



Roxy Gallery

143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours

Tues - Fri: 10am to 4pm
Saturday: 9.30am to noon

- Promoting local and regional arts;
- Providing emerging artists with opportunities to display and market their artworks in a professional exhibition space;
- Fostering cultural experiences for community and visitors to the area.

Email: roxygallery@kyogle.nsw.gov.au Web: www.kyogle.nsw.gov.au

The Artist's Choice

The new exhibition at Blue Knob Hall Gallery is The Artist's Choice. This popular annual show needs very little explaining as once a year the artists and members get to exhibit any art work they choose to submit. This is a non-themed exhibition so there is a great variety of work on show.

The Opening night for this exhibition will also be a fundraiser for the new Ceramic Studio. We unfortunately did not receive the grant we applied for earlier in the year to finish the studio and get it up and running. Many people won't know that Heather Kimber has worked as a volunteer all of this year in the cafe and all the proceeds have gone towards the Ceramic studio build. So everyone who has eaten in the cafe over the last year or been at Openings, Artists and Friends Lunches and the ever popular Saturday morning coffees and pancakes during the Farmer's Market have already donated to this cause.

Val Mace and Vocal Minority Choir will be performing and Greg Weidner, a new 'artiste' to this area, will also be performing his impersonations of a variety of well known singers. From South Australia, he has toured interstate and has a reputation as being a quality performer and entertainer.

Opening night is Friday December 5th at 6:30pm. If you come along and book for dinner you will be contributing to the wonderful fundraising event. Please phone the Gallery on 6689-7449 as bookings for dinner will be essential.

Cost is \$15 for set vegetarian mains and \$4 for dessert.

The exhibition will run through to January 2015.

There are two raffles being run at the Gallery, one raffle has three separate hampers with donations from Gallery



'Cecelia, North Lismore' by Gareth Deakin

Members and Farmers Market Stall Holders to be drawn on Saturday 20th December during the Farmer's Market.

The second raffle is a very generous donation made by Paul Roguszka. 'The Dream Box' valued at approx \$1000, is a beautifully handcrafted wooden box, with a lid and drawers made with a variety of timbers. This raffle will go through to February 2015 and will be drawn at the first Exhibition Opening for 2015.

All tickets are \$2 each or 3 for \$5 and are available at the Gallery.

Food Lovers Sunday

The last Food Lovers Sunday for this year will be a Bush Foods Christmas Lunch with Jeni and Angus on Sunday 14th December at 12:30pm.

For more information about the menu and bookings please call Blue Knob Hall Gallery on 66897449

Next Artists and Friends Lunch

There will be no Artists and Friends lunch in December. But will continue in the New Year with dates to be announced.

Christmas / New Year opening times

The Gallery and Cafe will be closed from Monday the 22nd December and will re-open on Thursday 8th January with new faces, a facelift and a new 'phase' in the ongoing development of our community space. More will be announced in the New Year.



Paul Roguszka and The Dream Box



'Still Life with Mason Jar' by Maureen Whittaker

On behalf of all of us here at Blue Knob Hall Gallery and Cafe, we would like to thank our members and the community for the amazing support over this last 12 months and we would like to wish you all a very Festive Season and a Happy New Year.

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The Channon Craft Market Inc.

NextMarket
14th December
8.30am - 4pm

Band of the Day:
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Busker Stage: Alisha Todd

Charity of the Day:
Tuntable Creek Landcare
& Tuntable Creek Hall
Enquiries: 6688-6433

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The Contented Tummy

THE NAME SAYS IT ALL

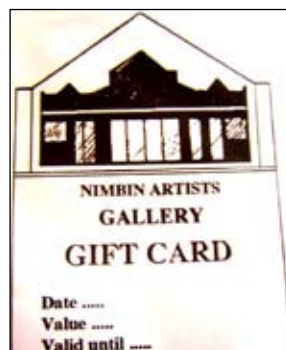
"If you don't eat here, you'll miss the best food in Nimbin"

Your hosts
Carolyne and Garry

Shop 2, 54 Cullen Street

NIMBIN ARTISTS GALLERY

Suzy Maloney
'Sacred Serpent'



Christine Robinson
'Living Hifi'

by Pauline Ahern

Cooler place in the village
Don't let the heat defeat you: step inside the Nimbin Artists Gallery and experience not only our new energy efficient air conditioner but our diverse range of art from the traditional to the outsider.

We stock gallery gift cards for your beloved this Christmas. You just nominate the value, the beloved gets to choose the gift. How perfect and easy is that?

From the 8th December the foyer of the gallery will once again showcase art from the Students of Nimbin Central School. Last year the gallery was swamped with requests from art lovers wanting to purchase student art. This year some of their works will be for sale, better be quick.

Suzy Maloney and Yvonne Preston, both local artists, now have work hanging in the gallery, adding to our impressive list of local and guest artists represented by the gallery.

Drop in for a squiz and a chat with our volunteers and may you all have a healthy and happy festive season.



Yvonne Preston 'Detail of hand painted on upcycled timber small piece'



The Renaissance of Nimbin

by Sophia Hoeben

Nimbin's alternative culture goes back 41 years following the revolutionary sixties, a decade of hopes and dreams of what life on Earth could be like if peace, love and beauty ruled. The tidal wave of colourful new-age thinkers that swept around the world, affected the change of concepts needed at the time to spare the world from the horrors of a nuclear war. It was this worldwide change of consciousness which had us thinking we had a chance at a safer, saner future.

The reason many of us undertook the pilgrimage to Nimbin back in the seventies was to come away from a once-again deranged and destructive system, hell-bent on wars overseas whilst ignoring the people's rights to a sustainable future in favour of the big corporations, already amassing millions back then. These mega-corps still rape the Earth for profit without conscience, and continue to produce the ever-widening gaps between the rich and poor, the conservative and conservationist, Earth lover and Earth destroyer. Alternative thinkers, called 'freaks' in those heady days, looked upon that destructive system as insane and heading for disaster. Many of us wanted a better, cleaner option. We literally turned on, tuned in and dropped out, vowing a return to a more natural lifestyle.

In Nimbin, the Age of Aquarius dawned in 1973 when busloads of students came away from the cities for a logical return to all that was natural, good and fun. This meant implementing new ways of living, which was really a return to the old ways, the way of the ancestors who lived in harmony with our life source Mother Earth. To live simply to simply live was the catch-cry of the day, and together we honoured the ancestors, the men and women of all tribes who ever lived who had shown us the way.

With mostly the same ideas in mind, we undertook building our own houses, growing our own food and with an ever widening consciousness, learned about building communities. The immensity of the tasks we had to perform were often overwhelming. In building, we did not want to pollute or damage the Earth, so we chose second-hand materials and as many sustainable products as possible. Collectively, we had scavenged out all the local dumps by the late 80's. We bought



solar panels and hydro systems for our energy needs and laboured from morning to night to build and grow our needs to have this simple life. Many of us built more than one house and one Permaculture system. We struggled to grasp the full picture of what communal living really meant. There was enough angst in just dealing with hostile external forces wanting to control us such as local councils, building and weed inspectors to drive many away.

