

Vernon Treweeke - Father of Australian Psychedelia

by Benny Zable

On Thursday 3rd June, I attended the dual openings of paintings by Vernon Treweeke and photography by Jacques L'Affrique (aka David Porter) at the Carrageworks Gallery, Sydney.

Also at this special event was Peter Wise President of the Nimbin Chamber of Commerce and Helen Wise, proprietors of the Nimbin Trattoria (pictured with Vernon).

Vernon has been an innovative pioneer of major art movements in Australia. He was a long time friend of the legendary Bret Whiteley and was part of the London expat Australian underground art scene in the 1960's. He was a pioneer of multimedia art, incorporating sound, 3D and ultra-violet light to enhance an interdisciplinary prototype for the development of installation practices and multi-media art.

On return to Australia in 1966 he exhibited at Sydney's first artist run Central Street Gallery, which introduced

International art to Australian audiences, one being Christo wrapping of the Bondi Beach rock peninsula.

In 1968 he was one of the artists who participated at the first temporary exhibition in the National Gallery of Victoria of Colour-Field artists, which went on later to the Art Gallery of NSW.

I must add this exhibition had a big impact on my direction of expression also.

Disillusioned by the commercial art world he abandoned it for the counter culture movement.

In 1973 he joined the Australian Union of Students (AUS) Aquarius Festival to paint the first murals that adorned the facades of Nimbin. Following the Nimbin Aquarius Festival he helped pioneer and establish the Tumble Falls Co-ordination-Co-op.

He later moved to Hazelbrook in the Blue Mountains where as an employee on the railways, he painted a string of murals that adorned the stations along the tracks through the Blue Mountains.



Earth Mantras with Katrina Ross

by Leanne Logan

"Soulful and earthy, simple but powerful" - that's how Katrina Ross describes the earth mantras she writes for her Nimbin singing group. "The group is about people who want to sing in harmony with others and it's about opening our hearts."

Having experienced Katrina's singing group many times in the last six months, I can only agree with her definition of what she does. This is no ordinary choir. It's feel-good music, created by Katrina and her impressive Indian tampura instrument and a handful of people keen to experience joy. There is no pressure to perform, no sense of having to have a great voice or previous choir experience.

"It's not about being in your head," Katrina said. "By bypassing the intellectual side we create elaborate pieces of music easily and quickly. It can be an inward and meditative experience at times; sometimes it's really uplifting. The distinctly separate words and melodies, when sung together, create a soundscape where they dance together. Because of its simplicity, people of all singing standards can participate. I've had people who said they can't sing, to an experienced opera singer. It's simply about learning to find your voice and extending yourself."

The subject matter of most of Katrina's songs is nature. "They're a celebration of nature and earth," she said. "Being mantras, the songs are simple repetitive statements that have a profound meaning."

And so it is, when you sit in Katrina's circle in Studio One down behind Nimbin's Town Hall, and begin to sing to the sound of her amazing vocals and the sacred tampura, that those profound meanings not only wash over you, but also seep deep within. Before long, you've left your head behind, and have become completely immersed in a cloak of sound and song.



Katrina Ross plays the tampura, a stringed instrument from India that is traditionally used to accompany sacred sound.

Katrina's earth mantras came about when she moved from Melbourne to work as a Steiner kindergarten teacher and music teacher. At this time, her music style changed from more traditional performing - structured songs with a guitar - to what she describes as a "commune with sacred sound."

"It's like the music comes through me rather than from me," she explained. "Performing like this, I can sit in front of 1000 people without feeling self-conscious. The joy, peace and love I experience in these moments are what I want to share with people."

In order for it to really soar to its full potential, Katrina requires a minimum of eight people who are able to commit to a six-week block of weekly 1½ hour sessions, and who can pay the \$60 fee upfront.

"I'm passionate about continuing to create this experience, but I need to have the numbers to make it happen," she said.

Anyone keen to know more about Katrina's choir, or to express interest in being part of her next singing group in July/August, can call Katrina on 6689-7308.



School choirs sing to the community

On Tuesday 1st June, the K-1-2 class and the Primary Choir visited the Nimbin PreSchool to entertain the children and their teachers. They sang beautifully and their audience was delighted.

After the singing, Zaydn Ayres treated all to a faultless rendition of "Twinkle Twinkle Little Star" on recorder. Gail Pierce conducted the choirs, Val Mace accompanied them and Di Whitney led the expedition.

On Wednesday 2nd June, the Primary Choir visited the Senior Citizens' group and performed four songs. It was the Seniors' first day in their new space at the Community Centre. The audience was small but very appreciative and everyone had a good laugh with the "Granny" song.

Everyone is looking forward to more performances by these tuneful choristers in the next school Term.



Primary Choir at Senior Citizens (top); and K-1-2 at the PreSchool (above). Photos by Ginger O'Brien

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Life and Death feature in many mediums

Matter of Life and Death is the title given to the new exhibition at the Roxy gallery featuring thirteen creative local people.

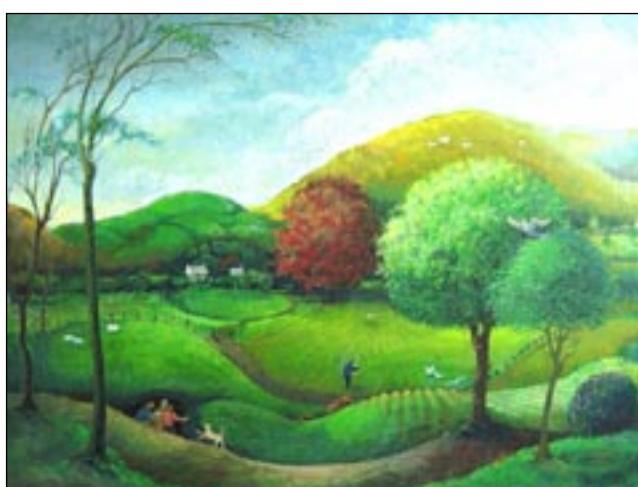
Some of the exhibitors are well known to the art arena and they have decided to engage emerging artists to participate in this exhibition, so for some of the exhibitors it is their first time at showing their works in a gallery environment.

Works in this exhibition engage the use of a variety of mediums and subject matter that moves beyond the title of the exhibition. Included in this show will be works exploring botanical species, landscapes and portraiture, mosaic designs, silver smithing, photography and an opportunity for the viewing public to engage in the construction of a living Mandela.

Matter of Life and Death will run from 6th July to 31st July, with the official opening being on Friday 9th July, 6-8 pm. The opening night will be filled with lots of creativity with local musicians Sterling and Friends bringing music to the gallery.

