

# Koala Kolumn

by Lorraine Vass



Reading the summary of the Ipsos Mackay Report's Being Australian 2011 in the weekend paper got me wondering about attitudes to the natural environment. This survey looks at perceptions of what it means to be Australian in today's social, political and economic climate. The lead researcher identified attitudes to work, sport and alcohol as areas of biggest change since the 1988 survey.

The environment doesn't get a guernsey in the reporting I read. However, if more Australians now feel that big business is undermining our way of life through longer working hours and stricter work conditions, does it follow that corporate greed is understood to also undermine the natural world and is that cause for concern?

Who Cares about the Environment? is a NSW survey that has been conducted by the agency currently known as the Office of Environment and Heritage since 1994. The sixth and latest survey results (2009) have environmental issues ranked fifth in priority (behind health, education, public transport, and roads and traffic) for state government attention. They are second in priority for the future. Water related issues and climate change were the two top environmental concerns. Although there was a decrease in the level of concern about environmental problems from 2006 to 2009 (77% to 67%), maintaining ecosystems increased significantly as a reason for concern, from 15% in 2006 to 19% in 2009.

So, perhaps more Australians are waking up to the nation's shameful biodiversity loss. But how do we turn things around? Education and the ballot box are the obvious answers.

One of Friends of the Koala's key objectives is to promote understanding and support for the well-being of the Region's koalas and for the work of Friends of the Koala. While we like to think there is an informing element to all of our activities, only a small part of them can be considered truly educational. Our public education effort is often planned and delivered in partnership with other players who are far better placed and resourced to provide environmental education, including koala conservation. Local government is a prime example.

Tweed Shire's Koala Connections project, in which Friends of the Koala is a supporting partner, was launched with the first of a series of workshops at the Pottsville Environment Centre in mid-June. Funded by the Council and the NSW Environment Trust, Koala Connections aims to connect koalas to the habitat and people to koala conservation. Landholders and residents who are concerned about the plight of Tweed koalas will learn, through on-ground actions, educational workshops and school visits, how they can participate in koala conservation.

The project is also an important element of familiarising community members, especially those living in the study area, with the findings of the Tweed Coast Koala Habitat Study and the Comprehensive Koala Plan of Management for the Tweed Coast which is presently being developed.



**Serendipity, a 615gm back-young when found on the ground last August, is now getting close for release. The fate of Serendipity's mother is unknown. She could not be found. Twelve months in care is not unusual for orphaned or abandoned koalas. Twenty-four hour attention, regular vet checks, socialisation with other orphans and a supervised pre-release regime are all necessary for the youngster's survival in the wild.**

To kick off the launch, Jenny Hayes, a teacher at the Pottsville Beach Public School and Chair of Team Koala, a local interest group, encouraged every pupil to design and draw their own A4 poster based on the information contained in the official promotional flyer. Koala Connections Project Manager, Sally Jacka, was given the unenviable task of judging over 600 posters in Kindie, Year 1-2, Year 3-4 and Year 5-6 groupings.

Next semester Sally will be following up by presenting to students basic information about koalas, their place in the landscapes, the risks they face and how we can all take some responsibility for their survival in the wild.

She is also planning to present in other schools in the study area. Future community workshops will include koala food tree identification, seed collection and plant propagation, koala biology and ecology, and the place of rescue and rehabilitation in koala conservation.

Friends of the Koala expects that development of comprehensive koala plans of management in Lismore and Byron as well as Tweed will provide stronger frameworks for educational projects and programs in various aspects of koala management and conservation. We hope to see opportunities for regional programs developing over time; the icing on the cake, an informed and empowered community, confidently negotiating with a responsive government policies and actions ensuring koala survival. Ah, we live in hope!

To book for the Koala Connections Food Tree Identification workshop at the Pottsville Environment Centre on Saturday 16th July (1.30pm to 4.30pm), please ring Sally Jacka on 6670-2561.

To report a koala in trouble, or a sighting, please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees, and other ways in which you can assist the koala conservation effort on the Northern Rivers, visit: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org)

Until next time, happy koala spotting.

# When plants turn bad

by Triny Roe

"But it's so pretty!" When is a weed not a weed?

We love to bring nature indoors, even when we live in the bush. Our living rooms, verandas and decks are adorned with a myriad of plants. Many common houseplants are popular because they are hardy and survive despite the odds.

Some can go for weeks on end without a drink of water and still look good. These plants, when confined to pots and hanging baskets with limited soil and water, bring their owners much pleasure. They also make great gifts.

However, some of these hardy houseplants can turn nasty when released, accidentally or otherwise, into the wild.

The same plant can perform very differently in changed circumstances. Wandering Jew (*Zebrina tradescantia*), Golden Globes (*Lysimachia procumbens*) and Polka Dot Plant (*Hypoestes phyllostachy*) are just a few of these Jekyll and Hyde plants.

Sometimes house plants die. (The secret here is just to remember to water them, occasionally...) When the plant finally appears to succumb to total neglect, the sad remains get hoicked over the verandah.

But this seemingly dead plant can recover when the water supply is restored by natural rainfall, and one thing I've noticed around



*Lysimachia procumbens*

here is that there is plenty of rain.

Suddenly that innocent pot plant is now a weed, spreading with unbridled enthusiasm. If the weeds are growing near bush or waterways, there is a risk they may make their way further afield.

Weeds are characterised by their habit of multiplying rapidly and growing out of control. With unlimited water and the space to spread their roots, they can take off and outgrow native plants – in time replacing them completely.

To protect the bush it is important to ensure plant material is not just tossed into the bottom of the garden or chucked over the bank or down into the gully.

Eradication of these weed infestations can be tricky. You can't simply pull up the

plants and chuck them on the compost heap. These weeds just keep growing. Results from using herbicides can be variable and the downside is the effect on nearby desirable plants and the environment.

