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Unique place
 Unique education
Kindy Transition Day
 Tuesday 17th & 24th Nov, 1st Dec
 9.30-11.30am
 6689 1423 tuntableschool@gmail.com



A child's eye view of Tuntable Preschool

by Maree Conroy
 Preschool educator

As part of documenting our children's learning and their significant moments at preschool, we (the educators) take a lot of photos. We often call ourselves "the paparazzi", acknowledging the humour in our determination to get "that relevant photo!".

The children also participate in documenting their time at preschool. The children have access to the camera and contribute their ideas and

perspectives on their day. We record this in our daily diary for families to peruse on pick-up.

It is always so interesting to observe what the children photograph and comment on, and it tells us a lot about how they see it all.... We use the children's documentation to inspire us with ideas that contribute to further planning for them.

Recently Tahne (aged 4) took all the photos for the day. He took lots and lots of photos and then selected the ones he would like to publish. These are two of

his photos and the story he later told about what was going on.

"Lieka and Molly are playing a hiding game in the bushes and then Lieka climbed higher and higher in the tree. She was hiding in the tree too."

We believe that involving the children in the documentation process gives them ownership and allows their voice to be heard. It also provides opportunities for the children to understand what we are doing when we are photographing and recording their stories.

Preschool café at the show

by Diane Wilder



Nimbin Preschool held its annual Café at the Show on the Saturday of the Nimbin Show. The preschool was open for families and the community to come in and relax with a cappuccino and delicious cake or slice. Children were able to play in the garden whilst their parents enjoyed the company of other parents and friends. Inside, children painted and used clay, built with blocks and enjoyed drawing. The Café was enjoyed by many people on the day, and there was even time to explore the preschool's new vegetable garden. Some children gave community members a tour of the garden which they appreciated very much.

Nimbin Preschool would like to extend many thanks to Mountain Top Coffee for supplying coffee beans for the Café, and to Nimbin Valley Dairy for donating milk for the day. Such support from community business demonstrates a generosity of spirit which we at preschool are grateful for.

A busy month at child care centre

by Carina and team at Nimbin Childcare Centre

We have had such a busy month this month. We made a volcano using bi-carb soda and vinegar. We also used the light box to look at all different creatures' x-rays but it was a little tricky to work out which x-ray belonged to which animal, although the snake x-ray was easy.

We also experimented with making different art activities such as sea animals, snakes, the colourful rainbow and also rain clouds.

Tracing and writing has been an everyday activity extending on writing and recognising our name, numbers and letters.

The centre is filling up quickly, so if you would like your child to come and experience a centre based childcare and education, please feel free to call Carina on 6689-0142 for further information and availability.

If you would just like to come for an orientation morning to get to know us and the group then please feel free to call me to book in for our Wednesday mornings orientation, between 10.30 and 11.30am.



Rainbow Ridge celebrates Spring Fair and open day



by Anja

The sun was shining and the atmosphere was relaxed and joyful when Rainbow Ridge School celebrated Spring and showcased their lovely little school on Saturday, September 12.

The classrooms shone with displays of children's work and were open for visitors to view and to talk to the class teacher. There were musical performances by the adult cello ensemble and the children's string ensemble. At Rainbow Ridge School, children from class 3 onwards can either learn the violin or cello. The children also sang songs to celebrate the beautiful Spring season.

The gardens sparkled with new growth and flowers; aromas of yummy food wafted; coffees, teas

and delicious homemade cakes sold fast; craft activities kept people busy making colourful felt and decorating candles and there was storytelling in the playgroup space. The parent group craft stall was an abundance of colour and beautifully hand-crafted items.

The new sandpit was in full use, where crystals were discovered and sandcastles emerged. Amazing patterns of coloured ribbons were woven and unwoven on the maypole by the children in their class groups, to the delight of the onlookers.

The day was a big success, thanks to the parents and teachers who put it all together and the people who made their way to our beautiful little school to join in the celebration of Spring.

If you have a child who is

turning 5 or 6 next year and you are interested in enrolling your child in our beautiful kindergarten, please come to our kindy orientation morning on Saturday, October 31, from 9.30-11.30am. You and your child will enjoy a morning of play, craft and songs, followed by a shared morning tea. If you are planning to come, please ring the school.

We also have the 'Sunsparkle' Steiner Playgroup for children aged 2-4 years and their parents at the school on Wednesdays during term time from 9.15-11.15am. Bookings essential, please call the school.

Rainbow Ridge is a K-8 school and interested parents can contact the school on 02 6689-7033 or email: admin@rainbowridge.nsw.edu.au to arrange a tour, or for enrolment information.