The Roxy Gallery, Kyogle is open Tuesday to Friday 10am to 4pm and Saturday 9.30am to noon. Phone: 02 6632-3518, email: roxygallery@kyogle.nsw.gov.au website: www.kyogle.nsw.gov.au

Pictured: 'Alectroyon' by Johanna Kempff (top); 'Going Home' by Elspeth Lake (right).



Intriguing selection of Works on Paper



Blue Knob Gallery's current exhibition is notable for its broad scope, not only in the approaches taken to the medium, but also in its presentation of over a dozen artists with widely different styles and techniques.

The opening night crowd (pictured) found many treasures on display, and the exhibition is bound to delight all who see it.

Works on Paper runs until 1st August, for more info, go to www.blueknobgallery.com

Nimbin Artists Gallery delights

by Margaret McLaren, curator

The current exhibition at the Nimbin Artists Gallery displays new works from Byron Tik, Leigh Arnold, Claire L'Arrivee and Donna Sharam among others by the many artists to whom the gallery is home.

These four artists in particular have made significant moves and new developments in their recent practice, so make sure you come in before Sunday 18th July to see the show before we change to our next exhibition called 'Winter', which will be open from 20th July. We look forward to seeing you in the gallery for that.

It is always great to see the pride of locals showing their visitors our gallery, as it is to welcome locals who return time and again to buy their cards and gifts, supporting our local artists and their gallery.

Pictured: 'Rebirth 2' by Donna Sharam, mixed media on board.



Chula Zin now open

Northern Rivers visual artists, Carl Smith and Louise Kahj (pictured) have established the Chula Zin Art Studio Gallery in Carrington Street Lismore, opposite

Caddies coffee shop, in what was previously Lismore Underground.

Louise Kahj said the new space is "a Studio/Gallery/Shop and whatever else it evolves into."

Check out the space and the art for yourself, or for a taste go to www.louisekahj.com

New sculpture school

The Myocum School of Sculpture is an arts education centre that immerses students in the history and tradition of the craft of sculpting.

Teacher and master sculptor Damien Lucas studied under and worked with the great Australian sculptor Tom Bass in Sydney. Lucas teaches drawing and the traditional methods of sculpture, including the crafts of modeling, mould making, casting, carving and fabrication.

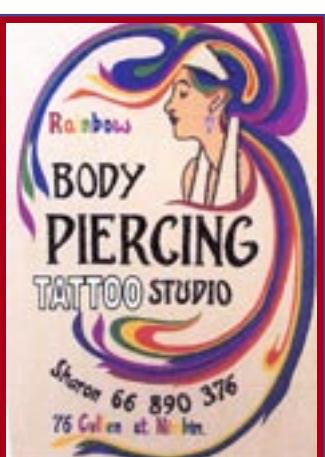
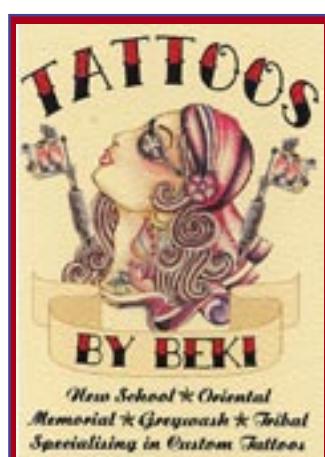
"Many modern art schools and teachers focus on an idea or a concept," explained Mr Lucas, "but my emphasis is also on developing skill and methodology. I do not adhere to a curriculum, but rather work with each student directing them through their work and addressing their unique goals."

Classes are open to all levels

from novice to advanced.

The Myocum School of Sculpture is currently taking enrolments for Semester 2, which commences 19th July. Places are available in Sculpting Classes on Mondays and a Life Study Class on Wednesdays.

For more information visit www.myocumschoolofsculpture.com.au or call Damien Lucas on 0425 398 743.



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Koala Kolumn

by Lorraine Vass



Whether or not disease is the largest killer of koalas on the Northern Rivers, is unknown. We'd like to think that the majority of koalas died of old age, and perhaps they do in populations which are removed from human disturbance - those koalas very few of us see or even know about.

I discussed disease in koalas towards the end of last year, mentioning Friends of the Koala's criticism of the NSW and Federal governments' poor understanding and acknowledgement of the potential impacts of disease on koala survival. Our concerns are driven by the extraordinarily high incidence of disease in reported animals here on the Northern Rivers - nearly 66% of recorded mortalities in 2008-9.

Six months or so later I feel the need to eat some of my words. This is because the nomination prepared earlier this year for listing Koala under the Environment Protection and Biodiversity Conservation Act 1999 and which was partly informed by preliminary consultation with a range of 'koala experts', reports growing recognition of and concern for the effects of disease on koala populations in South-eastern Queensland and Northern New South Wales.

The nomination also reported the Victorian and NSW governments both acknowledging disease being a threat to koala populations in some circumstances, particularly where they combine with other threats such as vehicle impact, predation by dogs etc.

Over recent years the AIDS-like virus in koalas known as Koala Retrovirus (KoRV) and Koala Immune Deficiency Syndrome (KIDS) which has been and continues to be a major research focus, particularly in Queensland, is becoming a little more familiar through media reporting. The epidemiology of the most well known disease, that which is associated with chlamydia, is still not well understood. Much less is the epidemiology of KoRV, nor the relationship, if it exists, between them.

As more koala wildlife



Dehlia and backyoung Denver were brought in from Goonellabah, where they were observed low in a tree. Despite extensive treatment locally and at the Australian Wildlife Hospital, Dehlia succumbed to kidney disease. Denver is doing well in home-care.

rehabilitation groups and scientists are testing the animals they are working with for KoRV its prevalence is being revealed. But while so many animals are carrying the virus, just in the case of chlamydia, not all show clinical signs of disease.

Symptoms of chlamydiosis include eye, urinary tract, respiratory tract and reproductive tract infections, which, in females can lead to infertility. AIDS symptoms are far more tenuous, diagnosis being based on two or more of the following clinical signs: ulceration of the mouth, labial ulceration, poor body condition/chronic illthrift (failure to grow), typhlocolitis, generalized or extensive dermatitis, disseminated cryptococcosis, other life threatening fungal infection and severe multifocal chlamydial disease.

Just why we see so many diseased koalas on the Northern Rivers is not yet understood. We know more because of the tests which are routinely carried out on animals coming into care these days as compared with years ago. Habitat fragmentation and degradation and their associated overcrowding and dispersal limitations probably play some part. I continue to stand by my claim of last November that a lot more work needs to be done on research into the disease factor.

