

A tasty study



by Anthony Neenan, teacher

Nimbin Central School is now running Agriculture as an HSC subject, and the students have been out and about looking at examples of food production in our local area.

First off, we visited Tutti Fruitti farm at Lillian Rock. The scale of vegetable gardens and the diversity of fruit trees amazed us all. We enjoyed tasting rare fruits and what was the tastiest watermelon of the season – organic of course.

James Creagh shared his thoughts on the local food movement, the success of the Blue Knob Farmers Market and his “natural” approach to beekeeping.

Next stop was Nimbin Valley Dairies, where Kerry talked us through the long history of dairying on this beautiful patch and the growing business that Kerry and Paul have established. The great soils, pastures and water resources on the farm were impressive.

Students loved seeing goats being milked but the highlight for most was the cheese-tasting, leading to many travelling straight to the Nimbin Farmers Market to buy more.

How lucky we are to be in a community and region that is at the cutting edge of the local food movement – a great encouragement for our budding agriculturalists of the future.

Theta healing workshop

After travelling the world doing Theta Healing™ over the last 4 years, Gabe Morahan (pictured) is currently offering this healing modality in the village of Nimbin.

Theta Healing is a non-invasive energy therapy that can assist with chronic pain and illness and can help with working through emotional issues and overcoming negative thoughts.

Theta Healing is a technique that helps you to recognise and immediately change negative and limiting subconscious beliefs. It is a tool that you can use to rapidly remove deeply held fears and blockages and it can assist you in reprogramming the unconscious mind to allow you to live an empowered and fulfilling existence.

Thoughts create subconscious belief systems and in turn these belief systems create the reality that you experience. Even with conscious effort and affirmations you may sometimes struggle to make changes in your life. These subconscious beliefs can underpin all aspects of your life including the type of relationships that you develop, the level of health that you experience, the way that people treat you in everyday circumstances, the wealth that you allow yourself to receive and the levels of happiness that you believe that you deserve.



Theta Healing is a technique that you can learn to help you to identify these belief systems, and it provides you with a tool to alter, transform and transcend your current limiting belief systems.

Gabe will ask you a series of questions to help you to identify your unwanted subconscious belief systems and she will then use a meditative technique that will put you into a theta brainwave state – an altered consciousness where brainwaves are slowed to a relaxed mode and unwanted patterns and beliefs are changed. It utilises unconditional love and connecting with the divine to transform these beliefs.

Like to know more? Gabe Morahan is offering a FREE Introduction to Theta Healing talk on Wednesday 11th March at Djanbung Gardens, 74 Cecil Street, Nimbin. She is also offering 30-minute taster sessions at the Apothecary every second Saturday from 7th March. Phone 0449-287-776 to book your place.

Biodynamic craniosacral therapy and origins of disorder

A free flow of life energy throughout the whole of our being should facilitate peace and order to bring about and maintain essential health.

This is the ideal. It is often not as easy as that. To get that right there are things we can do ourselves like eating a healthy diet and exercising our minds and bodies and others that ask for some kind of professional help. Why is that?

First of all we might have experienced quite a bit of stress and trauma before we even took our first breath. The birth process is one of the most formative events in our lives. And not just that, the whole period from conception to birth has been named the time of primary patterning. Experiences made during this time serve as the core layer of our conditioning.

Dr William Emerson, pre and perinatal psychologist, states further that secondary patterning takes place from the time of birth to about the age of five, and everything after that would



by Betti Wille

be tertiary patterning. So the deepest imprints into our individual beings we receive at times that we hardly remember at all.

Other than that, incidents such as blows, cuts, falls and accidents create protective contractions in the tissues that can remain long after the original trauma has passed. We might not remember all of these either. And even if we did, what could we do about these incidents from the past?

And how are we supposed to know that the recent head-

and backaches, for example, are connected to a whiplash injury many years ago? Also, scars received as a result of tissue damage or surgery may act as a site of disturbance by pulling on surrounding tissues.

With the biodynamic touch provided by a practitioner the tissues reveal their condition and may tell about a past experience that is still stuck in there. Body tissues are good at that. It's quite amazing how appropriate they can deliver their feelings. There are many different qualities and a wide range of dynamics, for example in movements or temperature. Provided there is enough space and support the body would then deal with it in its very own way.

If given the chance, tissues would ALWAYS return to homeostasis (equilibrium). The space and support needed to do this is a safe environment. A sense of safety is best found within our own resources, which means sources of confidence and well-being.

Biodynamic Craniosacral Therapy is a safe and effective technique to improve health on all levels. It is even possible to go back as far as conception. Client and practitioner delve from the surface into deeper states according to present circumstances.

How deep or far one can go depends on the level of intrinsic resources. That is why we often start our work here. This is very gentle, subtle body work. Instead of manipulating the body, the focus is on assisting the biodynamics of self-healing properties.

I have experienced tremendous healing with Biodynamic Craniosacral Therapy myself and it is a matter of heart to share this with others. It's a wonderful experience to see people heal themselves. Good-bye for now, I will return to Nimbin in May. May all beings be happy!

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

Study wholistic nature-based medicine

Now is the perfect time to enrol in Homoeopathic courses at the School of Natural Medicine and the Arts (SONMATA) in Wangaree.

We offer a rounded education into Hahnemannian treatment of illness. This is a program of three courses that present the bones to Hahnemann's philosophy of healing from the 18th and 19th Centuries. Homoeopathy was always a complete practice of medicine that existed alongside the dominant paradigm of medical treatments.

Hahnemann presented his philosophies and learnings in two main writings, *The Organon of the Medical Art* and *The Chronic Diseases* in the 1880's. These teachings approach: acute first aid treatments, constitutional



treatments for strengthening and to prevent illness, as well as the management of the layers of chronic disease in the individual.

The courses build upon each other and are a wholistic nature based craft of medicine that treat illness as it arises, prevent illness, and remove layers

of disease. An energetic medicine, homoeopathic treatment is safe to use as an alternative or complement to normal medical treatments. Homoeopathy works with the innate wisdom of our own vital energies and forces, nudging them into action, despite the onslaught of repressive treatments that we have been shaped by over generations.

