



Roxy Gallery

143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours

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

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

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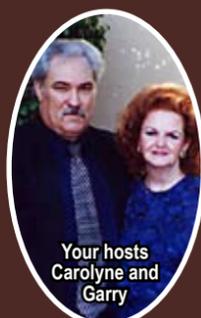
Nice Verdes

Busker Stage: Blakboi

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Enquiries: 6688-6433



The Contented Tummy

THE NAME SAYS IT ALL

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

Shop 2, 54 Cullen Street

Nimbin Artists Gallery

by Peter Warne

Here in the Gallery on this freezing Sunday morning, I've just sold the last of Helena Herendi's felted hot water bottle covers - with the hot water bottle - very pretty and very practical. We are hoping to get more in ASAP, so if you would like to see them, ask at the desk if they've arrived.

We are lucky to be featuring a fine work of Gilbert Laurie's (above) at the moment. His works, in the traditional 'dot painting' style, are a little harder to come by these days as he is presenting his paintings in other places around the country. In particular he, along with ten other Bundjalung artists, will be contributing some to the important exhibition of Bundjalung art: Bunarm Bologaman Wahl Bundjalung, which is running in the Grafton Regional Gallery 26th June to 16th August. If you are in Grafton over the next couple of months, don't miss this.

One of our best established and long standing artists is Donna Sharam. Her work first appeared in the Gallery some 10 years ago, while she was teaching art and fabric design at Nimbin Central School, and over the years she has gone from strength to strength. From her part-time beginnings she has come



to being a very busy full-time artist, holding exhibitions in the Eastern states capital cities. Her paintings now hang in homes, offices, and hotels throughout the world.

The subjects of her paintings range from the series called 'Living Architecture', where Donna explored the energies arising from the encounter between the natural and the manmade worlds - buildings, trees and roads are captured in wildly colourful and imaginative landscapes - to one of her more recent themes, a series of hallucinatory animals - giraffes, cows, unicorns etc, in strong primary colours.

She doesn't rest on her laurels, she is constantly innovative, introducing mounted paintings where the picture goes round the corner to the side of the mounting, then last year using prints of her paintings on fabric to make the most colourful,

cheerful cushions you ever saw.

Her latest innovation is what she calls 'Clippies' - laminated prints with colour-matched clips attached, so there's no need for blue-tack or picture hooks in the walls. You can hang one or two if you are in rented accommodation, or even living in a caravan.

You really get the feeling

that she is driven to share the optimistic energy of her vision with the widest range of art lovers, allowing people to participate in that joy in living without necessarily being able to spend hundreds of dollars each time.

And if all that is not enough, Donna is also an active member of our committee, contributing to the volunteer effort that keeps the Gallery open and functioning.

A reminder that our doors are wide open for new members to join our team of dedicated volunteers - you don't have to be an art expert, simply anyone who loves art in any of the forms it appears in, and is prepared to give a little of their time to support our local artists. You can join at the Gallery, or visit the website: www.nimbinartistsgallery.com.au



A piece of paradise

A Piece of Paradise, the next exhibition at Blue Knob Hall Gallery, will be showing from Thursday 24th July.

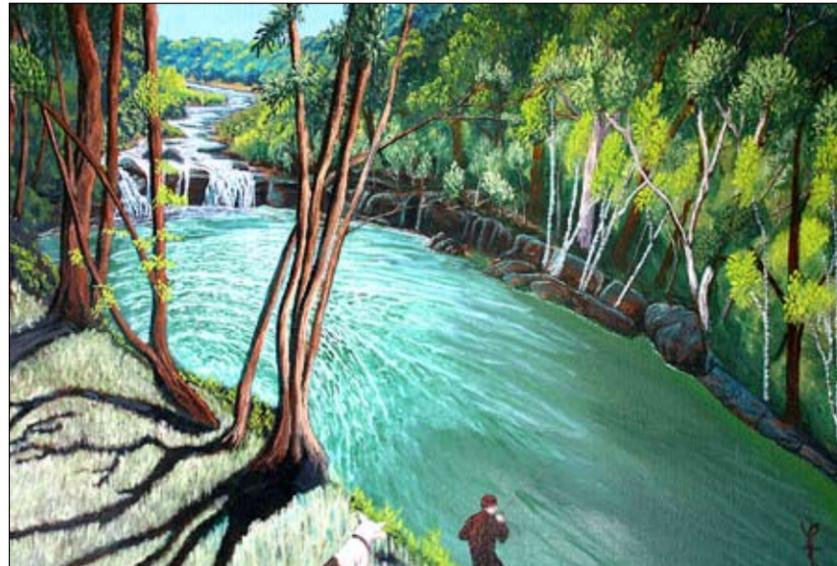
The words "we live in Paradise" are so often heard by many of us who live in this part of the Northern Rivers to describe where we live, and is the inspiration for the work for this upcoming show.

The painting, sculpture, mixed media images that represent a piece of paradise may come from our hearts, minds or imagination. Paradise can be found in the flora, fauna and landscape around us, in our homes or even on a plate! (Or is that heaven?) The artists who exhibit their work at Blue Knob Hall Gallery continue to surprise and delight with their interpretations of the themes that they are given.

The Opening night for this exhibition is on Friday 24th July at 6.30pm. Local string ensemble 'Metamorphosis' will be playing, and dinner will be provided by Joline at Café Blue Knob. Cost for dinner is \$20, which includes a meal and dessert. Bookings are essential, please phone the Gallery if you would like to come: 6689-7449

The exhibition runs until Sunday 13th September.

The **Fibre Show** has had a wonderful response from the community, with visitors coming especially to see this annual exhibition. You have until Sunday 12th July to come along and



'Fisherman on the Tweed' by Ian FitzSimon

view the quality and ingenuity of fibre artists from this area and overseas.

Artists & Friends Lunch

The next Artists & Friends lunch will be held on Thursday 30th July at 12:30pm with a main meal including dessert for \$18 (vegetarian) or \$23 (non-vegetarian meat dish).

Pumpkin Bush Dance

The annual Pumpkin Bush Dance will be held again on Saturday 18th July. This annual fundraiser for the Blue

Knob Hall is organised by the Blue Knob Farmers Market as a contribution to the ongoing funds needed to maintain this wonderful old hall in its new and changing guises.

Tickets will be available at the Gallery and the Farmers Market, this is a family event preceded by a celebration of all things pumpkin at the Pumpkin Festival held during the day at the Farmers Market.

For more details please see Blue Knob Farmers Market piece in this edition or contact us at the Gallery.

Roxy Gallery - Feather and Leaf

We wake to them. Rise with them. Dodge them. Feed them. Admire them. Curse them. Encourage them close. Cage them. Free them.

From 7th July until 3rd August, the Roxy Gallery will be taken into the world of birds and trees with an exhibition by Rebecca Tapscott, Sonja Karl and Christina Reid.

'Feather and Leaf' will be officially opened on Friday 10th July from 6-8pm, where the artists will be keen to fly away through their works with all. This exhibition is a journey of the bird kind, where the artists all explore the world of birds, through a variety of media and perspectives.

Rebecca Tapscott never thought she would become a twitterer. But having children and spending quiet moments listening to "What's that sound?" then the search to identify them, sparked an interest and from this a desire to create and collaborate with fellow twitterers in producing works for an exhibition at the Roxy Gallery.

