

# Musings from the bible of the culinist

The Imbibers Ark  
by Thom Culpeper

Prosper Montagne was a maitre cuisinier of Carcassonne, Languedoc and later apprenticed at the Grand Hotel of Paris. Following his 'journeymanship' across France and Monte Carlo he returned to the 'Grand', staying 10 years to cook and write. He wrote many books and contributed widely to journals on the arts of the knife and stove. The core work of one of cooking's greatest geniuses was the magnificent *Larousse Gastronomique*, said of by Auguste Escoffier after reading the manuscript and while waiting to see published book, "I'm still under the spell cast by this work."

Well I too am still under its spell. Recently unpacking a case of books I hadn't bothered to attend to for a couple of years, it literally fell out. A weighty tome, it managed to thump a big toe on its way to floor. That got my singular attention. Recognising the lovely beast, I was elated; forgetting the near-crushed toe, I opened its magic leaves. My precious copy, the fourth impression, 1981, de-accessioned from a regional library a few years earlier and I found at a flea-market in Canberra. Why do librarians throw out reference books? Their neglect, my gain. Your kitchen will be forever brightened

by housing a copy of this wonderful book. Linked with the lovely *The Flavour of France* by The Chamberlains, 1960, a beautiful "French dishes in their landscape" gem on the everyday cuisine of rural France, that contributes in its way to the notion of French *haute cuisine* as wine does to perfect meal at a perfect table and the communal 'breaking' of friendly bread with salt.

If it's food in its myriad shapes and forms from a Euro point of experiences and art, it's in the *Larousse G*. A few entries for example:

#### Apothegms Gormands: aphorisms on food

"The science which feeds men is at least worth as much as that which teaches how to kill them."

"In the hands of an able cook, ingredients can become an inexhaustible source of delight."

"You tell me what you eat and I will know you."

"The discovery of a new dish does more for the happiness of humanity than the discovery of a star."

#### Ba-Ta-Clan

A pastry dessert said to have been invented by Lacam, the celebrated Parisian pastrycook (pâtissier). It is still made in exemplary Parisian cake shops.

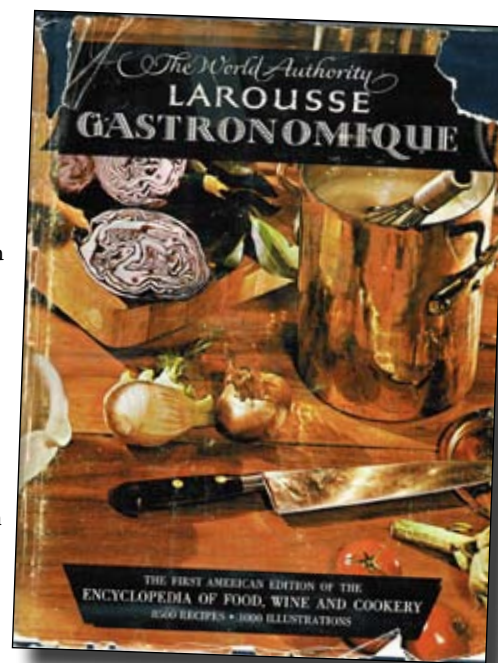
Pound to paste 250gms of almonds, turn out and add 9 eggs, one at a time, mix well. Add 375gms of vanilla fine sugar, ½ cup of rum, 125gms of sieved flour, mix till very smooth. Pour into fluted mould and bake in a moderate oven, when cooked, rack to cool and sprinkle with vanilla icing sugar.

#### Entrecote: Steak Mirabeau

Cut pieces of from-between-rib steak, grill buttered and seasoned cuts, arrange on serving dish and decorate the cells with anchovy fillets and tarragon leaves, garnish with pitted green olive halves and serve with anchovy butter.

#### The cabaret

Place where food and wine are taken with talk and debate. Some cabarets were frequented by writers, especially in the 17th century, and acquired lasting fame. Among them, le mouton blanc, rue du Vieux-Colombier, where Racine, La Fontaine and Boileau met; Le Sabot where Ronsard would go to drink with Chaplain; and *L'Écu d'Argent*, *la Pomme de Pin*, the drinking place of the Rabelasian scholars. The 18th century saw Colle, Piron and other epicureans gather, forming 'The Caveau Society'. Others inhabited le Chat Blanc, on Rue de la Vieille-Lanterne.



#### Kaltschale, a la puree du fraises

Embed a bowl in crushed ice. Fill with mixed fresh fruits. Make a puree of 1 kilo of strawberry and mixed berries, dilute this with 1 litre of light sugar syrup and ½ bottle of cold sweet Champagne. Pour over fruit, chill and serve.

Do try and obtain a copy of *Larousse Gastronomique*... if you cook, your heart will thank you for finding a copy and your kitchen will be immensely smarter.

## Café Blue Knob on singing a song of truth

by Joline Shervey

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." – Ralph Waldo Emerson

It really seems to be true, at least for me. To be myself is a skill, a matter of daily courage, and only I know how great of an accomplishment it actually is. As do you for yourself. Only you know the storms you have faced and the walls you had to climb over, or smash through, to stay in integrity with yourself.

To run a business, like a café, to follow our dreams, and to create our own stand, walk our own path, takes courage. We all face our challenges to not bow but to emancipate ourselves to make the journey towards growing into stronger humans. However, in following our truth we become more 'powerful'. To be ourselves means to stand in our power. An empowered and mature human being knows who she or he is. Isn't that the real strength we are after? Isn't that the only strength we can draw from in turbulent times where everything else is changing?

