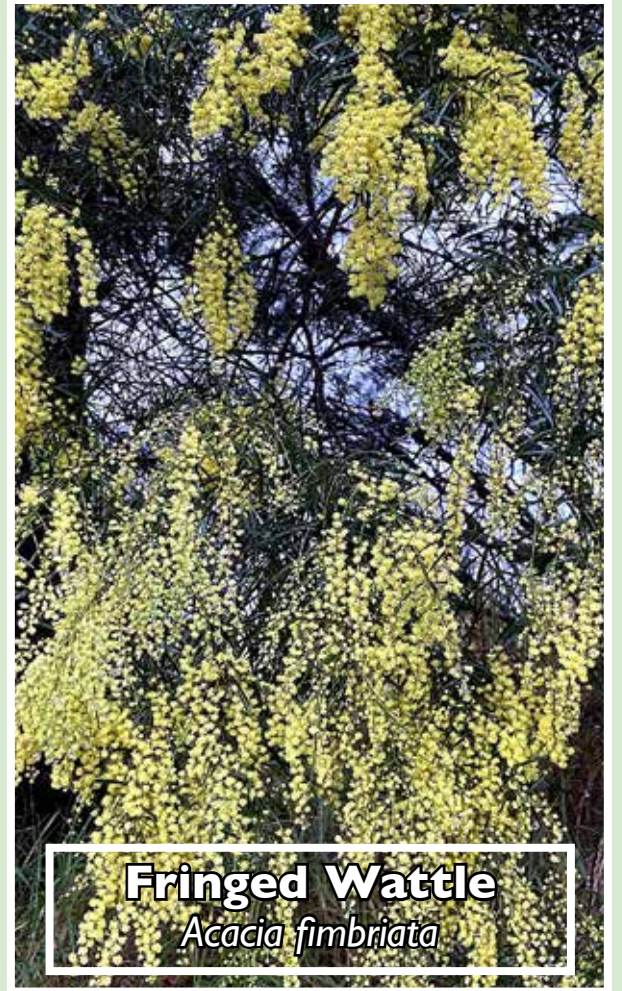
Harvesting or utilising it could help keep this bush under control where it has entrenched. It has been used in some countries for green manure production as well as a fibre for paper, and fuel.

In its home zone of Brazil, the hollow stems were used for making tobacco pipes.

Bush morning glory contains many active bio-compounds and has been used in traditional and Ayurvedic medicine for a variety of complaints.

Happy weeding.

Plant of the month



Fringed Wattle
Acacia fimbriata

by Richard Burer

With a dull forecast for July, spring always comes early with this stunning wattle *Acacia fimbriata*.

A small shrub to a small tree this Acacia has excellent form and is a great small tree for the garden and or landscaped area.

A good windbreak species, I like this tree on edges where it forms a nice not too dense wind break or buffer that grows well on most soils including clay soil as long as it drains.

Reasonably short-lived, it's still a nice tree with reliable clusters of flowers

that last through the month of July.

It regenerates well in its planted location, so a clean-up of older trees is always required.

On your conservation projects, I don't recommend this wattle as it's not endemic to this part of the Northern Rivers.

Nevertheless it's still good on tree planting projects for quick cover and habitat for small birds and insects.

It might be well worth to note this species over the last two to three decades is flowering earlier and earlier, hence the old spring comes early!

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

THE ART OF PRACTICE: MOTIVATION

by Susan Paget

I'm coming out of a bad flu and one of the symptoms I noticed was a low-level depression. I felt flat and useless.

I hit the Google machine and apparently, inflammation is to blame. The mind as well as the body really does battle when you're under the weather. But this feeling of the blahs took me by surprise. It was a level of apathy that was almost as uncomfortable as my aching bones.

What saved me from sinking too far into the doldrums was having my daily practices to cling to. My routines, done on a very low-fi level, were pretty much last week's only "achievements".

Like rungs on a ladder, being able to hold onto my habits, even in their smallest form, gave me a sense of attempting to dig myself out of illness.

Once done, I noticed that they alleviated some discomfort and gave me the pause to recognise that this depression was a passing cloud. They were also a good measuring stick because if I really couldn't do them, then I'd know something was seriously wrong.

Being able to do my core practices, even when I felt like crap, didn't happen by chance. As much as I love them, the reality is if

I left them to the whims of whether I felt like doing them or not, I probably wouldn't have much of a practice life to speak of.

Doing a practice, day in and day out means that you're always going to have to battle the mind and life's circumstances. There will always be reasons to not keep a commitment to a practice. The trick is knowing how to defy these reasons.

What I've learned in my years of practice is that moving past lack of motivation is THE practice. We're cultivating discipline, learning how to override mood and disregarding lost mojo. Practice is about constantly getting out of our own way and this has important implications to all aspects of life.

