

Blue Moon shines brightly

Words and pictures by Pampussycat

Blue Moon Cabaret nights never fail to delight, offering a fine selection of quality performers.

The evening opened with the sultry songbird Sadie Jones, accompanied by Harry Freeman's profound piano. Poet Robin Archibold challenged audience perceptions, weaving pictures with his words in a farewell performance. "Archie" and his wife, Jodie, are making the move to Queensland, land of peanuts and pineapples.

With an hilarious piano duet, with song and movement, Vasudha and Jem had four hands on the keys at the same time. The pair synchronised, tantalised, and made athletic changes of position – all without missing a beat.

Claire Gardener combined gymnastic skills with five hula hoops, a dazzling visual display with burlesque overtones. Renee Searles enchanted the room with her sweet ukulele love songs and ditties.

Local poet and writer Christine Strelan probed deep places with poetry that was intriguing and sometimes grotesque. Christine offers writing classes through the Nimbin Adult Learning Centre. The Barkers Vale Brothers came down from the hills with banjo, guitar and a box of songs straight out of the cowbails.

After the break, the piano came to life as Ivy Lucille sweetly sang some of her originals, before wordsmith David Hallett shared a couple of his poems from his recently released book. Tuntable Falls Circus balanced and tumbled in a skilful display of fluidity. Our local circus troupe always has something exciting and refreshing to offer.

The comedy of Akmal Saleh had the room echoing with laughter. Akmal takes a sideways look at life, sharing anecdotes of his past, an Egyptian boy growing up in Sydney's west. Akmal has performed in Nimbin over MardiGrass to packed cafes.

The evening wound down with the wonderful music of Somersault, and dancers took to the floor before disappearing into the deep Blue Moon night of Nimbin.



Some of the many highly accomplished performers on the bill in November were (top to bottom): Tuntable Falls Circus, Sadie Jones, Claire Gardener and David Hallett.

Funds raised are used for the upkeep of the historic Nimbin School of Arts Hall.

Uki puts festival foot forward (and shakes it all about)

by Festival director Natascha Wernick

Ukitopia Festival 2010 was a free three-day community festival in cool November weather which attracted 1500 people, with performers ranging from the kids of The Fiddler's Creek Children's Theatre and Uki Public School, to retired bus driver Betty Brims.

The event began on Friday evening with a special performance in the Holy Trinity Church by Loren, Murray Kyle and Bill Jacobi, accompanied by 13-year-old Kalyani. At the Mt Warning View Hotel, locals danced to Apple Jack, Johnny Mac and Loose Tuesday.

Throughout the day there was a wide variety of street performers and circus acts.

Wendy Grace's choir performed at the Uki Farmers Markets, followed by a show of musical wealth from the Uki Public School. The tiny performers of the Fiddler's Creek Children's Theatre had their first opportunity at performing for their community.

New 12-year-old local superstar Indigo Collins-Cook (pictured) played an incredible solo guitar that stopped everyone in their tracks. The look of surprise on his face when he finished his first piece and heard the 300-strong crowd go wild was priceless.

Lacey Marie, punk band Maman-ti, MC beat boxer Bernie Van Tiel and Lifeline all showcased their talent on the main stage, while in a more sacred space, music by Elias Harmony and Martin Proctor, Laneway and Michael Fairley and friends wowed crowds in the Holy Trinity Church. The afternoon finished with the funky tunes from the Deckchairs.

Around sunset, as the Uki fruit bats began their flight and the rainbow lorikeets screamed in the bunya pines, the opening ceremony began.

The opening ceremony, funded by Festivals Australia, involved a performance directed by Hamilton Barnett (of Cabaret 360 fame) and with realistic costumes created by Katrina Gudgeon and her team of volunteers.

The tea party leaders, Sue Mckenna and myself, entered the space from a giant teapot lantern with panels covered with the community's wishes.



Photos by Cameron Pitcher (top) and Vibrant Imaging

The tea party involved characters representing many distinctive characters from our village, joined by a flock of birds (children). The wishes of the community were then read and sung out before the large crowd and the ceremony culminated in the crowd then being led to the front of the Uki Hall for the tunes of Carmelia McWilliams and the *Images Of Uki* exhibition.

The main stage featured Lil' Fi and the Famous Four, Imandan, Wirebird, DJ Suttie and finished late in the night with Uki favourite DJ Pulse moving the dance floor.

On Sunday, the main stage welcomed more performances from crowd favourites Tuppenny Opera, Ivy Lucille, Mantle Peace and Djambouki, Andrea Soler, and Deya Dova.

At the smaller market stage, the full crowd was treated with subtler sound of Tiff Norchick, Gabi Bliss and Jig Jam. Bruce Ray transformed the market stage into an Elders' sharing space with short performances and a special audience from Heritage Aged Care.

The festival provided an important economic annual boost to the Uki community, with the market stallholders and Uki supermarket recording an increase in sales. Sixty-two people were employed leading up to and during the weekend, and there were over 50 enthusiastic and dedicated volunteers.

The people of Uki were amazed, entertained, inspired, and within walking distance of their homes. How do you describe the magic when a community of large hearts and conscious living come together to appreciate and celebrate our community? *Ukitopia!*

Women's Dinner – lots to talk about

by Pampussycat

Women from the Nimbin area recently came together for a candlelight celebration, the annual Nimbin Women's Dinner at the Nimbin School of Arts.

Volunteers came from as far as Lennox Head to participate in a night of sharing and laughter, with beautiful affordable food, cooked with love by Libby's Kitchen of Lennox Head.

Entertainment was provided by MC Lil Fi, the Tribal Belly Dancer Troupe, poetry by Jane Treasure and Biskit, and a performance by Diana Anaid.

Diana spoke of her childhood, the strengths and struggles of her life

journey, and the importance of the support and love of her community.

Sophia Hoeben spoke of her own journey, which she details in her new book, *The Accidental Radical*, which is now out (see page 17).

Information was also shared about a range of resources available for young women in our region.

Women's Dinners have been held every November for the past few years, co-ordinated by the Nimbin Neighbourhood Centre, and for this one, special thanks is due to Gail M. Clarke and her helpers.

The dinners are open to all women. Be sure not to miss out on it next year!



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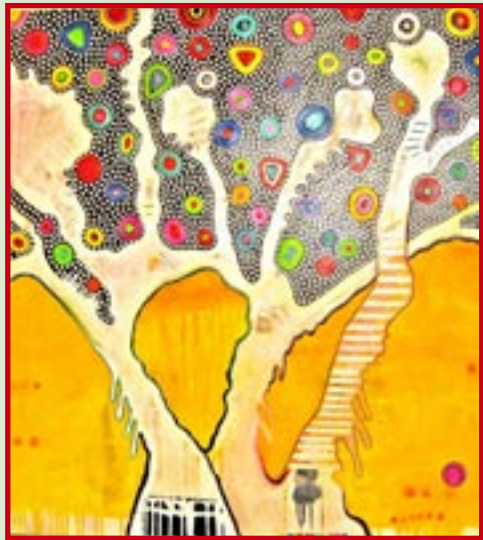
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Nimbin Artists' Gallery presents... Festive



Joy, fun, colour and drama are all on offer at the Nimbin Artists' Gallery in December.