I am convinced that to know ourselves and to be rooted in our own heart, singing our own song and to discover people along the way with whom we sing in harmony without changing our tune is true, successful living.

Yes, we all experience and share forces, hear loud voices and opinions that tear and tether on us. They influence us in ways we sometimes have little choice about, or are not even sure if we should and want to be affected by. Nonetheless, we are. And maybe that is the nature of being on this planet: being in this together, influencing and affecting one another. I watch it often at the café. Hopefully we bless each other in inspiring ways, but sometimes we also hurt or confuse. That's the human condition, isn't it?

So the greatest learning appears to not only know what we individually actually believe ourselves, really knowing our own song, but how to distinguish between staying strong in one's own truth and not compromise, and when to interconnect with the others and follow



a common direction – because it reflects our truth. When to agree and when to disagree? When to distance ourselves or when to join the choir? How much discord are we willing to take? How much of our morals or values do we bend before we draw a line? Not because we make the others wrong, but to choose ourselves to stay in alignment. In fact we can often say thank you for the contrast, the disharmonies: it made our own melody so much clearer, louder. The differences are indeed gifts.

The tipping point, the boundaries, are unique for everyone, so we can't tell others what to do. However, the results are usually similar. To speak one's truth might cost us friendships and future plans, relationships or jobs and family ties, etc. Our connections can be impacted by having to follow our own truth. So be it. That's the human individual experience.

What do we gain? We gain ourselves and our individual expression in life, whether it means to cook, write, teach, craft, massage or sell in our own way.

The great masters lead the way by choosing solitude over the masses, and martyrdom over being liked or pleasing others.

No, we are not advocating stubborn individuality but to live the wisdom of listening inwardly to discover our melody, and while considering the others, we take our own inner voice, our own song seriously. If we know ourselves, stand in our power and give our truth a song we will matter in the choir we call humanity, leave our mark and contribute.

#### Café Blue Knob schedule

• Café closed Thursday, Friday and

Sunday 9th, 10th and 12th June. We take a little break – Saturday 11th June cakes and snacks will be available during Farmers Market.

• Thursday 30th June, 12.30pm: Artists & Friends Lunch, two-course luncheon – meat \$24 / vegetarian \$19 – Bookings required. Call for bookings and enquiries (02) 6689-7449 / 0416-616-804

#### Café Blue Knob shares a favourite recipe:

##### Blue cheese beetroot quiche

##### Ingredients

1-2 cooked beetroot beets, cubed  
½ onion, diced  
50g blue cheese, crumbled  
80g grated cheddar cheese  
2 large or 3 small eggs, beaten  
200ml sour cream  
½ tsp salt  
½ tsp paprika  
Dash fresh pepper  
1x ready-made dough at room temperature (we use spelt pie sourdough or pizza sourdough that we made a day ahead)  
(Add any veggies that cook reasonably fast: diced pumpkin, capsicum, zucchini, mushrooms or tomatoes all work well if cut small.)

##### Method

Preheat oven to 180°C. Spread dough in pie dish and put in warmed oven for 10 minutes to firm the base (no baking weights required).

##### Make the quiche sauce:

In a bowl, mix sour cream, salt, paprika and beaten eggs with a whisk and set aside.

##### Filling:

Dice onion and beetroot and crumble the blue cheese. Take out the pie dish from oven and sprinkle onions over base, then spread beetroot (and any other veggies if using). Pour over the quiche sauce and tap the dish to even out the sauce. Top with grated cheddar then evenly spread the blue cheese. Last, season with fresh ground pepper and some more salt and bake in oven on middle rack for 30-40 min or until egg mix is set.

For any questions or more info call Joline 0416-616-804 or (07) 6689-7449.

## Third Fibre Festival

A blessing of sun cast down on the third annual Fibre Festival, where two rows of stalls overflowing in a colourful display of local fibre products led to the big-top tent, where a relaxed, humorous, and passionate discussion of creativity took place.

Further up by the Farmers Market and the Gallery, a Children's Fibre area provided enraptured little ones training in knot-tying, finger knitting and basket weaving, and a rather impromptu but successful clothing swap provided a new look for those who participated.

Granny Breath Weaver started the talks with a discussion of her journey learning baskets and life lessons, reminding us how lucky we are to have her here. Lynda Clark spoke about Wrap with Love, and touched us all with the story of those in need of receiving warm blankets made right here. Hellen Post gave an inspirational talk on spinning fibre and communities, and by her own admission "got a little naughty". Eric Smith spoke encouraging everyone to do a little creating, Hellen interviewed felting legend Polly Stirling, and Stephanie Seckold (pictured above) brought samples of the first cotton that she is growing in the area, leading to a discussion of fibre production right here in the Northern Rivers. The day closed with a traditional shearer's cake and tea.

For those who missed the talks, or wish to share them with friends, a DVD will be available for sale at the Backyarders table or from the filmmakers Paul Tait and Jeni Kendall at: [gaiafilm@linearg.com](mailto:gaiafilm@linearg.com)



Mt Warning shawl by Megan

#### Blue Knob Farmers Market News

While it gets colder, it is still worth the trip to the Market on a Saturday. We have seasonal fruits and veggies, preserves and other treats, your winter seedlings, and check out our new wood-fired bread vendor. Treat yourself to a massage, and stop into the gallery and café. We're always glad to see you.

Photos: Marie Cameron



# Permaculture Open Day at Djanbung

A fun-filled day of food, tours, presentations and workshops and the opportunity to explore the gardens of the world-class Permaculture centre, Djanbung Gardens, will be held on Saturday 11th June, 10am-4pm.