Central School Performing Arts Festival delights



The Lismore Performing Arts Festival was held at the Lismore Workers Club on 25th August. The performances at Nimbin Central School were fantastic, and under the watchful eye of Ms Plesko, the students performed their Native American-inspired ribbon dance to *Hey Geronimo*. Being in front of such a large audience was a new experience for many of the young stars. But did they let stage fright get the better of them? No way. The students did an outstanding job. A great effort to all involved, and thanks to the parents who were there in support.



Tuntable Falls School Fete

by Michelle McDonald

Spring is in the air, and that means it is time for the Tuntable Falls School fete. After being plied with wood-fired pizza from our school oven, the school and preschool parents came together to plan a wonderful day for Saturday 17th October.

There will be face painting, a crystal dig, screen-printing (BYO T-shirt), a second-hand clothing and bric-a-brac stall, a garden stall and more. To keep you going, we will offer coffee and homemade cake, wood-fired pizzas and sensational salads. Take a peek into our open classrooms and wander in our kitchen garden. We would love to share our school with you.

With help from the younger children in the school, the Upper Primary children are again putting together the garden stall. After

deciding on a fitting name for our small business, we set to work. Keeping track of our expenses, we have planted seeds, potted herbs, made signs and created clay pots.

Whilst making the coil pots, we learnt about the Japanese art of 'wabi sabi', the perfectly imperfect. Painted and planted, the pots are beautiful and one-of-a-kind. After a visit to the 'Great Garden Gazebo' you will surely come away with something to add zing to your own garden.

Come to our fete on Saturday 17th October, and don't forget to bring your togs for the waterslide.

Also coming up are our Kindy Transition Days, on Tuesdays 17th and 24th November and 1st December, 9.30-11.30am.

For enquiries, phone Tuntable Falls Community School, 6689-1423.



Trash 'n' Treasure

Come one, come all! On Saturday 24th October, from 9am - 12pm, Cawongla Playhouse, our little community preschool, will be holding a Trash 'n' Treasure fundraising event.

Now is the time to start planning how you might like to get involved. Maybe you would like to run a stall to earn a little extra money, or simply come along and enjoy this community event?

Do you have something special you would

like to donate to our raffle?

Stall sites for children will be \$2, stalls held by the wider community will be \$10.

Some ideas for stalls - second hand goods and clothing, plants, toys, crafts, baked goods, face painting, cupcake decorating, lollies in a jar, busking... let your imagination run wild!

Please call our preschool if you would like to book a stall site for this event: 6633-7167. Come along and get involved - it's going to be a wonderful day!

Digging the DIRT

DIRT, Kyogle's Village Hall Players' award-winning theatre program for young people, celebrated its fourth birthday this year, introducing children to the incomparable magic of theatre.

Co-ordinator Ms Zito said, "The creative process fosters valuable individual and group skills that will strengthen self-esteem, confidence and resilience."

DIRT will continue in its fifth year with classes

in Kyogle and now also in Casino, with sponsorship from the Casino RSM Club. Village Hall Players is also looking for volunteers aged 18 years and older, who may be interested in working in

this program in either Kyogle or Casino, or in joining the company. All volunteers in the program must undertake a NSW WWC Check.

Full details are available on the Village Hall Players website: villagehallplayers.com or by email at: villagehallplayers@gmail.com



Aries

Relationship themes are the focus of attention at the moment. You are asked to find a new balance between doing as you please and taking care of the needs of others. Giving equal value to the opinions of others will ensure a peaceful and stress free environment. Avoid pushing too hard, especially during October 6 – 8.

Taurus

This is a time where you need to listen to your body and emotional needs. Get the rest your body and soul is asking for. On the other hand, your creative talents might be blossoming and you are asked to use them to their best. Whatever it is you choose to create, let your heart be inspired and feel the passion!

Gemini

Mercury is still retrograde until October 10 and keeps you occupied with issues from the past. The New Moon (Oct 13) is symbolic for a new beginning and might bring spontaneous changes to your social circle; you could feel inspired to put more effort in developing and exploring different aspect of your individuality.

Cancer

Unexpected changes or new revelations concerning your career path could highlight your need for a secure, nurturing and pleasant home life. However, keep working on both fronts as a way of balancing the intensity of your emotions and the need for a unique creative outlet.

Leo

The spontaneous energy of this New Moon can be highly inspiring, especially if you are able to channel the released creative fires into a new vision of self-expression. You might not feel especially humble at the moment, so take extra care how to communicate your exciting ideas to others.

Virgo

The vibes of the moment call for new balance between your own values and those of others. Finding a working 'middle road' is the challenge, especially when you need to include unexpected information or unfamiliar ideas. 'A walk on the wild side' might be your theme of this period, so remain flexible, compassionate and open-minded.