Participating artists include Rob Harle, Donna Sharam (painting at left), Gilbert Laurie, Ros Parry (diptych 'Pink Swans' below), Christine O'Brien, Janet Hassall, Mac McMahon (digital print 'The Last Supper' above) and many others.

What will you find under the Xmas Tree?



Clockwise from above: 'Helas and the paperbark nymph' by Gareth Deakin, 'Macbeth' by Stuart Cussons, 'The feather' by Fiona Shadwell, 'Stormy Seas' by Lynda Clark, 'Doggy Shoebag' by Cherie Shadwell and 'Old, old stories' by Marita Kohl.

Blue Knob Hall Gallery's magic – Yum yum yum and cha-cha-cha



by Len Martin,
Arts and Gourmet Food Correspondent

Myths & Magic

The festive season approaches – the time when we celebrate the summer solstice and New Year with rituals derived from ancient pagan celebrations of the Northern hemisphere's winter solstice.

It is thus appropriate that the Blue Knob Hall Gallery's final exhibition of the year (and first of the new year) is Myths and Magic, open 10am to 4pm, Thursday to Sunday, December 9th until the end of January.

The official opening is at 6.30 pm, 10th December, with dinner to follow if booked (6689-7499).

As always there will be exquisite and affordable gifts for sale, as well as larger and more expensive items for any local millionaire-cum-billionaires.

Artists and Friends Lunch

November 25th saw the gallery's new dining table filled for the year's final Artists and Friends Luncheon, scrumptious food (and wine), sparkling, erudite conversation, and the backdrop of an exhibition of Paul Roguszka's exquisite cabinetmaker's art.

The previous Saturday saw the gallery's cafe-verandah packed to overflowing for the first of the long-awaited Farmer's Market yum-cha luncheons (right). Those of us who overflowed into the gallery proper had the added delight of eating to the joyous musical accompaniment

of Julie Metcalf's violin. The gallery has wonderful acoustics, and the sonority and rhapsody of Julie's playing was magical.

There is continuing to be good attendance at the Farmer's Market with much great produce for sale, including the region's very best seedlings. Yum-cha will continue to feature every Saturday at midday for \$15, but you really must book ahead to get in as numbers are limited to 20.

In the best of all possible worlds, you may also be privileged to enjoy Julie Metcalf's musical artistry.

Happy Pagan Festivals

The gallery's final event of this year will be the Christmas Eve's Farmer's Market, 4pm to 8pm on Friday 24th December, with the cafe open for light refreshments.

The gallery will be closed over the Xmas period, re-opening on 6th January.



First solo show for Blue Knob Hall Gallery



The opening of the woodwork exhibition *The Northern Rivers Years* at the Blue Knob Hall Gallery was a gala event.

It was the first time the gallery has staged a solo exhibition, a collection of fine furniture by woodworker Paul Roguszka.

It is rare to have an exhibition of woodwork that features precious cabinet timbers, displaying such craftsmanship and design.

The Northern Rivers Years has attracted lovers of



woodwork from around the region.

In his official opening speech, local woodworker Andrew Kavasilas spoke of

how this collection would cause a meltdown in the galleries of New York and London, and how people travel the world in search of pieces such as those on display in this tiny gallery in the foothills of the Border Ranges.

The exhibition is open Wednesdays to Sundays, 10am to 4pm, until Sunday 5th December. For a private viewing and to speak with Paul Roguszka, please call 6689-7329.

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Koala Kolumn



by Lorraine Vass

When koalas move on the ground from tree to tree they are vulnerable to encountering dogs. In the past few weeks Friends of the Koala has rescued several koalas that have been in people's backyards or on small acreages where a dog has been roaming. In most cases the koala (in one case a mother and back-young) has come to a sad end.

No matter how docile you believe your dog to be, dogs and koalas don't mix. We often hear comment by dog-owners that their dog doesn't seem to be interested in chasing a koala. In our view the risk is too great to take the chance. Often unknowingly to the observer, a dog can inflict serious and even fatal injuries on a koala. In many cases the koala looks unscathed with little or no external sign of injury.

What is going on inside is another matter. It takes very little for a koala to be severely injured by a dog - as little as being picked up in the mouth, a quick bite on the back legs or just being chased up a tree. In all these cases, assessment by a veterinarian is essential. A koala's skin is very thin and their organs and bones very fragile so they are easily prone to internal injury such as crushed or broken ribs and punctured lungs and infection. Like any wild animal a koala is very good at hiding pain.

If there is any suspicion at all that a dog has been close to a koala, we urge people to contact Friends of the Koala immediately making sure that the dog is contained until a rescuer arrives to assess the koala's condition. If left untreated any wound inflicted by a dog will mean a long and painful death for the koala.

Back now to the saga of Koala's nomination for Federal listing as vulnerable to extinction and Minister Burke's continuing silence on the matter. The Minister may have nothing to say but on 17 November Senator Bob Brown delivered on his pre-election promise and successfully moved for a Senate inquiry to assess the threats to and management of koalas across the country.

The Senate Environment, Communications and the Arts References Committee will commence the inquiry early next year and report by 1 June 2011: The Terms of Reference will be the status, health and sustainability of Australia's koala population, considering:

- The iconic status of the koala and the history of its management;
- Estimates of koala populations and the adequacy of current counting methods;
- Knowledge of koala habitat;
- Threats to koala habitat such as logging, land clearing, poor management, attacks from feral and domestic animals, disease and roads, and urban development;
- The listing of the koala under the EPBC Act;
- The adequacy of the National Koala Conservation and Management Strategy;
- Appropriate future regulation for the protection of koala habitat;



Roxy, a two year old male, was ravaged by a Bull-Arab cross Mastiff at Swan Bay in early November. The consequence of the attack is a lengthy recuperation managing his pain and wounds. We hope he pulls through

h. Interaction of state and federal laws and regulations; and

i. Any other related matters.

Whether or not 17th November becomes a turning point in koala conservation remains to be seen. In the meantime we are pleased that Lismore Council's plan to draft a Koala Plan of Management (KPoM) for south-east Lismore is a step closer with expressions of interest being sought for membership of a Stakeholder Reference Group which will provide knowledge, information and comment into the Draft KPoM (closing date 17th December).