This year's theme 'Growing Our Future' is focused on sharing practical skills and solutions for self-reliance. Come and learn about making compost, seed saving, companion planting, seasonal garden planning, bushfoods, wicking beds, animal systems, rainwater collection, making things with pallets, and much more! There's something for everyone, including a kids' activity area. Entry is by donation.

The plans for an exciting new project, the LandsEnd Forge and Artisan Workshop, will be launched this Open Day by Robyn Francis, principal of Permaculture College Australia. She explains, "The concept includes creating a workspace and collective of artisans dedicated to preserving and reviving the forgotten arts and survival crafts of traditional skills and knowledge including black-smithing, making and mending tools, crafting with stone, wood, bamboo and other natural materials." The Open Day proceeds will raise funds towards stage one of the project.

The Abundance Café will be open all day selling delicious lunches and refreshments from local organic and



garden produce. Plants, seedlings, tubers, produce, books and pallet furniture will be for sale, plus live lunchtime entertainment with Brommers.

The annual Open Day has been going since 2005 to give people the opportunity to reconnect with nature, to learn and grow together in a fun, practical and sustainable way. This year Djanbung Gardens celebrates its 22nd year of operation, from a barren cow pasture to a showcase of permaculture in practice.

Djanbung Gardens is the home campus

of Permaculture College Australia, conveniently located within walking distance of Nimbin's village centre, at 74 Cecil Street, just 300m past the Nimbin Showground.

For further information contact 6689-1755 (Tue, Wed & Fri 10-4) or email: [admin@permaculture.com.au](mailto:admin@permaculture.com.au) Web: [www.permaculture.com.au](http://www.permaculture.com.au)

Permaculture College Australia Inc. is a non-profit environmental education centre providing community education and professional development training in sustainable practices and design.

## Food Co-op growing



by Phoebe Torzillo

The Co-op continues to grow, with increased turnover, new products and new volunteers. Our new challenge is finding space to fit it all!

Food Co-op membership cards are now available for collection. Follow the instructions in store and remember to keep the card safe and handy.

### New products

We are now stocking Byron Bay locals Knox and Aya's delicious organic coconut icecream. It's sweetened with coconut nectar and dates and comes in delicious flavours like cardamom coffee, salted caramel and Davidson plum. Yum yum!

We also have a new colourful range of certified organic

gluten-free pastas, made with legumes. Lazzaretti's range includes pastas made with 100% beluga lentils, split pea, red lentils and chickpeas. Don't be fooled by the small packages – these spiral shapes swell larger than wheat pastas and pack a punch, being higher in protein, fibre, and iron.

Locals Tutti Fruitti farms are stocking us with amazing raw fermented crackers in fruit and veg flavours, perfect for lunchboxes or an enlivening snack.

In fresh produce, we have beautiful local tamarillos, green papayas and a range of fresh citrus from Nimbin growers, as well as our usual abundance.

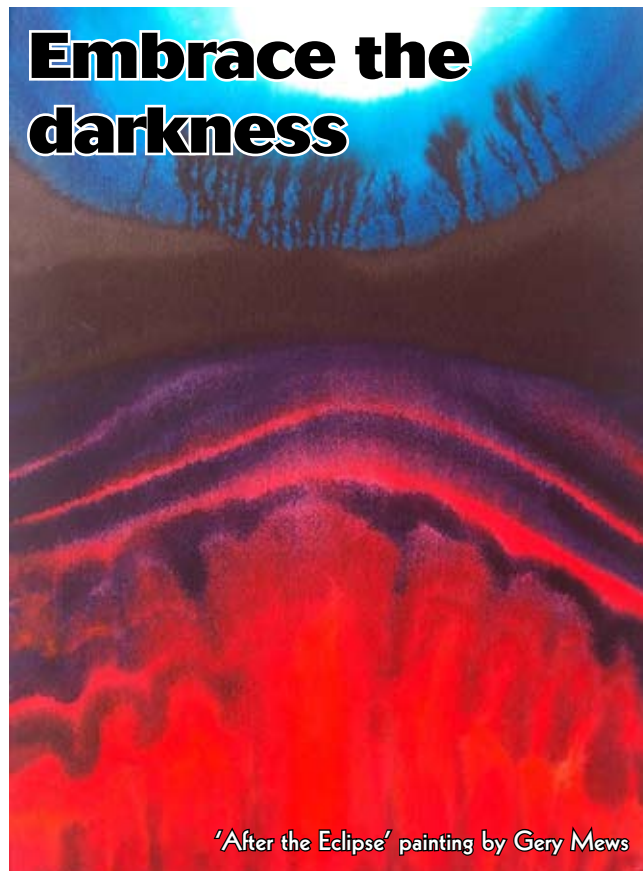
Big thanks to the community and volunteers for your support and dedication.

## New baker at Blue Knob



Gito and his son Mahto just finished building a pizza oven at their home. The German family has been baking bread for decades, and are ready now to supply the Blue Knob Farmers Market with delicious organic wood-fired sourdough bread, spelt, rye, walnut and more.

## Embrace the darkness



'After the Eclipse' painting by Gery Mews

The next quarterly event at Hanging Rock Hall is the Winter Solstice. It is a time to participate in the most ancient and fundamental human celebration as all of nature draws breath.

We are a part of a continuous cycle of dark formlessness, empty space and vacuum moving forward into change and potentiality. It is a time to embrace the dark without fear and walk forward towards Sunbirth and the future.

These natural quarterly celebrations are dictated by the movement of the Earth and Sun and provide us with an opportunity to participate in simple ceremony as we acknowledge the Longest Night of the year.

