



Roxy Gallery

143 Summerland Way Kyogle
Phone 6632-3518

Opening Hours

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

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

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Buskers: Two Tears in a Bucket

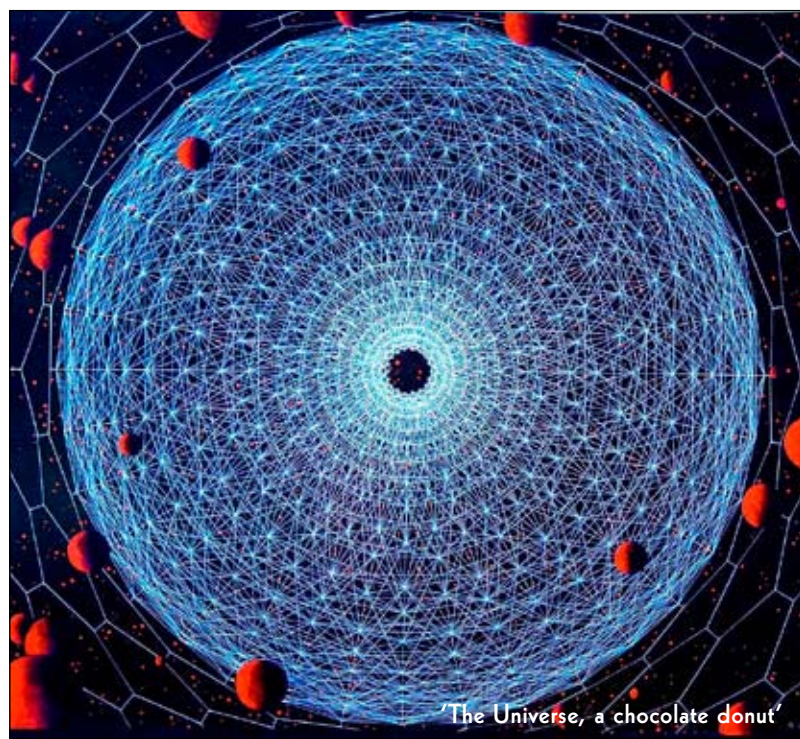
Charity of the Day:

The Channon/Dunoon Pony Club

Enquiries: 6688-6433



'What things are made of'



'The Universe, a chocolate donut'

Feature artist: Leigh Arnold

Leigh Arnold's work is familiar to many of the regular visitors to Nimbin Artists Gallery over the nine years he has exhibited there. Viewing his work, visitors are first struck by his three dimensional paintings, which, viewed through 3D glasses are astonishing for their realistic depth. His mathematical paintings represent a different strand of his work, though in fact there is a considerable crossover. In fact Leigh is absorbed in the geometrically patterned nature of the world we live in, whether it occurs in nature, in astronomy or in mathematics.

Leigh says that he has always attempted to defy the flat surface that paintings occupy, originally through the creation of mathematical patterns which repeat themselves, sometimes growing in minutely measured increments. It's often assumed that such accurate, controlled measurements must be achieved with the help of a computer, but Leigh does all this by hand, starting with a conception of the finished work in his mind, then making a pencilled grid across the canvas, which is then painted and then treated with washes or other effects. The gradual magnification

of the patterns creates the impression that the surface is somehow warped or distorted out of its flatness.

The effect of the 3D paintings is achieved by the knowing management of colour. In Leigh's space-scapes, viewers find themselves afloat in a space populated with stars, planets of different bright colours. This originally began when Leigh experimented with juxtaposing colours and tones to make some features appear to stand forward from the background. Pursuing this effect, he found the 3D effect was stronger if the painting was viewed at an angle. Then one day someone came with a pair of 3D glasses and suggested using them to view a painting. This was a eureka moment, for suddenly the 3D effect was dramatically real, and it no longer depended on the viewing angle. Since then Leigh has developed this mode extensively, and now uses this method on small and large canvases.

The other great passion in his life is mathematics, and it is the geometric basis of much of the world's art that fascinates him. Questioned about his influences, he speaks of the elements of symmetry and geometry underlying

the wide range of non-Western art he has explored around the world and Australia, citing among others Asian, South Pacific, Islamic and African art. He also speaks of the cross-hatch techniques used in some of the aboriginal art of Arnhem land, examples of which can also be seen in our local aboriginal art. He finds that the art of these various sources draws on the same mathematical patterns lying beneath many of the forms occurring in nature. In biology we have the relationship between molecules, and at the geological level we have the formation of rock, diamonds, and the patterning of ice and snowflakes.

You will be able to see a range of his work and get an idea of how he incorporates all these interests and influences if you visit Nimbin Artists Gallery over the next six weeks and see the special display of his paintings we are running.

Leigh's display went up in the gallery on Monday, and on Tuesday a visitor came in, a professor of chemistry from the Netherlands, and bought the entire set of five paintings entitled *Into the Void*.

The Artist's Choice

'The Artist's Choice' is the last exhibition for 2015 at Blue Knob Hall Gallery. This annual exhibition is a 'free for all', not free artwork for the viewing public, but a chance for the members and artists of the Gallery to put any work they choose in to the exhibition, unshackled from a theme.

As part of this exhibition, there is a fundraiser for the hall and gallery with all the artists having an opportunity to participate. This fundraiser will be held along with the main exhibition, will have a dedicated wall and be titled 'Little Pieces'.