Christmas being just around the corner, you may be thinking of shopping for presents. Friends of the Koala's *Support-a-Koala* program is a thoughtful and satisfying gift for both giver and receiver. You can choose a koala from the gallery on our website, or better still, involve the person to whom you are giving the gift by getting them to choose the koala they would like to sponsor. We also offer gift vouchers to the amount you nominate from the Friends of the Koala Plant Nursery, a range of koala-motif jewellery and other merchandise, as well as wildlife Christmas cards designed and illustrated by Caroline Carter and Di Stockbridge of Wildcare Queanbeyan.

Friends of the Koala does not receive recurrent government funding. We rely on our own fundraising efforts, sponsorship arrangements, membership subscriptions and the success of our grant applications. Clearly we couldn't do what we do without the endorsement and support of the regional community so when it comes to purchasing those presents, think how you can benefit Friends of the Koala as well.

Wildlife rehabbers are on call 24/7, 365 days a year. Over this Festive Season, spare a thought for those wonderful individuals who voluntarily forego a drink and even leave their Christmas lunch to attend to a distressed koala or other critter.

Information about koalas, their food trees, responsible dog management around koalas, Friends of the Koala's *Support-a-Koala* program and other gift ideas 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.

Seed savers sustain species

A watermelon described in gardening magazines as "magical", "a fairytale delight" and "evocative of a living galaxy" was almost lost for present day gardeners. This "Moon and Stars" watermelon is speckled with tiny yellow splashes (the stars) and a single, lemon-sized, butter-yellow "moon".

In 1975, Iowa residents Kent and Diane Whealy, founded a Seed Savers Exchange. In chance conversations over garden forks and compost, Kent began to hear about a beautiful, starry melon - but no one had ever seen it. So he started searching... The Moon and Stars watermelon first appeared in seed catalogues in the late 1800's and was still being offered to gardeners in the 1930's. Kent poured over old planting catalogues, drove hundreds of miles to interview elderly gardeners and hunt through abandoned, overgrown vegetable farms. He appealed via newspapers and radio for any information. All to no avail... the glowing, mysterious melon was nowhere to be found and Kent pronounced it lost forever.

In 1980 he was regretfully reporting this extinction

during a TV interview. As fortune would have it, Merle Van Doren, a farmer near the small town of Macon (about half the size of Kyogle) in Missouri was watching. He knew very well Moon and Stars wasn't extinct as he'd been growing it, saving the seed and re-planting it, for decades!



So Moon and Stars was saved - and went on to become a poster-child for the American seed saving movement. Seed savers all over the world, including Australia, have helped re-establish this glorious melon!

The Nimbin Seed Exchange doesn't have a Moon and Stars watermelon story - yet. However, we still see some very interesting plant material being swapped and traded. At our last get together there were climbing hyacinth beans (originally

from Africa), enormously prolific, that handle the wet season with ease; a strain of cherry tomato that has been selected at each generation for taste; purple Perilla (so-called "Japanese basil"); Italian tomato seeds bought over from the old country many years ago; an unusual variety of Madagascar bean that none of us had seen before, and many more.

Members are on the lookout for different varieties of snake-beans (not the ones sold by Eden) and styrian hull-less pumpkin (the seeds don't have husks and can be eaten raw and pressed for oil). However, any seeds, cuttings or planting material you have to swap is valuable for the Seed Exchange.

We're trying something different for our summer get-together. We'll be having a stall at the Blue Knob Farmers Market, from 10am to 11am on Saturday 11th December. Blue Knob is 8km north-east of Nimbin on the Blue Knob road.

Why not drop in, do your market shopping, browse thought the Gallery's current exhibition, have a coffee (or lunch) in the Café and bring your seeds to swap - what a great Saturday morning's outing!

PLANT OF THE MONTH

Narrow leaved Lilly Pilly (*Acmena Smithii* var. *minor*)

Selected by Richard Burer
Project Officer, EnviTE

The narrow leaved lilly pilli has attractive creamy white flowers and edible, deep mauve berries that can be used to make jam. Its leaves add to the spectacle as new growth is red or pink.

Solely restricted to the riparian zone, the narrow leaved lilly pilli is found lining creeks and rivers. It should not be confused with the larger leaf form of the common lilly pilli, which more often than not grows in elevated locations, such as the top of Blue Knob.

The narrow leaved form holds our riparian vegetation and soil intact in this highly dynamic environment.

The purple berries are attractive and readily regenerate under the small tree. This species is a must for those trying to restore vegetation along creek banks. The tree is hardy and reliable and grows at a reasonable rate.

Try propagating your own seeds when the fruit is available in late summer to early autumn.



Growing to generally about 5 metres high, it tolerates a wide variety of soils and is accepting of full sun or part shade, and can handle all but the most severe frosts. It can be grown as a hedge or shrub, although the largest recorded specimen was 30 metres high.

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by Robert Carroll, President
Nimbin Environment Centre

Climate Camp

The bus has been filled with 22 people who will be venturing down to Muswellbrook and staying at Lake Liddell Recreation area.

The site is adjacent to Bayswater power station and in view of large open-cut coal mine pits. Bayswater Power Station is equal alongside Erraring Power station on the Central Coast, as being the largest emitter of CO₂ in the nation. Bayswater is also a proposed site for building 12 new power stations in NSW.

The Hunter Valley has 24 open-cut mines and 10 underground mines, this is just the Hunter. Coal is a filthy resource, and it needs to be left in the ground. It is great to see we have a full bus load of activists from Nimbin that are able to make the journey to give the coal industry a bit of a shake up and provide them with the message "that we don't want dirty coal we want clean energy."

Great website set up by the Greens is <http://noneucoal.greens.org.au> if you would like to do further research for yourself.

Prospective Gas Mining at Keerrong

Arrow Energy have conducted exploration drilling for coal seam gas in the Keerrong Valley during the year.

Arrow Energy have had drilling rigs drill vertical holes down to underground coal seams and have sent the samples away for further testing, to validate if the gas at the site is sufficient enough to justify a commercial operation.

As we all know this is yet another Dirty Government Resource to fill their bank accounts up.

We have seen drastic effects from underground coal gasification. It leaches carcinogenic chemicals into the underground aquifers and bores.

Keerrong Valley and surrounding areas have set up a antigassquad to drive away the company and can be contacted via email on antigassquad@hotmail.com

We also have a current petition in our shop for all to sign.



Paul Watson signs Lisa's copy of the Byrill Creek Dam petition.

Sea Shepherd

The 2010 whale season has now commenced, and whales are making their way from their resident breeding grounds to the food rich Antarctic Ocean.

We at the NEC recently attended a Sea Shepherd event held over in Byron Bay at the Brewery. Captain Paul Watson was in attendance and informed all of dire straights that our oceans are in, but some positive facts were gained. The 2009-2010 whale season was the first time ever that they saved more whales than the Japanese killed. Japanese slewed 505 piked whales and The Steve Irwin Crew saved 528 whales including 49 endangered fin whales and 50 humpback whales. The hard work of Sea Shepherd has put a hole in the Japanese whaling fleets as they have not returned a profit in five years and now owe around US\$200 million in loan subsidies to the Japanese Government.

