

Loss, Grief and Men

by Darmin Cameron
Men and Family Centre
Lismore

Men are notorious for not looking after their health and wellbeing, the reasons are many and complex, but ignoring health, be it mental, physical or emotional can have serious sometimes deadly consequences.

Is there something in the male psyche that says "We are tough we can cope, no matter what" or is this idea just a construct, a house of cards that comes tumbling down when a man loses something major in his life, be it, a partner or relation, monetary, health, youth, relationship, job, or kids.

Men seem less able than woman to cope with the grief that follows the loss of a relationship and probably other significant losses as well.

"Professor Pierre Baume, Head of the Australian Institute for Suicide Research and Prevention at Griffith University in Queensland found that, in a study of 4,000 suicides, at least 70% were associated with relationship break-ups. Men were 9 times more likely to take their own lives following break-up than women"

This terrible statistic points to the fact that men are not dealing with the fallout of relationship break-up. They don't seem to have

the tools or support needed to survive this reasonably common occurrence. It seems that men need extra support to get through this difficult time.

When a relationship breaks down, along with the loss of a partner also comes the loss of identity – Being a Husband, Partner, Father, Breadwinner/Provider all these losses combine and as statistics show the effect can be devastating. Not every man will commit suicide but other traditional coping methods such as alcohol and substance abuse, gambling and risk taking can compound the already overwhelming grief that accompanies a major loss.

"Recent research into male suicide revealed that males in the 'separation phase' of a marriage break-up were most at risk of suicide, compared with widowed or divorced males.

"Whilst these are only preliminary findings, they suggest that the severe disruption of separation and the high levels of interpersonal conflict that were associated with it, were perhaps the greatest contributing factor, along with separation from children."

See: www.wesleymission.org.au/publications/r&d/suicide.htm

Prevention is the only cure and that is why the Men and Family Centre of Lismore



Darmin Cameron

has created 'Exploring Loss and Grief' exclusively for men. These group sessions will give men the chance to identify and explore the impact of loss and grief on their lives and to discover and share positive ways of rebuilding and transforming their lives after a loss.

Men who have attended previous groups have said:

"The loss and grief group gave me the confidence and the motivation to move on"

"For me it was a good thing it helped me to come to terms with a lot of things about getting older"

"I have gained a better understanding of myself and life"

"I'm better able to talk about my feelings"

"The group has given me a goal to work towards"

The cost for the group is \$80 for 8 sessions and the cost is negotiable for those in difficult financial circumstances.

For more information, and to book a place in the group contact David or Paul at the Men & Family Centre on 6622-6116.

To my mother, father and our elder generation... For our children



Adventures in communication by David Peace = One Love

I thank you for the opportunity to live here on planet Earth and for every thing you have done for me and my fellow generation and those that follow.

I write this to potentiate the conscious awareness of change and am calling for your support, appreciation – your wholehearted solidarity. I proudly and boldly stand on your shoulders preparing the world for your beautiful reincarnation. I choose to acknowledge the step you are making in the journey to new life and growth.

I host the awakened recognition that birth and death equally offer the joy of being, that we are continually changing, evolving the expression of consciousness. It will never be like this again, yet we will constantly reflect on this same changing truth.

I empower this influential realisation if we are willing to live, we must be prepared to die for it. We must be willing to be who we have chosen to be in this life, otherwise we lose our opportunity. I request you and me stand together in conscious accord to serve this same opportunity we have been blessed with, to be here. I would like to foster, engender and exalt our mutual choice to work as one to be the best

we can be.

I want you to know that this path is lonely, for we are all travelling a completely unique and special journey, which we share, be it in the gratitude our mutual presence has been sent to bless each other with our gifts. I honour your free will to leave your legacy in every thought, word and deed, as I am. I inspire you to realise your power to affect our world in the greatest peaceful and purposeful way we can imagine, for ourselves and for all.

I make it clear the gratitude I feel for all the trials and tribulations you have endured for our prosperity. I know you have dreamed big and have done the work to provide us with this new perception of our brilliant living circumstance.

These words are designed to help you let go of your concerns for our wellbeing, for we possess the same resilience that allowed you to create the miracles that overcame every obstacle in your path.

I recognise every hurdle combined has given us a great ladder for our transcendent bliss. You have helped us achieve greatness that generations before was only a pipe dream.

I want you to feel how integral you have been in shaping our world in a way that has increased our access and connectivity like no

other time we have known. I want you to reflect on all your choices throughout your journey and appreciate the merit of your experiences, no matter whether you personally judged them to be good, bad or indifferent. There is no accident in this world, for we are all working together as one, whether we consciously acknowledge it or not, there are miracles in the wings we have been sent to fly. You know it. You created it. We are the big leap in true faith.

I want to convey the strength of our heart and the work of love, to see how we have moved with this loving force no matter how we have perceived it, to protect, serve and create with our loved ones, to preserve the opportunities we know. I would love you to see the magnitude of our collective dream and inspire you to resonate in the miracle of life. I want you to be awakened to the presence that we may be alone though we are far from alone.

I want you to know that a loan is not a debt, but a mutual co-creation, it is our dedication to profit together, victoriously. As we give attention to our inspirations, the breath we share infuses with life's charging energy and increases the resonant field potential of our continued conscious miracle.

I want you to expect miracles, I want you to be willing to perceive and participate, to be the messiah of your own prophecy, for you are the prophet. There is know one to look for, for you hold the keys and they've been given to you to use, for our greater good.