Here are a few tricks I use to keep my practices going when I'm not in the mood:

Work with momentum

Habit stacking, the idea of positioning multiple practices one after another is an effective way to overcome lack of motivation. A solid example of habit stacking are my morning practices.

As soon as I wake up. I make my bed (a mindfulness practice). I then move on to my Morning Pages (a journaling practice that develops creativity, gratitude and problem solving).

From there, I put the journal aside, sit down on my cushion and meditate. In under an hour, I've finished three core practices. All before coffee. All without debating whether I'm in the mood to do them or not.

When you go from one practice to the next, you're literally on a roll.

Have multi-level practices

I have several versions of most practices that I do, so that I'm not punishing myself on days when I'm not in the mood. I can do the minimal amount of time and effort. Expecting less and being kinder to myself in practice is a way to get around any obstacles.

Often just getting started is the most challenging thing about a practice, so keeping it easy at the start helps heaps.

Constantly measure value

If I couldn't see any benefit from my practices, there would be no point in doing them. I'm constantly measuring the benefits that my practices give. Where I really notice how practice helps me are in places where I feel vulnerable.

Sitting in the dentist's chair, my meditation efforts immediately kick in and I breathe my way through all the chaos in my mouth, sometimes almost falling

asleep. That wouldn't happen without daily sitting whether in the mood or not.

During this time of being sick, it actually felt empowering to have yoga positions I could turn to for pain relief and a gratitude practice to remind myself that despite feeling lousy, life was good.

Again, if I didn't have these as part of my daily practice, I wouldn't have these tools which served better than any medicine I had tried.

The neuroscientist, Sam Harris says that a dedicated practice is training for the worst day of our life. And this is true. We show up, day after day, do our thing often for no obvious outcome.

But what looks like a mild-mannered hobby to the outside world is actually an elite-level mind gym where we're consistently practising pushing through difficulty.

We create proof that we can do hard things. And when the chips are down, that's when our efforts show up for us, offering a gentle hand that lifts us up and helps us get over to the other side.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntab Creek. 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

LISMORE SHIRE - TWEED to BALLINA - EVANS HEAD - CASINO

Natural Law



by Helene Collard

Firstly, thank you to the wonderful Nimbin community for warmly welcoming myself and Reiki Master Teacher Barbara Kosa at the Mental Wealth Expo last month.

We enjoyed loving you up with Reiki and I enjoyed sharing a 10min talk on Reiki and mental wealth.

The Expo offered information and samples on a wide array of mental wealth support, and was an amazing example of bringing a diverse range of services together – a true integrated holistic healing model. Go Nimbin – leading the way!

Thank you to the incredible Dr. Jacqueline Boustany and her wonderful team for bringing this important vision to life. It was a good reminder that I need to visit Nimbin more often!

Following the expansive full moon and fire winter solstice, we enter into the second half of the solar year. The critical message for this month is to keep life clear and simple, and distance yourself from peripheral distractions and drama.

We are emerging into a new chapter, and there is a complexity to our unfolding, where extra planning and attention is required for us to progress and 'succeed' in the new direction we are heading.

Your dreams need your daily attention. Step-by-step, day-by-day, chip away. Put the blinkers on and stay on track. Some things will fall away, while others will feel closer and strengthened. Take heart. Bask in the

sunshine, eat fresh, quality produce, get ample rest and sleep. Return to the foundations of health.

We have our monthly Women's Healing Circle on Sunday 28th July, where we'll be exploring the truth of our Oneness. Come along and join us for this sacred and nourishing circle, we'll be serving a gentle brew of ceremonial cacao to expand our hearts together.

There's a beginner Reiki Course coming up in August, and a Reiki Master Practitioner Course in September. Most people learn Reiki for personal and spiritual development, and as a self-healing tool. If you're curious, contact me and we can talk it over.

I have been enjoying seeing more young people and seniors for Reiki treatments in Lismore, making use of the discounted rate. I am also seeing people going through cancer treatment and other significant life stressors.

Alongside my Reiki services and courses, the Yemaya Centre rooms host a Clinical Psychologist and Nutritionist. Stay tuned for a new therapist announcement coming soon.

We still have a vacancy for another resident, professional therapist/practitioner, looking to provide services to the Lismore and surrounding community. If you or someone you know have established books, and need a fit-for-purpose space to practice, for one or more days weekly, contact me.

We also have a beautiful group room available for day or evening group offerings. Organisations and private practice are welcome. Visit us in the heart of the CBD, and visit our website for more information and bookings, at: www.yemayacentre.com.au

Coming up

- Reiki Treatments: weekly
- 28/7 Women's Circle
- 10-11/8 Reiki Level 1
- 21-22/9 Reiki Master Prac

Long Covid revisited

Nature's pharmacy

by Trish Clough, herbalist

It's been two years since I wrote about 'Long Covid'. Since then, there has been considerable research and clinical experience to assist with treatments.