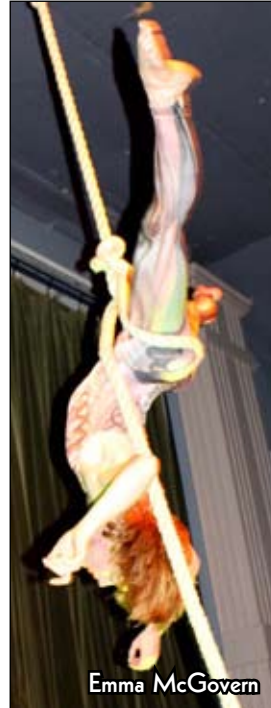
We have rebelled and forced change whenever and wherever it was necessary, either for the environment or our human rights. We bucked the system at every turn when it came to war and other unhealthy Earth destroying human practices, and at times we won the battle. It is only when it comes to religions that we stumble and fall into the same old pattern every year, celebrating fables of gods in the sky that all came with gory bloodthirsty histories.

Why then do so many of us continue to celebrate these life-destroying religions when the Earth gives us all. Is She not worthy of our deepest respect and worship? Can we not celebrate Her amazing life-giving energies instead of the consumer orgy that is Christmas? Nimbin has always gone against the grain and has been proven to be right in doing so. This Summer Solstice, why not have the family together for the celebration of life and Her seasonal moods.

A very happy Summer Solstice to everyone.



LaSalsa



Emma McGovern



Hartje Hout



Blue Moon Cabaret

Holley Summerville



Miss Renee Simone Trio

Don't miss the next one!

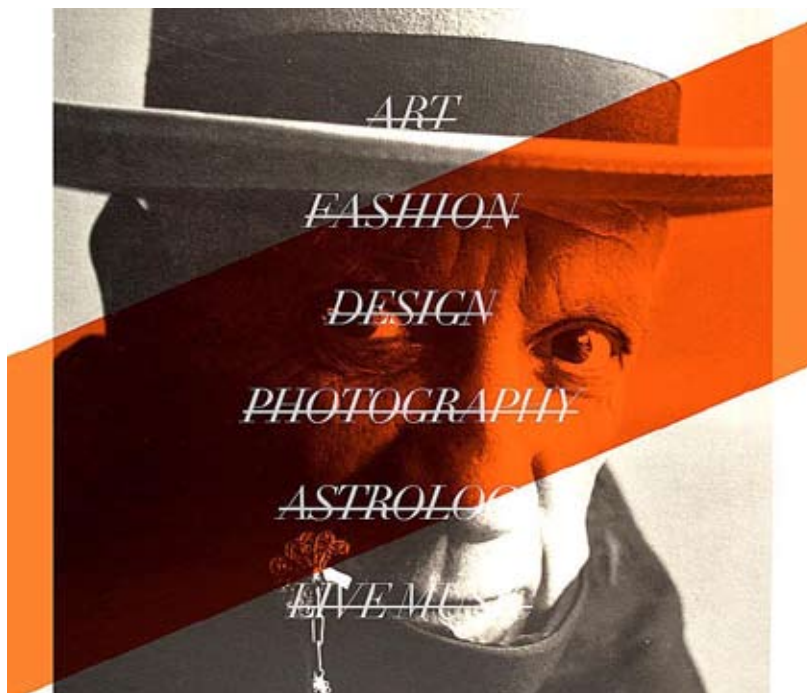
We have lift off at Studio 88

Is Murwillumbah the new hub for visual and performance art showcasing within the Tweed Shire?

With the showcase of Tweed Valley Art Gallery's exquisite corollary Margaret Olley Art Centre, and Escape Gallery's recent successful and beautiful upgrade, Murwillumbah continues to sculpt and flex its artistic muscle with the entry of the beautiful boutique gallery Studio 88.

So much can be said about an environment by observing the development of art and culture that is being presented locally. Murwillumbah continues to establish its place in the art race, quickly becoming a doyen of rich resources.

"Studio 88 is an artspace for artists to come together, collaborate, network and showcase their talent in the gallery, celebrating different facets of human



expression and creative skill," said David Benson, gallery director who has just secured the upstairs to the Austral Cafe location in the heart of the Murwillumbah CBD at 88 Main Street.

"Right now we have seven different presenters showcasing everything from the esoteric to fine arts,

and the revamped heritage space whispers a story of its own," David said.

Benson's own brand of expression includes fine art pieces of bodacious yet demure nudes, serene seascapes and tongue-in-cheek, neo-styled multi-media pieces utilising highly saturated vibrant pallets that somehow translate a juxtapose of

innocence and calm.

The new gallery was opened by Tweed Mayor Gary Bagnall on 3rd December, and was followed by light refreshments, entertainment and sponsorship giveaways.

Inquiries are currently available by appointment. Contact David Benson at 0402-763-291 or Mohini Cox on 0409-944-551.

Virginia bows out

by Bob Dooley

Highly respected singing teacher, Virginia Mason (pictured) has retired at 78, and to mark the occasion, her students arranged a farewell concert recently at Nimbin Town Hall.

Before coming to Australia in 1995, English-born Virginia had a stellar career as a director and choreographer for pantomimes, musicals and operas, plays, TV and film, including extensive work in New York, where she started to learn classical singing.

"I came to Australia to retire, and I've never been so busy," she said. "I began to coach adult singing students because I had so many requests! My main passion is bringing classical music to 'the bush'."

Settling with her Australian husband Nicholas first in Blue Knob, then in Uki, Virginia became president of the acclaimed annual Tyalgum Festival of Classical Music, and with her team have brought some of the best in Australian and international talent to perform in the Northern Rivers.

As well, she helped to develop the vocal techniques of scores of singers over her 20 years of teaching, and the Class of 2014 were more than happy to show their appreciation in song.

The eight individual students,



several being well-known Nimbin identities, presented a pleasant two-act performance of light classics and show tunes, to the sensitive accompaniment of Nimbin piano teacher Gerard Lynam, before the valedictory speeches which again attested to her great skills and charm.

Virginia and Nicholas will be leaving Uki to begin the next phase of their lives on a property outside of Bonalbo. They take with them many well-wishes from the Rainbow Region.



by Philippe Dupuy

The Nimbin Environment Centre as well as the other centres are doing well and stocking up for Christmas. So please come and shop. We have great gifts, Christmas hampers, hemp products, local produce, and a myriad of little surprises. Shun the big traders, they are the reason for our pickle as they have grabbed the lion's share of the market. Your support is vital to help keep up the tremendous work our centres do.

We have had a great year and everyone banded together to play a significant role in the campaign against CSG both at Doubtful Creek and at Bentley. NEC provided the Communication Bus, the Silver Bullet, the Community Van, the Tripod, Angel Lisa, Alan, Lee, Danielle, Rusty and Stewart to name a very few who worked feverishly with members of LTG, Knitting Nannas, NRGF, Rock Valley Rangers, Kyogle GAG and Gas Squad.

