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Natural Horsemanship



Suzy Maloney B.Eq.Sc. 0401 249 263
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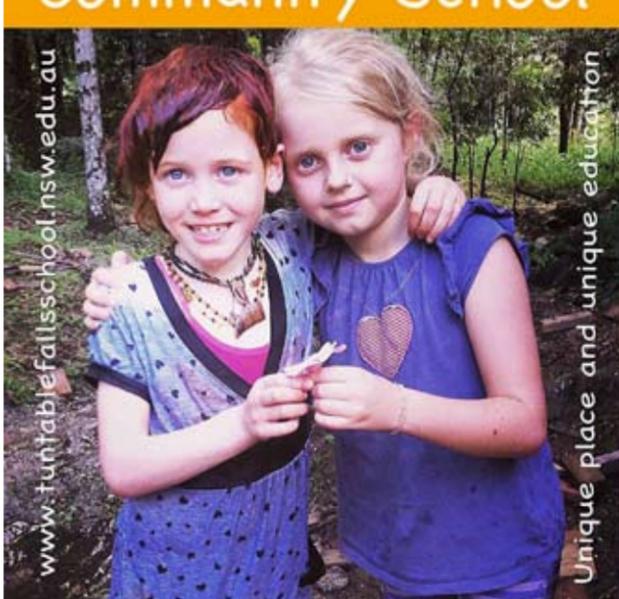


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Tunable Falls Community School



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Small schools are great schools

Coffee Camp Public School is a small school that was established in 1910, and washed away in the 1954 flood. It was rebuilt on higher ground and has operated out of the current site for the past 60 years, continuing to provide a positive and nurturing learning environment to serve the community of Coffee Camp and the Nimbin valley.

Mr Boyd has been the principal for the past 26 years and has touched the hearts and minds of many students. The school runs three mainstream classes and a literacy and numeracy support class for students needing specialised assistance.

Ms Banks teaches K-3, Mr Crane teaches 3/4 and Miss Claydon is teaching the 5/6 class while Mr Boyd is on leave. Ms Voss teaches the learning support class. Ms V teaches library and singing, and Brett Webb teaches our school band. Ros Fleetwood and Sandra Small manage the office.

We have a dedicated and committed P&C committee that is involved in the decision making processes at school. We have just commissioned two beautiful murals by artist Sam Wortellock to brighten our school grounds. We run a healthy canteen on Fridays with food cooked by parents or members of the community. We have bush tucker trees, fruit trees and a vegetable garden.

We belong to the Big Scrub community of small schools and compete in athletics, swimming and cross-country carnivals. We are proud to say we are regular winners, and this year hold the combined schools trophies



for winning swimming, athletics and the cross-country point score.

We run a number of special programs at school such as the Live Life Well at School, Mindfulness and The Rock and Water Program. We have a No Tolerance for Bullies program and a Positive Behaviours reward program that allow students to earn bronze, silver, gold and platinum medals.

We have vacancies in the kindergarten, year 1, 2, 3 classroom. Years 4, 5, 6 classes are full. On Thursday 12th and Friday 13th November we are having our Kindergarten or prospective students Orientation Day. If you are interested in finding out more about enrolling your child at Coffee Camp Public School, please phone 6689-9259.

School's OUT!

by Brad Clarke

School's out for graduating year 12 students at Nimbin Central School (NCS) for 2015. Congratulations to the twelve students who completed their secondary education and now transition into 'the real world'.

For some, it's time to reflect upon their personal strengths and interests and where they can best apply themselves in the workforce or further study. Others may choose to travel and explore foreign lands beyond Nimbin.

Students were presented with their graduation certificates in front of their proud friends, families and teachers on the last day of term 3. The ceremony was a joyous occasion as we farewelled this talented group of students from



the classrooms and playground of NCS.

Guests were treated to a fabulous rendition of Pink Floyd's hit *Breathe*, performed by graduating students Isaac and Jakob, accompanied by staff including Laura, Dave and Brad. Special guests then joined the graduating students for a delicious afternoon tea provided by canteen staff

and the Nimbin Bakery – thank you.

NCS send our best wishes to all 2015 graduating students as they finalise study for state-wide HSC examinations, seek employment or further study opportunities, or embark on local/international travel. We look forward to continued celebrations at the formal dinner mid-November at Mavis's Kitchen, Uki.



by Di Plesko

Nimbin Central School celebrated their Positive Behaviour Day at Byron Bay Circus. Our students are

extraordinary acrobats and were brilliant at the trampolines, silk wraps, tight ropes and human pyramid. The day was full of fun, laughter and clowning around. Once again, we were

complimented by the Circus staff and public for our respectful and courteous behaviour. It is such a pleasure to take Nimbin Central School students away on such activities.

Thanks for fete success

Tunable Falls School have just celebrated our combined preschool and primary annual fete and open day, our major fundraiser of the year and our chance to show off our beautiful school, and what a fete it was. The food was sensational as always, with home made pizzas fresh from the pizza oven, delicious pakoras and a fresh salad straight out of our school vege garden. Can't get much fresher than that. It was great to see many old and new friends catching up over coffee, delicious home made cake and frozen fruit ice-cream at the preschool and enjoying the great live music and entertainment in the undercover area. The day was beautiful and we all enjoyed an amazing circus show and marimba performance from the students, well done kids.

There were lots of activities to keep the children amused such as screen printing, paper plane making, crystal fossicking in the sandpit, face painting, but being such a warm day, most kids were to be found up at the water slide getting wet and wild. The trash and treasure, clothing, book stall, fresh produce and plant stall all provided some great value items for families who attended, Thank you for the great donations.

