

A parent's perspective

by Tracey Gardine

"How many sleeps 'til school starts?" asked my son Phoenix regularly throughout the holidays. Coming from a boy who had been extremely unenthusiastic about starting kindy, this was music to my ears.

I had been concerned for a long time about where he would go to school. I wanted a school that would recognise, encourage and nurture my child's individuality rather than just push him through the 'sausage machine' as so many schools seem to. I wanted Phoenix to love learning.

We were living in North Queensland, but I was ready to move if I found the right place. Did such a school exist?

And then I found the website for Tunttable Falls Community School.

Tunttable Falls seemed to tick every box and the more I read, the more excited I became. It was small, incorporated outdoor learning, recognised the importance of play. Gardening, cooking and circus were part of the curriculum. Like me, this school believed education should be fun!

With much excitement (and a little nervousness) we packed everything into a van, said farewell to loved ones and headed for Nimbin.

What a wonderful decision we made! The school is even better than we imagined and the staff, children and parents have invited us into the beautiful school family. We have



Savannah and Phoenix in the kindy classroom

made true friends and feel loved – we feel we have come home.

As Phoenix says, "My school is awesome!" I would recommend it to anyone looking for a unique educational experience.

To find the truth within, in the body

That quest for truth as well as for healing has been a meaningful part of my life and I think there are many souls out there who can relate to that. Somewhere along the journey, I found that I can rely on my body. Messages conveyed by the body are unconditionally truthful. If we carefully listen to our inherent truth, some healing is bound to happen because the blueprint of our individual functioning is stored in the body's memory. To be able to listen to our being in this way, we need to be in touch with the subtler realities within. This may need some practice, or an experienced practitioner at hand.

I would like to introduce a very potent meditation practice that has served me well in finding truthful answers as well as healing. I feel increasingly grateful that I got in contact with Vipassana Meditation as taught by S. N. Goenka. At the time I was ready to embrace a spiritual path and felt immediately attracted to the technique as it is simple and doesn't involve dogma, cult, blind beliefs or business. Instead, the truth about mind and body is realized by direct experience only.

Due to the goal of Vipassana meditation, which is not just to calm the mind, but to purify it from all negativities, increased happiness occurs fairly soon. It also nurtures compassion towards oneself and all other beings. Vipassana, a word from ancient India, means 'to



by Betti Wille

see things as they are'.

The objects of concentration are the natural breath and the sensations we feel within the framework of the body. Both are direct links between mind and body. It becomes self-evident how mental strains turn into physical ones. Triggered by blind reaction, they multiply and turn into knots and bundles of knots. Vipassana deals with them by observing the reality objectively without reacting to it. Imagine you could watch anxiety or depression arise, stay for some time and eventually pass away, without reacting to it...

Yes, it is challenging, but also extremely rewarding. Patience and a fairly balanced mind are great companions on this journey. As one gets confronted with mental and physical tensions, there's bound to be some discomfort. The boiling of anger for example, becomes a very

tangible experience. This is where most of us cop out, behave badly or drown the experience in either activity or substances. But isn't it good to know that we can change our ways rather than staying trapped in blind reaction? We might as well, because no one else can do it for us. The joy of liberation and its effect on mind and body are beyond description.

Vipassana is taught in ten-day residential courses. Centres are solely run by volunteers. There is no charge for teaching, food or accommodation. All expenses are met by students who, having completed a course, wish to contribute for coming students to benefit in a similar way. To make best use of the time, many rules apply. It's important that everyone agrees to them before joining a course. Children and teenagers learn to meditate on their breath in one- or two-day courses. More info at: www.dhamma.org

The award-winning film 'Doing Time, Doing Vipassana' about Vipassana courses being conducted in a large Indian prison, is available on Youtube.

I am a practitioner of Biodynamic Craniosacral Therapy, which is gentle body work that involves listening to the body's messages in order to generate healing. I would be interested in a local group sit with other "old students" of Vipassana in the Nimbin area. You can contact me via: biodynamic.touch@gmail.com May all beings be happy.

Healthy thyroid, healthy hormones

Some years ago, I was researching to discover why so many of my patients had been diagnosed with either Graves disease or a serious thyroid imbalance. I discovered that scientists were seeing a correlation between thyroid irregularities and a specific flame retardant chemical.

The thyroid gland produces a hormone that regulates the metabolism. Any imbalance causes hyper or hypothyroidism. Hyperthyroidism causes rapid heartbeat, sweating, tremors, anxiety, increased appetite, rapid loss of weight and intolerance of heat, while hypothyroidism causes cold hands and feet and an inability to get warm, slow thinking processes and a lack of energy.

Additional symptoms include swelling of the neck from enlargement of the gland (goitre) and protrusion of the eyes, both of which can also be caused by an autoimmune thyroid problem called Graves disease.

Women find it very difficult to conceive if they have thyroid disorders, which should tell us just how important the thyroid gland is to keep all hormones balanced in both humans and animals.

Surgeons like to remove the gland of Graves disease sufferers, or to destroy it with radioactive Iodine. It can be controlled medically by taking Thyroxin and having frequent eye checks. But much more importantly, it can also be controlled naturally.

Brominated flame retardant has been known to cause thyroid disorders for many decades. Bromide is highly toxic. It is used to fumigate your property for cockroaches, mice and other pests. And it is dropped on bushfires.