One method is to carefully hand-weed, making sure you remove all the roots and even bits of stem as new plants can grow from even small pieces. Stuff all removed plant material into black plastic bags and leave in the sun to rot. The heat generated within will effectively kill most plants.

This might take a few months so be careful when and where you eventually dump the contents. And don't forget the all-important follow-up. Revisit the site periodically and make sure any new weed plants are removed before they run rampant again.

## PLANT OF THE MONTH

### Banksia ericifolia



Heath banksia is often referred to as a symbol of the Australian bush. It is a rounded bushy shrub to five metres high and four metres across.

This beautiful plant is found throughout local heaths, often close to the coast. Very common around the Evans Head area, it lights up the wintery countryside with its cylindrical orange spikes to 30cm long.

A very hardy plant, it is an excellent screen but does require well drained soils and full sun.

To grow your own, pick the fruits after flowering in early summer and put on a tray in a warm place, such as inside the car. When they open they will have papery seeds divided by a woody casing.

Using a well drained medium, place the seeds so they are only just covered, so that they may easily sprout up. Pot up. Check them out on your next trip to the coast.

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by Rob Carroll, President

**Did you know?**

- Germany's Renewable Energy industry employs 284,000 people.
- The Northern Territory is banning plastic bags from September. It will save the environment the cost of around 40 million plastic bags a year.
- There is said to be around 570 abandoned or unremediated coal mines leaking acid and other toxic chemicals into the environment. An EIS will tell you what was there before coal but unless you do an after EIS you will not know what the real impact is. I would like to see every coalmine do a study after the fact. Only then the devastating truth would be known.

**Charges Dismissed**

Congratulations to all 47 activists who had their charges dismissed after being arrested for occupying the railway line into Bayswater Power Station.

We have one environmental activist left, Benny Zable, who has pleaded not guilty and his case has now been transferred to the District Court. So Benny will need all the support he can get when his court date comes around.

**Honey, Food and Bees**

For the fourth consecutive year, a third of the US bees have failed to survive winter and scientists have discovered the presence of 121 different pesticides in their pollen and wax samples.

It has also been reported around our area in recent months, the trouble apiarists have had with their colonies. But to find so many pesticides is quite alarming, as we need bees to provide for us the enjoyment we all rely on food!

**Talisman Sabre Military Exercises – 11-29th July**

We have some of the NEC Crew making a road trip to the USA led with Australian back up



Benny and Tracey in Brisbane

military operations event in Qld. There will be approx. 22,500 troops and personnel attending the training session.

But all is OK, as an environmental impact statement (I call it to document and destroy) has been done. The exercise is said to be "No footprint", with all the debris and tracks rehabilitated after the event.

**CSG and Coal Mining**

CSG mining companies must submit with absolute truth and proof that their practices of puncturing the underground water tables will not have any detrimental effects on the quality of the underground water systems.

I and many others do not believe that this is possible all evidence shows the exact opposite. CSG is just another dirty energy plan to make dollars but when you look at the cost it certainly makes no sense.

**Movie Night**

On 20th July at 8pm, at Jarlanbah Community Centre: *Split Estate*, an Emmy Award winning movie about CSG environment and health impacts. The title refers to the fact that you only own the top few centimetres of your land, hence it being a "Split Estate"

**Save the Cullen Bridge campaign**

The Lismore Mayor was sent over 200 signatures plus a covering letter by registered mail around six weeks ago, but we have yet to hear back from her.

# Chasing the gas dragon

by Peer Bamynogoz, Nimbin Environment Centre

A busy month of touring and rallying by Nimbin Environment Centre is coming to a close.

Around 2100 kilometres were clocked up in June, travelling to and from the Pilliga Forest in the north-west plains, and going to Brisbane and the Gold Coast to support protests against the coal seam gas (CSG) industry.

On the way to the Pilliga we also checked into Maules Creek community to support farmers who are facing an imminent expansion of the Boggabri coal mine into prime farming country – and further clearing of 5000 hectares of the Leard State Forest.

Water security, health, environmental, economic and social impacts are a cause for deep concern. Disturbed rainfall patterns and deep scarring from mining will irrevocably alter the landscape, with whole ecological communities wiped out.

Further west, the Pilliga has Eastern Star Gas (ESG) exploration wells dotting the landscape. Unlined wastewater collection ponds have caused dieback of native vegetation and it appears water from CSG operations can be discharged into Bohena Creek.

This, and the rusted, leaking gas piping at the site, are the achievements of ESG chairman, and Officer of the Order of Australia, John Anderson. The wastewater dams lined with thick plastic had floating technicolor gloop that looks hard to dispose of safely. Much more of this stuff will be produced if the industry gets the green light.

ESG plans another 1100 drillings into this recharge area for the Great Artesian Basin and feeder into the Murray Darling Rivers. Can we afford to risk even one mishap in such a critical site as the Pilliga?

In Brisbane on 18th June, NEC – with the help of Friends of the Earth – protested against uranium mining and CSG outside the state Labor conference at Southbank. Mingling with and taking



Protesters at Pilliga Forest, south of Narrabri

turns in chants with marriage equality lobbyists, asylum seeker supporters and a ban live exports crowd we let the ALP know we are monitoring their policy platforms.

CFMEU delegates came out to say they support the stands on Uranium, CSG and rampant coal mines. They expressed concern about worker safety and environmental damage.

Responding to the call of united anti-CSG rallies across the world, an NEC delegate headed to Broadbeach on the Gold Coast where about 150 people gathered in the park. The proposed Lions Way pipeline north from Kyogle, and CSG exploitation in the scenic rim, will bring unwanted impacts on the quality of life in the region. CSG would affect river health in the hinterlands, polluting the waters that exit via the Gold Coast.

**Late News – 5th July**

In a first for NSW, peaceful protesters have this morning stopped a coal seam gas exploration rig in the Pilliga Forest, south of Narrabri. One protester in climbing gear is suspended high above the ground at the top of a 25 metre rig at an Eastern Star Gas operation, with another group of protesters on site.

