

by Stewart James

For 34 years, NEC has been powering along, raising its own money completely independent of government funding. For this we pay our respects to those who for all these years have battled and offered their time and money to keep NEC active and dynamic.

Today more than ever, staying steadfast on course is of utmost importance. To achieve this, we must put aside our disagreements and differences and work together: we must put the environment first.

With this in mind, I would like to go over what has been achieved over the past year and what remains ongoing.

#### The NEC shopfront

The shopfront in Cullen Street has done fantastic trade, thanks to the volunteers who regularly open and attend to our customers. Our financial situation as shown in our Treasurer's report is a testament to the hard work that these volunteers cheerfully contribute. First prize goes to all of them and to our Treasurer, who puts so much effort into ensuring that the shelves are kept well stocked with an ever-increasing number of interesting items to choose from. Please support the centre by shopping and doing volunteer work wherever you can.

#### Lismore Environment Centre

The Lismore Environment Centre formed as a sub committee of NEC, opened its doors to the public in August of last year. It is located at the Transit Centre and was the initiative of NEC members. The

centre is in a great location and has the potential to reach out to many more people in the area. A group of dedicated volunteers man the shop every day from 10am to 4pm. There are regular Tai Chi classes on Thursdays and other activities are being planned. It has been a great experience so far, with lots of info on environmental issues being handed out. Since its opening, the centre has had a positive impact on that corner of the city with a real drop in crime and delinquency. The centre also helps out with enquires on public transport timetable and general enquiries. We hope in the future to have display days on rainforests, Koalas, CSG, EMR and other issues.

#### Casino Environment Centre

NEC also kept the Casino Environment Centre open all year round. This was a significant factor in keeping the people of Nimbin and Casino united. CEC along with RV Gag played a critical role in helping with the change of heart of its small business community about the gas. This change later resulted in a complete turnaround by Richmond Valley councillors, who voted to have fracking banned in the area. The latest project at CEC is a joint venture with Rainbow Wholefoods to promote and sell health foods in Casino. This project will help raise our profile and at the same time provide a healthier alternative to Casino residents.

#### Community van

The Community Van has also been busy taking people to Maules Creek to protest against the mindless

clearing of the Leard forest, home to more than 17 threatened species. The van offers a low cost way for people with small budgets to get to these areas. The visits we pay to those remote places help spread goodwill and trust among people concerned about the environment. NEC needs more support and financial help to keep the van operating.

#### Campaigns against CSG

NEC has been involved from day one and its role has been significant, providing the communication bus, the silver bullet for food preparation, the community van to ferry people to and fro, the famous tripod and angel, chai tent, and lock-down equipment. NEC members were also on standby for months on end, staying vigilant and ready to lock on. Hats off to them for their hard work and sacrifice! A whole heap of members also donated time, money, music and ingenuity to keep the bastards at bay.

#### Divestment

NEC took part in divestment day in Lismore targeting both ANZ and Commonwealth banks. NEC has also set up an enquiry desk at the centre regarding divestment. However, we need to train more people in that field, as it is an effective way to pressure financial institutions to desist from financing coal and CSG mining.

#### Mt Nardi fires

NEC has also been involved with the local community and the EDO in challenging the NSW Parks and Wildlife fire regime at Mt Nardi, where they attempted to set large areas on fire under the pretext of fire management, despite the fact that the area is mainly comprised of rainforest species. The issue has not gone away, however they have been forced to agree to consult the community before starting another fire regime of that nature.

#### EMR towers

NEC is involved in challenging telecommunication companies regarding the erection of towers in close proximity to schools and residences. A small group of NEC members has been active raising awareness about the effect of EMR on people and wildlife. There has been some division created as a result, with a few members claiming that the impact of EMR is negligible. However after much discussion, a majority of members have resolved that NEC policy on this issue will be firmly against the proliferation of EMR towers.

#### Fluoride policy

NEC members along with the committee are adverse to the addition of fluoride into Lismore drinking water. Most members see fluoridation as mass medication of the population under the feeble pretext of keeping human teeth healthy. Many advanced European countries have stopped the practice and NEC is demanding that the same approach be adopted here in the Northern Rivers. There have been several direct action campaigns against fluoride by NEC members.

#### Round up and herbicides

NEC is firmly against all forms of chemical sprays, as there is a plethora of evidence to show that these practices are not only harmful to both people and wildlife, but also ineffective and costly. Worse is the increasing use of these chemicals by government and even some NGOs. It is very concerning that these chemicals are being sprayed near water and by helicopter, contradicting the companies' own directions and warnings.

#### Chemtrails

NEC does not have an all-encompassing policy regarding Chemtrails. There have been many debates and the issue has caused

some divisions within the ranks of its members. NEC resolved that members are free to have their own opinion on the matter and that both Chem and Con trails literature will be kept on display and made available to those who wish to have access to them.

#### The Reef and the Queensland election

A few NEC members turned up to respond to a GET UP call to hand out 'how to vote' in the Queensland election. The GET UP rating unfortunately favoured Greens and Labor equally. BIG MISTAKE! Although the LNP lost, with Labor forming a minority government, the new Labor government has already sold out, giving the OK in principle to Adani, which is intent on massive dredging and destruction of the reef at Abbott's Point.

#### NSW election campaign

Many members of NEC, LEC and CEC doorknocked, distributed leaflets and walked around town with sandwich boards to help unseat Thomas George. The result in Lismore was astounding, with the Greens taking a close second place. Over 57% of voters went against the Nats, but the flow of preferences was a key factor which saw Thomas returned. Over 39% of votes were exhausted. There are lessons to be learnt from this.

#### Radio show

Recently a few NEC members have started a radio program on Richmond Valley Radio 88.9FM named "State of the Environment". The show is airing issues regarding the mismanagement of the environment by governments at all levels, as well as by major companies, bringing important issues to an audience that rarely hears about them. The show is broadcast on Mondays 10am-12pm.