Shall we boldly ask the questions revealing the answers in our prayers? Yes?

Let's make it strong and be the cohesive force in living water, being the oasis – for we are all so well travelled, to even be here on the Earth. The new kids are on the block and we've got some news. Let's be the link from an old world on the brink to a new world recognised in this ink. Inc. Our world has always been ONE. LOVE.

Visit <http://dpol.wordpress.com> if you are interested in more writing from David Peace=One Love

Independent Midwifery under attack



Well-known local midwife, Jillian Delaile (pictured) is facing the Nurses and Midwives Tribunal next month, and is appealing for funds to help with the expected expenses while in Sydney for the two-week hearing.

In the *Courier Mail Weekend Magazine* last

year (26-27/9/09), veiled criticisms were levelled at Jillian Delaile over the 2007 death of baby Kosch – even though the Coroner's findings (26/6/09) absolved her of any criminal negligence.

Dr Michael Kidd, who is representing Jillian on a pro bono basis, described this as "a calculated breach of sub judice" that exposed media prejudices against midwives.

The Rudd government has initiated a crackdown on independent midwives.

Under proposed new laws, from 2012, midwives will not be able to practice without full indemnity insurance, for which they will have to qualify. "It's double jeopardy," said Michael Kidd.

To make a funds transfer, Jillian's banking details are: BSB 802-222 / 22255509

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Response-ability

by **Dr Elizabeth McCardell, M. Counselling, PhD**
(Phone: 0429-199-021)

Responsibility, from Latin *respondere* "respond, answer to, promise in return," from re- "back" + *spondere* "to pledge", can be done out of obligation, or it can be as delicate as an ability to respond with sensitivity to changing conditions, to human interactions as they arise, and in situations that we choose to commit to.

In my last article I said I would be available for consultation in Nimbin (Thursdays and Fridays) and Lismore (Mondays, Tuesdays and Wednesdays), but what I've chosen to do now is to work exclusively in Lismore. Why? I've finally started listening to my own body, to respond to what it has been telling me. All that driving is neither good for me nor the proper use of my resources. The fact of the matter is, I was falling asleep at the wheel in the final months of 2009 in my comings and goings. In December, still though, I said I would continue the old regime. How lacking in an ability to recognise what was happening in me! It took a stronger lesson to rattle my cage, as it were, and this time I listened.

So, with some humility, I now invite you to come for psychotherapeutic counselling in my lovely room in Lismore, anytime throughout the working week, by appointment.

Response-ability, so says an ancient source, is the beginning of wisdom. How so? As I note above, there is in the ability to respond, a meeting of responses, an answering and pledging between people, a person and a commitment, and in recognition of changing conditions. It is more like a dialogue than a one-way communication between ourselves and the world. Responding is less about habitual and predictable display of a moral ground than a delicateness of being, of responding ably, appropriately, and responsively to things that arise in the here and now. It is like coming upon a roadside iris growing gem-like among the grasses:

shining, entirely new and engaging with it without prejudice or labelling, in a spirit of sacredness.

The film *Avatar* is about this, in many ways. The indigenous ones of the planet Pandora are neurologically interconnected with their planet such as that every action is felt by each of them. They are responsive and respond with delicateness, even in the killing of earthlings (done with quiver, bow and arrow). The brutal earthlings (their violence seen in the destruction Pandora's world tree using weapons of mass destruction) declare a concept of



Image courtesy of www.kevincolby.com

responsibility as an obligation to country, an inflexible thing.

Respect is integral to a response-able person. Again, though, respect is fluid and arises in interaction, not out of a pre-agreed habitual way of being. In the film *Avatar* real meeting with recognition of the integrity of the other is described in the words "I see you." Respect, interestingly, is made up of two Latin words, re- "back" and *specere* "look at", thus *respectus*, "act of looking back at one." So, in the word respect is the meaning of seeing and knowing the integrity of the other (whether human, animal, tree, iris in the grass, or Mother Earth herself).

As I see it, the ability to respond is coupled with trust. Without the belief that a meeting place is possible coupled with a capacity of letting go, it is difficult to reach out, touch, and see the other



person, animal, plant, earth, condition, or circumstance. A lovely sequence in the film depicts the trusting tumbling down, giant leaf by giant leaf, of the Pandorian woman, Neytiri (she who falls in love with Jake, the human-cum-avatar hero of the story). Falling is a wonderful exercise of trust, sometimes used by therapists. The therapist is there to catch you as you let go and fall backwards.

Coming to counselling is a scary thing for many people, but to come and work on the issues of life is a start to many more possibilities than life has already revealed. The therapist is there to support you as you explore deeper your experience of the world, your dreams, addictions, and fears, and help you enhance your response-ability (in all its trembling newness), your capacity for trust, and increase your unique capacity for seeing yourself and the other as worthy of respect.

What a lovely thing language is. Words are not "mere words" though, where meaning is played like a set of small balls thrown one by one high into the air by the writer; there is an attempt (indeed attempt upon attempt) to grasp the inner truth of things, of meetings, of being close to another and to describe the wondrousness that occurs there. This is what motivates me as I write, and it is what motivates me when working with clients. It is, finally, what has encouraged me to consolidate my Lismore practice. Spreading myself too thinly means I lose my capacity for response-ability and I become non-responsive to the people that matter, you. I seek to be fully present, here and now, to hear, to respond, to be sensitive with – maybe even to laugh with – but mostly, to "see you" in your integrity of being.

