

Koala Kolumn

by Lorraine Vass



I know it's going to be a great day when I catch a movement out of the corner of my eye that is a koala descending the trunk of the big Flooded Gum outside my study window. I don't see as many koalas around the house as I used to, so it's something of an event when it happens.

Typically the koala skips daintily from branch to branch, backs down the trunk to the ground, sits and looks around and then decides in which direction it will head. From that particular tree, most koalas bound across the dewy grass and into the macadamias next door. This white-bottomed young female did exactly that until I spooked her by opening the door. My quiet wasn't quiet enough. She stopped in her tracks, jumped a metre or so on to the nearest macadamia trunk, and looked back at me quizzically.

I watched her for a minute before retreating so she would continue going about her business. She climbed a bit higher, perhaps to sleep the day away in the maccas, but more likely to stay hidden until she was sure she was unobserved before descending

again and scooting between the rows to the eucalypts on the property beyond.

We are so used to looking up at koalas curled tightly in the fork of a tree that it is startling to see the speed with which a healthy koala can move on the ground. We don't have a dog and we have quite a lot of food trees. Although the koalas that come and go may be a bit more relaxed about moving around our place, finding the right tree can involve a bit of trial and error and obstacles such as a shed or barbeque, and even fences can present problems.

Not so long ago I tracked the passage of a koala (mostly from inside the house) as it made its way from a Tallowood to a Palm, (oops that didn't feel right, down it came); galloped across the lawn and up a couple of steps; paused by a birdbath; tried a Banksia; nope, didn't like that so moved on to a Lemon Scented Gum; hung on to the trunk again about a metre or so off the ground and continued to look around; jumped back down and finally disappeared into the

canopy of a turpentine where I presume it spent the rest of the day. That was the longest koala-trek I had witnessed around our place.

I guess hunger pangs can strike a koala at any time of the night or day. We're told that most koalas prefer to feed just after dusk and just before dawn. However where koalas feed during the day the preferred time is the late afternoon with some feeding in the middle of the day. I've seen koalas eating throughout the day.

Indeed the contortions involved to access the very end of the branch where the most leaves are is another joy of koala watching. A small koala can venture almost to the very tip of the branch but heavier adult males have to stick closer to the trunk. A feeding koala holds on to the branch with both feet and one hand, using its free hand to grab the foliage; the grabbing can involve mind-boggling stretching. Sometimes that just isn't enough and the koala ventures further than it should along the limb. Branches can break or give away although

the koala usually bounds away unscathed.

Oh that all we have to be is in the right spot at the right time to take pleasure in our koalas. Unfortunately there's a lot more that needs to be done if those who come after us are to enjoy them as we do.

On the broader front, Lismore's proposed Environmental Levy has bitten the dust, along with the rest of the special rate variation. Just what impact this will have on progress of the two projects of particular significance in local koala conservation, that is the biodiversity conservation strategy and the local government area-wide comprehensive koala plan of management, remains to be seen.

Updates are to be reported to the next meeting of the Sustainable Environment Policy Advisory Group. The meeting will also hear a presentation on the draft Local Environment Plan, which is now on public exhibition until 29th July.

For information about koalas, their food trees, Friends of the Koala's Support-a-Koala program and other ways in which you can assist the koala conservation effort, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone Friends of the Koala's 24/7 rescue hotline on 6622-1233.

Until next time, happy koala spotting.



by Robert Carroll, President
Nimbin Environment Centre

We would all like to thank people who have kindly donated funds to the Nimbin Environment Centre.

Rally charges

As mentioned in the last issue, one of our volunteers was charged over the Repco Rally. Well the results are in and she was found to be very naughty. Fines issued were for pulling out in front of rally car drivers, failing to pull over for police and obstruction of the car's number plate. The No Rally Group will cover the cost of the fines, in total being approx \$668. This is half the cost of the original fines issued, so the court system helped there with a half price reduction.

Mining Bill

The Government has backed BHP and wants to cheat and introduce a new bill to reverse the March Supreme court decision and allow the coal mining company to rip up the fertile flats of the Liverpool Plains.

Greens MP Lee Rehanion has condemned the decision and will oppose the legislation, which she says "effectively walks over the Liverpool Plains community."

Mulgum Creek

The Bush Theatre riverbank has been bought to our attention, as some remedial work needs to be done on

the banks. So we are also in the process of contacting the correct departments for assistance in this matter.

