

Tiredness

by Brigid Beckett

Tiredness is a common complaint at this time of year. Often it is understandable, we are just ready for a break. It is important to take time out, slow down, maybe reassess how we are living and plan how to make life a little easier.

However in some cases the tiredness may not go away easily. There may be an obvious reason, such as recovery from illness. Or from prolonged long hours of mental or physical work or shift work. Other times it may not be so obvious. Sufferers may not be taken seriously or be suspected of having depression.

In Chinese medicine there are a number of patterns that cause tiredness. One common

pattern is damp. Sometimes a contributing factor is the humid conditions seen at the moment. Also contributing is inappropriate diet, also prevalent at this time of year. This can be too many rich foods, too much sweet or dairy. Too much raw food is a problem too. These can tax digestion by taking out the necessary warmth. More qi (digestive energy) will be expended to return this before digestion can take place. Especially in people tending to deficiency, this can result in qi deficiency and damp. Over-consumption of cold sweet drinks will create the same problem. The pattern of damp causes a characteristic heavy feeling. There will often be digestive symptoms



such as poor appetite and indigestion, discomfort in the abdomen and chest, a foggy head, dull headache, and sometimes thrush. Often this type of tiredness is worse first thing or after resting, and improves after some activity.

Straight qi deficiency will cause a more consistent tiredness throughout the day. The term qi in this context is referring to the day-to-day energy gained from digestion and breathing. Sufferers may have frequent colds or easily become breathless. Or if the spleen (digestive energy) is most affected, there will be tiredness after eating and sometimes weak muscles. This deficiency can be caused by a deficient diet or

constitutional factors. It can also be seen after prolonged mental activity or worry. Students are prone to this type of deficiency after a year of study and exams.

Yin deficiency refers to a deeper type of deficiency. In Chinese medicine, the yin's basis is the kidneys. It is constitutional energy which decreases with aging. In Chinese medicine it is said that half the yin will be gone by the age of 40. This reserve will be drawn on with overwork or after a long or severe illness. Because it is this deeper level that is drained, the tiredness may be severe. Often there will be an agitation as well as tiredness in this pattern. Also commonly insomnia which will make everything worse. Sufferers will feel exhausted but not be able to relax or sleep. There will often be signs of heat or dryness. Other manifestations can be a

cough, lower back ache, dizziness, tinnitus, cramps and poor appetite.

Another type of tiredness that was addressed in a previous article on thyroid disorders is liver qi constraint. This is frequently caused by either emotional factors or on-going stress. Tiredness is also a major feature of lingering pathogens, a response to infection or other insult, that has become recurring or persistent.

Once a pattern is recognized, acupuncture and herbs are very effective at treating tiredness. So at this time of year, relax and enjoy summer and holidays. If you are still more tired than you should be, now is a good time to do something about it.

Brigid is a qualified Chinese Medicine practitioner who can be contacted through Lismore Community Acupuncture on 0431-702-560.

Survivors' children

A man can't sleep at night. He's tired all day, sometimes dropping asleep in conversation, but when night comes he can't lie down and relax. He's all wound up. I knew his mother was German-born and his father was English. That's all.

Some time later I met them both and learnt that his mother was Jewish and her father took the family to Crimea for safety, but not before three bombs landed in their house and didn't go off. The sleepless man's father, I discovered, had been sent alone to Australia before the rest of the family followed. Since he was still a child, he was taken to a children's home in a city here.

There he waited three years before his family came to collect him. Both mother and father of the sleepless man were children experiencing huge upheavals: one knowing of bombs not exploding and an escape to the Crimea, the other wrenched from family and sent to an children's home in a foreign country, wondering, wondering when he would be safe with his family again.

What have his parents' experience got to do with the sleepless man? Before I respond to that, I'll present another couple of scenarios.

A little girl is in boarding school in Russia. She and all the people around her are starving. Yes, her mind is fed with languages (she knew five), art, dance, theatre, science,

discovery. Her stomach gnaws at her like the rat that chews at her shoes beside her bed. She is rescued by her step-mother and sent to Australia with her brother. She meets and marries two men. One beats her, and she escapes from him. The other is charming, suave, a bit remote, but very intelligent. They have children. The youngest, a girl, doesn't want to eat, yet she feels always hungry. The daughter develops an eating disorder that she recovers from eventually, but the issue of food always looms large for her.

Some people dream the fears of their parents and grandparents. When I was a child, a recurring dream was of a Zeppelin airship flying over the house. My father would not have seen these, but he had uncles who died in the trenches in World War I when the German airship, the Zeppelin was around. I guess my father was very frightened of these when he was a child, a fear I picked up somehow or other.

Intergenerational trauma is very real. The experiences of therapists and research neurobiologists are showing the way in which many children have unconsciously adopted the symptoms of their parents and other relatives, at an almost cellular level.



by Dr Elizabeth McCardell
M Counselling, PhD

A 2010 Time magazine article describes how Post-Traumatic Stress Disorder symptoms in second-generation survivors are being found in their behaviour and also their blood. Higher levels of the stress hormone cortisol are found in the children of survivors, and the children's children. Until recently, it was assumed that these symptoms were essentially learned. The idea was that if you grow up with

parents who can't sleep, suffer mood swings, hypervigilance, irritability and jumpiness (symptoms of PTSD) you're likely to become stressed and hypervigilant yourself. There is more to it, though. Neurobiological research using the study of epigenetics, where environmental factors are seen to change genes in ways that can be passed to the next generation, is identifying actual changes to genetic material among subjects whose parents were traumatized previously.