Homoeopathic courses commence in mid April and run for six weeks. These are weekly morning classes no more than \$200 per course. Weekly payments are acceptable. Other expenses may include a materia medica with repertory less than \$70, and tailor-made homoeopathic kits that will suit you and those you care for.

Free meditation classes are also offered six times a

year on the first Sundays of Autumn and Spring from 11am. These are Sahaja Yoga classes that include a footsoak in salty water to balance, cleanse and revitalize the subtle system of nadis and chakras. The mother kundalini energy, innate to us all, is awakened in order to attain a state of thoughtless awareness and spontaneous union with the divine. Morning tea is shared after with a cup of yogi tea.

The charming old church with a Richmond River vista, is an ideal Studio Space for musicians and small groups. Also an ideal retreat situation for spiritual practice and making art. The space may be hired at \$10 per hour, \$50 per day or \$150 per week. Phone Leandra on (02) 6636-2356 or go to: www.sonmata.org for more information.

Are all herbal remedies created equal?

The simple answer is, “no”, according to Phoenix, a Uki-based alchemist and creator of the Happy High Herbs Spagyrics range.

“A common herbal tincture is made by simply macerating dried herb in alcohol. That's it. The remedy is still effective, but incomplete,” he says.

“Spagyrics are created by carefully separating the tincture (Spirit), essential oils (Soul), and mineral salts (Body) from the herb, and then recombining them to provide a complete and whole-plant remedy, the way Mother Nature intended.”

“Not only that, we also create spagyrics in harmony with the cycles of the cosmos, so that they provide



healing on all levels of being: body, mind, and spirit.”

Elen Jones, owner of Nimbin Happy High Herbs says, “We've already heard amazing stories from local people that use these formulas regularly.

“One woman has managed to prevent recurring migraines in her nine-year old daughter using the Anti-

Spasmodic blend. Another woman uses the Horsetail simple to strengthen weakened teeth.

“The other great thing is that they're so easy to use, just a couple of drops a few times a day and that's all you need.”

There are forty combined “remedies”, and sixty simples (single herbs) in the Spagyric range at Nimbin Happy High Herbs.

“Locals get a 10% discount on anything in our shop”, says Elen Jones. “Come in and check out these potent and easy-to-use herbal medicines... take your healing power back into your own hands and not into the hands of the massive pharmaceutical companies, that's the real power of these herbs.”

School without computers

At Rainbow Ridge Steiner School, our students have limited access to computers. There is a debate about the role of computers in education, and regardless of the different views in that debate, it is interesting to know that a number of chief executives of high-tech companies, including Apple, eBay, Google, Yahoo and Hewlett-Packard, send their children to a Steiner school in California – where there is no access to computers before grade eight.

Most of us use computers and are grateful for them, and we need to be competent with them to succeed in today's world. But as one of these parents, an executive at Google, says, using computers is "Supereasy... There's no reason why kids can't figure it out when they get older." (Quoted in the *New York Times*)

The top employers don't only want people who are intelligent and have a good body of knowledge, they want people who are able to collaborate, communicate, problem-solve and adapt.

And this is where our educational focus is at Rainbow Ridge School – on developing the capacities for creativity, imagination, resilience, and social and emotional intelligence, over rote learning or on-line information gathering.

We adhere to the NSW state curriculum, but the students learn through physical activity and creative, hands-on tasks. So when our teachers give them a task to knit bags for their recorders, they develop their fine motor skills, as well as maths skills, problem-solving and design. And instead of engaging with computers, they engage with their teachers and with each other.

This education is holistic and imbued with feeling and purpose, with a focus on looking at the bigger picture of the world around. So when the students come to solve problems, they remember to consider all people, and become great collaborators and communicators.

In this way, our children gain just the kind of skills that will not only make



them exceptional employees, but will help them to deal with the inevitable ups and downs of life. When they reach the end of their primary education, they are prepared not only for higher education and career, but for a life of success, purpose and joy.

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THE VISIBILITY OF LIGHT

Using light in varying forms can transform an idea. It can create a new visibility of form, shape, colour and space.

Children respond to the use of light in so many interesting and varying ways. The most obvious is the play with shadows that illuminates all of the forms.

At Nimbin Preschool, the use of the overhead projector as a conduit for creating a different language of thinking is paramount within the children's current investigations. The

immediate effect of transformation of size and shape is exciting and exhilarating.

In the photo, we observe Sol engaged in the drama of the light as colour. He is co-constructing with the light as colour because light offers and emotive dimension that is so hard to resist.

Jayden co-constructed the idea of catching shapes with Jharal. Again, the light as colour, combined with composition of an idea, is irresistible.

Light is in effect an environmental choreography!

Cawongla open day

by Leanne Logan

Cawongla Playhouse is a community preschool with a difference. What makes us different? Come and see for yourself. We are holding an Open Day on Saturday 21st March from 9am to noon. Morning tea, entertainment, story-telling, games and more will be happening.

In the lead-up to this event, we felt curious and decided to ask our whole preschool community some questions: What does make us different? What is it that you love about our community preschool? What are you grateful for?

As we went to press, the adults in our community – parents, grandparents, carers, educators, neighbours – had already contributed a sizeable list of loves.

And so had the children. It was fascinating to hear their thoughts and responses, particularly in relation to how we, the educators, see the preschool. We have always valued ourselves as a nature preschool – our grounds are large, abundant with fruit trees, vegie gardens, flowers and space to run, explore, create, be curious, learn.

It was therefore gratifying to hear the children validate that concept. So many of



Max offering a gift of flowers

their voices spoke of their love of our "trees", our "grass", our "water", our "birds". Three-year-old Noah fine-tuned it. "I love our ladybeetles," he stated in his deep husky voice, perhaps remembering our morning's close-up encounter, on our bellies in the grass

with the magnifying glasses observing dew drops, ants and other creatures that call our preschool home.