Since becoming friends in the mid-nineties while studying Visual Arts at Charles Sturt University, Rebecca, Sonja and Christina's lives diverged and they have individually pursued artist endeavours in many forms and spaces.

It was only after Rebecca travelled south from Kyogle to



'Over and Under' by Christina Reid

Wagga Wagga on a visit to friends that it was discovered that all were creating artworks of a similar birdy nature, and so the exhibition was born.

Also included in the exhibition are several bird related images by friends from around the Kyogle area: Jill Runciman, Erin Nolte and Mark Warburton.



'Black Cockatoos Hammock View' by Rebecca Tapscott

Encoded memories

'The Innards of the Buzzard' is a solo exhibition by Brisbane artist Nick Drake, showing at the Serpentine Gallery, Lismore, until 14th July.

Nick says about his work, "From my interest in computer games I learned of the ancient order of the Haruspices who would search for the will of the Gods in the entrails of wild and sacrificial animals.

"While you won't be able to deduce the will of Heaven from my paintings, you might get an insight into the last twenty years of my life that this exhibition covers.

"In high school I discovered that a diary, with its exact and defining language, can

incriminate – my girlfriend found mine! For the purpose of recording memories, I figured out that you can achieve a similar effect with pictures instead of written language, without the exacting black and white evidence.

"Ever since I was nineteen I have encoded my thoughts within some of my paintings, as well as painting other genres. I consider these secret autobiographical works as more raw and immediate than my landscape paintings.

"I am grateful for the opportunity to display this collection."

www.serpentinearts.org

'Psych' painting by Nick Drake



Defining images...

The photographer Rennie Ellis (1940–2003) is a key figure in Australian visual culture. The Rennie Ellis Show highlights some of the defining images of Australian life from the 1970s and '80s.

This is the period of Gough Whitlam and Malcolm Fraser; Paul Keating and Bob Hawke; AC/DC and punk rock; cheap petrol and coconut oil; Hari Krishnas and Hookers and Deviant balls.

Ellis is best remembered for his effervescent observations of Australian life exemplified in his now iconic book, *Life is a Beach*. Although invariably inflected with his own personality and wit, the thousands of social documentary photographs taken by Ellis now form an important historical record.

This travelling exhibition of 100 photographs provides a personal account of what Ellis termed 'a great period of change'.

The photographs explore the cultures and subcultures of the period, and provide a strong sense of a place that now seems a world away; a world free of risk, of affordable inner city housing, of social protest, of disco and pub rock, of youth and exuberance.

The Rennie Ellis Show will be exhibited from 18th July to 5th September at Lismore Regional Gallery.



'Bon Scott and Angus Young, Atlanta, Georgia' 1978



'Richmond fans, Grand Final, MCG' 1974

Postdigital Ruins at Splendour

The Splendour In The Grass NEWART Commission is set to be shown on 24th, 25th and 26th July when Splendour in the Grass audiences of up to 30,000 arrive on site and experience 'Postdigital Ruins', a work conceived by Tom Borgas for the festival.

As a sculptural work, 'Postdigital Ruins' is a large-scale intervention in the natural landscape – an archaeological excavation exposing the remnants of a vast, subterranean, low-res virtual landscape.

Referencing the structures used by software to describe three-dimensional space, the work is fluorescent pink and constructed from several hundred interlocking plaster tiles, and explores the wireless, invisible digital network that services our deep-seated desire to connect with others.

Tom Borgas (pictured) is an emerging artist currently based in Adelaide. Through the articulation and integration of overtly digital motifs and analogue processes, his expanded sculptural practice investigates the formal and conceptual richness that exists at the juncture of nature and culture.

A crew of workers will labour from midday to midnight over the three days of the festival to study and document this physical anomaly with online updates being redistributed as data via social media.

Splendour Arts will deliver a range of new artworks at the festival, by some of Australia's most exciting contemporary artists, working across live art, dance, sculpture, installation and performance.

The NEWART commission is a partnership between Splendour In The Grass and Lismore Regional Gallery.

Plant of the month

Sandfly Bush *Zieria smithi*



by Richard Burer

Zieria smithi is a shrub to 3 metres high, endemic to the North Coast where it is often found in Wet and Dry Sclerophyll forest and on edges of Rainforest.

Whilst sometimes common it can be hard to notice, but this species can be easily identified with its 4-petalled dainty white flowers emerging in the winter months. The trifoliate leaves when crushed produce an

amazing aromatic smell, and are sure to be a family favourite when out on those glorious winter walks.

Around the Nimbin area, *Zieria* can be found around the Nightcap, Mountain Top and in and around drier forest types. To the north it can be found along the track high up on Wollumbin, where the aromatic leaves are a welcoming delight when one embarks on that spiritual challenge.



NIMBIN ENVIRONMENT CENTRE

NEWS

by Stewart James

In the beginning, winning the hearts and minds of people in rural localities like Casino was a tough gig. A large percentage of people who eventually came to acknowledge that they had issues or concerns about invasive, industrial gas mining in their area were initially too afraid to acknowledge or voice those issues. Afraid of the conflict that it would provoke, and afraid to get embroiled in arguments that they didn't know how to manage, and felt they were bound to lose.

We Environment Centre volunteers felt this same fear and conflict in the beginning too. But what these local people couldn't do that we volunteers could, was think about the issues as a group or community. This wasn't a reflection on them but simply a failure of those people to collaborate with their friends and neighbours and get the best out of each other.

We volunteer activists went out into the community quite often a bit fearful and angry. We quickly learnt that sometimes less is more; that winning the hearts and minds of people takes us a lot of time and patience and self reflection. We needed to know our stuff (facts) – e.g. the risks and issues relating to gasfields, and to be focused and firm on this, but never aggressive or rude. But we also needed to get to know ourselves and our limits. Sometimes tense situations were unavoidable but we learnt when to pull back and then reflect on



how we may have interacted with that person in a different way that addressed the issue, not the person.

These conversations take a lot of time, effort and respect. We didn't know at the time but we were using the 'Gently Bentley Effect'. It was never one person who would lay claim to change; we all had a hand in being present, respectful, factual, tolerant, understanding and accepting. Our only in-house competition may have been to see who could improve their technique by observing others and learning new ways. The volleys at Casino Environment Centre all learnt new ways of understanding people, conflict, and ways of dealing with both of these things. For me personally it was a fantastic chance to learn and grow by thinking together sometimes.

So, as supporters and volunteers of an Environment Centre and as part of the social movement we need to ask ourselves and others: how do we develop the skills we need to be effective collaborators? Because it does take skill, and practice too. I think a good starting point might be the idea that we aren't going to be afraid of conflict

and see it as a form of thinking, and then to practise 'conflict thinking' to get really good at it. This inevitably means making mistakes as we go, but learning from them.

Protectors had initially been afraid of conflict, until finally they were more afraid of silence, of not speaking up and making a stand. And when people dared to become protectors they discovered much more inside themselves, and much more give from the system they were resisting. Protectors are leaders of our community. We don't need to fall into despair too often or too deep. We are not a minority; we are the 87% or more that have decided 'No Means No'.