Local Environment Plan

Turning now to another component of regional koala conservation and that is the Draft Lismore Local

Environment Plan (LEP) 2010, on public exhibition until 29 July.

The trouble with LEPs or any planning instrument for that matter is that they are hard going for the lay person. It is so tempting to ignore them but we do so at our own peril. The new LEP will replace the Lismore LEP 2000 so we should look at this present exhibition period as a once in a decade opportunity to have our say on the preeminent legal instrument which sets out, through zones and development controls, the type of development that may or may not be carried out on the land around us.

While there are some very positive aspects to Lismore's Draft, Friends of the Koala has concerns about its capacity to protect koala habitat and wildlife corridors in general and we will be submitting a response (as we have responded to the Tweed and Ballina Drafts).

We encourage everyone who is interested in the future of Lismore's native wildlife to take advantage of the Council's public consultation mechanisms including its website, and to put in a submission.

Information about koalas, their food trees, Friends of the Koala and how you can help our conservation effort is available at: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's (24/7) Rescue Hotline: 6622-1233.

Until next time, happy koala spotting.

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Country Energy's helping hand

Young koalas and other injured wildlife will have a better chance of survival following Country Energy's presentation of a portable humidicrib to the Friends of the Koala group.

Regional general manager Richard Wake said Country Energy had sponsored the Friends of the Koala for several years, also providing workers and equipment from time to time to help rescue stranded koalas.

"We know the Friends do a great job and we try to support them, and other community groups, where we can," Richard said.

"Our koalas do it tough and if the humidicrib helps to save just one young animal, it will have been a very worthwhile investment."

Group president Lorraine Vass said, "We are fortunate that the Northern Rivers community is committed



Lola Whitney, Koala Care Centre Co-ordinator (left) and Lorraine Vass, FOK President take delivery of the portable humidicrib.

to supporting our work to conserve the Region's wild koala populations.

"Without the help of enterprises such as Country

Energy Friends of the Koala's volunteers could not provide the services we have been delivering over the past 24 years."

PLANT OF THE MONTH

Narrow leaved Ironbark *Eucalyptus crebra*

Selected by Richard Burer
Project Officer, EnviTE

July is the time of the flowering gums with ironbarks and redgums starting off early, particularly on warm sunny slopes.

Eucalyptus crebra is a medium to large tree which grows to around 30+ metres tall. The long straight trunk and branches are covered with a hard, deeply furrowed bark. Narrow dull green leaves make a perfect backdrop to the creamy bright flowers, which are currently ablaze on the trees throughout the area.

This tree will flower well into spring and is a favourite of birds, such as lorikeets, and very popular with bees.

Narrowed leaved ironbarks are very common locally. A particularly interesting specimen of the similar broad leaved ironbark (*Eucalyptus fibrosa*) can be found north of Nimbin at Mebbin National Park.

Located about 3km south of Byrill Creek picnic area, the tree is a giant at 56m high and is estimated to be 400 years old - the largest of its kind in the world. (Unless something has happened to it in the few years since I last saw it.)

On the farm, ironbark grows well on fairly well drained soils though it is slower growing than the other local Eucalypts. It is easy to propagate from its pear-shaped



capsules, which can be harvested off the tree almost any time. Brown-black seeds can be sown in a shally sandy mix, such as Tabulum sand.

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by Robert Carroll, President
Nimbin Environment Centre

Welcome to the NEC news. Wow, how busy has it been!

We had our AGM in June, and members (pictured) were elected as follows

- President: Robert Carroll, Treasurer: Lisa Costello, Secretary: Sue Stock, Public Officer: Paul Joseph, Committee Members: Helmut Katteri, Hilary Wilson, Paul Joseph and Lisa Green.

We are in the process of organising a few sub committee groups which will be discussed at our next meeting so please come along if you feel you can add some ideas or would just like to join in.

Welcome to everyone and we would like to thank all who were in attendance to support our ongoing Local and Global issues.

The shop, which forms the foundations of the environment movement, is a great place to be part of. The finances are back up and people are coming in with their input and support.

It is all because the town of Nimbin has the spirit to survive and the reason is the common sense of community in Rainbow Land.

Current issues at hand: Gungas Road Logging, Gas, Coal, Nuclear, Bring Back Terania Shire, No GM Foods, Cows out of the

Creek, Nimbin Skate Park, Communications Tower on Rose Road and LEP.

As you can see we have a wide range of issues, so the more hands on board from our area the better.

Indian Mynas

Five people from Nimbin attended the Indian Myna workshop on Wednesday June 30th. It was hosted by Lismore Council and was extremely interesting and informative. All attendees left feeling eager to participate in the control of this invasive non-native species.

The Nimbin Environment Centre has received sufficient materials from LCC to make 10 Myna traps and has scheduled a working bee on Monday 12th July, beginning at 9am. The more people we have participating, the faster we can assemble the traps -- so if you are available to lend a hand, please call Hilary on 0448-334-327.

No Rally Group

We recently attended the first No Rally Group AGM, which was a great success. It shows the marvellous energy that can be created when people link up for life, even on an individual but collective course.

If there is any information you need or may like to give please come to the Nimbin Environment Centre.

Love and Peace to our Mother Earth.

Reversing GreenHouse with Carbon Mop Crops

by Wayne Wadsworth

Congratulations again to Nimbin, the crazy capital of Oz.

We all get down in the dumps when we witness the daily destruction and stupidity of the global ruling elite. So it's always heart-lifting when we read the front page of the *Nimbin GoodTimes* June Edition "Full Steam Ahead for Nimbin Community Solar Farm". Congratulations to Natalie, Paul and John for your hard work and passion.

It's common knowledge that we can rapidly phase out the fossil fuel power industries with current Solar, Wind, Biomass and Biogas technology. It's also well known the tremendous influence that the fossil fuel industry has over governments of all persuasions.

Unfortunately even the mass introduction of Solar and Wind power would have little effect on the amount of excess carbon in the atmosphere. What we need to do is to introduce carbon capture and sequestration farming.

Yes, I know, the eco-fascists will be screaming that I am advocating starving the masses so that the west can maintain their lifestyles, but this is nothing of the sort. Flat, arable land with good soils should be kept for intensive food production.



Photo courtesy Biomass-Nutzung

However, land that should never have been cleared can grow Biomass using bamboo, hemp and fast growing trees which can be used for green power generation via Pyrolysis, a process that produces green energy to be fed into the grid, and Biochar that can be sequestered in farm soils to increase soil carbon and soil fertility.