Gallery members and artists, along with well-known artists, Rene Bolten, Ian Pearson and Lae Oldmeadow, are donating pieces and generously supporting this fundraiser.

A silent auction will held on opening night for this fundraiser on Friday 20th November from 6.30pm, so if you would like to come along and find that special little piece that could be for your wall or a gift for the upcoming Christmas season, this is your chance. Any work not sold on opening night will be available during the rest of the exhibition period and will sell for a maximum of \$30, minimum \$20.

Paul Roguszka has generously donated a beautiful 'personal craft box' valued at \$300 to raffle again this year, and tickets are on sale now at the gallery (\$2 each or 3 for \$5).

The Vocal Minority choir will be performing on the night and all are welcome. A meal is available from Cafe Blue Knob at a set price for the main meal and dessert, (\$20 vegetarian option, \$25 meat option). Please call the gallery on 6689-7449 for more information and to book if you are planning to stay for dinner. The exhibition runs until February 2016.

Artists & Friends Lunch

The next Artists & Friends lunch will be held on Thursday 26th November at 12.30pm with a main meal which includes dessert for \$18 (vegetarian) or \$23 (non-vegetarian meat dish).



'Waratah campfire' by Gareth Deakin



The Contented Tummy

THE NAME SAYS IT ALL

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

Shop 2, 54 Cullen Street

TAFE Creative Industries graduation exhibition

Local artists Kerry Negus (winner of the peoples choice award at this years Nimbin Spring Arts exhibition), Lucy Scott (A prize winner at the recent Coraki Art Prize), Amber Dixon and Seb Solar, are part of an upcoming art exhibition, *Confluence*. They would love you to come and see what they have been creating.

Confluence is the end of year exhibition for the TAFE graduating class of 2015. The exhibition will showcase works of art, design and ceramics from a diverse range of creative students who live and practise in the Northern Rivers area. The exhibition will feature work from the Diplomas of Visual Arts, Ceramics and Design.

For the Visual Arts students,

the show is the culmination of two years of fulltime study, covering all aspects of contemporary arts practice. Painting, drawing, printmaking, ceramics and sculpture are all subjects covered by this course, as well as art history, computer graphics and the business side of how to create a successful art practice.

Design students will be displaying a range of responses to graphic design briefs. These students have practised all the skills required to work professionally in the graphic design industry. They have developed logos, prepared documents for publication and designed objects for manufacture.

The Diploma of Ceramics has enjoyed a renaissance at Lismore TAFE in 2015. Ceramic students will

be showing a range of high quality works from their discipline: hand formed, slip cast and thrown vessels as well as sculpture.

Confluence will also include some dynamic work from entry level and ongoing students, from Diploma of Visual Arts stage one and Certificate 3 and 4 of Design.

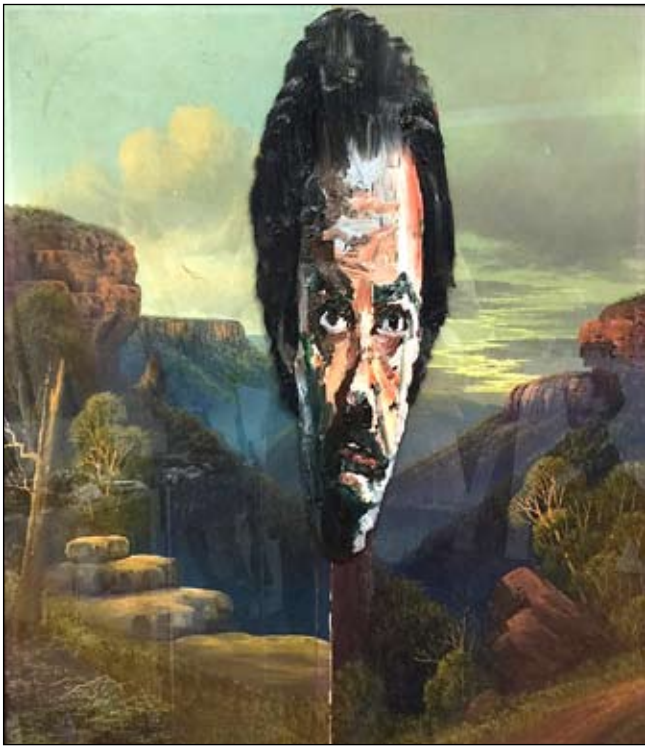
The exhibition will be open daily (9am – 4pm) at the North Coast Institute of TAFE – Lismore Campus, 64 Conway Street, from 23rd – 27th November. Opening night will be Friday 20th November at 6pm.

Members of the public are warmly encouraged to attend and enjoy, and perhaps purchase the fruits of students' creative energy.



Amber Dixon, Kerry Negus and Lucy Scott

Portrait prize winners



Wollongong artist Paul Ryan has been named by Fiona Lowry as the winner of the Hurford Hardwood Portrait Prize with his portrait *Blue Mountains Noah* – a portrait of Noah Taylor.

The painting is from an ongoing series of the London-based Australian actor, executed over found paintings. In this work, Ryan positions Taylor over a combined landscape of the Blue Mountains, almost imagining the actor in a filmic scene. Ryan has long been interested in the idea of Australian colonialism, the landscape, and the ongoing ramifications of white settlement.