All synthetic and children's clothing in Australia must be treated with this flame retardant by law. And it is now found in paint, carpet, fabrics, plastics and many other materials. Tents, cabins, boats, interiors of aircraft, trains and cars are all treated with these chemicals. They never wash out. They are also in Fanta.

Recent tests on school age children found these chemicals to be 75% higher than their parents. Surely, this must send alarm bells ringing with concern for the fertility and thyroid health of our children.

Prevention is always far better than cure. There are natural ways to keep the thyroid gland healthy with the food we eat and if we have a healthy thyroid gland, we will also keep our reproductive system healthy. And on that point, the physician who taught me showed me that each organ has different nutritional needs.



by Robin Stein
Homeopath healer

If we dissect the thyroid gland, we'd discover it contains higher levels of copper, selenium, zinc and iodine than any other minerals. It also contains high levels of one amino acid called L-Tyrosine. Tyrosine is found in a wide variety of protein-rich food.

Sea vegetables like kelp, nori seaweed and dulce help greatly. And not only because they are rich in iodine. Ocean water is similar in make-up to the plasma of the blood. It contains all the minerals in which our soils are deficient, in the correct balance. Kelp has the added advantage of removing aluminium and some other heavy metals from the body.

Three organic brazil nuts daily will provide the body with the correct amount of copper and selenium, as well as some zinc, which plays an important role in sperm production. Oysters are renowned for containing high levels of zinc, as are wheat germ, pumpkin seeds, peanuts, dark chocolate, beef, lamb and veal liver.

Far better to "avoid" heavily brominated clothing and building materials altogether. Please avoid bushfire areas, too. Remember, if you keep your thyroid gland healthy, you will also stay younger far longer as well. It's not rocket science!

Robin Stein is an Intuitive Homeopathic Healer. She was presented with an award in 2012 for more than 30 years of accurate diagnosis and healing work. She diagnoses even the most complicated problems quickly, without expensive blood or other tests. She can be contacted at: robinstein@gmail.com

Athletic achievements

The Nimbin Central School Secondary Athletics Carnival was held on Friday 17th July on the School playing fields. The weather was cold and windy, with the threat of rain, but we persevered and some very good athletic performances were achieved by students, mainly in the field events.

Significant individual performances were achieved by quite a few students and the highest scoring performances included: Jerara, with a Shot Put of 10.89m Caydan, with a High Jump of 1.35m Jaxon, who achieved 1.38m in the High Jump Ruby, who threw the Discus 13.71m, and High Jumped 1.22m Laura, who also threw the Discus 12.03m Brydie achieved a Discus throw of 17.08m William B achieved an amazing 20.49m in his Discus performance Merlin, who made a very impressive effort, throwing the Javelin 27.25m Overall age champions in each Year group were those who achieved significant performances in more than 2 events and were: Year 7: Zoe and Levi D. Year 8: Sammaya and Jaxon Year 9: Abbie and Banyan Year 10: Ruby and Sage Year 11: Brydie and Tai



Jerara's winning shot put

Year 12: Dannielle And finally, at the end of the day, the students comprehensively beat the teachers in two Tug o' War events. The teachers will definitely need more practice before next year!



Animals at Cawongla Playhouse

by Leanne Logan

Our silkworms have hatched. Our wombat is being created.

Our preschool is home to birds, snails, beetles, ants and more.

We've had visits by blue tongue

lizards, snakes, rabbits and guinea pigs.

When animals come to play at Cawongla Playhouse,

we become curious,

we are responsible,

we giggle with delight – and nerves,

we feel new sensations,

we are brave,

we are worried,

we are still,

we share knowledge and skills,

we laugh,

we learn.

Tunable preschoolers learn Spanish

by Silvia Carina Bustos De Tribolet, Preschool educator

For a few years now, we have been teaching Spanish to our preschoolers. Everyday words, actions and familiar objects within the preschool environment, as well as songs, have been introduced to the children.

I recently visited my home country of Argentina and took this opportunity to facilitate a cultural exchange with a local preschool in Rosario, La Osa Gregoria.

The children of Tuntable Preschool had made a felt banner as a gift for the children of the school, and while I was there I sang songs from Australia and taught the children simple English words and sentences, as well as the

names of Australian animals.

As part of this exchange, we now communicate regularly via email and post, sending drawings and interesting information about each country. The children have observed many similarities, especially songs: *Insy Winsy Spider* is *Insy Winsy Arana* in Spanish; *Where is Thumbkin* is *Donde esta el dedo Gordo*.

Other similarities include painting with hands and feet, and working with wood.

We have found that having this connection with a Spanish-speaking school in another country is a wonderful way to make the Spanish learning experience more meaningful, relevant and rewarding for the children.

Email: tuntableschool@gmail.com



"Silvia, we did hand and feet painting today! Same like those children," said Tahne, talking about these children at the La Osa Gregoria preschool in Rosario, Argentina.



Creating music notation

by Diane Arthur, Nimbin Preschool

There are many varied ways that children notate their thinking.

The most obvious forms of notation are image-making using drawing and painting. But there are others. Notating the music that you are creating is thinking of the sound as having form and structure.

When children notate their music, we observe a level of thinking that transcends traditional music notation,

because they are in the very act of designing the sound as a visual form.

