

The physiology of stress and trauma

PART 1

We can be cruising along feeling quite content and suddenly out of the blue encounter a situation where we feel highly alarmed. Pounding heartbeat, together with emotions of fear or anger seems to be taking over. We're no longer in control. Or, without warning we may find ourselves feeling depressed, hopeless or numbed. Fatigue, reoccurring headaches or a repetitive nervous twitch in some part of the body could be stress and trauma symptoms on a subtler level, along with many, many others. Stress and trauma are part of every adult's physiology because stressful and traumatic events belong to the world we live in. Adjusting and dealing with these circumstances is the challenge everyone is facing. Stress in general is not a bad thing. It is actually meant to serve us, not just for well-being but for survival. Somehow it has become an alarming factor, causing severe health problems. In the following I will explore this fact and point out a way to discharge negative, harmful stress and even trauma by employing the profound wisdom rooted in our body-physiology.

Our Autonomic Nervous System (ANS) is the most primal part of our nervous system and designed for survival. It is part of all mammals, not just humans and consists of two branches. The sympathetic part serves us in moments of stress and danger (fight or flight response) whereas the parasympathetic part serves us when we feel secure (relaxation). The ANS controls our heart rate, breath, body temperature, oxygen supply, digestion, pupil dilation and hormones. These are body functions over which we have no direct control. If anything it's our instincts that guide us, along with Mother Nature. The Autonomic Nervous System also influences our body sensations, emotional states and our sense of self and others and the world we live in.

Before the following description of the ANS in action you may want to observe some nervous system responses within yourself. I suggest that you make sure that you are seated comfortably. How much body tension can you feel? ... What's your breath like? ... Are you relaxed?... When you feel tension decrease and breathing become softer your parasympathetic nervous system is at work.

Now imagine a herd of zebras, grazing peacefully in the African Savanna, a relaxed scene in the mild afternoon sun. Suddenly, one animal raises its head, ears erect, body still like a statue. Was there a sound? Next



by Betti Wille

moment every single animal of the herd is joining this state of *active alert*, all senses heightened (sympathetic). After a short while the animals, one after another, return to their *relaxed state* of grazing (parasympathetic). Being a wild animal on a predator's menu, this is daily routine. Now we flip the page and enter a second scenario. Same scene in the afternoon sun, but now a lion is approaching the herd. The first zebra to pick up a sign of danger switches into the *alert state*. We're now staying with this individual. It picks up the scent of the lion and enters the next stage, the *fight or flight response* (stress). This is acute danger. The heartbeat increases in order to pump more blood around the body, breathing quickens to provide more oxygen, blood pressure rises, muscles tense, eyes dilate – all in order to be prepared to run for life. Other functions less important for immediate survival, such as digestion, slow down or stop altogether. Let's have a little break at this point. How is your breathing and muscle tension? Still relaxed? Or do feel a sudden tension somewhere in the body? What are your body sensations like in this very moment?

OK, we return to the scene. The zebra is running as fast as possible to escape the lion, adrenalin powering all faculties needed to make it. The lion catches up, it's about to strike the zebra's shoulder. Everything is happening in breathtaking speed. In this very moment the zebra falls, immobilized as if it was dead. It is not dead but *frozen*. This is a clever trick of Mother Nature as we will see. In the *frozen state* dissociation happens and the senses shut down. The zebra would hardly feel any pain if killed by the lion. Mother Nature's trick has still another reason. Many predators killing instincts become lessened when their prey doesn't move. It's the zebra's very last chance for survival. And it is indeed lucky this time. A ranger's jeep is approaching from the distance. The lion lets go of its prey and disappears. The following minutes are critical for the zebra. It starts shivering and then shaking, first the legs and shortly afterwards the whole body is

shaking. After the shaking is finished the animal gets up on its feet and re-enters a state of *active alert*. Fairly soon when feeling safe again it will relax and continue grazing. No trauma remains in a wild animal like this. By shaking its body the tension accumulated during the flight was eliminated and the process completed.

Keeping in mind that our Autonomic Nervous System has the same structure as the zebra's, we better look at a typical scenario within the human society. Conditioned behavior patterns often prevent us from naturally discharging a strong ANS response, which then remains trapped inside. When someone slams into the back of your car you will probably feel shaky, but instead of discharging the energy you may simply exchange insurance details. Or, if your ill-tempered boss shouts your name, you may go into *fight or flight response*. As fighting or fleeing would not be a successful strategy, all the energy that has become mobilized in your body has nowhere to go. As long as an incident is perceived as being stressful, our fight and flight response is activated. It can stay activated for a long time if the actual or perceived stress continues. When for various reasons we remain stuck in such a situation it can be compared to putting your foot down hard on both accelerator and brake at the same time. How long can we do that before running completely empty?

What can we do to better face such a demanding and draining situation? A sensible first thing to do would be building up resources. A resource is anything that helps to support health and balance. We may find resources in many aspects of our lives. They often derive from an activity that we do, such as exercise, dance or a hobby. It could be a place where we can go to recharge, a supportive friend or a piece of music. Inner resources may include places inside our bodies that feel good, feelings of love, trust, forgiveness or even a beautiful memory. Other resources include things like family, home, laughter, meditation, good food, touch, books, therapy and nature. Resources are very specific to each individual. They create physiological responses in the body. It's here where we can find a balance with unpleasant or agitating forces that might be present as well. For additional support, it may be very useful to have a professional guide at your side. There is a huge number of therapies available. I would dearly recommend one that includes body awareness.

For more information, email me: biodynamic.touch@gmail.com

A very important muscle

I have never been able to understand why the muscles in the body need to have such complicated names. I've been practising what I do for 25 years and I still can't get my tongue or memory around half of them. Okay, so there are 640 muscles in the human body, but even though I haven't seen a baby naming book for some time surely there must be 640 simple names available for 640 muscles.