Loving the Earth

by **Allan Lunare**

I want to begin this article by thanking all of those who attended the last Earth Gathering at Sphinx Rock Café. Thank you for attending and for the beautiful way you all approached this gathering. A sacred space was co-created very easily and naturally.

We focussed our intention at two distinct sites on the day of Sunday 24th January. The first was beside one of the small creeks amongst a stand of trees. While connecting with the energies in this area previous to the gathering, I was struck by the incredible generosity of the Earth towards us.

Even though many do not acknowledge her and most take far more than they give, the Earth continues to provide. Her offerings of material abundance are but one of the many ways she sends us her love. And love is what she requires in return if

we are to live with the Earth in harmony.

One of the ways that we can show her our love is to take the time to actively connect with the Earth. This is what we did as a group at our last gathering. We acknowledged her from the moment that we came together, even from the moment that we decided to attend such a gathering.

Although we each had a different experience of connecting with the Earth we were all welcomed. Her generosity of love for us was palpable.

By opening up to these gifts from her we allowed and acknowledged some powerful truths within ourselves. Such as the truth that we are not really separate from nature or from one another. The truth that we are all remarkable and sacred beings. And the truth that at the heart of it we all yearn for love.

And the only thing that keeps us from that which we yearn? That separates us from



the connectedness and beauty of the heart?

It is the human mind.

But these gatherings bypass the mind. Our shared intention and willingness to be open allow a heart connection with the Earth to solidly take root. And we know deeply through experience that we have always loved the Earth and She has always loved us.

I welcome you to join us at our February gathering. All are welcome in love.

Sunday 14th February, 9-11a.m. @ Sphinx Rock Café, Mt. Burrell.

Payment by donation with all monies to local Landcare. Any questions please call Allan on 0432-047-432

Great Freedom comes to Nimbin in first Australian visit

Great Freedom, a worldwide grassroots movement with a team of teachers dedicated to creating a world of peace and wellbeing for all, will be offering an Open Meeting and Introductory Teaching in Nimbin on Sunday 14th February.

Great Freedom was founded in 2004 by Candice O'Denver, now a warm and brightly intelligent 60-year old American woman, who experienced a breakthrough recognition of the nature of reality in her early 30's.

With her discovery came complete mental and emotional stability, compassion and profound wisdom that have continued flourishing in her life, and manifesting benefit for others.

The Great Freedom teachings are available worldwide, either face to face or by teleconference, and as free audio, video and .pdf downloads on the Great Freedom website, www.greatfreedom.org Great Freedom also offers a 24/7 global support network, and gatherings and teachings throughout the year at the Great Freedom Centre in Skane, Sweden.

Face to face teachings are offered in many countries including the US, England,

Sweden, Spain, Israel, Brazil and India, and are coming to Australia for the first time in February.

What Great Freedom teaches is that the awareness by which we know ourselves to be, is the source of profound intelligence and clarity that enable us to be of benefit to ourselves, family, community and the world.

How do we know what awareness is? If we just stop thinking for a brief moment, what remains is alert, cognizant and vivid – a vivid wakefulness that is naturally present.

When we rest for short moments in naturally present awareness, we access innate mental and emotional stability, clarity, wisdom,

compassion and skillfulness, and we experience increasing wellbeing and the ability to benefit others.

Great Freedom invites you to discover the power of awareness in your own experience. Kathy, Adrian and Asaf, currently teaching in Goa, India, arrive in Brisbane on the 8th February, and are offering a program of meetings and teachings in Byron from 13-24th February.

They will hold an Open Meeting and Introductory teaching at the Birth and Beyond Centre in Nimbin on Sunday 14th February at 6pm. All are welcome, regardless of ability to contribute.

Full details of the Australia program of teachings can be found at www.greatfreedom.org/scheduleaustralia.html Further information can be obtained by emailing Australia@greatfreedom.org

GREAT FREEDOM TEACHING NIMBIN 14th February 2010



Open Meeting and Introductory Teaching

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Local contact: Elaine 6622-0091

www.greatfreedom.org

Dr Elizabeth McCardell, M. Counselling, PhD

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SALT AS HERBICIDE?

by David McMinn

We are all averse to using chemical herbicides but regard them as a necessary evil. The alternative is to let weeds spread rampantly destroying agricultural production and the natural environment.

They are costly to buy and have toxicity problems, with possible long-term health consequences for animals and people. Thus it is highly desirable to use safer alternatives wherever possible.

Salt could be considered as part of an arsenal for weed control, as it can be effective in certain circumstances. Fortunately, we live in a high rainfall area so we do not have to be concerned about salt accumulating in the soil.

In Victoria, common salt was used along the roads to kill the weeds around white posts along the road. This was in the pre herbicides days.

A friend noticed that a giant strangler fig was dying on her property, but she could not figure out why. Finally it dawned on her that it was the salt lick blocks (for her cattle)

she had been placing at the base of the tree. The tree took years to recover.

Another friend was commenting that he was using caustic soda (sodium hydroxide) to kill weeds – a little extreme as it could cause injury to himself and others.

Another product, sodium chlorate, was used as a herbicide, but it was very toxic to humans and explosive under certain conditions. Salt (sodium chloride) would be a much safer alternative to use.

An old time herbicide recipe was given on the TV program Gardening Australia – One cup of salt to a litre of vinegar, which was to be bushed or sprayed onto the leaves of the target plant. I have not tried this and thus could not comment on how well it works.

It is not a question of whether salt can kill vegetation, but rather how efficiently this may be achieved and whether it is practical to use.