In the picture we see Celeste designing the visual form of the sounds she is playing. This design is far from being random. It is a purposeful action whereby each child listens attentively to the sound they choose to make on the piano, and then how they represent the sound as form when it is scribed by them.

Their differing notation styles are theories of what sound looks like.

Child care orientation available

by Carina

I am taking over as the director of Nimbin Child Care Centre while Elissa is on maternity leave.

We have had such a busy month this month, and I've really enjoyed getting to know the children and the community.

We have adventured over to the park for a little excursion which was lots of fun, running around and playing together. We have also had a lot of craft experiences and experimenting with different ideas such as salt painting.

For NAIDOC Week, we cooked damper, made snakes out of playdough and collaged using red, yellow and black paper.

The centre is filling up quickly, so if you would like your child to come an experience a centre-based childcare and education, please feel free to call on 6689-0142 for further information and availability.

If you would like to get to know us and the group, please call to book in for Wednesday mornings orientation between 10.30-11.30am.



On the play equipment at Peace Park



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What's On in August?

- Sunday 23rd – Annual General Meeting, 9am
- Wednesday 26th – Gentlemen's Long Lunch
- Sunday 30th – Visiting Club: Grafton Bowls Club
- Open Mike Nights – Wednesdays 12th & 26th, 7pm
- Friday Night Raffles – 20 prizes
- Social Membership \$5
- Courtesy Bus – Enquire at Bar



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Nimbin Garden Club notes



by Sharon Whalley

The Nimbin Garden Club July visit to Anna Kowalczyk's property at Whian Whian took place on a wintery afternoon on 18th July. The windy cold weather did not deter the approximately 25 enthusiastic garden club members from enjoying the stroll around the 12 acres of fruit orchards and permaculture gardens.

It has taken 25 years to nurture the property to become the productive garden it has become today. The property was originally part of a larger cattle farm where all the trees had been cleared and the ground

compacted. Anna has assistance in the garden from a worker from outside along with help from her children and grandchildren.

Anna's extraordinary knowledge about exotic fruits, vegetables and medicinal plants was truly fascinating. The range of food trees that Anna grows is awe-inspiring. These include mangoes, citrus trees, Natal plums, soursops, Malabar Chestnuts, Cherimoyas, bananas, jaboticabas, Cherry Rio Grandes to name just a few!

The beautiful red soil was admired by many of the garden club members. The large vegetable garden

was bordered by lemon grass and had neat rows of carrots, peas, parsley, rocket, radishes, beetroot, broccoli, kale as well as two types of garlic and a crop of turmeric which was being harvested.

Anna has a large composting area and has very little waste with the chickens (Isa Browns, White Sussex and Cream Legbar) getting scraps and the rest going to compost. Anna has extensive areas of comfrey which she uses as an effective compost accelerator. Other compost activators that Anna recommended to the Garden Club members are tansy and yarrow.

Thanks to garden club

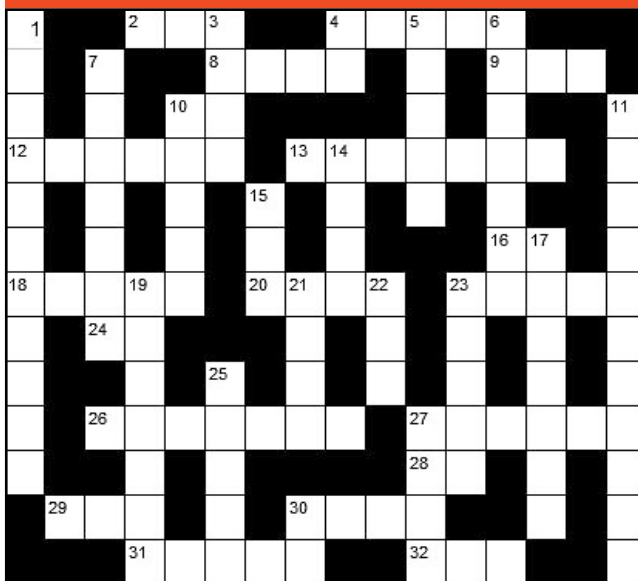
member, Nola and to Bunnings in Lismore for their generous donation of goods for our fundraising raffle.

Our next garden visit is Dick and Gillian Jones's property on Saturday 15th August from 2pm until 4pm at 327 Crofton Road – look out for the Nimbin Garden Club signs. This garden is a gem with stone garden edges surrounding beautiful plantings nestled between two tributaries of Goolmangar Creek. Old and new members are welcome! Don't forget to bring a cup and chair as well as a small plate for afternoon tea to share. No pets please.

nimbingardens@gmail.com

Nimbin Crossword

2015-08 by 5ynic



Across

2. Tattoo work
4. Nibbles?
8. Zulu warrior(s)
9. (and 32 across) (3,3) Thai taxi?
10. Since year 1
12. Story (repeated)
13. Opens (present)
16. Egyptian sun god
18. Blood of Olympian gods
20. Parliament? Bad mood
23. Academy award
24. Longer than a single, shorter than an album (init.)
26. Online nickname? Feel and touch
27. Capital of Saudi Arabia
28. We
29. Cullen Street book exchange
30. Weapons
31. Plant embryos
32. See 9 down.