Local groups Friends of the Pilliga

and the Northern Inland Council for the Environment, and Newcastle-based Rising Tide are conducting the action to highlight the environmental costs of Eastern Star's proposed 1100 gas well project in the Pilliga Forest.

"This is not an action we undertake lightly," said Coonabarabran resident and Friends of the Pilliga spokesperson Jane Judd.

The project also involves gas pipelines to Wellington and to Newcastle, and the construction of an export terminal at Newcastle's Kooragang Island. There has been increasing opposition to the pipelines in Mullalley, Willalla and the Upper Hunter.

"This is the biggest proposed CSG project in NSW, and the 600 kilometres of pipelines will open up large parts of the state to coal seam gas development," said Warrick Jordan, spokesperson for Rising Tide.

"The environmental impacts of this project on bushland, threatened species, and water expose the fact that this is not a clean, green development. Eastern Star's project will damage a nationally-significant ecosystem and entrench an industry that the people of New South Wales have every right to be worried about" he said.

## NRG is dead – long live NRG!

by Rainer Glasker

By now every *Nimbin GoodTimes* reader will have heard that the old No Rally Group has morphed into the Northern Rivers Guardians.

No? Oooh, right... Well, anyway, it has. Members had so much fun organising and winning the fight against the World Rally Car Championship that it was decided to keep going as a community organisation, working towards a healthy development in the area, and fighting any inappropriate developments.

The Tweed Shire Council served us the first cause on

a platter, trying to foist a dam on us at Byrrill Creek, totally ludicrous. The state government told them so quite clearly, after a bit of prompting, but the Three Stooges still trying to push the issue are hell-bent on spending \$8 million of shire money on preliminary work on this dam idea.

It was established 30 years ago that the sub-soil conditions are unsuitable for a dam wall. You wonder what's going on in some heads, and in some wallets.

And then these mega coastal developments at Cobaki and King's Forest are a real headache, not to



No fracking protest, Murwillumbah

mention the big one, fracking. Yes, there is plenty to do.

Fracking has mobilised an amazing number and variety of people and groups. Quite a buzz, really, to stand shoulder-to-shoulder with farmers and graziers from out west. New and unusual alliances are happening,

and the little NRG group has grown to more than 400 members, and is still growing in numbers, and in experience, and in clout.

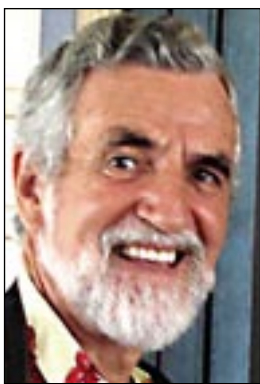
It feels good to be part of a mob some of the bigwigs actually take note of and – heeheehee! – still to be having fun.

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**Mookxamitosis**  
by Brendan  
(Mookx) Hanley



**M**y daughter in the water thought a taut report oughta thwart her in court.

Although she's tough, the trough she had to plough through made her hiccough and cough and huff and puff and almost slough. Have you had enough of this stuff? Bow to the bough, shoot a crow, then mow your mo, blow your nose on your toes, go slow apropos your beau, sow a plateau, sew a trousseau and oh, how much do you owe on your Peugeot or your Renault... Whoa!

I know there's a smidgeon of French in there, but imagine trying to learn any bloody language with so much of this kind of thing happening! Practise your practice, license your licence and advise your advice. Be different from but indifferent to everyone else!

One ton gun, two new blue shoes, three

# Lerning to speek Ozzie English

key sea quays, four more raw doors, five naive hives, six quick tics, seven uneven heaving heavens, eight straight waiting gates, nine dyne signs, ten red wretched wrens ... a million Brazilian civilian Vaudevillians. Holy shit!

And while we're at it (shit that is)... Go to the toilet, lavatory, outhouse, loo, can, latrine, W.C., dunny, john, dyke, bathroom (ugh), convenience, head, privy, commode, powder room, wash room, rest room, comfort station, ladies, gents... to spend a penny, take a dump, drop a turd, have a shit, do a poo, drop a load, do big jobs, have a crap, do number two, defecate, excrete, evacuate, eliminate, sit on the throne, do ploppies... my god there's an endless amount of ways to do doo-doo! Just thought I'd mention it. I'll spare you the wee thing but I'm sure you can think of a heap of those too, if you really want to.

Meanwhile. How now brown cow, mooing aloud is not allowed around this crowd... sneeze on my knees please, she's eating cheese and wearing Cantonese chemise skis.

It tends to confuse youse, like booze

and cruise. You choose to lose loose shoes amidst boos from the crews. Who's learning, concerning adjourning and returning, paddle your raku canoe to a new debut, a ballyhoo coup for you to construe in lieu of a two mile queue to view Hugh in Timbuktu. Waitin' patiently at the station for my ration of smashin' passion for fashion. Is the nation national? The dawning, mourning, morning warning of the tale of the whale's tail they'll unveil in gaol written in braille by Gayle Mikael.

Updating, weighting and creating. Wait till eight and you'll be straight and late for the school fete. So long as the Viscount gets a discount, the matte plait is flat and the wise eyes of any size don't tell lies about who buys chais for herbal highs or sees through Di's disguise saying their ayes and goodbyes in July's demise.

Cheyne and Charmaine's insane champagne and cocaine brains will deign to retain Wayne Maclean's campaign in a vain vein. Strum some drum with your thumb and croon a tune strewn under the June moon again by

Glenn and his men eating cayenne.

Whistle the epistle of the thistle. This'll be a dismissal of the missile missal. Among the young is a hung tongue.

Seriously though... No wonder some people really don't want to know about learning English. Then if you happen to land in Australia and come face to face with Aussie rhyming slang on top of that, you're in real strife. That is of course, grist for another mill... coming soon. In the meantime, I'll leave you with a quote I once heard and let you work it out for yourself.