I trialled small patches of grass using salt and glyphosate on our driveway last year. Both chemicals

killed the grass. However, in the glyphosate patch, the grass quickly recovered, with the sprouting of the dormant grass seeds. This did not occur where the salt had been applied.

Importantly, salt is non-discriminating and must be used with care, as it will kill all surrounding plants. Salt should only be used selectively and on a small scale in gardens and small orchards. Salt would have no chance of working in wet weather, as it would simply wash away.

Sea salt can be purchased most cheaply as swimming pool salt at supermarkets. This contains numerous trace minerals and is better to use than refined salt (pure sodium chloride).

Trials need to be undertaken to assess the viability of using sea salt as a herbicide. This has not been conducted in the Northern Rivers to date. This seems strange, given that it is cheap and non-toxic.

However, there are various articles and commentary on the internet – do a few googles. Hopefully this article will initiate a discussion on the relative merits of using sea salt for weed control.

Koala Kolumn



by Lorraine Vass

In her recent book, *On Our Watch*, conservationist, Dr Nicola Markus calls on every Australian to become involved in conserving the nation's environmental heritage. She makes the case that the challenges Australia faces are not well understood, nor are they being solved by government.

A case in point is the Koala's management and conservation which too often appears piecemeal and overridden by the imperatives of developers and other entrepreneurs.

Every now and again however, the very projects which are potentially threatening to the Koala spark a reaction from within the community which surprises both proponents and government. The emergence of Team Koala in Tweed Shire in response to the Kings Forest development is one example. Another is a community project at Cawongla which was spurred on by the staging of last year's World Rally Championship.

At the beginning of 2009, Kathryn Kermodé, a resident of Sargents Road, Cawongla, who is a keen naturalist with a particular interest in koalas contacted Friends of the Koala to enquire about the likely impact of the Rally on the koalas that spend a lot of time along her quiet road.

One thing led to another and Kathryn set about devising an innovative study, Community Koala Watch, which is documenting what she and her neighbours are observing in their local koala population as well as encouraging awareness and learning about the koalas and their

habitat.

To date the profiles (movements, health status, etc.) of 45 individual koalas have been documented together with digital images of each animal. These are accessible to anyone on the internet:

Koala Photo Gallery: <http://picasaweb.google.com/k.komodo>
Map of sightings 2009: <http://maps.google.com.au/maps/ms?hl=en&ie=UTF8&msa=0&msid=109568289111964004596.00046521d16e29439745c&ll=-28.573367,153.074913&spn=0.066332,0.11055&z=13>
Data: https://spreadsheets.google.com/ccc?key=tLImQraHbGQ_5qEDpPOxcEA&hl=en

But there is more, Kathryn has awakened scientific interest and assistance in her project by bringing the situation of the local koala population to the Department of the Environment, Climate Change and Water's Senior Scientist and also to local ecologists.

Kathryn is using the data collected to advocate for the Koala's future management and survival by writing to politicians and bureaucrats in federal, state and local government. She and her colleagues are meeting with stakeholders and potential partners to promote Kyogle Shire's rich biodiversity heritage, including the Koala. Her study could become a template for similar community-conducted koala projects elsewhere in the region and across the state.

And what about Team Koala? Jenny Hayes, a Chinderah resident, also contacted Friends of the Koala in early 2009 seeking advice about wording advertisements to attract public attention to the monumental Kings Forest Community Concept Plan then on public exhibition. Soon after, she formed Team Koala. There can be no doubt at all that the relentlessly populist and effective campaign mounted



Happy

by the group throughout the year has driven Tweed Shire Council to proceed with a Comprehensive Koala Plan of Management. The first stage of the Plan, the Koala Habitat Study, is to commence immediately.

Two very different responses which illustrate the power of one. With alliances and partnerships that power becomes exponentially stronger. The breadth of Friends of the Koala's mission and regional charter provides support as well as the organisational framework for community-based koala conservation.

Peoples' time is precious and whilst many would like to do more it's not always clear what that might be or even where to start. Friends of the Koala provides training which enables members to care for koalas needing human intervention or to work in habitat restoration. Members may choose to be involved in public education and advocacy.

There is a range of tasks which underpin Friends of the Koala's capacity to deliver these services. A very special one is the 24/7 Rescue and Information Hotline. Some people only want to finance the group's work with their subscription fee, or learn a bit about koalas.

The group's first Basic Training for 2010 will be held from 9.30am to 12.30pm on Saturday 26 February, at Southern Cross University. Bookings are essential. Information about the course, koalas, their food trees and Friends of the Koala is available at: www.friendsofthekoala.org, info@friendsofthekoala.org, or by phoning Friends of the Koala's (24/7) Rescue Hotline: 6622-1233.

Until next time,
happy koala spotting.

PLANT OF THE MONTH

Firewheel Tree *Stenocarpus sinuatus*

Selected by Richard Burer
Project Officer, EnviTE

The medium sized Firewheel tree is one of the most spectacular subtropical rainforest trees due to its distinctive bright red flowers.

During flowering, the showy red blossoms which are arranged in wheel-shaped clusters cover the tree from top to bottom making a strikingly gorgeous display in the forest environment and in landscape plantings.

Following flowering, flattened winged seeds fruit in clusters. These seeds propagate easily but you must harvest them before they fly off with a big wind as they do mature quickly in this hot weather.