Myna traps

Lismore Council has run out of Indian myna traps, as they are all loaned out, but will supply materials if anyone would like to build some more traps. If 10 people are interested in getting together for a day in early June to build traps from Council-supplied materials for the Environment Centre to loan out, please ring Lisa C at the Centre on 6689-1441 and put your name on the list.

Grant Application

We have applied for a Volunteers Grant and if successful will purchase some equipment for our outreach stalls. Items being data projector, digital camera, waterproof marquee and a laptop.

Shop

The shop has a large range of locally made products including jams, palm oil-free soap, heaps and heaps of hemp products, timber cutting boards, jewellery, artwork, shirts and lots more.

Sea Shepherd has also a place on our shelf. We have t-shirts, hats, bags and stickers in support of the great work that they are doing for our sea creatures.

We also have readily available, plenty of environmental information that you need to know.

NSW Greens News

Mining Land Access Bill

A government bill came before parliament this week to overturn the recent Supreme Court decision to block BHP Billiton's access to farms in Caroonia to explore for coal. The government tried to rush the bill through in one day. After intense opposition from the Greens, farmers from Caroonia and the NSW Farmer's Association the Government has postponed debate on the bill until May.

The Environmental Defender's Office and the Bar Association have also come out strongly against the Government bill, labelling it as a cynical move to retrospectively extinguish important property rights of farmers that were upheld in the Supreme Court. The Greens will continue to work with the community to oppose this legislation.

Bulli Seam Coal project proposal

Two weeks ago Lee Rhiannon visited with local campaigners who are fighting against BHP Billiton's Bulli Seam coal project that seeks to longwall mine underneath special water catchment areas in southern Sydney, including the richly biodiverse Dharawal State Conservation Area, the headwaters of the Georges River. She saw first hand the water pollution already occurring from mining activity in these magnificent upland swamps. A group also met with Signe Westerberg, a local Greens member campaigning against the mine's potential environmental impacts. Signe is part of the combined effort by local authorities and groups to restore health to the Georges River, and is appalled that the Government could consider allowing so much permanent damage to occur to the headwaters of the river.

Last week the federal Dept of Environment (DEWHA) required BHP Billiton to produce a full EIS because of the number of threatened species in the area. Public comment closed on Friday 30th April.

The NSW Planning Assessment Commission (PAC) will make its report to the planning minister on 30th April.

Lee Rhiannon asked the planning minister in parliament if he would wait until the federal EIS process was complete before making a consent decision on the Bulli Seam project. Minister Kelly said he would not, that the Planning Assessment Commission 'should be allowed to get on and complete its process' without waiting to see the findings.

Please get in touch if you would like to join us, or if you have any questions or ideas for our coal campaigns - NSW Greens (02) 9519-0877.

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Jillian awaits tribunal decision

by Leanne Logan

'Traumatic' probably doesn't even begin to describe local midwife Jillian Delailé's past few years. Suspended as a midwife in October 2007, following a series of complaints by the Obstetrics Committee at Lismore Base Hospital to the Health Care Complaints Commission (HCCC) three years ago, Jillian has gone through several legal proceedings culminating in a six-day Tribunal before the Nurses & Midwives Board (NMB) in Sydney, in March, the outcome of which will not be advised until mid-May.

"The whole thing has been quite traumatic," Jillian said from her Nimbin home.



"I was advised upfront it would cost \$80,000 for legal representation for the NMB Tribunal. I was in no position to raise that amount; and was also advised it would be unwise to consider representing myself."

Dr Michael Kidd (Barrister from New Zealand) responded to Jillian's plea for help with the case and

contributed his time at no cost beyond expenses.

Relieved the legal proceedings are over, Jillian is hopeful of the midwifery suspension being lifted and that her general nurses registration will not be affected as this has been her livelihood since being suspended as a midwife. In the meantime Jillian's future remains in limbo.

Jillian expressed her thanks and appreciation to the community for the continuous support and well wishes. "I'm immensely grateful to friends and homebirth supporters who rallied and went into action on my behalf with submission writing, setting up a network with all my

homebirth parents via email, secretarial work, even organising a Celebration of my 27 years of homebirth in August last year.

Financial donations towards tribunal costs have been generating since then. Local business have hosted donation jars in the last weeks. All up I've received \$2,500 – that's helped enormously against costs of \$5,000."

Asked to comment on the current homebirth controversy, Jillian said she urges all parents interested in homebirth to keep a strong voice alive so that homebirth issues can be resolved in a way that leaves parents with a choice to birth their babes naturally at home.

Imagine a world without volunteers...