*1st guy:* "Who's the pitch in your Mickey, China?"

*2nd guy:* "Well the billies reckon they are, but the cheese is for sure China... yeah definitely the trouble, no wuckers! Bit soldiers today eh?"

*1st guy:* "I reckon! Cold as a witch's Bristols! Had to tuck my AI in around me orchestras this morning. Brass monkeys lookin' for welding jobs all over the shop!"

*2nd guy:* "Dead Set! Gotta look after the old Niagaras eh?"

## My mother is a Crazy Dog Lady

by Beau, as told to  
Caroline Ladewig



### Sally

Mumma C decided that she should share the love a little and offer our house for fostering with the Northern Rivers Animal Service (NRAS). She thought that it was only fair that if ARRG didn't have any dogs needing care then she would make our home available for NRAS as well.

Before NRAS would allow Mumma C to have a dog they had to come and look at the house and meet me and Jackson. A day was arranged and Anna from NRAS came to our house. Mumma C was worried that maybe Jackson would be naughty and Anna would say no. To Mumma C's surprise, Jackson was a complete angel. Our house also passed the test, with nice high fences, and of course the 'Hotel for Dogs' was a hit as well!

NRAS often get a lot of cats to rehome so it took a couple of weeks before they called to say that a dog was need of a foster home. The process is a bit different from ARRG. Anna and Michaela wanted to bring the foster dog, Sally to our house and then take me and Jackson for a walk with Sally to make sure we all get on OK.

We all met out the front of our house and Sally seemed like a nice dog. I went and said hi and welcome. Anna seemed happy that I was so nice to our new guest. She said that I didn't have to go for a walk. Jackson on the other hand took an instant dislike to poor Sally. He was yelling at her and telling her she wasn't welcome and that his mummies only love him and don't

have enough love for any more dogs. It wasn't a pretty sight!

I went inside but I could hear Jackson yelling all the way down the street. They all got back to the house and Jackson still wasn't happy. Sally looked miserable with her tail between her legs. Mumma C was trying to be nice to Sally and reassure her, but Anna decided that it wasn't good for Sally to stay with us as she seemed too upset with Jackson and his bullying.

So, our first attempt at fostering with NRAS was a complete failure!

Mumma C decided that Jackson needed some help, so my Mumma, the crazy dog lady, decided to get in touch with an animal communicator so that she could work out why Jackson was being a bully.

Northern Rivers Animal Services (NRAS) is a not-for-profit, volunteer organisation that aims to rescue and rehome abandoned cats and dogs.

To contact NRAS phone 02 6681-1860.  
NRAS can also be found on Facebook.



Jackson the bully

## You Need a Still to Start

### Fruit of the Vine

by Terry Beltrane



As we sit by the fire on these cold Nimbin nights, our little splash of winter is great for getting into some fortified wine. Most being sweet, these wines are in the range of 18 - 20% alcohol content and are made for 'sip and savour'. They also need these higher alcohol levels to prevent the residual grape sugars in the wine from fermenting.

These higher alcohol levels also provide a degree of protection from oxidation and acetification (acetic acid/vinegar) once the bottle is opened, hence the term "fortified". The majority of wine yeast strains stop 'working' above 15 -16% so it's necessary to add alcohol to the wine to reach those higher levels. Australian wine laws permit only the use of alcohol (spirit) distilled from wine made from grapes.

There are two basic methods of distillation, traditionally "pot stills", being a batch process

where the size of the still determines how much spirit is produced at any one time and "continuous stills" where once the still is in operation it will keep producing spirit for as long as there is a continual supply of wine introduced into the still.

There are as many different alcohols in wine as there are wine styles, and each of these have a different boiling point (vapourisation temperature). In any distillation it's possible to separate the different alcohols by condensing the vapours according to the temperatures at which they are released and these alcohols are generally grouped into three main categories: heads, hearts and tails.

Heads are produced at lower temperatures and contain the volatile and methyl alcohols that are responsible for the term 'blind drunk' because, with 'moonshine' and bad home brew, drinking this stuff does attack the nervous system and can make you blind, literally and permanently. Being in very small proportion to the other alcohol this is separated and used in non consumption applications, eg Methyl -ated spirits.

The bulk of the distillate is referred to as the 'hearts' with the alcohol vapours being released at around 75-80 degrees temperature and is normally around 85-92% purity, relatively neutral in flavour and is the stuff used for making the bulk of fortified wines. As the temperature in the still

increases and gets closer to the boiling temperature of water the 'tails' begin to vapourise. These

alcohols while being less 'pure' at around 78 - 82%, carry more of the grape flavours from which it's made and because it's not so neutral in flavour we refer to it as 'dirty' spirit. Winemakers use this stuff for specific wine styles where they want additional complexity of flavour and additional palate feel because of the 'oiliness' in texture this spirit contributes to the finished wine.

In making fortified wines, with some exceptions, we need grapes that are at a minimum physiologically ripe, mostly over ripe and, even dehydrated on the vine to the extent of being 'raisined'. Firstly, we want as much flavour as possible from ripe fruit and secondly, the more sugar in the fruit, the less alcohol need to finish the wine at 18%. Not enough sugar in the fruit means more spirit needs to be added which will dilute the wines flavours and make for an imbalanced wine and also costs more.

Australia is no longer permitted (International laws pertaining to regional nomenclature) to use labelling terms such as Port and Sherry, these wine styles having a country of origin and an established international market, though we still make excellent examples of these wine styles. We do however, have our own generic fortified wine styles in Liqueur Muscat and Tokay, which I've written about previously. Next month I'll touch on some of the unique characteristics of these wines and the 'spirits' used in their creation.

For wine info, email:  
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# Food Not Bombs



"A nation that continues year after year to spend more money on military defence than on programs of social uplift is approaching spiritual death." Food Not Bombs shares free vegan and vegetarian meals with hungry people in more than 1000 cities around the world to protest war, poverty and the destruction of the environment.