Paul informed us that the blue fin tuna, the fastest fish in the seas, the cheetah of the ocean, an extraordinary warm-blooded fish of great size, will be no more within a few years unless the trade in its flesh is ended. They are a large fish, avg weight 600 lbs and maximum 1,600lbs can dive to depths of 3,280ft with an average size of 6-8ft but can get to 21ft. It is also a very fast fish that can swim upto 62mph. I found these very interesting facts, so thought I would share them with you.

You can support Sea Shepherd by purchasing products from our shop. NEC donates all proceeds from the goods to Sea Shepherd from our sales so you can be assured that your money is going straight in the hands of Sea Shepherd so they can continue to save lives in our oceans.

Love, peace and harmony
from the NEC

Twilight Farmers Market on Christmas Eve

The Blue Knob Farmers' Market will be holding a twilight market on Christmas Eve.

This chance for shoppers to fill their pantries with fine fare for Christmas will be a festive occasion with live local music, carols, dances, and plenty of laughter and fun.

The usual range of high-quality products will be on sale, as well as some special Christmas treats: wood-fired sour-dough breads and scrumptious tarts, a range of vegan and gluten-free pies, pastries and treats, homemade tempeh, sauerkraut and other fermented



products, dukah ... the list goes on.

Free-range organic eggs, high-quality seedlings, delicious natural ice-cream and Nimbin Valley Dairy's camembert, feta and blue cheeses will all be available. There will also be handmade egg pasta stuffed with seasonal vegetables and other goodies.

Stallholders are invited to join the fun by contacting Peter Calkin on 6689-7004.

Good coffee, cake and light meals will be available at the café during the market, and it is worth noting here that on normal Saturday market days bookings can be made for a \$15 Yum-Cha meal which starts at lunchtime after the market.

The Blue Knob Gallery will be open and hosting an exhibition called Myths and Magic, a themed exhibition which will include many small and affordable Christmas gifts.

On the music front, the market now has its own PA system and stage. Talented local performers have been taking the stage recently, and the twilight concert will showcase some of their talents. Hetty's choir, The



Barkers Vale Brothers, acrobats and performances from local school children will also be performing, and there will be the chance to sing some of your favourite Christmas carols.

The market will begin at 4pm and go through to about 8pm, so mark it in your calendars now. Until then, the market will be running as normal every Saturday from 9am to 1pm at Blue Knob Hall and Gallery. See you there.

IF YOU HAVE A MOUSE, GET VEGETABLES

EcoMart, the first co-op in the Southern hemisphere where producers and growers sell directly to consumers via an online shop, is now operating in Lismore.

The sorting centre at Goonellabah was recently opened by the Lismore Mayor, Jenny Dowell.

Fresh locally grown produce and a range of locally made goods can be ordered and picked-up at Goonellabah, Alstonville or Ballina. The co-op wants to extend the pick-up points to Dunoon, Clunes, Rosebank, Goolmangar, and Nimbin, and is looking for volunteers available from 5pm to 6pm every second Friday.

Volunteers are also needed to do home deliveries in their area. Call 6628-3305 if you want to help.

Detailed information

about where grocery items come from and how they are produced or grown, is available on-line. See www.ecomart.net.au for more information.

Certified biodynamic or organic, naturally grown and conventionally grown produce are available, along with meat, cheese, eggs, seedlings, candles, soap and craft items. The co-op handles anything grown or made in the Northern Rivers. To give shoppers a complete range of groceries, non-local goods from ethical Australian producers are available to fill in the gaps when no local products are available.

The internet shop is open, and goods can be ordered on-line and then picked up or delivered once a fortnight. There are hopes for a weekly service in the future.



New book no accident

Local author Sophia Hoeben has documented her journey from Dutch migrant kid in Adelaide in the 1950's to activist in Nimbin now, in her only-just fictionalised auto-biography, 'The Accidental Radical'.

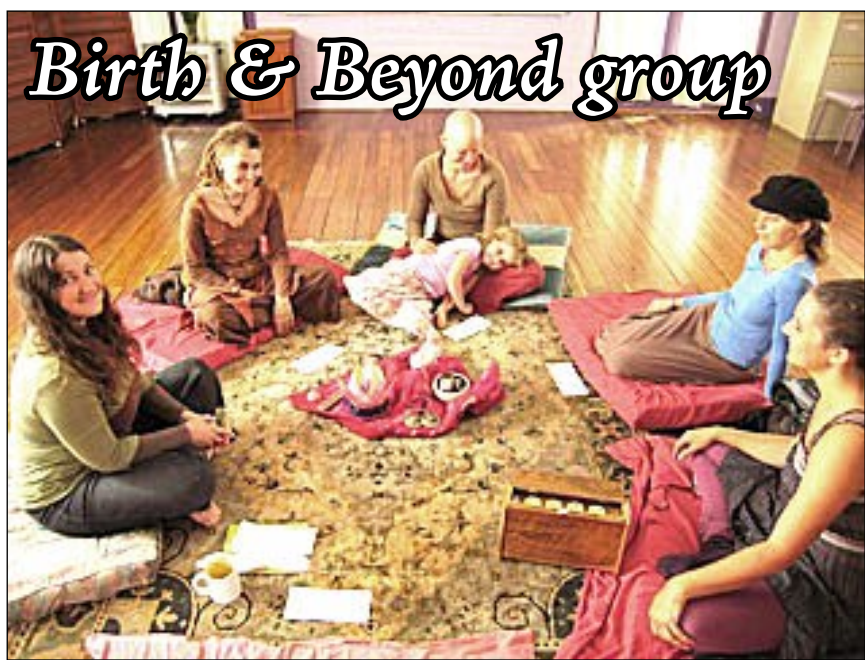
"We're still fighting the same issues now," she said.



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November at Birth and Beyond was lots of fun!

We explored labyrinth drawing as a form of meditation. *The Big Stretch* (insights about birth by Jenny Blyth and Alieta Belle) was screened again. We were invited to explore sound and feel the vibration from within and listen to the harmony we created.

Activities continue to be scheduled so that each Friday morning (11am-12.30pm), Birth & Beyond opens up as a place of connecting, supporting and sharing. We welcome everyone – pregnant women, mamas, children, doulas, midwives, practitioners and birth enthusiasts.

If you have something to offer to the group, please email or phone Kirrah so that you can hold one of the upcoming sessions! Phone 0429-308-851 or email kirrah@wholistic.com.au

YoGA: To Breathe or Not to Breathe – ‘There is no question’

by Sam

The rains have pulled me from the belly of Winter and thrust me in to the new beginnings and re-birth of Spring.

Spring for me is normally a time of observing the beauty and colour in my garden, fireflies and enjoying the warmth and the awakening of my body after a slower Winter.