Protectors are people just like you and me who are prepared to stand up to authority by winning the hearts and minds of all people. For me being a protector means constant reflection, showing respect, and not being a hero. Our movement has no heroes and no one should behave like they own the movement either. We have no leaders, and we mostly act collaboratively with each other on the broad aims of social activism and the common good.

Koala Kolumn

by Lorraine Vass

Back at the beginning of the year I mentioned the proposition of a national park for koalas. It was in the context of optimising connectivity for future koala conservation planning.

The notion of a Great Koala National Park (GKNP) had been hatching for a couple of years, tenaciously promoted by Ashley Love, President of the National Parks Association, Coffs Harbour Branch.

Backed by the North Coast Environment Council (NCEC), the Nambucca Valley Conservation Association, the Bellingen Environment Centre, the Clarence Environment Centre and the National Parks Association of NSW (NPA), respected ecologist, Dave Scotts was engaged to look at koala conservation from a population basis across all land tenures on the Mid North Coast. The resulting report *Conserving Koala Populations of the NSW Upper Mid-North Coast*, was released at the beginning of 2013.

Initially the study covered Bellingen, Coffs Harbour and the Clarence local government areas but quickly extended to include from the Macleay to the Richmond

Rivers. Scotts identified koala meta-populations, regional populations and sub-populations as well as identifying dispersal between those population classes and barriers to movement. At each scale numbers were estimated from current survey data and local expert knowledge. He also identified and described the habitat, tenure, threats and the conservation challenges and opportunities for each of the 24 koala sub-populations identified.

At the report's launch in March 2013, then NCEC President Susie Russell observed that the Koala was the second most recognised mammal in the world next to the Panda. "The Chinese Government has established a World Heritage area as part of the protection of wild Panda populations. Why not World Heritage for the forests that are koala habitat and support diverse eucalypt forests like those found in the landscape link between Coffs Harbour and Guy Fawkes National Park?" Susie asked.

By mid-2014 a comprehensive proposal for developing a Great Koala National Park was soon to be

introduced into the public arena via "Our Environment, Our Future", NSW's lead environment groups' policies for the 2015 elections.

There's no doubt the GKNP is a grand vision; the focus of a grander strategic koala reserve plan to secure the future of NSW's koalas before it's too late. The proposed Park will include two nationally significant koala meta-populations, estimated to contain almost 20% of the state's remaining wild koalas. Spanning 315,000ha, it can be created by combining 175,000 ha of state forest, with 140,000 ha of existing protected areas in the Coffs Harbour region.

It's a spectacular landscape hosting lush World Heritage rainforests, some of the world's most diverse towering eucalypt forests, and an array of threatened species, such as the Hastings River Mouse, Spotted-tailed Quoll and Powerful Owl. This means that the GKNP would have biodiversity and environmental benefits far beyond protecting our national icon. It will also provide long-term, sustainable economic and cultural benefits to surrounding communities such as Bellingen, Coffs Harbour and Dorrigo. Less visible but vital benefits include the safeguarding of water supplies and carbon storage.

In light of the precarious status of koalas in coastal areas that will continue to be subjected to



Australian Reptile Park koala hi-jacking media coverage of GKNP launch

development pressures, conserving koalas in the hinterland forests makes sense. NSW Labor and the Greens have already committed to developing the new park and work is well underway to persuade the NSW Government to do the same.

During June the NPA announced the GKNP campaign, launching in partnership with the Australian Reptile Park a crowd-funding project on Pozible aimed at raising awareness and \$10,000 to assist in advocating the proposal. NPA is confident that it can provide the NSW Government with a compelling case and the tools required to move ahead with establishing the Park. This will include demonstrating the substantial economic and recreational benefits for local communities.

The Federal government's decision to make native forest "waste" eligible

for Renewable Energy Certificates under the Renewable Energy Target may prove to be the line in the sand for the survival of many fragile koala populations. On the NSW South Coast, for example there are fewer than 100 koalas surviving after 45 years of intense logging and wood-chipping. Closer to home, in Richmond Valley Shire the longer-term impacts of logging on both public and private land have seriously compromised koala distribution and numbers.

Should fears that harvesting native forest waste for bio-fuel will adversely impact on environmental outcomes, and more specifically, the viability of koala persistence in areas where they are already struggling, the case for a GKNP becomes more urgent. To find out more visit see www.koalapark.org To donate see: www.pozible.com/koalapark

Until next time, happy koala spotting.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233.

For information about koalas, their food trees and how you can assist koala conservation, visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233. To report environmental incidents, including removal of koala habitat, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-1555.



Anarchy

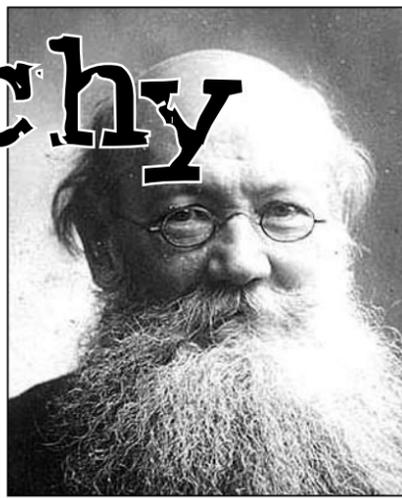
by Geoff Dawe

The political movements of liberalism and anarchy are not divorced from each other. Anarchy is liberalism taken to an extreme. Liberalism is engaged in ensuring individual freedom is not restricted by society, but nevertheless compromises individual freedom to some degree by agreeing to parliaments. Parliaments are the tyranny of the majority stifling the individual freedom of the minority.

Parliaments are only democratic to the degree they represent the people. If 70% of people are in agreement with a law promulgated by parliament, there is only 70% democracy. With the current CSG debacle, parliament showed itself to be undemocratic.

The political movement of anarchy does not compromise individual freedom by subscribing to parliaments. It bases its efficacy on individuals being able to organise themselves without centralised control. Anarchy suggests that provided humans have been raised humanly, they will automatically contribute their talents and abilities to the group. This is because a human raised according to the human continuum or evolutionary expectation, is automatically a sociable creature that wishes to herd (albeit in small groups) the same as the horses, cows and kangaroos. That is, human infants do not have to be socialised with effort. They automatically are socialised if they are in a society of strong sociability, for much of an infant's motivation, as for most mammals, is to copy what it sees from its own species.

Parliaments as well as other forms of centralised control can be seen as degraded forms of human sociability. The history of civilization from even a



Founders of Anarchism: Peter Kropotkin and Mikhail Bakunin

cursory glance at say, Arnold Toynbee's *Mankind and Mother Earth* can be seen as a history of terror as many people arguably apparently lived in fear; fear of exploitation. The civilized human was busily engaged in exploiting everything to its own advantage. Reciprocation was mostly sidelined. Even the presentation of history itself can be seen as exploitative in that it was not as much herstory or even the story of the common people.

Parliaments have been seen as a progression from dictatorships or totalitarian rule. However parliaments did not occur through progress. They occurred through humans being extraordinarily hard-wired to sociability. That extreme sociability insisted there be a glimmer of humanness in parliamentary democracy, rather than the process of obvious dehumanisation created by stifled individual freedom with dictatorships and totalitarian rule.