# Koala Kolumn

by Lorraine Vass

Friends of the Koala will turn 30 next year, so our origins (and future) are much on my mind, as is the history of community koala conservation in our region. It's a story that I don't yet fully understand because there's been no comprehensive study. While I've collected some historical references and jotted down a few musings over my 15 years of involvement, I haven't made the time to undertake broader research.

Koala protection and preservation certainly has a long history in the Northern Rivers. The earliest reference to a Lismore koala I've found is in *The Northern Star*, Monday 5th October 1908, p.2: 'In Pursuit of a Native Bear' which tells of a very inept attempt to "rescue" a boorabee or native bear which was perched on top of a telegraph pole in Conway Street "near Lane's cordial factory".

Interestingly, the short piece never refers to "koala". It also indicates that the "rescuers" and onlookers may have been somewhat fearful of the animal. Do we assume that koalas weren't often seen in town, as it was then, hugging the Wilson? The hapless boorabee was finally "...secured in a bag and carried to inglorious captivity". The piece concludes by reminding readers that "The boorabee is a harmless herbivorous animal, and

is, if we mistake not, now included in the protected animals of this State."

Boorabees' protected status was the subject of this notice in the *Clarence and Richmond Examiner*, Saturday, 12 November, 1910, p.7: 'Protected Kangaroos and Bears'. "The country police have been circularised regarding the sale of grey kangaroo, red kangaroo, and native bear skins in Sydney. These animals are protected for a period of three years and five years respectively from 11 August, 1909. Anyone disregarding the law in this respect will be prosecuted." In regard to native bear skins, they were noted as having been sent for disposal in Sydney from Goolmangar, Chillcott's Cross (probably Grass), Murwillumbah and Lismore - dealers in skins perhaps?

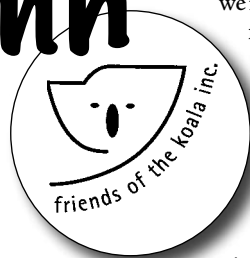
From an article published in *The Northern Star* in 1952, we know that Tuckurimba residents southeast of Lismore had watched over their koala colony "...for nearly 30 years". Titled *Opposition Grows to Removal of Koala Bears*, the article reported on community solidarity in the face of threatened 'bear-nappings' brought about by the reported payment of two pounds per koala by a Kuringai Chase Trust ranger seeking to establish a new koala colony at Bobbin Head,

north of Sydney.

The Gundurimba Shire Council, we're told, enlisted intervention from the highest levels of government; the superintending officer of Lismore's police committed "strong squads of police" if necessary to protect Tuckurimba's colony of about 35 koalas and individual landowners vowed to "...not permit any person to enter their properties to catch bears".

According to a recent family history, *The gun: the life of Jimmy Ormond* compiled by the late Jim Ormond (with Penny Davis), the koalas were already in decline due to insufficient habitat when a fire raged through the locality and a badly burned koala rescued and sent to Taronga Zoo for treatment. The incident attracted so much media attention that the Lismore Rotary Club called a meeting to discuss the plight of Tuckurimba's koalas and the Tucki Tuckurimba Koala Preservation Society was formed.

Two acres of land beside the Tucki School were donated for planting koala food trees by the Department of Education and the Society got cracking. Members visited Brisbane's Lone Pine Sanctuary and Fleay's Zoo on the Gold Coast for advice on tree types and these were sourced from the Department of Forestry's Nursery near Kyogle. Members planted their "sanctuaries" and distributed seedlings to local farmers. They also conducted regular counts within a three-mile radius, the last count being



**Flossie was found jammed in a pile of felled windbreak. She lost her joey and her own future is, sadly, quite precarious. We understand that the windbreak that was her home is feeding the co-generation plant at the Broadwater Sugar Mill**

around 1968 or 69. Jim remembered 145 koalas, including 15 joeys were recorded.

By the early 1960s management of the community's 'koala sanctuaries' was becoming onerous and the area was gazetted as a Fauna Reserve in 1963. By 1967 it was declared a nature reserve under the National Parks & Wildlife Act. The Society disbanded but that was not quite the end of their effort.

In 1987 Jim, who had been the Society's Secretary-Treasurer received a phone-call about an old, inactive bank account. He did his best to contact a few members but without

much success. He decided to donate the balance of \$66.88 to the recently formed Friends of the Koala. The Tucki locality continued to be a focus for planting during Friends the Koala's early years, specifically the flood reserve to the south of the nature reserve. This work was carried out in collaboration with the National Parks & Wildlife Service.

More about Friends of the Koala's history must wait so I can devote a few lines to a Save Ballina's Koalas fundraiser coming up on Saturday 23rd May at the Missingham Amphitheatre in Ballina from noon until 3pm. The free concert and information day will be a family-friendly event around a great line-up of musicians including Tommy Franklin, Kazya Karski, Luke Vassella, Horace Bevan & His Harem, Holley Somerville, Sara Tindley, Dale Gilmour and Timothy Rupert. Come along and support this community campaign to re-route section 10 of the Pacific Highway Woolgoolga to Ballina upgrade project. More information on the Save Ballina's Koalas FB page.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees and how you can assist koala conservation, visit: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email: [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone 6622-1233. To report environmental incidents, including removal of koala habitat, phone the 24/7 Office of Environment & Heritage Enviro Line: 13-1555.

# Humanness and the suspension of gratification

by Geoff Dawe

It is accepted by technologically dependent cultures that exceptional technology-use is particularly human, and if humans do not take up its use they will be less than human.