As we ate our lunch together and discussed our loves, four-year-old Isabella honed in on the entirety of the conversation: "Everything! I love the whole school. The kids and even the teachers!" she stated.

Well, what followed for me was one of those moist eye moments. I wrote down her comment and thought – for the thousandth time – how special children are.

You'll find us at 5325 Kyogle Road, Cawongla. For more information, phone 6633-7167. You are welcome to our Open Day on Saturday 21st March.

Changes and improvements

Tunttable Falls Community School has seen some amazing changes and improvements over the last few months. The tea bails, a disused building near the school, have been transformed into a wonderful space – currently being used as a music room to house our new marimbas.

The kindy classroom has been extended to include a peaceful open-air nature space. We also have paved the carpark, making it safer and easier to drop kids off.

This year we are starting to building a lovely new classroom – thanks to a BGA grant and a lot of hard work from the committee.

The vegie garden is looking lush and we are about to plant seeds and seedlings for our winter crops. Growing, harvesting

and then cooking with fresh vegetables is a very important part of our school program.

Welcome to our beautiful new kindy kids, who have all settled in really well and are busy learning new songs, getting to know each other and having lots of fun.

The lower primary class are working on "cycles" and how they affect our lives. They are observing weather patterns, moon phases and recording their moods in their journals. The kids are also learning to express their emotions through dance.

The upper primary class are compiling and editing newspaper articles and will be creating their own "zines" later in the term. In science, the kids are exploring earth in relation to the sun and the moon.



Lower primary students preparing lunch with produce from the garden.

It is wonderful to see the children full of enthusiasm in their learning and their pleasure at grasping new skills.

We have limited spaces available in all classes. If you are interested in enrolling your child/children please contact the school on 6689-1423.

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Nimbin Garden Club Notes



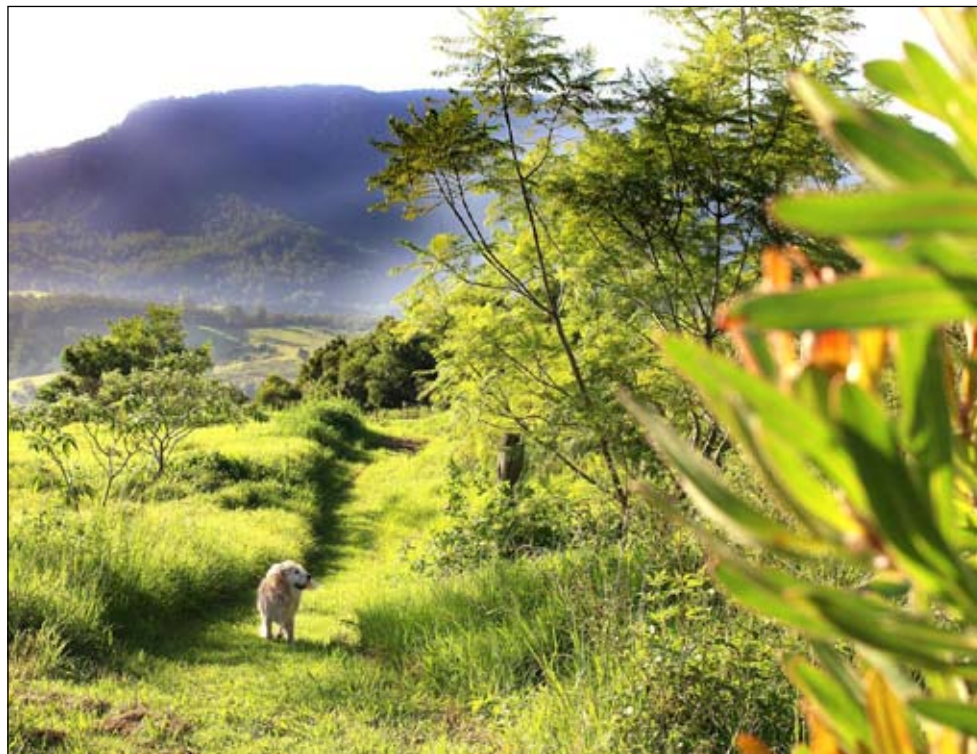
by Gillian Jones

Due to the cyclonic weather conditions, the February garden club visit to the Blade Road garden was cancelled.

This month, on Saturday 21st March, we will be visiting Gordon Petherbridge and Miriam Ella's, which is a new garden in the making.

The property (pictured), located at the base of Mt Nardi, is an old banana plantation and has a commanding view of the Nimbin Valley. A challenging block to garden with a south-westerly aspect, Gordon and Miriam have only been living on the property for five years, and infrastructure is still being put in place.

Experimental areas of bush re-generation have been initiated with larger areas planned. Serious weed eradication and large amounts rubbish removal have taken priority this year. An exotic subtropical garden is being planned to enhance the beauty and inspirational potential of this unique spot.



Gordon and Miriam hope Garden Club Members will be interested to contribute their experience and ideas to the garden plan, still in the making.

The property is at 25A Newton Drive, Nimbin (6.6 km from Nimbin Post

Office). Look out for Nimbin Garden Club signs. Parking is limited, so those who can walk a short distance (approx. 300m) to the house are asked to park at the gate on Tuntable Falls Road. For Garden Club Members who may have difficulty walking

along the driveway, there is some parking close to the house.

Please bring a mug and chair and food to share. We look forward to seeing old and new members at our first visit for 2015.

nimbingardens@gmail.com

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What's On in March?