Libra

This New Moon in your sun sign (October 13) marks the beginning of

October

Since the last equinox (September 23) the Sun has travelled through Libra, the sign concerned with establishing balance, harmony and beauty. Libra is a very social sign and has a natural talent for mediating between opposing views until a fair assessment is established. However, restoring peaceful equilibrium, may it be between people, groups of people, or between self and others, is a tricky task. The downside is indecisiveness and procrastination because of Libra's inability to face conflicts in a straight forward way. However, this evasiveness can lead to more stress and tension which is against Libra's developmental aim of attaining peace. Their high tolerance for ambiguity can be taken by others as unreliability and weakness. Librans set high ideals for themselves and others; they like to be seen as civilized and refined human beings. They have strong views about justice and fairness. However, they become uncomfortable when emotional issues are stirred because emotions can be confusing and unpredictable. Although they are great harmonisers and excellent managers of group activities, they might try 'to be all things to all people and offensive to none', thus losing themselves in an attempt to fit in with what others expect of them. The opposing sign is Aries, the archetype of independent and spontaneous decision making, which complements the Libra type well.

Mercury in Libra remains retrograde until October 10 (since September 17) prompting us to re-assess and re-evaluate recent decisions and plans. Unfinished business from the past could surface demanding our full attention. This is the last Mercury retrograde period of the year and we are reminded to make use of our creative problem solving skills. Venus, the planet of values, enters pragmatic Virgo on October 9 (until November 8), joining Mars and Jupiter in the same sign and squaring Saturn during October 10 – 13. Great ideas and visions are best dealt with in a step-by-step approach, thus ensuring lasting results. Saturn re-entered Sagittarius mid last month and will stay until December 21, 2017. Sagittarius is the sign of the truth seeker and symbolises the quest for knowledge and wisdom as well as trust in the flow of life and hope in a better future. Saturn is the planet of mastery, discipline and realism, confronts us with our limitations and shadow sides. Saturn in Sagittarius promises profound understanding of our purpose, if we are committed to walk the path of our truth. On the negative, it signifies a lack of faith and vision, difficulties with letting go of control and fear of change.



During the end phase of the cardinal, conflict provoking Uranus/Pluto square (active during 2008- 2015/16) we are collectively experiencing a changing world where millions of people have been displaced because of war, ethnic and religious clashes and the destruction of living spaces. With Saturn in Sagittarius, Jupiter in Virgo, Neptune and Chiron in Pisces as well as the lunar Nodes' transition into Virgo/Pisces the influence of the Mutable Cross is activated over the next 18 months. The Mutable Cross – consisting of the four mutable signs Gemini, Virgo, Sagittarius and Pisces – signifies movement, change and learning through many experiences. This describes the core mode and orientation for the entire period (next 18 months). Important keywords are: adapt, mediate and reconcile. We are asked to lay down our prejudices (Saturn in Sagittarius) and become more flexible so that we can adjust to this significant shift of paradigms. Saturn will make several stressful alignments to compassionate Neptune in Pisces and supportive Jupiter in Virgo indicating that although our visions and ideals will be tested, we can manifest our dreams if we persist.

The New Moon in Libra on October 13 is opposite inventive Uranus, suggesting a need for more space and independence in our personal and collective relationships. It also suggests that a new kind of equilibrium has to be found, incorporating the unusual and unfamiliar with what has proven to be sensible and reliable. The themes of fairness, sharing and equality are emphasised, which calls for an approach that is inclusive and based on the principles of cooperation, team work and mutual understanding. We are challenged to embrace what appears to be unfamiliar and move beyond our usual limits. The Full Moon in Taurus on October 27 opposite the Scorpio Sun might highlight attachments to the past and security needs that have to be dealt with and then released before we can make a step forward towards greater unity. The friendly vibes of the Venus/Jupiter conjunction (exact October 25) increases our capacity for being all inclusive and accepting diversity.

For Personal and/or Relationship Astrology Consultation contact Tina on 6689-7413 or 0457-903-957, email: star-loom@hotmail.com webpage: <http://nimbin-starloom.com.au> Astrology at the Lillifield Community Centre: Wednesdays: 'Relationship Astrology', 10am – 1 pm; starts October 8; 1-day workshop: 'Neptune & the Quest for Transcendence' Thursday, November 27, 9.30am – 4pm

a new yearly cycle. Don't forget to set your intentions and dream up new visions and ideas. The mysterious and hidden is especially attractive to you now. This is a great moment in time to be courageous and move beyond your usual limits.