Giambattista Vico (died 1744) in his book *New Science* wrote of the barbarism that overtakes societies as they all inevitably go through their processes of decay. He said that when humans have grown soft enough through increasing materialism, luxury and egoism they "live like wild beasts in a deep solitude of spirit and will scarcely any two being able to agree", savages "under soft words and embraces". The philosopher Isaiah Berlin, writing in the middle of the 20th century in *The Power of Ideas* commented on Giambattista's view: "Modern critics of the dehumanising effects of 'post-industrial society' could hardly better this description of 'alienated' man."

However, the critics of a post-industrial society were writing from the point of view of an industrial culture, convinced their society was the most advanced. What preceded it, they thought, must have been more barbarous. Could we get anything more barbarous



in industrialised Australia than the political decision to poison the underground aquifer of Australia with CSG mining? Perhaps we can. Lisa Cox and Mark Kenny report in the SMH (26/3/15) that the federal government say that if developed economies do not invest in fossil fuels, "the gap will just be filled by others."

Here we have the morality of "I need to engage in this maladjusted behaviour, because if I don't, someone else will." Sadly, it is the morality of incompletely grown humans. Robert Bly, author of *Iron John* and writing in *The Sibling Society* says that our society is made up of half grown adults, and the children noticing this, do not wish to grow up either.

The thought that humanness accompanies

technology-use, is the narrowing of humanness in this regard, to exceptional manipulation of the environment just for human short-term comfort. It is pre-human short-term reaction; greed, mixed with an enlarged pre-frontal cortex ability to be able to generate amazing technologies.

Because human ability is able to recognise long-term effects, to pretend there are minimal, or no long-term effects with technology-use, is to repudiate humanness. The development of humanness, when it occurs, leads inevitably to knowing when to leave well enough alone. Ahimsa more accurately translated does not mean non-violence so much as leave well enough alone. In an adult, it translates in one's daily living in knowing when one has had

enough to be good for oneself. It is a natural stage of human development called the suspension of gratification. But in the West as a society, it is not attained.

Grahame Clark and Stuart Piggott point out in their book *Prehistoric Societies*, "Whereas even chimpanzees live almost entirely in the present and seek to attain only those ends which appear more or less immediately within reach, the most backward of living men are conditioned by their prevailing social climate to forgo immediate satisfactions in the furtherance of more long term aims."

Sure, exceptional technology-use is a sign of humanness, but unless the human need to forgo immediate satisfactions accompanies it, we inevitably return to the Stone Age. We return to The Stone Age for good reason: we are not fit to leave it. Unremitting technology-use is a sign of lack of humanness.

The first place to look for why we are not evolving into our humanness is child raising. A discursive examination shows children are increasingly unable to play. There is also a societal tendency to treat them as malformed adults. That of course, can only lead to malformed adults.

## Weed Words

by Triny Roe

"I look out the window and all I see is green." The person in the passenger seat was unable to perceive how the vegetation communities beside the highway changed over the course of a long road trip. Recognising individual plants and ecosystems is a learned skill. Distinguishing, sometimes small, differences between various species takes knowledge and experience, often acquired over many years.

The Northern Rivers attract many newcomers, seeking an escape from large cities, following the rural dream. But if you don't know what to look out for, it could turn out to be a nightmare.

'Lifestyle' properties – a house and some land, perhaps a couple of paddocks and a bit of bush – are highly sought after. The prices vary enormously. Priced low for a quick sale? Owners already bought elsewhere, or just wishing to sell before the noxious weeds they slashed return?

Just as you would have a building inspection before buying a house, consider also seeking professional advice for a vegetation assessment. Those paddocks you thought would be perfect for a pony could be full of Crofton Weed, which is fatal to horses. That lush pasture looks like it would feed lots of cows, but Giant Parramatta Grass is not very tasty or nutritious and, once established, difficult to eradicate.

Attending to weeds is part of the rural lifestyle. In the Northern Rivers it is unavoidable. This region is weed central. Lots of rain, warm climate, fertile soils.



Everything grows madly, especially the weeds, which by their nature, grow even more madly.

Environment friendly weed management includes early identification of new species, manual removal of the whole plant, alternative grazing strategies, biological control, slashing before flowering and seed set, mulching to prevent germination of new weed seedlings, flame or steam guns and the essential follow up. Act promptly to reduce the long term work load.

Some like to use herbicides – chemical weeding. The Council as well as landholders spray road-sides and other areas. Splatter guns are often used for large patches of lantana and other serious weed infestations, especially in bush regeneration. Stump painting or drilling and poisoning is also used for large woody weeds such as camphor.

There is current concern regarding Roundup, the world's most popular herbicide, whose active ingredient is glyphosate. This herbicide is readily available for purchase. It can be found in supermarkets, premixed ready to go in a handy spray pack. The International Agency for Research on Cancer has now assessed glyphosate as "probably carcinogenic to humans".

This conclusion was based on a number of studies of cancers in farm workers in several countries and research into the effects of glyphosate on laboratory animals. In 1985 after lab tests on mice, the US EPA had determined glyphosate a "possible" carcinogen, but this was later rescinded after a re-evaluation of the study.

Roundup is widely used in agriculture, especially with 'Roundup Ready' GMO crops that have been bred to be resistant to the broad spectrum herbicide. The farmer can happily spray the fields to combat weeds, knowing the crop will not be harmed. These crops include soy beans, canola, sugarbeets, corn, alfalfa and cotton. However, herbicide residue can remain in the harvested produce.

Some countries have now banned glyphosate and/or GMO crops. These include Sri Lanka, El Salvador, Holland and Russia, with France and Brazil preparing to follow.

The local weed authority, Far North Coast Weeds is available for advice and help with weed identification and, for some species, assistance with eradication.

Call them on (02) 6623-3833 and check out their website: [fncw.nsw.gov.au](http://fncw.nsw.gov.au) Happy Weeding.

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# Waiting under the Lantana...