Celebrate the Winter

Solstice at Hanging Rock Hall on Sunday 19th June, 3pm-6.30pm, gold coin donation. Fire Ceremony at 3pm, Kirtan from 3.30pm, Mystery Play at 5pm, Labyrinth Walk at 5.30pm.

Join with us as we once again connect with our roots and the hidden or forgotten past. This is a family event with performance and ceremony. Please bring a plate of finger food for sharing after the Play. Gluhwein, tea and coffee will be available.

*That which comes in shining glory  
In sublime self-sacrifice  
A mighty sun-spirit  
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To rebirth, this life, and the next*

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# The weeds are here

Weed Words  
with Triny Roe

The weeds are here, not because the land 'needs' them but simply because we have introduced these exotic plants with no natural control factors into a novel environment. Thus they exist, to grow how, when and where they want to. Invariably they will find a niche, often opened up by human activity.

These weeds, or pest species, are prolific, vigorous and fast growing. They don't stay just where they are put, or they arrive by themselves. They will spread further by water, wind, birds, animals, vehicles and humans.

We don't have much control of the wind. Wind is capricious. It blows where it wants. Species like bush groundsel (picture above), *Baccharis halimifolia*, rely on the breeze to find new homes. Expect to see this declared noxious weed coming up all over the Nimbin valley. A local paddock with a mature infestation has now flowered for the second year in a row. While about half the seed falls close to the parent plant, enabling the formation of dense stands, the rest of the seed, light with silky hairs, is carried up and away by the wind. One plant can produce 1.5 million seeds in a year.



Groundsel is often found on abandoned cane or banana farms. It also favours recently cleared areas and overgrazed paddocks. This woody weed is frost tolerant and flourishes in a range of soil types, including saline. With a deep branching tap root, groundsel can grow to 3 metres or more, so best to get onto this one early. Easily recognised by its toothy wedge shaped leaves, act fast to dig groundsel out while it's still small. A stitch in time!

Vehicles can easily transport weeds and seeds to new locations. Lawn mowers, tractors, bobcats, graders, bulldozers can all carry and spread contaminated soil and propagative material around the district. Many operators take the time to clean their machinery thoroughly and remove mud and vegetation before leaving the previous site. Not all do so.



Beware the bulldozer which arrives with a living weed, (Columbian waxweed, *Cuphea carthagenensis*) growing in a clod of mud perched between the tracks. If you're lucky you will see the driver pluck the hitchhiker, complete with mature flowers and seeds heads, and toss it onto the creek bank. Thanks mate! There are enough environmental weeds already along the creek without introducing another one.

Ask your contractors what clean-down procedures they use. Cast your eye over earthmoving equipment when it arrives. Are new plant pest species being introduced unnecessarily?

Many exotic weeds species have a native cousin. These can provide food for wildlife when the weed is removed. Plant kangaroo apple, *Solanum aviculare* to replace Giant Devil Fig, *Solanum chrysotrichum*. No thorns and a distinctive palmate leaf shape, kangaroo apple looks

great in the garden.

Rainforest cassia, *Senna acclinis*, is a good alternative to Easter cassia, *Senna pendula*. Much loved by native bees, rainforest cassia is native to the Northern Rivers region though its conservation status here is recorded as endangered. There are not many left in the wild. Rainforest cassia produces delightful yellow flowers in Spring and Summer. It can be distinguished easily from the introduced species by its flattened seed pods which appear February to March.

If you are contemplating buying land and are not familiar with local and introduced species, a vegetation survey would be money well spent. Cheap blocks could be heaps of hard work and cost mega bucks in the long term as you try to manage populations of giant devil fig, groundsel, weedy *Sporobolus* grasses and other pest plant species. Happy weeding.

# Two economies and flying foxes

by Geoff Dawe

There are two economies occurring throughout the industrialised world: the industrial and sustainable economies. The industrial economy is the predominant one of the two, but its days are numbered. The secondary effects of technologies are killing the planet.

The two economies are currently dependent on each other. The industrialised economy is necessary to maintain livings highly dependent on other people, and on a certain standard of material dependence. The sustainable economy is necessary for continued life on the planet.

The sustainable economy is not officially acknowledged. This is because it is not based in increasing technology dependence, and its effect is that it causes humans to have reduced access to industrialised products. This is not a purposeful effect. It is a side effect of its direction to sustainability. The sustainable economy is therefore not officially recognised because it is extremely politically unpopular.

Some humans have remembered a certain level of humanness where they know they are to attend to the whole or larger Self before the little self or ego. These humans know the sustainable economy needs to be developed to the eventual supplanting of the industrial economy.

The sustainable economy has always been in existence, albeit functioning at an increasingly meek level as people became increasingly materialistic. The sustainable economy particularly made its appearance more apparent at



Photo: Bruce Thompson

the time of the Aquarius Festival in Nimbin in 1973. This was a result of a comparative burst of understanding in the 1960's that the society was headed in a direction that would eventually lead to disaster for humankind.

The idea of rustic, where people treasured hand-made articles like cane baskets and old and comparatively durable articles, was a sign that the sustainable society was always humming along in the shadows of the industrial society. It was also in existence when humans endeavoured to protect and restore such things as heritage buildings, old cars and axemanship.

The sustainable economy functions, to borrow a simile that Colin Ward uses in regard to anarchy: "like a seed beneath the snow ..." For Colin, in his book *Anarchy in Action*, anarchy is buried under the weight of the state.

The sustainable society is buried under industrialisation. Both anarchy, as a means of human political organisation, and sustainability as a means of human economy, can be seen as relevant as human cultures emerge through the snow of the winter of human civilisations.