Ryan has been a finalist in the Wynne, Sulman and Archibald Prizes at the Art Gallery of NSW numerous times since 1989. The winning work will now enter the permanent collection of Lismore Regional Gallery.

Gallery Director, Brett Adlington said: "Fiona Lowry agonised over the decision, as this year there are many, many incredibly powerful works. Ultimately, with this selection, the many layers of meaning in the painting will enable it to be placed in a large range of exhibition contexts. It is a painting of great power and complexity".

Lowry also named Lismore artist Bryce Anderson as the winner of the 'Northern Rivers subject' category, with his painting *Bathed in Doubt* (self portrait). This \$1,000 non-acquisitive award was sponsored by Walters Solicitors.



Common threads

Basketmaking is the oldest craft known to us. It pre-dates pottery and the techniques and technologies associated with basketmaking exist in almost all other crafts today.

In 2015 the National Museum of Australia will be hosting an exhibition of objects from the British Museum. This 'Encounters Project' has seen representatives from the museum meet with people living in our region to learn about a number of these objects connected to this region to research two baskets in this collection which were bequeathed to the British Museum by Mary Bundock from Back Road Station, Wiangaree. These baskets were made by local aboriginal women and form part of a bigger story around early settlers and aboriginal first encounters.

Our local Aboriginal people had highly developed basket-making skills and knowledge. It was linked to their lifestyle of hunting and gathering. They also needed to store and carry food and precious objects.

In the Bundock collection, we see that the highly developed trading systems of our local people were used to trade body adornments and baskets, fibres and food. The interpreters of the communities provided expert language interpreting in much the same way that we use interpreters today.

It was the dream of the late Aunty Patsy Nagas that the knowledge and techniques employed by her ancestors would be re-discovered and used by local Aboriginal people to maintain and develop their culture for the future. As a professional basket maker/ fibre artist, Janet Wilson was privileged to have been invited by Aunty Patsy to work with local people to discover common roots, the important legacies and lessons behind these baskets. From this the Guli-Bal Living Culture Group was established.

With the support and encouragement given to the Guli-Bal Living Culture group by the late Aunty Patsy Nagas, this project has developed into a series of basketmaking workshops where skills and knowledge of basket making techniques and natural fibres have been shared and a research project around the early encounters of aboriginal and non-aboriginal peoples in this region through the diaries of Mary Bundock has been undertaken by this group. In the Encounters Project the Guli Bal Living Culture Group have tried to learn about the language used in the collection, the fibres and techniques employed in making the baskets in this collection and the history behind Mary Bundock and Back Road Station in Wiangaree.

The exhibition entitled 'Common Threads – Items of Manufacture' will showcase the story behind the baskets in the 'Encounters Project' at the National Museum of Australia. A host of local artists will join the Guli Bal Living Culture Group to tell their stories behind the techniques of basket making with natural fibres from this region and the story of encounters between aboriginal and early white settlers to this region.

'Common Threads – Items of Manufacture' will be on display at the Roxy Gallery, Kyogle from 4th November to 5th December, with the Official Opening on Friday 6th November, 6-8pm.

Ochre, a members' group show

Serpentine Community Gallery presents 'Ochre', a members group show, until 10th November.

When colourful mineral laden earth is crumbled or crushed to fine dust, between fingers, with a rock (or other handy tool), it is known as an 'ochre'.

Ochre is a pigment that can be mixed with saliva, water, grease or other binding substance to make paint. Ochre may be red, orange, yellow or white and in its rarest form, blue.

The need to make marks is a defining human trait. Signs drawn in the sand are blown by the wind, or washed clear by the tide. Marks made with charcoal or ochre sometimes remain and show us the stories of our ancestral beginnings: the wisdom of our elders, the evolution of our land and its creatures, history of its people, and the journeys we make.

Whether we draw with damp pigments upon bodies in the sun, or paint a canvas with bright colours, or earthy ochre tones; we express our relationship to land and country, and each

other. It is a timeless ritual and takes us into the very heart of what sacred is all about. Connecting us to the spirit world, ochre is the substance that gives form to imagination and invention.

In Aboriginal culture, red ochre was significant to desert people; it was the blood of the ancestors in colour and meaning and was used ritualistically.

Because of its qualities both useful and magical, it was a valuable trade item. Evidence of this commerce between tribes is seen in the range of ochre colours to be found, sometimes hundreds of kilometers from their original source.

'Ochre' as it has been since the dawn of humanity, will be the starting point for our mark-making and the means by which we allow our thoughts, dreams and yearnings to endure.

Life drawing

Although there was strong support within management, the Winsome Hotel Board decided against holding life drawing sessions on their premises. Other venues



'Violet shell', oil on board by Susannah French

have been approached by the Serpentine Committee but no alternative venue has arisen. As such, life drawing sessions will recommence at the Serpentine Gallery.

Session times are 7pm to 9.30pm on Tuesday nights. Life drawing will start on

Tuesday 3rd November. All are welcome. 2 hour sessions with a 30 minute break. Cost is \$15 per person. As storage space is limited at the gallery, any easels brought in for use cannot be left at the gallery, so light-weight easels would be best, if needed.