Most studies of survivors' children have been done with the children of Holocaust survivors, and their children's children. The uncertainty of life, the observation of death and extreme cruelty, and sometimes the disbelief that the survivors lived when the rest of their families died, deeply affected them, both positively and negatively. Positively,

by instilling into their children a deep appreciation of life and an urgency to live that life meaningfully and fully. Negatively, by, as I've noted, creating a hypervigilance, a jumpiness, an irritability, and sleep disorders.

How much parents tell their children of their own trauma is reflected in how the children experience that relationship they have with their parents. If the background story is not told, or surrounded by partial mystery, the child may feel drained and disconnected from their parents. If the story overflows with too much traumatic information, then the child is overwhelmed. These feelings of disconnection or overwhelm may extend into the way the child welcomes the rest of the world.

Either way, a child whose family background story includes extreme trauma may experience some difficulty in their development, including problems at a social level. These may manifest in later life as sleep disorders, habitual smoking, under or over eating, alcoholism, and the like. At the same time, the child may gain some very essential coping skills. It really depends on how much support is given to the survivors from family, friends, and counsellors. Intergenerational transmission of trauma can be averted through the critical intervention of counselling and clinical hypnotherapy. As a mentor said to me once, we always have a chance to heal ourselves and our families. Healing ourselves heals our families.

Nimbin Hospital Information

Free health checks in the park

Every second Friday of the month, a Nurse Practitioner and a Registered Nurse will be available in Allsopp Park for assessments, education and referrals. Health checks include Cardiac, Respiratory and Stroke risk assessments, BP, Oxygen saturation, Weight, Blood Glucose, Cholesterol. Next is 10th January, everyone welcome.

Immunisation clinic

For 0-5 year olds. Clinic in Nimbin Hospital, second Tuesday of the month. Next Clinic: 14th January. For appointments, phone 6620-7687.

Early childhood nurse

Every Tuesday at Nimbin Hospital. For appointments, phone 6620-7687 (Lismore Community Health).

Women's Health Nursing Service

Every third Thursday of the month. Next clinic: 16th January. For confidential Pap Smears, breast checks, contraceptive advice, post natal checks, general health information. For appointments, phone 6688-1401.

Free respiratory clinic

Second Thursday of the month, at Nimbin

Hospital. Run by specialist Registered Nurse and Nurse Practitioner. Spirometry readings. Includes assessment, education, referrals. Next available appointments: 9th January. Phone 6688-1401.

Free diabetic clinic

Third Thursday of the month, at Nimbin Hospital, run by a Diabetes Educator, Leanne Booth. Assessment and Education. Next clinic: 19th December. For appointments, phone 6630-0488.

Nimbin community nurses

Monday to Friday, 8am to 4.30pm. For assessments, wound care, referrals, advocacy; provision of Palliative Care in the Home; provision and co-ordination of Aged Care Packages. Wednesday morning Drop-in Clinic at the NSP room, for health checks, minor wound care assessments and referrals.

Nimbin Hospital Auxiliary

Nimbin Hospital Auxiliary meets on the second Friday of each month in the hospital conference room at 10am, next meeting will be on 14th February.



Good oil goes way back

by Ela Gold

The Ebers Papyrus documents show that the Egyptians used frankincense and other aromatics to treat a variety of ailments.

Cleopatra used essential oils to seduce Mark Anthony.

Chinese aromatherapists believed that extracting a plant's fragrance represented freeing the plant's soul.

The Greeks believed all aromatic plants to be of divine origin, and they attributed the invention of perfumes to the gods.

Hippocrates used aromatic essences to fumigate the city of Athens to fight off the plague. He also suggested that the key to good health is a daily aromatic bath and scented massage.

Essential oils regained popularity in the mid-19th century. They became recognised once again for their therapeutic and medicinal properties, and were reintroduced to health seekers across the globe.

There are different grades of essential oils available today and there is a huge difference in quality. They range from perfume grade, to food grade and therapeutic grade. DoTerra has set a new standard for essential oils which goes beyond therapeutic grade: Certified Pure Therapeutic Grade, which complies with all certified organic standards worldwide.



Inferior quality or adulterated oils do not produce therapeutic results and could possibly be toxic.

Essential oils can be used aromatically, through a diffuser, aroma pendant or on paper; topically, either straight, mixed with base oil or in skincare; and internally, mixed with water, in capsules or in cooking.

They also make great household cleaners, air-fresheners and disinfectants.

Many hospitals in countries like India and Taiwan are using essential oils to treat patients, in other countries, including the USA, hospitals and doctors use them to keep stress levels down and prevent the spread of germs.

You can view scientific research papers at: www.aromaticscience.com and read about the proven therapeutic uses of essential oils.

If you want to know how to use essential oils internally for detoxification and wellbeing, contact me on 0439-854-474 or email: info@vitalishealth.com.au I can also organise talks for small groups of people interested to learn more about essential oils.

The law of the circle

by Daniel Keszler

Dear reader, another year is ending and a new one will unfailingly begin. For us, it was an exciting year full to the brim with new experiences. The new energy, which ushered in after the ominous 21.12.2012, allows for a greater awareness of the workings of many dimension of reality which interpenetrate and influence each other.