A Nimbin chapter is starting, and volunteers and

support are needed.

The group hopes to hold a free food night on Wednesdays, and eventually more nights, along with a free bike workshop, skill-share and free economy markets.

Volunteers interested in cooking, donating or collecting food should contact Rebecca at [beca@initforthebrpepper.com](mailto:beca@initforthebrpepper.com) or at the Hemp Bar.

## Essential study for health

The Australian Bush Flower Essence College Course will be held on Friday mornings at Lillifield Community Centre.

The eight-week course, which starts on the 5th August, explores a new system of health and wellbeing based on subtle energy systems, creating new opportunities for healing in the whole person.

Part one of the course is 16 hours in length. It is a stand-alone course and Part two is not compulsory. This course is for everyone with an interest in natural healing.

The college course was developed by, and is fully certified by, Australian Bush Flower Essences and has been taught in naturopathic colleges for over 20 years. It is now being made available to members of the community and practitioners in more informal venues outside major cities.

No prior experience or knowledge is required.



Subject include human subtle energy anatomy, how flower essences work, how thoughts and emotions affect wellbeing, major emotional issues and corresponding essences for each theme, and how to prepare an individual essence.

At the conclusion of the course, participants receive a certificate from Australian Bush Flower Essences, equal to that obtained by naturopathic students studying at colleges.

The course costs \$245 (concession \$215). Details from Tina on 6689-7413, mobile 0457-903-957, email [star-loom@hotmail.com](mailto:star-loom@hotmail.com)

## Gluten and Dairy: What's the BIG DEAL?

We're all starting to become aware of the widespread availability of gluten free products nowadays, and perhaps even many of us are starting to make connections between a diet that is high in gluten with symptoms of heaviness, bloating, wind and fatigue. Do you wonder what is going on in the body on a deeper level? And where does cow's milk fit in to the picture? Surely, milk is an important source of calcium for healthy bones. Or is it?

Local nutritional doctor, Oscar Serrallach will be giving a myth-busting talk on Wednesday 13th July, 6pm at Birth and Beyond, in Nimbin. The focus of the talk is Gluten and Dairy, and why these two "foods" are of such concern to the health of modern society. Oscar will discuss the history of these foods and how for certain

people they can contribute to poor health and most of the chronic diseases seen in our society, including heart disease, diabetes, arthritis and autoimmune problems.

He will also examine the role of genetics, the biochemistry of the gluten and casein proteins and their effects on the immune system and subsequent effect on health.

The talk will conclude with "What can you do to stay healthy", a section covering principles of wellness, followed by an opportunity for people to ask questions.

Entry \$10, includes a light gluten and dairy free vegetarian meal, prepared by Russell Scott. Complimentary medicinal teas from Tea Medica will also be served. All proceeds from the talk will go to Nimbin Preschool.

### Titans Jersey raffle winner

The framed and autographed Gold Coast Titans jersey, being raffled by Wayne Curthbertson, has been won by Bill Whittle with ticket number 217.



Previously on display in the Nimbin Hotel, the jersey (pictured) now graces the wall of Bill's Lismore home, and the avid Titans fan is reportedly delighted.

The raffle raised \$1400 for Nimbin Indigenous and Community Health and Fitness Inc to further equip the Nimbin Community Gym in the Community Centre. Wayne says the new equipment has already been ordered.

Wayne gave his thanks to everyone in the community for supporting the raffle, with special thanks to the Gold Coast Titans and Tom Mooney and the Nimbin Hotel. Enquiries about the gym, can be directed to Wayne on 6689-0069.

# HONDURAS HOMECOMING

by Warwick Fry

The biggest story in Latin America has received scant attention in mainstream media since it broke.

Manifestations of people-power equal to those seen recently in the Middle East have been a feature of life in Honduras over the past two years. And this month Manuel Zelaya (pictured), the former president of Honduras who was ousted in the coup of 2009, returned home after two years in exile.

Since his return, Zelaya has dished it up in spades to the post-coup regime and the US. Zelaya was perhaps the most popular president in the history of Honduras. He won the confidence of a broad range of social organisations with a few moderate reforms – raising the minimum wage, free education to the age of 15 with free lunches for primary school students, and unlocking land formerly held by the US military from its legal limbo for use by peasant farming communities.

The pretext for the coup itself bordered on absurdity. Zelaya proposed a poll on 28th June, 2009, as to whether a non-binding

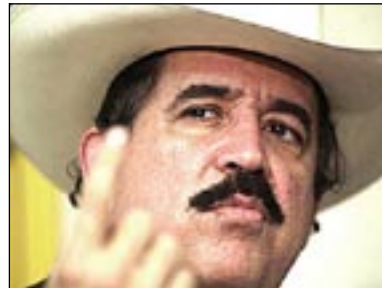
vote should be included on the ballot paper for the November elections that year – a poll for a plebiscite for an elected Constituent Assembly to change the constitution. (Which would then be put to another plebiscite).

Zelaya, who could not run for a second term, wanted some provision that his modest reforms would not be clawed back by the next administration. But in the early hours of the morning on the day of the poll, Zelaya was whisked out of the country on the grounds that he was illegally attempting to violate the constitution to seek a second term as president.

From a spontaneous surge of popular outrage and a day of non-violent confrontation with the military, the Honduras Resistance Front (the FNRP) was born.

Zelaya attempted to fly back into the country a week later. Over 350,000 people turned out to greet him. The military put trucks on the runway and live ammunition was used to disperse the crowds.

Nearly two years after the coup, half a million Hondurans have again turned out to welcome the former president. Hundreds of thousands more, mobilized in



massive nation wide street parties, celebrating his return.

Among the bombshells lobbed by Zelaya was that there was a plan to assassinate him. The military balked at this. The coup planners proposed a mercenary squad. The military balked at that as well. Zelaya has made claims before about the role of the US intervention in Honduran politics, which have proved to be on the button in Wikileaks disclosures. The US has been in damage control mode ever since.