Sustainability costs in terms of the economic. Western society became unsustainable because it was not paying the full cost of its demand for commodities. Costs were shunted off to the environment or to a sector of the society that became comparatively poor.

One can notice that when an environmental issue becomes prominent, the only way to fix it is by paying additional economic cost. This can be seen as making restitution for what can be seen as civilisation's past ignorance of not understanding that the world's natural economy is give and take, or reciprocity; not just take.

As an example, the issue of the serious decline of the grey-headed flying fox (pictured), and their negative regard by some humans, is the environment asking that it be paid. Flying foxes near human settlement, spiders in houses or under eaves, wasps on fascia are not signs something is wrong with nature. They are signs for humans to re-examine settlement patterns.

Allowing nature; paying the environmental cost, may involve houses near flying fox colonies being occupied by gardeners who are pleased to collect flying fox manure. Areas under the colony can be mulched with straw (dried *Setaria* is a good straw), then collected for composting.



# Plant of the month

**Forest Redgum**

*Eucalyptus tereticornis*



A tree to around 30 to 40 metres, this smooth barked tree is one of my favourite trees. The red in the red gum is its timber, deep red, the colour of earth.

A dominant tree in the area, forest red gum is common on alluvial flats, on ridge tops and higher altitudes on basaltic clay soils. Flowering should start this month where it is a favourite with the local parrots and many night-dwelling fauna such as gliders and bats.

A koala food tree, Forest Redgum is highly recommended to plant

on your farm and natural area restoration projects, however I have found it to grow fairly slowly. I propagated and planted a tree in Nimbin 20-odd years ago and whilst it's a bit scrubby and small compared to other plantings its age, last winter its blossom attracted much wildlife and reminded me how important it is to plant and regenerate these dryer forest species.

Always try and propagate your own trees from the local woody fruits, which can be found year round on some trees.

# Field day focus on bellbird dieback

Landholders in the north-west of the Lismore Local Government Area may be familiar with the increasing call of bell miners amongst eucalyptus woodland and forests, as well as the resulting forest dieback. This field day will provide the latest research and practical management advice to help landholders wanting to make an impact on this issue, which has been identified as a key threatening process to biodiversity under NSW legislation.

At the field day you will hear presentations from experienced landholders and researchers working to reduce the impact of Bell Miner Associated Dieback (BMAD) and ways to restore healthy forest habitat. The day will include travel to a number of local sites to inspect on-ground works.

Presenters include:

- Jim Morrison (Bell Miner Associated Dieback Working Group) will discuss best-practice approaches to control and restoration in BMAD-infested forests.
- Susan and Wayne Somerville (Toonumbar Valley graziers) will talk about the problem on their 480ha property severely infested with lantana and affected by BMAD, and what was developed to deal with it.
- John Nagle (North Coast Local Land Services) will provide updated information on advice and support for project funding and target areas.
- Steve King (National Parks and Wildlife Service) has extensive experience working across tenures to control BMAD. He will share results of trials at different scales, from camping grounds to whole forests.



Vanessa Pelly on her property at Blue Knob

- John Blatch (Lantana Man) will demonstrate the use of splatter gun equipment in the efficient and accurate control of lantana understorey and bush regeneration techniques.
- Vanessa and Stan Pelly (Blue Knob) will talk through their efforts to actively regenerate their property and share their concerns of how BMAD will impact the local koala population.
- Noah Nielsen (Barkers Vale) will demonstrate a low-chemical technique using free range pigs for lantana removal in large areas of BMAD-affected forest on his property.

**Bell Miner Associated Dieback (BMAD) and regeneration of natural areas, Thursday 23rd June, 9am to 2pm, morning tea and lunch provided.**

Please note: We will be visiting properties with sloping land and long grass. Please wear long pants, covered shoes, a hat and bring sunscreen and personal water bottle. RSVP to Lismore City Council Environmental Strategies Officer Vanessa Tallon on 1300-87-83-87.

# Koala Kolumn

by Lorraine Vass

On balance, I think it's fair to say that May was a good month for koala conservation in the Northern Rivers.

It kicked off with 80 or so koala conservationists converging on Byron Bay to hear the stories and learnings from implementing the landscape-scale Koala Connections project, now drawing to a close. Funded by the Commonwealth's Clean Energy Future Biodiversity Fund, Koala Connections commenced in 2013, aiming to address the threats impacting the threatened coastal koala populations in the two Shires.

Fifty-five hectares of new koala habitat on more than 120 sites have been created, together with a range of threat management activities to reduce the impacts of cars, fire, and dog. The enthusiastic audience heard how Koala Connections has combined science, strategic thinking, innovation and most importantly, community engagement, to deliver a critical response to koala recovery.

Ideas for where that recovery effort might go to next, now that the Commonwealth funding has run out, were encouraging. Indeed, an opportunity to explore further some of the strategies tested might well arise in the next piece of good news, which was the success of an Australian Research Council's Linkage Program funding application for a three-year project to develop an integrated socio-ecological approach to koala recovery in the Northern Rivers.

Understanding the connection between people and biodiversity is fundamental to arresting species extinction. We and our koalas are competing for the same space which, as we know too well, forces compromises between conservation actions and people's livelihoods. The dire status of our koala populations is largely a consequence

of governments' policies. Yet in recent years, all levels of governments have made a considerable financial investment into koala recovery in our region, while sections of the community have made a lifetime investment in advocating koala recovery and on-ground welfare and habitat work.