- **Twilight Bowls** – Wednesdays & Fridays, 5pm
- **Open Mike Nights** – Wednesdays 11th and 25th, 7pm
- **Sunday 22nd** – Club Visit: South Tweed
- **Sunday 29th** – Club Visit: Tweed Heads
- **Friday April 3rd** – **Good Friday Bowls Comp**
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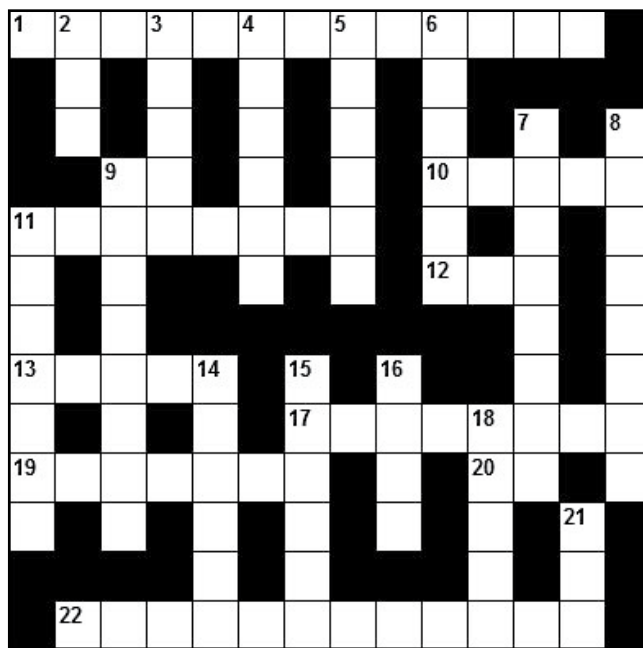
Navigation by the Stars

Astrological Counselling
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Tina Meus
02 6689 7413
star-loom@hotmail.com

Nimbin Crossword

2015-03
by Synic



Across

1. Carnivorous dinosaurs – clever girls
9. User Interface (init)
10. Brand
11. Eastern polytheistic faith
12. Rest on buttocks
13. Religious (cult?) leaders
17. Of equal pressure
19. Feeding with milk?
20. ___ and them?
22. See 11 down

Down

2. Tree person? Medical specialist
3. Egg shaped
4. Conveying the opposite of the literal meaning?
5. Sets of photos or songs

6. Internet creatures – they lurk and attack the unwary if fed
7. Does not partake (in drink, ganja, or voting, for example)
8. Nimbin pool _____ are held every year
9. How you bowl to stop Kiwis hitting a six?
11. (and 16 down, and 22 across) Famously dangerous local diving spot (7,4,8,4)
14. Faction of the Islamic faith – followers of Ali
15. Capital of Rwanda
16. See 11 across.
18. Beat
21. Shelter (from the wind, for example)

trivia

Devised by Martin Gill

Questions

1. Horsehair from which Northern Asian country is generally considered the best for violin bows?
2. Which planet in our solar system has the hottest average temperature?
3. The terrorist Stern Gang was instrumental in the creation of which country?
4. What is a panagram?
5. Who wrote Fifty Shades of Grey?
6. What does the acronym BOM stand for?
7. What is the literal translation of Antipasto in Italian cuisine?
8. Which four stringed musical instrument can be a soprano, concert, tenor, baritone or bass?
9. What is the female equivalent of a bodgie?
10. Where did the Wicked Witch of the East live?

Answers

1. Mongolia. White stallion hair from cold climates is considered the best and Mongolian the very best (Siberian in some quarters). Mongolia is also the most sparsely populated country in Asia with 2 people per square kilometre.
2. Venus. Mercury is closer to the sun but Venus atmosphere is high in CO₂ and it suffers from an extreme greenhouse effect. The average surface temperature is 735 Kelvin, or 462 degrees Celsius – hot enough to melt lead.
3. Israel. In 1948 they massacred 250 people in the village of Deir Yassin. They were also infamous for attempting to form an alliance with Nazi Germany during WW2.
4. A sentence that uses all the letters of the alphabet. The quick brown fox jumps over the lazy dog. A perfect panagram only uses 26 letters but most are varying on gibberish. Squdgy fez, blank jimp crwth vox! (A short brimless felt hat barely blocks out the sound of a Celtic violin).
5. E. L. James. The word "write" might be a very ambitious usage in reference to the book.
6. Bureau of Meteorology.
7. Before the meal. That is before your boiled dough and tomato sauce.
8. The ukulele. Hmmm, musical instrument? Big call.
9. A widgie. 1950s subculture. You had to be there.
10. In Frank L Baume's Oz. I think I know one of her descendants.

Solution: Page 35

El Salvadore elections

by Warwick Fry

Some older readers might recall the FMLN – a coalition of Salvadoran guerilla forces which fought the US backed military regime to a stalemate after a 12-year civil war that was costing the US government \$2 million daily.

That was the 1980s. That was then, this is now. Now the FMLN (or the Frente as we call it) is a fully-fledged political party. Since 2009, the Frente has won two presidential elections, but without a clear majority in the single chamber (no Senate) Assembly. A government, but without a clear majority.

As a 'minority' government, the Frente has been hindered in implementing the social programs that motivated so many of the young people to go further than the street marches and rallies of the 1970s and early 1980s and head up into the hills. The social programs and workers' rights they were marching for were met by riot police, stun grenades, teargas, bullets, and for the organisers, death squads.

As this issue of the *GoodTimes* goes to press,

the Salvadoran people will be going to the polls in a general election for the General Assembly, Municipal elections (Mayors), and the Central American Parliament (El Salvador, Guatemala, Nicaragua and Honduras). No-one doubts that the FMLN can win. (They already have the crucial Mayorship of the capital, San Salvador in the bag). But they need another four seats in the National Assembly.

Why? Firstly, so that they will have the majority to sack the corrupt Attorney General and others in the judiciary. These have been the major obstacles in attempts by the Frente to block measures to privatise El Salvador's water resources, and investigate war crimes committed by former military personnel still entrenched in a corrupt bureaucracy.

The current Attorney General has ordered that former ARENA President Flores, guilty of the embezzlement of over US\$10 million be allowed to remain under 'house arrest' after Interpol found him hiding out in Panama, after he had left El Salvador precipitously when charges were first raised.



But perhaps more importantly to Australians, the Salvadoran AG has held up investigations into murders, mutilations and death threats against community leaders and activists resisting the development of a goldmine on a sensitive water table in the Salvadoran mountains.