Cherry, cherry oh baby



Permaculture Principles
with Anastasia Guise



Ripening coffee cherries on tree

The hiss of building steam, the whirr of the grinder, the tap-tap of the portafilter. You can have it any way you like: hot, iced, black or white. Medium, light, or dark roast. Even green. How about with chilli, chocolate, or peppermint? If you prefer milk, you can choose from a range of alternatives to moo juice like soy, almond, or coconut (coco-latte is so fun to say!) and – wait for it – even human breast milk. (Yes! I'm not kidding!)

Of course I'm talking about coffee. This famed pick-me-up has been consumed for centuries, for its stimulating effects on the mind and body. Even the aroma of it is said to improve brain function and stimulate the organs. It is now the most consumed beverage worldwide, and the second-highest trading commodity after oil. Originating in Eastern Africa, the two main varieties of coffee – *Coffea arabica* and *Coffea robusta* – are now widely

cultivated along the "bean belt" – the climatic zone between the Tropic of Cancer and the Tropic of Capricorn.

Brazil is the greatest producer of coffee beans worldwide, followed by Colombia and Indonesia. While mechanisation has made some of the aspects of coffee harvesting much more streamlined, the nature of the plant has meant that many aspects of these processes are still done by hand. Coffee cherries do not ripen uniformly, so many are hand-picked, with labourers undertaking two or sometimes three harvests from the same trees. Because coffee is often grown in elevated, well-drained positions, access can be difficult, meaning that every year millions of tonnes of coffee cherries are carried down hillsides by human labour.

It's amazing really, that humans have gone to so much trouble

to prepare and consume an almost-nutritionless beverage, and ironic the role it plays in our ever-accelerating spin cycle of self-importance. It's like the beverage we need to need the beverage we need.

The raging global appetite for coffee has a range of environmental and humanitarian downsides. Whole nations direct labour and resources towards growing coffee for export at the expense of sustainable domestic agricultural programs, and swathes of rainforest are dispatched to allow for the cultivation of our glossy lover.

Here in the Northern Rivers we are well placed to have our long black and drink it too. We are unique amongst the Western coffee-consuming nations in that we have the potential to grow a proportion of what we consume. For the home-harvester, the picking and preparation of coffee imparts a



Madalena de Jesus roasts coffee in East Timor. Photos: Anastasia

great appreciation of the labour and innovation required to bring us our bitter brown addiction.

First, the red and crimson cherries are picked. The coffee cherries must be "popped" out of their skins and the skins discarded (they can be used as an excellent body scrub). Then the coffee is soaked in water for 2-5 days to ferment off the slimy coating. The beans are then washed thoroughly and left to dry in the sun for about 3-5 days. (I used an old silk screen and brought the beans in at night or if rain threatened).

Once thoroughly dried, I blitzed batches of the beans in the food processor with the dough blade on, to knock off the papery husks. (Don't be afraid of damaging the beans – they are very hard). After

winnowing off the husks and any papery residue, I was left with dark green-grey beans, still carrying traces of silverskin.

The beans at this point are ready for roasting. My children's Timorese grandmother would use a wok, stirring constantly, but I use the oven. The beans need to be roasted at a high temperature but agitated to prevent burning. They will swell slightly and lose all their papery residue. You decide on a dark or medium roast, remembering the darker the roast the stronger the flavour.

Trust me, once you've grown, harvested, roasted and brewed it for yourself, a simple cup of coffee will never quite be the same again.

www.communitypermaculture.com.au

Communication and Feldenkrais

When someone asks a clear question, once, with space to consider a response, that's a step towards a beneficial relationship. It sure is a different process when someone pesters, has only vague notions of what they want, wanted it yesterday, and doesn't seem aware of you in their pursuit. You'd likely have less motivation to support their endeavour and may notice sensations of armouring or wanting to flee. The body behaves much the same way with conversations through touch.

Bodies can readily sense overly directive touches masking hidden agendas. We can also tell when we're being dissected heartlessly or probed impatiently. Feldenkrais is a respectful way of connecting to what's going on and what can be done. By paying attention to what's discovered along the way, new information is continually taken into account, whether it be somatic, emotive or intellectual. There are hopes of learning new and restoring disrupted abilities. But imposing such desires—like the person belligerently repeating a demand—cannot ensure a positive outcome.

Imposing one's will without rapport leads to contraction, the somatic equivalent of conflict. Hearing what the



by Brent Shaub

concerns are and listening for what may perpetuate them open the door to understanding.

Understanding may bring solutions. This growth comes from a process resembling innate learning: non-judgmental and curious. Sensitivity and adaptation to what's sensed delineate mastery of any skill.

Practising Feldenkrais entails learning how to understand a body's sensations, and the interrelatedness of them with movement, thought and emotions. Each session is education through the felt sense, cultivating rich connections to a person's inner and outer worlds.

Unlike some modalities, Feldenkrais starts where there is ability and builds. Starting with what you already can do with familiarity, gradually go where the connection tapers

off. Simply notice which areas participate and which do not. Exploring patiently cultivates cooperative interest between the receiver's body and mind which is enriched as the capacity to change is readily sensed. Shared experiences are often retained deeper; new insights more frequently emerge when viewing through different lenses.

The effects of moving freely are profound on thoughts and feelings. From an overflow of inner peace, less anxiety leads to different social interactions. Social connections increase brain functioning, which enables the intake of more information in its various forms.