I must admit this Spring has been a little different, instead it has been a process of deep self enquiry and letting go. It has been a mixed experience of resistance/despair and surrender/love. Life can be a bit like that, ups and downs, challenges and joys, love and loss and at times it can be

pretty challenging to navigate.

The question is, “How does one mindfully process these challenges in life?” ...**Conscious Breathing...** The teachings of YoGA have once again nurtured and guided me, breath is life force (prana), life force is spirit and our very connection to self and all things.

In the physical practice of YoGA (asanas), one of our main focal points is conscious breathing (pranayama-breath control). The breath is a very powerful healing tool for the body, expanding and opening areas of locked tension and bringing awareness to areas that are dull or blocked. Through this conscious connection with the breath you become more aware, more



present and ultimately more at peace. With full focus right now become aware that you are breathing. How did you feel? Where were your thoughts? The breath will guide you from a place of busyness (mind/body) to a place of peace and presence.

Try it out, even for just 10 conscious breaths/day and see how you feel. If the breath is agitated then you will probably feel agitated, if the breath is slow and deep you will feel relaxed and content, so use your breath, it will guide you and reveal to you honestly your current mental, emotional and physical state.

Donna Farhi says, “There is truthfulness to the breath. When I listen to the intelligence of the breath, I feel I am being guided by something much more reliable than my mind, my ego or my ambition. The breath is a reminder to stay present. It’s only in this simplified state that you can get a feeling for

what’s going on physically, mentally, emotionally and energetically.

Once you’ve done that, it’s more likely that your practice will help you find some semblance of balance. Then when you go out into the external world, it stands to reason that you will be able to act more skillfully.”

I have taken these words deeply in to my heart as a way to consciously navigate the ebbs and flows of my journey in this life. I am grateful to have been reminded once again that this powerful time is an awakening, a calling to step-up and be the change. To actually live it and breathe it, to take action rather than just reciting Ghandi’s words – “Be the change you wish to see in the world”.

Sam is a Certified Yoga Teacher running classes at Birth and Beyond, Nimbin on Tuesdays (9am and 5:30pm) and Fridays (8.30am), Phone 02 6689-7055. (On holidays from 18/12/10 to 31/1/11)

Anger in Relationships

by Dave Reynolds

Anger is a human emotion that has a bad reputation.

We all feel angry at times and anger is a natural energising response to having our boundaries crossed. Some people frequently experience their anger, for others it remains just under the surface in the form of unspoken resentments. Anger arises deep in the body in the liver and it wants to be expressed, moving towards the surface and into meaningful contact with whatever we are angry with. It emerges from the body at the extremities, through the mouth, eyes, hands and feet, we want to shout, cry, point, hit or kick out at the world when we are angry. In our relationships with others, if we lose control of our anger we can cause serious damage.

I value intimacy and safety in my relationships and in order to cultivate these qualities I need to take responsibility for my feelings and how I bring them into contact. Unhealthy ways of bringing anger into relationships include making or implying threats, intimidating others verbally or physically, undermining or repeatedly criticising others and also by simmering and sulking. These patterns of behaviour may have seemed effective in the past, however if we are seeking connection with others then it may be time to learn new ways of handling our resentments.

Many people have understandable fears about expressing strong emotions and there are cultural restraints around the honest expression of resentment, dissatisfaction and anger. The fact remains that if there is unspoken resentment in our relationships then we can either acknowledge it and address it or ignore it as if it is not there. Choosing to ignore the truth of our experience invalidates us as feeling human beings and prevents us from being seen in our distress. Relationships based on such denial of feelings struggle to attain deep intimacy and secret resentments create a minefield of taboo’s. Sooner

or later someone is going to wander across the territory and step on something nasty.

There are healthier ways to deal with resentment and anger and they begin with self awareness. The first stage of this awareness is to learn to notice the level of our resentment as it fluctuates. I use a scale of 1 to 10 with my clients, where 1 is mildly irritated and 10 is explosive. Expressing anger cleanly at 10 out of 10 is really difficult and at this stage we may need to withdraw and channel our aggression into doing something physical. What helps is if we notice ourselves when we are around 5 out of ten and rising, then we can identify our options and take responsibility. The key to cleanly expressing anger is to use sentences that start with ‘I’. If I say ‘You made me angry when you did that, you never do anything right’, I am initiating a conflict. The language that works is more like ‘I am feeling angry and I need to talk about something’. A response that helps is ‘I can hear that you are angry’.

Underneath anger, there is usually some pain. It may be the pain of not being seen by another, or of simply not getting what we want. With growing self awareness, we may risk being more honest in relationship by making a statement such as ‘I felt hurt today when you ignored me in front of those people and I feel angry when I think you don’t want to be seen with me.’ If we want to be understood in relationship then we need to be willing to offer our experience to the other, open to taking a risk and allowing ourselves to be vulnerable. Such self disclosure is not easy and you may still not get what you need. You will however have taken a step towards an authentic relationship which includes your experiences of anger and resentment.

Dave works as a Gestalt Therapist and Counsellor at the Nimbin Apothecary on Mondays (6689-1529) and at Jera House in Lismore on Wednesdays. For appointments in Lismore or on other days in Nimbin, phone Dave on 6689-0426.

Djanbung celebrates the Solstice



Neil Pike fronting Pagan Love Cult

It’s that time of year again, the sun approaching its zenith and the sounds of summer in the air, and on Sunday 19th December the Summer Solstice will be celebrated in style at Djanbung Gardens.

Solstice is a time for celebrating the abundance of nature and human creativity. The gardens and canteen will open at 6.30pm, serving delicious ethnic food featuring local and organic produce. Entertainment begins after 7pm, and the traditional Celtic sunset ceremony will mark the seasonal cycle and its significance. Later there will be the annual candle launch.

Following the ceremony, the party continues with the ethnic sounds of Sheik Yatoush and The Nomads, Robyn Francis (pictured above) – EarthSong, and the extraordinary multimedia Pagan Love Cult. Then it’s time to chill through the shortest night of the year. Firesticks and toys welcome.

This is the 17th Summer Solstice event at Djanbung Gardens. Cover charge \$10/\$7. Proceeds from the evening will support Permaculture College Australia Inc, a non-profit vocational training and community education in sustainable living and design.



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Dave Reynolds
Grad Dip Gestalt
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Nimbin & Lismore
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At the Edge

by Dr Elizabeth McCardell
M. Counselling, PhD
Phone 0429-199-021



When the tears of a lost relationship, or any significant loss at all, exposes the ancient edge of existence, the place of unanswerable questions, we know the edge of meaning/meaninglessness has been reached. It is like teetering on the last rock before the yawning black abyss. We look down and feel engulfed in the inexplicable. What is the meaning of life? Where do we go from here?

I know this edge very well, and know when my clients are there too. This is the edge of existence as we know it; the familiar is no more.