The term originated from a social media post by a sufferer, and it then went viral, so to speak, and is generally used instead of the medical term PASC (post-acute sequelae of Covid-19).

Symptoms that can persist following Covid-19 infections are numerous, with up to 200 identified. The most common are fatigue, breathing issues, post-exertion malaise and brain fog. Older patients are more likely to experience cardiovascular symptoms.

Many sufferers are unable to return to work due to fatigue and cognitive impairment. Studies vary, with between 3% and 10% of Covid infections resulting in symptoms lasting months and possibly years. Approximately half of people with Long Covid still have symptoms after two years.

One puzzling finding is that Long Covid can occur whether the initial infection is mild or severe. However, people with Covid who needed hospitalisation are much more likely to have lasting symptoms, especially those who required ventilation.

Long Covid is complex, and symptoms vary. It is possible that genetic variations in immune responses, individual medical history and susceptibilities can affect the symptom picture.

According to a 2023 published paper, some possible causes for Long Covid include 'persisting reservoirs' of Covid in the tissues, immune system dysregulation

sometimes accompanied by reactivation of viruses including Epstein-Barr, impacts on the gut microbiome, damage to blood vessel linings, and dysfunctional nerve signaling.

A further study identified a pattern of low cortisol, the adrenal hormone that gives us our 'get up and go' and is involved in the stress response. Reduced oxygenation is also a common finding. Chronic inflammation is often present.

It is uncertain at this stage whether the brain fog, cognitive deficits and mood changes are a result of ongoing neuro-inflammation from an aberrant immune response or if there may be persistent virus in the brain.

Damage to the blood brain barrier (BBB), commonly called 'leaky brain' is a frequent finding in people with Long Covid, which the virus can cause.

There are no medically recognised treatments yet for Long Covid. There are practical suggestions to help manage the condition. These include a healthy diet with lots of fresh vegetables and fruit, avoiding processed food, regular gentle exercise, good sleep hygiene, and managing stress.

Doing cognitive tasks gradually throughout the day, with rest periods in between, is recommended.

There are many useful herbal medicines. Treatment varies, depending on the individual pattern of symptoms. With recent research looking at possible persistence of the active virus, I am now more inclined to use a Covid-specific anti-viral formula in addition to other herbs.

One of the most powerful herbs is *Houttuynia cordata*, which is most effective as a fresh plant tincture (this is why I grow it). *Artemisia annua* or sweet wormwood, *Cinnamomum verum* and a



Houttuynia cordata, a Covid-specific anti-viral herb

high potency licorice root (*Glycyrrhiza glabra*) preparation are also included.

There are contraindications with some of these herbs, so they need to be professionally prescribed for safety.

For BBB repair, and to treat the inflammatory immune response, I use a Curcumin (from turmeric) product prepared with an ingredient from fenugreek.

It has superior ability to cross the BBB compared with other curcumin products. I combine this with Lion's Mane mushroom for neurological brain support.

To improve energy and adrenal cortisol production, I like *Rhodiola*. Sometimes I use Siberian ginseng and *Cordyceps*. Dan Shen for blood vessel support is often indicated. It has the added benefit of damping down inflammatory cytokines that the immune system can over-produce in response to the Covid virus.

Remaining treatments may include appropriate nutritional supplements and herbs. Generally, treatment is long term, depending on the severity of symptoms and the body's capacity for healing.

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

It's a Dry July for Our House

It is July, which means it's Dry July!

Dry July is all about pledging to go 31 days without a drop of alcohol. Join thousands of people across Australia who sign up for Dry July to help cancer patients.

The team at Our House have been going dry since 2010, when the Our House project became the first regional project to be supported by the national charity Dry July.

The funds raised by the Our House team this year will go towards repainting the 20 rooms at Our House as part of the 'Help Keep Our House Beautiful' program.

"One thousand guests a year from across the Northern Rivers stay at Our House while they or their loved one has medical

treatment, and we would like to continue to keep Our House looking beautiful for patients to enjoy," Rebekka Battista, Our House Director, said.

Dry July is a national campaign that started with a group of mates, one who had cancer and the others who decided to 'dare' each other to go dry to raise funds.

Dry July has inspired more than 250,000 Aussies to go dry, raising over \$60 million for people affected by cancer and funding projects at more than 80 cancer organisations across Australia. Our House is one of these projects.

Past funds from Dry July have replaced bathroom floors, sofa beds, and beds, replaced TVs in the rooms, and repainted the therapy gardens – all to help 'Keep Our House Beautiful'.



Two Our House directors reluctantly take the pledge

Join or support the Our House team at: <https://www.dryjuly.com/beneficiaries/our-house>

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The Federal Circuit and Family Court of Australia (FCFCOA)

Weeks fly by when you're busy. Twenty parenting matters can do that. We need another lawyer and don't have the space.