Friends of the Koala will be working with the University of Queensland, Southern Cross University, and Tweed, Byron, Ballina and Lismore councils to answer three questions:

- how can greater alignment between community preferences for recovery actions and the ecological requirements for koala recovery be achieved?
- what are the most ecologically-effective and socially feasible strategies for the recovery of koala populations at a regional scale? and
- how should investment in koala recovery and monitoring of strategies that integrate actions across local and regional scales be prioritised?

We hope to get started around September.

The NSW Independent Pricing and Regulatory Tribunal (IPART) announcement in mid-May of the success of Lismore City Council's application for a special rate variation to fund implementation of the Biodiversity Management Strategy will be, providing Council approves the draft 2016/17 budget, a welcome boost to koala management. Potentially, the special rate will direct \$195,400 of ratepayers' money to implementing actions in the Comprehensive Koala Plan of Management for south-east Lismore over the next four years.

On top of that, urban Lismore's koalas will be helped by a Friends of the Koala project



Friends of the Koala could not do the work we do without expert veterinarian assistance. We take our hat off to Ray Austin of Keen Street Veterinary Clinic in Lismore, pictured here with joey, Heughan, from Tomewin in Tweed Shire

to be assisted by NSW Environmental Trust funding, one of three to be announced towards the end of May. FOK's project will strengthen cross-tenure koala refuges and corridors in and around East Lismore, with an emphasis on educating the community about weed identification and management, native plant alternatives and garden waste dumping. The Trust's investment is \$99,200 over three years. The major partners, Friends of the Koala, Lismore City Council, Southern Cross University and the National Parks & Wildlife Service, will provide an in-kind and cash contribution of nearly \$80,000 over the same period.

Koala habitat and corridors in Lismore's north-west will be enhanced by a project to be undertaken by the Council, landholders and community under the same funding round, while in Tweed the Pottsville Wetlands and its koala population will benefit from a \$270,000 project focusing on fostering a sense of custodianship towards the Pottsville Wetlands and its koalas by neighbours as well as the broader Tweed community. The trust is contributing \$99,285 over three years.

Ballina's shire-wide Koala Management

Strategy and its enclosed Comprehensive Koala Plan of Management (Section 5) was formally despatched during May to the Department of Planning and the Environment for gazettal under State Environmental Planning Policy No. 44 – Koala Habitat Protection (SEPP 44).

This brings me to the still-outstanding issue of the Pacific Highway Upgrade. The Ballina Koala Plan, which was forwarded to Minister Hunt for his approval in mid-February, is still undergoing review and assessment by the Federal Department of the Environment. To its credit, the assessment team has acknowledged the assistance of the independent expert reviews provided by the Save Ballina's Koalas campaigners in requiring the NSW Roads and Maritime Services to revise the Plan and underpinning population viability modelling which, we understand, are now back with the assessment team.

We know too that there is tremendous political pressure being applied for a decision to be announced. Just what the caretaker period of government has to do with timing is somewhat unclear. The Minister can delegate his functions; whether that would be politically wise given the controversy which surrounded his approval of the Woolgoolga to Ballina Project back in August 2014 and which gave rise to the stringent conditions around the impact of Section 10 on the future viability of Ballina's koalas is a moot point, surely worthy of comment by all candidates for Page as we come to the election on 2nd July. 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](http://www.friendsofthekoala.org) or email: [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) or phone 6622-1233. Follow us on Facebook.

To report environmental incidents, including removal of koala habitat ring the 24/7 Office of Environment & Heritage Enviro Line: 131 555.



# The truth about tobacco

by Robin Stein,  
Healer and homeopath

About 10 weeks ago, my very best friend asked me to look at his toe, which had become very painful. I looked, and told him to get in the car because we were going directly to emergency. What I saw was a greatly swollen and discoloured foot that was purple, bright red and blue. This could only mean a few things, and a couple of those possibilities were a very nasty infection, possibly of the blood, or a lack of oxygen to the entire leg from an arterial blockage. But the doctor at Nimbin Hospital that day told us it was an ingrown toenail that would grow out in six months and we were pushed out. I protested that it was far more than that and asked him to look again, but he turned his back on us...

I complained, and a couple of days later, we saw a more senior doctor, who put him onto an intravenous antibiotic because he suspected septicemia, a blood infection. He promised to follow up, but he didn't. He ordered an arterial ultrasound and we went to Lismore Hospital for this, but they didn't do it. So there was a series of events where not much was done because nobody seemed to think it was important – for eight entire weeks. It was very, very frustrating. Meanwhile, his pain levels were so enormous from what was going on in his foot, they even eclipsed the 10 out of 10 pain from his back. Yet nobody thought this was important either.

Not happy, we made an appointment with his pain



doctor in Mullum. He took one look at his foot and told us to go directly to Lismore Hospital 'immediately' or he would lose his foot. He wrote a letter to the Vascular Surgeon and Allan was admitted straight away and scheduled for surgery the next day. They did the arterial ultrasound, then put a stent into the main artery at the top of his leg. He was allowed to come home on Friday, but by Sunday his foot swelled and turned purple again so we went straight back.

Yesterday, he was given a full anaesthetic to look further down the artery, but that surgery was aborted when it was realised there was too much damage for a stent. The only option now is to graft a vein from his lower leg onto the part of the artery most damaged between his thigh and knee. This will happen on Monday. If this surgery is not done, he will lose his entire leg because it will die from a lack of oxygen.

He must have been asked a 100 times in hospital if he is diabetic because diabetes destroys arteries. Fortunately, he is not, so the only other option for a cause, was smoking tobacco from the time he was 13 years old. We all know it makes other stuff burn more efficiently! And old habits die hard... But he was alarmed enough to cut

consumption immediately to two.