Keith Bolton (our local Industrial Hemp man) introduced the term Mop Crops to soak up treated sewage water. Keith got excellent results using both hemp and bamboo as a Mop Crop. Both plants have a myriad of uses and grow large amounts of Biomass per hectare under fertigation -- hemp about 20 tons per hectare and bamboo up to 100 tons per hectare.

Carbon Mop Crops

Beema bamboo (pictured) can take up to 120 tones of carbon dioxide from the atmosphere per year.

The bamboo can be put through a Pyrolysis electricity system where the energy is pumped into the grid. The Biochar by-product can be ploughed into the soil as a carbon sink.

The farmer gets paid for the amount of carbon taken from the atmosphere while grown, paid for producing green electricity and paid for sequestering carbon into the soil, meaning that the farmer is actually helping to Reverse Greenhouse!

Nimbin with its colorful culture is the best place to set up a model system for the above. It has:

- A sewage treatment plant that discharges treated effluent on the land.
- A high rainfall for growing Bamboo/Industrial Hemp.
- Good expertise in growing Bamboo/Hemp.
- Good expertise in feed-in electrical systems.
- Enough crazy people to make it work.

While a Biomass farm in Nimbin won't change the world, it will set an example that the world can follow. Go Nimbin.

For Mother Earth.

Inspirational Djanbung Gardens Open Day



Papermaking



Tech workshop



Q & A session



Scarecrow-making

After a brisk winter morning, basking in the sun at Djanbung Gardens Open Day proved to be a popular pursuit for the many visitors who came to participate in the activities concocted by the full-time vocational Permaculture trainees.

Children were catered for with Sandpit terra-forming, Face Painting and Paper Making while parents were able to listen to the various talks including Mangrove Maintenance, Peak Everything, Seed Crimes, Designing a Food Forest, Conscious Power Usage and Fungi.

There were workshops on making various types of bricks, Worm Farming,

Compost making, Natural Pest Control and Celtic/Moon Calenders. People were inspired and entertained while feasting on a range of gourmet foods wondering what the next exciting instalment of what Djanbung Gardens has to offer in 2010.

Short Courses

Our outstanding offering of the near future is a day of learning two very practical skills for those working on the land.

Bio-Char making, taught by Peter Gibson co-conspirator of Bodger's Hovel at the 2008 Lismore show, and Blacksmithing taught by Gilbert Louttit.

August 12th 9am to 5pm \$75/55.

For those deeply interested in mastering Blacksmithing there will be a full day workshop on Saturday 14th August with limited class numbers ensuring adequate attention. \$75 plus \$10 for materials.

Also offering next term are three short courses taught by local permaculturist and horticulturalist Janelle Schafer; Botany and Plants, Food Forests and Orchards, Integrated Organic Pest and Weed Management.

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- Blacksmithing Gilbert Louttit – Aug 14
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National Diabetes Week – 11th-17th July

by David Hoffman

Diabetes is a condition that arises when our body cannot process sugar in our blood effectively. This will cause irregularities and fluctuations of these levels to a varying degree.

As a result of this, the body can have conditions or problems occur ranging from low energy levels and general well being issues, to the extreme when not treated of fits and sometimes death.

Type 1 Diabetes

Type 1 diabetes is the condition when the body does not produce a regular flow of, or very little insulin (used to break down sugars in the blood to energy), causing the sugar levels to become quite high if not monitored regularly. This usually requires people to self administer insulin to maintain the correct healthy levels.

People with Type 1 diabetes also need to monitor or be aware of the signs if they have too much insulin and the sugar levels in the blood become too low. If this occurs, the usual procedure is to have small doses of high processed sugar to quickly bring the levels back up and to reduce the risk of complications arising.



Type 2 Diabetes

Type 2 diabetes is the condition where our body is producing the regular normal levels of insulin, but because of factors (usually eating and

exercise choices) our body is having to much sugar being transferred into the blood stream, which then cannot be broken down by the natural production of insulin.

This usually occurs over a period of time of not looking after our body. Other factors that can contribute are genetic history and certain medical conditions.

In Australia at the moment, almost 1500 people per day are diagnosed with this condition, and it is widely thought that for every diagnosis there is someone who has it but does not know.

Who is at risk of becoming a Type 2 Diabetic?

The main people at risk of becoming a Type 2 Diabetic are people who have a lifestyle where they are not as active as they should be, have generally poor

habits with nutrition when it comes to choices, and people who have an irregular work or lifestyle routine. Shift workers and people that are extremely busy, with poor sleep patterns seem to be at a greater risk than the average person. Add into the equation that some people will have a genetic tendency to be at risk, there are many people who will be diagnosed with or will go undiagnosed in Australia.

Exercise as part of the management of both Type 1 and 2 Diabetes is essential. It makes the process easier to monitor, leaves less risk of a person's condition worsening and becoming more life threatening and will keep you healthier and happier overall.

For those who are in a high risk category of becoming a Type 2 Diabetic, there is the opportunity to change your circumstances. Talk to your doctor, or contact your nearest Diabetes Educator (part of the Local Community Health Centres) and look at a plan or your options to reduce or eliminate the risk of becoming a diabetic.

For more information contact Diabetes NSW: 1300-136-588, email: info@diabetesnsw.com.au or go to website: www.diabetesnsw.com.au

Understanding Depression and Resilience

The Black Dog Institute is a not-for-profit, educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.

The Institute was formally launched in February 2002, and builds on the work of its predecessor, the Mood Disorders Unit, established 17 years earlier as a state-wide clinical research facility.

Black Dog Institute rural initiatives programme manager Chris Rule brought an insightful seminar to Southern Cross Uni on 17th June. 'Understanding Depression and Resilience' opened the door to understanding conditions that many of us will experience at some time in our lives.

Generally depression is caused by a mixture of 'pressure' or 'strain', which can be mild or severe, combined with a vulnerability or predisposition to depression, which, too, can range from mild to severe.

For each type of depression, there are likely to be different mixtures of causes. For psychotic or melancholic depression, physical and biological factors are generally more relevant. By contrast, for non-melancholic depression, the role of personality and stressful life events are generally far more relevant.

One in five Australians experiences a mental illness within a 12-month period.

In 2007, almost half (45%) of all Australians had experienced a mental disorder at some point in their

lifetime.

Depression is the fourth most common problem managed in general practice, according to data on GP activity for 2004-05. Mental disorders are the third leading cause of the non-fatal burden of disease and injury in Australia.