But in the next month or so we're moving to a well-known building a short walk away, past the rejuvenated Pets and Saddles, through the Station Hotel bottle shop, across the lane, and along Casino Street past the charred ruins of the old police station and two houses and you're there.

Outside, the roof has been cleaned by a couple of superheroes called Blaze and Atlas, solar panels spread on it and an inverter stuck on the wall. Inside, walls are constructed and power is on.

Clients range from the land-rich to the impoverished. I have fun keeping small children occupied while adults instruct my secretary. There's a standard restraint in orders about discussing legal matters in their presence.

I've been having fun throwing on the suit, or just shirt, tie and jacket to appear on a screen in Coffs, or Parramatta, or Brisbane, or best, the whole suit and

shiny black shoes to cross the river to the Lismore Registry and appear in person. Keeping my phone turned off.

The old no-fault-divorce Family Court of Australia was joined in the last days of the 20th century by the Federal Magistrate's Court, to cope with the increased load of fights between separating married and then de-facto married couples.

In 2013, the Federal Magistrate's Court became the Federal Circuit Court then, not long ago they joined to become the Federal Circuit and Family Court of Australia. We're getting used to the new acronym, FCFCOA.

Now the difficult cases and appeals go to Division 1 and the rest to Division 2, in which jurisdiction we labour.

The policy now is 'triage'. Some go to the Specialist Indigenous List, others to the Contraventions List or, where serious shit is happening to little kids, the Evatt List; if it's sexual or otherwise physical, the Magellan List. Timetables are set depending on seriousness and urgency.

There's a hierarchy of judicial officers. We appear before Judicial Registrars,

Senior Judicial Registrars, and for the trial, a Judge. Lately we've been juggling urgent recovery cases, first mention in a matter of days, when a Senior Judicial Registrar makes a careful decision based on what's filed and any other information available. Evidence is not tested. Mothers often get their children back the next day.

First, we prepare the Initiating Application, Affidavit, Parenting Questionnaire, Notice of child abuse and risk, and Genuine Steps Certificate, file them on the Comcourts Portal, print the sealed documents, add a Brochure called 'Marriage, families and separation', serve the other party with these, and get them to sign the Acknowledgment of Service. Then back to the office to swear or affirm the Affidavit of Service and file that on the Portal.

To save Legal Aid, I've been hiring myself as process server. Sometimes my driver does the serving. It's comforting to have him nearby. People can be volatile.

In the office we draft letters and emails, go through Orders and highlight and diarise all



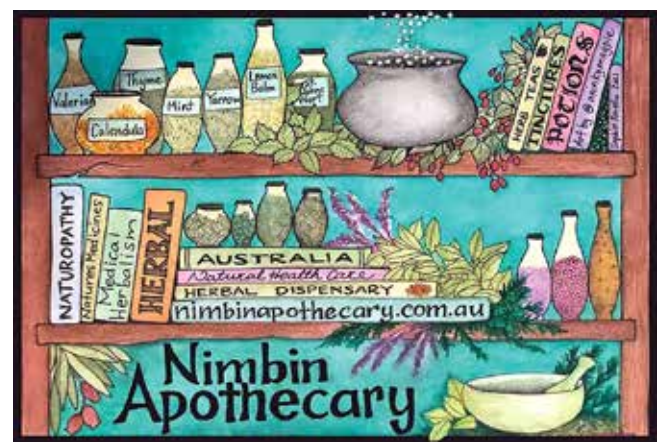
Legal writes
by John Adams

the different dates for filing and court times and dates while the phones ring and emails arrive and need to be acknowledged.

In the Local Court, years ago, a phone rang. I watched the Learned Magistrate tell the Sheriff to fetch and hand it up. His Honour then dunked it in his glass of water.

Last week, in open court, Senior Judicial Registrar on the bench, my own went off. I stood up, walked out, answered it, and re-entered. Proceedings recommenced. No-one chastised me.

I'm in love with the FCFCOA.



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Passings

I swim in the sea practically daily – yes, even in winter – and I get to watch the rhythm of the waves, the surge, the fluctuations of swell, in preparation for entering the water.

After all, I don't want to get rolled over by entering in the middle of crashing waves. I watch and wait, and then enter. There are good moments, and not so good ones.

Everything is in process, nothing happens in any other way. We live, we die and although we can look back at our life and decide to discern stages, while we are living everything is in process. Such a realisation is quite liberating.

Over my lifetime, quite a number of friends and family have died. These are people I have cherished. These are those I have learned much from; learned how to be empathic, generous, loving, as they were to me. Some I was pre-warned of their coming death, through dreams and careful observation of skin tone, lightness of being, and the like.