Plus they're all twins. One on the left one on the right, so there are really only 320 pairs of muscles. What's wrong with Zac and Rose instead of attempting to wrap the mouth around something called the sacrospinalis (a strap muscle that runs either side of the spine.)

Maybe we would be less inclined to fill our g-strings with fear if doctors and them similar used simple terms to describe our ills. Terms we could have a severe talking with, so that the ills quickly received the message to behave themselves and move on.

I was recently on a cholestral tab that had a name so difficult to say, I called it cloppy doggerel. And believe me, for the short time I imbibed the insidious little sucker it clopped my doggerel well and truly.

I personally believe that keeping us in the dark with long scientific names we can hardly say and little understand, is a marketing tool to keep us under control and in obedience to those who have aspirations to look like God. I am also absolutely sure that Great Spirit has no desire to wear a white coat and look frighteningly all-knowing. It doesn't need to.

All the same, I do not have a friendly, simple name for the muscle I wish to share with you all today. It's called



by Tonia Haynes

Dip Bowen Therapy, Cert Remedial Massage, Advanced Pranac Healer

the psoas (just ignore the p).

The twin psoas cuddle very close together, one on either side of all five vertebrae of the lower spine. They have a love affair that all of us secretly yearn for because they communicate and understand each other perfectly, but are not afraid to explore other territory. For this reason they begin their journey at the spine, but extend diagonally from the spine through the body and hook off the top of the thigh bone at the front.

The psoas muscle is bit like a tent. The back of the tent supports and is supported by the spine and the front or attachment of the psoas on the thigh bone creates the tent flaps.

This muscle is the only muscle that connects the spine to the legs. It helps us spring into action or curl up in a ball. It affects our breathing and in turn is affected by fear. It also supports our digestive system and other organs of the lower body.

When the psoas is not happy, and stress makes it very unhappy because it interferes with the perfect love affair it's having with its mate, it throws a tantrum

extraordinaire. It either pulls out the tent pins and crumples, or it screws itself into a tight knot with fists raised in the attitude of:

"Come on then. Have a go!"

It's probably the fault of the Taoists that the psoas has delusions of grandeur. They call it the muscle of the seat of the soul.

Whatever the reasons for the unhappiness, the results can be diabolical. Lower back pain, sciatica, disc problems, scoliosis, hip degeneration, knee pain, menstrual pain and digestive problems to name a few, can all be the result of an unhappy psoas muscle.

And because it runs diagonally through the body it needs special treatment to sort the problem. A normal massage rub does not often slap a psoas back to good behaviour. Osteopathic and other treatments might, if they specifically target the muscle. Specific yoga stretches help, as does meditation. This is because the psoas is greatly influenced by feelings of fight or flight. So anything that can make one feel like today is a good day and doesn't involve booze or drugs makes for a potentially happier psoas muscle.

The psoas muscle is one of my secret passions. I have seen over and over again the effect it can have. I have also seen over and over again clients who have been receiving treatment from others and are not getting the results they want because the muscle of the seat of the soul has not been given the attention it desires.

Love, light and laughter.

I am in clinic in Nimbin Wednesdays and Saturdays. To make an appointment for either of these days, phone 02 6689-0240 or mobile 0439-794-420.

Discussing reconciliation at Cawongla

by Leanne Logan

Reconciliation came under the spotlight as we sat around our lunch tables at Cawongla Playhouse recently. It started off with information sharing about the Australian and Aboriginal flags, but soon led into deeper territory. The children were eager to go there.

Our director, Natasha, was curious: "How would the first Australians have felt when the white people arrived on big ships and said that this is their land now?"

"Upset," Lilly immediately responded. "They would have felt sad," Isabella added.

Then Natasha posed the question: "If they had said they would share the land – that they would listen to the first Australians' ways and share with them – would that have been better?"



"Yes!" came the children's resounding chorus.

"After hundreds of years we still have not said to our first Australians that we want to share – what do you think of that?" Natasha asked.

"Dumb," Hunter replied.

"That's really mean," Isabella added. "When new people come along we have to be friends with them

or otherwise we won't be friends," Lilly concluded.

"We are now in a time of reconciliation," Natasha concluded, "a time when we need to think and feel cleverer and smarter and say: 'Let's share everything we have and know – our cultures, music, food, everything!'"

Throughout this whole exchange, many of the children sat quietly, eating their lunches. A few hours later one of these children, Myrtle, sat down at our writing centre and began to draw. Soon she called me over: "Leanne, it's the Aboriginal flag. It's big and round. Can you see the big circles, Leanne?" I assured her I could. At the same time I silently thanked Natasha for bringing important things – like reconciliation – to our little lunchtime tables. It was learning for all.

A five day adventure at Yuraygir National Park

by Rohan Stewart

The Northern Rivers is blessed with an abundance of natural beauty, from cloud hugging mountains to vast stretches of coastline. It is wonderful then, when we take the time to visit these wild spaces that nourish the spirit and replenish the soul.

Can you imagine the excitement when years 5, 6 and 7 of Rainbow Ridge School took leave of their busy school and home lives to spend five days walking 45km along the rugged and remote coast of Yuraygir National Park?

For many, this was the greatest distance they had ever walked; for others, the longest time they had spent away from parents and family. It was an adventure into many unknowns.

Like with any long hiking trip, it takes a couple of days for the body to adjust and routines to be established: carrying a pack and finding the firm sand on the beach to walk on, learning to scramble over rocky headlands without losing your balance and cutting your hands and knees, or tuning into the tides and



making sure you don't get soaked by waves crashing further and further up the beach.

We were blessed with clear skies and cool days as we tramped, meandered, and scrambled our way down the coast. Walking long arcing beaches that took half a day to traverse, our destination shimmered mirage-like in the distance.

Who can forget our last day of walking, our longest day yet of 16km, when we arrived towards the end of the day, tired and hungry, to cross Sheep Station

Creek? It was a full tide and a 50m expanse of water stretched before us.