I feel that 2014 will be a furthering of contemplation of one's individual journey and at the same time an increased awareness of the invisible unifying force that nurtures us and guides us all.

The name of this force or energy, or may I say ground, is subject to much debate, particularly in religion, and also in philosophy and new physics. Mystics have approached the subject and have utilised it too. As no name is capturing the mystery of this ground, any name may suffice.

To understand and utilise it, one has to experience it. Just as our oneness cannot be manifested on a visible level, but can be experienced internally by every individual, so can this mystery only

be experienced directly by the individual.

The apparent objective world can be seen as a manifestation of infinite symbols displaying the creative

expression of this mystery.

I want to share a text with you that concerns the mystery and uses the symbol of the circle. It may serve you as a contemplative text as you approach the new year and conclude the old.

The law of the circle

- 'I am free' means: I am a servant to the mystery and that means that I am free.
- How to be free? Discover your self!
- If you discover your self, you discover the spirit that has given you the breath of life.
- Understanding the spirit, you discover its force.
- Understanding its force, you discover its counter force.
- Understanding its counter force, you discover the first law of nature: the law of balance.



If you understand the law of balance in nature, you discover that you are a part of the world, its smallest part, and its biggest part. When you understand all this, you discover the law of the circle.

- Beginning and end.
- Birth and Death.

Where the beginning is, is the end.

Where the end is, is the beginning.

Where there is birth, there is death.

Where there is death, there is birth.

- When you understand all this, you let go of fear.
- When you let go of fear, you become free.
- When you become free, you become a servant of the mystery and that means that you are free.

The Centre for Balance and Empowerment wishes everyone a wonderful enlightening transition into the New Year. Daniel and Riana are looking forward to providing you with our services, which range from highly therapeutic massages including many modalities of bodywork to our energetic modalities and counseling, including EMF Balancing Technique and Holographic Kinetics.

We also hope to provide you with more Qi Gong and Tai Chi courses in the coming year, to keep you moving and grooving on your very own path.



by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranic Healer

Being that I suffer from a severe case of the romantic, one of my wishes for everyone is that we all, at one time or another, meet someone who sits gentle on our mind. Someone who creates in our thoughts a mental and emotional sanctuary where we can go to dream about them and the good times they brought us.

The Dali Lama dropped a small bombshell when I saw him some years ago by beginning his discourse with the statement, "I am very fond of George Bush." He grinned most mischievously at the stunned silence and continued, "I am very fond of George Bush, but I do not always like what he does."

I guess in a few sentences he was giving an audience of hundreds an insight into unconditional love. One does not necessarily have to like what others do, but one should love them anyway. And as much as my limited wisdom allows, I get the unconditional love thing, I do.

But here's the rub, sometimes during life's journey we meet someone who fits the love bit better than all the others. Usually it's a lover, but as the years extend it can be a grandkid or even a pet.

Why are some more special to us than others? I sincerely wish I knew. Perhaps it is just as coldly scientific as matching

Bowen Therapy and an Aching Heart

pheromones. After all, the rest of the world doesn't see them as particularly special, or even that likeable.

The pragmatist would scoff that being 'in love' is an illusion, which never lasts. I don't know about that. A few beings I've met in my life will sit gentle on my mind forever.

All the same, when they actually disappeared from my present reality, I suffered badly from an aching heart.

It is not easy to cure an aching heart: in truth, I would not wish the disease on my worst enemy, as it can be extremely painful.

Some believe they can never be cured and live the rest of their lives with a subconscious, emotional hole, which is only filled by the fear of being hurt again and surfaces strongly when they meet someone else who has matching pheromones.

To be totally honest, these days, if I met a new someone who had the potential to sit gentle on my mind I would probably feel ten foot tall and bullet proof, but I would also still feel the taint of those fearful freak-out memories of yesteryear, because for me, as for many of us, the freak-outs began when I was very small.

So what to do about those freak-out memories of yesteryear that can still unwittingly rule our lives?

Because I have been extremely lucky in having some very clever teachers, I have learnt that freak-out memories have nothing to do with the now, except for the havoc they can still cause in my life, if I let them.

Mind you, they can be very tricky and I never was that good at chess, so I comfort myself with the belief that they actually surface so that they can be healed and move on, maybe because they are as bored with being stuck on the

wheel to nowhere as we are.

The other thing I learnt from my own experience and from observing the experiences of others is that freak-out memories and aching hearts live not only in the heart and subconscious mind, they permeate the whole body.

Dr Bruce Lipton in his book 'The Honeymoon Effect' supports my humble observations when he explains the chemicals released throughout the body when we bond.

Apparently dopamine, oxytocin and the stress-related hormone, cortisol are but a few of the little gooblies that dance with glee when we are in love, giving us energy and a sense of wellbeing.

But unfortunately, when the object of our love disappears, these chemicals stop producing and we go through withdrawals similar to that of an addict. Hence the misery.

Conversely freak-out memories cause adrenalin and associated stress chemicals to pump out their messages of danger, often to the point of exhaustion, causing us to feel sick and tired and prone to fits of alcohol, drugs and chocolate.

Quite frankly, I personally think it is all a bit unfair and when I become creator goddess, I am going to make sure that aching hearts and freak-out memories can be easily extracted with a golden spoon and turned into rainbows.