Parliaments and centralised control occur as most of the society feel that unremitting human freedom would be a disaster. It is only potentially a disaster because children are inhumanly raised, rather than because there is an inherent "badness" in some of humanity.

Susan Guibert, reported in 2010

on research on empathy from the University Of Notra Dame: "Ever met a kindergartener who seemed naturally compassionate and cared about others' feelings? Who was cooperative and didn't demand his way? Chances are his parents held, carried and cuddled him a lot; he most likely was breastfed; he probably routinely slept with his parents; and he was likely encouraged to play outdoors with other children ..."

Nevertheless, psychology professor Darcia Narvaez says that in the US where studies have been conducted, "The US is on a downward trajectory on all of ... [child] care characteristics. Instead of being held, infants spend more time in carriers, car seats and strollers than they did in the past. Only about 15% of mothers are breastfeeding at all by 12 months, extended families are broken up, and free play allowed by parents has decreased dramatically since 1970." Susan writes, "research shows the health and well being of American children is worse than it was 50 years ago." Dehumanisation.

Anarchy that is naturally co-operative cannot exist in this social climate. Thus there is the inefficiency of centralised control.

'Naturalised' weeds

by Triny Roe

After many decades in Australia, some exotic plants species, aka weeds, have become 'naturalised', that is they are very happy here and are here to stay. As well as these species adapting and entrenching in their new environment, sometimes at the expense of natives, often the wildlife adapts and finds the new species useful for food and for homes.

When clearing weed infestations, minimise the impact on the birds and other wildlife that currently inhabit and utilise the patch. Bush regeneration can be carried out in progressive stages and care taken to replace with appropriate species.

Lantana is a serious problem in the Northern Rivers. As one of the WONS, Australia's Weeds of National Significance, it is everywhere, sometimes occupying large solid tracts. Lantana has been with us for a long time. It arrived in the early 1800s and it is now widespread on the east coast of Australia. It's a familiar part of the landscape and integrated into the ecology.

Fairy wrens and other hedge-hopping small birds build nests in lantana thickets, safe from predation by kookaburras and currawongs. Fairy wrens also eat lantana berries, though their main diet is insects.

Yellow petals are used in courting rituals by male fairy wrens to attract their lady loves with sartorial style. The yellow contrasts with their blue breeding plumage, so maybe rethink removing all the exotic cassia *Senna spp.* at once. Plant replacement yellow flowering natives such as snake vine, *Hibbertia scandens* or the native cassia *Cassia brewsteri*, to name a few, so the blokes can pull the sheilas and continue the species.

Satin bowerbirds will use the shelter of lantana to site their bowers, if that's all they have. The common splendid ghost moth family *Hepialidae*, also makes use of lantana. The larvae feed on leaves and bore into the stems. However these caterpillars can be found on wattles, eucalyptus, and many other natives, such as beeches and Glochidion (cheese trees), so lantana is not necessary for its survival.

Lantana provides habitat for only a few. On the other hand it adversely affects 1400 native species and 100 ecosystems. 93 animals and 273 plants are listed as threatened under state and/or national legislation.

Camphor laurel, *Cinnamomum camphora*, is another widespread exotic species that is well blended into the landscape. This species originated from Japan, China and Taiwan with variations in chemical composition according to the country they came from.

One of Northern NSW's most successful immigrants tree species, camphor establishes particularly well along fence lines and creek banks, outcompeting natives. The decline of bananas and dairying in Northern NSW in the 1960s led to a proliferation of camphors.

With a high germination rate it is here to stay, and has become a staple for a number of birds, particularly flock pigeons. They help spread the seeds to new locations.

Pigeons traditionally eat fruits and seeds of rainforest trees, but now seem to prefer camphor. Currawongs,



Ghost moth can utilise lantana

Strepera graculina, white headed pigeons, *Columba leucomela* and top-knot pigeons, *Lopholaimus antarcticus*, all regularly feed on camphor berries. The larvae of the common red-eye butterfly, *Chaetocneme beata*, is known to feed on camphor leaves.

Camphors bear fruit for only a few months of the year, while several native laurels fruit throughout the year providing a more consistent food supply for birds. Replace camphors with Jackwood, *Cryptocarya glaucescens*, Murrogon, *Cryptocarya microneura* or three veined laurel, *Cryptocarya triplinervis*.

Classified as a Class 4 weed, camphors need to be managed to prevent continued and further spread. Check regularly for the appearance of seedlings. Removal at this stage will save time and effort.

Happy weeding.



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Rewiring your addicted brain

If you love your indulgence, so long as its still vaguely sustainable and not causing harm to others, make the most of it, because you may not always want to keep it.

Life can be unpredictable, when we least expect it everything can change, accident or illness, the death of a loved one, when a relationship goes beyond the point of no return. But looking on the positive side, these events can present the chance to reinvent our selves, a time for a new life to begin, a time when our habits of a lifetime are suddenly rendered inappropriate.

By simply imagining how it would be should everything change, rather than waiting for an event to occur, we

can bring choice into the equation. When our brain tells us that something is not possible is the perfect time to challenge it. This is how rewiring occurs and new neural pathways are opened.

In the case of being plagued by thoughts that you really should stop smoking, and your brain says it's going to be extremely difficult or impossible, by challenging that thought you cultivate the ground for a magnificent breakthrough, infinitely more than simply being free of nicotine dependence.

Proving that you can achieve this yourself is your opportunity for exponential growth, don't let anyone steal it from you! If you listen to the industry and take their

medications or their aural nicotine products, other than what is often only a temporary break from smoking, what's changed? Allowing someone else to take responsibility and credit for breaking your habit deprives you of this growth, all you need to succeed is within you now.

The elements that supported me in achieving this outcome nine years ago are what make up my Vital Choices program. When it comes to addictions, I now know what's possible, how many life-expanding supports are available, and how quickly the body regenerates once you're free. I seek to coordinate these supports and help make



by David Ward
Life action coach

them accessible to all who need them, for all forms of addiction, including methamphetamine use.

Again, if you love it, make the most of it, if you hate it, it's time for a change, and change is definitely possible.

For support and encouragement, phone David Ward on 0447-820-510.

GANJA THE GIANT KILLER

Mookxamitosis

by Brendan (Mookx) Hanley

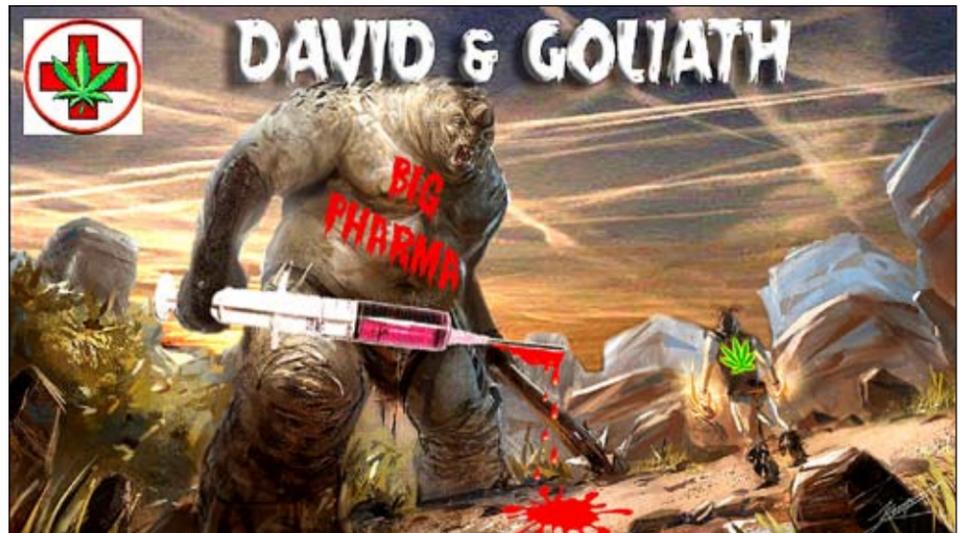
Have you heard the word about the herb superb?