A big thanks to the many local businesses who generously donated great prizes for our raffle including: The Macadamia Castle, The Crystal Castle, Nimbin Apothecary, The Nimbin Green Bank, The Candle Factory, Nimbin Organic Food Co-op, OZ Kat clothing, Happy High Herbs, Nimbin News Agency, Black Sheep Farm, Otway Soaps, Nimbin Pizza and Trattoria, Nimbin Valley Dairy, The Hemp Embassy, Perceptio Bookshop, Hemping Around, The Nimbin Environment Centre and Armonica Cafe.

We really appreciate your continued generosity and willingness to support your



local community.

Thanks to all those who worked hard to make the fete such a success and thanks to all who came and enjoyed the day for supporting our school.

Our new classroom that we are building is progressing nicely and will be ready for use in Term1, 2016. An orchard is planned for the unused grassy area near the carpark and our tiny sports field will be enlarged so that real games of soccer, football and cricket etc can be enjoyed.

Term 4 is a busy one with the whole school learning swimming skills weekly at Nimbin Pool, lots of interesting excursions, as well as circus, music, gardening, cooking, whole school gatherings and lots of other fun stuff.

Contact Tuntable Falls Community School on 6689 1423.



Maximus (left) rethinks his encounter with Ben's artwork.

A visual dialogue at Nimbin preschool

Maximus came to the easel ready to confront the challenge that he set himself. It was the very nature of the challenge that became the focus of our attention.

What is intensely interesting about what we see in the photo is the modification of Ben's thinking by Maximus. When children observe other children expressing their thinking through any medium, there is a moment of truth: the truth of what is appealing and attractive.

This truth becomes a new truth as the child adapts, modifies and re-presents the thinking in a differing form. It is what we call a rethink of an encounter.

The remains of the encounter is the artwork itself, and in turn, this artwork will create multiple encounters.

This process is the basis of a visual dialogue: unspoken except through the new visual thinking and by what we say about it.

Creative key to childcare



Making caterpillars

by Carina and team at Nimbin ELC

Have you ever thought about your child coming to a centre-based childcare and education?

Drop in and see the Nimbin Early Learning Centre in the Community Centre complex for a booked orientation morning to get to know us and the group.

We do lots of exciting and creative things like making volcanos, going to the park for an excursion, playing with the sprinkler on hot days, building sand castles in the sandpit.

We also do lots of creative arts like caterpillars, rainbows, sea animals, umbrellas. We also have an organic veggie garden that the children help maintain and enjoying eating, or using in our cooking experiments.

Please feel free to call the Centre on 6689-0142 to book in for our Wednesday mornings orientation, between 10.30 and 11.30am. If you would like to book your child/ren into the centre for a permanent day, please just ask/ring and we can check our availability.

Preschoolers get art magic

by Heather Jessup
Preschool educator

At the end of October, the Tuntable Falls preschool had the pleasure of visiting the Lismore Regional Gallery. The fantastic Aunty Figgy gave us an informative tour of the Hiromi Tango Art Magic exhibition.

The children saw the animals (goanna and echidna) and nest that they made at preschool to contribute to the exhibition in amongst the beautiful rainbow forest made by various community groups. The excursion was a great opportunity to connect the children to the gallery and also the wider arts community.

The children were asked what they could see in the forest. Kaia (pictured) saw orange balls: "They look like mangoes."

Aunty Figgy asked the children to use all of their senses when in the rainbow forest. "What can you smell?"



Tarua: "Chocolate."

Kaia: (pictured) "Soap."

Arcana: "Ice cream."

Charlie said the Art Magic forest was a "Soft forest".

Connecting with the Hiromi Tango Art Magic project was a wonderful example of how children can receive multiple experiences through art making.

Slow and steady at Cawongla

by Leanne Logan

Wombats are not fast creatures. They can get up a gallop when needed, but for the most part these Aussie icons take things slowly. This natural way of wombats has been reflected in the creation of our very own life-sized wombat at Cawongla Playhouse this year. It's been an exercise in "slow education", and one we have valued. Slow schools mean deep learning, and deep learning in the context of a broad curriculum recognizes the talents of all students.

Yes, we set out to create a wombat, inspired by my time in Tasmania at the start of this year searching for wombats in the wild. But the process – the learning journey we have all been on – has been the important part ... discovering what wombats are really like, investigating the lives of native animals that live in our area, not to mention all the social learning that has accompanied the discussions and conversations based around animal themes.

Children who were not interested in the wombat initially have had time to come on board. Was that simply a matter of the time being right for that particular child, or the fact that we had moved over the months from working with different sensory materials - paper



Isabella works on our wombat

mache to paperbark to banksia spikes?

We've seen stories created about wombats, gifts with wombat themes made and presented, and injured wombats presented to our vet centre for care and attention. We've sought answers to our questions from wombat experts – a big "Thank You" Jackie French for your reply.

Our wombat isn't finished yet. It doesn't have a name and we don't know whether it's a

girl or a boy. But the children at Cawongla Playhouse have their opinions on all of this – and they are being listened to. Our wombat will hold pride of place at our end-of-year twilight picnic. But what will it hold in the memories and learning of our children? According to five-year-old Isabella, "My favourite bit is getting messy!" Well that's fabulous, because messy play is something else we value at Cawongla Playhouse.