Casino Environment Centre (CEC)

CEC is approaching its second year and it has played an important role in the changes that have taken place there. Along with RVGAG its influence has brought about a change of heart in many spheres including its stance on CSG. A month ago Casino faced some hard times, with funds getting low. However, thanks to our president, Stewart James and generous donors we are now back in the black. Environment centres have a very important role to play in the community. They are the only physical presence we have in town to remind us about the most important issue on the planet. You can help by making contributions as low as eight cents

a day and Abbott cannot do a thing about it. A/C name is Nimbin BSB 728-728 A/C number 22294846. A big thank you to all.

Lismore Environment Centre (LEC)

Lismore has once again an environment centre set in the heart of the CBD. We are at the Transit Centre in Molesworth Street, land of the Wijabal people of the Banjalung nation.

It has been in a trial operation for over three months. In that time it has been kept open punctually and has been providing basic public transport information to the travelling public. The centre is also keeping people abreast of the situation at Gloucester and other environmental issues.

On Thursdays we have been having regular Tai Chi classes, with a good number of people turning up.

We wish to announce our official opening on Thursday 11th December at 5.30pm.

We at the Lismore Environment Centre are delighted to invite everyone to the launch.

LEC is a community initiative resulting from a conversation that started from the time of the unfortunate closure of the Big Scrub Environment Centre.

In today's world of global markets and their impacts on our ever-fragile environment, it has become imperative that we have centres such as LEC to raise awareness of the scandalous behaviour of a modern world.

In Australia, out of control mining of coal and gas and rare minerals, indiscriminate logging, production of unnecessary and often unrecyclable products and destructive developments are increasing exponentially.

The signs are clear and yet governments remain unresponsive. It is up to the



community to act.

Our centre is only a little seed planted in the heart of Lismore CBD and we hope that this seed will grow and bring about a change in public consciousness to the danger of a continuation of an economy that cannot endure.

A significant number of people are becoming aware of this fact in the Northern Rivers. This understanding has recently been demonstrated in the thousands who came for the No CSG March on the 1st of November of this year. However CSG is only a symptom of the problem and this is why it is urgent that we have Environment Centres. The centres, along with many other organisations, are needed to broaden our understanding of the current phenomenon. This is the phantasm which those in power portray as eternal growth and progress. Any opposition to this notion is labelled as rebellious and anti-progress. Progress of course in their language means more wealth for the plush.

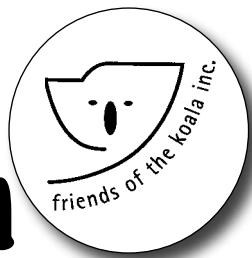
Our environment has clear limits and its abuse is at our peril. It is really important to understand that a healthy environment is not only about trees and animals but very much about us human beings. A healthy environment equates to a healthy life, with clean air to fill our lungs, clear water to quench our thirst, fresh unadulterated food to satiate our hunger, Tai Chi, Yoga and other practices for physical and mental health and joyful friends for companionship.

Life is to be enjoyed, to be lived and shared with everyone, with creatures big and small, trees tall and low. There is plenty if we take what we need. Greed and money rate a pitiful last, just one look at the obscenely pecunious proves it.

So please come and join us and share the spirit. Your favourite musos, crowd rousers, artists, funambulist and polliies will be there. The best of Bentley's fingerfood will keep you going and do not forget it is also market day in Molesworth and Magellan Streets.

See you there.

Koala Kolumn



by Lorraine Vass

Ballina's koalas and the Pacific Highway Upgrade are back on the agenda. You may recall the Federal Minister for the Environment, Greg Hunt announcing his approval of the Woolgoolga to Ballina project back in August, putting the onus back on Roads and Maritime Services (RMS) to demonstrate that impacts on the long-term viability of the nationally significant Blackwall Range koala population will be acceptable.

We understand the successful tenderer for updating the Koala Management Plan to meet the State and Federal conditions of approval, including the population viability modelling which is to underpin the Ballina Koala Plan is Parramatta-based Niche Environment & Heritage. We also understand that negotiations are underway with local researchers, Drs Steve Phillips, Ross Goldingay and Les Christidis to provide the baseline data required for the modelling.

On the political front, Save Ballina's Koalas campaign co-ordinator Cr Jeff Johnson and I recently travelled to Sydney to meet with Labor Leader John Robertson, Shadow Environment Minister, Luke Foley, and Shadow Minister for the North Coast, Walt Secord and to present a petition to Mr Robertson which he tabled in the Legislative Assembly.

Jeff and I felt this was a significant moment for the campaign given it was the last sitting day of the Parliament. We're encouraged that Labor has adopted the campaign objectives of reconsideration of the RMS preferred route for Stage 10 and a costing undertaken of utilizing the existing highway corridor. The Greens have also indicated their continuing support. The retiring Member for Ballina, Don Page's recent assertion that moving the route will cost human lives, demonstrates that Stage 10 of the Upgrade project will be a key election issue in



Koalas everywhere are thankful for a cool drink during summer's dry spells

the highly contested Ballina seat.

Campaigners are still amazed that during the past decade the NSW Government (of either persuasion) has not required the RMS to properly investigate a route that utilizes the existing highway corridor. That this hasn't occurred is even more astounding, given that a number of crucial land acquisitions remain unresolved, a nationally significant koala population (now protected by Federal legislation) has been identified and the Ngunya-Jargoan Indigenous Protection Area has been gazetted.

While Friends of the Koala is still waiting on a statement of reasons which was requested in September from Minister Hunt on his approval decision, the campaign's focus is now back in NSW. Over the summer, we will be cranking up our efforts to collect more signatures so we reach the 10,000 minimum necessary for the matter to be debated in the new Parliament next year.

Ballina's koalas are not the only ones under threat in our region. In my last Kolumn I mentioned the NSW Scientific

Committee's supporting preliminary determination for listing the Tweed Coast population of koalas as endangered and the Draft Tweed Coast Comprehensive Koala Plan of Management being on exhibition.

I hope some of you made time to read the plan and to lodge a supporting submission (deadline 2 December 2014) because there's no doubt that without concerted action our coastal koalas could disappear within the next 15 to 20 years.

The contradictions in koala conservation continue to baffle: on the one hand the wonderful Koala Connections project underway in Tweed and Byron shires, illustrating the fabulous work being done by local government, state agencies, community groups and committed individuals is proclaimed joint winner in the Natural Environment Sustainability category of the Office of Environment & Heritage's prestigious 2014 Green Globe Award. On the other the West Byron Urban Area proposal, recently approved by the Planning Minister Pru Goward will ensure the demise of koalas in the Byron-Ewingsdale area, reaffirming government's continuing failure to honour its election promise to better protect koala populations.

Coming up to Christmas, you may be thinking of shopping for presents. Friends of the Koala's Support-a-Koala program is a thoughtful and satisfying gift for both giver and receiver. We also offer gift vouchers to the amount you nominate from the Friends of the Koala Plant Nursery, and a range of merchandise available at the Koala Care Centre, Rifle Range Road, East Lismore.