Restoring gullies, deep in lantana, can be a daunting task. A Nature Conservation Trust field day in May will address large-scale gully restoration techniques and rainforest survival strategies.

The Whipbird Gully Field Day provides an opportunity to join the environmental dynamos, the Weber family, including son and renowned botanist Lui Weber, as they discuss over 30 years of lowland subtropical rainforest restoration and lantana control on their Chillingham property.

- Topics include:
- History of disturbance and weed infestation on the property – Adrienne and Erwin Weber
  - Talk and demonstration of large scale lantana control by EnviTE Environment – Richard Burer
  - Discussion of the strategies used by rainforest plants to survive and recover after lantana – Lui Weber
  - Walk along Laceflower Creek, led by the Webers, pointing out threatened and pioneer species.

Participants for the Laceflower Creek walk will need to be physically fit. Others are welcome to wait at the morning tea spot after the talks. Please



bring a hat, sunscreen, chair, drinking water, suitable clothing and closed footwear or gumboots.

The field day will be held on Friday 22nd May, 9am - 12pm, morning tea provided. No cost, but bookings are essential.

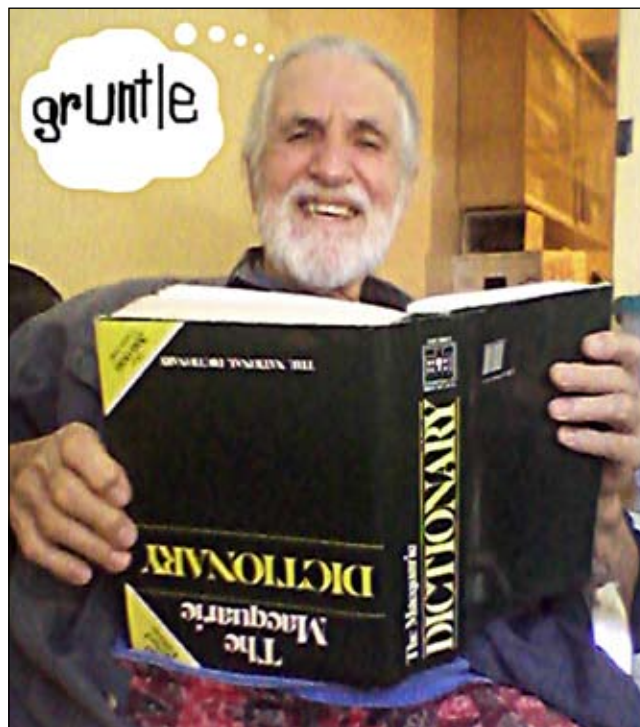
To register and for further details, contact Kim Stephan at The Nature

Conservation Trust, Lismore: [kim@nct.org.au](mailto:kim@nct.org.au) phone 0448-801-843 or 6626-0304.

This event is a partnership between the Nature Conservation Trust of NSW, EnviTE Environment and three landholders. The project has been funded by the NSW Government Environmental Trust.

# Get grunted!

A recent move amongst indigenous people is to refer to themselves as "Original". If "abnormal" means not normal, then "aboriginal" means not original. It's another white man trick like "Terra Nullius" (land of nobody). They used this to describe Australia as territory that nobody owns, so that the first nation to "discover" it is entitled to take it over, as "finders keepers". So Originals and Origines they truly be, and away with the "ab". But what about this "ab" and other little jiggly bits that we stick in front of words to change their meanings? Having seen that "ab" means "not"... does abalone mean you're with someone? If something is absent is it still here? Abstain is a new laundry detergent, absolute won't dissolve in water and who knows what not being horrent means? Does abuse mean kick the habit? Is absinthe a band with no keyboard player? About is in! Disrespect means to not respect, disappear means to vanish (not appear) and disorganised means in a mess! "Dis" is another "not!" Disgruntled and dismayed break the rules. Disgruntled is angry and dissatisfied. So being calm and peaceful and satisfied must mean you're grunted! Being dismayed is being concerned and distressed caused by something unexpected. So being mayed must mean being concerned and distressed over something expected... or not being concerned or distressed at all. Dismay



might even refer to a different month? Dissolve is still a mystery and disappoint wants to give someone the sack! Display says get back to work and disjoint warns to hide the stash. Discharge costs nothing, discard has no credit and disclose is open... or naked. (Poetic licence taken here!) Take "re" now. Resubmit means put it forward again and redo means do again... and there's rebuild, remodel, reinvent and so on... re means repeat! Do it again! So... you can remark even though you didn't mark in the first place. You can repeat even if you've never peated in your life. You receive a gift... so you must have ceived it earlier! Does that mean you get two gifts? You can be remiss... which means you can have bad aim a few times... or be a young

girl again. I remiss the point quite often! To remember is to join a club again... or get a new willy, relate is habitually tardy and reveal is yesterday's cold meat for dinner. Relay might mean some eggs with that meat and rely might tell another fib or go back to bed! Resort is when you gotta organise it one more time and remove says keep on dancin'... or get yet another new address! Reverse re-reads the poem while remorse sends the message again. Respite is being repeatedly nasty and relieve needs to piss off again! Remark... catching the ball over and over, releasing... hiring the car for another year, recycling down the street again on your bike and returning the corner you just turned. Or you can return on the light! Then there's "in". If informal

## Mookxamitosis

by Brendan (Mookx) Hanley

means not formal and inadequate means not up to par... does intent mean not under canvas and does inform mean not very fit? Does information suggest all over the place and is instruct lenient... not strict (as spoken by a Kiwi)? Indolence is not on welfare, induce has no twos in a card game and insight is blind! Influence means rigidity, influx means you can't do any soldering, and infuse means to do your block easily... or no wonder the lights won't work! "De" is another "no". Destruct comes without a handbook or is tutorless, demarcation hasn't got her exam results yet, definite is unlimited and demonstration means getting rid of the Adams Family from the block. Depict is still on the tree, deform is not knowing which horse to back, delight is in the dark, dead means you missed getting your classified in on time, degustation is not windy and deduct is no tape to gag someone with. Detonate is to sing out of tune, deliver is not well, deranged has no stove and debonaire just farted! Finally, if impossible is not possible... does implant mean not vegan? Does impact mean disagreement? Does imply mean solid timber and does impoverish mean make rich? Does imperil mean safe, does import mean nowhere to park the boat... or to run out of dessert wine? Also impale has a nice suntan, impress will piss off Murdoch and I wonder... is impatience about an empty hospital? Who knows? Just remember to get grunted!