Aries

When Mars enters Libra (Nov 13 – Jan 4), the opposite sign to Aries, your focus shifts towards your one-to-one relationships. The task is to balance your needs with those of others searching for 'the middle way'. Adjustments might be made easily at the moment, as you are willing to compromise and keep the peace.

Taurus

This is the time of your yearly cycle when cooperation with others becomes important. Therefore, balance the need for self-sufficiency and independence with meaningful engagement, may it be on a personal or work related level. Thus you can further commitment and a common purpose in your relationship dynamics.

Gemini

These are times of change, especially for the mutable signs (read above). The main challenge will be remaining flexible, going with the flow, but also working on your vision for the next couple of years. The vibes of the Full Moon in Sagittarius on November 26 are quite intense and you might feel tested to walk your talk, because others might resist your plans.

Cancer

This is healing time for you sensitive crabs! Nourish yourself with fun and play. Treat that 'inner child' of yours with some special outings, or throw a party and enjoy your home with friends and family. This is potentially a creative time for you when the day-to-day affairs can be lightened up and revitalised with a good portion of exuberance and passion.

Leo

At the moment your home and family play a key role in your life and you are spending lots of energy and time sorting out domestic affairs. You like to support, however, be careful not to overpower others with your immense inner strength and persistence. Balance time spent on your own creative projects with time dedicated to others.

Virgo

You most likely have been busy fixing and repairing things, feeling energised and inspired to clean out every old and stuffy corner in your surroundings. Not much has escaped your watchful eye. However, it is important to remain flexible in your opinions and open to the vision of others, thus avoiding emotional and physical isolation.

November

We have reached the deep probing sign of Scorpio in our yearly cycle around the zodiac. Scorpio combines the fixed quality with the water element indicating that individuals who are under its influence can have very intense and powerful emotions. The evolutionary intent is a penetrating, feeling-centred self-analysis and facing those inner parts that need to be integrated and healed. Once a goal is identified as desirable, the Scorpio ruled soul will pursue it with undeterred will power drawing from any resources that are available. Scorpions are said to have a mysterious and secretive nature, great recuperative powers and can miss out on light-heartedness. More than anybody else they are driven to get to the bottom of things, not leaving a stone unturned. Scorpio likes to dig for the subterranean riches including the truth and is not afraid to expose reality for what it is. Therefore, Scorpio energy is transformative and its owners can use it for helping and influencing others in a positive way. Nevertheless, their wilful nature, resilience and determination remain a power to be reckoned with. On the downside, Scorpio can hold onto his/her grudges far too long with a tendency to contemplate revenge. On the physical level this can lead to an accumulation of toxins, which then requires the body to move through a process of purging, transforming and healing.



The month starts with a conjunction between the two relationship planets Venus and Mars. They both are in Virgo until November 9, (when Venus enters Libra) indicating that this first week is great for cleaning up our relationship issues. We can approach problems from a more collaborative side, with less drama and more honest self-analysis. This is also a good week for all necessary repairs. The New Moon in Scorpio on November 12 is in a supportive alignment with Jupiter, the planetary field associated with optimism and generosity, and Chiron, the pragmatic healer. This is a signature for grounding our vision into reality by getting on with the jobs at hand – not those ones far out of reach, because Jupiter's vibration reaches us through practical Virgo (until September 2016). Scorpio reminds us that we are in the midst of a 'planetary death and re-birth cycle', not really knowing the outcome yet. Jupiter is about having faith, while Saturn, the symbolic planetary counter player to Jupiter, is more on the pessimistic side. Saturn, symbolic for security, firm structures and stability, is in an approaching square to Neptune, planet of inspiration, but also illusions and disappointment. This planetary square signifies a 'crisis of re-orientation' and the need for a global shift onto a more inspiring and inclusive level. It

is exact for the first time November 26, followed by June 18 and September 10, 2016. In many ways it symbolises our current global state of affairs of disenchantment, where millions of people are experiencing the loss (Neptune) of their roots and connection to land, being the victims (Neptune) of economic and political structures and schemes (Saturn). The current Saturn/Neptune cycle started in 1989/90, the moment of great economic dreams and the vision of merging government with business which heated up the economy through the 90's. This also was the time of the fall of the Berlin wall, the dissolution of communism as a leading ideology, the merging of capitalism with communism, the first Gulf war and the Chinese crackdown on protestors in Tiananmen Square. We are now in the last quarter phase (result & re-orientation) of this cycle (until 2026).

On November 13 the lunar Nodes transition into Virgo/Pisces and will intensify the themes related to these two signs over the next 18 months. The task is to establish a working balance between order and chaos, work and relaxation, realities and dreams, practical service and devotion, control and trust. We can expect a lot of movement and changes, as well as uncertainties about the right path to follow, symbolised by an overall emphasis on the 'Mutable Cross', consisting of the four mutable signs Gemini, Virgo, Sagittarius and Pisces.

The Full Moon on November 25/26 will be in Gemini opposite the Sun/Saturn/Mercury conjunction in Sagittarius. It aligns with the Saturn/Neptune square highlighting a time of great ambiguity and possible confusion. Too many goals and expectations might overwhelm us at the moment. Therefore, it is best to keep life as simple as possible. It is okay to question things openly and honestly (Sagittarius/Gemini), however, it is essential not to allow negative thinking undermine our creativity (Saturn/Neptune). Keep in mind that this is not a good moment in time for important decision making. However, transiting Mars in Libra (November 13 – January 4) desires justice and diplomacy and can be helpful with pointing us in the right direction.