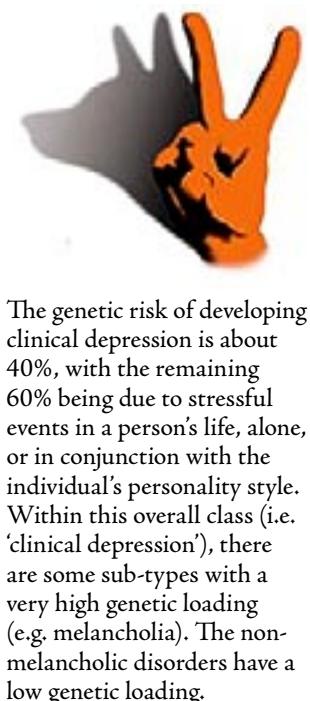
The World Health Organisation estimates that depression will be the number one cause of disability in both the developed and developing worlds by 2030.

The prevalence of mental disorders is highest among people who are separated or divorced, and lowest among those who are married.

Mood disorders (i.e. depression and bipolar disorder) are overall more prevalent among people in the 35-44 age group, while for women they are much more prevalent in the 18-24 age group, than for other age groups. In a major US study, the average age of onset for anxiety disorders (age 11) was found to be much earlier than for substance use disorders (age 20) and mood disorders (age 30).

People over the age of 65 are less likely than other age groups to report depression and may not acknowledge being sad, down or depressed.

Depression can be inherited.



The genetic risk of developing clinical depression is about 40%, with the remaining 60% being due to stressful events in a person's life, alone, or in conjunction with the individual's personality style. Within this overall class (i.e. 'clinical depression'), there are some sub-types with a very high genetic loading (e.g. melancholia). The non-melancholic disorders have a low genetic loading.

In 2007, unemployment was slightly higher for those with a mental illness than those without (4.0% compared with 2.7%) and this was true for both men and women.

Black Dog Institute offers a range of services, and can be contacted at Community/Consumer Enquiries: (02) 9382-4523 or www.blackdoginstitute.org.au

Locally, contact Alice Swan. Alice is a volunteer facilitating a depression support group in Lismore on behalf of the Black Dog Institute. Email alicesebestyen@hotmail.com

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The Victim Triangle

by Dave Reynolds



Unfortunately, abuse is all too common in adult to adult relationships and can take many forms including physical violence and threats, blaming, withdrawal or control of resources. I urge anyone who is experiencing abuse to seek help and support.

As a therapist I work towards empowering clients to make changes in their relationships by increasing their awareness of their part in the dynamic.

Behaviour in adult abusive relationships often consists of three roles, adopted by the participants at different times which feed each other in a painful and confusing cycle known as the Victim Triangle. The three roles are those of Victim, Perpetrator and Rescuer.

People in the role of victim believe that things are happening to them and that other people cause their pain. They experience disempowerment, low self esteem and increasing resentment.

Rescuers feel sorry for victims and guilty if they don't step in. They take satisfaction from solving other peoples' problems whilst carrying the expectation of gratitude from the victim. Their behaviour can unintentionally disempower victims further and create dependency.

Perpetrators act in their own self interest, angrily blaming and criticising their victims and threatening consequences if their needs are not met.

It is difficult to grow and take responsibility if we believe our options are limited to the roles in this triangle. Often, victims experience increasing anger and resentment until they perpetrate, creating another victim. They are then likely to feel guilty for their actions and attempt a rescue. This usually leads to a growing sense of disempowerment and resentment until they feel like a victim again. This cycle and variations of it are confusing and exhausting.

If we look at our family of origin, we can probably identify who typically played which role and if we look at our current relationships we may be able to see which we are predominantly playing now. Once we become aware of our part in the pattern, we

can change the whole dynamic by taking responsibility for our own behaviour.

Honestly looking at how we set ourselves up to remain in the victim, rescuer or perpetrator role is not easy and this is where a session with a Gestalt Therapist can provide support. One way to avoid slipping into the victim role is to ask directly for what we want.

When we don't ask directly, we are unlikely to get what we want without manipulating others (perpetrating). It may be that a certain relationship cannot meet our needs. I believe it is better to face this reality directly and either adjust our expectations or seek to make changes.

Choosing to remain in an abusive relationship will damage your self worth.

The way to avoid rescuing is to be clear about our motivation and expectations when we help others. I am particularly aware of my expectations and boundaries if I am helping someone and I find that I am doing more than half the work.

To avoid perpetrating, stop forcing or coercing anyone into doing something they do not want to do. If you want to develop trust and intimacy in your relationships then you will need to learn how to work together by negotiating agreements and honouring them.

These patterns of behaviour are difficult to see when we are caught in them. Gestalt Therapy sessions bring self awareness to unconscious choices, revealing pathways out of the Victim Triangle and can help to end the cycle of abuse.

Gestalt Therapy and Counselling sessions are available on Mondays at the Apothecary. For appointments phone 6689-1529. For other days in Nimbin and Lismore phone 6689-0426.



Dave Reynolds
Grad Dip Gestalt
Counselling and Psychotherapy

Nimbin & Lismore
02 6689 0426

Touchstone Earth

by Allan Lunare

It is my feeling that issues surrounding the masculine will become more and more pronounced on the Earth over the coming months. The sacred dance of masculine and feminine has been out of step for quite a few thousand years now. As the balance of these two forces begins to return, the old masculine that has been in power will harden and contract prior to its demise. This is how it is in the release prior to any breakthrough in personal work and so it will be on a global scale. I doubt it will be pretty.

We explored the energies of the masculine and the feminine at the last Earth Healing Workshop, a couple of days before the Winter Solstice. While discussing aspects of the masculine in our society and ourselves it was notable how disconnected we became from the Earth. We had just finished feeling the potency of the Earth coming up through the ground, so to become suddenly unaware of these energies was quite a feat. As soon as we stopped talking and being in our heads we realised that She was



there for us all along. The ever patient and loving Mother Earth.

To be deeply aware of the Earth is to acknowledge the Goddess or Divine Feminine. Later on in the workshop we were able to hold a discussion while keeping an awareness of the Earth beneath us present. This resulted in us feeling much calmer, more grounded and held.

And this is why it is so important for the masculine to maintain connection with the Divine Feminine. Without

this connection the masculine is ungrounded, loose and quite dangerous. The sacred feminine provides the holding and grounding that enables the masculine himself to transcend the banal and become deeply spiritual. They support one another in truth, but it is the Divine Feminine, which is the principle of all creation in this universe, that must provide the guidance.

Without this guidance we have a chaotic and destructive world run by the masculine. A scared and grief ridden masculine constantly trying to assert its power to feel safe. And a masculine that does not listen to the Earth because he has forgotten how to hear Her.