In the meantime, while I am still learning to play chess with the Great Spirit, I do have a few tips for a suffering humanity.

Therapies that treat the physical body can truly send that aching heart to the cleaners, if you want.

My first experience of the body healing my broken heart came some years ago, long before I was ever a

therapist, with two sessions of acupuncture from my excellent friend Arnon Parker who has the Shentang clinic in Lismore. At the time, due to my ignorance of most alternative therapies, I was extremely fortunate he was so patient in persuading me that sticking those bloody needles into my flesh was a good idea.

If you are a fan of acupuncture and in a state of broken-hearted depression, tell your acupuncturist, as they may well be able to assist you to mend the wounds.

I also have treated people who were extremely unhappy when they first entered my clinic and three treatments later they have reported to me their return to a sense of wellbeing. This is perhaps due to my intention during a healing session to heal body, mind and spirit, but it is also due to a triggering of those good chemicals Bruce Lipton writes about.

Freak-out memories can also be alleviated somewhat with bodywork, particularly Pranic Healing which cleans and heals the physical, emotional and mental bodies through the energy vortexes we all carry, 'the chakras.' Many of us know about the seven major chakras, but there are dozens of other minor chakras, which also affect our state of wellbeing.

I use a combination of Remedial Massage, Bowen Therapy, Pranic Healing and Emotional Freedom Technique to heal an aching heart. The pain can be intensely powerful, so it warrants a powerful persuasion to send it packing. Love light and laughter.

I am in clinic in Nimbin, Wednesdays and Saturdays and would love to see you, or your pet. Phone now for an appointment. 02 6689-0240 mobile 0439-794-420.

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Herb of the Month – A root for all seasons

by Thom Culpeper

Japanese burdock: *Arctium lappa* – 'Esculenta', Wild Gobo, Great burdock.

Cultivars: Mitoya Shirohada, Sakigaki, Watanabe Early, Takingogawa long.

Burdock is probably one of Japan's most important staple herbs, with tonnes of it used daily throughout the culture, yet little appears in the West. The plant is seed biannual, the root, brown or grey toned with a white/cream flesh, being the main part used, though all of the plant is utilised in various ways, and it's found naturalised in the Northern US and Europe, and is seen along roads and fencelines.

Great burdock is the wild type, an impressive plant – the root can reach over a metre in length in some areas.

The Japanese, the Koreans and the Okinawans in particular, hold this plant, together with the 'coloured' rices (black and red) in particular, to be the foods of a long and productive life. Okinawans are the planet's longest living group, and burdock is, with cabbage, one of their staples.

Very young roots (300mm) are peeled and used as radishes in salads, older first year roots, (1000mm+) are peeled, cut into carrot-like sections or julienned, stir-fried, sautéed, roasted and added to Misos, (Tekka), and soups in general. The leaf stems and roots are pickled. The dried root is used in the Korean seasoned vegetable dish,

(Namul).

The pith of the flower stems is eaten raw in salads. The young leaf stalks are par-boiled and used as is cardoon, celery and asparagus, the leaves prepared as spinach. Sugared, it is made into a confection and the seeds are sprouted and used like bean sprouts. The dried flower stalks are used in Ikubana floral arrangements.

The Herbalists also have a wide range of uses for Burdock. They know it as Bardana, Cocklebur, Clotbur, Hardock, Turkey burseed, etc.

Cultivation: The writer has had success with growing both Mitoya and Takingogawa. This plant requires deep friable, light loam soil for successful growth. Now a metre-long root is a big ask from Australian panas (topsoils). Frightful amounts of preparation in trenching, as for celery, is usually needed.

The solution is container growing (pictured). Grow it in offcuts of 90-100 mm drain-pipe – it works a dream. The variety dictates the pipe length. In the pic, the tall tubes are housing



Mitoya, (150 days) and the two shorter, Watanabe Early (120 days).

Root vegetables and herbs could contribute to a competent longevity and all round robust health, they may also turn out to be the least of our culinary wealth-hazards. The economics of storage has now become a serious consideration due to energy costs, yet all of the common roots can be stored safely in clamps.

Heirloom root crops should also be reconsidered, as earth and clamp storage are virtually energy and pest free. Why shouldn't the delightful yams of the Pacific, the Alexanders, salsify, scorzonera, Hamburg root-parsley, celeriac, kohlrabi, neap-turnips, rutabaga, Jerusalem artichokes, rampion and skirret etc. of Europe and the myriad of taste sensations of the Andes' Inca-root-culture again be propagated, so as to embellish our species-poor tables?

Why not! Indeed, why not?
Culpeper wishes to all a fine fest and Peace.



by Bob Tissot

OK It's 1am and we've just arrived at the bus station in Guilin. Naturally it's pissing down rain (most unseasonably apparently) and within a couple of minutes all the other passengers have vanished, the bus has disappeared and there's no-one there but us and a few women (none of whom can speak a word of English) who are trying to take us to accommodation other than the one we have booked.

We boarded this bus (well to be honest we boarded the bus before the bus before this one) at 7am in Hanoi and have been on the road for the past 18 hours, rendering the pair of us more than a little tired and just a tad hysterical. Despite virtually emptying my pack on the ground, I can't find the piece of paper with the hostel's name in Chinese, and after about five minutes the women are nearly as hysterical as me and so there we are, two whiteys and four yellows all laughing like loons in this weird deserted bus station. The women wandered off, still chuckling,

and we found what appeared to be the way out.