Imagine being caught in a rip, with no-one to help you. Or being isolated, frail or aged with no one to visit you. Imagine your family facing a wall of flames alone, with only hoses and buckets of water. Imagine being a child struggling to read, with no one to give you extra help.

Jeannette Tyler, the Coordinator of Volunteering Northern Rivers at the Lismore Neighbourhood Centre has been helping place volunteers for many years. "Volunteers are essential, she said. "Many charities and not-for-profit organisations in this area would struggle to survive without them.

Volunteers make an invaluable contribution in many areas of society, and during National Volunteer Week, 10th to 16th

May, we all have a chance to say 'thank you.'

National Volunteer Week (NVW) is the largest celebration of volunteers in Australia. It's an important week for volunteering, as it provides an opportunity to highlight the volunteer's role in our community.

Each year, more than 5 million volunteers contribute more than 700 million hours of community service to many areas ... including health care, arts, environment, emergency services, education, and sports. This equates to an amazing \$8.9 billion dollars.

So during National Volunteer Week, 10th to 16th May, take time out to thank volunteers you see in the community. Or call Jeannette at Volunteering Northern Rivers on 6621-7397 to see how you can help.

New therapist at Nimbin Apothecary

Saturdays there's a new face at the apothecary – Dana Mynard has appointments available to facilitate your healing and transformation through Whole-Hearted Healing, Aura Balancing and Spiritual Purpose Alignment.

"I'm happy to offer a choice of modalities to my clients – as there are times when one modality is more appropriate for the situation or issue. Taking an overall view of what's going on in your life, we will pinpoint what is the most important or pressing issue you need support with – then decide the best way to work with that issue."

Some information on the techniques:

From the Institute for the Study of Peak States (www.peakstates.com), Whole-Hearted Healing is a regression technique that heals the origin of your issues, which lie in the biological development of our beings (i.e. your dna). What is unique about this, is



that once healed, it is healed permanently. Within WHH, there are some simple techniques you can learn to use by yourself at home to help deal with problems in interpersonal

relationships, or at times of emotional distress. WHH relies on the bio-intelligence of the earth for healing.

Aura Balancing is an energetic healing technique and is particularly useful for times when you feel overwhelmed, lack boundaries, or have a blockage you cannot seem to shift. It is a beautiful way to nourish and restore balance to your being. During the balance, deep resistance and blocks are unlocked and transformed. Working with the energy centres of the body (the chakras), and your energetic body/field in general, the balance is performed in the presence of

spiritual light and guidance.

Spiritual Purpose Alignment sessions bring your entire body to clarity regarding a current life situation, or choice you are making. Any underlying obstacles or resistances come to the surface for clearing. The alignment can open your mind to new ways of thought or approaches to your situation, or simply clarify that you're on the right path and ground your energy in what is purposeful for you in your life right now.

Dana said, "I began my therapist career as a Rebirther in 1997 and have worked with people in mixed and women's groups, one-on-one and general weekly emotional support groups in this area, Brisbane and Sunshine Coast."

You can book for Saturdays at the Apothecary, on 6689-1529. WHH sessions \$60/hr, AB & SPA session \$50/hr. Please feel free to drop in if you'd like some more information, or contact Dana on 6689-7533 or by email at danamynard@yahoo.com.au

Self awareness & Gestalt

by Dave Reynolds



Our sight, touch, hearing, smell and taste all connect us with our environment. Human senses evolved over millions of years to inform us of changes taking place around us and information is streaming into our bodies at all times through our senses. Faced with the level of stimulation surrounding us in the modern world, we have learned to moderate our sensory intake to avoid being overwhelmed.

This is helpful at times however we are likely to unconsciously filter out or in certain types of stimuli. If, for example, we have fallen out with our neighbour and we hear their cockerel crow at dawn, it is likely to sound more intrusive than if we were on better terms. As we learn to 'come to our senses', we begin to see, hear and experience things more as they are and less as we imagine them to be. Through it's attention to sensory awareness during counselling, Gestalt Therapy can help to establish a life grounded in lived experience, rather than in thinking.

Then there is inner awareness of our bodily response to this sensory information. We have given names to certain clusters of internal sensations such as fear, anger and excitement. Many people need time and space to be able to recognise their feelings and in my own life I have often not realised how I have been affected by something until much later. All of us have learned to filter 'awkward' emotions out of our daily experience as a way of coping with life's stresses and being able to contain some unresolved feelings is a life skill. Another important life skill is being able to acknowledge and express them without blame.