Praise be the Goddess that times are changing!

Next Earth Healing Workshop

'Celebrate the Earth' Saturday 24th June, 9:30-1 p.m., below Mt. Warning near Mavis's Kitchen.

Earth Work for Men

To register your interest for upcoming men's Earth workshops please get in touch via the contact details below.

For more information please contact Allan Lunare on 0432-047-432 or email: fishriddle@hotmail.com
In love for the Earth

Attracting Abundance



by Dr Elizabeth McCarell

M. Counselling, PhD Phone 0429-199-021

I am reading an extraordinary book at the moment called *Creating Money, Attracting Abundance* by Sanaya Roman and Duane Packer (2008). I am struck by the wisdom of the content and also how closely it follows the intention of counselling and psychotherapy, at least how I practice it.

One of the key affirmations in this book is this: 'To manifest what you want, intend to create it.' Roman and Packer continue, '...make up your mind that having what you want is important to you and that you are willing to put a certain amount of thought and energy into getting it. Your intent to have something directs your energy and focuses it on your goals.'

These words have an energy similar to that required in a successful batch of counselling and psychotherapeutic sessions.

Too often we wait for good things to happen to us, without realizing that we actually need to know more precisely what we want out of life. We need more information in order to even know what a good life means to us individually. Then we actively need to seek how we choose to live. Unless we do this with intention, we simply exist at a rather "blah" level of being: unfulfilled, anxious about the future, co-habiting with people that don't inspire us, working in jobs that may pay the rent but fail to stimulate us much, and just plain bored with life.

It is easy to get into a rut and not know how to move onwards. Counselling is useful in helping break the knots that seem to bind us. It helps in identifying what excites us and how we might explore a new, innovative and sparkly way of being.

Counselling also aids in confronting our fears and those emotions that get in the way of seeking changes in our lives.

Seeking ways to fulfil our potential requires us to let go of wishful thinking that bears little relationship to our actual talents, skills, and inborn capabilities. For instance, though I might have an interest in neurosurgery, I do not have the fine eye-hand co-ordination required to perform it. Though I might be interested in acting on the stage, I do not have the capacity for pretending to be someone else. Even though I love cartooning, I cannot draw well enough. These are dreams that can have no reality. My potential and my capacity to fulfil that lies elsewhere.

It can help to explore ideas about what changes we want to make in our lives with a counsellor. It helps also to come to know the reluctance and resistance, and the cause of those, in exploring other ways of living our lives. I am currently of the opinion that reluctance, resistance, and recalcitrance identifies the human being more than any other characteristic suggested to distinguish us from the rest of the animal world. We procrastinate to the nth degree so that either a decision is made for us or the whole thing fizzles out. Knowing what is going on for us thus becomes very useful in a bid to live an abundant life.

Attracting abundance to our individual life requires daily acts of trust. Trust is the intentional bridge between our mental state and the physical world. It connects us in the space between the conception of an idea and its manifestation. Trust requires listening within to a deeper knowing of ourselves and also a capacity to suspend judgement of what happens in the external world and then acting purposefully and clearly on what presents itself. Interestingly, and this

is described beautifully in the book above, when we begin actively focussing on what it is we want in life, opportunities come to greet us. Counselling, in helping us to think outside our habitual square and identifying through experienced awareness those resistances to leaving that safe but boring square and in assisting the building of trust, accelerates change and opens us to a more abundant life. The abundance discovered then becomes an abundance shared. This is the beauty of it.

I know, however, that the level of abundance is proportional to our capacity for handling it. I liken this fact to what occurs in pond life. The pond fish, koi, only grows in body length to a size proportional to the size of the pond. The greater the capacity for handling (without anxiety and resistance) abundance (including money), the more we can allow into our lives. This is not mysterious, nor magical in any way; it is eminently sensible. What we say "yes" to is what we agree to allow into our lives and when we focus on achieving that, we create an environment where such things can occur with

Dr Elizabeth McCarell, M. Counselling, PhD
Counsellor / Psychotherapist



- anxiety
- depression
- grief/bereavement
- personal growth
- cross-roads of life
- career choices

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Nimbin Hospital info

Nimbin Health & Welfare

Association

meeting at Old Hospital meeting Room
Tuesday 20th July
at 3.30pm. Phone
Helen 66891288
for any enquiries.

Womens Health

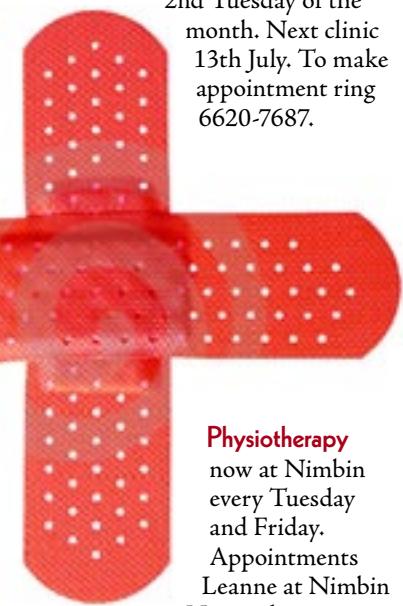
Nursing Service

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Appointments via
Leanne at Nimbin
Hospital 6689-1400
or Helen, Community
Nurse on 6689-1288.

Nimbin

Immunisation Clinic

held at Nimbin Hospital,
2nd Tuesday of the
month. Next clinic
13th July. To make
appointment ring
6620-7687.



Physiotherapy

now at Nimbin
every Tuesday
and Friday.
Appointments
Leanne at Nimbin
Hospital
6689-1400

Podiatrist
coming to Nimbin soon,
Watch this space.

consciousness and acceptance.

Actively accepting abundance depends on valuing, honouring, and knowing ourselves. It cannot be any other way. Counselling helps in building a sense of self value, esteem and awareness of interests, skills, talents, as well as hopes, dreams, and a sense of excitement in pursuing them into the life beyond. Joy can begin here.

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New Energy Activity

by Daniel Keszler

Loving Greetings dear Readers. I trust you all enjoyed a perfect time according to your vibrational level.

This month I will try to sum up the latest developments regarding the EMF Balancing Technique. Will and I have enjoyed facilitating the work to many recipients with very individual results and processes developing. It has proven to be a powerful modality, a means to create, induce and accelerate ones own evolution in a wholesome way. One's own inner wisdom creates changes according to one's highest good, and that might not necessarily be what one wishes for consciously, but be assured, everything is in perfect order.