# THUGS

Saturday morning. We awake to find that a group of thugs have taken over our house.

Nobody knows where they came from: in all fundamental aspects they seem exactly like us. They seem extremely well organised, and it is perhaps for this reason we don't panic right away. They carry an air of entitlement, as if they are meant to be there, in control, guards on every door, going in and out, shouldering guns, talking on radios, their giant boots crunching potato chips into my beautiful carpet. They've moved in as if their presence were necessary, as if there was no way we were able to keep running our household by ourselves.

And then, we realise it is very quiet. Too quiet, for the varied, dazzling world we knew the day before. We attempt to open the windows, to look for the singing kookaburras and monarch butterflies, but the windows are locked shut, and no breath from the outside world may reach us. Where are the children? The laughing, noisy, magnificent children? The children are locked in the laundry, with the heat turned up, and the water on. That's when we panic. I see my daughter's face, the black arch of her eyebrows, the perfect line of her baby teeth. She smiles and waves, vacuously, and I realise they've given the children video games, and junk food, boxes and boxes of it, overflowing and putrid. Its



**Permaculture Principles**  
with Anastasia Guise

stuff she's never had before, and I try to bang the glass, to warn her away from it, but the room is soundproof, as if set in a future I cannot reach.

We turn to our elders for help, but they too have vanished in the night. Their sacred objects, their medallions and amulets, their bags of herbs, their story, song and wisdoms gathered over immeasurable time, all gone. They were our sanity, our self-sufficiency. The line is cut.

That's when we rattle the windows and pound the doors. We write notes, and then essays, and then novels, sending them through to the guard on our door. The letters come back, formal and ambiguous, requesting us to take our petitions to other departments. That's when we realise that the men on our doors are not in charge – that those in charge



are some invisible elite, untouched by us, some distant group of psychopaths we will never meet. These are simply the foot soldiers carrying out their bidding.

By the middle of the day we have sat down to formulate a plan. Seeing our submission, the guards have decided to hold a singing contest on the front veranda. We can text in and vote, but it's not something I feel like doing while my children are locked in the laundry, my elders have disappeared overnight, and I cannot catch even a glimpse of a single species I once knew.

That's when we organise our resistance. We use whatever we have at hand. We gather the veined remnants of butterfly wings along the window sills, and the crescent moons of our broken nails which we've hidden in our pockets, and we stuff them under my beautiful carpet. And into these little gardens we plant the last of our seeds the guards did not strip from us, the ones they never found, and we water them with the tears we cry when they are not looking. And

with these little carrots we sustain ourselves, reminding our children what food is through the window, until they refuse the junk food foisted upon them, sending back every box.

And with whatever magnetism we can muster, we gather to us every tiny particle of precious metal left in the house, and in the dark we light a fire and forge a hammer, big enough to smash every window in the place, every window that keeps us from being with the species we love, and the elders we love, and the children we love. We smash every window so that every incredible creature can live, and the water rushes out, and the world rushes in, and our children are free, and we can breathe.

It's your job to help me break the glass and let our children out. It's your job to help me un-gag our ancestors and let them speak their wisdom. It's your job to gather whatever is at hand, and overthrow these thugs who have taken over our house.

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## Natural law

by Helene Collard

There is fresh energy around, breathe it in and soak it up in every cell. The new beginning is now. It has been a long and arduous road and yes, there are still challenges we must move through, for challenges are the keys to growth – and personal growth is crucial to creating and maintaining a state of peace and balance for the whole.

Traditional laws have been revived and are being honoured and lived. These laws include, but are not limited to, codes of conduct and human rights that citizens choose to live and abide by simply because it reflects who they truly are. Take time to reflect as a sovereign being, and connect with the original laws that feel true for you.

Speak the truth. Share resources. Offer to help. Receive help. Behave honestly. Take only what you need. Be sincere. Express from the heart. Group work. Walk tall. Self-respect. Self-care. Self-love. Love. Love. Love.

Recently there has been a mass purification, and huge cleansing of our inner waters and from this has emerged a powerful re-connection to an ancient code of knowledge. Follow your instincts, do not second-guess yourself – follow your instincts. These instinctual messages are from your newly evolved Self, and contain positive threads and high vibrations from a lost world that has now re-surfaced.

This is truly a new beginning where we have access to specific energies and wisdom that empower people in ways that support major collective shifts and the emerging of high vibrational gifts. Step into the opportunities that present to you without hesitation – do not second-guess yourself.

There has been a huge frequency



*"I am self-sovereign as are you.  
I acknowledge the ancestors,  
mine and yours,  
past and present.  
You are all my relations.  
All is One."*

shift, which is supporting these changes and elevations. This buzz will also help us let go of things quite easily – so focus on what you want to release and feel it drop away. Be clear in this process, it might help to write down what you want to release. Being clear and specific is important.

Get rest. You can function at high levels with these energies, however, you can also crash after a big high frequency day. Give your body lots of rest and feed it nourishing food and drink. This will help your Being to remain clean and clear.

In May, there is a huge opportunity to release something/s that weighs upon you... remember to focus and be specific.