The type of language I use is important if I want to express my experience without blame. Statements beginning with the word 'I' rather than 'You' are less likely to sound blaming. An example would be 'I felt angry when I thought you

were ignoring me yesterday' rather than 'You made me angry when You didn't listen to me'. The 'I' statement takes responsibility for the emotional content, the 'You' statement blames the other person and is more likely to elicit a defensive response. 'I' statements about feelings reveal something about the experience of the person making them. As a counsellor I aim to hear and then clearly acknowledge the emotion with a statement of my own, something like 'I hear that you are feeling angry'. This is not a time to offer solutions, ideas or judgements.

Subtle changes to the language used to describe our experience can increase awareness of the feelings themselves in the body. A trained Gestalt Therapist will facilitate the movement of this energetic charge out into contact with the world, creating and holding a safe space for this to happen during the session. When energy is not allowed to sequence out in this way it is held in the body and creates dis-ease. As energy is released, it flows naturally through the body, creating satisfying contact between us and others.

Therapy sessions are a safe place to experiment with bringing powerful emotions into contact with another human being. The skills learned and practiced between client and therapist help to heal old wounds and support the emergence of new behaviours in real life situations.

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

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Remembering love

by Allan Lunare

I want to start this article by saying that I am not an indigenous Australian - I have not had the experience of being raised in a spiritually aware culture. But seeing that I'm writing about the land and spirituality, I thought it time to talk about some of my own journey in coming to this point.

My upbringing was typical of many people here. I was raised in a society and culture that really had no spiritual life. What spirituality that did exist was very separate from the world outside and seemed to be based upon self-negation and deep suffering. It was melancholy and austere. This was not at all attractive to me even though I was seeking something, especially as a teenager.

Having been emotionally malnourished by my family and spiritually malnourished by my community, I was hungry. There was a deep yearning in me that I tried to satisfy by thinking "what is this all about, this world?" and by time alone in nature. The company of domestic animals and the natural world were, in truth, the only solid and safe places



where I could be myself.

And so I was in my head a lot and very isolated. People in the world around me, in suburban Sydney, were so unhappy I knew I didn't want to be like them. The educational institutions seemed only to instil competition and preparation for a life of slavery. I didn't want any of that either. Unable to break away from this society, but alien to it, I lived a very lonely and often depressed twenties.

After quite a few years of smoking pot to suppress my feelings - immense rage being the main one - I eventually started to get some perspective. I figured that if this was the kind of life I was going to live - being very isolated - then I'd move to

the country and get a dog. "If this was to be my lot," I said to myself, "then so be it, but I can still do something positive."

I had reached a point of acceptance in myself, acceptance of myself.

Two weeks later, on one of my rare excursions into Inner West nightlife, I met my life partner. If I hadn't accepted myself I could never have accepted her into my life, or the healing journey that I then began in earnest.

This journey of accepting love continues of course, going ever deeper and ever broader. Now I am returning to the deep love I have always felt for the land and nature and exploring my spirituality through this.

I wanted to write something of my own journey to illustrate an all too common western experience of deep separation. Being separate from our families (emotionally), our environment (spiritually), and ourselves (lovingly), describes the desolation of modern man. In such a society people will naturally rely on dwelling in their minds to try and stay safe.

This culture of the ego and mind is built upon a deep insecurity and fear that the vast majority of people have had ingrained from very early on. And then we go to school!

But deep down in parts of ourselves

that we have not felt safe to reveal, dwell memories of a very different way. Memories that are not necessarily carried in our blood - though they may be - but in our spiritual knowing. Like the feelings that arise when we recognise an old friend, these memories each of us hold remember the truth. Often the truth of the love we feel for the animals and plants is the safest to begin reconnecting with. But why should we stop there when there is a whole world of truth available to us? A whole world of love is awaiting us if we can allow ourselves to remember.

Beyond a genuine love of ourselves, the love of the land, of this Earth that we are physically a part of, is perhaps the greatest in terms of healing and joy. And slowly more and more people are remembering how to love Her.

More and more people are allowing Her love into their hearts. It is available to us all, this Great Love, no matter where we have come from or who we think we are. We only have to make the decision to let this love in.

The next Healing Earth Workshop near Mt. Warning is on Saturday 22nd May.

Please phone Allan Lunare on 0432-047-432 or email fishriddle@hotmail.com for more details.

In love for the Earth.