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

Until next time, happy koala spotting.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02)6622 1233. For information about koalas, their food trees, how you can assist koala conservation, Friends of the Koala's Support-a-Koala program and other gift ideas visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233.

To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 131 555.

Don't grow your own paper!

by Triny Roe

As its common name suggests paper mulberry can be used to make paper. Paper was first made from the fibrous inner bark over 2000 years ago in China. Later male plants, with their superior fibre, were taken to the Pacific with the Polynesian migrations. Paper mulberry is still used in this region to make tapa cloth for ceremonial and other purposes.

Considered a serious invasive weed species in Uganda, Pakistan, Argentina and Florida, paper mulberry has also naturalised in other USA states, several countries in Africa and South and West Asia. A vigorous coloniser, it quickly establishes in disturbed areas. In Uganda's Mabira Forest, paper mulberry is growing along roads and forest margins and has begun showing up within the forest. Carried in by birds, it can colonise areas where there are gaps in the canopy. In Pakistan it is considered the 6th worst weed, and with a very high pollen count it is responsible for allergic reactions in Islamabad, sometimes causing death. In Argentina it has invaded the pampas grass plains.

Paper mulberry can grow to 15 metres tall or more on a range of soils and suckers readily. Forming thick stands up to 10 metres across with an extensive root system, paper mulberry can quickly outcompete native vegetation. With separate male and female plants, the females can set fruit within 18 months



'... a shrub of but little beauty; but, both in Japan and in the South-Sea islands, is of the utmost importance for economic purposes.' Thus was Paper Mulberry, *Broussonetia papyrifera*, described in 1822. Today this tree, now globally distributed, has a reputation as an invasive species.

when conditions are ideal. Flowers are pollinated by wind and insects. Male flowers are pendulous whilst female flowers are ball like. These grow into orange-red globular fruit. Eaten by birds and wildlife, seeds are carried to new and distant locations. Fruits are also edible by humans but they do not keep well, so need to be eaten straight from

the tree. The leaves are also edible and used in traditional medicine, as are the flowers and bark.

Paper Mulberry was promoted by the permaculture movement in Australia in the 1980s. After all, who wouldn't want to make their own paper? Both male and female plants were sold through markets and nurseries. There are a number of properties in the Nimbin area, particularly around Blue Knob, which have identified paper mulberry as a problem. Very happy in the moist sub-tropical climate, this tree thrives in the Northern Rivers.

Identification can be tricky as leaf shape can be variable. It can be deeply lobed, single lobed or not lobed at all, shaped like eggs or a heart, sometimes all of these on the same branch. The leaf margins are serrated. The upper leaf surface is rough to touch and the lower side has dense hairs which distinguishes it from similar native species. The sap is milky and can stain clothing. The twigs of young plants are zebra striped. The older trunks are grooved.

Listed as a Class 2 Noxious Weed, paper mulberry hasn't yet reached plague proportions like giant devil's fig. Far North Coast Weeds are keen to act early to prevent this one getting out of hand. If you think you have this tree, contact FNCW on 6623-3833 for positive identification. Assistance is available for eradication. Paper is available from the stationery shops.

Happy weeding.

Poor man's swale

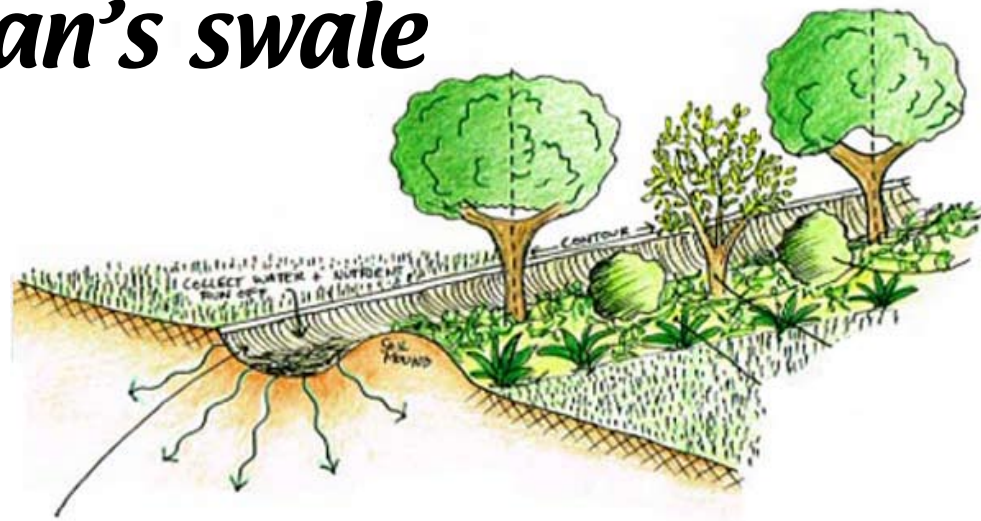
by Geoff Dawe

Swales are basically a trench dug with a mechanical excavator along the contour, with soil from the trench placed on the downhill side of the trench, to provide a "bench" on which orchard trees are usually planted. The trench holds water during rain, and because it is held, causes water to soak deeper into soil, providing a geometric progression of depth of soil moisture as years pass. This ensures plentiful soil moisture for fruit and nut trees and understory vegetation planted on the "benches".

With gardening farms, on slopes above about 20 degrees where machinery is no longer viable for the digging of trenched swales, vegetative swales are an alternative.

Swales can be set out for contour level with an "A" frame level. The level, is basically three floorboards joined in the shape of a capital "A", with the legs of equal length and their lower ends say, 180 cms. apart. A plumb line is fastened to the apex of the "A" with the line crossing the horizontal bar of the "A". The plumb-bob itself can be any weight, even a rock or perhaps a weighty piece of metal.

Working on a farm slope, the bottom of the "A" frame legs are level if the plumb-bob



Swale = 400mm deep, 1m wide, 1m soil mound

line hangs past the centre of the horizontal bar. Pegs are hammered in at the positions of the legs on the slope. Then the "A" frame is moved to the last peg, re-set for plumb, peg banged in etc. The eventual result is pegs 180cm apart on a contour line.

The two native lomandra species: hystrix and longifolia can be used as swale plants because they are relatively shade tolerant of future shade from fruit and nut trees, and because they are clumping plants. Lemon grass is also suited but only in full sun positions.

The lomandra is planted say, just 15 to 25cm apart on the pegged contour of the slope. The plants eventually clump together forming a serious barrier to downslope water movement and soil drift on slopes that is common in heavy sub-tropical rain.

Rows of lomandra can be

set out so that the legs of the "A" level are slightly off the contour when the plumb-bob line crosses an off-centre mark on the horizontal bar. The resulting sloping line of lomandra is potentially capable of running held water on the swale line to a farm dam or other area where it is considered appropriate.