Stand up and live the way of your own heart, for it will never lead you astray. This is the ultimate goal for all – to trust the intelligence of the heart.

*Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master-teacher.*

## Following my gut feelings

by Ela Gold, Vitalis Health

We went to the Hunter Valley in March in support of the Gloucester CSG rally. The turnout was small, about 150 people; but my gut feeling told me I should be there. I have learned to trust these feelings over the years but until now, never knew why.

The news of the Bentley victory resonated with everyone I spoke to down there. It gave them all some hope of opposing AGL. The community response was smaller than our humble Richmond Valley effort, but the people were there for the same reasons.

I spoke with so many interesting people that day, and one person offered praise for my effort to join them, but commented that I was a bit mad to drive so far. I told him, "It just felt like it was the right thing to do." Another person commented that I was simply following my third brain. She went on to explain that we have three brains, the mind, the heart and the stomach and that people don't follow their gut feelings, even when they are getting all twisted up inside. And that we seldom make decisions in conjunction with all three brains.

I was fascinated with the idea, which she called mBraining. It was her view that only since the demise of family, tribal and community influences, have our corporate masters been able to indoctrinate us into an education system that only rewards the use of our one brain for reasoning, excluding the other two. This



way, they can ask us to make decisions based solely on the economic outcomes, ignoring the environmental or humanitarian questions.

She explained that the neural networks of our internal guidance system were designed to use the threefold approach to problem solving and reasoning. That they act in conjunction to influence our actions and emotions. For example, the Paleo man knew not to eat bad food by the way it smelled, looked and made him feel.

Apparently many people suffer unnecessarily from conflict between their thoughts, feelings and actions, sabotaging their dreams and goals. mBraining talks about the simple process of balancing the autonomic nervous system, to help re-pattern our three-brain guidance system.

This process aligns our intuitive wisdom clearly influencing our thoughts and actions. This in turn helps us create an environment for more successful and compelling goals, dreams and outcomes.

As a naturopath I could easily imagine the potential of using three brains when treating patients and the benefits for them in the healing process. This led to an invitation of Sydney-based author and mBraining Master Trainer Enrico Crosina to bring mBraining to the North Coast.

If you want to find out how to communicate with all your three brains and be in tune, you can attend the two day Evolve workshop in Murwillumbah on 6-7th June. To download a free ebook on mBraining, visit: [vitalishealth.com.au/events](http://vitalishealth.com.au/events)

# Hell's bells – managing bell birds in your forest



Despite being native birds, Bell Miners are causing serious problems in many eucalypt forests on the east coast and highlands of south-eastern Australia.

Many thousands of trees have been killed or are dying after colonisation of an area by these birds. Its estimated that up to 2.5 million hectares in Australia is immediately vulnerable to the destruction of Bell Miner dieback.

Many local areas have already been badly affected and parts of the Nimbin Valley are currently being invaded.

Noah Nielsen (PhD) has been closely observing Bell Miners in the local area for 20 years. He'll deliver a

presentation at Blue Knob Gallery on Saturday 16th May at 10am.

Noah's talk will outline what factors allow Bell Miners to colonise an area: strategies to prevent Bell Miner invasion and management techniques to reduce Bell Miner numbers and restore healthy forest.

Other topics will include:

- Can we accurately map local Bell Miner affected areas?
- Is there is enough interest to establish a local monitoring and action network?

Noah's talk will be at the workshop space at the Blue Knob Gallery, corner of Blue Knob & Lillian Rock Rds., ~8km from Nimbin on the Blue Knob Road.



Tweed Creative and Peace by Piece Music have collaborated to create a fun, safe and supportive musical environment to enable the youth of the Tweed Shire and surrounds to share their music and creative talents.

The Youth Music Showcase will run monthly, on the third Friday of every month, 7pm-10pm at Tweed Creative Studios, Murwillumbah.

Young musicians of all genres are invited to play, especially those from Ballina to the Gold Coast.

Tweed Creative and Peace by Piece music will be working in conjunction with various youth services and organisations to ensure the best possible experience is provided for up-and-coming young musicians.

Co-organiser Chantal Waters said, "Our intention is

to provide an entry point into playing 'live' in a supportive drug and alcohol free environment.

"These shows will enable these talented young musicians a pathway into the music industry and will give them the experience and opportunity to meet and network with like-minded people.

"We welcome all local young bands/groups to book in for a spot and invite their friends and family to come along to this great community event."

The next showcase will be on Friday 15th May at 7pm, featuring local youth band from Murwillumbah, No Strings Attached, featuring Dyllan Folley and Mitch Van Egdome.

House band, Peace by Piece Music (pictured), will be starting off the night with an original set.

# How moving can restore mobility: an example class

by Brent Shaub

The system of mechanics can be one of the most rewarding.

Movements allow us to visit distant lands, explore the depths of the sea, scale rocks and trees. Movement is core to the freedom to change surroundings as well as the necessary and yet mundane activities of feeding, eliminating and taking care of ourselves.

Moshe Feldenkrais coined, "Movement is a process; life is a process; improve the quality of movement, and improve the quality of life itself." What are the qualities of restorative movements, and how can a person learn what they are to develop patterns which utilise them? Through direct experience, a practical example may make this clear.

If you're sitting in a chair, notice where you're feet are. Are they comfortable where they are from the base of your foot up to your hip joint? Is your lower back rounded, arched or neutral? Sense your lower back and then each foot.

Experiment with comfort by repositioning your feet, one at a time. If you place both soles of the feet on the floor, somewhere under your knees, neither too far nor too close to the chair, does this affect your lower back's comfort?

How about your shoulders, neck and head: do they spontaneously reposition themselves after moving the feet? Do these changes lead to more or less availability of your presence as a living being to interact and engage with external stimuli? Just notice what the effects of being aware of and then repositioning the feet are.