Desmond divulges his adventures

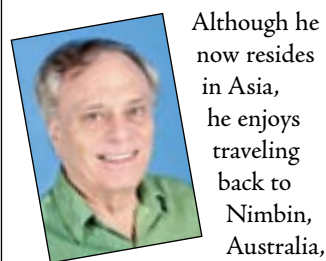


"Goodbye, Africa..." is the true story of Desmond Bishop (alias Raymond

Spenser) who grew up in 1940s South Africa... a time when it was forbidden to treat black citizens as equal members of society. This intolerance sets the stage for Raymond's enlightening and inspiring global adventure.

Author Desmond Bishop writes because he wants to engage the world around him. He started writing educational documentaries for the ABC in Sydney in 1975.

Desmond grew up in British colonial Southern Africa.



Although he now resides in Asia, he enjoys traveling back to Nimbin, Australia,

where he has a deep connection to the community.

Meaning

by Dr Elizabeth McCardell

M. Counselling, PhD Phone 0429-199-021

I went into a bookshop the other day and a display consisting of discounted tarot cards caught my eye. I am rather fond of beautiful objects and these were definitely attractive. Just as I was about to pick a deck up, a man I didn't know asked me whether I believed in these things. I replied I don't believe in the cards per se, but am intrigued by the stories they tell and the meanings I make of them. I don't believe in newspapers or telephone directories or street signs, for that matter. All these are merely means of communication.

The man then asked me was it true that people commit suicide after using tarot cards. I replied, people who try to commit suicide are just as likely to do so after assuming a voice on the radio is telling them this is what they must do; in other words

it is the psychosis that makes the difference, not what the person blames for suggesting they act in this way. A person who hears voices coming from a toaster cannot convince me that toasters are intrinsically evil.

The fellow understood my drift, for he then spoke about the Tom Hanks movie, *The Castaway*. Hanks portrays a fictional FedEx employee, Chuck, who is stranded alone on a deserted island after the plane he was in crashes over the South Pacific. He manages to survive using remnants of the plane's cargo. He finds a volleyball on which he marks a face, gives it the name Wilson and talks to as a friend. Though this is "crazy" stuff to those of us thinking about it now, the making meaning by making "alive" an inanimate object kept Chuck sane and allowed him eventually to get off the



island. The making of meaning is essential for human life, but the medium for it is only a stimulus to this process.

The capacity to make not only sense of something, but to allow this to enliven and empower us is essential for human life itself. Viktor Frankl, a remarkable Jewish psychiatrist who has deeply influenced me, developed a branch of psychotherapy known as logotherapy in response to his experiences in Nazi death camps. There he noticed that those who used the experience of being there as an opportunity for self growth as well as discovering

how to be present for others (see *Man's Search for Meaning*), lived, while those who found it all meaningless and closed their eyes and lived in the past, weakened and died. The attitude of nihilism is already a death and a disconnection from life.

We are much more than our biology, social and psychological conditions, heredity and upbringing. We are selves in relation to other selves and in relation to our time and place and the meanings we make are carried in some form across generations, yet all these enable us to interpret something. Subject to time, space and place, and coming from our particular psychological and bodily state (alert, tired, moody, psychotic, grief stricken, buoyant, sick, hunger, satiation, etc), as well as our belief systems, family conditioning, education, and how influenced we are by our peers also shapes how meaning is made. Every meaning we attach to something is in a process of becoming something

more and is always open to interpretation. Interpretations that are especially nurturing and full of meaning for us personally inspire choice-full behaviour. Inspired by the meaning we have made about something we can then choose to live in creative and empowering ways. This is one very important purpose of psychotherapy and counselling. Such therapy opens up, client and therapist together, innovative, soul consoling, self-nurturing ways of understanding present circumstances and enables the client to move in directions that really matter to him/her.

The symbols represented in the tarot deck allow for creative meaning making and are neither intrinsically evil nor good (whatever these terms mean), nor can be blamed as an inspiration to suicide - despite what some religious groups claim. The outright rejection of tarot cards on the grounds of hokus pokus, also misses the point. The cards are a stimulus to self-examination

and awareness of inner processes. As such a trigger, the cards are very useful as much as any book that touches, challenges, and inspires us.

And, of course, they are often very beautiful items to look at.

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New Energy Activity

by Daniel Keszler

I hope everyone had a good and joyful time through MardiGrass. It is always magnificent to see so much creative energy being put out by so many beings at once. It is in those events that it becomes obvious that we create reality according to our choice to invest energy into a particular manifestation.