Navigation by the Stars: Personal and/or Relationship Astrology; Life Cycles and Your Year Ahead: Plans, Directions, Concerns; contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com
Astrology at the Lillifield Community Centre: Next 1-day workshop: 'Planetary Aspects as Insights into the Personality, Part 1', November 7, 10am – 4 pm
Wednesday class: 'The Lunar Nodes and the Evolutionary Dynamics of the Natal Chart', 10am – 1pm

Libra

Venus enters your sign on November 9 (until December 6), while Mars enters Libra November 13 (until January) indicating the need for an enhanced and fulfilling social life. This is potentially a great time for making new relationships or improving existing ones. However, November 21 – 25 might bring some challenges; you may have to make decisions and find the right balance between freedom and engagement.

Scorpio

This is a great time for you to gather support for your ideas and plans, however, do not feel disappointed when others are not living up to your expectations. On the other hand, new people might enter your life offering their assistance. Give yourself some time, adjust to the changes and be patient.

Sagittarius

Reflecting on your experiences is immensely helpful at the moment and will lead to new insights about yourself and your place in the world. You are going through a process of inner restructuring which cannot be hurried along. Finding the right balance between 'the real' and 'the imagined' is your challenge, and you might want to apply yourself in a more effective way.

Capricorn

The current energies might guide you towards reflecting on your ideas and dreams. If you feel compelled to clear the decks for new action in the future, stop for a moment and engage in an honest review. Which ideas/dreams have you been able to manifest during these last years, and where do you need to adjust, change or even abolish parts of your plans? This is the time of re-orientation.

Aquarius

This is the time of the year where you need to get some good outcomes from the projects that you have been working on. Take the time and reflect on your goals and vision; be as realistic as possible. Which ideas are manageable and can be manifested because resources and support are available, and what seems to be out of reach at the moment?

Pisces

These are times of changes and you might feel like walking on quicksand. It is difficult to decide on a plan of action right now, therefore do what you can do best: go with the flow and collect new impressions. Travelling in all realms brings clarity to your project and will help with finding ways to apply your ideas.

Being present

by David Ward
Life action coach

When I am celebrating an occasion, whatever it is, I want to be celebrating it fully conscious. When I'm making love I want to be experiencing it with all my emotions, organs and bodily functions awakened, empowered and in harmony.

As soon as I attempt to enhance any of my experiences with non-nutritional substances, there's a danger I'm going to render that experience unsustainable, and thereby detract from it. If celebrating or enjoying any moment or occasion represents something I

need to recover from, I'm effectively taking two steps backwards rather than being ready and available for the next moment or occasion.

I'm an individual who has made a conscious choice to be as present as I possibly can, and in so doing I have discovered what to me feels like the best kept secret, everything feels better when I'm free of intoxication.

I'm not alone with this discovery, although this is very personal for me, having strived to live more than 40 of my 58 years under some form of altered state. I have no issue with substances themselves, it's not the substances in question, it's my tendency to overly depend on them.



I still find cannabis an exotic element, and as long as I remember to dodge those low drifting clouds, I can enjoy being amongst people indulging. I simply no longer choose or have any desire to consume it myself, at this stage of my life I value my psychological landscape

just the way I've arranged it.

A friend recently spoke of the relief that cannabis was bringing to his back pain, and when he stated how medicating it was, I replied that going back nine years, I just wanted to be medicated all the time. I also wanted or needed at every possible break some tobacco, a special coffee with some sugar, and in the evening a measured dose of alcohol to complete the day.

Life became one long series of rewards, reliefs, rituals and compensations, which over time began to take their toll. Medicinal cannabis is a wonderful concept, although I feel it loses some of its value when life itself resembles an illness in need of medicating.

How do we determine when we are fully well again and how do we stop medicating once we are well? The essence of my habit

was an effective avoidance of the perceived pain of being conscious while passing myself off as fully functional. This was a lifestyle for me, it was almost a full time job.

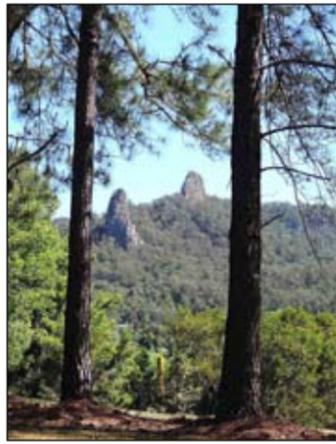
There were skills involved, I was definitely avoiding any sort of comedown or recovery process from yesterday. A case of one being too many and a thousand not enough seems to have morphed into a state of not even wanting that first drink or cigarette anymore, something of a miracle.

My body has grown accustomed to this and has become young again, it wouldn't let me go back even if I wanted to, I remain happy to leave it in charge.

Through my business Vital Choices, I am available for guidance in following the path that led me to this wonderful freedom.

david@vitalchoiceslifecoaching.com

Nimbin Garden Club notes



by Lorraine Keen

36 members gathered at the home of Sharon Whalley and Neil Holmes at Stony Chute Road Nimbin for a wonderful afternoon garden visit in the company of guest speaker, Phil Dudman, the Garden Guru from the ABC.

The five acre property when purchased 5 1/2 years ago had been vacant for two years and was overrun with weeds and a far cry from what is today a picture of carefully planted and cared for low maintenance gardens and lawn with fire retardant and noise reduction tree lined boundaries. There is also a productive orchard and the most amazing veggie garden situated conveniently near the back of the residence replacing the existing 'cane toad breeding' swimming pool.

The veggie garden consists of thirteen large raised beds and has been cleverly designed for the long term future with

paving wide enough to get a wheelie walker around each bed. The beds were brimming with a large variety of vegetables.