Scorpio

Themes, unfinished business or people from the past might reappear in your life now demanding your full attention. Reflect on what happened then and how things could be improved now. You may be called to take on a leading role and set a new trend because of your ability to inspire and/or convince others.

Sagittarius

You are asked to find a balance between group involvement and furthering your own creative goals. While task master Saturn is transiting your sun sign you are willing to work hard and your need for public recognition is high. Instead of worrying too much how others might perceive your work, trust that your efforts will bring results.

Capricorn

A new balance has to be established between home and work. The emphasis might shift towards focusing more on your place in the world and mutually beneficial relationships with others. This is a great moment in time to get a larger perspective on things and make space for the unfamiliar.

Aquarius

You might be on the search for a new vision which you will like to share in your relationships and with your friends. Your idealism and perceptiveness are emphasised; however you may find that your communication with others will greatly improve when you add subtlety and diplomacy to your conversation style.

Pisces

Your ability to create harmonious relationships is emphasised at the moment and you might take on the role of a peace maker. In conflict situations it is essential that you maintain your personal boundaries and independence. Value your own insights and keep flexible in the process of adjusting to the many changes that are occurring at the moment.

Discover the possibilities with Vital Choices

Do you find yourself consuming ever-increasing amounts of alcohol, tobacco, cannabis, caffeine, sugar, antidepressants, whatever you can get your hands on, in a vain and desperate attempt to feel good, feel anything, or at times not feel anything at all.

Going back nine years, I woke to find myself locked into this futile quest. At 49, I managed to swap all these substances for a range of wondrous, life enhancing alternatives. The result has been an ever-increasing quality of life and health.

How did I achieve this to a permanent and irreversible degree? As I became hooked on the challenge of becoming whole and powerful, I got drawn in,

deeper and deeper. Once I reached a certain level of consciousness, compromising my body and mind in any way became totally foreign to me.

There are many ways to awaken our consciousness. My method is based on nine years of success in complete and contented abstinence and freedom from any cravings whatsoever. The Vital Choices method, if fully applied, can give you the same success, if that is what you need and desire. Rather than chasing an assortment of compensations for life's perceived shortfalls, life itself will become your greatest reward.

To be successful in addiction is to be successful in being unconscious, at least to certain things. That is



by David Ward
Life action coach

the addiction's objective, whether we are aware of it or not. It's not always selective, either; often we lose things of value along with those we wish to escape, such as

our health or our relationships.

A straightforward way to be successful in finding freedom from addiction is to simply re-engage that consciousness. Freedom can

be within a hand's reach, if that is what you're ready for.

You can stop over-eating, drinking, smoking or whatever it may be that you use to manage those feelings and emotions. Striving to regain your health and quality of life with any of your addictions still in place is like swimming against the current with a heavy weight in tow. Discouraging to say the least.

When you become fully present and develop your innate ability to rise above your compulsive obsessions, all those addictive substances are rendered obsolete in your world; energy, enthusiasm and love begin to flow, naturally.

Vital Choices Life Coaching, phone 0447-820-510, or email: david@vitalchoiceslifecoaching.com

Nimbin Garden Club notes



by Andrew Barton

Septembers Garden Club visit took us to the "Hobbit House". Christine Howard has owned the 4½-acre property for just on three years.

Her aim with this property is to become as self-sufficient as possible. It's a great undertaking, as the property was completely overgrown with lantana, privet and all manner of nasty weeds and vines. Slowly but surely she has been clearing out sections at a time... creating sunny spots for veggie gardens and areas for her nursery work, where she is starting to propagate native plants such as grevilleas and callistemon, and the most extraordinary and rare impatiens.

Whilst wandering through her

gardens, she pointed out some of the interesting finds that she had come across whilst clearing the land, one being one of the tiniest orchids we have ever seen.

She inherited a great number of producing fruit trees of many varieties, and has added many interesting ones herself. She can now roam through her property picking guavas, tangelos, peaches, loquats, figs, and even elderberries and blueberries.

At the end of the day, she can look forward to a soak in the well-positioned outdoor bath, and take in all her hard work.

It was a wonderful social afternoon that ended with cups of tea and cakes.

This month's raffle prizes were very kindly donated by Lismore Garden

Centre and Seedling house, on Union Street at South Lismore. The new owners have a great variety of eco-friendly garden products, tremendous veggie seedlings and lush plants. So if you're in the area or in need of garden supplies, drop in and see Cameron or Rhonda.

Our next visit, on Saturday 17th October from 2-4pm, is at Sharon and Neil's property at 24 Stony Chute Road, Nimbin. Their veggie gardens are to die for, they have bee hives that produce delicious honey, and a newly-built state-of-the-art chook house.