Last month, I mentioned very briefly some concepts of co-creation and I also mentioned, I would expand on that. Here goes: When we engage in a festival, we engage our selves in many ways to enjoy it, we are there physically, we have a good time emotionally, we are mentally usually fairly relaxed and spontaneous, fluid, and spiritually we do what we love doing so we are in tune.

Well the same states can be applied to charge your potentially most enlightened life to manifest. Intent is one of the major driving forces which we as humans can apply to co-create. It is our steering wheel, we decide our direction with it. It is the signal we radiate out which will be responded to by its matching frequency.. and its opposite, more on that later.

Our thoughts, emotions, physical body, feelings, dreams, subconscious, etc. are like a pack of dogs which we have on individual ropes and which pull in different directions. The more we can align all of our aspects (dogs) to pull us into the direction of our intent, the more likely, we get there, or the more we radiate with all our aspects the same frequency, the more likely to receive what we gave intent for.



Sounds all quite simple and at the same time, I feel I have to mention more subtle unknown factors which always play a role in co-creation.

Things to contemplate over so as to not let our feeling of self-importance run wild:

- Intent is a force on its own and not necessarily under our control.
- We don't know anything of our subconscious self, it may be larger than we think.

This concept of manifesting reality is based on certain beliefs, whereas life at large is always going to be an infinite mystery.

For this concept to be working, we must believe that everything has a common base, eg. energy and is connected which means everything is one in that understanding. What kind of attributes are hidden in that fact?

I leave you with a quote from Kryon on The Higher Self:

"How would you like to have a partner who had the full overview of the Universe? That's your Higher Self – that's the hand we want you to hold – not the hand of Kryon or any other channel. It's the anointed one inside you. It's the golden angel that resides in you that is your actual piece of God." ~ Kryon.

PS: If you don't like the word 'God', just replace it with 'Life'.

Infinite Blessings.

Contact Daniel on 6689-9249.

For more on Kryon, see www.kryon.com

Ayurvedic Info

Welcome to autumn, a season of drier and cooler weather. As promised last issue, this month we'll focus on food and recipes that are appropriate to the season. Primarily, the emphasis is on balancing or pacifying the vata dosha whose attributes include dry, cold, light, fluctuating and rough. As far as tastes go, sweet, sour and salty pacify vata while bitter, pungent and astringent aggravate. So food should be nourishing, easy to digest, warm and filling, moistening with mild warming spices, on the heavy side and eaten with calm and mindfulness. Foods to increase are sweet fruits, cooked vegetables especially root vegies, cooked grains (eg oatmeal), nuts(presoaked), natural sweeteners, mild warming spices,(eg basil), milk products in moderation. Things to avoid include dry fruits, dry grains (rice cakes),raw vegetables, cabbage family, beans in general ie any food that causes gas or wind.

Bearing in mind these parameters, lets talk recipes!!! a handy breakfast is stewed fruit- dice fruit like apples and pears, sweet dried fruit like dates and figs etc. add water and spices – cardamon, cinnamon, cloves, nutmeg, ginger – cook thoroughly and enjoy. Goes well with ginger tea.

As autumn cools down further, cooked semolina or oatmeal porridge with dates and coconut are great. Spices can be added to make even tastier.

A seasonal masala for autumn is of 2 tablespoons ajwain(celery seeds), 1 tablespoon black mustard seeds, 1 tablespoon white peppercorns, 1 teaspoon ground ginger and ½ teaspoon grated nutmeg. Roast and grind the spice seeds before adding the ginger powder and grated nutmeg. Store in a sealed container. Can be sprinkled over meals or used in cooking.

Potato curry (serves 4)

12 organic potatoes, 1 tablespoon coriander seeds, 1 tablespoon ajwain seeds, 2 tablespoons of ghee, 1 teaspoon tumeric powder, 1 teaspoon cummin powder, ½ teaspoon cardamon powder, 2 dried red chillies(optional), 1 teaspoon rock salt, ½ cup of water.

Scrub potatoes and cut into quarters. Heat ghee in large cast iron skillet or heavy saucepan and add seeds, cooking until they pop. Add potatoes along with the rest of the spices and stir thoroughly. Cook for three minutes, stirring occasionally before adding the water. Cover and simmer on medium heat for 20 minutes or until potatoes are tender. ½ cup of organic yoghurt can be folded through for a creamier taste.