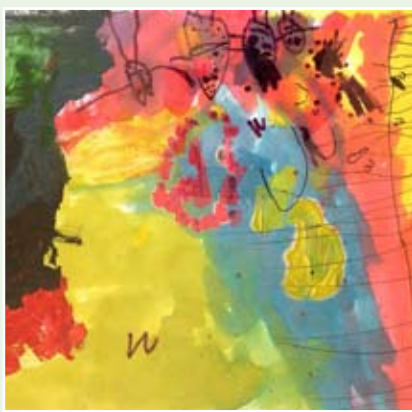
With the end of the day approaching, the decision was made: "Right kids, get ready for a swim!" Undaunted, and after experience in creeks, rivers and the open sea earlier in the year, the kids plunged in and swam across to the other side, before finishing the final stretch of the track to the camp site. Hooray we made it!

As one person said around the fire that night, "It was both the best and the worst experience of camp!"

Additional funding

Nimbin Preschool is excited to be able to offer Indigenous families financial support over the next 2.5 years, through our successful application for additional funding from the Department of the Prime Minister and Cabinet's Indigenous Advancement Strategy. Our successful grant application focused on wanting to be able to assist Indigenous families by reducing their preschool fees. The funding objectives of this project are to support families to give children a good start in life through improved early

childhood education. We are so happy to be able to encourage and support Indigenous children to be able to come to Nimbin Preschool by making the fees more even affordable. One day recently a local Elder who happened to be at preschool with his granddaughter told the children about the Indigenous flag as a symbol of meaning for Indigenous peoples. He described that the black is for the people of country, it is their skin; the red is for the blood of these people, it is their life; and the yellow is for the land which belongs to



people; it is country. Malika (4 years old) painted a picture demonstrating this significance to her.

by Elissa Wenzel

Nimbin Childcare Centre preschoolers had a visit from Healthy Harold in May.

The Healthy Harold program focuses on five main areas: personal hygiene, sun safety, exercise and age-appropriate nutrition. The preschoolers had a great time learning about brushing their teeth, sun safety and discussing 'sometimes food' along with laughing and

playing with Harold the baby giraffe.

This month we have been focusing our preschooler program on healthy eating, and the children have explored some great ideas and activities and also had the chance to eat lots of yummy healthy food.

If you're thinking about centre-based childcare and education for your child, please call Elissa on 6689-0142 for further information. Spots are filling up fast.



Healthy Harold's visit

Tuntable kids donate \$1700 to Nepal

by Kिर्रily

This month has been Go Go Go at Tuntable Falls Community School, with our first billy cart derby taking place last week.

The lower primary students have spent all term designing and building their billy carts ready for the hair-raising competition down a steep Tuntable Community road. The race was full of thrills – luckily no spills – and has spurred the class' enthusiasm for their next engineering project, 'bridges'.

The upper primary students are conducting science experiments around light and shade, writing film reviews, compiling graphs and charts and doing word studies. Each morning starts by sitting in a circle by the wood fire and enjoying a philosophical debate. Each student has produced their own magazine on a subject of their choice: 'Beanie Boos', 'Quad Bikes', 'World War I airplanes', etc.

The kindy class have been studying the weather and working out how we know it is going to rain. They have also been doing

amazing work in the school veggie garden, making beautiful bread and going on home visits.

All of this has been mixed in with training for cross country, doing NAPLAN and having our registration inspection by the Board of Studies, Teaching and Education Standards. All independent schools are inspected every five years to ensure we meet NSW standards. After a thorough review of our policies, procedures and curriculum, we passed with flying colours! The inspector was very impressed by our school – well done to all involved.

The month started with our 'Haybale Café' fundraiser at MardiGrass. Together with Tuntable Falls Early Childhood Centre, we created a beautiful family-friendly environment serving wholesome vegetarian fare over the weekend. Thanks to everyone who contributed time and effort to making this such a success.

We ran the café as a fundraiser for the school, but with the timing of the catastrophic events in Nepal, we began to question how much we 'needed' in relation



to families there. A presentation by a grandfather, who works in international disaster relief, last term was also fresh in our minds...

And so, we made the decision to donate all of our \$1700 profits to Nepal. Helen, a local nurse with established connections with Dhulikel Hospital, will personally deliver this money (with all the rest that she raises) in July, making sure every cent is spent to help those in need.

(You can also donate to Helen's Nepal Relief Fund - deposit directly into A/C 22305642.)

Altogether a busy but very satisfying May for our school.

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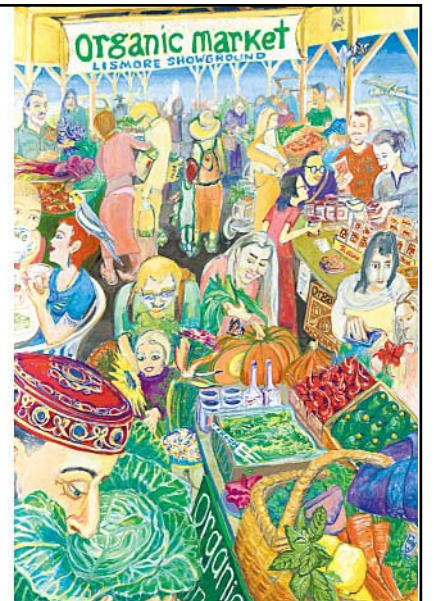
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- Sunday 21st – Winter Solstice Social Bowls Day
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Nimbin Garden Club notes



by Andrew Barton

The May visit for the Nimbin Garden Club was to Pam Craven's property "Two Figs" at Tunttable. When she moved there over 25 years ago, it was a barren 20-acre block of kikuyu grass sporting two lone fig trees. She and her partner were inspired by the ideals of permaculture. They began by planting over 2000 trees to create windbreaks and boundaries. They dug

swales to divert water into carefully positioned dams, one of which lies adjacent to the new house they were to build, lapping at the first of many decks around the house.