It is a situation reminiscent of the terror tactics of the death squads set up by the founder of the right wing ARENA opposition party, of which the Attorney General is an avowed supporter. In the 1970s and 1980s the death squad enforcers were called 'paramilitary'. Now they are called company

security guards.

The mining company claims that security is 'outsourced' and the company is not responsible for the behavior of the personnel. The beheadings, mutilations, sabotage of the community radio station, and death threats are, according to mining spokespersons, due to 'community conflicts'.

The company is owned by Australian based Oceana Gold, who bought it from Canadian based Pacific Rim, some years ago. They are currently suing the Salvadoran government for restricting the development of the mine under the terms of the North American Free Trade Agreement.

Spokesperson for the anti-mining movement in El Salvador Pedro Cabezas said, in a recent interview with community radio 2Nim-FM that in the lead up to the general elections (held as this issue goes to press) Oceana Gold has stepped up its activities in the communities, throwing money around and ramping up the presence of security personnel. Perhaps Australia's Oceana Gold have their own great expectations for their ARENA mates in the Salvadoran election results.

It's a titanic struggle. Let us hope it will be one the Salvadoran people will win.

ASTRO FORECASTS

by Tina Mews

WHAT'S HAPPENING IN THE HEAVENS?

March

In our yearly round we have reached Pisces, the last sign in the zodiac and the end of the cycle. Symbolically, the two fishes swim in opposite directions, one fish is swimming towards individuality while the other one swims towards universality. In many ways Pisces is associated with the urge of fusing the material and spiritual realms without getting lost in either of them. More often than not, the choice seems to be either saving others through self-sacrifice and service or suffering the consequences of escapist tendencies. Pisceans can dream big dreams, but might easily be discouraged. Being a water sign, makes it difficult to define boundaries, since water is formless and can take on any shape or colour of its environment. Thus, they are like psychic sponges that absorb - mainly unconsciously - the moods and vibes of those around them. On a lighter note, the Piscean individual has a vivid imagination and can excel at dance, acting, music and many other forms of creative self-expression. Equally, many of them are gifted healers or dedicated health and welfare workers.

The wave of ongoing transformation will present us with another peak in mid March. Since 2008, an increase in planetary movements and activity has corresponded with crisis and in-depth changes of our personal as well as collective perception and belief systems. The main stage has been set up by the two outer planets, Pluto and Uranus symbolising the powers of resistance from the past (Pluto) clashing with the awakening of a new consciousness that aligns with the needs of the future (Uranus). The first of seven exact Uranus/Pluto squares took place in mid 2012; the 7th and final exact alignment happens on March 17, 4 days prior to the equinox (March 21) and three days before a powerful solar eclipse on the last degree of Pisces (March 20).

The first week of the month presents us with an encouraging trine between Jupiter and Uranus which promises opportunities of expanded learning and understanding of different cultures and beliefs, with new insights in regards to a 'unity within diversity' approach. The Full Moon in Virgo opposite the Pisces Sun (5-6 March) highlights the need for being pragmatic



about our dreams by aligning logic (Virgo) with intuition and compassion (Pisces). She reminds us of being mindful of our own energy and personal boundaries. Simultaneously, a Mars/Uranus/Venus conjunction in impulsive Aries is a call for independence in relationships, and freedom from restrictions. This call will increase in strength when Mars (action) meets up with Pluto during March 11 -13. From an evolutionary astrology point of view, Pluto represents the journey of the Soul since the beginnings of time. In the field of the upcoming Solar eclipse (March 20, 8:36 pm) on the last degree of Pisces, Pluto symbolises the shadow of the outgoing Piscean Age with its emotionally charged religious wars, exploitation of the planet and the suppression of minorities. Eclipses are portals and influence the electro-magnetic field of the Earth. Old programs can be released and new doors can open immediately. This solar eclipse highlights the need to shift on to a new level of inclusiveness that lies beyond our usual boundaries and defences. People who have their birthday during March 18 - 23 might experience an extra boost of energy. Also those who remember March 18 - 19, 2007 as an eventful moment in their lives might again be especially effected by the powerful vibes of this March eclipse. The eclipse is followed by the Aries Equinox on March 21 (9:45 am). We move from the end of the cycle (Pisces) to a new beginning in Aries. The hours before the equinox are best used for emptying out and releasing, and creating that special inner space, where new information can flow in. Those who like to delve deeper into the fundamentals of astrology can join my new course that starts on March 14. (Details see below).

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

'Astrology for Beginners' starts Saturday, March 14, 10am - 4pm (this is a monthly class). Contact me for more information and bookings.

'Astrology of Family Patterns and Ancestry' starts Wednesday February 4, 10am - 1pm, 8 mornings at the Lillifield Community Centre.

Aries

Mars, the action planet, journeys through your sun sign until the end of the month making important alignments with other planetary forces. Expect a rise in your level of enthusiasm and love for adventure. Try not to take too many chances during March 10 - 13, instead look for a safe outlet for the surplus energy.

Taurus

Venus, your planetary ruler enters your sun sign on March 18 (until 12 April), promising success in personal relationship matters. This could be a favourable time for group project especially when featuring creative endeavours. On the other hand, be clear about your true goals because you might find it difficult to assert yourself and feel like pleasing others instead.

Gemini

It has been a favourable time for exploring new areas of knowledge and communicating it to the world. Mercury, your planetary ruler enters imaginative Pisces on March 14 (until March 31) sensitising your perception. Try to combine logic with intuition by integrating head with heart, and judgment with compassion. Avoid getting stuck on fixed opinions during March 15-17.

Cancer

This is the time of the year for investigating your beliefs and perception about the world and then sharing your wisdom with others. The Full Moon (March 5-6) draws your attention to the possibility of having to adapt to a changing future and encourages a pragmatic approach. You might want to meditate on which direction to take during the eclipse (March 20).