We also found a piece of paper which, although it didn't have the Chinese characters, did have the phone number, and out on the street we found a taxi, mimed for the driver to phone the number (we're not carrying phones) and YES... it appears contact has been made. A price is negotiated and we jump in. Imagine our surprise when the cab drives about 100 metres and we're there. The night watchman is expecting us and shows us to the room. Praise Allah, Thank the Lord and BuddhaS is beneficent... We've made it.

To recap just a bit, the trip up from Hanoi was pretty good despite the length, and we were kinda surprised at how quickly we passed through customs into China. Great country to travel through. At Nanning we were ushered into a lounge reserved for 'International Travelers' (plush lounge chairs and free Wifi), and told "Wait! We will give you dinner" which turned out to be a can of beans... SWEET cold beans. The three hour

wait was unexpected and explains our obscene arrival time in Guilin

Next day we explored Guilin... and discovered a general level of prosperity which surprised me. The ground floor of the Guilin Department Store was wall to wall diamond jewelery and designer watches, 2nd floor designer leather goods and we never got to the 3rd floor (we were only looking for a toilet and never spotted one)

Guilin is a really beautiful city (the locals refer to it as a small town, barely more than a village even though it's about 15 times bigger than Lismore) built around 2 rivers and 4 lakes. There is water everywhere. Around the lakes, which are all joined by canals, is deliciously landscaped in classic oriental style with winding paths, statues, arched bridges and a 1000 year old banyan tree which has such wide spreading lower limbs they need supports (cunningly crafted concrete supports that look so much like aerial roots you have to touch them to be sure to be sure). And then... Praise The Lord, Allah is Great... we discovered a noodle shop in a back street and tasted our first Guilin noodles (famous throughout China) WOW! Just the best damn noodles I've ever tasted (we lunched there every day in Guilin).

The following day we took our chances on a public bus to the Reed Flute Cave and I had the entire bus roaring with laughter when I stood and offered a really old lady my seat (the old lady laughed the loudest) I guess that's not a done thing over here, but

at least we're keeping them laughing. The caves were lit like a Disney cartoon, all pink, green and black-light purple, but even that couldn't distract from their awesomeness. The bus driver wouldn't take my money on the way back, I guess he figured I'd paid for it with my entertainment value on the way out. The afternoon found us at an ancient village, Daxu, where an old man was thrilled at my genuine interest in his 2000 year old tools and took us right through his 2000 year old house and demonstrated each and every tool he had and insisted I try every one. I was as chuffed at our interaction as he was.

Dawn in Guilin very similar to dawn in Hanoi... many many people doing Tai Chi everywhere, with the main difference being the air. Guilin's air is clean!! And why is that? I hear you ask, in a city as big as Brisbane. Simple... electric scooters and cars. The majority of vehicles here are electric! The only disadvantage to this is that they can sneak up behind you (the footpaths being as well used by the scooters as the road) and scare the crap out of you when they apply the horn. Evenings in Guilin is lightshow time... most of the big buildings are delineated with ever changing lights and one large building had falling water projected onto it. Damn it looked real. For a while we were wondering how they kept it out of the windows until suddenly, they turned it off and the building reappeared.

Tomorrow we head off for Yangshuo.

India-Australia bonds strengthen

by Rob Harle

This is a follow-up to the article 'India verses Australia' (NGT November 13) to report on the expanding and strengthening literary ties between India and Australia.

In late 2012 and early 2013, I made some deep and lasting connections with creative writers and academics in India.

This resulted in the production and publication of three poetry anthologies, cover art, critical reviews, scholarly interviews, and academic literary essays.

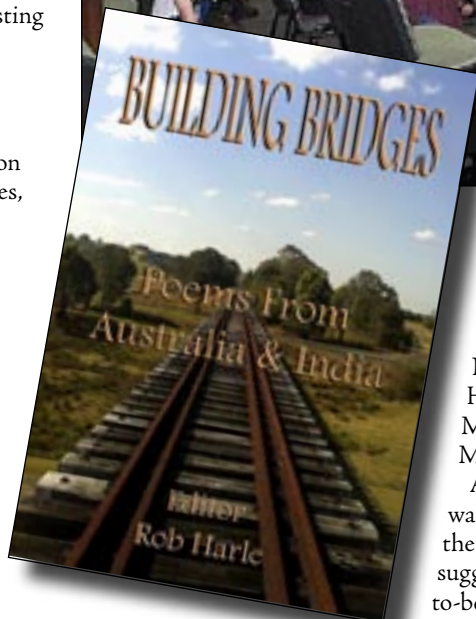
Lismore City Library hosted a book launch of three books, *Indo-Australian Anthology Of Contemporary Poetry: Vibrant Voices*, *Poetic Connections*, and *Building Bridges*, along with Nathalie Buckland's book, *Shards and Figments*.

The book launch was a great success and Lismore City Library purchased one of each of the books which are available on loan.

Vibrant Voices, which features a number of local



At the Lismore launch



Of Contemporary Short Fiction, will be published in 2014. It features local writers Tamaso Lonsdale, Nathalie Buckland, Rob Harle, Sara Khamkoed, Max Ryan and Peter Mitchell.