Lomandra plants sell for \$1.75 each at the Caldera Environment Centre in Murwillumbah, or they can be raised up in seed trays and then potted.

Seed needs to be collected from lomandra just before Christmas. The seed is broadcast over trays of potting mix and kept moist for a relatively long time. It might be over two months. The germination period is a lot longer than compared to say, annual vegetables.

Vegetative swales actually have an advantage over

mechanically dug ones in that they are potentially more forgiving if humans make another mistake in using technologies, particularly in this case in the attempt to reshape water hydrology.

Of course "poor" as in "poor man's swale", has a different connotation in a post-industrial society compared to that of a society superstitiously hoping further industrialization will take it somewhere other than toward a dead planet. A "poor" man in a post-industrial society is not necessarily someone who feels under resourced, but is rather someone who is able to notice how nature in its comparatively more raw state; least processed and less industrialized, is able to adequately resource him. Then he is not so much a poor man as a rich man in terms of a post-industrial world, and, the world in general.

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A simple seasonal fare

Eating out of my garden over the years has given me insight into many of the traditional recipes of the climatic zones and cultures around the world.

In late spring, when I am digging potatoes, harvesting cabbages, and shelling peas, I suddenly understand why so many recipes of the world have at their centre these three main ingredients. I used to host a radio show called Aloo Matar after the wonderful north Indian curry dish of spiced peas and potatoes. It's an extremely simple way to use these two ingredients when you have them; it's traditionally topped with coriander, and you can vary it by adding cabbage or carrot for some more colour.

When I have a glut of cabbages I suddenly understand the innovation of sauerkraut and kimchi.

The Romans made early sauerkraut, and Ghengis Khan reputedly reintroduced it to Europe in saddlebags, where it has become a cultural food of Eastern Europe, Germany and some parts of France. It is composed of finely shredded cabbage, lacto-bacterially fermented and salted, giving it a sour, refreshing taste.

Kimchi is Korea's national dish, and originally made from shredded cabbage and beef stock only. Both dishes represent ways in which seasonal produce could be simply processed and preserved, to both make use of gluts, and provide vital nutrients over long hard winters. Another cabbage dish, coleslaw, comes from the dutch, "koolsla" meaning "cabbage salad" and I am reminded of this when my carrots, cabbages and beetroots are all ready to harvest simultaneously. It's

no wonder they found their way into the one dish.

At this time of year, it is the zucchini I'm trying to keep up with, and this year I'm growing the tromboccino, a climbing variety which is excellent in this climate, because its aerial nature provides some resistance to fungal and rot diseases that can inflict damage on the other varieties. The fruit are a beautiful pale green and shaped – as the name suggests – like some magical musical instrument. I grate the flesh with potato and parsnip, my final – slightly bitter – carrots, add dill and coriander seeds, and fry them as fritters.

With a growing desire for local, sustainably produced food, we have certainly turned a corner when it comes to cuisine. No longer can we turn a blind eye to the seasonality and source of ingredients from saffron and



Permaculture Principles with Anastasia Guise



vanilla to beef or shellfish. A diet based on what is in my garden, or on what is growing around me, is simple but in no way bland, and in some way I feel connected to all the peoples before me who harvested and prepared food seasonally, and who still do to this day. The buckets of tomatoes boiled down with garlic and salt to make passata, the apples carefully checked for blemishes and wrapped in paper for storage, the handfuls of magenta lilly-pillys which provide a cool salve to summer's persistent

heat.

One of the most exciting things about learning traditional recipes is in the understanding of how food and culture is so inextricably linked. After all, we didn't always have supermarkets, refrigerators and cheap petroleum to ensure the unnaturally diverse and extended culinary cornucopia at our disposal. Thus limited, our ancestors developed culinary traditions based on what was in season at the same time, and developed innovations to extend growing seasons for fresh

produce, in such ways as drying, salting, pickling, preserving and fermenting.

In this country, traditional food is all over the landscape, and it must be preserved by a daily cultivation of the entire continent itself. Traditional food here is stored in the landscape, in clean estuaries, oceans, rivers, forests and fields. It is for this reason that cultural ownership of land, seed and food is so important, for when you lose food culture you lose culture itself.

www.communitypermaculture.com.au

Blue Knob Farmers Market events



Annual Gala Christmas market and party

This will be a fabulous family fun day and a great chance to mingle with the entire community, celebrating people and food. Local crafts stalls, local farmers produce and in the hall, local art. A fully-covered children's sand pit is within earshot of the musical talents and bustling market.

Our Christmas party will be from 11am on 20th December. All welcome to taste the fabulous produce and Christmas cake. For those who remember the Queen's Christmas cake from last year (and those who missed it), the market will be serving up free slices again this year.

Among the more traditional fruits, we have dried mangoes and bananas, candied locally grown citrus and ginger. The butter and eggs from our area, locally grown wheat stone-ground within walking distance of the Hall. We will be topping it with custard for all, and brandy butter for the more mature in the crowd.

Plenty for everyone – come and do Christmas with us.

Blue Knob Hall facelift

Our first huge Christmas gift will be a Blue Knob Hall Facelift. Yeah you heard me right.

This hall has been in the

community for a lot of years and it is wholly community owned.

Merry Christmas old girl.

Christmas trading dates

I know we have told you every year since we began that we open every Saturday. Well, this year we are taking a short break and there will be **no market on 27th December**. Our first market in the New Year will be January 3rd, look forward to seeing you all there for some fresh healthy produce to kick off the New Year.

BKFM news

On December 6th there will be a very different kind of talk from Johnny Onetree, on natural farming topics like fermenting and plant gestures. You will never look at your garden the same way again.

We have a special surprise for all our friends in Nimbin. However I cannot say right at this time but, oh boy, you guys are going to love our new feature next year.

We are also looking for folks who are so passionate about what they do that they want to shout it from the roof-tops, to talk on our Saturday Talk days. Most subjects that have something to do with our lifestyle as a farmer's market are acceptable. Please email Jim (uloborid8@gmail.com) for more info or to register to speak.

Plant of the Month

Christmas Bush *Ceratopetalum gummiferum*

by Richard Burer

Ceratopetalum gummiferum is a tall shrub or small bushy tree growing from 3 - 12 m high and 2 - 6 m wide in its habitat, taking on a natural Christmas tree shape.

Flowers are about 6 mm across, white, and numerous; sepals enlarge in fruit and become bright red, rarely white. Sepals (modified leaves) make up the calyx, which encloses and protects the floral parts during development.

NSW Christmas Bush grows along the coast and near ranges from the Blue Mountains to the Richmond River. Soils vary from coastal forest light sands to rocky shale hillsides to moister more organic sites in sheltered gullies.

The plant is used for cutflower cultivation. Seed germinates readily when fresh. Best colouring is obtained by planting in a sunny situation, which must have very good drainage both in the soil and on the surface, or the bush can be susceptible to root fungus.

There is an impressive hedge of Christmas Bush on Clunes Road that is in full bloom at the moment.