Grapes, ginger, strawberries and olives are grown as well and all excess produce is preserved or made into jams.

There is also a large separate nursery area adjoining the veggie garden where amongst other plants hundreds of photinia plants are being raised for a driveway hedge.

Sharon and Neil are also passionate bee keepers and Sharon spoke at length about the complexities of making sure their hives are kept healthy and productive with 15 kilos of honey recently collected from just one hive.

Their newly constructed 'Taj Mahal' Chicken coop could feature in a text book. Neil transformed a large disused composting toilet into a magnificent roosting and nesting box which opens up into two large snake proof runs to be

seeded with corn etc. for the chickens to feed and scratch amongst on a rotational basis.

Phil Dudman kept us all amused and attentive with his informative talk and showed us his own no fuss methods for composting and worm farming. Soil fertility is high on Phil's agenda and he urged everyone to read a copy of *Back From the Brink* by Peter Andrews.

Over afternoon tea Mr Dudman fielded questions from the members and was most helpful with sharing his knowledge.

We would like to extend an invitation to all those that opened their gardens for our visits this year to attend our Christmas Party which is being held Saturday 21st November at the Jarlanbah Gardens Hall, Cecil Street Nimbin starting at 12pm. Members please bring a salad or dessert and something to drink.

nimbingardens@gmail.com

NIMBIN BOWLO



25 Sibley Street
Phone 6689-1250

What's On in November?

- Continental Carnival – 7th & 8th November
- Sunday 15th – Club visit: Tweed Heads
- Open Mike Nights – Wednesdays 4th & 18th, 7pm
- Social Bowls – Every Sunday, 9.30am start
- Friday Night Raffles – 20 prizes
- Social Membership \$5
- Courtesy Bus – Enquire at Bar



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(In the Nimbin Community Centre)

0487263816

trivia

Devised by Martin Gill

Questions

1. Doodlesack or Dudelsack are alternate names for which musical instrument?
2. What two bodies of water are connected by the Suez Canal?
3. In what game would you be targeting the jack or kitty?
4. Which book features Yossarian as the protagonist?
5. Name the architect who designed the Guggenheim Museum in Bilbao and the Dr Chau Chak Wing of the University of Technology in Sydney.
6. October 2015 saw the 200th anniversary of which major battle?
7. Jaguar, Land Rover and Aston Martin are all owned by which company?
8. What is the main difference between brass and bronze (in terms of their composition)?
9. By what name do we better know the constellation Crux?
10. Saffron is obtained from what flower?

of Wellington. Nous ne sommes pas amusé. 7. They are all owned by Tara, one of India's largest companies.

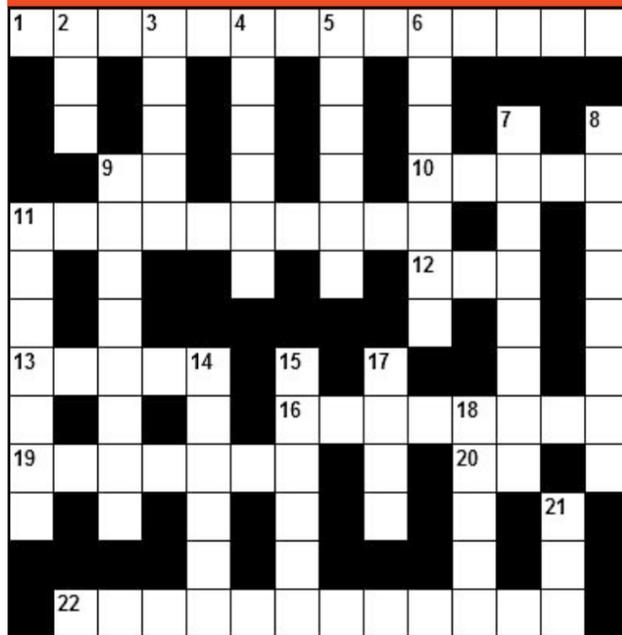
1. The venerable bagpipes. the Mediterranean with the Red Sea. 3. The wonderful game of Lawn Bowls. Is my bias showing? 4. Joseph Heller's masterpiece Catch 22. Not to mention Major Nately's Whore and Milo Minderbinder. 5. Frank Gehry. One of the few famous modern architects with any imagination. 6. The Battle of Waterloo. the Crocus Sativus. Gram for gram, saffron is more expensive than cocaine, which is heaps dearer than gold (so I am reliably informed).

Answers

Nimbin Crossword

2015-11

by Synic



Across

1. Organic and low food miles produce on Cullen Street
9. Tree – turns lakes brown with tannins
10. Ruminant feeding
11. Local village – monthly market (3,7)
12. Purpose
13. Local electricity supplier
16. Forgetful person?
19. Horizontal beam
20. One
22. Soccer's home team (6, 7)

Down

2. Climbing plant
3. Elementary
4. Candy – egg whites, honey

5. Ex PM's snackfoods
6. Destructive trawler-fishing tool. Illegal in most of Europe
7. Eight-stringed instrument, lute-like
8. Gave up on local CSG licences
9. Non alcoholic
11. Skills? Biblical currency
14. Soak up
15. God of greed?
17. Tie (rope)
18. Cold vegetable or fruit dish
21. Mistake

Solution: Page 33



The edible seaweeds

From the littoral to the deep – from within the ‘Ring of bright waters’