The *Stenocarpus sinuatus* grows naturally in the area. There is a particularly massive firewheel tree on the edge of cane fields in South Ballina and others on the low country below the Alstonville plateau.

Locally remnant trees grow along Gungah Road about five kilometres from the village.

In Nimbin, planted specimens at the Laundromat and next to the CTC centre are impressive.

Though they can be slow to grow, they are a great ornamental planting and are well worth including in your rainforest and landscape plantings. They grow well in full sun.

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The Astonishing Bat Flower

by David McMinn

The White Bat Flower (*Tacca integrifolia*) is one of the most beautiful and spectacular species of all flowering plants. It is like an exotic specimen from the planet Pandora in the movie Avatar.

Anyone who sees the flower for the first time is amazed by its beauty and unusual shape. The large, glossy leaves are an added bonus, as they give a tropical appearance to any garden. Our plants have been flowering every summer now for the past few years.

The species is native to tropical Malaysia and thus it requires

warmth and moisture to grow well. They like light dappled shade for best results, although older plants cope well with more shady conditions.

Hot dry air, direct sun and very high temperatures are deleterious for the plant and should be avoided. Large, older specimens can cope with a light frost, especially if given the protection of overhead foliage.

White Bat Flower is prone to root rot in wet soils, so it is best grown in containers with a good potting mix that retains moisture and is free-draining. A good idea is to repot it in the spring every year or two to give the plant fresh soil.

It may be readily propagated from offshoots growing out from the rhizome. Only pot up these offshoots, when you still have at least 2-3 months of warm weather.

This is to allow them time to establish before the onset of winter.

The plant has a high water requirement in summer and will wilt when the soil becomes too dry. Fortunately, it quickly recovers with a good watering.

In our sub tropical climate, it goes dormant in winter, when the potting soil should be kept just moist or even allowed to dry out between waterings. This will prevent root rot, which is a problem in cool damp

weather.

For good healthy growth, use slow release chemical fertilizers or apply liquid seaweed fertilizer during the growing season.

You may like to show off the plant indoors for a short time when it is in flower. However, it needs good air circulation and thus is unsuitable for growing indoors for extended periods.

The Black Bat Plant (*Tacca chantrieri*) is another remarkable *Tacca* species with completely black flowers. However, it is smaller and more difficult to grow.

Enjoy these truly magnificent plants.



by Robert Carroll, President
Nimbin Environment Centre

It has been a very positive start to 2010, with big fundraisers and Media events taking place.

Katie Milne's fundraiser night for her legal expenses from her Federal Court case against The Repco Rally was a great success, filling the movie theatre at Murwillumbah with over 300 supporters.

Ian Cohen's defamation fundraiser at Byron Bay High School hall, with guest speaker Senator Bob Brown, was an inspiring start to 2010 with an insight into his active career in politics for the sole purpose of preservation of our beautiful planet.

The new interim carbon tax proposed by the Greens of \$20 a tonne to be paid by the world's biggest polluters is a good start. We pollute we pay... they pollute we pay. We all suffer the consequences of the dirty mining industries' government-backed habits.

March is a big month for action in the Newcastle area where Rising Tide will stage the Peoples Blockade of the world's biggest coal loader. It is to be held on the 28th March, and we are seeking interest to try and organise a bus to go down for this event. So if anyone is interested, please leave your name and number with the volunteers in our shop and we will get back to you.

Gunns has purchased 5000 hectares of timber plantations on the North

Coast and it is believed that it will be wood-chipped and exported overseas to return to our shores as toilet paper.

Camphor Laurel trees are seen as toxic to our local environment, yet sugar mills are having no problem cutting them down turning them into woodchip and using them as fuel for their own power generation. Camphor is a poison and no good for our environment, so we are advised, but it's okay if you cut them down and burn them.

A mature leafy tree produces as much oxygen in a season as 10 people inhale in a year. So you can see how important it is to retain large trees, especially now since the trees are working overtime filtering the pollution out of the air we breathe.

RoundUp residues are very toxic. Recent studies have found that when formulations of RoundUp that were highly diluted (up to 100,000 times or more) were applied to human cells, the cells died within 24 hours.

Glyphosate, the active ingredient in RoundUp, is acutely toxic to fish and birds and can kill beneficial insects and soil organisms that maintain ecological balance. My motto for poison is, if you can't drink it then don't use it.

Well that's my defrag session. Hope to see you all pop into the Environment Centre for a chat or friendly debate.

SWITCH OFF COAL...
POWER ON SOLAR

Permaculture College Australia Launch

by Janelle Schafer
Administrator and Head Teacher for
Permaculture College Australia

What was formerly known as the *Erda Institute* has now changed its name to *Permaculture College Australia* to better reflect and communicate the nature of the vocational training and community education programs it offers from its facilities at Djanbung Permaculture Gardens near Nimbin.

Permaculture College Australia (PCA) remains a non-profit incorporated association dedicated to education and vocational training in sustainability, and will continue to develop and expand on the pioneering work instigated by the *Erda* team and Robyn Francis' Permaculture Education.

Over the coming months the *www.permaculture.com.au* website will be

revitalised and updated in line with the name change and promote PCA as a national and international leader in permaculture education and professional development.

The official launch of Permaculture College Australia was celebrated on Friday 29th January at Djanbung Gardens.

TAFE Partnership

In 2010, Permaculture College Australia will be partnering with the National Environment Centre, Riverina TAFE in the delivery of full time (austudy-approved) Accredited Permaculture Training™ for Cert III, Cert IV and Diploma of Permaculture, and a flexible learning program for Cert IV.