Turn your head left and right, however far is easy, noticing how far. Mark a spot you can see comfortably. Return to the middle.

Raise the right heel and lower it, only a cm or two, or do less in order for it to be easy. A few more times, lift and lower the right heel. Next time you raise the heel, at the same time, spin on the right ball of the foot so the heel moves inward as it rises. Experiment with different heights, different distances inward and their timing.

When you find a combination that is easy to coordinate, turn your head to the right at the same time.



Repeat these movements a few times, pausing each time the movements stop to digest any information learned. Rest.

Continue this movement again, and notice if you feel it in the left foot? the left leg? the left hip? Increase the weight of the left foot by pressing it into the floor, cease pressing, pause and repeat a few times. The next time you press your left foot into the ground and shift your weight onto your right sitting bone, also raise and rotate the right heel. After a few times, rotate your head to the right.

Pause for a moment.

Lastly, press with the left foot while moving right shoulder backward. Your weight will shift to the right sitting bone, and you may turn to the right. After a few times, of pressing with the foot, shifting weight to right while moving the right shoulder back, raise and rotate the right heel to match the rotation of your head. Do this a few times.

Stop and return to the middle. Then check in: look to the right then look to the left. See if there's any difference in the ease, ability to direct or distance.

Movements done consciously and playfully have the capacity to restore lost functioning and change a person's relationship to the world. This place is less daunting and more enjoyable when movement is freely available, coordinated and easy.

Turning, along with side-bending and flexing forward/ extending backward, in combination, are the basis of all the activities we do.

Feldenkrais classes are constructed to improve relevant actions in everyday life (and those needed for an adventure).

To attend a class in Mullumbimby with me, see: <http://moveeasier.com.au/classes> If interested in a one-on-one session, email: [Brent@moveeasier.com.au](mailto:Brent@moveeasier.com.au)

# Birth and Beyond



by Kirrah Holborn  
'Traditional Wisdom'



## A peek inside my doula bag...

I've had a few people wonder what goodies, remedies and tools a doula might take to a birth so I thought I'd take a little stocktake and let you know what's in my doula bag!

The first thing I'll say is that it's good to find a suitable bag with as many compartments as possible. I've had a few over the years but my current favourite is the flylite 'mobile office'. It has three separate compartments and lots of pockets and zips, perfect for keeping everything organized! It is also on wheels, making it easy to stop and support a mama having contractions before walking on.

I'm a masseuse, so it's important for me to make sure I take oil. I like macadamia and camelia tea and then I add 'birth oils' to this. Some good ones are lavender and clary sage essential oil for helping the labouring mama to relax, and for helping contractions. I also carry some heat packs to provide comfort.

I carry a diffuser too. I like the lively living 'aroma joy'. It's nice and portable and you can set it to have a nice red glow, helping add nice lighting and awesome smells to the labour room.

I carry acupressure tools to help stimulate some points if needed. I have been given an excellent pointed wooden tool that is great if my thumbs or fingers are feeling worn out. I carry a wooden

comb too, so that mums can grab onto this and help stimulate the release of endorphins. I recommend Debra Betts acupressure booklet if you're just learning.

One of my favourite things in my bag is my 'boom swimmer' bluetooth speaker. It is waterproof, dust and shock proof with a rechargeable battery that seems to last forever. I use it all the time! I highly recommend this as a portable music player. I connect it to my iphone and play a selection of relaxing music.

Dim lighting is good for births and most people love the calming effect of candles. If you're birthing in a place that doesn't allow flames, then LED candles can come in handy! I take a few to add atmosphere.

I have a selection of homeopathics that I may pull out if indicated. I have a degree in clinical science (majoring in complementary medicine) so I feel confident in recommending when the time is right. Ask your local naturopath or homeopath for some good ones to put in your labour bag. Most people have heard of arnica and this is a good one for any household to have! It is very useful for helping reduce bruising and swelling (and can also help with afterpains).

It is also good to carry your flower essence of choice to help with anxiety or stress (like rescue remedy, emergency essence or crisis relief).

I carry a rebozo (mexican shawl) with me almost everywhere these days. It is helpful during prenatal visits and great for labours. I use it to help the mother

to relax and the baby to be in a good position. It also makes a great shawl if I get cold or need to have a nap at a long labour. Speaking of which, I now carry a 'thermares' self-inflating mattress in my bag so that if I'm at a long labour and need to recharge, I have something soft to nap on.

I take my camera everywhere I go too. This is important for capturing those moments during labour when the mama looks like a goddess and of course when she is meeting her baby for the first time. I use the Sony Rx100 III which is excellent in low-lighting situations (ie; birth!). I refuse to use flash at such a time, so it's imperative my camera will hold up to the job. It is very customisable for manual operating.

As the length of a labour is unpredictable, it's good to have a spare change of clothes, toiletries (toothbrush and deodorant etc), snacks to keep you going and chargers for your camera, phone etc.

Some of the best 'tools' I have are my hands and voice and calm presence from years of experience. I feel honoured when I am welcomed to a birth; the creation or expansion of a family is one of the most precious moments imaginable.

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

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# Remembering and forgetting

By the time you read this I will have returned from a short holiday in Perth, catching up with friends and snorkelling off Rottnest Island, and generally having a relaxing time.

When I began planning this holiday, it didn't really occur to me that the lives of some of my friends are in the process of being turned upside down due to serious illness, surgery, professorial sabbatical, home renovations, and the problems of looking after elderly parents who sometimes don't even recognise them.

My focus had been on the promise of fun. I forgot that we are all getting older, moving into more mature years and leaving behind the mindstuff of youth. And so, I got to mulling, once again, about life and decay of memory. The death thing, well that's something else.