A cello teacher and friend had stomach cancer and was dying from it, but on the last day of me seeing him alive, he sat down and played the cello, finally free of his old desire for correctness. He played like a glorious angel and in that moment, I saw love in all its playful joy.

When my cellist friend died, I remembered (and remember still) his liberated and liberating music-making. There was no grief, per se, just a profound sense that death is not dark and miserable; it can be joyful.

I used to volunteer at a palliative care



by Dr Elizabeth McCardell

unit here in Perth in the late 90s and there I witnessed several passings. One woman called me in to be with her. She wanted me to give her reiki. Now it turned out that I didn't know what reiki actually was, but I knew it was a healing.

I knew I didn't have a choice, I had to conjure up something or other healing wise, and so I did. In this process, I laid my hands not on her body itself, but hovering above. I could feel a strong energetic pull and "saw" a golden light emanating from this woman, and that's what I entered into. That night she died, peacefully.

Life is process. Like wave over wave of lives, intermingling, coming apart, we meet and depart. Death can come after a long life, like my father who died at nearly 101, and also suddenly, in a crib. It comes in utero, it comes at birth, it comes crossing the road, it comes after a long protracted illness, it comes in war, in murder, in suicide, it comes... it's inevitable.

Elisabeth Kubler-Ross, the

psychiatrist, was instrumental in changing how much of the world viewed death and introduced to us how the grieving process might proceed. Most of us are familiar with the stage theory of this process, but few realise that Kubler-Ross didn't originally develop these stages to explain what people go through when they lose a loved one.

She actually developed them to describe what patients go through as they come to terms with their terminal illness. The stages: denial, anger, bargaining, depression, and acceptance were only later applied to grieving friends and families who seemed to go through a similar process after the loss of their loved ones.

It's unfortunate that the stage theory of grief has so much traction, because – in some quarters – not adhering to these stages is seen as pathological.

Grief at the loss of a loved one can follow any course. Life, with all its richness of emotions, is process. A thanatologist friend and counselling colleague of mine uses the sign of infinity to illustrate this process. We can feel sad, happy, depressed, whatever, whenever. We are not bound to any stage theory at all.

Feelings of loss, and I feel them sometimes very strongly, can take us up and surge through us, to another place, and that's alright. Feelings of stuckness are more problematic, but that too can pass.

This is when talking about it with a trusted person is all that is required.

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



"Winter is cold, dark and long, our inner light burns warm and strong, in reverence for this winter night, through the dark I bring my light." – Kael Veenstra-Young Photo: Natsky

What's going on at Roxby Downs?

by Annie McGovern

The Roxby Downs uranium, copper and gold mine in South Australia was enabled in the early 1980's when a State Labor minister infamously crossed the floor to vote with the Liberal cohorts of the time, to allow the Roxby uranium mine to go ahead.

This was at a time when the Anti-Nuclear, Nuclear Disarmament and No Wars Movement was strong and vibrant, and a No Nuclear stand was expressed across the wider Australian Public.

The British atomic tests had been exposed, and the post-war (WW2) American atomic testing in the Pacific were largely condemned. The establishment of a uranium mine at Roxby Downs was widely resisted.

Roxby Downs Station (the site of the proposed mine) was/is? a somewhat unique desert landscape of sandhills, swales and claypans, largely vegetated by mulga, callitris, wattles and the occasional quandong, and interspersed with all the incidental bushes, herbs and shrubs of the semi-arid kinds.

In 1983, the red sands of the dunes were/are? fresh and crisp with deep emu and kangaroo tracks leaping and bounding through the landscape.

The Old People sit and wait for their Mob. They are in Andamooka, 30kms to the Eastern extremity of this same sandhill. They have been told by their Elders to stay there and not to move... the



Olympic Dam mine at Roxby Downs. Photo courtesy BHP Billiton/SkyScans

country needs protection.

The Whenan Shaft has been installed on Roxby Downs Station... Tjilpi says they have fractured a Sacred Site. They have moved in... Western Mining Corp, BHP and the SA Govt... they are in partnership and the Roxby Downs Indenture is enacted.

This Act gives total control to the joint venturers and overrides other state Acts of Parliament.

People gather, outraged and energetic to bring it down. The thrust of the people gathered in the desert lands, together with the Kookatha people burst through the gates of the mining lease and bounce the trucks blocking the path...

Tjilpi says, "Go to Ironstone Road." And there we hold intense action for a short time and hold a vigil for a long time. The baby is born, Tjilpi comes to hold the site... a swarm of Star Force come and remove us all... we are gone from the land.

We struggle to hold on, on the periphery, knowing the uranium oxide is now coming out and being shipped

around the world to be turned into yellowcake.