When I was a kid, the word "Marijuana" conjured up "reefers" being smoked in dingy bars in back rooms by sleazy jazz musicians and other "Bohemian" types... losers, low-lives, ne'er-do-wells... the equivalent of the contemporary hippy dole-bludger with joint in hand and rebellion in mind. Hmm... has anything changed?

One day at Catholic College, in about Year 10 or 11, a Maltese boy (whom I had befriended by verbally defending him against racist shit from some brain-dead bullies) asked me if I'd like to smoke a reefer with him after school. Apparently he scored three scoobies from some American sailors that his sister was hanging out with. Being the innocent, non-smoking 15-year old son of the local Police Inspector, I was in no way familiar with drugs other than the occasional Aspro, and totally unable to deal with even the concept of smoking anything... so it didn't happen. About 1957, I reckon.

Three years later, as a member of my brother Brian's immensely popular jazz band, I was meeting people from all walks of life and of all tastes in personal consumables. Eventually a couple of Jewish musician Med student friends introduced me to sweet Mary Jane... and the rest is history. I remember on that first occasion, spreading butter on a block of chocolate with a knife while try to remain upright, convulsed with laughter.

I grew a couple of backyard plants in Balwyn, Vic. and, inspired by the magic Muse, began drawing and painting, writing songs and recording. One such song was "Marijuana Mexicana" which



was written in 1975 on a piece of thin grey card that I still have to this day. The complete song happened in less than 30 minutes.

I recorded it for a cassette that we sold in the streets of Sydney in the wake of the fabled "Nimbin All Stars" tour in 1978. Somehow, one cassette fell into the hands of a popular Sydney folksy, jazzy, comedic group called the Layabouts who promptly recorded it also. The Bushwackers heard this version and sent band-leader Jan Wositzki up to my Tumble doorstop one sunny day, seeking permission to record it yet again. He also asked if they could change it to "Marijuana Australiana", which is apparently what the Layabouts had done. I thought that was a good idea. The rest is again, history.

I smoked joints and bongs for many a year, especially when playing music or indulging in any other artistic pursuits. Eventually I gave it a miss! I wasn't living anywhere safe to grow hooch, and buying it while on the dole or pension is a bit of a strain on resources... so I just stopped smoking!

Then years later came a visit to an eye specialist to examine and discuss evidence of failing eyesight due to cataracts and glaucoma. Xalatan and its derivatives

and clones, the chemical drops universally prescribed for glaucoma, do not heal anything. They supposedly maintain the status quo, putting a halt on further sight loss... providing you use this product every night for the rest of your life. On the other hand, Peter Tosh sings that Marijuana is "the only cure for glaucoma". A few tokes or drops of tincture tend to relax all glaucoma-inducing nerve pressure for up to 4 hours. Hardly a cure either... but it holds back the vision-loss process without all the side-effects.

Then you get told that you have prostate cancer and that of all the horrific choices you might face in dealing with this, the recommended one first up, is a monthly injection (costing nearly \$1200). It's not any kind of a cure either! It's nasty chemicals that fool the brain into ceasing production of testosterone... thereby allegedly depriving the cancer of further growth stimulation. It's a drug that has more side-effects than the Black Plague and the Iraq War combined. It makes you feel so bad, you wish you were dead. I know... I've been there! So instead, you opt to try natural Cannabis Oil, which is gaining a global reputation for its ability to relieve pain and ameliorate cancer symptoms all the way to full remission.

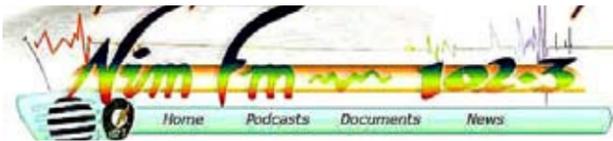
But here's the thing: a nurse at the hospital says that \$1200 a month for cancer drugs is peanuts compared to some of the stuff they administer to patients. It's often ten times that price... and beyond... in most cases (like mine) paid for by the Govt. to Big Pharma with our taxes. But the hippies in the hills with failing eyesight and the odd tumour to deal with, have to grow and make their cure themselves.

Or you may have to find and purchase illegally, a tiny bottle of 100 drops for \$220 (current market price). What's more, such people are not only unsubsidised, but liable to prosecution, fines and/or incarceration at the hands of the Law if found out. Crikey!

Meanwhile Big Pharma turns over \$3 trillion a year, and is expanding exponentially. Goliath rumbles on unchecked!

Something's gotta change! Is Marijuana the stone that kills the giant? Who's got the bloody slingshot?

PS: Went to Hemp Embassy's recent Medical Cannabis workshop. Nimbin Hall was almost filled with people from all over Australia, anxious to learn about the magic of cannabis with cancer, epilepsy, MS ... and pain management. The list is growing daily. It's the plant whose time has come. Magic Marijuana.



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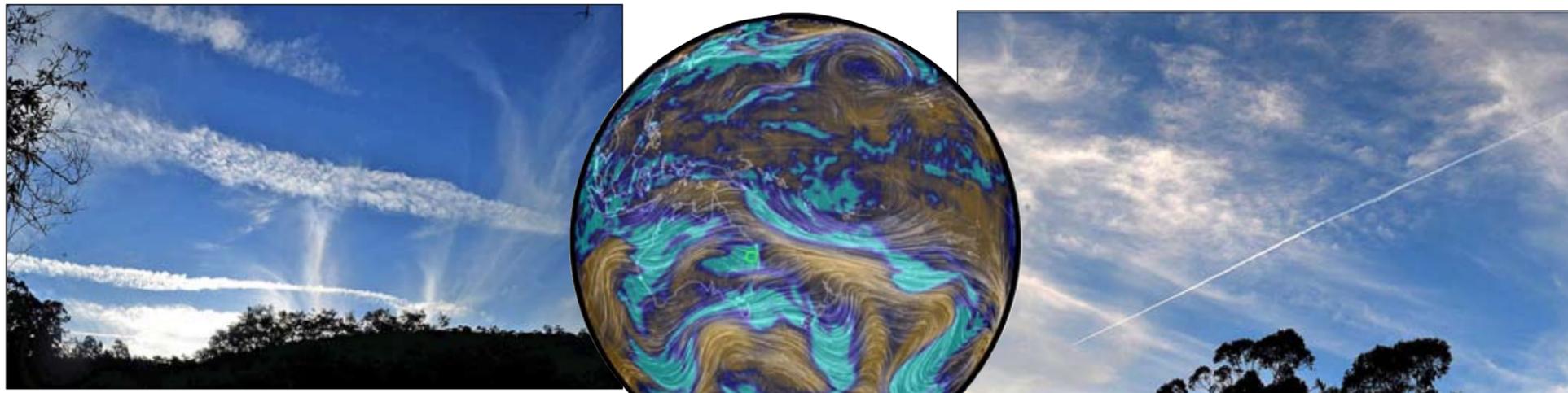
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How to predict those big long condensation trails



by Alan Roberts

If you have access to the Internet you can predict when condensation trails like the ones pictured will form – even four days before you see them.