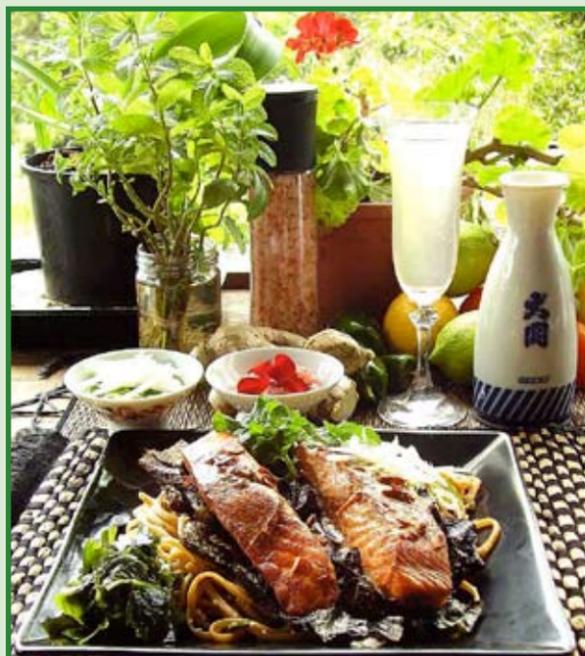
Girt we are, so a song tells us, by sea, this garden and for all intentions and purposes it is a garden and maybe it is the original Eden!

We, as life, more than likely, made our adjustment from the water-world to the terrestrial via the land-loose between the tide marks, the very littoral.

Our sustenance and our breath were being generated in part by the blue-green algae, the precursors to their descendants the sea-plants. We supped and prevailed, writhed from the primordial, stood-up, grew a brain, tried various stunts, settled on shedding our capacity to utilise oxygen from the sea and took to the air – pell-mell! – elevating our mob to be the top predator in the food chain of chance.

Our eyes, through dusty airs, saw distant visions, to what avail? The bond-reality of the myopic, that of looking closely, taking in the meaning and forms of close-knittedness and kindness of being, left us for greener pastures. Did we not weep or mourn? Some did.

The cousins of our photo-evolutionary world never rejected our quandary of elevation. They patiently awaited our return to their wet-earth of proven persistence. The drought that puts the lid on their being will be possibly the final one. In spite of El Nino and its analogue, storm and tempest, the willing



algae go on. They call and offer their moist and hearty fare. Some cultures are in tune and always have been. Is aquaculture drought-proof? Wise men would say it was. That is, if we all live long enough to see the light, by the shore.

Enough of ‘beating the stone’ if you must, with our eight-armed former cousins, the octopi. Here’s a mix to give you a future, a hearty heart.

Sea-trout with the ‘water-weeds’: nori, wakame on udon noodles

Ingredients

- 4 pieces of ocean (sea) trout
- 25mls Mirin
- 25mls cooking sake
- 50mls Kikkoman Tamari

Flavour of the month

by Thom Culpeper

- 40gms fresh ginger, finely sliced
- 4 sheets of Nori
- 10 gms of dried Wakame, re-constituted
- 270gms of Udon or Sorba noodles
- 2-3 eshallots, finely sliced
- 40gms white sesames seed
- 2mls sesame oil

Embellishment

- 50gms daikon (julienned)
- 10 small stems (micro) green daikon tops
- 40gms preserved sweet ginger
- 1gm Shiso Fumi Furikake (dried red perila)

Method

Preheat oven 180c, combine Mirin, Sake, Tamari, ginger in a bowl and marinade the trout in the this blend. Brush the Nori sheets with the marinade and cut into 15mm strips. Put the Nori on a baking paper lined tray and place the trout portions on the bed of Nori and bake for 10 minutes. Cook the noodles, drain and toss the noodles in the remaining marinade and add the eshallots, the sesame seeds and sesame oil to the noodles. Place the Nori supported baked trout on top of the plated noodles and serve embellished with daikon tops, seaweed, daikon julienne and sweet ginger, and your whatever. Dust with Perila (shiso) and serve with a flute or three of Culpeper’s Ginger Champagne!

Farmers Market fame spreads

“There is something about Blue Knob Farmers Market that can only be explained by being there and taking the time to slowly walk, talk, observe and interact with the dialogue, the creativity and the genuine love behind the location and those who bring it to life.” – Costa Georgiadis, host ABC Gardening Australia

Hi folks, Greg here from the Blue Knob Farmers Market.

We’ve had some beautiful markets this month with new customers appearing from Murwillumbah, the Gold Coast and Byron since reading about our unique little farmers market in the *Nimbin GoodTimes*.

You know, the feedback has been so enlightening, things like: “such an unusual, diverse range of food...”, “what an amazing setting for a market, it feels so unique and wonderful...”, “I didn’t know these fruits and vegetables existed...”, “I didn’t know you could buy these types of foods...”

Our market starts at 8.30am. We’re later because most of our growers prefer to pick and pack fresh on the morning of the market, making our produce the freshest available, so bring your chiller bag and keep it fresh.

Some of the many types of foods that shoppers now come seeking are not only our famous fresh local foods, but also preserved and fermented foods, because these are so good for our body’s digestive system, the primary system vital for the supply of fuel for every function of the body.

So check out what’s available at Blue Knob



Farmers Market, as many of our food artisans do their own uniquely flavoured styles and versions of preserved, pickled and fermented vegetables that people everywhere are talking about.

Weekly speaking events and annual festivals held by BKFM are about people freely sharing their vast knowledge of life and skills.

Talks at Blue Knob Farmers Market this month are:

- 7th November: Dean Draper will present an update with the latest information about CSG
- 21st November: Alison from Oysterpatch Mushrooms

More info will be available on the Blue Knob Farmers market Facebook page leading up to the date.