The days and years go by and Roxby supplies the world nuclear fuel cycle across reactor sites, the spent fuel rods providing the plutonium for nuclear weapons. Fukushima is leaking into the Pacific. Chernobyl is everywhere, but Roxby is here.

Tjilpi has died broken-hearted for his country, the baby is now almost 40. We gaze across the night sky from a 90kms distance on the Oodnadatta Track and can see the glow of Roxby's mine... that's how much power is being generated from the SA power grid to keep the mine working 24/7.

Roxby buy the pastoral leases that fully surround the mine site. We cannot go close or enter – total control of the entire vicinity is held now by BHP and the Commonwealth Govt via the Woomera Protected Area.

We call out for freedom in this land, this country so misused, radioactively contaminated and dying.

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"When patterns are broken, new worlds emerge"
– Tuli Kupferberg

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Magenta Says:

Dear Mo, everyone in a relationship has a right to express how they feel and I am assuming here that you are giving affectionate criticism and/or helpful feedback.

However, in the face of criticism, defensiveness is an understandable tendency and thoughtful receptivity can be hard to come by.

Has she suffered in her childhood from some form of early neglect? If so, there is no wonder she responds so ferociously, for she may not know that your love means that she can be both adored and occasionally criticised. It feels like an attack on her very existence if she has not developed self-love and good self-esteem.

If you want to continue this relationship, you will have to talk about this and help her to realise that true love is resilient. It is not destroyed by a detail, but only ever by the way that a detail can't be acknowledged or processed.

Show her that the thing she should be afraid of is not criticism, but an inability to accept its occasional kindly manifestations. Tell her she should decide if the criticism is valid and if so try to do something about it, or simply refuse to change. If she feels it isn't valid, then she could learn more useful ways to respond.

Anger and irritation (within reason) don't destroy love; they are inevitable parts of being genuinely close to and extremely dependent on another human being.

This important issue is behind many failed relationships. It is worth encouraging her to see a therapist, or maybe even couples counselling.

For you, understanding her reactions could help you feel more compassionate, patient and tolerant of her. And you could find out if you were being overly critical. It is important to remember to be as kind and loving to each other as you would to a child.

Hey, no-one said relationships were easy!

"The final proof of greatness lies in being able to endure criticism without resentment." – Elbert Hubbard

Criticism

My partner of six months is unable to take criticism of any sort. She always overreacts.

Then she starts telling me all the things she dislikes about me in a nasty way and it becomes very unpleasant.

She doesn't accept any responsibility and never apologises. It has got to the point where I don't dare say anything.

Even though she is a lovely person, it is nearly more than I can bear. Is there a way to tell her how I feel without being cut down and perhaps cast out?

– Mo Ning, Whian Whian

by Uncle Norm & Auntie Maj

Norm Says:

Dear Mo, I have to wonder – have you ever lived with anyone before?

The only person that I can think of who can accept criticism gracefully is a fictional cartoon character, the God-bothering Ned Flanders on the Simpsons. Otherwise, for the rest of us, accepting criticism is akin to eating dogshit. Especially from our partners.

Bloody hell man! I cop criticism every day from my Little Sweetheart, from the way I talk with my mouth full, to my creative farts. It's when she stops talking altogether and gives me the silent treatment that I start worrying.

Obviously, you're not Peter Perfect yourself as she tells you in her 'nasty, unpleasant' way. I'm feeling you are not exactly copping a slugging on the chin so stoically, yourself. Also, the expectation on your part that she accepts responsibility and apologises gives you a whiff of 'control freak'.

Mo, you talk of being potentially cast out, which implies you have moved into her space. This then behoves you to learn to compromise, show some restraint and keep your mouth shut.

On the other hand, you've only been together for six months which means you haven't got commitments like pets, kids and mortgages blocking your escape routes.

So, maybe now is the time to 'head over the wall' and find another 'lovely' person.

"The trouble with most of us is that we would rather be ruined by praise than saved by criticism." – Norman Vincent Peale

Send your relationship problems to:
magentaappelpye@gmail.com

The pain of arthritis

by Tonia Haynes

Arthritis, or calcification of the bones, is a problem that many humans and domestic animals suffer in their latter years.

Louise Hay maintains that arthritis is caused by resentment and criticism and her affirmation for healing is: "I am love. I now choose to love and approve of myself. I see others with love."

Considering her shocking beginnings, Louise did well with her avid belief in the power of the mind over the body. Nevertheless, to have lived a life that does not include resentment and criticism, one would need to be enlightened, or a robot.

We have all been criticised in one way or another for our valiant efforts to live a life that exposes our personal desires for freedom of expression.

And if one feels resentful

later on? Surely, this is a natural conclusion to feeling restrained. But unfortunately the outcome can be excruciatingly painful.

It has been a personal mission for a very long time to send the demon arthritis back to where it belongs; a hell that should be off limits on all planets.