Leo

You might feel like being in a phase of transition because important changes have just happened and the new has not arrived yet. There is no lack of energy and courage for breaking new ground, just the timing is not quite right. After the equinox (March 21) you will feel more at ease with your goals and can structure your projects more thoroughly.

Virgo

This is an important month for you, because well planned projects could be successful now and you might find support from others. Accept any rewards with gratitude and prepare for a new stage of development. The Full Moon in Virgo (March 5-6) is a reminder to combine your powers of logic and reason with intuition and compassion enabling a more inclusive approach.

Libra

This is a time of transition, when it is important to adjust to changing circumstances while remaining open for the arrival of new possibilities at the equinox. Use the weeks prior to this for self-nurture and self-care, attending to your health and putting day-to-day affairs into best working order.

Scorpio

At the moment you might find that things fall into place quite easily and without great effort. Nevertheless, it could be helpful to think about the recent past and what happened, so that you can adjust when circumstances change again. Remember, you belong to the 'fixed' signs of the zodiac and might at times persist with a certain strategy for a bit too long.

Sagittarius

This is potentially a very productive time for you, but you also might experience a lot of tests and challenges. The purpose behind this lies in finding out the 'weak points' of your projects. Try to be as realistic as possible and let go of what cannot work. After the equinox it will be much easier to remain in the flow of things.

Capricorn

This is a great time for networking with others which helps with finding out what goes and what doesn't so that you can make adjustments accordingly. Pluto's journey through your sun sign (until 2024) has been a significant life changer. You might be experiencing an ongoing conflict between inner desires for security on the one hand, and the need for freedom and renewal on the other hand.

Aquarius

The focus of the moment is around self-sustainability, gathering sufficient support and resources for getting on with your newest plans and schemes. By the end of the month you will have a better idea of what is reasonable and can work out well, and which areas need to be adjusted.

Pisces

This is the start of your personal yearly cycle; time to dream up a new chapter in the ongoing story of your life. This could be a very significant period for you, with definite endings and definite new beginnings. Know what you are wishing for....it might come true! The eclipse on March 20 might provide you with extra energy and inspiration.

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

Dear SSHS,
The girl of my dreams and I have been happily married for 6 months – except for one thing. Every night she puts copious amounts of strongly perfumed, greasy creams and lotions all over her face and body. I don't know how to tell her I can't stand the smell or how repulsive it is to kiss her. Can you please help? – Peter Slippoff



She Says:
Poor Peter, your wife has masked her lovely warm woman smells, those arousing pheromones that attracted you to her. Instead you're assailed with noxious emanations from her face cream and other perfumed products.

However it's not only vanity that makes women use unguents but because their faces feel dry. Women's skin is four times thinner than men's, which is also why they wrinkle a lot more.

However women need to be aware of what they are putting on their skin, the largest organ in the body, and how it is affecting their partner.

The most expensive potions cost so much not because they can achieve the miraculous, but because of marketing and advertising. And some of the chemicals in them may cause problems.

I now use products that are

for people with dermatitis. These rich creams are perfume free and have much less chemicals than other products. They are also much cheaper.

My Grandmother used chicken fat, boiled and strained until only the clear fat was left. She swore by this and I used it when I was younger. It worked fantastically in my 20's, quite well in my 30's but not so well when nature finally caught up with me and I aged along with all my friends, no matter what cream they were using. I asked a plastic surgeon what was the best face cream available. He said "sunscreen. It is the sun that ages the skin the most." Good advice, but be sure to get enough Vitamin D.

My advice is buy an organic chicken, strain the fat, put it in a nice jar and give it to her as a present. Better she smells like a lovely roast chicken than a miasmatic chemical cacophony. Good luck!

He Says:
You poor bastard. I can hear the hope in your letter that there's some easy solution to this disgusting habit that women persist with. Sorry Slippo, it ain't that easy.

I know where you're coming from. It's like trying to sleep with a giant dim sim. Making love just results in slipping off onto the floor. You've gotta hope the dog farts for some sweet relief.

What is it with women? They protest against CSG and deforestation, yet don't mind slapping chemicals all over their bodies and clear-felling their lady gardens. I don't mind wrinkles, cellulite and a lush forest. After all who wants to look at a bleak landscape?

I once had a dog that had a bad case of mange. A mate suggested applying used sump oil to the beast. It worked a treat. Imagine what it would do for wifey's skin. But don't

be stupid and suggest it. Fact is you're better off not saying anything. Your young bride will be so offended, you'll be a long term dog-houser for sure.

I suggest if you want any hanky panky, and I'm sure you do, to wait until morning when hopefully most of the funk has soaked in. If she wants it at night, you'll just have to lie there and take it.

You could try putting on some overpowering aftershave (perhaps you already do) to give her an idea of how offensive she smells. Trouble with that is, if you use strategy on a woman, she'll always outstrategise you!

Your only hope is to wait 30 years when she's woman enough to handle the truth, that nature takes its course and no amount of product will stop it. She'll finally realise what you'll know all along: that she just grows more beautiful with age.

Bringing the art world home

by Sandra Joran

A lot of people think Virtual Worlds are for kids and for people who want to play games. In my experience this could not be further from the truth. Second Life (a virtual world) is where I met Jay Jay Jegathesan, the manager of the School of Physics from the University of Western Australia.



Apart from physics, he also has a passion for promoting the Arts in virtual space. Last year and at the beginning of 2015, two hard copy art books were published by the University of Western Australia, and I was gratefully part of both of them.

'The Freedom Project' was the title of the first book and it consists of virtual art by artists and film makers from around the world showing that people with disabilities, chronic disease, mental illness or that are housebound and are extremely limited in their intellectual and social lives are still capable of using a computer from their homes to create art work to illustrate how virtual worlds have in some way helped them get around insurmountable challenges.