It so happens that two of my favourite authors are becoming very reflective in a similar way, not that I am at all in their situation. The neurologist, Oliver Sacks now faces death from a terminal cancer of the liver. The psychiatrist, Irvin Yalom is just plain old. Both, though, have recently published what are probably their last books. Yalom is a wonderful existential therapist who has written novels and books on his case studies, as



by Dr Elizabeth McCardell

well as teaching tomes, one of which was a textbook we used when I was at university. Sacks has entertained and instructed us through his work using neurological case studies, opening the doors to self reflective writings about what being human is like at a whole range of levels, from disability to enhanced perceptual experiences using music and medications.

How these two authors are writing these days shows two deep thinkers dropping down to a heart-felt place of reflection. There is a tangible difference in their writings from earlier times. At times in the past, they were a bit didactic and sometimes somewhat full of themselves, but now they are assuredly authoritative and humble, transparently so. I like this,

even though it is disarming.

I've been noticing the passage of time quite a bit recently in those around me. The comfort of knowing a person, and them knowing me with equal facility, has been shaken somewhat. One person I spoke with recently had forgotten who I am, even though I'd been in communication with him over a period of months. It's a bit like picking up an object you thought was going to be heavy, but suddenly you find it surprisingly light and your expectations about it are totally mismatched so that you practically drop it. Or, another analogy: it's like returning home but no-one remembers who you are anymore. It's the stuff of nightmares.

In this spirit of discomfort, I began reading Yalom's latest (last?) book, *Creatures of a Day and other tales of psychotherapy*, having a sense that I would, and would not, fully understand what he meant by the title, and so it happened this way.

Yalom quotes Marcus Aurelius' (120-180 AD) *The Meditations*, with the words, "All of us are creatures of a day: the rememberer and the remembered alike. All is ephemeral - both memory and the object of memory. The time is at hand when you will

have forgotten everything, and the time is at hand when all have forgotten you."

Unfortunately, disquieting and haunting though these words are, the slippage of cognitive decline is gradual. There are small forgettings, small deficits, small, but increasing decays, so that though it looks like nothing is happening/ has happened, things are happening, and wishing it weren't so, doesn't change that. There is a wrench from the familiar to the unknown, and this is what I'm finding now among the friends of my generation.

I find this slippage of the memory capabilities of others uncomfortable and out of kilter with my own experience. That's because my own memory is very good, and actually getting better, the more I practise remembering my clients' histories. It is like seeing deer standing on a slippery embankment: slipping, inexorably into cognitive oblivion, while feeling alert in myself, present and younger than my actual years.

Seize the day, o creature, I want to say. Drink deeply of it, dive into it, celebrate it, remember it, and quiver at the momentous unknowness of being for who knows what is next. Who knows who will forget.

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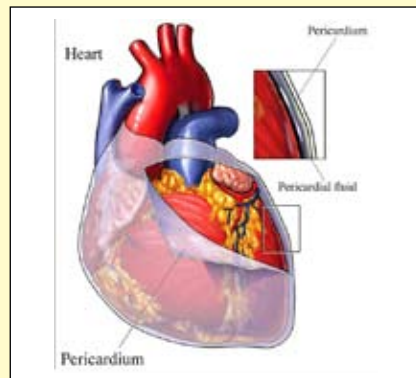
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# The pericardium



by Brigid Beckett



The pericardium has strong associations with the qi and blood of the liver. Sometimes the liver and gallbladder energies are needed to produce actions to remove ourselves from such situations.

Also strong emotions affecting the pericardium will stagnate liver blood and qi. Strong negative emotions such as grief, worry and anger can even lead to toxicity or fire in the blood. Symptoms include heat, insomnia, mouth ulcers, tightness and heat in the chest. Severe cases of fire or phlegm in the pericardium can cause mental illness. Most pericardium patterns include some sort of chest discomfort, either tightness, pain stuffiness or shortness of breath.

Pericardium patterns are usually treated by using points on the liver and gall bladder channels, as well as pericardium, heart and lung points.

Another symbol of the pericardium is a hook. Either symbolising being pulled along the path or pulled back when going too far. Pathologically it can symbolise being hooked onto things or being held back.

In summary, the pericardium energy especially pertains to relationships. Being able to be open and trusting, but also having the heart protected from harm when appropriate. Also being able to enjoy the beauty of life, while accepting that everything is transient and subject to the cycles of death and rebirth of the natural world.

Contact Brigid on 0431-702-560

of home and relationships as winter approaches.

Relationships are a primary concern of the pericardium. The pericardium is especially concerned with romantic love, and the sense of surrender before joy. It is the heart opener as well as protector.

If there has been a history of abuse of trust the pericardium will be damaged, often preventing the heart from opening. Also, constantly falling in and out of love takes away the heart's joy, making us incapable of vulnerability and surrender.

The zodiac animal associated with the ninth lunar month is the dog, protecting its owner, the heart. Dogs are playful (enjoying the tastes, smells and sounds of the world), comforting, loyal and trusting. The pericardium is associated with earthly and sensual pleasures, trust and joy in relationships.

If this energy is out of balance, it can make it hard to get out of abusive or harmful relationships.

Presently we are in the ninth lunar month of Chinese cosmology.

The associated organ is the pericardium, the heart protector.

Autumn is a time of beauty and also decline and death. Autumnal colours represent this beauty and the energy of death at the same time. In the Northern hemisphere Halloween and Day of the Dead celebrations coincide with this autumn phase. The energy of descending into the dark and quiet phase may be conducive to contacting the energy of the dead.

A healthy pericardium lets us appreciate the beauty and the transience of all things. Pericardium pathology leads to either not being able to face this, or conversely becoming obsessed with death.

Imagery includes the house and home. Also dew and frost. The associated time is 7-9pm. A time of coming home, and seeking protection

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