What now? We cannot go back, and going forward is stepping off the edge into the unknown. I cannot write, "unknown vastness" for I do not know its size, or if it even can be measured. It's "possibility," it's "potential," yes, but how, why, what?

When the edge is known, and I suspect we have all experienced this at various times, we can certainly draw back, grab a beer, turn up the radio, or follow each excruciating filament of our own fear to apprehend the nature of our own despair and see what possibilities arise. This is a scary place. Is this apprehension a stepping off into space? Yes, I believe it is.

Some people have faith, some have trust, some have other philosophical beliefs or religious stories about this walking into abyss. For myself, this is the time not to take refuge in ideas, nor engage in fabricating happy endings before the work is actually done. It is too easy to imagine the fulfilment of a hero's journey, but such imaginings have a hollow ring, like when you tap a plastic version of a grail cup. The actual work must take place, and I value working with people as they begin or continue that profound work.

The trouble with our over enriched cultural environs is that we know much about happy endings, and heroic journeys, and mythical places, but don't well know the hard work that is required for even for the stories to exist. It is

ultimately ineffective to half-heartedly do a bit of this abyss apprehension work, keeping in mind all the while a vision of finding the grail. No, the work is in facing full on the gaping horrifying mouth of the abyss: going in there, terror-filled, and not knowing what next. Grail quests are mere stories; the unknowing is real.

I have seen among my clients those who have short circuited the actual work. A tell-tale sign is a tendency to verbalize a fantasy place, or to draw a happy fantasy situation where opposites are miraculously cojoined – all the while demonstrating an out-of-sortsness with their immediate experience of being here, now and in relationship with me. The journey, or dark night of the soul, or leaping the abyss cannot be fabricated.

The risk, as I write this, is that the language and imagery of the Grail quest and that of St. John of the Cross' "dark night of the soul," or even the "abyss" will be substituted for what actual encounters of the edge a person has. This is an existential place essential unique for each person who finds themselves there, when the familiar veils of life are wrenched down.

The fear of falling is great and it is natural to want to cling to anything, anybody, any activity that is around, and yet, such are distractions to the work of apprehension. St John of the Cross, Spanish mystic and monk of the 16th century, writes of detaching oneself from the things of the world, but he also writes that doing this aligns oneself closer to God. I suggest, instead, to take the psychic plunge (not physically) without religious or ideological support and enter into unknowing; experience that and see what happens for you. There is potential, possibility, excitement, discovery, a new way of being (or not at all); there is the unknown.

Audit confirms old-growth logging in Doubleduke forest

NSW State Forests have gutted Doubleduke State Forest, including harvesting in Endangered Ecological Communities, and they appear to be systematically taking any saleable stick of timber, no matter if it should be classified as old growth, according to the North East Forest Alliance.

NEFA spokesperson, Dailan Pugh said, "In the last 12 months NEFA have undertaken three detailed audits of logging operations at Yabbra, Doubleduke and Girard State Forests, which have been written up and provided to the regulators. These included breaches in Compartment 144."

37% of compartment 144 was mapped as being old-growth forest in 1998. Of this, 65ha was logged in 2002, 25ha is now proposed for logging, and 200ha is shown in the harvesting plan for protection. "There is little tall old-growth forest remaining in coastal



Logging in Compartment 144
Photo: Jim Malecki

areas. This makes it even more important to protect what is left," Dailan said.

"In Compartment 144, we did confirm that at least some of the mapped old-growth is indeed old-growth. We estimated some giant trees to be over a thousand years old."



Work is proceeding on establishing the Nimbin Men's Shed.

A working team visited the site and did some serious measuring up and is now in the process of creating a series of artists' impressions, so that we can show the Community Centre Board what we are considering.

As well as creating these preliminary sketches, we are also looking to put together a "building philosophy" that will clearly state the ethos underpinning how we will

build the shed.

Such things as sustainability, comfort, integration with the village and consultation will be included, among other things.

At the moment we could really do with the services of a volunteer artist to help us prepare our sketches.

If you feel you could lend a hand with this or you want to get involved please contact Martin Gill on 6689-7255 or lillianrock@bigpond.com or come to our next meeting on Monday 6th December at 6pm at the Bowlo.

"Cup of tea in half an hour"

by Kathy Stavrou

This is from when I was about 9. I'm 61 now, so this was back when trains puffed like kettles, and if you put your head out the window, you got grit in your eye. The trains were panelled in silky oak, and had photographs of touring spots on their walls.

My family lived near the railway line at Austinmer, on the NSW South Coast. You could hear the trains chuffing back and forth, the passenger trains blowing their tootling whistles and trailing their plume of steam, the great big coal trains panting through the night, dragging what seemed to be a mile of clanking coal trucks.

One day I remember, my family went by train to the Wharfies' Picnic at Towradgi. I had my pet rat, which hid under my shirt collar, to the revulsion of my aunty.

There was as much icecream as you could eat, it was in little cups and was served out of big green canvas coolers; there were sack races and I guess, plenty of sausages sizzling.

Finally it was time to climb on the train to go home. "Cup of tea in half an hour", said my father, this being the family saying. But oh, no, in the gathering dusk, chuff, chuff, toot, toot, the train rattled through Austinmer Station; we could even see the tantalising lights of home as we clanked and rattled by. We had accidentally caught a train that wouldn't stop until Sutherland, at least 40 minutes away! Even my pet rat started to look a bit wilted.

"Well, we'll have a cup of tea at Sutherland," said my mother comfortingly. But oh, no, when we got to Sutherland, we only had two minutes to run over the bridge and catch another train back again! And this train didn't stop until Thirroul, one stop past Austinmer, so we had to wait for our cup of tea for even longer.

And after that, I remember, my rat died.

I still say that, "Cup of tea in half an hour" when I'm on my way home, always crossing my fingers when I say it.

Nimbin Hospital info

Health Notices

- **Nimbin Immunisation Clinic** at Nimbin Hospital, 2nd Tuesday of the month. Birth to 5 years, by appointment only, through Lismore Community Health, phone 6620-7687. Next Clinic Tuesday 16th December.
- **Nimbin Womens Health Nursing Service** every 3rd Thursday of the month Free and confidential for appointments ring 6689-1400 or 6689-1288 Helen/Gail.
- **Podiatrist**- Michele Bevis at Nimbin Hospital on Wednesdays. Appointments are made directly to Michele on 6679-4020.
- **Physio at Nimbin Hospital** Tuesdays and Fridays. Phone Community health 6689-1288 with any enquiries.
- **Seasons Greetings** from Nimbin Community Health – Helen, Gail, Sharon, John, Gilly and Robyn.

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The Warrior's Path

by Daniel Keszler



Today I want to write a little about the philosophy of the Warrior's Path.

The warrior tradition is found in ancient cultures all over the world. I draw on the warrior tradition mainly from two cultures, the Tibetan Buddhist tradition and the American Indian tradition.