The house itself was a labour of love, taking many years and man-hours to build. It proudly showcases countless recycled materials including massive timber beams relocated from the old Arnott's biscuit factory in Brisbane.

The original dwelling is now used both as a B&B, and for wwoofers who come from time to time to help in the enormity of caring for the transformed grounds. There is also a newly constructed fire-safe house, built to conform to council regulations.

Wandering through the now magnificent established gardens, we came across the most amazing stands of dozens of giant clumping bamboos, reminiscent of bamboo forests in Asia, and we could almost imagine the eyes of giant pandas and tigers watching our progress through the forest to a serene dam with decks and floating pontoons.

Above the dam is an impressive 10kw solar system that was the envy of many.

A truly inspiring property, one that we all enjoyed immensely.

Our June visit will coincide with our annual AGM and will be held at local artist Rikki Fisher and her husband, Rob Fisher's garden at 46 Blade Road, Nimbin from 2-4pm on Saturday 20th June.

The garden is 2.5 km from Nimbin Post Office. Look out for Nimbin Garden Club signs.

Rob and Rikki have lived on the 15 acre property for nine years and transformed the garden and house to a welcoming, productive garden.

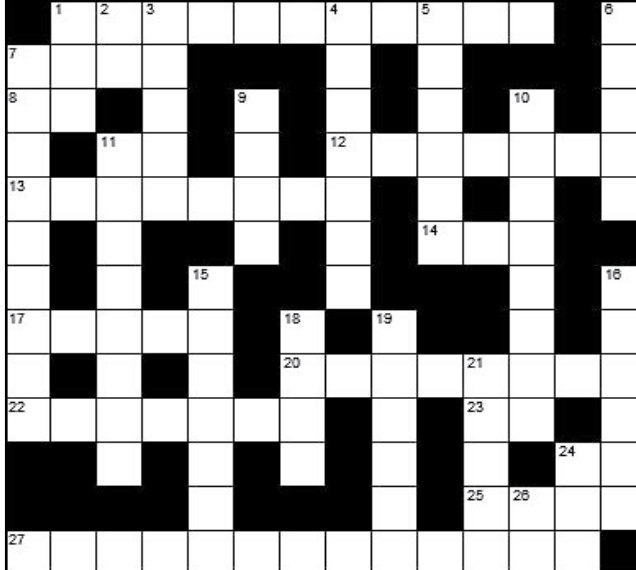
They have wonderful views over Mount Nardi, and this garden has a very peaceful and serene feel to it.

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.

nimbingardens@gmail.com

Nimbin Crossword

2015-06
by 5ynic



Across

1. Extinct marine reptile – predator up to 16 metres long
7. Spanish sparkling wine
8. Powered up
11. Chief Investigator (init.)
12. (Italian) lady
13. These evolved in land dinosaurs for warmth and display
14. (Spanish) hello
17. Theobroma _____ – American tree, beans of which are used to make chocolate
20. Capital of Hawaii
22. Roman city, buried under lava and ash in 79 CE
23. Hospital emergency wing (init.)
24. Internet domain – Russia
25. Turkish beer
27. Small Jurassic flying dinosaur

Down

1. Sir ____ McKellen (Gandalf)
2. Résumé?
3. Routine?
4. Homeric epic – the journey home after the fall of Troy
5. (played) slowly and with care
6. Secret clique or conspiracy
7. (6,3) container for your caffeinated drink
9. Trunked perennial
10. (3,5) (French) my love
11. Underground cemetery
15. Alternative, artistic environment? Czech kingdom
16. Zodiac's bull
18. Skinny
19. (Ritually) pour on sacramental oil or holy water
21. Beam (with fulcrum)
24. (Latin) King
26. (Accounting) financial year (init.)

trivia

Devised by Martin Gill

Questions

1. What country is called Cymru in its native tongue?
2. What fruit tree is closely related to the trees which produce ebony timber?
3. What is the last letter in the Greek alphabet?
4. Before making motorcycles what did the BSA company produce?
5. Where did Basmati rice originate?
6. For what is Tim Berners-Lee famous?
7. Leather made from shark skin is known as
8. What is a cruciverbalist interested in?
9. The musician Django Reinhard is famous for playing which instrument?
10. Who was the first person to circumnavigate Australia?



- ### Answers
1. Wales
 2. Persimmon
 3. Omega. Capital: Ω, lowercase: ω
 4. Guns. BSA stands for Birmingham Small Arms and their logo is a tripod of rifles
 5. Pakistan and North India
 6. He invented the World Wide Web while working for CERN
 7. Shagreen
 8. Crosswords
 9. The guitar
 10. Matthew Flinders

Solution: Page 35

Book review

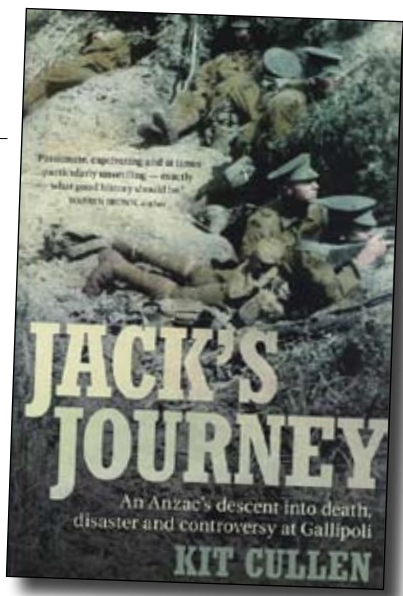
Jack's Journey by Kit Cullen

reviewed by Janine Kitson

Kit Cullen, English teacher at Illawarra Sports High School, points an accusing finger at World War I official historian C.E.W. Bean's "unscrupulous" reporting in this book about a virtually unknown ANZAC action in the bloody days after the April 25 landing on Gallipoli.

This history revolves around Jack Collyer, a 23-year-old country boy from Mudgee and his section (No. 12 Section, No. 15 Platoon, D Company, 4th Battalion) during his first week at Gallipoli where he, like many hundreds of ANZACs, fought and died.