So what makes tobacco so dangerous? It is dangerous because tobacco smoke deprives the body of oxygen. And any part of the body deprived of oxygen, will die. The damage to lung tissue creates scar tissue and it's permanent. It is called emphysema. And damage to arteries, leads to eschaemic limbs because the lack of oxygen makes the blood sticky. This in turn helps to block arteries with fatty tissue and plaque. And then we have eschaemic limbs, starved of oxygen.

There is a high chance an eschaemic heart accompanies eschaemic limbs, making the person a walking time bomb for a stroke. If the blockage is not cleared, the leg would eventually die and turn black from the lack of oxygen. All of this suddenly becomes far more serious when it involves the person you love most in the entire world. Do you think it won't happen to you too? All smoke will kill lung tissue, making a good vaporiser an excellent investment.

I arrived at the hospital early yesterday morning to see a very pregnant woman smoking a cigarette. Unfortunately, the damage to her baby will be forever. I rest my case.

# Grant yourself permission



by David Ward  
Life action coach

When it comes to letting go of long-term addictive behaviour, you don't need to wait for anyone's permission, other than your own. And it's not all about you either, when you make the choice to become fully present, others in your life also benefit, whether they show it openly or not.

Why do unwanted addictions exist in the first place, to avoid depression? Handing your wellbeing over to a range of harmful substances, including pharmaceuticals, goes a long way towards fuelling depression and locking it in. Other than feeding this negative state and undermining our much needed health, resilience and longevity, what other purpose could addiction serve? It can't really physically make anything go away, but it can help to hide things from us, keeping them beyond our reach, where they can grow out of proportion, adding anxiety to the picture.

Now even more medicating is required, and before long this overwhelming lack of control is mirrored by the state of our body. Everything is slipping away now, and there's only one thing for it, further medicating. Or is there an alternative, something that's being overlooked, or considered to be unrealistic or beyond us

as mere humans?

Is it possible that we could transcend a total dependence on the medical, pharmaceutical and rehab industries, that we actually have the solution and the strength within us, could this be the lesson of addiction? I would like to challenge the notion that the hardest thing for an addict to release is the substance or substances in question.

Underneath the addiction is life itself. For me the most rewarding and in some ways the most challenging period came after I found freedom from the substances. Focusing completely on the difficulty of releasing the attachment to a substance can become just another means to avoid being conscious, missing opportunities and remaining trapped in the loop.

Addictive substances are the things that many of us can't use occasionally, those things that seem to force our hand, if we use them today we'll need to use them tomorrow and the next day, or suffer the consequences. Of course many are perfectly happy with their substance use; if it's not a problem then it's not really an addiction, yet. Addiction strips the body of vitality, leaving us compromised in a variety of ways.

Learning to live in freedom means coming to terms with the void that is left when substances are released, finding a new identity and filling that space with sustainable alternatives can be the difference between relapse and success.

A regular power yoga practice is custom designed for this purpose, carrying prana or life force to every cell of the body. The daily practice will actually displace the addiction. They cannot exist together, you now have a vital choice to make, do you not?

Combined with correct nutrition and the abundant support available within our community, we can be filled to overflowing, with a return to vibrant youthfulness and its many rewards, leaving us free from cravings for any inappropriate elements.

David Ward is a Freedom from Addiction Specialist and Yoga Coach, phone 0447-820-510, web: [www.vitalchoiceslifecoaching.com](http://www.vitalchoiceslifecoaching.com)

# Restless legs and Bowen therapy

by Tonia Haynes

It appears that the wicked queen of Winter has finally decided to pay us a visit.

I'm sure she has been extremely busy attempting to keep her obedient minions alive in the Arctic and Antarctic, as their cozy little world slowly melts to mush around them. Poor wicked queen, poor minion,s and perhaps it won't be too long before we're all muttering, "Poor us."

I know that Winter is supposed to be a time of rest, but perhaps it's not such a restful time for those who suffer from arthritis and/or restless legs.

When the cold hits and our blood leaves our extremities in order to support and warm the organs of life, our muscles and nervous system, if already in a state of dissaray may complain. Bitterly.

I have some suggestions that will help, but I need to be a tad careful in this article. My years of learning massage, pranic healing and Bowen therapy followed a slightly different path to those of the naturopathic bent. And

the suggestions I give might be classed as better coming from a naturopath.

Nevertheless, we all need to do our bit, no matter the consequences, and restless legs sit close to my heart. My mother, amongst her other maladies, suffered dreadfully from restless legs. Her girls, all five of us, suffered with her. Mainly due to the fact that, even though she often was not well, we loved her dearly.

This was before the sixties and seventies when dem dirty hippies did the Asian-European-Californian circuit and brought back all sorts of weird information. Such as the benefits of vegetables, good nutrition, acupuncture, chiropractic adjustments, herbs, massage and how our emotions can affect our physical bodies. To name but a few.

How I wish I had known then what I know now. My darling Mum's journey might have been much easier.

One of the gifts I received from her and also my grandmother is varying degrees of arthritis from an early age. Hence my choice to

become a body therapist.

I guess, like the manipulations of the wicked queen of Winter, there is a potential gift in every circumstance. Mind you, digging through the shit to find the budding flower can take some effort. Thankfully, a vivid imagination and a cocky attitude make an excellent pick and shovel.

I've never suffered from restless legs. Close, but not quite. Restless legs feel like they are being attacked by needles plugged into electrodes that make them jump about in a most painful fashion. Usually at night when one is attempting to sleep. They belong to pregnant women, those who take anti-depressants or similar medication and the elderly.