On the journey I have discovered a few usefuls that actually work. Even better than the drugs prescribed by most doctors, who, genuinely, don't know what else to tell us.

I say a few usefuls, because there is more than one. Foods like wheat, sugar, processed meats, alcohol and dairy, which add to the inflammation already present, will only increase the hurties. So, resist them as much as possible. (Apologies.)

The first thing I found was 'Lifesprings Colloidal Minerals'. Tasteless and



powerful. After three days of a teaspoon in juice daily, the fingernails that forever had been paper-thin excuses that broke often, suddenly became a nail beautician's favourite. Why? Because minerals and trace elements support bone and muscle growth. These are the fairies that keep us together. And some of us, due to genetic difference, need more fairies than others.

I discovered that answer on a recording by Joel Wallach, a

vet, who explains that while we give our farm animals mineral supplements to support their health, we are usually mineral and trace element deficient, because, unless we grow our food in mineral rich soil, the food we eat is lacking, due to the fact that fruit and vegies do not create their own minerals without support from the soil.

Then, I was gifted an Earthing mat, which, works on the theory that we are no longer grounded, or earthed. This is due to synthetic clothes and shoes, and not wearing bare feet, because of bities and bindis.

The people who invented the Earthing mat claim that it removes inflammation, and I know this to be so. After sleeping on it for a month, my back was definitely feeling better. I would go to bed sore and wake up almost free of pain.

On the strength of this outcome, my sister bought me the Earthing underlay, which

resides under the bottom sheet from the top of the bed to the bottom. Improved sleep and waking pain-free have been the result. I am eternally grateful for her generosity, and also that of the friend who gifted me the original mat.

There are other types of underlays, including ones with magnets. Discussions on this subject have led me to believe that mine is the best of them all.

The company is based on the Gold Coast and the website is called 'BetterEarthing.com' Well worth a look and perhaps even a phone call. The woman was very helpful.

The second discovery is fresh celery juice on an empty stomach first thing in the morning. When the doctor mentioned this, I rolled the internal, cynical eyes and thought, "Oh. Yeah! Another miracle cure."

After five days of juicing celery through gritted teeth, while the heart yearned for coffee, the arthritis that had

once again recently reared its ugly head in my hands, disappeared.

The book *Medical Medium: Celery Juice*, written by Anthony William, is about \$20 and the e-book \$4.

Personal knowledge has shown that curing arthritis is a journey, which takes the willingness of the person involved to take their health into their own hands.

And the skills that I present of muscular realignment, massage, Bowen therapy and Pranic healing can certainly make the journey easier.

There are also many other back, neck, limb, digestive and emotional issues, which can be alleviated relatively quickly, with the assistance of the skills that I have acquired during the past 34 years.

If you have neck, shoulder, back or limb pain and stiffness, or digestive problems that are not going away, give me a call on 0439-794-420 and make an appointment.

Love, light and giggles.

Olympic medals for plant-based consumers

Shapeshifting

by Anand Gandharva

From 26th July 2024, the Summer Olympics will be held in Paris. Contestants from all over the world compete for the honour of being the best in their chosen speciality.

Skill does not depend on food type, but all high-performance engines need good fuel.

Inspiring as events can be it seems, less about people and more about countries, as the centre of gravity in reporting gradually shifts from individual to nation and continent.

In a way that is not bad. Not just in soccer or water polo, but all competitions involve layers of teams: contestants supported by family,

teammates, coaches, brands, fans, countries.

Team is another way of saying community; in life we value and depend on groups. For example, selected athletes may train at an Institute of Sport to improve personal skills, access superior facilities, and learn about sectional interests, regional and national glory.

Strangely though, in its roots the Olympics was about selecting the top athlete in one of few events. Now there are many categories.

Being the best is not just skill, endurance, training, budget, nutrition, strength, health. Take viable environments. Since the original Olympics, population has multiplied 100 times.

Lots more people, but Earth gifts similar. More farm animals, yet rain

and landmass do not grow. One result: wilderness, wildlife, forests are disappearing.

What one individual does matters little, but in a community of eight billion it adds up.

Together the multitudes destroy habitat. Unnecessarily.

Even though highly inefficient, often thoughtless and cruel, to many eating animals is a right, nurtured by parents, fundamental to human history, tradition and wellbeing.

The huge popularity of the plant-based life is portrayed by some as a globalist agenda, for greater profits and power.

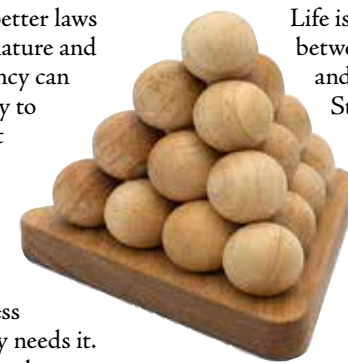
And while accusing a few very rich bosses of manipulation, it avoids the elephants in the room: humanity grows rapidly and together overgrazes the Earth.