Old and new members are welcome! Don't forget to bring a cup and chair, as well as a plate for afternoon tea to share.

nimbinggardens@gmail.com

NIMBIN BOWLO



25 Sibley Street
Phone 6689-1250

What's On in October?

- Saturday 17th – Neil Diamond Show
- Open Mike Nights – Wednesdays 7th & 21st, 7pm
- Social Bowls – Every Sunday, 9.30am start
- Continental Carnival – 7th & 8th November
- Friday Night Raffles – 20 prizes
- Social Membership \$5
- Courtesy Bus – Enquire at Bar



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trivia

Devised by Martin Gill

Questions

1. Which famous rocker was born David Jones and wasn't in the Monkees?
2. From where did they launch the NBN satellite this week?
3. What is the collective noun for a flock of larks?
4. What is the meat ingredient in Oysters Kilpatrick?
5. Albert Einstein was awarded a Nobel Prize for his contributions to theoretical physics and especially his identification of what?
6. In 1378 there were a number of people claiming to be Pope. The two main ones were in Rome and
7. Who was the USSR Foreign Minister during WWII?
8. Which airline crashed an airliner into Mt Erebus in Antarctica in 1979?
9. What are the ingredients of a Black and Tan cocktail?
10. What does the abbreviation IDK stand for in the world of social networking?



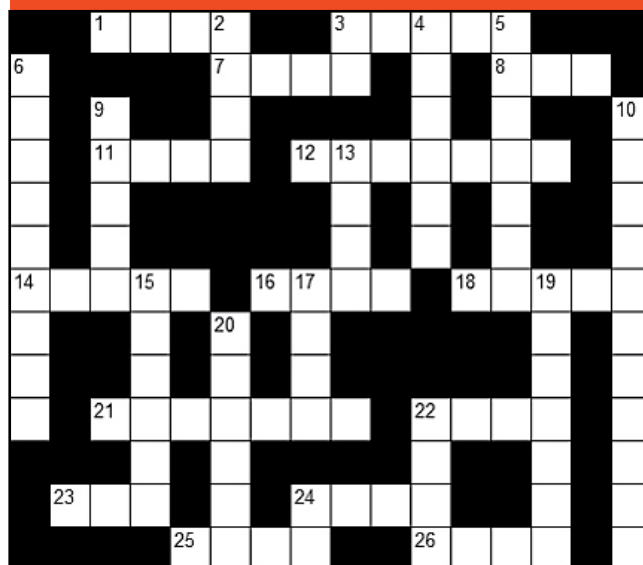
Good one, Albie.
6. Avignon in France. Ah, those were the days.
7. Vyacheslav Molotov, famous for negotiating the non-aggression pact with Ribbentrop. He also made a pretty mean cocktail.
8. Air New Zealand. The closer the launch site to the equator, the closer the launch site to the equator.
9. Pale beer and stout. Down at the Bowlo, some drink Guinness and scales and pig meat, Koshel I think not. Don't ask.
10. I don't know. I guess I'll have to JFGI then.

Answers
1. David Bowie. He changed it to avoid confusion with Davey Jones. After all, they look and sound so alike.
2. French Guyana. Rocketry works better the closer the launch site is to the equator.
3. A bunch of larks is an exaltation. You have to love the English language.
4. Bacon. Seafood without scales and pig meat.
5. The photoelectric effect.
6. The photoelectric effect.
7. He's mostly associated with relativity but the PE effect brings us such things as solar panels.

Nimbin Crossword

2015-10

by Synic



Across

1. Wedding? Group together
3. Clumsily spill (liquid)?
7. Unusually (rest of the world) clumsy (Strine)
8. Hurrah (Spanish)
11. British ass?
12. Ron Weasley's bride's maiden name
14. DH?
16. Cannabis (used to pay assassins?)
18. Changes to text
21. Espresso remains
22. Opposing
23. 1 Across' performance? 1,000 MB
24. No man is, but Man is.
25. Middle Eastern theocracy
26. Cut (throat?)

Down

2. Arrakis
3. Romantic partner (init.)
4. Not the only fruit
5. Rested in the air above the ground
6. Author of the Discworld cycle
9. Son of Jephunneh, one of twelve spies sent by Moses into Canaan
10. Shakespearean novel (by 6 Down): Theatrical adaptation coming soon to Bringabong (4,7)
13. Rodents
15. Middle-Earth demon (defeated by promotion from grey to white)
17. Keen
19. Not permitted
20. 11 Across muscles
22. These locate data in a graph
24. "To be" – third person singular

Solution: Page 37



How to stop birds crashing into windows

Spring seems to be the main season for birds to crash into our windows. Do these collisions occur because mating is in the air? Is it because of a heightened liveliness during this season?