An attempt was made by the US to legitimise the coup regime by recognising elections held in November 2009. This vote was boycotted by nearly 70% of the population, and by the OAS (Organisation of American States), which refused to send observers. The boycott extended to international human rights organisations that pointed out that four weeks of martial law with dusk-to-dawn curfews negated



Pro-Zelaya Hondurans

claims to be free and fair.

The turnaround by Obama was profoundly disappointing to Zelaya and the FNRP. Zelaya expressed a belief that the key advisors and officials in the State Department were old hands, outside Obama's control. He blames the extreme right in the United States for disastrous policy decisions.

The key negotiating issue over the past two years has been Honduras' readmission to the OAS. Honduras was hurt economically by the exclusion, notwithstanding the US upping levels of aid and loans. The readmission of Zelaya was negotiated in return for the readmission of Honduras to the OAS. But other conditions are pending. The FNRP is to be

recognised as a legitimate political movement and may contest elections in 2013.

The other issue is human rights, with over 4000 documented violations. Three journalists were shot, two of them fatally, in the very same week that Pepe Lobo was negotiating with Zelaya and the FNRP in Colombia. This brings the total number of journalist casualties in just over a year to 13. In the same week, three more campesinos were assassinated.

The post-coup government appears incorrigible. But with arch negotiator Mel Zelaya anything could happen.

An extended version of this article has been published in *New Matilda*

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# Natural Remedies at Birth and Beyond



by Kirrah Holborn

**B**abies, Babies, Babies! June was a popular month for birthing and a new wave of babies have now joined us.

I had the pleasure of supporting at a beautiful and quick home-birth around the full moon. For me, it reinforced that birth is inherently a normal and natural process. Although it's completely normal, it's still a miraculous event when a healthy baby arrives earthside! Congratulations to all the new mamas and papas and may you feel well supported at this special time.

I've teamed up with local midwife Bron Moir to deliver a series of talks on natural remedies for pregnancy, birth and beyond. July is going to be amazing, so be sure to drop in on Friday mornings from 10am-11.30am!

Remember the next series of Birthing From Within childbirth preparation classes begins on Monday 11th July.

If you have any questions

or would like to hold a session in August at Birth and Beyond, please get in contact with Kirrah. Phone: 0429-308-851 or email: [kirrah@traditionalwisdom.com.au](mailto:kirrah@traditionalwisdom.com.au)

## July Talks at Birth & Beyond

**8th July: "The fourth trimester" with Bron Moir**

Gain knowledge about normal newborn behaviour and learn more about supporting and providing for your baby in the three months after birth.

**15th July: "Natural remedies during pregnancy"**

Learn about common discomforts and how natural remedies can help alleviate symptoms.

**22nd July: "Natural remedies during labour and birth"**

Be informed about how different therapies can assist you in having a shorter, easier labour.

**29th July: "Natural remedies for after the birth"**

Some great tips for how to care for yourself and your baby, including breast-feeding and newborn care.

# FAT LIES!

by Leandrah

**I**n the 1960's, we exchanged the belief that carbohydrates made us fat, to fat causes heart disease. Today the focus in dietary therapy lies with the high protein and low carbohydrate diet. In late 2010, Gary Taubes, US science journalist, gave three lectures to Australian scientists, researchers, dietitians, and health professionals:

Many recent studies have questioned the traditional view that saturated fats are unhealthy. Heart disease rises dramatically with transfat consumption, but only slightly with saturated fat consumption. Monosaturated fat consumption yields a non-significant decrease in heart disease risk. While the protective effect of polyunsaturated fat consumption against heart disease does not reach statistical significance. When the early studies of saturated fats were conducted, researchers were still unaware of transfats as a significant sub-category. Thus, the results that led to the belief that those saturated fats had negative health effects, were heavily confounded by the deleterious effects of transfats.

Recently published science in highly



reputable journals support these ideas: Dietary fat, saturated or otherwise, does not cause obesity, heart disease and chronic diseases of civilisation Problem lies in refined carbohydrates (white flour, sugars, starches)

Dietary carbohydrates affect insulin regulation which promotes fat accumulation and obesity.

The key to good health is the type of calories we take in, not the number

The One Diet remedies and is a healthy replacement to diets that count calories and demonize fats. The One Diet promotes weight loss, muscle building, healthy blood sugars and cardiovascular system, protection from cancer development and growth, is anti-inflammatory with more health benefits.

## ONE DIET- Lifestyle Philosophies

- If you don't use it you lose it
- High protein
- High fibre (not from grains)

- Few carbs (no grains and sugars)
  - Milk is bad for you (only animal)
  - Dairy is good for you (except milk)
  - Eggs are good for you
  - Lots of good fats
  - Green tea addiction (up to 10 cups per day)
  - Fermented/aged traditionally (yoghurt, cheese, sauerkraut, miso,)
  - No added sugar
  - An apple a day keeps the doctor away
  - Butter is better
  - Wholefoods
  - Fresh is best
  - Natural
  - Eat right for your blood type
  - 8 glasses filtered water a day
  - Midday sunbath walk (always when the sun is shining)
  - No artificial anything
  - No processed food
- Next month will be more details on the **One Diet**.

If you are looking for dietary or naturopathic advice, Leandrah (pictured) is available for appointment through the Nimbin Apothecary, Cullen Street, on Saturdays. She is a Naturopath and has been practising from the Birth & Beyond rooms in Nimbin for 8 years.

Leandrah also has a country practice in Wiangaree at The Turquoise House. Wiangaree is only 10 minutes drive north of Kyogle. There is a medicine garden, colour healing studio, and well stocked dispensary of homoeopathics, herbs, flower essences and supplements.

Phone for appointments on 6636-2356 or book in with Nimbin Apothecary for Tuesdays on 66891-1529.