Down

1. First people
3. Privateer captain, much maligned
4. Swings both ways?
5. (Global) gourmet bowl food
6. States of unconsciousness
7. Diplomatic representative, and also their suitcase
10. Trees and shrubs (birch family)
11. Touching up an image (pre Photoshop!)
14. Strip-light
15. Printing services on Cullen Street
17. Public praise
19. Alkaloids from the poppy
21. Impulse? Try to persuade
22. Equipment
23. Fertile zone in the desert? Gap on Cullen Street
25. Confuse?
27. Fungal leaf disease? Oxidise
30. Because

Solution: Page 35

trivia

Devised by Martin Gill

This month's quiz is bought to you from the Lao People's Democratic Republic, where Quizmaster Marty is enjoying a brief sojourn with the delightful Sophia, artist of repute and travelling companion par excellence.

Questions

1. What is the capital of Lao PDR?
2. What two symbols representing the workers and the farmers appeared on the flag of the old USSR?
3. In which ocean does the island of Reunion lie?
4. How many legs does a lobster have?
5. In modern astronomy what is a Goldilocks planet?
6. In what genre of literature is Iain M. Banks famous?
7. If you ask a question on the Interweb and someone says JFGI, what are they saying?
8. What is Barak Obama's middle name?
9. Who first recorded the song 'Piece of My Heart', made famous by Janis Joplin?
10. Where in the human body is the hippocampus?

- Answers**
1. Vientiane.
 2. The hammer and sickle. Still proudly flown in Lao today.
 3. It's in the Indian Ocean off the coast of Africa. It's where they've found a bit of aeroplane that's probably from the missing Malaysian Airlines flight. Unless of course it was shipped there by Russian separatists in Ukraine and comes from the one they didn't shoot down.
 4. Ten, it's a decapod. And a very yummy one too.
 5. Goldilocks planet is a term used to describe an exoplanet (one orbiting a distant star) that has basic characteristics suitable for human life. Not too cold, not too hot but just right.
 6. He was a major science fiction writer famous for space operas. As Iain Banks he also wrote non-genre novels.
 7. Just F*%+^% Google It.
 8. His full name is Barack Hussein Obama II.
 9. Erma Franklin, sister of Aretha. 1967.
 10. It's in the brain. Should have been a no brainer for erudite NGT quizzers.

The Pope, the coke and Limbo

by Terry Beltrane

The Pope, last month, visited Bolivia whose capital city, La Paz, is the highest, at 3650 metres, in the world. The Minister for Cultural Affairs suggested to the Pope (God's mouthpiece) that he would be served coca tea to alleviate altitude sickness, to which the Pope responded he'd prefer to have a chew on the leaf of one of Mother Nature's gifts.

Born in Argentina, where chewing coca leaf is permitted for the indigenous people in the northern parts of that country (but not for non-indigenous citizens), the Pope, with his philosophy of relating and having contact with

the poor and disenfranchised, has most probably had previous exposure in having a chew.

It just might be that with his regular imbibing of the sacramental wine at all those masses, he needs a little stimulus via a taste of organic coke? Or maybe he just likes the stuff! Regardless, Pope Frank is the mouthpiece for God, and according to Catholic doctrine, the Pope is infallible – he can make no mistake because he hears directly from God, and then relays the message on to the 'believers'.

Now, up until Frank's predecessor (John), there existed a place called "Limbo". Within the doctrine of the Catholic church there are four

destinations after you've fallen off the mortal twig: Hell, where the "bad" guys go and who are beyond rehabilitation; Heaven, where the "good" guys who have confessed their sins get a free pass; Purgatory, where the guys go who've made a couple of misdemeanours and are considered capable of rehabilitation and then get into Heaven; and Limbo.

Now this is a bit tricky. You see, within the Catholic church every person is born with "original sin". In other words, all you have to do is be a foetus and they already have you by the short and curlies. But you really haven't done anything "bad". So you don't qualify for Hell, Heaven or Purgatory. So

your soul goes to this place of "nothingness" for eternity. I mean, that's it. This is your lot – forever.

So all these infallible Popes over the last two thousand years were suddenly proven *wrong* with the decree by Pope John saying that Limbo no longer exists. He simply just eradicated it; and now Frank has to roll with the new scene. No wonder he's into the vino and wants a chew – who wouldn't, with that kind of bullshit you have to deal with.

So we've got a few billion baby souls, all in an instant, set free and get a "do not pass go and collect \$200" – and they're queueing at the gates of Heaven waiting to get

in, after a couple of thousand years, for some good times. I can only try to imagine the conversation between the Pope and God.

"Frank, WTF (no disrespect to Nimbin's Print Shop)? You know we run a tight ship up here and now we've got a log jam of a few billion babies screaming and crying out, giving Paul and Peter at the gates, a frinkin' migraine. Not to mention the guys who have a free pass to Heaven are truly pissed off with the queue. Ya' shoulda gotten onto this debacle of John's the moment you took over. Jesus Christ (sorry Son), we've got a serious accommodation issue here, not to mention souls don't lactate – how do we feed these poor little suckers? I need some drugs."

Ergo, Frank! Have a drink and a chew.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

Aries

Mars enters Leo on August 9 (until September 26) suggesting that you have a strong need for excitement and creative self-expression. However, Venus retrograde suggests that you may only desire what truly gives joy to your heart. This may be a period in which you choose to refocus your creative impulse and redefine what is essential for your happiness while listening to your inner self.