Christmas Eve market in Nimbin

by Jason Grignon

We are coming into our busy Christmas season, and what better way to enjoy it than to surround yourself with fresh wholesome food?

The Nimbin Farmers Market will be in full swing offering all sorts of holiday treats. Make sure you check in with the All Natural Meat Company to pre-order your leg ham, beef, pork or chicken

roasts and even seafood, which can all be ordered to pick up on Christmas Eve. There will be festive baked and prepared goods as well as plenty of fruits and vegetables coming into season.

Our Backyarder's Table, which is always open to selling your surplus fruit, vegetables, pickles etc, has been selling raffle tickets every week for a chance to win Market Money. So buy a two-dollar ticket and you could win \$50 in Farmers Market money, redeemable at any

of our market stalls.

The Farmers Market is excited to welcome two new community-based stalls, Nimbin Seed Savers and Nimbin Food Library. Both are coming fortnightly. Do stop by and visit those new stalls to learn more about what terrific services they have to offer.

YES we are open for Christmas Eve. We will not have a New Years Eve market, but then we will be back in business for the first week in January, on the 7th.

Natural law

by Helene Collard

Namaste.

Be an anchor during the first 12 days of December, there will be a lot going on for everyone – both internally and externally. During this time, it's important to keep life very simple and remain solid. Avoid overcommitting with work, socially or otherwise, as life will be busy enough. In the midst of intense energies, listen deeply to your body and draw-in your energy. Scale back your 'output' and create some 'simple' space – whatever that means for you. You may still have your children around, attend work, have domestic jobs, errands to run, or you may even be home alone. The key is to deal with the 'noise' in a different way, and hold yourself like an anchor.

An anchored vessel still moves on the surface; however it remains firmly connected to the ocean floor. Similarly, we are asked to remain fluid with life, yet firmly connected within. This requires focus and awareness – the latter to help 'bring us back' when we begin drifting away...

To give yourself the best chance of embodying this state of focus and awareness, you will need a clear head.

This means keeping life very simple and clean. Reduce or stop your intake of alcohol and other drugs. Keep social times positive and light. When with others or alone, choose healthful food and drink, and include healthy ways of enjoying tasks - such as listening to nice music while you prepare a meal or sweep the floor. Just like an anchored boat, we need to remain firm, even through a storm. The more we can manage challenging 'weather' in a healthful, focused way, the more cohesion and connection we will experience.

The second half of December will begin with a gust of high frequency days. Here you can enjoy deep connection and lovely synchronicity – keep life clean and simple to experience the full effect. There is a wonderful sense of unification during this period, and this will occur on many levels. In particular, a wonderful re-connection of masculine and feminine will occur. Men will connect in a new and nurturing way with themselves and other men, and women will become assertive in a new way. Both of these positive changes will facilitate a re-connection and unification for all.

Men and women can experience a new pleasure together and with others. The 'keep life simple' message



"I am self-sovereign, as are you. I acknowledge the ancestors, mine and yours, past and present. You are all my relations. All is One."

is coming through very strong for December, so think things through and don't be afraid to change what's been planned, especially if it's feeling too much.

– Love, Helene

Helene Collard has a Bachelor of Trauma & Healing (SCU). Through workshops and presentations she supports human services organisations and employees, in the area of secondary trauma and self-care. Helene is also a Reiki Master-Teacher and the founder of a Reiki Healing Circle in Lismore.

All you need is love!

"I love you!" Don't you love it when someone says that to you?

"I don't love you any more!" How bad is that?

What is this thing called love? There are more songs, poems and stories written about love than any other subject you can name. Apparently it makes the world go around, it lifts us up where we belong... and it's something into which we are apparently able to fall.

"Falling in love" is actually a process known as cathexis. It's a mating thing. It is the animal urge to propagate the race. It apparently has a shelf life of three months (often called the honeymoon period) and actually has very little to do with love at all. M. Scott Peck distinguishes between love and cathexis, with cathexis being the initial in-love phase of a relationship, and love being the ongoing commitment of care. Basically cathexis is two people having the hots for each other and getting it on... and as we all know... it never lasts!

"Making love" sure ain't love either. "Making love" is basically another way of saying copulating, having carnal knowledge or sexual intercourse, rooting, screwing, grinding, rutting, doing it, having sex, bonking, frigging in the rigging, shagging, doing the horizontal tango... dare I mention fucking. People will tell you making love is much more than that. It probably

is... sometimes. But it sure ain't love.

Love isn't actually about gooey goings-on in the gonads, funny feelings in the furnace or prickly premonitions in the privates. It isn't what inspires a Shakespearian sonnet, an over-the-top Italian opera or a Baz Luhrmann budget-buster. It isn't even the inspiration for a wet dream or a dry nightmare.

Love, it seems, is another thing altogether.

Love is an action. It's a verb. It's about emanating positive energy with a selfless motive and altruistic outcome. Like the quality of mercy it benefits both the donor and the recipient. It blesseth all concerned. It underscores all levels of care, charity, companionship and compassion.

It can grow out of gratitude. It can form from familiarity (normally rumoured to breed contempt). It can be fashioned out of friendship. It isn't something that happens when your eyes meet across a crowded room. How could it be? How could you instantly love someone whose breath might be so bad as to near knock you out when you get close, whose voice might drive you crazy every time they open their mouth, or whose

body odour might make you want to puke? Sure, love can grow from such initial magnetic attraction, but until relationship and commitment are involved it sure ain't love!

So all those falling-in-love-at-first-sight and promising-eternal-love songs, poems, romantic novels and movies are, like Xmas, religion, Hollywood and American super-heroes... just a load of tripe. For starters, they never mention or take into account living with someone else's farts.

Then there's need. Need is about attachment. Attachment is about not being able to be apart from the other without suffering. Doesn't sound much like love does it? Yet it is universally included in the litany of love that dominates our world. "I love you" and "I need you" are practically interchangeable phrases in pop culture, yet they actually are almost opposites in reality. Need is about wanting and taking, whereas love is about giving and caring. Beware of the needy, greedy thing. It ain't love either!

In fact love is all about giving and caring, surrendering personal agendas, looking out for and looking after the other. The other can be a tree or a



Mookxamitosis

by Brendan (Mook) Hanley

forest, a friend or a family, a labrador or a lorikeet, a cat or a canary, a boyfriend or girlfriend, husband or wife. It's how you look after the loved one that counts. It's no good continually declaring "I love you!" and treating someone like shit the rest of the time. The proof is indeed in the pudding. Pudding someone else first that is. Love is something we do.

If you really want to learn what love is, go watch a mother with her kids.



Crossword Solution

From Page 26



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by Kirrah Holborn,
'Traditional Wisdom'

Nurture your pregnant mind with facts on waterbirth

Waterbirth can be a wonderful option for labour and birth. If it's something that interests you, make sure your midwife or obstetrician is comfortable to support a waterbirth. Some midwives have birth pools you can borrow or you can always hire or buy your own pool.

How does it help?