Fact is that these birds expect a passageway where there isn't any, and often kill themselves by trying to fly through it. Sometimes they're just unconscious and recover after a while. So wait a little before you pick them up. I'm also shocked and need a little to recover after such a bang and seeing a lifeless bird on the ground. I always feel guilty because we put up these invisible screens.

We can help by making our glass panes more visible for birds or put up something to deter them. Reflecting items like CDs on a string, stickers on the glass or a curtain of some kind could do the job. Very effective is a sticker in the shape of a predator. A bird of prey's silhouette in the sky directly speaks to the



by Betti Wille
local bird-lover

bird's survival program. It will not go there.

Cut out a bird of prey from black plastic for example, and stick it to the window. Try to see through the eyes of a bird when choosing the spot. This is best done from the outside of course. When you've had it happen a few times you will probably know your hot spot.

I have been working on these kinds of stickers for a while, and I have different types and sizes for sale. Find me at Nimbin market with a range of raptor silhouettes cut from UV stabilized vinyl. Sometimes it takes little to make a big change.

I'm in clinic in Nimbin on Mondays, contact: biodynamic.touch@gmail.com
Let's live and enjoy life fully.

Edamame: the 'soy of sex'

Do I now have your attention? Good! The following is really about the 'Joy of Soy'. *Glycine max* – Soybean or soyabean.

Sex does have some input from soy. A beautiful meal, pleasing to the eye and soul has often led to the profound interchange, the so called coalition, the intercourse of the sensual, the body conversation!

Among the veg, this undemonstrative bean has a barrage of characters and encouraging roles! Most of you citizens of the Northern Rivers know many of its attributes and culinary genius.

Misos and tempehs are to be had from the stalls of many of our marketeers.

What is this fine food, edamame? It's a bean prepared from immature soybean in the pod. Blanched in 4% salt water and served in the pod. Some call for the bean to be blanched and post salted with sea salt to serve. Some times this preparation is served with garlic.



Flavour of the month
by Thom Culpeper

Edamame is a Japanese term meaning branch: 'eda' and 'mame': bean. The bean is harvested by hand 'on the stem' without leaves and roots (not as some of your aberrant lovers who, 'eats roots and leaves!').

Steaming and microwaving will see a reasonable outcome though 'salt blanching' seems to have the nod!

Lecithin is principal of soy inputs to the health food and an adjunct into the

food industry, such as egg substitution and emulsifiers.

Eating edamame fresh is imperative – they oxidize very quickly, unless salt-blanching and pasteurized, (from boiling, immersed in ice water and frozen immediately) their delicacy is lost.

A dish you might try:

Ingredients

Pork loin cutlets, light fried (hot, crisp)
4 tblsp of Greek yoghurt
2 cloves of garlic
2 full stems of fresh dill
De-podded, edamame beans.

Method

Fry the 2 cutlets in butter and salt with a dessertspoon of Moroccan 'harissa'. Anoint with Greek filtered yoghurt, garlic and dill. Braise a half hour in the pan and thicken with a teaspoon of potato-flour. Plate and smother with blanched edamame.

Garnish with julienned daikon, nashi, sliced shallot and pickled ginger. Sprinkle with 'seto (Benito)fumi furikake' or 'shiso (Perila) fumi furikake'. Do 'udon' noodles as accompaniment.

Soy does other smarts, such as: koridofu, (snow-dried tofu), soy-milk, okara, yabu, natto, sufu, kecap, shoyu (soy sauce), tamari.

The 'field' forms excel as dried beans. Black skinned selections are used for bean pastes. The tofu-making forms, the yellow-skinned high protein types, such as Kura Kake Daizu, a gourmet form, tall (a metre +) are high yielding, sweet, buttery and highly digestible.

Gypsy Queen cuisine and free-skilling workshops



Blue Knob Hall Café's desire to create an open sharing and learning space for the community has taken off.

'Café Communicake' in September with the 'Woman who lives without money' was an absolute success. "The café was full, interesting questions asked, people left with inspired thoughts and the no set cafe prices was a real thrill and a wonderful experience," said Joline, café manager.

"The universe knows how to look after us if we trust and let go."

The next new event series to be introduced are free 'Free-skilling workshops' at the café on one Saturday afternoon monthly. Local skilled people will show anyone interested their special expertise for free, because sharing and connecting around self-sufficiency are important in our times.