# Natural Medicine Alternatives

by Jacintha Francesc

**I** have to let you all know how extremely excited and inspired I am after attending an amazing seminar recently on the Clinical Applications of Pre- and Probiotics by Dr. Jason A. Hawrelak (known dearly by his friends and colleagues as Dr Jah).

Jason presented some of the most up-to-date evidenced-based scientific research and clinical applications to hit the naturopathic community, acting as a 'myth buster' in relation to some commonly used practices of mainstream naturopaths. His research was focused toward 'strain specific' probiotic treatment for particular health conditions, e.g. treatment infantile eczema, with Bifidobacterium lactis Bb12 strain. This strain is only found in Jalna (drinking yogurt), Vaalia and Yoplus yogurts.

Jason's main focus was centred toward treatment of the parasite Giardia lamblia and the fungi/parasite



Melissa and Jacintha

Blastocystis sp., I have seen numerous people suffering the chronic gastrointestinal health conditions associated with the presence of these two microorganisms since I have been living in the Northern Rivers.

Metronidazole (flagil) is the antibiotic of choice used by conventional G.P's for the treatment of both Giardia and Blastocystis sp. The effectiveness of this drug is variable and appears more effective for Giardia,

while treatment success for Blastocystis ranges from 22-100% and still remains controversial.

It is important to note that use of flagil in combination with Naturopathic treatment is also showing some impressive clinical results (Ref. avail. at the clinic for those interested).

Of late I've had to come to terms with the facts, not as many people as I wish around town are as excited about the microbial colonies of the

human digestive tract as I am but this does not curb my enthusiasm one bit. If you are one of those 'interested types' like me feel free to drop into the clinic for a chat or make an appointment and we will get into the guts of it together.

Naturopath Jacintha Francesc has been consulting from her clinic at 44 Cullen Street Nimbin (opposite Nimbin Medical Centre) for nine months now, and is available on Mondays, Wednesdays and Thursdays for naturopathic consultation and massage.

Also now treating from Jacintha's clinic are two new practitioners: Melissa Williamson – a Traditional Chinese Medicine (TCM) (Acupuncturist), Massage Therapist and Reflexologist available on Fridays – and Hannah Charlton, a Remedial Therapist available on Saturdays.

Clinic hours are Monday-Saturday from 10am. Appointments can be made through the Clinic on 6689-1554 or practitioner directly: Jacintha 0423-668-171; Melissa 0431-958-443 and Hannah 0488-456-295.

## Nimbin Hospital Info

### • Childhood Immunisation Clinic

Birth – 5 years, every 2nd Tuesday of the month at Nimbin Hospital. Next clinic 12th July. Phone 6620-7687 to make appointments.

### • Womens Health Nurse

Every 3rd Thursday of the month at Nimbin Hospital. Next clinic 21st July. Phone 6688-1401 to make appointments.

### • Physiotherapy

Mondays and Thursdays at Nimbin Hospital. Ring 6688-1401 for appointments.

### • Community Registered Nurses

At Nimbin Hospital Monday-Friday 8.30am – 4.30pm. Assessment, treatment, referral, school health, palliative care, aged care packages and more. Phone 66891288.

### • Hospital Auxiliary AGM

Friday 12th August at 11am, Bottle Brush Studio, 81 Cullen Street (northern end of Community Centre grounds). R.S.V.P. 29th July to Lola Johnston, phone 6689-1370, email: [leanne.major@ncabs.health.nsw.gov.au](mailto:leanne.major@ncabs.health.nsw.gov.au)

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# Reiki – A Pathway to Self Love

by Krishna

I've been practicing Reiki and running Reiki Retreats now for a number of years at Shanti Bhavan in the Border Ranges.

Out of all of the therapies I'm trained in, this is my favourite. Such a beautiful and sacred energy always envelops the land while the Reiki attunements are passed on. It's also quite an inspiring thought that every time I pass on the Reiki Gift to someone, that could be the catalyst for many hundreds of healings which will be passed on from them to others like a domino effect.

Reiki is one of the many forms of Spiritual Healing where the practitioner channels and directs Universal Life force Energy or Chi directly into the body and its multidimensional chakra and auric system. The body receiving this

energy experiences a profoundly deep relaxation and warmth as the chakras are cleansed. It is a feeling of being bathed in warmth and light.

Profound shifts in energy can occur as old traumas, repressed emotions, stagnated and dense energy are lifted from the body. The story of what originally created these energies in the body no longer matters as they have now become an energy pattern lodged within the auric field. Eventually these stuck energies will effect the physical body and mind, potentially causing disease or a whole plethora of psychological upsets.

My clients describe their experience with Reiki in many different ways. The most common are a deep relaxation where every muscle feels relaxed and the mind is still while at the same time can feel strong heat radiated from the hands.



Colours may flash over the eyes and old memories may surface as energy blockages are cleared.

To those not familiar with the mechanics of Reiki, one interesting aspect is the use of symbols. There are specific symbols drawn for specific purposes such as increasing energy, drawing out energy and healing on a soul level for example. These symbols have been imbued

with thousands of years of intent and devotion in a similar way to the words of Sanskrit used in Kirtans. They have their own vibrational frequency and radiate an area of effect wherever they are drawn. They are extremely effective at increasing the amount of energy flow during a Reiki healing session.

I love working with these symbols as they feel quite magical and are a real joy to work with. I suppose if I was practicing Reiki and using magical symbols in medieval times I would be burned at the stake for sorcery. Thankfully that won't happen today.

Another fantastic thing about being attuned to Reiki is that you can treat and work on yourself. During your Reiki training, I teach the process of how to give a full treatment just for yourself. This is extremely handy if you need some quick help to deal with that continual sine wave of mind madness and that feeling of being "out of sorts" which we all

experience. There have been many occasions I have rescued myself from a mental complex by using Reiki on myself.

Every human being has the potential for healing and loving touch. We all have the capacity to be a channel of light and heal like the Christ/Buddha etc. Because of this, whenever we touch another with a loving heart there is a huge energy transference regardless of whether we have been trained in the healing arts.