On 8th June, I was expecting to see persistent vapour trails (ice crystals) after 4pm as a patch of 100% humidity in the upper atmosphere moved in from the west and the

upper atmosphere was sufficiently cold (-52degC). Because it was the end of a long weekend, the aeroplanes obliged.

The picture of the globe (above) shows the humidity at 10.2km altitude (250hPa pressure). 100% humidity is shown as green. To find this information, go to: <http://earth.nullschool.net/#current/wind/surface/level/orthographic=-180,-90> and use

your mouse to turn the globe to the area you want.

At the left hand bottom side is the menu “Earth” – click on that and you can select a whole range of information for different layers of the atmosphere and ocean conditions. This is information that is fed into

super computers that then compute conditions up to four days ahead. You can go in steps of three hours and whole days forwards and backwards.

For condensation trail prediction, you need to select 250hPa altitude and check both humidity and temperature. If you click your mouse over the Northern Rivers, the site will display latitude and longitude

plus the digital value of the quantity you select. Note the speed and direction of the wind up there – that is the rate at which the condensation trails will move, typically over the eastern horizon and out to sea.

Apart from condensation trails, and back down on the ground, the super computers seem to get cyclones and east coast lows formation and tracks pretty right.

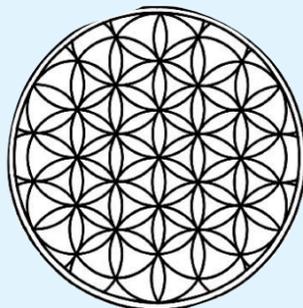


Natural law

by Helene Collard

Greetings and Salutations, The recent times were such where challenges and holdbacks became commonplace. Some of us became familiar with going the long way around, and feeling like perhaps we shouldn't have left home at all some days. There is a fine line between laughing and crying, and many of us have been toeing that line recently.

A universal cycle is ending, with a new one soon to begin. Thus we are now in a transition space, that is, neither here nor there. During this limbo-time we must tie-up loose ends, and take action to leave



things in the past. To support this, certain things will be revealed to us, to enable us to let go.

Another aspect of this will be the increased level of understanding we gain about a situation and another's position, which in turn supports us to view it/them with more empathy.

This all sounds minor, however, it can be extremely freeing, as it will likely relate to something quite significant.

Increased perspective is a gift that allows us to connect with higher states of understanding. Many of us feel that we have experienced crisis or depletion recently, and this is all part of the evolutionary plan. Rebuilding from a reduced place, allows us to substantially integrate our new levels of understanding and empathy, which in turn creates a fresh-flavoured approach moving into the new cycle.

Towards the end of July, we experience a series of 10 activated energy days. These will enable opportunities to connect with like-minded people, and also, to do a final 'burn' of anything that needs to go. Use this time wisely, as life changes are very possible toward the end of the month.

The new cycle is before us and

it offers flow, opportunity for collaboration and prosperity. It is a cycle that supports higher-self or soul service. What is it that you are here to do/say? Align yourself with yourself.

There is no more time to waste. Meet yourself and be more of who you truly are. Stop leading a double-life, be all of who you truly are. Make the changes. Lead yourself to yourself. Feel at peace when you lay your head down each night. Get the help you need so you can feel free.

Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master-Teacher. She lives in the NSW Northern Rivers area with her life partner, Mirek and their two young children. Helene is currently offering workshops for professionals and carers in the area of Secondary Trauma & Self-care. For more information, email: hmcollard@gmail.com

Gone fencing

The fence is an ugly thing. It separates and segregates, cutting through forests, fields and tribal territories. Fences cut up global commons into private spheres, ignoring the global cycling of biological processes, the happy trails of wind, pollen and bees.

Consequently, it is often the fact that less than optimal farming practices continue to the detriment of the whole, under the misguided belief that fences bestow unto private landholders unrestricted rights to discrete and disconnected parcels of land.

Worse still, fencing is the weapon of the coloniser or the feudal lord, the smug security screen of the self-satisfied suburbanite. They are the symbol of a universal fear made erect: we must keep out whatever frightens us, even if it means we are locked in ourselves.

While an integrated permaculture system by no means precludes fences, I like to think that these pieces of necessary multifunctional hardware “regulate the flow” of elements rather than permanently segregate the landscape.

Even the most compassionate farmers or fervent ideologues among us bush dwellers come to a point when we realise we simply

must build a fence to successfully grow food. If the nocturnal vermi-ventures of the friendly bandicoot are not convincing enough, the brush turkey silences all arguments.

This native mound-builder, almost unchanged since Gondwana, likes nothing better than to uproot every newly planted vegetable seedling overnight. The brush turkey can, if given the time of day, move a cubic tonne of soil in a matter of days or hours, preferably the soil into which the home gardener has recently planted an entire season's worth of produce.

Scare tactics rarely deter the turkey. They can fly 200m from a standing jump and while I have it on good authority that a red bucket or mirror placed near productive areas provides some protection, I am yet to prove either theory in my own garden.

So it is always with interest that I observe gardeners new to the subtropics. These are the ones, who, for all the excellent reasons stated above, refuse to fence their garden. They are the ones who move up from Sydney or Melbourne or from their overseas chalets to make a go of vegetable growing in the Northern Rivers. They love nature. They



Permaculture Principles

with Anastasia Guise

want to let nature flow effortlessly through them as they flow through nature.

I love the newbies, I could kiss them, except I'd probably pass on my Lyme spectrum disorder and best to let them catch that independently and in their own time. The newbies remind me of the Old Me. Before the footrot and chronic fungal afflictions. Before, for all the other excellent reasons stated above, I simply had to build a fence.

So let's make this relatively painless. You will need a fence. It must be turkey-proof, and bandicoot proof. Forget the

permaculture poster-child, the living fence (something will eat it!). And a bamboo fence won't last a year. Get yourself a little piece of Australia's booming mining industry.

First, mark out your vegetable growing area and drive 10cm thick, 180cm-high galvanised steel pickets into the ground at 3m intervals. Then, dig a trench about a foot deep around the entire perimeter of your garden. (It's a good idea to lay your plumbing line at this stage too.)

Attach 3m lengths of corrugated iron between each steel picket, backfilling soil to set them firmly in the ground. Thereafter attach 160cm high heavy duty chicken or bird wire to the pickets, securing tightly with tie-wire and making sure you slip the wire over the little tooth at the top of each picket.

Lastly, drape heavy duty bird or hail netting over the top of the entire garden, using bamboo lengths cut to your desired height to prop it up in places. Heavy duty netting can often be acquired second-hand from nurseries or fruit farms when they replace old netting, and it is far superior to the cheap thin netting, which readily entangles birds and bats.