A special honour for me was being asked to design the cover and artwork, and suggest a title, for a soon-to-be-released translation of Dalit (Untouchable) poetry.

This book, *The Wheel Will Turn* is a small step towards bringing about the emancipation of marginalised people everywhere, a theme shared with the Building

Bridges anthology.

It features local Northern Rivers poets Christine Strelan and Max Ryan.

I would like to thank Authorspress and Cyberwit. No Australian publishers I contacted, including university presses, were interested in these projects.

To top off this amazing year, on Christmas Day I received notification that along with Australia's Bard, Les Murray, I had been awarded the Overseas Award for Excellence in Arts.

This will be formally announced on the Authorspress website: www.authorspressbooks.com

Leave it in the ground!

It was March 1977 and I was walking down Keen Street Lismore near Fundies. A guy approached me. "Hey! Aren't you that bloke who writes all the songs and stuff?"

"Um yeah ... I suppose so!"

"Well why haven't you written one about Uranium?"

Over his shoulder in Fundies' window was a bumper sticker from MAUM (Movement Against Uranium Mining). Yellow upper case letters on purple background "URANIUM... LEAVE IT IN THE GROUND!"

Fast forward to October same year at Tuntable Falls North end. A neighbour called Hooch appears in the hamlet complete with sheepish look and 7-inch uber-bud in his mitt. Seems the Gnome gave it to Hoochie many months ago to pass on to me... and he has finally wrestled his greed-versus-conscience-toggle into positive mode and delivered the little bugger to its rightful owner. Me!

To this day I wonder how big the bud was when Gnome gave it to him! Naturally I had to bow to the protocols of gratitude and local custom and have a wee sample.

The song came out of nowhere. "My name is Jonah the whale, out on the oceans I sail

Out where the wind and the waves say you've nothing to save...

But yourself.

You're fouling the sea and the air

You're laying the rainforest bare

And you buy and you sell in your man-powered hell

But we all have a story to tell..."

And so it went. 10 or 15 minutes of surrender to the process, and 'Leave It In the Ground' was alive and well and sounding important. All of its own accord.

We loved that song and sang it heaps at concerts, gatherings, protests etc. We recorded it over and over again. Paul Joseph was particularly enthusiastic

and sang with us on several fine recordings made at Bush Trax or with my gear around the traps. It was one of the feature songs of the 'Nimbin Allstars' tour in 1978. It travelled from Nimbin to Europe where (I was told) the refrain was chanted by 100,000 or more voices at a mass anti-Uranium rally.

During post-production of the *Monkey Mia* movie, the producers decided to create an album around our 'Bahloo' (our band name) music and we were summoned to the magic Honey Farm Studio in Sydney's bushland Terrey Hills. The album was being produced by Fairport Convention's Trevor Lucas (an old musical pal of mine) and featured the absolute top musicians in Sydney at the time.

We got a lift to Sydney, but had no room for our instruments. Friend and anti-nuke activist Debbie Walton kindly took all our gear down to a Balmain address where I arrived early one evening to pick it up. She was in bed out the back in a bungalow... racked with fever, extremely sick... lying there with our cases and bags all around. She summoned me over in a whisper, and as I leant down she implored me to put 'Leave It In the Ground' on the album we were about to make.

'Monkey Mia' was a dolphin movie and this song seemed inappropriate to me. However I told her I would consider it. About halfway through the recording sessions I played the song to the musos and crew and asked if they thought it was a goer. An hour or so later we gathered to listen to the incredibly powerful backing track which we all had done in one single take. Everyone involved had put their heart and soul into it and were all delighted at their own and the combined contributions to the track. The vocals went the same way. It was a highlight of the album.

Skip forward to 1983 at the 10-



Mookxamitosis

by Brendan (Mookx) Hanley

years-after Festival at Tuntable, where I arrived with the first cassette of our brand new 'Living on an Island' LP. I handed the Walkman to Paul Tait and Jeni Kendall who came back an hour or so later and declared that 'Leave It In the Ground' was superb and deserved a film clip... which they would be happy to produce.

A series of fund-raising concerts and some miraculous low-budget juggling and editing magic from Paul and Jeni, and the clip was born. Its premiere at a fashionable charity night at a top Sydney hotel brought the entire audience to their feet in a huge emotional standing ovation. This song has had its own life from the very outset. If only the world would take notice of it.

Now I'm trying to get a new clip together of my 1979 Three Mile Island song 'Pennsylvania Wind' which I have re-jigged as 'Fukushima Wind'. I'm looking for all sorts of audio, video, musical and financial support to put out a community clip that will alert the world to the greatest global crisis ever... so far. Please contact me if you can help.

'Leave It In the Ground' and 'Pennsylvania Wind' clips are both available on Youtube. Search for Mookshan page then click on the songs.

Email: mookx@mookx.com

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by Len Martin

Following an inspiring rainforest regeneration walk, others joined exhausted survivors to swell AGM attendance to 20. After tea, coffee and a wonderful spread of communal food, we started the hard business of our eighth AGM. Yes we've been going that long. The club started in 2005 with foundation office bearers: President, Len Martin; Vice President, Michael Smith; Secretary, Peter LePatourel; Treasurer, Kay Martin (til now). Len became secretary after Peter's tragic death in 2008, continuing to now. Michael became President in 2008 and later, Vice President to now.