This book is based on Collyer's three war diaries as well as other diaries, letters, service records and official documents from Jack's battalion. His diaries describe the long sea journey on the *Euripides*,



his military training in Egypt and his experiences as a "six bob a week" tourist visiting the Sphinx, climbing the pyramids and touring the beautiful Citadel that dominated Cairo's 1914 skyline.

Typical of his time, Jack was eager to enlist when war was

declared on August 4, 1914 as euphoria for King and Country gripped the nation. Reading Jack's diary entries engenders a feeling of sadness because the contemporary reader knows his destiny.

Little did Jack know that his life would be so brief at Gallipoli. Kit Cullen's painstaking years of research uncovers how, on May 1, Jack and some 50 other men from his platoon were ordered to rescue a group of about 60 British Royal Marines trapped in an outpost in a valley overlooked by Turks. Most of the men, including Jack, who entered the valley were exposed to heavy enemy machinegun fire. There were heavy casualties.

On May 2, the seventh day after the landing, Jack was seriously injured along with hundreds of others, and died through lack of medical treatment. The medical teams were overwhelmed by the huge number of casualties.

Author Kit Cullen follows up what happened after Jack wrote

his last diary entry on his first evening at Gallipoli. He gathers the evidence to surmise:

"Jack's story and that of his mates in the 4th Battalion in Death Trap Valley over the first weekend in May has remained hidden, largely because of C.E.W. Bean's unscrupulous treatment of it in his published works, notably in the revised second edition of Volume 1, *The Story of Anzac*, *The Official History of Australia in the War of 1914-1918*. What the men of No. 15 Platoon and No. 3 Platoon, 4th Battalion did nearly 100 years ago deserves to be told and acknowledged."

Cullen claims, "Charles Bean and his staff deliberately altered the historical record regarding the events in Death Trap Valley on 1 and 2 May, despite a reputation second to none for detail and accuracy."

He believes the reason Bean and senior members of his staff erased the 4th Battalion's significant role

in rescuing the British marines on the 1 and 2 May, 2015 was because "he was upset by the 3rd Battalion's lack of medals" – Bean's brother had served in the 3rd Battalion.

Jack's Journey is one Anzac's story. His death was multiplied thousands of times over throughout the war. As Jack's admired chaplain later wrote – "War is Hellish! No-one, even with the most vivid imagination, can really grasp its full details until they have seen it and been in it." Or as Tolstoy wrote:

"You will see fearsome sights that will shake you to the roots of your being; you will see war not as a beautiful, orderly and gleaming formation, with music and beaten drums, streaming banners and generals on prancing horses, but war in its authentic expression – as blood, suffering and death."

Congratulations to Kit Cullen, teacher at Illawarra Sports High School, for this magnificent history of Jack's journey to Gallipoli.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

June

The Sun journeys through mentally agile and multi-tasking Gemini until June 22, when it enters Cancer at our winter solstice. Gemini seeks diversity and variety. It has the ability to order reality logically by connecting one piece of information to another with the intention to form an understandable image of the world, and then communicates it to others in a variety of ways. Gemini reminds us that reality is not fixed but fluid and subject to our perception. Individuals with a strong Gemini signature in their chart attempt to bring together contradictory forces. The quest is to learn to reconcile differences by merging intellect with emotion, spiritual ideas with material needs. There seem to be always two roads that cannot be travelled simultaneously. That is why the twins are very changeable, restless and often scattered. They like to be light-hearted but can be moody if they are disconnected from their true needs. Most importantly, they have to share their message with others and be able to explore and exchange ideas.

Mercury remains retrograde until June 11, signifying a need for slowing down the speedy mind, re-assessing goals and adjusting plans. On June 3 the Full Moon in Sagittarius opposes the Gemini Sun, while they are in a square formation with compassionate Neptune. It highlights the need for aligning left brain rationality with right brain intuition. The excitable, but restless energy of the Full Moon needs to be counterbalanced with moments of stillness when we can catch our breath and switch to a more perceptive mode. Otherwise, we might miss the bigger picture and jump to wrong conclusions. The Gemini Sun is conjoined Mars during June 11-21, exact on June 14. Sun and Mars are 'fiery' planets and classified as 'hot and dry' by ancient astrologers. Their close proximity can stimulate a need for high levels of physical activities, boost the ego, and in Gemini it will also activate the mind. It is not the best time for quiet work behind the desk unless there is lots of space for creative expression. It is a great time for exploring creative ideas, but the seeding of new projects is best done at or after the solstice, when the Sun enters



the cardinal sign of Cancer on June 22. On the negative, if the Sun/Mars burst of energy is not channelled in a constructive way, it can lead to accidents, arguments and even illnesses, such as infections, inflammations and fevers.

Another celestial event which has been in orb since September 2014 is the knowledge provoking Jupiter/Uranus trine. It will be re-activated again on June 17, the day of the Gemini New Moon and will be in orb until the end of the month. A trine between Jupiter and Uranus is associated with times of great synchronicity and opportunity for those who can tap into the vibes of the moment. The current Jupiter/Uranus cycle started mid 2010 and is related to the growth and awakening of human consciousness. It combines aspiration and effort, coinciding with opportunities for progress that can spark fresh ideas and ground-breaking developments. On the other hand, it encourages the questioning of the status quo, including the questioning of scientific inventions and technologies (Uranus) that contradict our ethical values (Jupiter). Jupiter/Uranus are both in fire signs boosting confidence, courage and independence. This trine formation will be exact on the day of our winter solstice (June 22), signifying a perfect moment in time for the birth of innovative projects and new trends. On the down side it could coincide with wild weather, storms and a sudden outbreak of political unrest.