For some people, the ability to transfer energy through the hands runs naturally and for others (like myself in the beginning), these channels of energy need to be opened through either a Reiki attunement or the study and practice of some other form of healing art or Spiritual discipline.

*Krishna is available for Remedial Massage at Nimbin Apothecary. Reiki Attunements and teaching is available at Shanti Bhavan, phone 6689-7055.*

## Find your voice outside the group

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



We all want to belong, and yet we all want our individual voices to be heard. How can both happen? This is what I wish to explore here.

The other day I was in a group of maybe ten people and I felt a considerable pressure to conform to the single group mind and speak the group voice, but I knew my own voice was rather different – to be dumped on rather cruelly. I am starting to know and speak my authenticity more and more confidently in my life, though remain somewhat shocked at the response to this.

It is easy and safe, though not altogether satisfying, to go along with the group voice and I know the attraction of that, but I'm finding I can no longer do that.

The funny thing is, that I'm hearing all the individual voices before the group mind articulates itself into a solid wall of consensus, so I know that individual voices are not going along with the voice of the group. Why, I wonder?

The group voice is the voice of community, for sure, but is it healthy for a group to have just one voice? Cannot community have many voices and all be heard?

Community and relatedness are essential for human beings, for we are group animals. This works for us and against us. We know the group mind of the Nazis who gassed Jews, homosexuals, Russians,

believe, to inform the choices we make, for all choices impact on ourselves, one another, and the greater field of life. The voices of the people should be heard and the people should not be afraid to speak their inner voice. A singular group voice should never be used against individuals, nor assumed to be "the" voice of "the people". Listen, be truthful to yourselves, be authors of your lives.

I have been in large groups who assumed that just to be gathered there was proof of consensus. I have felt my voice was not heard until I made a major issue of it, and then I was respected. What on earth had gone wrong that my individual voice and the voices of others were overlooked like that? Speaking one's own truth is as essential as living in community (why else are we born in separate bodies, with separate minds, and hearts, yet needing one another to not merely survive, but live abundantly?). It seems, though, that we are not much encouraged to do this. The hidden curriculum, as it were, of schools, for instance, is conformity. Do what you're told, by the system, or your peers. How refreshing it is to hear other voices! I delight in hearing the other voices; I am refreshed when my clients discover their voices and find ways to speak their truth. The world will not explode should many voices speak and many heard. Let's make community a conscious gathering of many voices, respecting difference, creating change, and practicing ethical living.

gypsies... anyone who didn't fit the blonde complicit mould of the mythical Aryan race (who of us is pure anything?). We know the many voices that were stamped out. We know that by remaining individually voiceless and going along with the group voice agreement seemed to be made: exterminate all those we feel are different from us. We know too of witch hunts that demanded blood from innocents, and old and young women who were drowned; surviving was proof of their witchy ways. We know of the demonization of Islam in our cosseted western world: cartoonists in our daily newspapers caricaturing the different.

We know, too, of the power of the people in changing legislation. I have several hopes for voices of consensus, I must say: ban all live exports, ban fracking, ban detention of asylum seekers, etc etc. The situation of one voice can be for good, and it can be at the expense of recognizing and valuing complexity and diversity. Ethical responsibility has, I

## Inner Harmony and Self Nurturing

by Yasmin Lang



I was invited to give a presentation at an aged care centre, to bring awareness of the benefits and support massage can provide.

I did not know what I was going to talk about until I stood before fifty or so residents and staff and started sharing what felt right from my own experience. My mother suffered from dementia, and she came to a point when she no longer recognised me or knew my name. Having a conversation only created confusion for her, so I used to hold her hands and then gently massage them, and the feeling between us re-awakened and she called me daughter! Could it be that we have become so very far removed from safe and nurturing touch and especially so, as we grow older?

It all began when I visited her with a gift of hand lotion. At first it was awkward and she did not like being touched - perhaps the closeness was too much for her, perhaps she had become very removed and isolated from touch and any true loving connection especially in a nursing home where the only physical contact was to assist her in everyday personal care needs, which was not always pleasant. In the beginning she struggled and her resistance came up, then she began to relax, melt and fall into a light sleep ... and within 15 minutes she became peaceful and her restless nervous hands were still, just being. On another visit when again she did not recognise me, her eyes lit up when I held the bottle of hand lotion in my hands and she said, "yes, please!" We were communicating! A few weeks later I observed her in a repetitive

anxious state along with restless legs and lack of sleep. I wrapped her feet in steaming warm towels and then gently massaged the hardness from her legs and feet. She relaxed and calmed down and slept like a baby afterwards.

My mother had spent her formative years in Wales during the Great Depression and then the Second World War and these experiences had shaped her. It was obvious how stifled her life had become. She had learned how to survive but found herself unable to see outside this wall she had erected around herself, always worried about money and stockpiling food: she lived in a climate of fear and poverty consciousness.

Eventually, dementia had taken away her memories, worries and her life-long struggle with asthma. Yes, even the asthma was cured, leaving her with a wide-eyed childlike innocence, and we became playful and funny in each other's company. Not many words were needed to communicate and yet we were communicating heart to heart in a true way, and our new relationship had begun through a gentle loving touch that would re-connect us to ourselves, each other and the harmony within. Harmony and Gentleness are our natural way of being.

*Yasmin works as a nurse and massage therapist in Palliative and Aged Care. Yasmin is offering Inner Harmony Massage, esoteric healing, gentle body massage, reflexology and Energetic Facial Release (which releases the stuck energy held in the face) at Nimbin Apothecary on Mondays and in Lismore on Thursdays. To book your appointment or for further information, call Yasmin on 0437-866-424 or email her at [yasmin@universal-heart.com](mailto:yasmin@universal-heart.com)*

Dr Elizabeth McCardell, M. Counselling, PhD

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