Most people find warm water to be very relaxing. It can help reduce the intensity of sensations during birth. For many women, being in the water feels more private and they can feel like they are 'in their own world'. Changing positions is easier as the water provides extra support and helps you feel lighter. Many women like to be leaning forward with contractions and then can relax on their back or side between contractions. You may find it is easier to get into a squat or on hands and knees. If your partner is in the pool with you, you can lean back and be supported. Being immersed in water can also help the perineal tissues to soften and may reduce the risk of tearing when birthing your baby.

What are the logistics?

You need a place big enough for a birth pool to fit and to

Birth and Beyond

have access to clean water. The ideal temperature to have the water is around 37C (body temperature). Sometimes getting into a pool or bath can slow or stop contractions so it's a good idea to wait until you really need it. When contractions are strong and regular (active labour) and you feel that you want to try the water, then use it as a reward and get into the pool.

What about the baby?

The baby can be safely born into the water. He or she continues to receive oxygen from the placenta after birth. When your baby's face comes into contact with the air this is when they take their first breath. Many babies that are born into water appear very calm.

Nurture with swimming

With the warmer weather upon us, it's the perfect opportunity to go for a regular swim. Swimming during pregnancy is one of the safest forms of exercise and has many benefits. Being immersed in water helps support your growing belly and can be very relieving. Pregnant women are generally hotter than the rest of the population, so on these summery days, being immersed in water helps cool the body down. Swimming helps build endurance, increase muscle tone, ease aches and pains and improve circulation.

Explore birth through art

Get creative and make some art during your pregnancy. It can help you access your intuition, help you express yourself in a different way, it can reveal something new

and it reminds you that you are unique.

Making birth art is about the process, not the finished product.

This month I encourage you to explore labour as a landscape (a Birthing From Within activity). This allows you to visualise labour for YOU, rather than what a book says it will be like. So instead of thinking of labour as a physiological process in your body, start to imagine labour as a landscape.

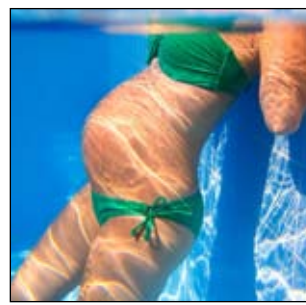
What is the geographical terrain (mountains, valleys, forests, rivers or a desert)? What is the season (summer, winter, autumn, spring)? What is the weather (windy, rainy, sunny)? Who is with you?

Make time to quieten your mind before making art. When you are ready draw your journey through the landscape of labour. Pastels are a wonderful tool to make your art.

Afterwards, it's a good idea to journal about your experience. Some prompt questions for you to ask yourself are: How am I feeling now? How was I feeling when making the drawing? Is there a story/time/place to this drawing? Was anything surprising? Is there anything that doesn't make sense? Is there anything I'd like to do now as a result of making this drawing?

Antenatal workshops

BIRTH CONFIDENCE
Day 1 on 17th January 2015:
Discover what YOU really need to know to give birth (this is different for everyone).



Learn breath awareness (labour-coping practices) that help contractions feel shorter and easier.

Learn how to create a nurturing birth space so you can transcend pain.

Partners learn how to be confident at helping and supporting through each stage of labour.

BIRTH WARRIOR

The full course 17th/18th January 2015

Includes everything from Birth Confidence workshop PLUS...

Physically prepare for birth: reduce tension throughout pregnancy, discover your pelvic 'map', learn what positions help your baby move through your pelvis and find out how movement is incredibly helpful during labour.

Discover natural therapies for birth and postpartum (including massage/acupressure and partner involvement).

Practise advanced labour-coping skills so you can 'make friends' with intensity, open to sensations and create softness in your body.

Release any fears through 'taming your tigers' (allowing you to feel more relaxed and ready for birth).

For more information on any of the above, call Kirrah on 0429-308-851 or visit: www.traditionalwisdom.com.au Book in early and save up to \$40.

Nimbin Hospital Info

Child immunisation clinic

For 0-5 year olds. Held second Tuesday of every month. Next Clinic: 9th December. For appointments phone 6620-7687 (Lismore Community Health)

Early childhood nurse

Every Tuesday. Phone 6620-7687 to make an appointment (through Lismore Community Centre).

Women's Health Nursing Service

Every 3rd Thursday of the month. Next clinic: 4th December. For appointments phone 6688-1401.

Nimbin Community Nurses

Monday to Friday, 8am to 4.30pm. For assessments, wound care, referrals, advocacy. Provision of Palliative Care in the home. Provide and co-ordinate Aged Care Packages.

Free health checks

In front of the Neighbourhood Centre, every second Friday, run by a Nurse Practitioner and an RN. Risk assessments, including general health assessment, random Cholesterol and random blood sugar tests. All welcome.

Free Respiratory Clinic

With Specialist Respiratory Nurse and a Nurse Practitioner. Second Thursday of the month. Next Clinic: 11th December. For appointment phone 6688-1401.

Free Diabetic Clinic

Every 3rd Thursday of the month. Next clinic: 18th December. Appointment phone Leanne Boothe 6630-0488.

Nimbin NSP opening hours

Will be open on Mondays and Thursdays, 9.30am - 12pm. Arrangements can be made to see a Health Nurse through NSP.

Nimbin Hospital Auxiliary

Meetings are held on the second Friday of each month in the hospital conference room at 10am. Next meeting: 12th December.

Relief from psoriasis

The prognosis for psoriasis sufferers is excellent at the Good Skin Clinic, because they are addressing what triggers the condition, rather than just symptomatic relief, according to Barry Donnelly BHSc CM N WHM ND.

"As important as relief is, clearing the condition, to the point of not requiring ongoing medication is our goal, it is what we strive to achieve with every client," Barry said.

Psoriasis, which affects about 4% of Australians, is the cause of great distress and discomfort, resulting in hospitalisation for some and a constant source of embarrassment and pain for many.

Mr Donnelly has had a keen involvement in natural medicine for many years, and has been helping psoriasis sufferers at two Gold Coast Clinics: Runaway Bay and Burleigh Heads since 2007. The clinics offer products for sufferers to help bring the condition under control, and the products are developed using only herbal materials and essential oils.

These remarkable products and protocols have the highest efficacy, and are designed by Dr Tirant, biochemist and medical research scientist in Melbourne, and have been confirmed by a number of European clinical trials, including a recent trial undertaken by Prof. Harald Maier from the Division of Special and Environmental Dermatology, Department of Dermatology, University of Vienna Medical School. The results show 89% of



patients treated achieved a significant improvement after eight weeks of treatment.

Other independent clinical trials conducted in Europe also showed that Dr Tirant's protocols are effective in treating psoriasis, and his product family offers minimal side effects, in fact, once begun, most of our clients report an increased sense of wellbeing and vitality.

Other skin conditions that are also successfully treated at the Good Skin Clinic include eczema, acne, rosacea, dermatitis, ichthyosis, psoriatic arthritis and nail / fungal infections.