Taurus

The Venus retrograde phase (until September 6) takes your focus back to your home and domestic affairs, but also to your internal reality. You might contemplate how to make your living space a reflection of your true needs. During this period, you might consider what you want to hold on to and what you want to let go, based on what is most supportive to you on an emotional and spiritual level.

Gemini

During the Venus retrograde period you might find it helpful to reflect on your mental growth and development. Your lifelong love for learning might be tested as you are asked to prioritise and distinguish between deep exploration of areas close to your heart and superficial entertainment. It is a good time for examining your own views and beliefs, going right back to their original source.

Cancer

The Venus retrograde phase is a great period for reflecting the values that are most important to you. During this period you are asked to reflect on what makes you feel happy and fulfilled. You are asked to balance your need for possessions and financial security with the need for a solid emotional and spiritual foundation. Have faith in your inner wealth and intuitive abilities.

Leo

Venus is retrograde in your sign until September 6. This is a great period for refining your personal image and working on your self-expression, while allowing abundance and new opportunities entering your life. The first week of the month is perfect for establishing a solid foundation on which to form committed and lasting relationships. The dance is between exuberance and realistic expectations.

Virgo

The Venus retrograde phase coincides with Jupiter's entry into Virgo (read above). New opportunities will reveal themselves during the next 12 months. However, the next five weeks might be a time best spent in waiting, a period of gestation, when it is difficult to make clear decisions. Things can be left alone for a while and they will grow according to their own timing.

August

At the moment the Sun passes through Leo, the sign that feels most at ease with the fiery and life giving solar energies. Leo is the sign of the Sun, the central heart of the solar system. Ancient wisdom teaches that the impulse to develop an independent ego entered our earthly plane many thousand years ago in the age of Leo. In ancient mysteries the lion denoted the fearlessness of someone who was imbued with divine truth. Courage lives in the heart and in medical astrology Leo rules the heart. Individuals with a strong Leo signature in their chart function best when they feel at centre stage and can radiate their unique life force for the benefit of all. Leo is also associated with the solar plexus, the domain of the 'old brain', the fire in the belly and seat of our impulses, desires and passions. Leos are destined to use their emotional strength and apply it unconditionally for the good of all, connecting this sign symbolically to the archetype of the noble ruler who is generous and kind and is able to serve others. On the downside, Leos can be stubborn, tyrannical and self-obsessed.

August starts with Sun, Mercury, Venus and Jupiter in Leo kindling our desires for fun, exuberance and creative activities. Nevertheless, the overall atmosphere of this month guides us towards revision of our values, long-term goals, relationships and finances. The current Venus retrograde phase that began July 25 coincides with a closing square between Jupiter and Saturn, exact on August 3, followed by two more exactly alignments in March and May 2016. The 20 year Jupiter/Saturn cycle has been regarded as most important in the development of humanity and creation of reality as we experience it. It symbolises the interaction of ideas, opportunities and potentialities (Jupiter) and their manifestation into the concrete world (Saturn). It concerns itself with the development and evolution of social structures (Saturn) based on current belief systems (Jupiter). When every 20 years Jupiter and Saturn conjoin in the heavens, they mark the beginning of a new cultural, political, and economic era. The last conjunction occurred in 2000, when Jupiter and Saturn conjoined in Taurus, an earth sign. During the last 15 years we have witnessed the expansion of societal infrastructure globally, with substantial wealth creation, extensive land grabs for mining etc and territorial disputes. We now enter the last phase of this cycle, which is associated with economic downturn and recession. The next conjunction will be in Aquarius (2020) symbolising a much needed shift in consciousness, including rapid social



progress, significant intellectual developments, and innovative concepts that finally become mainstream; e.g. the transition to renewable energies will become an undeniable reality, even on our side of the globe!

Jupiter enters industrious Virgo on August 11 (until 9 September 2016). Jupiter's orbit around the Sun takes 12 years; the last time Jupiter was in Virgo was during late August 2003 – September 2004. This is the planet of expansion and growth, ruling the bigger picture, our faith and beliefs. In Virgo Jupiter gets more down-to-earth, inspiring us to work out details and be practical about our ideas. Good-luck and positive outcomes (Jupiter) come from being diligent and applied (Virgo). During Jupiter's stay in Virgo we have a greater willingness to be disciplined and productive. It might be a good time to focus on becoming skilled, improve a skill, or add a new technique to our repertoire.

Venus turned retrograde on July 25 (until September 6). When Venus is retrograde in the sky, we might find it easier to reconnect with our inner self and reflect on what makes us happy and fulfilled. It is a time when our soul is getting in touch with what holds the most meaning for us. We can find out about whether we are getting our essential needs met, and a time when our core self is in the process of making changes to support those values. There is a need to redefine the meaning and significance that any relationship has for us. We might attract people into our lives, with whom there is "unfinished business"; we can address it throughout these 6 weeks. During August 1-7 Venus is conjunct Jupiter and square Saturn; putting our ideas into reality is possible if we can raise our heart's vibration and think from the heart-mind (Venus in Leo). On August 16, Venus conjoins the Sun, when she undergoes her transition from evening rising to becoming the morning star about a week later. The Leo New Moon on August 15 is trine Uranus and conjunct retrograde Venus, inspiring us to approach our relationships and creative projects from a different, more fulfilling angle. Our heart connection with people who really matter can deepen now, while those who don't might just dissolve. The Full Moon on August 29/30 in Pisces, increases our imagination and our desire for wholeness and healing. It is a good day for relaxation, meditation or spending time near the ocean. Neptune, the mythic planet of dreams is conjoining the Moon, setting the mood for being rather than doing.