The second book 'Transcending Borders' was for artists to interpret from their perspective the theme as perhaps between time and space, past and present, moving from one country to another, one culture to another, feeling displaced or any other borders that present themselves in our lives. This theme was chosen by Professor Ted Snell, Chairman Director of the Cultural Precinct, UWA. This theme was in honour of the cross-cultural relationship between South Korea and Western Australia using the Berndt Museum's collection of historical objects for cultural exchanges and collaboration.

Both books are beautifully presented, and as far as I know the first to ever have been printed in hard copy from a virtual world source. History in the making, and all of a positive nature.

You can view the books online, just Google in their titles.

Accolades to the hard-working people



by Triny Roe

Sunday morning, 15th February, with a 40% chance of rain, nine intrepid Nimbin Bushwalkers, plus two adventurous Singaporean students we met along the way, completed the 7.5 km Minyon Falls Loop Track in Nightcap National Park.

After some confusion as to the meeting place, we eventually all gathered, signed in and departed the picnic ground at the top of the falls. But first a quick foray out to the lookout to scope the view down the valley and out to the ocean.

Led by Judy we set out along the path that started off heading upstream, following Repentance Creek. After a short distance, we crossed the creek via handy cylindrical concrete stepping stones mounted into the rocks. These kept our feet high and dry,

despite recent rains. The trail then followed the western edge of the gorge.

Several spots afforded a great view looking back at the spectacular 100-metre plus falls as they cascaded over the dramatic rhyolite cliffs. These cliffs are a remnant of the Tweed volcanic caldera. There was evidence of last year's bushfire but plenty of new green shoots and lots of wildflowers in bloom. The sclerophyll forest here has an overstorey of blackbutt, tallowwood and flooded gums. The shrub layer features grass trees, banksia, she-oak and wattle.

Wildlife abounded: a green tree snake wound its sinuous way up a sapling, flashing its bright yellow belly as it writhed around the branches. It wasn't a tall tree and the snake could only go so far. It had no choice but to pose for some

photos. Later, in the bottom of the gorge, a goanna crossed our path, scuttling through the ferns. It didn't hang around for many photo ops and quickly disappeared in the undergrowth.

The track progressed along a ridge with a dramatic drop off on either side. Condong Falls could be seen at one point in the next valley. We made a gradual descent via a long sloping path that led to the bottom of the valley. There we admired a giant strangler fig. Its host tree had long since died and rotted away, leaving a hollow chamber you could climb into.

At the foot of the escarpment the trail crosses the creek and leads to the base of the falls with its glorious rock pool. The last bit is a clamber over rocks. Plenty of water was bucketing down the huge drop. A couple of our party partook in a refreshing dip while the rest sat on the rocks and enjoyed the fine mist spray emanating from the falls. This moisture enables the lush subtropical rainforest on the valley floor. Bangalow palms, stream lilies, tree ferns, lillypillies and quandongs feature in the vegetation here, as well as epiphytes such as staghorns, bird nest ferns and orchids.

After a snack, a rest on the rocks and a photo session, we continued along the loop track, following the trail downstream though the cool shady forest. To exit the valley we climbed the steep thigh master path, zig-zagging up the precipitous eastern side of the gorge.

Careful planning :) left a couple



of vehicles at Minyon Grass picnic area, and we shuttled back to the top of the falls, eschewing the last uphill kilometre or so which takes one along the road.

Accolades to the hard working people who etched these tracks into the cliffs and maintain them so we could access this amazing valley with relative ease.

Walks Program for March and April

www.nimbinbushwalkers.com

13th-15th March Weekend camp, Clarrie Hall Dam

Leader: Carol Evans (0481-314-372)

Grade: 1. A weekend private property camp; walking, swimming, boating, fishing at a pristine section of the dam. Option to camp one or two nights.

Meet: 5pm Friday and 10am Saturday at locked gates on start of McDonalds Rd – turn right off Kyogle Rd south of Byrrill Creek Road. Note: As gates are locked entry is only possible as above, unless another arrangement is made with Carol.

Bring: Swimmers, non-powered water craft, fishing tackle and



camping gear. Camping fee of \$3 per person per night.

Sunday 29th March Tallow Beach, Cape Byron

Leader: Eleanor Edwards (6672-3894)

Grade: 2. Easy downhill walk through littoral forest to beach then beach walk up to Cosy Corner below Byron Head and return, approx. 4km. Lunch and swimming at Tallow Creek; easy walk back to the carpark.

Meet: 10.30am, end of Ocean Street, Byron Bay. Bring: water, lunch, hat, sunscreen and swimmers

Sunday 12th April Currumbin Valley, Springbrook National Park

Leader: Don Durrant (6633-3138)

Grade: 3 to 4. An approx 2-hour rainforest walk. Some rock hopping. Further details in next NGT.

Sunday 26th April Stokers Siding Rail Tunnel

Leader: Bill Potter (0428-737-747)

Grade: 1. An easy walk along the rail line from Tunnel Road; see constellations of glowworms in tunnel. Further details in NGT.

A big thank-you from Café Blue Knob

Joline Shervey, chef and manager of Café Blue Knob has had her hands full the last few weeks getting the new café off the ground.

"I want to thank the community for the amazing support of the new enterprise. We have been busy, especially at the opening and our first Mexican Food Lovers Sunday. It was fabulous and we really had a blast! The café has never seen so many bookings before. What a start!"

She looks like she is enjoying herself, even though the café is a lot of work by making things from scratch. "Oh yes, I love it. I adore my own food, especially my raw vegan cakes like the crowd pleaser coconut lemon cake, my new creation the mango chia jam cheese cake or the adorable raw carrot brazil nut cupcakes. We offer delicious and healthy meals for everyone: gluten-free, vegan, light meat dishes, low sugar options, paleo."

The month is also about fermentation which will be celebrated with professionals, locals and fans at the Fermentation Festival on 7th March at Café Blue Knob. One gets to taste, brew, listen to speakers, and be inspired to healthier cooking, living and eating.

"We have dedicated our new vegetarian or beef Rock 'n' Roll Pear Kimchi Burger à

la Blue Knob to the day, and will show how easy it is to get started on fermenting foods, as well as how simple it can be to implement those foods with your meals," Joline explained.