For further information, phone 1300-956-566 or email: barry@feelinggr8.net.au or visit our website: www.northernrivers.goodskincare.com.au

Skin Disease: Now Let's Make It Clear

While the rest of the world is still searching for the answer to serious diseases like psoriasis and many others, Good Skin Clinic has been completely changing the lives of those who have been given no hope.



At Cathy's appointment, the first words spoken to me by Cathy were, "I know there is nothing you can do for this. I have had eczema on my fingers all of my life, and I can never remember a day in my life where I haven't had to wear

bandaids on my fingers." Cathy now enjoys life without itchy, cracked and bleeding skin.

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NORTHERN RIVERS & THE GOLD COAST

Learning what one is and is not

A boy was born thirty or fifty or one hundred years ago to a woman who had lost her parents in tragic circumstances. This little boy was very much loved, but his mother would not leave him alone, always checking on him, checking to see if he was alright, checking to see if he was hungry or thirsty, or in pain, or whether something was missing – a toy perhaps, or a blanket – checking that everything in his life was in order. The little boy did not know privacy, nor even the concept of privacy, for himself or anybody else. His mother came into his room all the time, checking on him, asking questions, demanding the “truth” as she saw it, and he felt compelled to please her. He saw that she was angry, but didn’t know why. The little boy never knew what he was, and what he was not, nor did he know what his mother was and what she was not, and where other people and he began and ended. In essence he did not grow into a self, identifiable to himself, and himself alone.

It took many years to realize the notion of privacy, and it came at a cost. He got into trouble, but, interestingly, although not surprisingly, he became, from that point, very jealous of his own space. Obsessively so. Everything in his place had to be kept clean and untainted by the lingering presence of another person. His clothes had to be washed after visiting other people

and his furniture had to be taken outside and scrubbed down if anyone else had touched it. His place was his place. Still, though, his mother came and entered his place, still telling him what to do, to think, to eat. His life outside his mother’s presence was indeterminate and a bit chaotic, because he still didn’t really know who he was. He was getting older, but still trapped in that purgatory of undifferentiation.

A girl, born twenty or sixty or two hundred years ago to a woman who was dislocated from her family by war, thrown out of sync with usual ordinary things, develops severe asthma and needs, according to her parents, constant monitoring. She was never left alone. All the little girl knew was struggling to breathe. The more she struggled, the tighter the parental vigilance and control of her life. Literally, there was no air to breathe.

smothersmothersmothersmothermother

It is critical that children find their own feet. For sure, support and security is essential, indeed critical for human and animal development. Without security and support a little infant does not develop confidence to venture out into the world without intense anxiety. This is the principle of attachment theory as described by John Bowlby (1907-1990). Security and support,



by Dr Elizabeth McCardell

and low levels of caregiver anxiety, where a crying infant is attended to straight away, gives the little one a sense that it is safe to simply be him or herself, in process of self differentiation. The process of self differentiation (learning what one is and is not responsible for) is in turn, the development of emotional intelligence.

Depression, anxiety, certain psychosomatic disorders, and obsessive compulsive disorders are associated with not being able to determine the boundary between oneself and others, as well as knowing that the mind of others cannot be completely known and is not one’s own, though an empathy with them is possible. In these conditions, ambiguity is not tolerated and conclusions about things is fitted, far too quickly, into a familiar account of things, even though a non-differentiated state is an ambiguous one. The familiar account of things can be the stories of family, culture, and personal experience that has become

ingrained, and offers some sense of security. For example, the person who says, “I can’t have a normal relationship because I am always rejected,” stymies themselves right from the word go by the story they have. “I will be rejected because I am always rejected.” But, really, maybe it isn’t so.

When we develop a capacity to look at our circumstances by gathering and discriminating and weighing up other explanations for what we have hitherto assumed to be true, we can begin to untangle assumptions about our world and work out where we individually stand on matters concerning ourselves. Untangling our accounts of things as we know them, is part of the process of increasing emotional intelligence and lowering our propensity for depressive illness. Such a process also loosens us from our past. Learning what one is and is not is the basis of discovering our uniqueness and celebrating it. Learning what one is and is not is a work that continues throughout life. Mothers and sons and daughters, of whatever age can engage in developing this knowledge, for what used to be a condition of the past doesn’t need to continue to be a condition of the present. Nothing is set in stone. This is where therapy becomes very useful indeed. I am, and you are.

dr_mccardell@yahoo.com

A healthy heart

by Brigid Beckett

Both from a Western or Chinese medicine perspective, a healthy heart is of utmost importance. Its function sustains life, and cessation of heart function defines death. In Chinese medicine the heart is also recognised as the seat of our mental, emotional and spiritual life.

Often referred to as the emperor the original symbolism was female, an empress or matrilineal queen. Disease occurs when the heart is pushed out of this ruling position. The energy and force of the heart is not only seen in terms of it as a pump but also the mental, emotional and spiritual control of the physical body. Diseases of the physical heart are caused by unbalanced emotions: depression, anxiety, sadness and obsession.

The Chinese symbol for the heart is Shenming. This refers to a brightness of spirit, the combination of the sun and moon.

The heart is associated with the 5th lunar month which we are now approaching, the time after summer solstice. Its time of day is high noon.

As explained last month, each month is further broken down into smaller nodes with associated symbols of the natural world. In the 5th lunar month in China praying mantis are born,

cuckoo shrieks and cicadas singing and deer shedding horns. The natural events here may or may not be the same. But what is the same is the significance of observed natural events.

The cicadas emerging from the ground signify death and rebirth. Mantis are seen as religious symbols across a number of cultures. Another symbol is the mythological River Ji, flowing through a mountain and flowing clearly out of the other side, a river that flows through into another dimension. The symbolism is of being as one with the base frequency of the universe. Where there is no separation between living and dying, male and female, good and bad, bringing love and compassion to this earth space time.

Physical and mental illness occurs from not fulfilling or shutting down this connection. Taking oneself back to this interconnectedness can give remission in even very serious disease.

The heart’s element is fire, a gas that can’t be weighed and not subject to the



laws of gravity. Its animal is the horse, a spirit animal.

The heart, being the Empress, affects the whole body. However there are specific symptoms of primary heart dysfunction.

These often pertain to heat and include insomnia, palpitations, panic attacks, restlessness, anxiety, poor concentration, breathlessness, mouth ulcers, and painful urination. Insomnia and anxiety are very common and are both conditions that respond well to acupuncture and Chinese medicine.

The heart is easily affected by heat, either external heat such as heat stroke or fever, or heat derived internally from liver stagnation or yin deficiency.

However it can also suffer from cold pathology, known as yang deficiency. This is usually an advanced type of deficiency. Its causes may be aging, overexertion or a prolonged illness. Symptoms include chest pain or tightness, fatigue, sweating, cold intolerance, a waxy complexion with dark rings under the eyes or blue lips.

All these symptoms can and should be addressed with Chinese medicine as well as other therapies and medications. However the essential message for us when it comes to matters of the heart is to address emotional imbalances and ultimately experience the connectedness with the cosmos that will make us whole.

Contact Brigid on 0431-702-560.

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