Plans, directions, concerns contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com "The Astrological Signs" Saturday, August 8, 10am – 4pm; please contact Tina for info and bookings.

Libra

A good time for sorting out friendships and social networks. Your social needs have shifted according to changes in life circumstances making space for new friends while old ones might have left, or become less important. During the first week of the month, friends from the past might re-enter your life, adding extra spice and colour to your reality and paving the way for a great get-together.

Scorpio

During this Venus retrograde period reflect upon your place in the world and how others value or see you. It is helpful to reflect about what success means to you and which areas in your life matter most. Redefine your goals and clarify expectations that you have placed on yourself and others. Potentially a very productive period; unfinished business can be completed and new seeds planted.

Sagittarius

While Venus is retrograde (until September 6) best to keep focused on what is essential instead of envisioning big plans. Your values and beliefs are shifting, asking you to make adjustments accordingly. Goals that mattered before lost their magnetism and your dedication. There is an inner re-orientation which will reveal a new vision and sense of purpose. Allow it to happen.

Capricorn

During this Venus retrograde period (until September 6) you may revisit those things in life that brought happiness before. A great time for dealing with unfinished business from the past and sorting out old relationship issues. Reflect on those values you shared with others and once gave you a sense of fulfillment. You might have to address your own pride before making the next step on the ladder of psycho-spiritual accomplishment.

Aquarius

During this Venus retrograde period (until September 6) your most intimate relationship is under review. You might be reflecting on your deepest values and needs that you may want to share and experience with another. By nature you are an individualist and find it difficult to compromise. Relationship teaches you to love from the heart. The greatest obstacle is your over-active head.

Pisces

During this Venus retrograde period you may have to review your daily life and work methods. You might find that you do not get the resonance that you need for keeping the energy flowing. It might be that your daily routine requires an upgrade so that it becomes fulfilling and inspiring again. Re-discover your artistic talent and re-direct your fertile imagination into a creative project that benefits others as well as yourself.



with Aunty Maj and Uncle Norm

She says / HE says

Dear SSHS,
I recently came home from work to find my girlfriend had cleaned and tidied up in my shed. After protesting and complaining to her about invading my personal space, she went home upset and now won't talk to me. Am I being unreasonable? – Bob D. Builder

She says

Opposites attract but sometimes the other seems so utterly alien – dare I say beastly, that it is hard to imagine how we manage to co-exist and never is this more apparent than in men's sheds.

They entertain their mates in this no-neatness, oestrogen-free zone where they can smoke inside, ash on the floor and flick butts at each other. A place where the more empty beer bottles, the more homely it feels. Where disarray and filthiness are the sought-after touches of a man's paradise. Married women know the wisdom of giving them their time out with their boy's toys. When they are ready (hopefully) they emerge happy, ready and able to share, and even enjoy, the rollercoaster ride of living with a woman.

Girls, don't think you're doing him a favour by cleaning his shed. You're wasting your time. If he's anything like my husband he will resent it and say you've "committed a neatness" and accuse you of turning into his mother. There is nothing that kills romance faster than this thought.

Men need their dirty dungeons where they can hibernate away from the cares of the ordered world. In his own way it is ordered. We just can't see it. Do something nice for yourself so you will be in good humour when he eventually emerges.

Bob, your question depends on just how filthy your shed is. If it's a home for rats and mice and an immediate fire hazard, then you should be grateful for her loving act of service.

You might ask her to tell you if and when she is likely to recommit this offence so you can clean up the disgusting, unmentionable things that I'm sure you have in there. Try to make love, not war. Hell, do both, get married!

He says

Dear Bob, much has been written on the importance for a man to have a shed, a den, a mancave, call it what you like. It is a place where (aside from the toilet) a man can be alone with his thoughts and be his slovenly filthy self. In your shed you can be master of your domain. You're the boss. You can make as much mess as you like with absolute impunity. You can keep things in there that no-one else should know about. Yep, it's your little kingdom, right? Wrong!!

Let me explain. When you are in a 'normal healthy relationship' with a girlfriend/wife it's like living in a communist state. She becomes the State, and the State has a hand in every facet of your life. So your shed is no longer your shed, it's a State run facility.

I remember when my wife first cleaned up my shed, I thought I'd been burgled. Couldn't find anything and the place looked empty, cold and uninviting. But, after a few days I had it all back to normal. That's the trick Bob, keep messing it up again and she'll soon tire of 'being your mother'.

A final thought. If your girlfriend is willing to clean up your shed for you, she's sending you a very strong message pal. So get out your chippy's pencil and some scrap timber, and carefully plan your next move, before the shit really hits the fan.