More information and less physical fatigue allow for clearer distinctions and development of abilities. Personal enjoyment and satisfaction can come from hobbies. Free movement opens the door to participating in many different activities and meeting new people with shared interests.

In October, the studio gained a new coat of paint and a life-size skeleton. Look forward to seeing you there: 3/104 Stuart Street, Mullumbimby.

Current class schedule is on the recently updated site: <http://EmbodyWisdom.Today> SMS Brent at 0404-429-271 with queries.

Natural law

by Helene Collard

Welcome to the times of change and transition. It is all meant to be.

Often when we hear the word 'discipline' it conjures a negative tone of punishment and rigidity. However the discipline I refer to here can be likened to regular rituals that direct and keep you in a state of harmony.

What do you already do with reliable consistency? Rise at a certain time? Get to work/university/appointment on time? Prepare breakfast, lunch and dinner for you and your family? Exercise? Have a cuppa?

Ok, so what is this about? The time is right to integrate a new ritual into your life. Do not be fooled, this will require strength, planning, focus and commitment.

Even the most functional person can have areas of life where they slip into dysfunction and a docile mode of operation. For some it may be with eating, drinking alcohol, socialising, scattered mental activity, or perhaps you are always moving and doing, or watching television. Basically, in this disconnected state, you have dropped the ball and abandoned the driver's seat of your life - you

are unconscious, asleep.

This month is about becoming more conscious and empowered in our passive area.

First you must identify your ritual – this will be an individual thing. Is it meditation or spiritual practice, painting, writing, transitioning to a new diet, gardening, socialising, singing, special time with your children or partner, exercise, rest, or something else? It needs to be something that will enhance your wellbeing.

Next you must plan for exactly when and how you will do this new ritual. When done correctly, planning plays a crucial role in success because it provides the practical and creative structure to support your goal.

Planning may involve scheduling time in your diary, communicating and consulting with stakeholders (partner, children, housemate etc), doing research and planning (e.g. of meal plans for new diet), setting up a dedicated space (e.g. for meditation, painting, writing), sticking reminders on your fridge or bathroom mirror ('I love gardening!'). This step is about making it easier for you to remember and integrate your ritual.



We are all self-governing.
Let us call upon our ancestors and teachers – past and present, to guide us in the way of the Heart.
You are all my relations.
All is One

Finally, discipline. Essentially this is about focus and commitment. It is time to follow through. Bust through the self-imposed resistances and 'just do it' – and do it often. Don't have time? Studies show that 10 minutes of meditation daily has a positive effect on stress levels. Aim for consistency, rather than large chunks of time.

Connect with the warrior within and radiate even more of your lovely light.

Helene Collard has a Bachelor of Trauma & Healing and is a Reiki Master-Teacher. She is now offering sessions from Nurture Health & Wellness, 115 Keen St, Lismore. Helene also designs and facilitates workshops. For enquiries & bookings, email: hmcollard@gmail.com or phone 0405-656-797.

Nothing to fear but fear itself

I remember 30 or so years ago having developed a fear of heights. I'm not sure of the reason for it, but it had become quite apparent that my fear was getting in the way of doing the kind of things I really enjoyed, like climbing sea walls and up and over rocks in order to get to special swimming holes. I thought to myself, I must overcome this. So I set to break the phobia.

I challenged myself. I travelled to the tops of buildings and stood on balconies. I could feel myself nearly losing balance, nearly teetering over. Nearly, but not.

At the time, I worked in a tall building that, disconcertingly, had a glass lift in the middle of the place that took you from floor to floor in full view of everything. People could look in and people could look out. It was scary. Until my decision to break my fear, I used to ride it standing dead centre with my eyes closed. Afterwards, I'd stand exactly at the edge facing outwards and allow myself to go deep into the experience, immerse myself in it, and ride that elevator.

This immersion therapy worked and I came eventually to really enjoy the experience of near flight by going to the heart of fear itself. There are kinder therapies around though, and hypnotherapy is one. Rather than exposing

someone to the den of the lion of fear, the subject of fear is contextualized as part of ordinary, every day experience and it thus loses its ferocity.

Fear is a useful survival tool and gives us the means to avoid situations that could be life threatening. Fear causes a flooding of the whole body of useful adrenaline and cortisol that allows us to get away from danger. It's when the danger is not to the body, but to our emotional state that fear can turn into a psychological phobia. It's then problems arise and it can cripple us.

There is a very rare genetic problem, called Urbach-Wiethe disease. Sufferers don't experience any fear at all, or so it is thought. There is a certain degree of evidence to suggest that some forms of fear may be experienced by these people.

Fear is processed in the amygdala, an almond-shaped part of the brain, as well as other emotions. In people with Urbach-Wiethe disease, this part of the brain is calcified over, hardens, and shrivels up, and doesn't function for fear, even though sufferers have normal cognitive function and can experience feelings of joy, happiness and sadness. A sense of fear, though, can be induced by getting subjects to breathe high concentrations of carbon dioxide, as a recent study has shown. The feelings of



by Dr Elizabeth McCardell

suffocation and panic were similar in both the control group and those with amygdala damage. It seems life is much simpler than brain physiology indicates, at least at a very basic level.