Until there are better laws against harming nature and mammals, no agency can take the right away to live as wanted, but as a society we can admit that environments need care.

Invest in biosphere. Take less from it. Humanity needs it.

In the good-better-best competition we may forget the tree of life is mutually dependent: we need healthy nature.

Cultures, teams and genes differ slightly, but are related. People have to look after environments, not slash and burn. But how to caretake? We want to survive and balance individual with community needs. Even weeds and pesky beings, like cane toads or fire ants, strive for elbow room.



Life is a delicate balance between individual skill and community viability.

Striving for income is cool, but we require a moral framework to manage ecology. New cultures are needed to enable long-term thriving individuals and community.

A world of 8+ billion needs true Olympic winners to foster a sustainable lifestyle.

Successful evolution is adapting. Less animal use and more plant-based food the future. Be a champion.

You can make the world a better place, de-stress yourself, help environment: support change to a plant-based economy. See: <https://plantbasedtreaty.org/politicians/#country>

Civil discourse, social media style

by an anonymous participant

In a small country town, an anonymous Facebook post... edited here for brevity. The reasons for anonymity may become obvious.

Missing a little black cat with white feet?

If this cat is yours, please contact to arrange collection. Then, please arrange to keep it at your home. We like our blue tongues, skinks and birds.

Responses were quick, battle lines were drawn, with little room for nuance:

You have caged someone's pet ... take it to a vet, to be checked for microchip and go to the pound. If you aren't looking after it holding someone's pet hostage is asking for trouble. And if you are renting it is illegal... cats may only be trapped on private property by the owner.

No, they can be trapped by the occupier, renter.

What about the NSW companions act? Are you

sure?

Yes. *Companion Animals Act 1998 – Section 32.*

Anonymous is only sticking up for the blue tongues, skinks and birds. Do you really not see this roaming cat is the action of humans?

Biggest killers of wildlife are those who drive cars... Cat haters still driving cars.

1.5 billion native animals killed by cats each year... 1 billion by ferals, 500,000 by domestic cats.

BULLSHIT!! There is that many!! DEAD WILDLIFE ON OUR ROADS!! Oh, and all the native wildlife that die due to land clearing... and why do we have a problem with cats and dogs roaming? It's all another HUMAN FARRRRK UP!! HYPOCRITES!!!

Didn't Adani wipe out a whole species of small birds in Queensland? Clown.

No, there would have been no animal life there, it's dirt and dust as far as the eye could see. But let's invent stuff to stop progress

This well cared for cat is obviously someone's pet, but out come the cat killers; it's disgusting. Cats been here for 200 years they aren't going anywhere.

Keep your pets in your own yard; truth is they destroy our wildlife ... they are a pox in Australia. So bring on the haters of truth.

Another clown.

Note more people agreeing with me. if all ya got is clown then you must be another genius that supports irresponsible pet owners.

Irresponsible kidnappers more like.

My cats are my responsibility ... they are inside cats with an outside cat run, they don't catch wildlife, they don't roam. They are important for my mental health. My cats aren't pox.

For people who think catching a cat is illegal: Section 32(1) of the *Companion Animals Act* allows any person to lawfully seize a cat if that action is reasonable and necessary

for the protection of any person or animal (other than vermin) from injury or death.

You cannot treat it as a feral cat. Most of the time in a town, a cat found is MORE likely to be a companion animal. Trapping a cat can be considered cruel.

People that are cruel to animals are often domestic abusers.

If a trapped cat is not registered or desexed, and cannot be relocated to a secure inside care arrangement then it should be humanely destroyed.

Disgusting vile human.

Desex, build a cat run, get microchipped, put a bell and a tag on it with your phone number.

Just let it go, so it can find its way back home.

YOU SHOULD BE ABSOLUTELY ASHAMED OF YOURSELF. THIS IS DISGUSTING BULLYING BEHAVIOUR OF THE HIGHEST LEVEL. SHAME ON YOU.

You don't have livestock



under threat, so you have no right to trap this cat.

Lizards and birds are prey, hunted by many different animals, you don't own these critters.

Please don't kill it.

This post is disgusting. What is happening to Kyogle? Another newbie???

If you have an animal, take responsibility for it, it's simple.

According to council rangers, cats are allowed to roam free 24 hours a day, no lock-ups at night.

The following is from

Kyogle Council's *Local Orders Policy 'Keeping Animals in Urban Areas'*, dated October 2022:

- Cats must be microchipped from 12 weeks of age and registered from six months of age.

- Cats must wear collars with a tag displaying their name and owners address and/or phone number with a bell attached.

- Cats must not roam onto neighbouring properties and must be kept indoors at night.