Rava khir(serves 6)

½ cup of ghee, ¾ cup of fine semolina, approx. ¼ cup milk, 1 ¼ cups of water, ¼ - ½ cup chopped dates, 1 teaspoon cardamon, 1 tablespoon of slivered almonds, ¾ cup of brown sugar

Put sugar, water and milk into a saucepan and bring to the boil, stirring to dissolve sugar. Then set aside. Heat ghee in medium saucepan over low heat and brown semolina, stirring continuously. Add syrup, dates, almonds and cardamon and stir over medium heat with a wooden spoon, until mixture thickens and leaves the side of the pan. Pour into buttered serving dish to cool. Cut in diamond shapes and serve.

Bon appetit!!!!

John and Helen have Thursday clinic at Birth and Beyond and bookings can be made through the Nimbin Apothecary on 6689-1529 or by calling us on 6689-1794 or 6689-1717.

Our tribal heart & homeopathics...

by Tarang Bates

It takes a particular type of person to live the way we do – what is it... some sort of tribal gene perhaps? Although tribal has many different expressions...there is footy tribal, war tribal, religious tribal...my tribal is community living.

The re-opening of the Nimbin Bush Factory was an amazing night...a tribal night if ever there was one! This place has been such an integral, positive and creative part of Nimbin life for so many years. One of the best things was the exhilarating vibe, the joyfulness that this vital ingredient of Nimbin life was back, loved and pumping...yes ok I LOVE the Bush Factory!! It is not merely a building...this place has a history – many fantastic nights shared amongst the Nimbin tribe on this little island, the river snaking around us, encircled by trees beneath the stars. A world away from the angst of the street. Over the years, we have been indulged in some of the most amazing performances; it's a place to celebrate our strengths, our creativity and our tribal heart. Our own funky movie theatre – imagine how good it would be if that were resurrected!

The Bush Factory was a perfect way to end the day for me, after a 3 hour community meeting which was a time of very intense sharing and strong emotions. Personally I left that meeting with a strong sense of my community and extended family. A friend of mine commented that it sounded like her idea of hell (I am sure she wouldn't be alone) and I realised that yes, it does take a particular type of person to live the way we do.

The rising cost of housing has been seen as a reason more people will be forced to live together in shared housing. This has been viewed as a negative, mainly because children will be living with other adults some



of who may be strangers. It is a sad fact that there is no shortage of "strange" humans out there, who are willing to jeopardise the wellbeing of children to satisfy their own deviant sexual cravings. However there are many very constructive reasons why sharing housing and/or land as we do on communities, is a very positive environment for adults and children alike. Living together is conducive to cultivating personal boundaries, integrity, individual as well as community identity, sharing, care and consideration toward each other. Every one of us has the ability to piss our friends and neighbours off to some degree, it's the way we walk forward toward resolution that forms the next degree of richness, not only in our personal relationships but in the community as an identity.

HOMEOPATHICS

Chickenpox is on the move once again... VARICELLA is the remedy to use during a chickenpox epidemic. For those who have used Varicella previously it is wise to repeat the treatment early, before any contact is made. Once contact has been made with an infected person, Varicella may help ward off the virus, or at least lessen the severity. If contracted there are various homeopathics to use such as RHUS TOX to ease the itching, ANT TART for large blisters, where the patient is very clingy.

For more information on these remedies, contact Tarang at Nimbin Homeopathics on 6689-1452, or email tarangbates@yahoo.com.au Also available *Peek-a-boo* and *the Pile of Poo...* a Nimbin Tale for children.

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Fashion Focus

Two Dance Troupes – The more the merrier!

Visitors to MardiGrass this year were delighted to be entertained by not only one troupe of dancing girls, but two!

The ever-reliable Ganja Faeries, who have led the parade for many years, were complemented by the Bong Babes, a well-practised team of a dozen or so striking women, sponsored by the Bringabong shop.

The Ganja Faeries say the newcomers are very welcome. Biskit said, "We've been trying to encourage another dancing group for years," said Biskit. "I think it's great."

The new troupe meant that the flurry of pre-MardiGrass costume making was more hectic than ever this year.

The Babes' eye-catching costumes were designed by Christina Chester (pictured at top) and made in her top-of-town studio, while Lauren and Kora (pictured right) were among the many Faeries sewing at the Dance Studio.

The Bong Babes certainly made an impression in their red and yellow outfits, taking out the \$1000 first prize in the parade judging.

What to spend it on? More costumes!



Bowen Therapy and the Immune System



by Tonia Haynes

For the past six months I have been looking after a house with an attractive garden, albeit the garden is bigger than Texas.