The word fear is intrinsic to the English language. In Old English, it was faer, in Middle English it was fere, and meant a sense of sudden danger. It came to mean "to terrify and frighten". A phobia is "an irrational fear, horror, aversion." The word phobia comes from the Greek phobos, "terror, fear, panic". Phobos is the name of one of the moons of Mars. It is also the name of one the twins born to the Greek god Ares (god of war) and Aphrodite (goddess of love). Phobos (fear) was twin to Deimos (terror). I find mythology very interesting because here is a kind of psychological awareness of how it is with us humans; semi-aware parts of ourselves

are personified into gods, goddesses and demi gods. Here in war, in fear, love is met, and here is something more than mere survival. In this juncture profound change to a life lived, thus far, is possible.

Continuing this line of investigation, the word phobos contains within itself a mysticism, a reverence for something not yet known, something intimated, a mystery, respect, a sense of awe. It sort of reveals itself in Phoebe, daughter of the sky (Uranus) and the earth (Gaia) She is a Titan goddess of radiance and brightness, and a prophetess at the Oracle of Delphi. She foretells many changes, many hopes and dreams.

A fear that seems to cripple can be a sign that a war is going on within and a life that brings delight isn't yet being lived. People come, often bringing more than a fear. They sometimes bring depression and generalized anxiety. There is, in anxiety, a tremendous amount of energy; and energy that can release huge and fundamental changes.

From fear comes the possibility of real and enduring shifts in perspective. From the darkness of fear, comes this lightsome being of light, so feeling and identifying fear is the beginning of some pretty fundamental change in a person's life. It's a very good place to start: from fear itself.

Overweight

by Brigid Beckett

The problem of being overweight or obese is frequently discussed in our society along with its health implications.

There are a range of causes for the so called epidemic. Some are simply bad diet and eating habits, but sometimes the cause is complicated. To get a good outcome, underlying causes need to be treated.

Chinese medicine can address problems such as digestive inefficiency, insulin metabolism problems, and the fatigue that leads to lack of exercise.

Organ systems usually relevant to this problem are the spleen and stomach, which are involved in digestion and producing the fuel for other organs to function. This energy is yang in nature, meaning it is warming and providing energy for activity wherever it is needed. A typical yang-deficient person will be tired, overweight, lacking vigour, often puffy and cold.

Purgatives, diuretics and appetite suppressants injure the spleen, as does over or under-eating. Especially detrimental are obsessive and rigid diets, a spleen deficient person being prone to obsessiveness. Eating disorders and compulsive exercising can be part of this pattern as well as weight problems

Many people who have been on the merry go round of dieting and weight gain will have been suffering from an

unintentionally worsening spleen and stomach problems.

Counting calories is not the only or main issue. The need for a good metabolism and sufficient qi is vital.

If the pattern of spleen deficiency goes on for too long, a deeper pattern of kidney yang deficiency may develop. This has more severe exhaustion, bloating, weight gain and puffiness. Patients in this case

complain that they gain weight while scarcely eating. Kidney yin deficiency, while classically thought of as involved in weight loss, can also be associated with weight gain, as it can produce phlegm and blood stagnation.

Kidney deficiency can be inherited. But more often it is associated with a long term spleen draining diet; also overwork, night shifts and over-exercise, anytime that more is taken out than can be replenished. Weight gain around menopause or with aging is due to kidney deficiency.

All these patterns involve damp heat and phlegm and blood stagnation. As well as weight gain they cause serious health issues, for example intestinal and cardiovascular disease.

The liver is also often part of the problem. Affected by stress and emotional turmoil, it is essential in the flow of qi. If this is interrupted, spleen qi will be weakened. The gall bladder will also be impacted. Damp and phlegm from a poorly-functioning spleen along with heat from qi



constraint can create gall stones, which further compromise digestion.

Different dietary approaches are needed depending on the pattern, as well as supportive treatments. However there are some general rules that apply. Minimising fatty foods is one general rule. In spleen-deficient patterns, too much cold and raw food will be damaging.

Kidney yin-deficient patients need adequate nutrients, including protein. Eating earlier in the day is beneficial, skipping breakfast or lunch is detrimental to metabolism, as is eating a large meal late at night. Avoid soft drinks and fruit juices.

While healthy eating habits are essential, being obsessive about food is definitely harmful. The basis of a good metabolism is a healthy digestion. Exercise is needed: "Too much lying down damages qi, and too much sitting down damages flesh", although over-exercising is detrimental in deficiency patterns.

Correcting patterns that have led to weight problems is not always a quick fix. Treating damp can lead to very rapid weight loss while other entrenched patterns can take months to treat. But long term benefits will be significant.

Brigid Beckett is a qualified acupuncturist working at Lismore Community Acupuncture. Phone 0431702560

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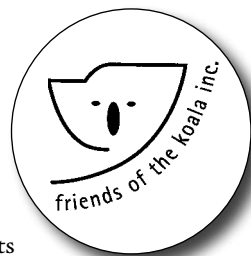
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Koala Kolumn

by Lorraine Vass



The Pacific Highway Upgrade juggernaut is powering ahead. According to the timeline on the koala page of Roads and Maritime Service's website the Ballina Koala Plan required by the Federal Environment Minister, Greg Hunt, should be nearly ready for submitting. Minister Hunt will assess the Plan and determine if the impact of the RMS preferred route for Section 10 on Ballina's koala population is "acceptable".