Our 2006 walks included: Wanganui Gorge Leader Michael Smith; Nimbin Rocks Co-op (2 walks) Leaders Len & Kay Martin; Goanna Headland, Leader Michael Smith; Brindle Creek, Leader Michael Smith. Back then and

until recently, we had three walks per month – two at weekends, one mid-week. Before each walk we would meet in Nimbin for car pooling and could offer lifts to visitors – many from overseas, because most club members lived around Nimbin. Alas, no longer. Time has taken its toll, age, sickness, death have claimed some of our most enthusiastic walk leaders; others have moved away or their needs override commitment to the club. One great loss is Michael Smith, who has been a tower of strength – office bearer, web-master and walks leader. Still enthusiastic, fit and healthy, he will be off to places exotic when spouse Joy retires shortly – our thanks and best wishes for safe travelling go with them.

We retain Judy Hales as President with: Don Durrant, Vice-President; Michele Alberth & Christina Haywood, Secretary and Treasurer respectively. Catherine Baker continues as

Press Officer. Sue Ward will vamp us up in cyberspace as Web-mistress. Steve Corbett and Jon Maddison make up the committee; Bill Potter will convene the program committee.

Our executive's gender balance puts Australian governments and corporations to shame. Again Nimbin leads the way, yet paradoxically only our President lives in Nimbin; the others are spread wide – Ballina, Mullum, Murwillumbah, Kyogle, Afterlee – reflecting the make up of our walkers nowadays.

We are affiliated with Bushwalking NSW for insurance, with club membership previously at \$15 pa., and \$5/ walk for visitors to cover costs. Such is club frugality, accumulated funds allow reduction of membership for one year (until October 31st 2014) to \$5. A (single) \$5 visitor fee is retained but membership will only come with participation in further walks.

Michael Smith described the stringent membership standards of some clubs. We have no limitations, but depend on the nature of walks offered and the experience of our walk leaders. For insurance we are questioned if our club has,

"procedures to minimise the risk of personal injury...?" Yes, "We have an approval system for walk leaders: attention is drawn to specific features/grade of each walk". Yes, we do expect leaders to be fully familiar with every walk they lead, and, "have had no accidents or incidents", and do "obtain a signed Acknowledgement of Risk from all persons participating".

We are not a fast walking group, and might better be known as the "Nimbin Ramblers". Even our toughest leaders are keen naturalists, so most walks have many pauses. Our walks span the very easy (many described in Michael Smith's 'Bushwalking in the Rainbow Region'), David Holston's



rugged off-track treks to treasures of the Nightcap Range, to the too-tough-for-Len (Stinson Wreck, with Don Durrant). We have enjoyed several week-long camping/walking trips on Moreton and Fraser islands and many weekend camps – Border Ranges, Bald Rock, Jerusalem Creek, Boonoo Boonoo, Angourie, Koreelah Gorge, Tooloom, Toonambar Dam. Such enjoyment can only continue if we have enough experienced walk leaders. No walks till Feb.

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Hold onto your hats!

by Marilyn Scott

As I write this I'm in Adelaide, feeling the effects of the weather. Yesterday was 38°, day before 36° today 40° and tomorrow 38°... it's intense! God only knows how we'll handle a rise in temperatures, I think some bodies will just depart.

As well as the heat, the 'energy' thermometer is hovering above the red, red zone. Still in the energy of the Full Moon on the 17th, the last for 2013. And boy, did it go off with a bang... activating the Galactic Centre, the powerful centre of our Galaxy... what a finale for 2013!

At the same time, Uranus stationed Direct... the planet of electrically charged CHANGE and revolution... he'll be building up his speed to really make his presence felt. By April next year, a lot more should be visible to us all.

During his five months of retrograde movement, this urge to pursue a completely new direction has been brewing inside us. He'll take a little while to build up speed, but when he does... watch out... the changes are coming.



Things have been bubbling inside us all and they're getting ready to spill out. We will not be contained, restricted or controlled!

2014 is going to be a very interesting year... hold on to your hats!

I get the sense that this year will be like none we've experienced yet. Time to set the focus on excitement, abundance and creative solutions. Our own power is emerging... and it won't be stopped.

We've all experienced a lot these last few years... the rumblings began back in 2007. In 2010 things were really starting to show, then wham bam in 2012 a new world was born. During 2013 we were really starting to feel the new ways... now 2014 is on the doorstep and I reckon it's going to be a doozy. We

all just need to remember, we hold the power; it's our own focus and projection that will create the world around us.

The old is dying, and it's fighting a mean battle... it has no principles, it fights in the gutter. We need to turn our attention away, no need to look at the blood and gore, our precious senses are far too fine for that.

We get to say what happens to us. We need to take back the reins of our life. We need to take good care of ourselves, our precious bodies... paying special attention to our health and our wellbeing, our personal environments and to what we give our precious energy.

It's going to be a very big year... the Big Change has arrived. Yahoo I say... let's have fun!

A new season in sight

by Gary Whisker

2013 was a fantastic year for the mighty Nimbin Headers. Our junior teams all went from strength to strength, and both the womens and mens teams made the semi-finals.

After five long years without a trophy, we secured three in the space of a fortnight! The Grade 12's were "the Invincibles", going the entire season unbeaten as Minor and Major premiers.