If you have an enabling and interesting skill and are happy to pass

it on, the café wants to connect with you. It can range from creative skills like basket weaving, sewing or natural painting to permaculture and gardening to building things like a compost toilet, an outdoor shower, a cob oven or other things. Our first Free-skilling workshop on Saturday, October 17, will teach ways of building a free wood-fired rocket stove for anyone's backyard.

The second free 'Communicake' talk will be held by Suzy Maloney on Sunday, November 1, on 'natural horsemanship'.

This is an opportunity for horse lovers and owners alike, as Suzy has a degree in equine science, is a qualified riding instructor and has 20 years of experience as an instructor. The local horse whisperer worked for 15 years as a trail guide, has started and retrained numerous horses, run eventing, show jumping and dressage clinics and now

she runs her own business 'Happy Horses Bitless'.

After the fabulous Middle East Wedding Food Safari in September with dancers and henna tattooing, the next exciting Sunday Food Safari will be held on Sunday, October 25. This time you can explore, taste test and celebrate the exotic, mysterious and exciting Gypsy culture and with it the Romani cuisine. You are encouraged to dress bohemian when the Gypsy Queen cuisine at Café Blue Knob goes wild.

The Café is open to group bookings and functions in and outside business hours as well as catering on evenings. It caters easily for 8 to 40 people for birthday parties, engagements and other celebrations and offers readily vegan and gluten free choices on request. Please enquire on 6689-7449 if interested.

Café Blue Knob schedule October/November

- Saturday October 18 4.30pm, Free Café Blue Knob First Free-skilling Workshop: How to build a wood-fired rocket stove with special Café afternoon tea and early family dinner offers
- Sunday October 25 12.30pm 'Gypsy Queen Cuisine' – Festive Romany Food Safari Lunch – Bookings are taken now! Early bird special \$35 to 18th October, then \$40 – RSVP closed by 21st.
- Thursday October 29 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
- Saturday October 31, 8.30am Trash & Treasures Event Blue Knob Farmers Market
- Sunday November 1 12.30 pm Communicake, the monthly free Café talk on 'Natural Horsemanship' with Equine Science Expert Suzy Maloney
- Thursday November 26 12.30pm Artists & Friends Lunch at Blue Knob Hall Gallery– everyone is welcome to an exclusive fine 2 course dinner with choice of vegetarian or meat
- Sunday November 29 12.30pm Jamaican Summer Food Safari with mocktails and music
- For any questions or more info call Joline 0416-616-804 or (07) 6689-7449.

Café Blue Knob recipe Our favourite winter salad

Salad ingredients

1 wombok cabbage, cut into small pieces
A handful walnuts, crushed (50-80g)
2-3 oranges, peeled & flesh cut into small pieces
Two handfuls of variety of dark leafy salad greens, cut small (optional)
Handful of parsley, chopped coarsely (optional)

Dressing

1-2 lemons, juiced (however sour you like it)
150ml Yoghurt
100ml Sour cream
Salt, pepper to taste

Mix all salad ingredients in a large bowl. Blend all dressing ingredients to pour over the salad.

Tip: It can be made ahead or served straight away. Keep in fridge.

Parental bonding and infant massage

by Renata Dooley

For some parents, attachments and bonding don't occur at birth. This is okay and perfectly normal. It can take months to develop, maintain and strengthen parent/child bonds. Infant massage is a fabulous way to enhance this process.

There are significant differences between massage for adults and massage for infants. It is vital to understand the correct strokes, ideal timing and length of massage to avoid over-stimulation, so training is essential.

It is important that the parents or primary caregivers are the ones massaging, as eye contact, skin-to-skin contact, odour and tone/timbre of voice helps our baby to get to know us.

Certainly, laying our hands on our babies in a positive way as we learn their body language and verbal cues can empower us, improving confidence with our little ones, reducing stress and increasing self-esteem. It even helps reduce post-natal depression.

Infant massage provides the perfect opportunity to help establish lasting parent/child attachments, which are



necessary for the overall wellbeing of the child.

A small study shows only one in four vocalisations from infants get a response, with dads accounting for only 6-12% of those responses. Babies hear about 1/3 less words spoken

by their dads than mums, and studies suggest fathers need more encouragement to talk to their babies, helping to improve interactional behaviours.

A lack of early parent/child bonding can lead to later neglect and child abuse, and in extreme reactions, 'failure to thrive' syndrome, where you can receive all nourishment and not put on weight, etc through lack of love and touch.

Once that child has grown to an adult without forming these healthy attachments, they generally find themselves with difficulties in their adult relationships at the very least, and at the extreme end, may display psychopathic behaviours.

If you start infant massage at birth, you will maintain close bonds and attachments through touch and physical contact, so that a child can feel secure that they are always loved, accepted and nurtured.