The warrior tradition is a way of life, a way to see the world and understand the world and a way of how we deal with the world. As a warrior we are rarely violent, we learn to see the world as a challenge, we don't divide it into good or bad. We recognise the immense suffering in the world and we know that there is a way to go beyond suffering. We strive towards enlightenment or liberation.

We seek freedom from the limitations of the self, and so we investigate the self. We recognise that we have to start with ourselves and if we are victorious, slash through all self deception and self identification and are truly liberated, then we have the power to assist others.

The world is like a battlefield and there are five enemies to overcome, namely ignorance, attachment, aversion, pride and jealousy. These are led by two Generals: fear and hope. If we can go beyond these, we arrive at a place where we find peace, sanity and unconditional love.

Out of that come the three most profound qualities of all creation, the primary ground of all there is, including our true origin and nature: truthfulness, compassion and forbearance. When we embody these qualities permanently within ourselves and think, speak and act accordingly, we are assimilated to the true nature of the universe. Then

we return to the battlefield out of our boundless compassion and serve the world to assist in the liberation of all beings.

This is the true aim of all the warrior traditions in the world and the true aim of martial art traditions., where we learn truthfulness through posture, centredness, groundedness and decisiveness.

We learn compassion through appropriate response, calmness and respect and we learn forbearance through receiving, discipline and humility. All the weapons training aims to slash through the net of illusions, to pierce the bubbles of ones mind and through the partner exercises, we learn equality, learn how to deal with any situation economically, compassionate, appropriate, peaceful, we learn to create liberation on every step of the way in the inner world and the outer world.

This can give you a little idea of the Warrior's Path and may lead you and all beings towards liberation.

My next workshop: "The Warrior's Path" will be held on the 18th December at The Living Arts Sanctuary.

It is a whole-day workshop and we will practice many exercises to harmonise and increase the energy within you.

Please give me a call if you would like to participate on 6689-9249. The cost is \$50 for the whole day, from 9am to 5 or 6pm, BYO lunch.

Finally, as it is the last NGT this year, I express my gratitude and appreciation to all the people I have interacted with, and everyone else as well, and wish for you all to find eternal happiness and peace and liberation swiftly.

Blessings, Daniel.

Ayurvedic Info

This month we thought we'd talk about one of our favourite herbs - turmeric.



In Sanskrit it is known as haridra, and is one of the major ingredients in eastern cooking and gives curries their characteristic golden colour. It is antibiotic, anti-inflammatory, a mild stimulant, tonic to the liver and skin, healing (externally and internally - it stops bleeding), and gets rid of intestinal gas.

It reduces Kapha, and in excess will increase Pitta and Vata, and works on all tissues. Its antioxidant properties are considered to be equivalent of both vitamin C and E. One of the main active ingredients, curcumin, has been shown to have a protective effect against certain cancers and research is ongoing.

One interesting finding is that when given with water, turmeric is poorly absorbed. However, given the traditional way, with some form of fat like butter or ghee, its absorption is substantially increased. It has been shown to decrease incidence of skin cancer, with India having one of the lowest rates in the world.

Turmeric helps the body process fats and proteins, having an anti-atherosclerotic effect ie it cleans the blood vessels of plaque build-up, stops it oxidising and balances cholesterol. It helps lower blood pressure. It also helps strengthen digestion and improves bowel flora, making it ideal for chronically ill or weak people. It purifies and warms the blood, stimulating formation of new blood tissue.

It is effective for cleansing the chakras (nadi-shodana), purifying the channels of the subtle body. It helps strengthen the ligaments and is therefore good for the practice of yoga. Turmeric is said to give the energy of the divine mother and grants prosperity. Externally, it can be used with honey for sprains, strains, bruises and itch (just remember it will stain things bright yellow).

Commonly taken as a warm milk decoction to treat all of the above, it makes a pleasant nightcap. You can, of course, add some cocoa for extra flavour. Chemically, turmeric works like aspirin and can treat some forms of pain, being much gentler on the liver than panadol. Because of the liver and skin effect of turmeric, it is useful in eczema, psoriasis, dermatitis and acne. It also helps gastritis, colitis, irritable bowel, dyspepsia and ulcers, by increasing the mucous content of the stomach, decreasing inflammation and stopping any bleeding.

Hemorrhoids also respond to the astringent nature of turmeric, which can reduce the swelling, stop bleeding and strengthen the blood vessel walls. It has the ability to stabilise collagen, which makes it an excellent tonic for all connective tissue, not just skin. It is an ingredient in some of the treatments that we use for skin such as ubtrans. Powdered turmeric works well on leach bites and cuts to stop bleeding and speed healing.

When cooking, heat your ghee, pop your seed spices, add onion and ginger, and as the onion is browning add turmeric and cook in the ghee. This allows it be absorbed more fully.

Turmeric, as all the ginger family, grows well around here and can be an attractive part of your garden, as well as a nutritious one. Dig up the tuber when it dies back, always replanting a little for the next year, and dry or use fresh.



Merry Christmas, Happy New Year and Joyous Solstice!

Appointments to see us can be made at the Nimbin Apothecary on 6689-1529, or by ringing John on 6689-1794 or Helen on 6689-1717. Gift vouchers are available at the Apothecary.

Green Mischief... Intuitive Life and Homeopathics

by Tarang Bates

"Green mischief" is how the Australian Christian lobby describes the push for full marriage equity for same sex couples.

How did this eventuate - this idea that people considered to be "green" or "hippie" are treated as mischievous children, or not mature enough to be able to have a valuable relevant opinion, or stance in society? This typifies the attitude we regularly have to endure because we choose to live in Nimbin - as though we are a bunch of recalcitrant adolescents who don't have the right to be taken seriously!

We may be just a tad recalcitrant... we often have different values, attitudes and opinions, and generally not prone to compliance... if our conscience or intuition tells us otherwise... however we still deserve respect, recognition, and the right to be taken seriously, as do people who choose same sex relationships.

Trusting your intuition, inner knowing, following your instincts - but not carrying it so far over the edge, that you believe your knowing is the only knowing - that changes it to dogma. Living intuitively is acknowledging that we, at the very intrinsic core of our being...beneath all the layers of learned, character traits and idiosyncrasies, essentially have a grip on the bigger picture and the reason for being.

A little effort every day supports and nurtures a healthy inner life. If we ate unhealthy food every day, we would soon become sick - so it stands to reason that if you prefer a healthy inner life it is necessary to respect and nurture yourself. There are as many ways of nurturing your inner life as there are individuals - dance, music, prayer, contemplation, meditation, writing, swimming, walking, communing with trees and animals to name a few - every one of these has a myriad different expressions...find your own groove. Even 10 minutes in the zone, contributes to your wellbeing.