Flexible learning combines short course training and ongoing home-based project work and studies for those who aren't in a situation to participate in full-



time studies at Djanbung Gardens.

The 2010 accredited training program commences 15th February and includes the part-time Permaculture Design Course starting 16th February.

For registrations and enquiries, contact admin@permaculture.com.au or phone 02-6689 1755

For further information and news, visit www.permaculture.com.au

My Mother is a Crazy Dog Lady

by Beau Jangles, with help
from Caroline Ladewig

My name is Beau Jangles and up until 8 months ago I lived a quiet and sheltered life with my mothers and my sister, Cleo, the cat.

In May last year Mumma C decided that she would like to help out at the local Animal Rescue centre. As she is a sucker for a cute face, on her first week there she brought home a friend for me.

Mumma C was absolutely mortified when she learned of the fate of dogs who end up in the local pounds. She quickly discovered that without the help of foster carers at Animal Rights and Rescue Group (ARRG) thousands

of dogs get euthanized each year purely due to neglect and careless breeding.

Jack the Wolfhound X was my first foster brother. When Mumma C brought him home he was skin and bones. Cleo and I both really liked Jack.

He was a gentle giant and after just a few days we were all enjoying sharing our evening meals, taking long walks on the beach, and curling up on the couch together. We were one big happy family.

After about 3 weeks a family came to meet Jack. Of course they fell in love with his beautiful nature and wanted to give him a new home for life. I was really sad and know my mummies were too.

There was a lot of talk of the whole fostering thing being too hard as it is so sad to say goodbye but it was only 2 days later that Mumma C came home with Bruno...

...continued next month



Beau Jangles

PERMACULTURE DESIGN COURSE Part-Time Mon & Tues

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- Janelle Schafer
- Peter Hardwick
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NOW WITH EXCAVATOR

New Energy Activity

by Daniel Keszler

Loving Greetings Dear Reader,
2010, the year for new beginnings, is getting into full swing and many of us are still busy clearing out and letting go. Many are awaiting signs for their new destination and become aware that we are flying blind! I recommend to embrace uncertainty, for what's coming is beyond anything we've seen before. To be true to yourself and let your heart make the decisions could be a vital approach.

In this issue I will give you a short update on my work, specifically with the EMF Balancing Technique® as well as a short description of the first four Phases, and then some insights from the New Energy perspective chosen by intuition.

I am offering the EMF work in two-hour Sessions, so we have ample time to talk before and after the Session and can eventually include some exercises too. Of course, I am still available for Massage/Dry Needling/Corrections. I also offer the EMF work at my home in the evenings, usually at 8pm.

Here is a short description of the first four phases:

Phase I – Wisdom and Emotions: This session establishes a new pattern of freedom and well-being - the energetic integration between head and heart, and a balance between thought and emotions. It brings new clarity and understanding to current life situations. We now begin to think with the heart and feel with the mind.

Phase II - Self Direction and Support: This session gracefully releases the energy restraints of what we call the past, without having to relive the trauma of the event. We calibrate the energy that has been holding us back (and powerless) into a golden column of wisdom and support.

Phase III - Radiating and Holding Core Energy:

The radiating of core energy encourages the increased flow

of spiritual intelligence into our daily life and strengthens our ability to radiate the light we hold. The entire energy field is cleared allowing us to live powerfully in 'now-time'.

Phase IV - Energetic Accomplishment: In this balancing session, a connection and communication with Potential Self is established through the future potential prism, channeling future potential energy into the co-creation of present reality. It activates our ability to move into our New Future Potential beyond any previous limitations.

The EMF Balancing Technique® can be a powerful tool for us to evolve, and it is completely up to the recipient to use it and integrate it into one's path.

And now some new energy perspectives:
On Worry and Fear: In your days to come, when you feel the energies of fear around you, simply walk through them. Simply know that you can walk through these. When your mind challenges you and asks you who you think you are, let your mind know that you are One with Spirit. And remind your mind that it serves a beautiful purpose on this earth, but it does not guide and direct your life. The prayers that you pray when you need the strength should be directed to your Godself. ~ Tobias.

On Compassion: Compassion is not feeling sorry for others on their journey, and not making judgment of them. Compassion is simply allowing them to go through the process. ~ Tobias.

On Healers and Healing: Don't take responsibility for those who do not heal. Don't take responsibility for those who DO. Celebrate those who heal, cry over the ones that don't, but don't take responsibility for anything but the integrity of the energy you put out. Shine the light and stay in place. ~ Kryon.

For more information go to www.pointsofpower.com.au and www.emfworldwide.com

Infinite Love and Blessings
Daniel 02 6689-9249

Ayurvedic Info

This month we thought we'd talk about the three pillars of Ayu or life. First is Ahara or healthy life supporting diet ie when, how and what to eat. Second is Vihara – healthy life supporting lifestyle. Thirdly is Aushadhi – to correct the imbalances not addressed by diet and lifestyle ie. treatment of disease to restore health, any herbal medicine, massage therapies, etc. if you recall our last article, we talked about the sattvic diet. Ayurveda believes that at least 60% of symptoms/illnesses can be relieved through appropriate dietary corrections alone.

AHARA – whereas the primary focus of Western nutrition is on breakdown and isolation of components into carbohydrates, proteins etc, the Ayurvedic perspective focuses on Doshic influence, nutritional benefits, mental influence and seasonal effects. This means taking the individual constitution (ie. vata/pitta/kapha), what is out of balance and the time of year into consideration when assessing the individual.