Renata Dooley, who has an international certification in infant massage, is starting group classes in Nimbin and Lismore this month. Contact her on 0412-354-115 or at: bubbatouchbabymassage@gmail.com

Polycystic Ovarian Syndrome or PCOS

A woman recently requested treatment for her teenage daughter who had just been diagnosed with Polycystic Ovarian Syndrome (PCOS). But when she also mentioned that eight other girls in her daughter's class had the same disorder, all my alarm bells rang at once...

There was a time when about 1 woman in 20 had this disorder, but this statement clearly shows that one third of a high school class suffer from PCOS! Doctors have 'no idea' of the cause, often making the treatment Draconian, in my view. So why is the disorder on the rise?

PCOS sufferers also have high levels of androgens or male hormones, causing the woman to have irregular periods or to miss her period altogether. Ovulation doesn't occur because there is not enough progesterone to release the eggs, which remain attached to the surface of the ovary.

Many women with the disorder also have high insulin levels. Insulin is made in the pancreas. It controls the conversion of sugar and starch into energy for the body to use or to store as fat. And excess insulin can also increase the production of male hormones which leads to acne, excessive hair growth and an oily, sometimes itchy scalp, weight gain and ovulation problems.

PCOS is the most common reason for infertility in women. It can also cause dandruff; male pattern baldness or thinning hair; darker pigmentation in patches on neck, arms, breasts or thighs; skin tags in armpits or neck area; pelvic pain; anxiety, depression and sleep apnoea.

In women with PCOS, the ovaries do not make the hormones they require for an egg to fully mature. The ovaries contain tiny, fluid filled sacks called follicles or cysts. As the egg grows, the follicle builds up fluid. When an egg matures, the follicle breaks down, the egg is released and travels through the fallopian tube to the uterus for fertilisation, called ovulation. If the problem is not addressed before the woman becomes menopausal, the risk of heart attack, stroke and diabetes increases as she ages.



by Robin Stein
Homeopath healer

Many doctors put women with PCOS on the pill. However, this adds to the problems experienced by the woman because PCOS is an oestrogen dominant problem and the pill contains synthetic oestrogen! Yes, there are pills for women that do not contain oestrogen, but please note that all contraceptive pills contain synthetic hormones that the body cannot recognise.

Also, women with PCOS are able to manufacture oestrogen, but not progesterone, so why would you give 'extra, synthetic' oestrogen for an oestrogen dominant problem? It is a rise in progesterone that causes the endometrium to shed. But without menstruation or progesterone, the endometrium continues to build up, causing irregular or heavy bleeding, which in turn, increases the risk of endometrial cancer.

Sadly, other medical interventions used are Clomid and Metformin, which I am told constantly are quite safe. But I'm certain you would wonder about their safety too if you had treated as many women as I have who have been on these drugs. All the women I have treated haemorrhaged and all had become dangerously iron deficient. Doctors had no idea how to stop the bleeding, but some did mention that the woman would need a hysterectomy if the bleeding

didn't stop!

Ovarian drilling is yet another Draconian procedure, where a hole is drilled into each ovary using an electrically charged needle. The idea is that if a part of the ovary is destroyed, it will not produce as much androgen... The procedure causes scar tissue to develop in the ovary, which definitely impedes its function. Do you understand my use of the word Draconian?

More than 50% of women with PCOS will develop impaired glucose intolerance, diabetes or pre-diabetes. The risk of heart attack is 4-7 times greater, as are the risks of high blood pressure and bad cholesterol.

So what is driving this epidemic of PCOS for which doctors can find 'no cause'? In my experience, PCOS is driven by the large amounts of synthetic oestrogen that are fed to our dairy and beef herds! And the main treatment that I have used very successfully to enable women with this disorder to conceive is natural progesterone cream. A doctor's prescription is required, and the cream will be made by a compounding chemist. And they must stop eating meat and dairy unless it's organic.

If you have a daughter suffering with this disorder, please try to keep invasive medical tests to a minimum unless they are urgent. And if your family are dairy and meat eaters, please ban all products containing synthetic hormones in favour of organic, hormone and pesticide free.

It will take 6-12 months for the body to absorb all the eggs attached to the ovaries but at this point, please don't stop the progesterone cream completely, but continue it for a further few months as directed. In this way, PCOS and infertility can be reversed, without the need for invasive treatments or dangerous medications. The most natural way possible to treat anything at all, will also prove to be the very best way.

Robin Stein is an intuitive Homeopath who has a higher than 90% success assisting infertile women to conceive naturally. Her latest ebook, 'The IVF Alternative' is available directly from Robin. Email her at: robinstein@gmail.com

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