In general the menu looks like a wonderful brunch served all day, with fluffy organic omelettes, grilled melted cheese sandwiches, a German knackwurst on a spelt roll, organic salads, organic nachos with bean chilli, or gluten-free organic buckwheat sourdough pancakes with warm berries and ice cream. Her own brewed raspberry kombucha, banana chocolate jam, as well as homemade sauerkrauts, pestos, and other products made on Goatie Hill Farm are now for sale as well.

The Café has heaps of new community events coming up to which all locals and visitors are of course invited. Here's the heads-up:

- 7th March – Saturday Fermentation Festival at Café Blue Knob
- 15th March – Greek Food Lovers Sunday to fundraise for breast cancer research
- 26th March, Thursday – Local Artists & Friends 'Artistic' Lunch in the gallery (bookings required)
- 27th March – Family Friday Pizza Night with live music (bookings now being taken)
- 5th April – Easter Sunday Family Buffet, with Easter



egg hunt and fun craft for kids (bookings now open)
 • 10th April – Exhibition Opening Night 'Icons' with two-course meal

As we have begun sharing recipes with the community we will continue the trend – this time it is still with fermented products, but on the sweet side. They are fun, fast to make and a bit healthier as well.

Ice cream kombucha floats with vanilla and orange

Ingredients
 Vanilla ice cream (coconut vanilla ice was what we used)
 4 cups of kombucha
 1/8 tsp vanilla extract (gluten-free, if needed)
 Orange juice

Method
 Fill a glass with ice cream (don't pack it, and only about 2/3 full). Add vanilla extract to kombucha. Pour around 1/4 cup of orange juice, and then kombucha over float. Adjust

with more orange juice, to taste, if needed. Repeat with next glass, if serving more than one. Serve with a spoon.

Dairy-free berry kombucha sorbet

3 minutes with 3 ingredients
 1 cup frozen blueberries
 1 cup frozen strawberries
 1 cup red raspberry kombucha soda or regular kombucha

Method
 Add the frozen berries to the blender. Pour the kombucha over the berries. Turn your blender (best is a high speed blender like a Vitamix) on low and gradually increase the speed to high. Use the tamper to help push the fruit down closer to the blade. Blend for 1 minute or until well blended. Freeze again or serve immediately with some peppermint leaves.

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

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Flavour of the month – 'Unholy Mole'

by Thom Culpeper

The Mexican states of Oaxaca and Puebla vie for the right to be called the source of the Moles, those extraordinary mixes said as "Molli", in Nahuatl for sauces that are made universally in Mexico to accompany just about any meat, fish and poultry cut.

Legend has it that Monk Fray Pascual first prepared the dish to embellish a rather tough old turkey being prepared for the Viceroy of New Spain, Juan de Palafox Y Mendoza at his installation. Others claim the Nuns of the Convent of Santa Rosa, on hearing of a Bishopric visit and being poor, threw together all the scraps they could lay their hands on, assassinated an old turkey and served it in the sauce, a "mole" being an old term for a mix.

The post Spanish world left Mexico with a plethora of euro-herbs to add to the Meso-American genius of horticulture. Moles now are a riot of ingredients, held by many women as closely guarded recipes, some claiming up to 35 different inputs and 5-10 steps in preparing.

All are in agreement though, these sauces are the manna of the gods, a gift of the living Earth. The core of the sauce are the chillies, four in particular, the Poblano, dried and then known as Ancho, the Chipotle, the Pasilla and the Mulato. Sour tomatillos are another prime ingredient, along with sweet dried fruits, fried spices and toasted corn tortillas as a thickener. Chocolate, the bitter 70-90% type, is needed for the red and black moles.

The pre-prepared sauces and dried mixes can be obtained from Mexican grocers and providores on the net. The



following is my attempt at a Black Mole. I've made a number of the others moles and pipians sauces with pumpkin seeds as a base.

Seared tuna steaks with 'Mole Negro' and black & broad bean succotash

Ingredients
 15 dried Ancho chillies, de-seeded and deveined
 10 fresh Mulato chillies, de-seeded and deveined
 10 fresh Pasilla chillies, de-seeded and deveined
 2 dried avocado leaves
 15 tomatillos or 450 grams tomatillo salsa
 4 large tomatoes, blanched and skinned
 1 full head of garlic
 3 medium brown onions
 1 cup of sesame seeds
 50 grams each of almonds, pine nuts and pecan nuts
 1/2 cup of dried raisins
 1/2 cup of dried apricots
 1/2 cup of dried figs
 1/2 cup of dried papaya
 1 cinnamon stick
 1/2 tsp each of sage, thyme and oregano
 5 whole cloves
 8 whole allspice
 1/2 tsp each of mace and cummin
 3 corn tortillas
 Lard, coconut or corn oil for frying

3 cups of vegetable stock
 50 grams of 70-90% dark chocolate
 Salt and raw sugar to taste.

Method
 Toast chillies until fragrant, don't burn. Soak in hot water 20 min, puree and put aside. Toast until brown: garlic, sesame seeds, avocado leaves and chopped tortillas. Put aside. Roast tomatoes and tomatillos. Fry all the other ingredients in lard until the onions wilt, put aside. Blend all the above ingredients with the exception of the chillies. Cook the blend in 3/4 cup of coconut, corn, peanut oil or lard on low heat for an hour. Add vegetable stock as needed. Mix in the chilli puree and cook for a further hour. Strain the sauce. Melt the chocolate and add to the cooked sauce. Adjust taste with salt and or sugar. Use, refrigerate or freeze.

The Tuna
 Soak the Tuna steaks in lime juice for an hour, sear with coconut, corn oil or lard, plate and flood with hot mole and serve with roasted tortillas and succotash.

Succotash
 A cooked salsa of fresh corn, red or green peppers, cooked red, black or navy beans together with blanched broad beans, wilted onions, zucchini, garlic, sage and fresh thyme, all sautéed in olive oil.

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