Despite RMS's promise to keep the community regularly informed of progress, we're having difficulty in establishing what the science is saying and how it's being interpreted by the Expert Koala Advisory Panel. Back in April, Friends of the Koala wrote to the Panel's chair, Professor Mary O'Kane, requesting regular communication on the matters covered in their meetings and any other business of mutual interest. We were politely told that the panel's role was to report to the NSW Minister for Roads and nothing more.

Towards the end of August, after learning that RMS had received the field study population and genetic reports, we instructed the EDO to lodge an application under the Government Information (Public Access) Act 2009 for the reports and a range of material related to the population viability modelling and analysis and the draft Ballina Koala Plan. Although our request was acknowledged as valid under the Act, at the time of writing we are still playing ping-pong over what the agency will provide. Having revised and reduced the scope of our request twice, we suspect we are being given the run-around.

Without access to the scientific process, campaigners are left wondering, fearing the worst. Will the submitted scientific reports be tampered with? Will the values assigned to the parameters of the population viability model faithfully reflect their findings? Will the peer review and Ballina Koala Plan be robustly independent? Will RMS admit that they cannot demonstrate "the long-term [50-years], viability of the Ballina Koala population, taking into account the impacts resulting from the road upgrade in Section 10"?

RMS appears to be confident of meeting the Minister's approval conditions. Property required for the route is still being bought up. Additional local land is being acquired for

offsets and bio-banking offsets are being negotiated on other land in the vicinity of the proposed route. It appears RMS may also be bowing to the Wardell Progress Association's lobbying for a service road into Wardell between Thurgates and Hillside Lanes, an area where koalas are known to cross.

An alternative route east of Wardell is possible. Even RMS concedes that. It's a matter of cost to the NSW taxpayer and, might I suggest, the ten years of investment that RMS has committed to a conditionally approved route. Whereas RMS says the engineering constraints would drastically increase the cost of the initial work and leave a considerable ongoing maintenance liability for taxpayers, we say that the costs of offsets and bio-banking, 25 underpasses, an overpass, a 30m land bridge, crossing the Richmond River at its widest point, not to mention the longer distance, are a comparable liability. What's more, the consequences of not going east are irreversible – the extinction, over time, of Ballina's koalas.

Now that there can only be a couple of months at most left to persuade Minister Hunt to require an alternative route, the Save Ballina's Koalas Campaign is stepping up. We need supporters from across Australia and the world to support our call for action before he makes his decision. At the Threatened Species Summit in July the Minister said "there will be no extinctions on my watch". We need to remind him that local populations extinctions inevitably lead to species extinction. Keep your eye on the Save Ballina's Koala FB page for more information.

You might recall that a couple of years ago Tweed Shire Council nominated the Tweed Coast koala population for endangered listing under the NSW *Threatened Species Conservation Act*. The Scientific Committee supported the nomination but for some reason best known to its members decided to cut back the area from the Brunswick River to the Tweed-Byron local government area boundary. Following numerous



7 - 22 November 2015
Koala Count

submissions, the Committee has withdrawn its preliminary determination and has issued a final determination using the extended area. It is on public exhibition until 4th December. Submissions are invited.

The annual Koala Count initiated by the National Parks Association of NSW in 2013 will be held again from 7th-22nd November. This year the count is bigger and better than ever, extended to all four states where koalas are found in the wild plus the ACT. A new, GPS-enabled smartphone app, NatureMapr, has been developed especially for this year's count, making it easy for koala sightings to be recorded directly to your phone. Of course you can still enter them at the website: www.koalacount.org.au

The Count serves as a focus for the broader community to be part of the koala

conservation effort. Friends of the Koala supports it because of the potential that individuals who are willing to put aside two and half weeks of the year to count koalas for a bit of fun may think of engaging in other longer-term koala conservation activities.

Until next time, happy koala spotting.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02) 6622-1233. For information about koalas, their food trees and how you can assist koala conservation, visit: www.friendsofthekoala.org or email: info@friendsofthekoala.org or phone 6622-1233. We can be followed on Facebook.

To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 13-15-55.

Plant of the month

Velvet laurel *Endiandra hayesii*



by Richard Burer

November brings out the new growth flush from our rainforest.

Pinks and reds give a dramatic contrast to the green canopy, and many trees become a lot more noticeable as individuals to the eye.

Velvet laurel is one of those species where the new growth, as the name describes, is quite stunning.

Native to lowland subtropical rainforest, *Endiandra hayesii* is reasonably common in the

area, where it is a medium-sized tree in big scrub remnants and regrowth, often in cool moist sheltered gullies.

Locally it can be found throughout the Nightcap, and if you take the loop walk this month on Mt Nardi, you could come across this species with its white cream flowers and the densely rusty, hairy new leaf growth.

Grow your own from the fresh purple black drupe that could still be hanging on the tree into the new year.

Nipping it in the bud

by Triny Roe

Spring is a great time to play 'spot the invasive weed'. Serious infestations of overgrowing species can start with just one individual, which gets overlooked or ignored. New arrivals stand out when they flower and can be marked for eradication, before they set seed. Or at least plan to remove the flowers to prevent seed development and further proliferation.

Some species don't flower until they are mature and well established. Green on green – it takes an experienced eye to distinguish and recognise nuances in leaf shapes and shades to identify the invaders.