Venus, the planetary influence associated with joy, pleasure and beauty, enters dramatic and self-expressive Leo on June 6 for a prolonged stay (until October 8). Venus will be conjunct Jupiter during June 29 – July 2, promising a 'feeling-good' period that is excellent for celebrations, art events and all types of relationships.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com 'Introduction to Medical Astrology', Wednesdays, 10am-1pm, 8 mornings at the Lillifield Community Centre; 'The Astrological Houses', Saturday, May 9, 10am-4pm; please contact me for bookings.

Aries

This is a busy time for action loving Aries. New opportunities might come your way from June 7 onwards. Mars will be conjunct the Sun during June 11 – 21, providing incentives for new projects and activities. Use this burst of energy wisely, thus avoiding accidents and illness.

Taurus

At the moment you seem to think and act very independently, feeling a need for communicating your true values and sense of meaning. Venus, the ruler of your sun sign, enters fiery and dramatic Leo on June 6 (until October 8), inviting you on a journey of self-discovery, embracing playfulness and creativity.

Gemini

You might feel particularly itchy, restless and driven to start a new project at the moment. However, it is important to keep in mind that Mercury is retrograde until June 10. Therefore, be patient and wait with the seeding of new projects until the solstice on June 22. In the meantime, take a deep breath, relax and thus avoid arguments, accidents or illness.

Cancer

This month offers great opportunities for self-awareness, providing you with a deeper understanding about what affects you and the impact you have on others. Thoughts are energy and their frequencies not only feed your own moods including your state of health, but can also be picked up by others on a subconscious level. Therefore, keep a positive mindset!

Leo

This is potentially a very lucky and exciting time for you because the two benefic planets Jupiter and Venus are in your Sun sign during June 6 - August 11. New opportunities are coming your way and all types of relationships can flourish now. Enjoy these weeks of great synchronicity and tap into the creative vibes of the moment.

Virgo

There could be an inner dialogue between voices that want to move ahead and those that tell you to re-evaluate the situation once more before making the next step. The Mercury retrograde period is active until June 11. Communication will become clearer and easier from then onwards. Nevertheless, new projects are best started on or after the Solstice, June 22.

Libra

At the moment you might feel a hunger for inspiring and mind expanding experiences. The entry of Venus in dramatic and self-expressive Leo on June 6 (until October 8) marks a new phase of group involvement and social activities. People might enter your life who will spark off fresh ideas for creative projects.

Scorpio

This can be an important time for you, where you need to sort out your deeply held values with others. You might have to modify your position, especially once Saturn, the planet of limitations, re-enters your sun sign on June 16 (until September 18). Projects that began late December 2014 might have to be re-assessed.

Sagittarius

The Full Moon on June 3 might be critical, as you struggle to express yourself assertively, which could end in conflicts. Instead of getting into arguments, try to let off steam in creative activities that demand high concentration and will help with achieving a balance. New doors might open, if you can manage the intense vibes of the moment successfully.

Capricorn

At the moment you might have to manage your health better by reducing stress levels and lessening expectations of yourself and others. Maybe you are pushing yourself too hard. Therefore, the weeks before the solstice (June 22) are best spent with cleansing the body and emptying the mind.

Aquarius

During the next few weeks you might want to break new ground, while an enormous amount of energy is available to achieve your goals. The only thing to watch is your dislike of restrictions. Therefore, know when to stop and listen to your heart. It is a great time for having fun and being playful.

Pisces

This is the time of the year when you might feel more restless than usual with a deep urge for new experiences. Too much routine right now might bring feelings of entrapment. At the same time, it is not easy to remain focused on a particular project, so best to go with the flow and enjoy the moment.

Nosin' around with PAC



An autumn avenue

The lovely colours of autumn, with the late evening sun highlighting the yellows, oranges, reds and the greens of the leaves on this lovely avenue on Falls Road, just south east of Nimbin village. I did an evening walk up to Moondani and as I returned to the village it was dark with a third of the moon lighting the way into Nimbin on Monday 25th May.



by Aunty Maj and Uncle Norm

She says

Dear Rusty, this is treacherous territory. Get it right or you'll be paying for it all year. It's best to ask her what she would like and comply as much as possible.

Beware if she says to surprise her, she's checking to see if you have been paying attention to her over the last ten years of marriage.

Have you listened and communicated enough to know what she likes?

If you cover all the 5 love languages, you can rest assured of getting something right. "What are they?" I hear you ask.

Words of affirmation – tell her you love her more than you did when you were first married. She'll love that.

Quality time – do something you both like. If possible, take the day off work. Big points for that.

Gifts – give her something you know she would like

– not something you like, or a household appliance. Women love flowers but even they have pitfalls. Don't buy white lilies – they're for funerals. Give them and it could be yours. Nor chrysanthemums – they're for Mother's Day and she wouldn't appreciate you thinking of her as "Mum". There's no romance in that.

Jewellery is problematic – taste, fit, expense. You could take her shopping on the day but discuss the upper limit before entering the jewellers.

Acts of Service – fix or do something she asked you to do months/years ago. Don't make a big deal of it.

Physical touch – kiss her, hug her and tell her that you care.

See, it's not so hard. Follow my advice and you will be assured of a happy anniversary and, hopefully, a year filled with love, peace and a wife who feels loved

and appreciated. Remember, happy wife, happy life.

He says

Dear Rusty, my Little Cabbage and I are also about to cross the same abyss as yourself. Every time I think about it my butt clenches and I get chest pains. It's amazing how one little shtup can change your life. Before you know it, you've signed your life away and settled into nuclear familial bliss. Only to find that you have to celebrate this event in some creative and joyous way, every fucking year.

I asked my Little Pumpkin what she'd like, and she said "surprise me". Not what I wanted to hear. She suggested doing a parachute jump, going hang gliding or snorkelling. So she wants me to jump out of a plane or off a cliff or swim with sharks to prove I still love her. I suggested we go out for Thai instead of Chinese, and a

HE says / She says

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

Dear SSHS,

Our Tenth Wedding Anniversary is coming up. My wife is expecting something special and I haven't got a clue! Please help me. – Rusty Shackles

fishing holiday. This was met with stony silence, even though she was included and my mates didn't mind.