VIHARA – According to Ayurveda, a daily routine (dinacharya) can have a tremendous effect on our lives. Following this routine enhances life force, relieves stress and promotes a feeling of general well being. Practices can be simple such as appropriate cleaning of face, eyes, teeth, tongue etc on awakening to self massage, yoga, walking, dress, essences and conduct. Rtucharya is the seasonal routine which expands dinacharya and is relative to the environmental influence, being mindful of the weather.

AUSHADHI – When balancing of food and routine is not enough to maintain health, therapies and medicine may be required, appropriate to the doshic imbalance. This can include regular massage, herbal formulas and decoctions, and other various therapies (eg. oil, steam, nourishing and cleansing).

Next month, we'll expand on daily routines.

MIXED VEGETABLE SUBJI



The extremely hot weather has exacerbated everyone's pitta. Livers are volatile, affecting how we deal with each other. So we thought we would offer a cooling recipe in keeping with the principle of ahara.

- 4 cups of mixed vegies (eg. Green beans, zucchini, yellow squash, capsicum, etc)
- 2 tablespoons ghee
- ½ teaspoon cummin seeds
- ½ teaspoon black mustard seeds
- ¼ teaspoon ajwain seeds
- ½ teaspoon garam masala
- ¼ teaspoon tumeric
- pinch of hing
- ¼ teaspoon of salt

Chop vegetables as desired. Heat ghee, pop seeds and add masala and tumeric. Stir briefly, then add vegetables and salt. Stir to coat with spices then simmer and cover for 5 minutes. Uncover and simmer until tender (10-15 minutes). Add water as needed to make juicy.

This recipe balances all doshas, is slightly laxative and a good food for bones and joints. Enjoy!

John & Helen are available for treatments, consultation and massage on Thursdays. Bookings can be made at the Nimbin Apothecary on 66891529 or by contacting John on 6689-1794 or Helen on 6689-1717.

Heat, Hot Flushes, Inner Calm and Mammo's

by Tarang Bates

It's time to sit down and write... there is no better place than under the trees. I have a spray bottle on either side of my chair, one for cool and one for mozzie protection, which has proven to be a very effective mix in this steamy tropical climate.

My chair, a lovely old wrought iron garden variety with sloping seat, fancy iron work – circa 1950's perhaps – and wheels to move around the garden at one's leisure... perfect for a colonial lifestyle – oops thought I was back in Africa there for a moment!

At my feet a carpet of lush, heart shaped dicandra and viola leaves weave their way amongst the other native grasses and clumps of pennyroyal. Dicandra a beautiful plant runs randomly in different places re-appearing year after year.

In the distance, the occasional thump of falling jackfruit. The rock next to me doesn't appear to be too fussed by the heat; I wonder how many millions of years it's been around and what its take on global warming might be. My granddaughter sits nearby talking to her teddy, sporting a self-styled mullet, not a bad cut for 3 year old's first attempt – she has changed her name to Cinderella. The air is thick with cicadas screeching and the fragrance of mangoes.

2010 certainly has not been shy in coming forward... full steam ahead... no mercy... the dregs are bubbling to the surface. It seems to me an important time to cultivate a solid inner strength – if you haven't already. Or at least a reminder to keep centred in your own connection with life/love/truth. My experience has been that just as the body needs nourishment and exercise, so does the mind and energetic bodies. Taking time out to be in your stillness... finding the pathways to your inner reality and travelling these pathways frequently, creates



familiarity and strong connections. Which in turn, gives the choice to access to your inner knowing at will. Using intuition and stillness as a guide through the chaos is available for everyone of us...with a little effort.

I wonder if the best way of testing for testicular cancer was to squash the testicles between two hard plates, whether more funds would have been directed toward finding alternative methods to mammography? I have recently read about breast thermography... a method that is pain free, non invasive, and radiation free. From what I can gather this method also is able to detect very early cell changes in the breast. The closest place offering this service for us in this region, is Bellingen with possibly outclinics. I will certainly be looking into this more as far as cost and ease of access goes, will keep you abreast of my findings.

HOMEOPATHICS:

CIMIFUGA: one of the remedies used in a mix to help deal with some of the symptoms of menopause. Pains in muscles, particularly in the lower back, hips and thighs. Migraines... depression... painful periods. Pain in ovaries and pelvic area.

GELSEMIUM: another of the remedies used in the menopause mix. Muscular weakness, period pain into back and hips, cramps. Weakness in arms and legs and aching joints. Dull heavy pain particularly neck, lower back and hips.

BELLADONNA: is really worth trying for hot flushes. Keep a bottle next to the bed and use when you wake at night.

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News from Nimbin's Fashion Front Row

It really looks like Nimbin's Fashion Designers are set to become Nimbin's first Fashion Co-operative.

At the meeting on 27th January, the Steering committee of Christina Chester, Phil Hanlon and Dionne May presented their overview of forming the Nimbin Fashion Co-op.

We discussed the objectives of the Co-Op, membership benefits, requirements and some rules.

Only as a registered co-op will we be eligible for financial grants and funding to help us set up a professional website,

have access to increased advertising, professional advice and networking. To become an active member the joining fee is \$100, which will be used to set up as a co-operative.

The next meeting is set for 6pm Wed. 17th February at Christina's Shop. We are open to all fashion designers out there who are committed to becoming part of a vital, energetic and professional group of designers. As a group we will be able to take our creativity to the next level, to achieve our collective and individual goals.