See you at Blue Knob, every Saturday morning from 8.30am ‘til 12pm.

‘We are all in this together’

At Café Blue Knob it becomes obvious: it is a community café.

It cooks for, serves, gathers and loves the community, as Manager Joline has a passion for staying true to the vision of the café as a communal hub, making more communal events for the locals happen.

Not only are there entertaining events like the food safaris or steak nights where one is indulged with entertainment, fine world lunches and a great atmosphere offering opportunities to meet and share.

More, the new communal events in the Café’s schedule are Freeskilling and Communicake, with more community hub ideas in the brewing, to create a space where we can regularly learn from one another in a beautiful environment.

Freeskilling is a workshop platform to be truly communal and to share what we know and are able to do. It is as simple as that. Even though we live in the Northern Rivers, in this beautiful and open hearted area with amazingly skilled people, there are many people who do not have self-sufficient skills and would like to learn them.

“Freeskilling at Café Blue Knob is a type of Open College so to speak, where the classroom is the world and the teachers are everyone who allow themselves to step up, take their skills seriously and share them with neighbours.” Joline explains.

Communicake goes along the same lines but is less hands-on – the café hosts and organises free Sunday Lunch talks.

In general, at the Communicake talks we are informed about curious, pressing or entertaining matters from the locals



Freeskilling workshop: Building a wood-fired rocket stove

Café Blue Knob schedule for November

- Friday 13th, 5.30pm: First Family Summer Steak House Night. Bookings required by 10th November.
- Saturday 14th, 4pm: Freeskilling Workshop: Bush Tucker, Edible Nature and Foraging with Richard Burer.
- Friday 20th, 6.30pm Exhibition Opening ‘Artists Choice’ with exclusive 2 course dinner (meat/vegetarian options), please book in advance.
- Thursday 26th, 12.30pm: Artists & Friends Lunch at Blue Knob Hall Gallery – everyone is welcome to an exclusive fine two-course dinner with choice of vegetarian or meat.
- Sunday 29th, 12.30pm: Jamaican Summer Food Safari with mocktails and entertainment. Bookings required by 24th November – \$39 adults/\$17 children for three-course exotic lunch.

Bookings and enquiries: 0416-616-804 / 02 6689-7449

for the locals and the café simply holds space offering opportunity. Please contact the café if you would like more info.

The Café caters as always for group bookings and functions at any time of the week, day and night, hosting easily

10 to 45 people. It offers vegan and glutenfree choices on request. Please enquire if you have an engagement, a birthday or other beautiful event coming up.

Call for bookings (02) 6689-7449 or 0416-616-804

Café Blue Knob shares a recipe

Heavenly Mud a.k.a. Chocolate Banana Spread

In need for using those over-ripe bananas and can’t stand another banana bread anymore? Here’s a recipe to put ON the bread.

Ingredients

- 800g bananas (about 6 very large ripe ones)
- 100g dark chocolate (best is 70+ cocoa solids). coarsely chopped)
- 40ml amaretto (optional, of course, no alcohol is in ours to keep it family friendly)
- 200ml water (room temperature)
- 350-450g rapadura/ raw cane sugar (just taste test desired sweetness)

Method

First, place your jam jars in a pre-heated oven (130c for 15minutes to sterilise the jars). Secondly make sure you have weighed all your ingredients and your equipment and utensils are ready.

Slice banana thinly. Transfer the banana to a large saucepan with the water and sugar. Mix well on a medium heat, stir constantly and bring the mixture to a full rolling boil (where the bubbles do not stop when you stir it).

Once the mixture starts to boil, skim away any excessive scum. Keep at a rolling boil for another 2 minutes, till the mixture becomes clearer and brighter.

Add in the dark chocolate, and mix well until the chocolate has melted. Do not boil but remove from the heat immediately and if desired, stir in the amaretto.

Ladle the hot jam into hot sterilised jars leaving a gap of about 1-2cm from the top.

The chocolate and banana jam will keep up to 2-3 months if stored in fridge or in a cool, dark cupboard. Once opened, store in fridge and best consumed within one week – if it lasts that long!

Benefits of baby massage

by Renata Dooley

As well as parent/child relations being enhanced with infant massage, there are many physiological benefits, especially for very new babies.

If we look at medically stable pre-term babies, we find an impressive amount of research studies worldwide supporting the advantages of infant massage, notably increased alertness, less time sleeping and more in a drowsy state with a greater weight gain – up to 53% a day greater than non-massaged babies, due to increased vagal activity and gastric motility (filling and emptying of the stomach).

Importantly, they are usually discharged earlier than non-massaged premies in a calmer state with less stress-induced developmental problems.

The vagus nerve is in the brain and increases in activity during massage. It controls the digestive, circulatory and respiratory systems including the oesophagus, which all benefit from massage therapy, helping with reflux, improving lung function and reducing eczema symptoms.

Massage strengthens the immune system by increasing natural killer cells and white blood cells (neutrophil count). There is also an increase in blood and lymphatic circulation, which helps with internal fluid balance and immunity.

"All systems of the body benefit from the fluid-balancing and immune functions of the lymphatic system." – Thibodean Patton, 1996

Baby Massage speeds a process in the nervous system called myelination, where a portion of some

nerves are covered by a fatty sheath known as myelin. This improves brain-body communication and enhances neural-cell firing, allowing the nervous system to communicate with the brain and musculoskeletal body. A breakdown of myelination can result in Multiple Sclerosis.