Cat's Claw blooms in Spring with a gaudy display of yellow flower bells. This exotic creeper can be seen festooning tall trees along Goolmangar Creek as you drive from Nimbin to Lismore.

Cat's claw creeper, *Macfadyena unguis-cati*, aka *Dolichandra unguis-cati*, sneakily insinuates its way up a distant tree, unnoticed without close scrutiny. With claw like tendrils and small roots along its length, this vine attaches to the trunk, swiftly climbing 30 metres into the canopy. In five years it can smother a full size tree.

Maturing slowly over a couple of years, cat's claw develops a multiple tuberous root system. These tubers form along at intervals along the roots. They can hide a metre below the surface,



Cat's claw creeper – the vines are great for weaving baskets but given five years it can smother a full size tree.

making them very difficult to dig out. Even if you do use herbicides, one tuber might die but it simply will regrow from another. Recommendations say be prepared to follow up for at least five years.

The numerous papery winged seeds blow in, wash downstream or are carried in on mud on vehicles. Drought tolerant and hardy, cat's claw creeper can withstand dry periods, ensuring its survival.

If you see one appear hit it hard and hit it fast before it sets seed and spreads further

with multiple germination events next season. This creeper is considered a transformer species for its ability to dramatically alter an ecosystem. It's included in the Global Invasive Species Database as it has caused extensive problems in other countries as well.

The good news with cat's claw is the vines are great for weaving baskets. As you control it you have a great natural resource to utilise. There are also biological control agents available. A leaf-tying moth and the tingid

bug, now well established in some areas, are having an effect. There are high hopes also for a highly target specific leaf mining jewel beetle, released in 2012.

Another species noticed recently in florid flower along Nimbin Road is the Cockspur Coral Tree, *Erythrina crista-galli*. This flamboyant tree dominates the creek bank vegetation in several areas as well as randoms appearing along the roadside and in paddocks. A species that also propagates vegetatively, it can reproduce from broken branches and spread via flood waters, garden refuse dumping and roadside slashing. There is a native species the Batwing Coral Tree, *Erythrina vespertilio*, so take care not to confuse.

Weeds are here to stay but their spread can be reduced if everyone is vigilant. If you identify a problem area, local Landcare groups may be able to help. Far North Coast Weeds can also help identify plants and advise on control or containment measures. For some key species they can even assist with eradication. And don't forget the internet as another resource for identification and information. Every weed is different so may require an individual approach.

Happy Weeding
NB: There is another species also known colloquially as cat's claw which is widely used in herbal medicines. This is *Uncaria tomentosa* or *Uncaria guianensis* and not the same as the species above.

Species suffering from short-termism

by Geoff Dawe

Because of the exceptional growth of a pre-frontal cortex, humans have the ability to notice the long-term. With this ability, humans are able to create amazing technologies.

For 10,000 years there was so much excitement in this potentially providing for every human comfort, that humans forgot to use the ability to anticipate the deterioration in social and environmental effects that accompanied each technology.

The result of millennia of habitually not wishing to notice the long-term effects of technology, has caused a regression in most of human relationship to only consideration of the short-term. In effect, except for the development of technologies, in most other functions, humans have decided they are not human; they are just another animal without an enlarged pre-frontal cortex.

For support of this contention there is need only to look at what is reported on one day in the 22nd July, 2015 edition of the SMH.

One story mentions work being carried out on driverless cars. This is a fait accompli for a technocratic society: it is automatically thought technological advance is progress. There is apparently no desire to use the long-term pre-frontal cortex ability to notice how driverless cars

contribute to the elimination of all life on this planet. Magical thinking is in existence where it is assumed that an environment crisis has nothing to do with technology dependence. It is just one of the means by which the potential aid to humans of science is perverted from the main task of human organisation for retreat from the death of a planet.

In a story discussing increasing the GST, Premier of NSW, Mike Baird, says that even if the GST is increased to 15% that will still not cover escalating healthcare costs. The word "modelling" is used as though to demonstrate some sort of planning is taking place. However, we can suspect it is not because a 5 year old, 30 years ago, looking at the "modelling", could have worked out that in the long-term, baby boomers would have demanded a sudden increase in health funding as they aged. Obviously the panic is occurring now because long-term vision was absent.

Another story mentions a coalition-dominated House of Representatives enquiry into the tax deductible status of environment groups. Environmentalist Bob Brown mentions that the "committee had examined no environmental issues since the last election. It was not looking into the infractions on the environment." Apparently humans have slipped into

short-termism so effectively here, that they just pretend the environment is not something that has to be considered. Problem fixed! But the room is quickly filling with elephants.

The last story involves violence against women in a call, from the Executive Director of the National Committee for UN Women, for the NRL to "man up" in dealing with violence against women. There appears to be little long-term recognition that young boys in a household where they are constantly told to "man up" may end up thinking that they can best do this on a football field and that it might also involve "taking no shit" from women. In others words, in being exhorted to "man up" they may have unwittingly been placed on a path to domestic violence.

Western culture appears to be habituated to reaction or short-term thinking, rather than examination of causes. The wealth accumulated from manufactured goods would not have occurred in great measure if it was noticed that technologies deteriorated the social and environmental. Rarely do civilised humans look at the long-term in regard to society and the environment. There is an "understanding" that to do so would cause the rational unravelling of the technologies that produced the goods that we are used to.

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