This is a fence that inspires confidence and peace. After a while, like your mortgage, you'll hardly notice it. In fact, you might wonder how you ever lived without it.

www.communitypermaculture.com.au

Birth and Beyond



by Kirrah Holborn
'Traditional Wisdom'

Preparing for birth involves knowing about the third stage of labour (the stage between birth of baby and birth of placenta).

At the time of birth, the placenta continues to function (pumping blood to the baby) but eventually it stops pulsing and you'll need to birth the placenta.

In many Australian hospitals it is quite common for delivery of the placenta to be 'managed'. This involves an injection of synthetic oxytocin. A natural third stage (without drugs being used) is called a 'physiological third stage'. It is also quite common to clamp the cord soon after birth, however, there is no scientific evidence that supports the immediate clamping in vaginal or cesarean births.

Even if you want/need the synthetic oxytocin injection, you can still leave the baby attached to receive the benefits of delayed cord clamping.

What does it mean to delay cutting the cord?

According to *cord-clamping.com* there is currently no agreed clinical definition of delayed cord clamping, and wide variations exist in clinical trials. There is no agreed upon time for how long to 'delay' the intervention of clamping and cutting the umbilical cord at birth.

What are the benefits of delayed cord clamping?

1. At the time of birth, up to 1/3 of the baby's blood volume is still in the placenta. By allowing the cord to finish pulsing, the baby will receive most or all of its blood. Penny Simkins says "Within 2 minutes approximately 70% of the blood has been transferred with the further 30% transferring within 3-5 or even 10 minutes." This extra blood contains iron, oxygen and stem cells and is beneficial for the baby to receive it! Stem cells may even help with recovery from the birth.

2. Gentle transition to earth: It's a big transition to make from womb to world. The baby needs to initiate breathing, and this can take a little time. By leaving the cord unclamped, the baby can continue to receive oxygen from the placenta via the pulsing umbilical cord. This gives the baby time to expand its lungs and get used to breathing on its own (before this oxygen supply is removed).

3. Keeping mother and baby close to each other helps with bonding and helps the mother to release her own natural oxytocin which helps prevent post-partum hemorrhage and helps her to safely birth the placenta. A 2013 Cochrane review

found: "There are some potentially important advantages of delayed cord clamping in healthy term infants, such as higher birthweight, early haemoglobin concentration, and increased iron reserves up to six months after birth. These need to be balanced against a small additional risk of jaundice in newborns that requires phototherapy."

Delayed cord clamping – Wait! Don't cut the cord too soon!



Baby who has benefitted from delayed cord clamping

When is a good time to cut the cord?

Dr Sarah Buckley recommends delaying the cord clamping for as long as possible and ideally after the mother has birthed the placenta.

If this is not possible, then consider waiting until:

- After the baby takes its first breath
- After 30 seconds from birth
- After 3 minutes or so after birth
- After the cord stops pulsing

The World Health Organisation recommends waiting to cut the cord until at least 1 minute after birth or after the cord stops pulsating. This leads to improved infant and maternal health.

When does the cord stop pulsing?

Did you know you can actually feel the cord pulsing? It feels like a pulse through a thick udon noodle.

According to midwife Rachel Reed, textbooks will tell you it stops pulsing between 3-7 minutes, but she has felt cords pulse for longer than that.

Hold the baby below the placenta

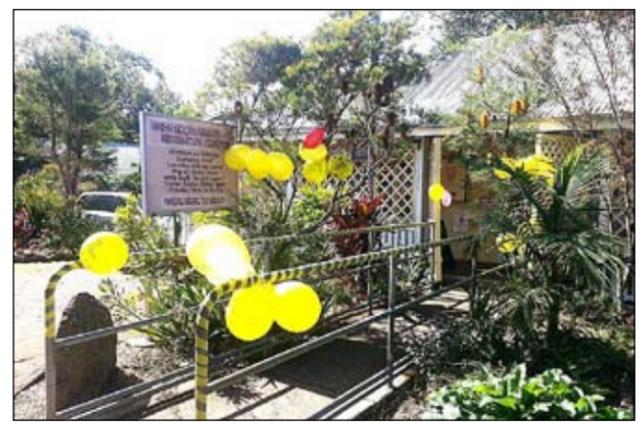
Once the baby is born, where it is placed (ie; on mothers chest) will impact how quickly the placenta can transfer the extra blood. If the infant is held below the level of the placenta, then this accelerates the transfusion of blood from placenta to baby.

Cesarean births

In a cesarean birth, it's possible to request that the doctor wait until your baby takes its first breath before cutting the cord. The baby can also be positioned lower than the placenta and the blood can be 'milked' from the cord to the baby to help it establish breathing and receive its normal blood volume.

So, when writing your birth plan, be sure to include your preferences surrounding delayed cord clamping, and make sure your care provider knows your wishes.

Kirrah is a doula, childbirth educator, pregnancy masseuse and placenta encapsulator helping women and families in the northern rivers area. For more information visit: www.traditionalwisdom.com.au



A day in the life of a Nimbin Neighbourhood Centre volunteer

by Micaela Vincent

Hi, my name is Micaela, and some readers might know me as I have worked for the last 18 months at the Neighbourhood Centre on Thursdays and Fridays on the front desk.

I work as a member of a team, many of them are volunteers just like me. Our duties are varied and never boring.

My day begins at 9.30am with starting up computers, cleaning keyboards and mice (not the little furry ones, we don't have them at the Centre) and generally making sure the Centre looks all right.

The Centre opens at 10am and working life becomes more interesting. I answer the phone, dealing with inquiries as varied as whether I know where one can find sour dough (pointed to Jason, the local baker at the market), what to do about roaming dogs (ring the Council), how to contact a certain person (depends on the person wanted).

I also take appointments for our community workers, both on the phone and in person, and let them and our outside agencies like Nortec, Legal Aid and Corrective Services know their clients have arrived.

I help people with computers or photocopying. We try to have a computer specialist on deck every day as well. So if things become too difficult for me, those boys usually sort things out.

I have also helped students with their assignments, people with job applications and forms, people from non-English- backgrounds with writing formal letters to government departments,

and even helped people to get their new mobile phones working.

At the end of each day I add up the day's takings and hopefully the front desk spreadsheet tallies with the money in the till.

There is so much going on at the Centre that sometimes confusion happens. The other day a young woman who did not speak English as her first language asked me, "Can I have pay?"

Knowing myself the difficulty of mastering English I assumed she wanted to pay and as she had been only 10 minutes on the computer I said, "That will be 50 cents."

She seemed shocked. "50 cents????!!!!!"

After a couple of repeats, with me pointing out that that is quite cheap and she being totally aghast, we worked out that she was actually after a pen! No wonder she had seemed so surprised. We don't charge people to use pens, of course.

Some people who come into the centre are under a lot of pressure and are in need of quite a bit of support. So offering a cup of tea or coffee, heating up a soup and most of all listening until they can see one of our Community Workers, is all part of the job.

Working at the Neighbourhood Centre brings the best out of me. I spend two days a week looking after people. It is a very rewarding experience and it has made me a better person. Because of Abbott's new ruling on when people can retire, I will have to work another six years at the Centre.

I don't mind, I like working there because it means working for this community.

P5 parenting program proposed

Interested in attending a free parenting skills workshop?

If there is enough interest, a P5 Parenting Workshop will be run at Billen Cliffs.