Possibly the more important benefits of infant massage to a family with a brand new baby or the prospect of a new baby soon are greater sleep, reduced crying and improved temperament.

Sleep is improved with an increase in serotonin levels, which not only regulates sleep patterns, it also helps regulate mood, temperature and appetite amongst other things. Baby massage helps regulate circadian rhythms or bub's 'body clock' by regulating the hormone melatonin's secretion rhythms,



further improving sleep.

By increasing dopamine levels, with the added bonding and attachments created, should result in a more settled baby.

Renata Dooley is an internationally certified infant instructor offering private appointments in the Rainbow Region and small group classes in Lismore and Nimbin. New classes starting in Bangalow in Feb 2016. Contact her on 0412-354-115, email: renata@bubbatouch.com.au or find us on facebook.

Craniosacral therapy

by Betti Wille

Craniosacral Therapy (CST), or more precisely, Biodynamic Craniosacral Therapy (BCST) is now practised in Nimbin.

More and more people are becoming aware of this very gentle but profound body therapy. Next to its proven therapeutic effects it can be revolutionary to our body awareness. Light touch is applied for deep-seated issues. Physically speaking, all "issues" dwell in our tissues. Whether the cause is physical or mental makes no difference.

CST and BCST both derived from osteopathy, following slightly different paths. In CST, the practitioner focuses mainly on the cranial rhythmic impulse (CRI) which is believed to originate from mechanisms regulating the cerebrospinal fluid (CSF). The cranial rhythmic impulse is a tide-like movement that permeates every tissue of the body at a rate of 8-12 cycles per minute. Certain techniques are used to improve homeostasis (balance) and therefore healing within the body. Craniosacral therapy generally works with everyone's self-healing properties. Changes in physiology achieved by self regulation tend to be of perfect timing and longer lasting than enforced adjustments from the outside.

In Biodynamic Craniosacral Therapy (BCST), the practitioner is trained to listen to the body's bio-dynamics at even deeper levels. Two more rhythms come into play, the so called mid-tide, acting as "the fluid within the fluids" at a rate of 2-3 cycles per minute and the long-tide at a very profound level of self regulating forces. One long-tide cycle (ebb and flow) lasts for 1, 5 minutes. Its quality is light and airy. How

and where these tides originate is not known yet.

In the middle of the 20th century Dr William Garner Sutherland, DO coined the expression 'breath of life' for these rhythmic forces that cause a kind of inner breathing in relation to the central channel in the spinal column. The breath of life seems to be in touch with our innermost centre as well as our "biosphere" and the surrounding space. Also known as primary respiration, it enables us to access dynamic stillness. The potential of this place of stillness is the original blueprint of our individual health.

Every one of us owns this potential. The practitioner is just a vehicle to gain access into the field of dynamic stillness. The changes that appear on the level of body physiology originate from here. The "unified field" established between client and practitioner provides the space for this process.

The breath of life is restricted only by blockages within the body's physiology which in turn is an expression of our state of mind from the beginning of our physical existence up to now. In Biodynamic Craniosacral Therapy we get in touch with the feeling part of the mind. Instead of the usual autopilot's reactions towards these feelings, the client encounters the rare opportunity for neutral observation. This creates a space in which tissues move towards homeostasis without hesitation.

Migraines, trapped nerves, shocks of the nervous system, whiplash injuries and many, many other conditions call for gentle and spacious but profound therapy. People with chronic fatigue and related symptoms also benefit greatly but usually need longer series of treatments.

I practise in the Nimbin Community Centre on Mondays. For bookings or more information, please come to the Healing Arts Collective in the Nimbin Community Centre or email me: biodynamic.touch@gmail.com

Healing lights and orbs

by Robin Stein
Homeopath healer

From the time I was a child, animals and birds in need of healing have been able to find me. The question of how they do this has not been answered clearly until several years ago.

It was always apparent that they could 'see' something humans were not always able to see, and I assumed it was some kind of light. However, throughout a lifetime of healing creatures, I've discovered we can never assume anything in nature. The truth is that we don't know exactly what creatures are able to see. However, I'm certain they do see, feel and perceive with extraordinary perception.

Several years ago, I began to see coloured lights through my closed eyelids. Then one appeared directly in front of me, apparently from nowhere while my eyes were wide open and I discovered it was an orb. It was a very bright gold, roughly 20 cms in diameter and it seemed to dance around in front of me.

Fortunately, I was my partner who saw it too. After a few moments, it shot into space at high speed and disappeared into the darkness. Then a few weeks later while I was alone, I had a similar experience when a hot pink one appeared in front of my face, then disappeared into the air just as suddenly a minute or two later, leaving me breathless with wonder.

A friend with a beautiful camera offered to come and photograph me and as she showed me photo after photo, I had the clear realisation of how creatures find me because I seem to be surrounded by orbs. During hands on healing, there is also light that it is emitted from my hands, or near my body while working with my Homoeopathic medicine. Actually, I was very glad to have seen them without a camera because it is easier to see them as living, moving, vibrating entities, or perhaps even groups of entities. I don't know their purpose



or from where they come, but some leave trails, or they appear through a shaft of some kind, perhaps to enter this dimension. The only thing I understand with complete certainty is that my healing gift comes 'through' me and not 'from' me. And I give thanks constantly for any assistance I receive from spirit.

This is the orb (above) that is always close to me. And another for you to see.

Robin Stein is a natural healer and intuitive homeopath who can be emailed at: robinstein@gmail.com

Fashionating!

46 Cullen Street Nimbin