So Rusty, you have to accept that you're going to have to go well out of your comfort zone to pull this off. Firstly, check with your Bank Manager, re-load your credit card and check your insurance because it's going to cost you.

Next, write her a poem or a song. If you can't write, pay someone who can. Forget breakfast in bed. My Little Persimmon hates it, she always has to clean the bed of all the crumbs and shit.

Remember, if she's anything like my wife, this anniversary isn't just one day, it'll go on for a month. The only advice I can give you here is to submit.

Try asking your wife's girlfriends for advice. If they have anything useful to say, for Christ's sake, let me know.

The Beach in May



Brunswick Heads Beach walkers

by Catherine Baker

Three walkers did the Murray Scrub walk on 10th May, but no walk report was written. The upside of that is we have more space to advertise Peter Moyle's forthcoming weekend camp at Lamington National Park.

The Nimbin Bushwalkers' second walk in May was north along the Brunswick Heads beach for an hour and a half, picnic lunch, then back to the Bruns Surf Club along the adjacent firetrail. The full walk along the firetrail is about 7 kms long, ending at the Tyagarah Nature Reserve carpark.

We originally were going to have a car shuttle and do the one-way walk – but the loop is easier when you don't know how many walkers and cars are going to show up on the day. In the end there were just four of us. I was the only one who'd done the walk before, so it was gratifying to be able to show it to the others.

One of my favourite features of the firetrail is that sometimes you may spot an echidna – but you have to be there very early or at dusk to see

them. Most of the Club walks start around 9 or 10am – too late.

It was a windy and mostly overcast day, dramatic seas. Apart from a couple of sturdy oyster-catchers, the birds were lying low. I've not often seen the waves crashing so high on Julian Rocks. Trinity found a beautiful many-coloured butterfly on the beach – blown there presumably – and put it in a more secure spot in the bush (pic above).

Returning along the firetrail was more sheltered, quieter, and we enjoyed a variety of Banksia blooms. Dark weather was following us



A female Scarlet Jezebel, *Delia argentona*, family Pieridae.

from the south, but we managed to stay ahead of it and got back to the Surf Club without a drenching and feeling fit. Three hours walking all up. Beats a treadmill any day.

Walks Program for June

Friday 12th – Sunday
14th June
Lamington National Park

Leader: Peter Moyle
(0412-656-498)

Grade: various. A weekend at Binna Burra in the Lamington National Park, behind Nerang on the Gold Coast, a one-hour drive from Coolangatta on a sealed road. This is the coastal section, not to be confused with the O'Reilly's inland area. There is a hotel that also offers full facility camping and has on site canvas Safari Tents with timber floors and beds as well as the usual hotel/lodge options. There is a food store and coffee shop.

Lamington has Australia's largest remnant sub-tropical rainforest, extensive, well-formed and gently sloping walking tracks of varying lengths that offer rugged mountain scenery, breathtaking lookouts and gorgeous fern gullies. We will do a variety of walks to accommodate all fitness levels.

Peter is planning to arrive after lunch on the Friday. People may come for two nights, one night or for day trips. The camping area has spots for motor-homes as well as camper trailers, BBQs and a camp kitchen. Camping fees apply.

If you are planning on staying

overnight, bookings need to be made with the Lodge either through their website: www.binnaburralodge.com.au or by phone: 1300-246-622 or 07 5533-3622.

Peter's phone no. is above. Please let him know of your intentions to help him plan the walks for this weekend and also to arrange the camp area.

Meet: Binna Burra campground from Friday lunchtime onwards.

Sunday 28th June Brummies Lookout

Leader: Bill Potter (0428-737-747)
Grade: 3. Walk along Brummies Road in Mebbin National Park and ascend steep track to lookout with a spectacular view of western side of Mt Warning. The lookout is 600m above sea level and the southern view extends all the way to the Byron Bay lighthouse. Be warned that there is a risk of falling off a precipitous cliff if you get too near the edge.

Meet: 9am at carpark just over the bridge on Tyalgum Road as it enters Tyalgum. We will car pool to start of walk on Brummies Road.
Bring: Water, lunch.

Sunday 12th July

Private property walk at Afterlee, near Kyogle. Leader Don Durrant will share his experience of many years of successful rainforest regeneration. Further details next issue of NGT.

Sunday 26th July Mount Cougal

Tony Isaac will lead this walk. Further details next issue of NGT.

www.nimbinbushwalkers.com

German food safari at Blue Knob

A huge thank you to all the stallholders and all the participants of the Fibre Festival at Blue Knob. It was massive, fun and beautiful. The café enjoyed the people coming, as it was relaxed and friendly.

Also the café's first Asian favourites night was fabulous, with great food and wonderful musicians who played all night. "We were asked to do that again," Joline smiles, "and so we will, on 20th June."

The vintage café with views on Blue Knob Mountain is planning a fair few new events, like a Jane Austen style Vintage High Tea on Sunday 7th June and a German Food Safari Sunday (ex-Food Lovers Sunday) on 28th June.

"Since the German soft pretzels are so sought after on Saturdays, I thought to offer all German and European food fans the opportunity to enjoy those culinaries, traditionally and freshly prepared on the day with famous meat and vegetarian dishes coming from various German regions. We will have a German Food Tour Guide sharing the history of the dishes we will be eating. It is going to be awesome! 'Klasse' as the Germans say."

Joline explains: "An overseas historical Food Safari, great people, lovely

atmosphere and a real German Cook! Now we're talking – and so Winter can come."

The café also now offers Birthday Party packages, any catering for festivities from 8-50 people and also a space for any occasion. "We have renovated the back of the café to have seating in the green with views to the mountain and fields, and maybe even a cow will visit, of course from the other side of the fence." Joline winks, proud of the newly created space.