In the words of David Myers "There are few stronger predictors of happiness than a close, nurturing, equitable, intimate, lifelong companionship with one's best friend." This does not depend on sexual orientation...but on the ability to give and receive love.

HOMEOPATHICS

MERCURIUS: Is used for tonsillitis, sore throats and swollen glands. The throat is dark red and tonsils swollen. Breath could be quite smelly, often with a metallic taste and heaps of saliva. Tongue may be swollen and mouth ulcers forming around the cheeks, or gums.

HEPAR SULPH: Is used for sore throats and tonsillitis with abscess developing. Throat feels as though there is something sharp caught in it, breath could be smelly and the person feels sensitive, chilly and shivery.

PHYTOLACCA: Sore throats, swollen glands and tonsillitis which are hot and red. The pains radiate into the ears and are often worse on the right side.

BELLADONNA: Very hot, sore, red throat, tonsils and tongue - which may have a coating down the centre. Pupils may be dilated and neck stiff with a headache and a high temperature.

All these remedies have their own personal characteristics and modalities... which are qualities that make the person better/worse, any regular times or side of the body that is affected.

For more information on these remedies, a wide range of other Homeopathics, first aid kits, travel kits and Colloidal Silver - contact Tarang at Nimbin Homeopathics on 02 6689-1452 tarangbates@yahoo.com.au



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Fashion Focus

by Christina Chester

Congratulations to everybody involved in the 8th Nimbin Fashion Show.

Yet again a spectacular event which drew a large and enthusiastic audience to the village.



Thanks to a very smooth working team of experienced, lovely people, the show was a professional acoustic and visual feast. Brought to life by our beautiful, vibrant models of all ages and sizes, strutting the catwalk every year with more experience and confidence.

16 local designers presented their newest, fabulous collections, in a very Nimbin style fashion. Lots of color, music and fun...

Good to see the Nimbin textile students, the Wollongbar TAFE students and quite a number of other promising young designers participating for the first time. Well done!

Many of the unique garments were of high quality and made from interesting materials, natural fibres, or created from recycled materials. What a great way of using valuable resources.

Nimbin Fashion is our expression of the free and untamed, creative Nimbin Spirit. Nimbin is



the 'Alternative Fashion Capital'.

I hope you enjoy the pictures shown, all taken by Thorsten Jones.

A DVD of the show will be available very soon in retail outlets around Nimbin and at *Sum's Recycled Fashion*, Lismore – a great Christmas present to send to the family.

If you are interested in any of the designers' work or the CD of Thorsten's photos, please check your program for contact details or e-mail christina@ccdesign.biz or phone me on 0427-326-790.

Bowen Therapy and Injury

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



Spring has sprung a leak this year; a tricky leak at that, because it keeps coming and going, first in one place and then another and no one really knows where it will leak next.

Hence our gorgeous shed and its well-respected innards, at the moment is subject to the indignity of mere, wet undergarments on a regular basis.

To make matters worse, Spring is supposed to be the time for doing things. With stuff from the shed.

"Oh well," we reflect gloomily, as we peer through shoulder-high grass to watch the ornamental vines, which overnight have become ferocious, giant monsters and are busily wrapping themselves around the plumbing and the timber for the new verandah, "It's good weather for weeding."

Weather aside, our physical health is also tested in the Spring.

Injuries such as sore backs, frozen shoulders, crook legs, knees and hips etc, all scream with neglect as we attempt to obey the call of Spring industries, encouraged by the beady-eyed looks of 'them others', to "do something useful." On one level one cannot blame others for being irritated when we don't perform at an expected level of physical capability. After all they aren't inside our bodies to experience what it feels like and if they haven't experienced similar pain, one is forced to forgive them their ignorance, albeit reluctantly.

I personally think that our own hidden guilt and the irritation from our peers when we are under par, stems from centuries of the fact that being physically incapacitated in any way meant potential death and

not only for ourselves.

If the bloke wasn't capable of bringing home the board, it often meant the whole family ended up in deep pig poo, and if she was disabled, usually the kids suffered for her folly.

Illness created an anti-survival burden for all, so any injury was denied as much as possible.

Fortunately, in those days most died at the young age of 35-40 years, so their suffering was short lived.



Today we are blessed with long life and many different ways to attend our injuries, but we are still inclined to view injury as something acutely visible.

Bloody flesh and bones that stick through the skin are classified as injury, as are surgical operations, or severely swollen limbs with torn tendons and ligaments. And it is generally accepted that these injuries will take time to heal after the appropriate treatment.

Unfortunately, chronic, long term, stiff and sore bones and muscles, which don't work the way they used to, often go unrecognised as actual injuries and therefore are not given the time to heal after the appropriate treatment, whether it be chiropractic, osteopathic, physio, massage, or gentle Bowen Therapy.

But it is actually a mistake to believe that the pain you have been putting up with for such a long time is something other than an injury.

The pain is caused by muscles contracting at the wrong time or nerves not functioning as they should. This in turn tears the tiny fibres that make up muscle and bone and creates deep internal inflammation, as the body attempts to fence off the injury.

After treatment, when all is hopefully returning to its correct function, the gravel rash is still there in the form of torn fibres and inflammation, and like gravel rash, needs time to heal.

So it is not a good idea, even though one feels so much better after one or two treatments, to return home to mow an acre of lawn, weed the botanical gardens or put the new verandah on the house.

Rest is the best cure for any injury.

Nevertheless, our actions of disregard for our body may well have something to do with the innate feeling that injury is dangerously anti survival and if we don't get better quickly, the relatives on their next trek north will leave us behind languishing in the frozen snow, minus tucker or a doona.

Fortunately help is at hand. A mixture of Bowen Therapy, Spinal Realignment and Pranic Healing will assist you to once again be injury free.

Love Light and Laughter!

I am in clinic Tuesdays and Saturdays. Call now for an appointment: 02 6689-0240, Mobile: 0439-794-420.

Cook's corner

Recipe of the Month

by Carolyne



Baked Buttermilk Cheesecake

This is an all-time favourite, always welcome at festive get-togethers.

Packet of plain sweet biscuits
125g butter
500g ricotta cheese

600ml buttermilk
7 eggs
3 tbsls cornflour
½ cup sugar / ½ cup golden syrup

Method

Pre-heat oven to 165°C.
Put one packet of plain sweet biscuits in a food processor and process. Melt the

butter in a bowl, then stir to combine.

Press mixture into the base of a 22cm cake tin lined with baking paper, refrigerate base for twenty minutes.

In a large bowl, place ricotta, buttermilk, eggs, cornflour, sugar and golden syrup, whisk to combine. Pour mixture over base through a fine sieve. Bake at 160°C for 1 hour or until just set.

Allow cheesecake to cool for 30 minutes, then serve.

Till next time, Love, Carolyne.

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



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Kookaburra sits in an old gum tree, merry merry king of the bush is he.

Laugh Kookaburra laugh, Kookaburra high your life must be.

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