The seven weekly sessions would start late July and run until early September, on Tuesday mornings from 9.30am to 12.30pm.

The course needs sixteen highly committed parents to attend and complete the



course.

P5 stands for Participatory Program Promoting Pleasurable Parenting, and the course covers:

- Why children misbehave;
- Confident parenting (and why it is hard to do);
- How to recognise emotional forms of misbehaviour;
- Identifying the beliefs parents have about themselves as people and parents, and gentle questioning of these beliefs;
- Natural and logical consequences of behaviour;
- Principles of effective listening, with an emphasis on practice of those skills; and
- Positive ways to improve behaviour – consolidation of the information presented in previous sessions.

For more information call Darmin at Family Support Network on 6621-2489. The course will be run in Lismore if there is not enough interest at Billen Cliffs.



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For enquiries or to book a Pellowah Healing session please contact Jade on 0475 082 398.

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Love, jealousy and danger

A couple have come together, finally, after many years yearning for this very thing. Their love is raw and tangible. They can't keep their hands to themselves, and are caressing the other's hands, lips, knees. One of them, though, has bouts of terrible jealousy and it is for this reason they have come to see me for counselling.

It is often popularly assumed that jealousy is a sign of deep love, but is actually isn't. When people are feeling secure in the love relationship and in themselves (and this is the crucial point), jealous feelings don't arise. Jealousy is associated with low self esteem, a tendency to be anxious and moody, feelings of insecurity, fear of being socially isolated, not feeling adequate in the relationship, clingy, and feeling the partner will leave them for another person. Summed up, jealousy is positively correlated with neuroticism.

It's hard for the other person to realize this about their loved partner, particularly when the jealous one is accusing them of all kinds of infidelities: she glanced at another man, he helped a woman carry her groceries, she greeted her work colleague on the street (she must be having an affair with him), he wrote an email to his female student and labelled it "private", and so on.

It takes time for the non-

jealous one to realize the level of insecurity the other has and that it isn't anything he or she is doing, but rather that the problem rests almost entirely with their partner. They're the ones who need to learn to relax into the love relationship and not respond in their old way, according to the scripts they learned while growing up. Jealousy has its root in insecure attachments formed with their primary caregiver (who was maybe their mother, but not always). The primary caregiver wasn't emotionally available much of the time and when they were emotionally present, it was beautiful. And so, they crave the security, warmth and sense of one-ness in relationships that might, perhaps, repair the childhood they never had.

Feelings of jealousy are the responsibility of the person having them. If they don't take responsibility for their own feelings but try to seize control, absolute control, of the other person, then the whole relationship becomes a danger zone.

It might start out innocently enough. The rather awkward John sees, and falls in love with the elegant Amy who attracts everyone. John is smitten. He begins to make sure that he is always at every event Amy is likely to be. He then sends her flowers. She is flattered and thanks him, but is not particularly interested. He woos her and she, a little bit

reluctantly, goes along with it. They become a couple.

He starts leaving notes at her door, and begins stalking her. She is never left alone, he asks her where she has been all the time, and she is getting really scared and angry. She makes sure she is never alone, and starts to invite other friends to escort her to events. This enrages John. She comes home one day to a hundred red roses on the doorstep. She is horrified and dumps them in the rubbish bin outside her house – an act seen by John. He flies into a rage, confronts her and beats her up, while claiming it is she who is hurting him.

Thus desire turns from wanting to be with her, to jealousy, and vigilance and then violence. The roses, a symbol of love, becomes for him a sign of his undying love. She is just disgusted and throws them away. He feels more than merely rejected; he is feeling brutalised. He never realised her actual individuality nor the possibility that she didn't wholeheartedly welcome his presence, ever.

His brutalisation could well have resulted in her death, and rather frighteningly frequently does. This is not a sign of love, but a delusion and jealousy is not a sign of loving closeness, but a desire to control the feelings of anxiety that arise in human encounters and relationships. I've noted above that



by Dr Elizabeth McCardell

there is a strong correlation between jealousy and neuroticism. Studies have found that the higher the level of emotional instability and the arising of such unpleasant emotions as anger, anxiety, and depression, the more a person is prone to jealousy. The desire to fuse with the other person is very strong and every act of theirs that seems to snub the jealous one undermines his/her self esteem.

A relationship based on jealousy is an insecure relationship and one that really requires healing. Love, in its committed and freely entered into form, can begin to heal the people involved, but this work requires active and responsible owning of negative feelings. It is at this point that working with a counselor can really help repair the relationship, or, if this is not possible, release the pair into their separate lives.

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by Brigid Beckett

This month, between the winter solstice and the next new moon, is the 12th month of the Chinese lunar calendar.

In Chinese cosmology, the energy in our meridians is a direct reflection of the larger cosmos. The microcosm reflects the macrocosm.

With the corner turned and days lengthening again, the organ connected to this month is the liver.

The liver's energy is that of spring. Even though the temperatures aren't yet springlike, as days lengthen the yang is coming back into the cycle.

This energy leads the way for material changes in the proceeding months.

The changes and events in the seasons are observed closely in the Chinese worldview. The significance is both practical and symbolic. For this month, observations include geese and other migrating birds starting their

The liver

journey back to breeding grounds.

The archetype of the 12th month is the Universal Mother, which is the compassionate being seen in the Chinese Kuan Yin, or the Christian Mother Mary. Predating both is an older less known figure in Chinese culture, Xiwangmu, the Queen Mother of the West. Xiwangmu has a leopard tail and roars, translated as the ability to wail.

The liver also has a female association. Liver blood is associated with hormones which are more complex in women. Hormones transmit information and directly communicate with nature - in Chinese culture it is often women who have Shamanic powers.

The Chinese see this complexity as a strength, as something with complexity that has the potential to run sublimely. Tears are also associated, the ability to cry is a necessary part of liver function. Women generally cry more easily because of a more complex emotional body with more feeling. On occasions, crying allows the discharge of excess hormones.

The animal associated with the 12th month is the ox, symbolising work, patience and strength. The liver energy, and more particularly liver blood, allows us to carry on in adversity, even when there is no sign of an end in sight. There are associated images of working against the flow, carrying on

when the going is not easy. The River Sheng is associated with this, being the only river in China to flow east-west.

The imagery also applies to the flow of blood as it defies gravity by flowing to the brain and upper body. In medical terms, insufficient liver blood can mean patients are less likely to have the will to seek treatment, or continue with treatment for the time needed.

Because the liver is influenced by emotional factors, and in turn affects our emotions, liver qi and blood problems are common. The smooth flow of qi, the function of liver blood and hormones ultimately influence all the meridians. Insufficiency of liver blood or constraint of liver qi will give a range of symptoms. Feeling wound up and stressed, insomnia, tight muscles, headaches, digestive problems, menstrual disorders, eye problems to name just some of them. The nails can be diagnostic with brittle nails or pale nail beds pointing to deficient liver blood. Adequate liver blood is also needed for healthy hair.

As well as seeing when there are problems with liver blood or qi, it is worth noting when it is functioning well. Often this is the strength that is there in extreme or prolonged adversity.

As the energy of the month calls birds to migrate before spring is experienced, the 12th month is the time to persevere, prepare and work for better outcomes.

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