Send your relationship problems with a pseudonym to
She Says He Says: nmappel@westnet.com.au



by Bill Potter

On a sunny but cold, windy morning, fourteen walkers set out from Don Durrant's place at Afterlee to walk through his rainforest. Don is a local cattleman and conservationist, having protected in perpetuity 400 acres of his property west of Kyogle as a rainforest sanctuary for native flora and fauna. On a long and sometimes muddy walk (there had been a storm the night before) we were to see how he has preserved and regenerated large tracts of forest.

After descending a deep valley we encountered a pretty stone-lined creek with two species of a rare *Bolwarra*, a primitive Gondwaland plant that flowers but has no petals as we know them. We continued, finding gingers, cordylines, bangalows as well as walking stick palms scattered among the trees. We then started uphill along the boundary fence of a neighbouring grazing property, which was in stark contrast to Don's rainforest. We also passed regeneration areas that had been cleared of lantana and other weeds and where native species had been planted by the thousands.

We then arrived at a picnic area shaded by a huge fig tree where we gathered our breath and had lunch with Don continuing to explain his conservation techniques. After lunch he took us to the newest regeneration area where he had just planted sixteen hundred (yes, 1600!) native seedlings, mostly propagated by him but some bought from Daley's nursery and some from Burringbar nursery. An interesting aspect of the regen program is that Don has hosted overseas backpackers to help with the time-consuming job of planting.

After this we wended our weary way back through the extant rainforest and observed a number of curious strangler figs with spiral roots wrapped around their host to form intriguing sculptures. In this area we also observed multi-coloured pigeons feasting on the plentiful rainforest food. We would have seen many more species including wallabies and pademelons, if we had not been chattering enthusiastically as we went along.

We finally got back to our parked vehicles via some very muddy tracks, which evidenced the rich red soil that nurtures this natural wonderland. Our exhaustion from simply walking all day made us appreciate all the

more the heroic effort required to preserve and regenerate such a large tract of land for future generations. We thanked Don with a true appreciation of why he has become a local legend!

August and September walks program

7-8-9th August

Minnie Water, Yuraygir National Park
Leader: Peter Moyle (0412-656-498;
peterdmoyle@optusnet.com.au)

Grades: various; weekend camping at the Illaroo camping ground. A 2-hour drive south of Ballina. Bushwalking will include parts of the Yuraygir Coastal Walk, headlands, and around the nearby freshwater lakes. There may be early wildflowers and definitely whale watching. The camp area is a large flat protected area on the beach front suitable for tents, caravans, motorhomes.

Bring: Food, toiletries, camping gear, money. Camp fees apply, \$10 per person per night and a national park vehicle access fee of \$7 per day or an annual pass is needed. Toilets and water are available. Peter will be setting up a large tarp for use as a communal

kitchen and shelter (also a shower for those who want).

Meet: Peter will be arriving on the Friday and others can join at their convenience. There are no bookings for campsites, but for Peter to organise an area for us please contact him ASAP with your intentions.

30th August

Mystery walk in Nightcap National Park
Leader: Judy Hales (6689-1477)

Grade: 3.5 hours. No made tracks, creek walking, some slippery rock-hopping, optional short cliff climb to top of waterfall. Wonderful creekscapes, cascades, pools and rainforest. Also stinging trees!

Meet: 9.30am at Nimbin car park opposite Community Centre.

Bring: water, lunch, swimmers.

13th September

Tony Isaac will lead a grade 4 Mt Cougal walk to great views over Mt Warning.

27th September

Anne Gilmore and Peter Spearitt will lead a grade 3 walk from Minyon to Condong Falls, returning on the fire trail.

Tales of powerful women



Reviewed by Jannine Kitson

Just a Queen and Summer of Monsters: The Scandalous Story of Mary Shelley are enjoyable and empowering novels for women of all ages. Both are based on the lives of famous women: Queen Elizabeth I (1533-1603) and Mary Shelley (1797-1851).

Elizabeth I and Mary Shelley shared many things: both had "scandalous" mothers who died young; Elizabeth's mother, Anne Boleyn, beheaded by order of her father, Henry VIII, and Mary's mother, Mary Wollstonecraft, losing her life in childbirth. Both Elizabeth and Mary had weak fathers who abandoned them to cruel and lonely childhoods.

Both fathers destroyed the mothers' reputations: Henry VIII accused Anne Boleyn of adultery; William Godwin diminished Mary Wollstonecraft's achievements as a philosopher and feminist by publishing a scandalous biography of her.

Both young women were exceptionally intelligent and insightful about the sexual politics of their time that

effectively repressed women. Elizabeth astutely avoided scandal, knowing how dangerous it was to her authority as a queen. Mary Godwin chose a scandalous life, running off with married poet Percy Bysshe Shelley. Despite challenges, her relationship with Percy provided her with the experience and insight to write her ground-breaking novel, *Frankenstein*.

Both women had a strong commitment to improving society. Elizabeth hated war and endeavoured to create a stable and peaceful society. Mary Shelley was wary of the devastating impact that the Industrial Revolution had on people's humanity.