"It is beautiful, quiet and relaxing, away from any buzz or hassle – just what the Northern Rivers has to offer. A secret garden!"

Café Blue Knob schedule for June

- **Sunday 7th June,** 1.30 -5.30pm Jane Austen's Pride & Prejudice Vintage High Tea with Drama Entertainment & Movie Screening. Bookings are being taken now.
- **Saturday 20th June** 6pm, Asian favourites night, bookings are essential.
- **Sunday 28th June** 12pm, Traditional German Lunch/Mahlzeit with Bretzel (pic above) Making Workshop afterwards (seats are limited) – Bookings are being taken now, so call now.

Phone for bookings: 6689-7449 / 0416-616-804.



Café Blue Knob recipe

To honour the upcoming Blue Knob Pumpkin Festival here is the best ever...

Roast pumpkin soup

(or so we are told). The secret to our Pumpkin soup is that it's 'only pumpkin'. Easy...

Ingredients

- 1 jap pumpkin cut in 4-5cm pieces or slices for roasting (skin can stay on)
- 3 cloves of garlic
- 40g butter
- 100ml pure cream
- Lemon juice of 1/2 lemon (or more to taste)
- 2-3 good quality vegetable broth cubes or 2-3 tsp of broth mix
- Salt and pepper

Method

Cut the pumpkin and roast it with the garlic cloves on 200C on baking sheets for

an hour or until it is clearly soft and caramelised on the edges. (This could be done a day ahead and then kept in the fridge.)

Let it all cool before scooping out the flesh from the skins, and with the garlic put it all in a blender. Add some water (however you like your soup, thicker or thinner) and blend for a few minutes depending on how strong your blender is. Blend until you have a smooth soup.

Now add lemon juice, cream, salt, pepper, vegetable broth cube/powder and blend again.

Pour into a pot and heat – serve with slices of bread, toasted with olive oil and salt in a griddle pan.

For any questions or more info, call Joline 0416-616-804 or 02 6689-7449.

FLAVOUR OF THE MONTH - TUNISIAN

by Thom Culpeper

Squab – Harissa – Couscous – Tajine

A Tunisian dish of spatchcock or Cornish hen on spiced and veged couscous, prepared in a 'Scanpan' Tajine.

The Tajine is the common 'pot' for the cooking of the women of the Maghreb (Morocco, Tunisia, Algeria, Libya and Egypt) of North West Africa.

The couscous (koski) are assembled with spiced vegetables with all of the meats and fish of the Mediterranean and the desert-bordered lands.

Tunisia is the southern limit of the olive's range and here it is rich and fragrant with desert heat. The citrus prevails, and the collection of blossoms for the distillation of orange oil and the surplus of 'orange water' is used in many dishes. 'Leems', salt preserved lemons and limes are universal in the the Maghreb culinaries.

The herbs and spices such as bay leaf, saffron, pepper, ginger, cumin and caraway, coriander, thyme, cinnamon, cloves, fennel, turmeric, nutmeg, mace, cardamon, cayenne, paprika and special blends such as dukkahs and Raz El Hanouts spice the dishes.

The fruits pomegranate, apricots, citrus, fruit-grapes, dates and melons are used in most dishes.

The vegetables of Arabia are determined by the fact that long cold periods are not the nature of most of Africa. Some elevated sites allow the propagation of some 'closed' brassica, kale is common and rocket is used. The



lactuca, the lettuces, are the main salad frame. Beans are another mainstay, together with lentils.

At the 'Suq' a western cook will be mesmerised, not by the 30gm, plastic packed, super-market miserable 'offer', but kilos of flavour and aromatic 'mind-sense', that are not meant to break the budget, but to salve the appetite and soul and satisfy the eyes.

My hard-pressed stove is now addressed by a beauty, a Danish 'Scanpan'. The ultimate tajine, a true 'tool', a grand pot of genius! A porcelain 'taj' over a 316 stainless steel super-conduct-base. The French come close to this beauty with their lovely cast-iron 'Le Creusets'... but the maintenance! Who has the time to re-oil a caste iron pot after a 'burn out'?

The Suqs of the Maghreb offer a tajine in terra-cotta for a couple of dollars, Easy! But no potter in Oz can 'throw' a matched pair of a tajine in clay for this price and still pay the banker/landlord.

So get hi-tech survival gear. 316 S/S Avec porcelain-max-heat transfer is the go. A pot for your next lover... if s/he can cook.

Spatchcock avec couscous, fruit, kale, etc in a 'Scanpan' tajine

- 2 spatchcocks or Cornish hens
- 1 large red onion or the white stem of a big leek
- 6 cloves of garlic
- 50 gms grated seville orange rind
- 50 mls orange-flower water
- 50 gms blanched almonds or pine nuts
- 2 preserved lemons, (washed)
- 1 pomegranate
- Pepper and salt to taste
- 4 carrots, 3 red and 1 purple
- 250 gms of kale. (wilted, 1 minute)
- 2 green peppers
- 250 gms of cooked chick peas
- 400 gms of diced tomatoes
- 150 grams dried apricots, figs, sultanas and glazed Davidson's plums
- 200 mls of olive oil
- 400 mls stock of choice
- 150 grams of harissa paste

Prepare the Couscous as per box. Grill, fry or roast the fowl, to brown, in oil with salt/garlic, 4 minutes. Just sear.

Load the Tajine with Couscous together with the veg of choice on top of the couscous. Drizzle with Harissa, add stock and dress the dish with the almonds, chick peas, kale, orange zest and sliced preserved lemons. Into the medium-stove for 30-40 minutes. Rest 5 minutes.

Finish with Orange water, pine nuts and pomegranate cells.

Serve with 'hard bread' and mint tea, Araque and maybe, Baklava or a shortbread hash cookie. A Muslim's reality!

Thurs/Sat/Sun 10am-4pm Fri 10am-2pm
719 Blue Knob Road @ The Blue Knob Art Gallery
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