Careening around on a ride-on lawn mower has become part of my life and considering this is a new experience in my middle years, it hasn't been easy.

Having a lemon tree branch threatening to decapitate me while I struggle to reach the reverse button, has become a regular occurrence, as has leaning sideways in the saddle in full rodeo style, so that my feisty new acquaintance does not flip me off with the uncaring nonchalance of a wild bull.

No wonder one needs a cold beer after mowing the lawn. It's a terrifying pastime!

Yesterday for the first time, the man came to do it for me. What a hero! What a man! Two hours of hard, focused work and he turned the place into the botanical gardens.

As I meandered around outside this morning, viewing the fruits of his labor, the only thing missing was me in the right garb: a lace bonnet and silk parasol. Gracefully lowered so I might gently frown at the debris disrespectfully staining my satin slippers. Gumboots and tattered dressing gown just did not cut it in a scene of such elegant beauty.

He did not even leave an invoice. Perhaps he thinks his skills of magic are above the vulgar and earthly subject of money. Or perhaps it is because trust between locals is still alive and strong here. A rare asset in a world which appears to be suffering huge amounts of distrust and chaos, right now.

Last year in July, I had a severe case of the pachyderm flu. Curly tailed piggies had nothing on this one.

Why did I allow myself get to the state, where elephants were pushing my brain out of

my ears, stuffing their trunks down my throat and loudly trumpeting into my lungs, while attempting to crush every muscle in my body to a sad and bloody death?

Because, like many of us, I'm inclined to the illusion that I'm ten foot tall and bullet-proof. Blithely, I ignored the stiff neck, sore muscles in my back, shoulders and legs and the fact that my bones would give a tiny agonized scream when I bent over. I also kept ignoring the stress I was feeling, brought on by the variables of life.

All this was happening long before the flu kicked in.

I used the usual arguments. I don't have the money, or time to visit my favorite Bowen therapist, who is far away. And I will get those immune boosting herbs from The Nimbin Apothecary, tomorrow. Tomorrow never came and I suffered for my procrastination and lack of self-nurture.

This year I am going to be much smarter. I will look after myself the way I tell others to look after themselves. I would actually like a full treatment from someone who practises their therapies in a similar fashion to the way I do, because it seems people respond well.

Bowen Therapy, Kinesiology, Spinal Realignment and Pranic Healing make a great match. My clients feel more flexible, relaxed and rejuvenated in body and mind. Their immune systems lift and they don't appear to suffer seasonal illnesses they way

they used to.

Those, who have the amount of treatments suggested in order to assist them back to good health, receive great benefit. Their lives improve because they feel good, not only in the muscles and bones but often their digestive system also gets off its lazy butt and returns to doing what it should be doing, every day.

Nausea after eating and constipation become memories of an unwelcome past and once again the immune system flexes its strength toward good health.

It is true that for those who have been feeling out of sorts for a long while, it may take a little longer before the best results are felt. It takes time, to persuade a body suffering chronic pain and stress that it can once again be well.

Fortunately the body loves feeling well, so miracles can happen if given the chance.

Well, I am off to Tweed Heads next week for some tender loving care from my Bowen therapist, and the immune boosting herbs are already in the fridge.

How about you? Are you prepared for those sneaky, late autumn and winter gooblies?

Love Light and Laughter.

I'm in clinic Tuesdays and Saturdays at 80 Cullen Street, Nimbin. To make an appointment, phone 02 6689-0240 or mobile 0439-794-420.

Covered by most Health

Cook's corner

Recipe of the Month

by Carolyne



Blue Cheese and Onion Quiche

185g shortcrust pastry
30g butter
3 onions, thinly sliced
2 cloves of garlic, crushed
3 eggs, lightly beaten
60g blue cheese, crumbled
1 cup/250ml milk

¾ cup/185g sour cream
2 tsp caraway seeds

Method

1. Roll out pastry to fit 23cm flan tin with a removable base. Bake blind for 8 minutes. Remove paper and rice. Bake for 10 minutes longer or until pastry is golden. Cool. (Pampas Shortcrust Pastry in the frozen food aisle from your

favourite supermarket is ideal.)

- Melt butter in a frying pan over a low heat. Add onions and garlic. Cook stirring frequently for 10 minutes or until onions are golden. Spread over base of pastry case.
- Combine eggs, cheese, milk, sour cream and caraway seeds. Season to taste. Carefully pour into pastry case. Bake at 180C for 30 minutes or until filling is set and top golden.

"Til next month, enjoy!

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




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