The first four Phases create a greater charge in your energy anatomy, unify your Chakra-System, accelerate and continuously calibrate your being at its highest possible stable vibration and your awareness can easily encompass multidimensionality. Well, that can leave your mind slightly unsettled, but no need to panic, remember, just love it and know that you are doing fine.

Will and I have recently been to Sydney again and have undergone the next block of training with our teacher Debbie Morris to enable us to facilitate Phases V-VIII. These next four Phases work with the first 44 attributes of (Self-) Mastery. The Sessions become more individually shaped, since the recipient sequences these attributes, 12 per Phase, in the first part of the Session.

We work with a second set of longitudinal fibres of energy around the body, closer to the core and we work with energy points which will empower these attributes

in the recipient. Further templates of light and energy are activated and some of the Phases hold optional "extras", which can be added according to the recipients wish. Sounds exciting and it is.

Now, there is more. Will and I have also received Phase XIII. We are able to facilitate it to anyone who wants it (at our own discretion) and it is free of charge. Phase XIII is a culmination of all twelve Phases in a quantum sense. We are coming full circle. Phase XIII enables a recipient to then start with Phase I, V or IX. You see, we are working with groups of four. So if you think Phases I-IV is not for you and you really want to get stuck into "Master in practice" work, you get a Phase XIII and then jump to Phase V, if we agree.

This is subject to individual consultation with who ever you like to work with. Watch this space or contact us if you are interested in this since it is possible to facilitate Phase XIII for a whole group of people at once, it is like a guided active meditation. And we have already placed Intent to do this in the near future.

This was a lot of information and we are only too happy if you come and talk to us about it and/or try it. I will further elaborate on Phases V-VIII next month.

I am still available Wednesday to Friday at the Nimbin Apothecary for Remedial and Deep Tissue Massage,

Dry Needling, Structural and functional bodywork and Holographic

Kinetics. I have a Practice room at Coffee Camp, where I'm available Mondays, Tuesdays and Saturdays, I can also do home visits. I am running a New Energi Gong class at the Community Centre on Thursday morning 8.45-9.45am sharp. Further enquiries: Nimbin Apothecary 6689-1529, Coffee Camp 6689-9249, Mobile 0419-182-989.

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Ayurvedic Info

Last month we talked about the stages of disease and ended by saying prevention is better than cure. So this month we'll talk about the plant known in India as "the home pharmacy" – Neem (*Azadirachta indica*) – Sanskrit name is Nimba. Every part of the Neem tree is used in medicine – leaves, seed, bark, roots and twigs are all used in the form of oils, powders, pastes etc, and is added to soaps, toothpastes, as well as being used as a pesticide in agriculture. The taste of Neem is very bitter and alkaline so a little goes a long way.

Its actions include broad spectrum antibacterial, anti-inflammatory, antifungal, antiviral, febrifuge, antiemetic, anthelmintic (worming), contraceptive, antifeedant (stops appetite in insects and parasites). Externally it is used for skin diseases and disorders such as eczema, urticaria, ringworm, itchy skin, boils, vitiligo, rhematism and inflammation general. Disorders it assists in include diabetes, long term inflammation, acidic conditions, hepatitis, jaundice, haemorrhoids, digestive disorders such as ulcers, gastritis; hypertension, gingivitis, dandruff, acne, candida, chlamydia, herpes, warts, fever and more!! Is it any wonder India fought (and won) to prevent American pharmaceutical companies attempting to patent it?

The latest scientific research involving immune factors points to immunomodulatory polysaccharide compounds in the bark appearing to increase antibody production as well as a cell-mediated immune response, the body's first line of defense. Neem seed oil acts as a non-specific immunostimulant that activates the cell-mediated immune response by activating macrophages and lymphocytes. This creates an enhanced response to any future challenges by disease organisms.

The leaves purify the blood, therefore cleansing the liver and skin which has been shown to be useful in treating hepatitis. Tea made with the leaf has been shown to significantly decrease blood glucose levels. It also significantly decreases blood cholesterol levels lowers blood pressure and strengthens the regularity of the heart beat and increases the blood supply to the heart itself. One of the beauties of neem is the lack of side effects and the long term safety of its use. Vata aggravated individuals need to be careful though as it will further aggravate their condition in excess use.

Here's some handy ways to use Neem at home:

Insecticide and antifungal in the garden: 1 part Neem seed oil, 1 part liquid detergent, 50 parts water- mix and spray on foliage. No withholding periods, more effective when used prophylactically. Reapply after rain.

Anti-depressant and CNS sedative: 1/4 teaspoon neem leaf powder, 1 teaspoon shatavari and 1 teaspoon tulsi or dried basil, boiled with cup of water. This is comparable to diazepam, without the side effects and possible addiction.

Neem leaf tea is a great facewash for acne, pimples etc and will help with chicken pox itch. You can also put a dot of the seed oil directly on the pox blister.

Any infection or fever, take the tea and it's a great throat and mouth gargle.

Growing the tree on your property will alkalise the soil around it but remember it is frost sensitive.

We have Thursday clinics and bookings can be made at the Nimbin Apothecary on 6689-1529 or by ringing John on 6689-1794 or Helen on 6689-1717

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Sun, surf, sand, whales and Nature Deficit Disorder

by Tarang Bates

The gentle glassy waves reflected the crisp blue sky. I would not have believed that I would be dancing around in ecstasy, throwing water into the sun and diving beneath the waves in the middle of winter... but there I was, it was superb. Many of us mountain dwellers have an affinity with the ocean and many of our coastal friends have an affinity with the mountains... making our choices years ago for various different reasons. We both yearn at times for those other environments that nurture our "souls" and we are blessed to have extended families around the mountains and oceans to visit.

We stood on the warm sand, our bodies glistening in the sun, a whale elegantly gliding through the water hardly more than a few meters from where we were swimming – this was bliss, a perfect excuse to wag school and work!

Our children, due to our lifestyle generally have quite a large involvement in nature. I recently came across a description of a 'syndrome' – "Nature deficit disorder" a growing problem in society for children and adults, where there is no room for just hanging around in nature. Children are kept busy – homework, schoolwork, after school activity, technology in all shapes and forms keep us occupied and stimulated.

All good but where is the balance? – Putting your feet on the earth, sitting under a tree, playing in the garden. I watch the young children on our community, climbing trees – pretending to be goanna's, preparing faerie feasts with precious stones lichen flowers and bark, running around collecting nuts and fruit. Children moving to high school in Lismore from a small



local primary school, being looked at sideways while sitting together on a small patch of grass – it didn't take too long for them to be indoctrinated into the concrete culture!