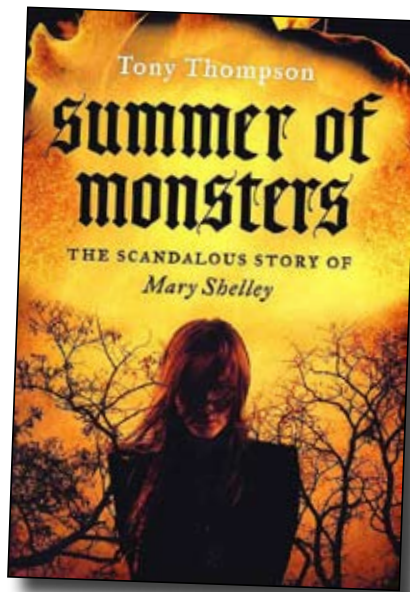
Both lived at a time when having a child was a life-threatening experience for most women.

The two novels look at how scandal shapes women. Mary succumbed to love and scandal but learned and grew from it. Elizabeth determinedly avoided it, knowing too well that scandal can so easily destroy a woman.

Just a Queen by Jane Caro (University of Queensland Press, 2015) is not about "just" a queen. Elizabeth is an extraordinarily talented and astute queen who reveals her inner thoughts as she navigates the precariously dangerous male world of power in which women – if they make mistakes, like Mary Queen of Scots or Anne Boleyn – can literally lose their lives.

Elizabeth's reign begins in the shadow of religious fundamentalism and fanaticism that threatens to divide the nation with civil war. Elizabeth is a woman in power but she is all too cognisant that men are fickle in their loyalties to women. The story revolves around the pressure Elizabeth receives from her advisers to execute her cousin Mary Queen of Scots. Standing in the shadow of her mother's death, she stubbornly refuses to act.

Elizabeth must also face constant pressure to marry and produce an heir – but she is far too clever for that, knowing that a husband would



undermine her authority and lead to political instability.

Just a Queen is a wonderful insight into a woman who applied intelligence to her life. Author and public education advocate Jane Caro dedicates the book to every woman and girl who has ever stood up for herself. A great read.

Summer of Monsters: The Scandalous Story of Mary Shelley by Tony Thompson (Black Dog Books, 2014) focuses on the scandalous events in Mary Godwin's life that lead her to write her ground-breaking novel *Frankenstein* that challenges science and the Industrial Revolution.

Mary falls in love with the famous Romantic poet, Percy Bysshe Shelley, and runs off with this married man to live a transient life in Europe. During one summer, they holiday with England's greatest poet, Lord Byron, who challenges his guests to write a ghost story.

This leads Mary to write the novel that would make her more famous than either of her parents, a book that would last as long as anything written by Percy or Byron. Mary had begun to write *Frankenstein*.

Flavour of the month – Algae

Some culinary seaweeds: Wakame, kombu and dulse

by Thom Culpeper

The sea will have to, in the future, supply an ever-increasing amount of necessary food for human nutrition. With sound management, these marine resources will come to be one of the answers to this demand.

Australia should consider increasing the development of this form of aquaculture. Carbon fixation is a side benefit.

Wakame, *Miyok*, *Undaria pinnatifida*. The delicately textured blades (leaves) are the used fresh or dried. They are used in *miso* and *aemeno* soups in Japan. In Korea, they are used commonly in fermented Kimchi, stewed with rice vinegar or cooked with bamboo shoots to soften the tough fibre. Toasted and ground into powder, they are used as a flavour enhancer in Chazuke broth (replacing mono glutamate) as a garnish for brown rice and root vegetable dishes.

Ita wakame is toasted and used as a rice wrap. *Kiki wakme* – the mid rib, is salted or pickled in rice vinegar as a delicacy. This seaweed is now cultured in Tasmania for export to Japan and Korea. It's now being found in specialised seafood retail outlets in mainland Australia fresh and in the



Image courtesy: sentinelrepublic.com

dried form.

Kombu, *Saccharina japonica*, is a kelp cultivated in China and other Eastern marine coasts.

A rich source of glutamic acid, it is an ideal substitute for MSG and is used generally in cooking legumes to make them more easily digestible.

Since the 50s, when some 22,000 tonnes pa were imported from Japan, the Chinese have developed the cultivation to an advanced degree, now producing over 6 million tonnes pa!

Re-hydrated, Kombu is a one of the now-described 'Super Foods', having most of the nutrients required in the daily diet.

Dulse, dillisk, creathnach, red sea-lettuce, *Palmaria palmata*, is considered to have the highest content of protein (16%) and iron of the algae. Dulse

contains all the trace elements.

Use fresh in sandwiches and as a snack prepared as a relish; fried (tastes like bacon, with twice the nutritional value as kale); or dried and ground as a miso additive and flavour enhancer. It is fermented with julienned daikon to make a marvellous kimchi.

Seaweeds are available from Chinese, Korean, Irish and Icelandic sources. Seaweed from Japan could be a problem though – check its health status!

Fermented dulse with daikon

Ingredients

7 shallot (sliced into 15 mm lengths)
500gm daikon (julienned)
20 cloves garlic (chopped into chunks)
½ tblsp cooking salt
50gm dried dulse in 500ml of boiled and cooled water

Method

Rub salt into the daikon, rest for 3 hours. Mix, daikon, garlic dulse, mix vigorously, add shallots and pack into sealable jars, leave at room temperature, loose-lidded.

Press down daily until mix is covered by liquid, leave for 7 days until fermenting has stopped. Close tight and store out of light until required.

Culpeper is now preparing a number of Kimchis utilising the marine plant species.

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