We are all excited by the potential of taking Nimbin



Fashion to the world.

If you are interested and want to register please contact Christina on 0427-326-790 or email Dionne: may.dionne@gmail.com

Christina Chester
christina@ccdesign.biz



Releasing Sarah Tonin

by Tonia Haynes
Bowen therapist and Pranic healer

'Release Sarah Tonin.' I have been seeing this protest sign quite a bit lately; on the bumpers of cars and even written on the blackboard of the local constabulary.

What a good idea, I think. Our Sarah? She's helpful to everyone, no matter their colour, race or creed and she should be released immediately.

Actually, her real name is Serotonin and she is a neurotransmitter within the body but like many of us she does not mind if her name is changed to bring a more personal response.

I continue to reflect. Bet Mucho Dopamine has been going berserk without her to keep him in check.

I mean, Dopamine, who is also a neurotransmitter, does his best to be a good lad, but without Sarah's inclined to get a tad mixed up, especially in the discretion and discernment departments. In fact, left to his own devices he can become, just plain dopey.

My reflection is interrupted by the arrival of a being, requesting assistance. I notice that their physical temple that which keeps them anchored on this place called earth, is a little awry and the windows of their soul are in need of a scrub to bring back the shine.

'Been sleeping?' I ask. The answer is a mournful, 'no.' 'Eating okay?' Another shake of the head. 'How's your memory lately?' The being sighs. 'Not good and I have this sore back and neck and intermittent nausea, plus my muscles are cramping a lot lately, especially at night.'

I know immediately from these answers to my questions that Sarah Tonin has once again been incarcerated; either by Shame or Guilt, or perhaps ugly old Dissatisfaction, or maybe all three. These blokes, when they're kicking along make the seven deadly sins look like first time shoppers at the January sales and they love encouraging us to treat ourselves badly.

Who ever locked the cell door, Sarah Tonin is not happy and probably exhausted from beating her gentle little hands against the bars in a futile attempt to get free to do her job, which includes controlling

mood swings, controlling the appetite, keeping the muscle relaxed throughout the temple we call a body, helping us sleep and generally just assisting us to feel at peace with the world.

One might think that her mate, Dopamine would help her out of jail, after all he has a key? But naaa. He's too busy dreaming, and building castles in the air, or indulging himself by getting drunk or stoned, riding over the feelings of stress caused by their flighty mate Adrenaline, who is always inclined to misbehave during Sarah Tonin's absence.

I place the weary being on the massage table with the intention of releasing Sarah Tonin.

A little energy and digestive tuning and some acupressure on the electrical circuits or meridians of the body to flick on the switch and Sarah gets off her tired knees, knowing that help is at hand. Then, some rebalancing of the muscles and neurovascular system to realign and ground the temple back to earth where it should be and Sarah has the key to the cell door.

Finally the Bowen Treatment pumps nerve and blood flow up through the spine, energizing one of the places where Sarah Tonin lives and releases the muscles which support Sarah's Tonin's other residence, the digestive system.

By this time, dopy Dopamine and Adrenalin are stepping back because they are beginning to receive a strong message, which is telling them to be good and Sarah Tonin, released from her shackles, tentatively moves forward,

She is weary and knows she could be incarcerated again at a moment's notice.

Her continuing freedom depends on the being, who now hops off the table and stands so that I can observe the



temple which is looking taller and straighter but will still benefit from further alignment at another time. Further observation also reveals that the windows to the soul, the being's eyes are now carrying glimmers of a shinier future.

I explain, as the being gets ready to leave my clinic.

'Proper breathing in and out through the nose and other breathing exercises will strengthen the release of Serotonin throughout your system, as will meditation, walking and being in the sunlight for a short time each day. Eat a balanced diet, low in refined carbohydrates like white flour and sugar. Serotonin responds best to complex carbohydrates such as brown rice and whole grains. Above all, it would be good to learn to be kind to yourself in your thinking. Forgiveness, Acceptance, Trust and Gratitude are Sarah Tonin's best friends, they make sure she stays free to look after your body and mind efficiently so that you can feel as you should, at peace and relaxed. In the meantime return to see me next week and we will continue to encourage the release of Sarah Tonin and help you to feel better about life.'

Well that's all from me this month, three cheers for the release of Sarah Tonin. I would be delighted to assist on Tuesdays and Saturdays at the Nimbin Clinic.

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Cook's corner

Recipe of the Month

by Carolyne



couple of minutes then add to the mascarpone mixture with 2 tablespoons of finely grated dark chocolate, stir until just combined to make a marbled cream. Spoon the mixture into small pre cooked pastry shells and sprinkle with a little extra grated or drinking chocolate.

Pre cooked pastry shells may be purchased in the baking section of Woolworths. These are delicious for morning or afternoon tea with visitors as they do not have to be refrigerated, but can be if desired.

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

Tiramisu Tartlets

Ingredients:

- 4 Tablespoons of Mascarpone
- 1 Tablespoon of Icing Sugar
- 4 Amaretti Biscuits
- 2 Shots of Strong Black Coffee
- 2 Tablespoons of finely grated Dark Chocolate

Method: Put 4 tablespoons of mascarpone in a medium mixing bowl add one tablespoon of sifted icing sugar and stir to combine. Crumble 4 amaretti biscuits into a small bowl and drizzle with 2 shots of strong black coffee (a double shot black coffee made by Garry in a takeaway cup is ideal for this purpose) leave to stand for a




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