Recently a mainstream news magazine ran an article aimed at educating the masses – titled "50 ways to save the world". Of these

'50 practical ideas to help you live a greener life', around

2/3 we have been living as a way of life for the past 30 years, the rest are mostly not relevant to us living away from the city. This is a good thing – people becoming educated. We can be proud that it is second

nature for us to live our lives with consideration for the wellbeing of the earth and environment. A little acknowledgement wouldn't go astray, considering the amount of criticism directed toward us, our social values and lifestyle over the years.

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Cantharis and a wide range of other homeopathic remedies are available from Nimbin Homeopathics – for more information contact Tarang 02 6689-1452 tarangbates@yahoo.com.au

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Fashion Focus

HoneyCut costumes on stage in the Byron Bay Theatre production of Cabaret.
Photo: John W. McCormick

by Honey

One of the benefits of being a designer involved with the Nimbin Fashion Show is the wonderful exposure you receive with the DVD of the show. It's a great resource, and a source of inspiration.

While working at Lismore Bridal, my friend and model Emily Sexton met the Director Anatoli Frusin, a friend of Michael Gates, the owner of Lismore Bridal.

Anatoly was looking for something special, late twenties style with lots of bling, three costumes to be worn by his leading ladies for the performance of the song "Money" in the Byron Bay Theatre Company's production of Cabaret at the Byron Bay Community Centre in May.

Both Michael and Emily suggested that Anatoly may find what he's after in the HoneyCut Roaring Twenties Range.

I sent Anatoly the Nimbin Fashion Show 2009 DVD, which he watched

with the cast of Cabaret. They all loved the costumes, and after several fittings and adjustments, such as strengthening shoulder straps and changing sizes (something that is easy to do in mesh), the costumes were ready for the show.

With my HoneyCut label, I have had a long history in costuming in the local theatre community, from costuming for 'Beach' at the Rochdale Theatre in 1981, 'The Byron Bay Ishtar Bellydance Theatre' in 1992, 'The Omelet is Out' at the Big Space at the EpiCentre, Belongil in 1993, 'The Quicken' at the Tin Shed Theatre at the Byron Bay Conference Centre in 1993, and both The Tin Shed Theatre's Production of 'Hamlet' and 'The Bitter Tears of Petra Von Kunt' in 1993-4, as well as others.

Since then I have been concentrating on clothing collections, but I am also available for dance and theatre costuming and creating that one-off glam/fantasy wear for that special occasion. To contact, email me at honeycut@live.com.au

Cook's corner

Recipe of the Month



Salmon Frittata

This is a great lunch for school holidays, or a main meal on weekends.

Ingredients

15g butter
1 onion chopped

2 spring onions chopped
½ green pepper chopped
1 leek white part only
chopped
1 tomato chopped
150g smoked salmon
chopped
4 eggs
¾ cup milk
Salt and pepper

Method

Melt the butter in a frying pan, add onions, leeks and peppers, cook for 4 minutes.

Add tomatoes and salmon, cook for 1 minute cool to room temperature.

Place eggs in a bowl, add milk, salt and pepper and whisk, then add salmon mixture.

Pour into an ovenproof dish, cook at 180c for 25 minutes or till firm.

Until next month enjoy,
love, Carolyne.

For information call Carolyne
at the Coffee House Nimbin
on 6689-0590

Bowen Therapy, a genuine Australian product

by Tonia Haynes
Bowen Therapy, Spinal Realignment, Pranic Healing, E.F.T.

As we helplessly watch this beautiful land being gutted of its resources by them who don't give a damn, we have also been reading and hearing lately about the manipulation of the words, 'Australian product' featured on our food packaging. Often, we find after a little research, the product we have faithfully bought in the belief that we are supporting the food producers of this country, is not from Oz at all.

So, in these exciting, but sad days where the shadows of Babylon appear to have manifested over this land of milk and honey, it is good to reflect on what is still true blue in a land that used to pride itself on its ability to be honest and fair.

Bowen therapy, with its amazing success stories of increasing muscle and skeletal flexibility, its ability to counteract digestive problems and eliminate pain, in both humans and animals, is one hundred percent Australian in origin.

It will probably never be fought about in the boardrooms of Parliament House, because the supply of its potential feelings of well being, created by gentle precise movements on the body, can only ever belong to all of us and will never run out, as long as there is a Bowen Therapist not too far away.

And thankfully, it can only ever be environmentally sustainable because the desire of every good Bowen therapist is to sustain those they treat, into a better future.

Fortunately, as the knowledge of the benefits of this bona fide Oz product grows, more and more people, who have a genuine desire to help others are learning the practice of Bowen Therapy from professional and efficient facilitators, who themselves are long term Bowen Therapists, still practicing in their own clinics.

We can look forward to a future where Bowen Therapists will not only be bountiful, but excellent in their practice of assisting others to feel more comfortable in a pain free body.

Bowen was created by a man called Tom Bowen. A strapper for the Geelong AFL team in the 1950s, he was encouraged by an infallible curiosity as to what makes the human body function in a healthy way.

For thirty years, in Victoria, Australia, he assisted thousands of people toward a pain free existence. In a room at the back of a friend's house, he used gentle movements which somehow relaxed muscles and made the spine and attaching bones move as they are supposed to.

Over time Chiropractors, Osteopaths, Masseurs and Doctors were forced to swallow their skepticism as they observed the positive results of his work on patients, who they had been unable to help.

Because of this, at first reluctant recognition, Tom over the next thirty years, right up until his death in the 1980s was observed and assisted at separate times by twelve professional practitioners. Most of who had university degrees in their own field of good health management

The continuing interest and enthusiasm of these twelve professionals created five schools of Bowen Therapy. They have different names but they all stem from a man who never stopped researching on how to make others feel better.



Therefore, they all have high success rates in improving the health of others.

I have been fortunate in that I have full qualifications from two of those schools. One called 'Fascial Kinetics' and the other, 'The Bowen Technique'. I am about to experience and learn the subtle differences used in the Bowen therapy techniques of a third school, 'Smart Bowen.'

I began my clinic career in the late 1980s as a Remedial Masseuse and Kinesiologist and still use a certain amount of both techniques in my healing work today. But my love for the positive and sometimes amazing results of Bowen therapy, which I first discovered in 1994 have lead me to channel a large amount of my desire to always learn more, toward that particular healing modality.

For me and for other Bowen Therapists I have met, Tom Bowen was an Aussie who truly created a positive difference in this country for people who wish to experience greater feelings of well being. I am very lucky to be able to pass on that experience to others today.

I am in clinic in Nimbin, Tuesdays and Saturdays. Phone for an appointment now at: 02 6689-0240 mobile 0439-794-420

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