Their Grand Final win at Oakes Oval was followed five days later by the Men's 4th division team being crowned Major premiers on a magical full moon evening. As always, both teams were cheered on by the boisterous Headers faithful, ensuring good fun was had by all.

All attention now turns to the upcoming season. We



Premiers, Men's 4th Division

are looking for new players, coaches and volunteers to further expand our wonderful family-orientated club. All are welcome!

In particular we would love to be able to field two senior men's teams, as we have done in the recent past.

Like most small clubs, we often find ourselves with too many players for one side, and

not enough for two. Fielding a higher and a lower division side means we can cater for players who want to have fun and stay fit in a great social atmosphere, as well as guys who want a more competitive, intense experience.

Training for seniors will begin in mid-January on Thursday afternoons at the Headers fields. All dates and

times for sign-ons, training etc will be posted on our Facebook page: Nimbin Headers Sports Club Inc as soon as we have it all organised.

With Brazil hosting this year's World Cup, our beautiful game will hit new heights in 2014. Come and be a part of it all... what are you waiting for?

Shake, baby, shake

Here it comes – the first full year of classes with Jump Shake Dance!

Enrolment day is on Sunday 16th February, from 9am until 12pm at Nimbin Town Hall, and people are welcome to sign up for an exciting year of tap and modern dance classes, building up to a spectacular end-of-year recital.

Jump Shake Dance was opened last October by local instructor Roisin Francis (pictured, inset), offering tuition for tiny tots (3-6 years), juniors (6-9 years), intermediate (10-14 years) and seniors (16 years and up), with each group working towards their performance.

"We had a great turn-out last year," said Roisin. "Though we only had one term, it was a wonderful taste of the exciting moves and routines to come. And I think working towards a show brings more excitement for the students and their families."

Teaching dance at Tumble Falls Early Childhood Centre for the final term, culminating with a fun-filled dance for the end-of-year concert, has been a highlight for the children.

Roisin taught K-6 students



at Nimbin Central School new moves and a short routine

at two interactive end-of-year workshops. With loads of positive feedback from last year's students, this year's classes should be popular.

For those who love to dance, or want to get in shape (but suffer stage fright), Jump Shake Dance also offers World Dance Fitness, a blend of dance styles and musical traditions for a fun and funky exercise regime.

For more information email: jumpshakedance@outlook.com or check out the Jump Shake Dance Facebook page.

IT'S SAFE TO ENTER THE WATER

...and make Olympic history!



The ranger was called in to round up the wild creatures which had settled in Nimbin pool over Christmas. OH&S requirements have now been met, and the pool is safe for the Nimbin Olympics in January.

There's a scurrilous rumour that the shark, whale and crocodile are being tamed and may be entered in the synchronised swimming competition. Let's hope the Handlers know what they are doing and there are no nasty accidents of animals turning on their trainers and refusing to perform on command.

Come along and show your support for the Nimbin pool. Can the World Champion Floater defend her title? Who can save the most babies? Who can swim the longest distance under water? What will be the outstanding Poolside fashion statement in the grand parade of Fashion?

Enter an event or be an enthusiastic bystander. Fabulous trophies and prizes, BBQ, drinks... a celebration not to be missed, rain, hail or shine at 10am, Sunday 26th January. Coincidentally it's Australia Day. All proceeds go to the Pool.

Ra Ra Riley



Nimbin local Christopher Riley (pictured) has been selected in the 'Pathways to Gold' Development Squad for Rugby Union for the North Coast Area.

This means that Chris will be involved in a series of intense training sessions two to three times per week.

He will be involved in a competition that could take him all around Australia from Perth to far North Queensland depending on their pool allocation.

Games begin in March and April 2014. All the best with your Rugby career, Christopher!

A rally good time



Adam at Mount Rushmore



Downtown Sturgis

by Tanya and Adam Bell

The 2013 Sturgis Motorcycle Rally attracted an estimated 467,000 bikers from all over the world. Not bad for the little town of Sturgis in South Dakota, which has a population of 6440.

The rally has been running for 73 years, and it all started with a few guys getting together for a Hill Climb.

Bikers are embraced and welcomed all over the district, which is great because the money that is made over the two weeks of the rally is enormous.

One ride – The Mayor's Run – raised approximately \$26,000 for the town.

We were in biker heaven.

Nimbin Crossword Solution
From Page 20



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5.30pm

Arriving

Nimbin – Main St. (Park)

7.45am

8.45am

12.35pm *

3.10pm

4.15pm

6.00pm

School Holidays

Leaving

Lismore Transit Centre

8.00am

12.00pm

2.35pm

3.10pm

5.30pm

6.00pm

Arriving

Nimbin – Main St. (Park)

9.00am

12.45pm

3.25pm

6.05pm

Leaving

Nimbin – Main St. (Park)

7.52am

9.00am

12.45pm

3.25pm

4.25pm

6.05pm

Arriving

Lismore Transit Centre

9.35am

1.15pm *

4.10pm

6.35pm

No Public Holiday Service

Town Service - Wheelchair access available upon request, 24 Hour notice required

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Festival Fun

Woodford Festival, 26th December – 1st January
 Photographic essay by Peter Enright and Martin Ollman



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- **Sunday 26th** – Australia Day – BBQ & Bowls 9am
- **Fridays** – Raffles, Buffet, Music with Jazz Duo
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