I haven't been pregnant for ages. And as far as my mental state is concerned? The mental state can get a little wobbly, but I have companions who are truly amazing folk and it appears that in their passion for the different, they like me. (May the blessings of Ganesh rain upon all my wonderful, crazy friends.) So no anti-depressants as yet. All the same, I am elderly (damn).

My present evasion of restless legs may have something to do with the nutritional bridge I use to counteract the stresses of life. A daily intake of a multi Vitamin B to feed the nervous system and keep the liver happy. Colloidal minerals that supply all those trace elements etc. that aren't in the food we eat, because generally they are no longer in the soil that grows the food. Extra magnesium when I'm feeling a bit crampy and sometimes an iron supplement if I am tired for no reason.

I also take Barley Green, and have done so for many years. A most suitable supplement for alkalizing the body when one does not eat enough veges. It tastes like spinach juice, but I don't care. It definitely assists in keeping the arthritis under control.

Added to that, I sometimes have massage to get the blood moving, (the blood does not flow well with arthritic conditions). Bowen Therapy, or osteopathy to bring the muscles and bones back into balance and the occasional emotional clearing with my favourite doctor Jacqueline Boustany, who knows a lot about



how we can sing along to a happier note.

Most important of all, because a hydrated body is a healthy body, I drink plenty of plain water. You know, that stuff that gives life to most things on this planet.

I also assist others to chase away their jumping legs with my cocktail of remedial massage, Bowen Therapy, reactive muscle clearing and the above information.

'Til next time, wishing you all love, light, giggles and good health.

I am in clinic in Nimbin on Wednesdays and Saturdays. Phone for appointment: 02 6689-0240, mobile: 0439-794-420.



# Should you use pain in training horses?

by Suzy Maloney B.Eq.Sc.

Pain. This small word has a lot of power. I've had a couple of experiences recently that have led me to look more closely at pain. The first was when I had the opportunity to watch a master horseman teaching a group of students. While his method was wonderful when he used it, something entirely different occurred as I watched his students. The second was when I had an accident, and found myself experiencing pain on a regular basis.

The trainer showed his students an exercise then they would practise it. One exercise was to use a whip to ask the horse to yield the hindquarters around while doing groundwork. He showed them how to tap the whip on the horses' hindquarters to ask them to move over. However he also showed them how to apply a smart whack if the horse didn't move.

This escalated quickly to people going whack almost continuously. Even one young girl was getting stuck into her lovely horse quite violently with the whip. Another had a young unbroken colt and the same thing was happening. For the humans what they saw was instant results. It worked. Those horses got really good at moving that hindquarter over quickly. However, for me watching I started to feel sick in the stomach. Does the end justify the means? Not for me.

A short while after this experience I incurred an injury. After initial extreme acute pain, I then found myself



living in a world of ongoing chronic pain. My world became smaller and smaller as I discovered which things caused me pain. My decisions were dominated by the avoidance of pain. Pain is a great motivator and I learnt very quickly what I could do. But even then I was always on edge, never completely 100% confident that if I did something I wouldn't pay the price of pain. My feelings of vulnerability rose to magnificent heights and as they rose my self-confidence declined. I struggled with feelings of depression and apathy and my normal go get-it I can do anything headspace shrunk to a small room with a bed in it. Chronic pain sufferers know exactly what I'm talking about.

So then I started thinking about horses and their lives with pain. We humans use a lot of pain to control horses. The primary three ways that humans inflict pain on horses is via bits, spurs and whips. Visualise a dressage horse – it has two bits in the mouth, one with a curb, giving leverage to the rider so they can increase the pain level, and the rider has a whip and spurs, both of which are used a lot in the training process. I call this a 'blanket of pain'.

If we apply a whip to a horse to get it to do something, to us it appears super effective. Wow, look how well my horse is trained. But what is really happening for the horse? What if the horse had feelings as we do? What if the horse was feeling vulnerable? What if the horse was losing self-confidence and shrinking inside?

With each application of pain, we are saying to the horse 'you must be on the lookout for pain at any time when you are with me'. I know what this does. Instead of developing a horse with self-confidence and an enthusiastic headspace we will create a horse whose primary motivation for doing anything with us is not the pursuit of pleasure but the avoidance of pain.

As I said earlier, pain is a great motivator, it will enable you to get your horse to do what you want, but at what cost? There is a cost to both the horse and the human.

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# Nimbin Garden Club notes



by Peter Brooker

On Saturday 21st May, around 24 members and guests descended on the garden of Nola McDougall at Goolmangar, and what a little haven it proved to be. A brief shower of welcome rain caused us to shelter momentarily under her verandah, which is entered through an arch of cascading yellow flowers.

Nola's property comprises 10 acres and she has lived on the property for 28 years. There was very little in the way of gardens when Nola arrived, but over the ensuing years a delightful garden has evolved around the house in what might be called a 'home paddock', as it is approximately 1.5 acres in area. The remaining paddocks are also a home but to her neighbour's cattle, providing a lovely rural view as they graze just beyond the fence, keeping the grass under control.

Nola uses the time-honoured gardening technique of "putting things in and hoping for the best", and proves beyond doubt that the method has its merits. Her attitude is the plants will either succeed or fail, they are suited or they are not and with that all frustration and concern soaks into the soil and she is able to enjoy what succeeds and there is much for her to enjoy.

She doesn't use much fertilizer but does use a hand mower, the push type not the geared type, and when it comes to keeping the borders neat and tidy, Nola is on her hands and knees. Initially the mowing took four hours, but with some more plantings within the lawn area she has got the time down to 2½ hours. We didn't ask how long the edging took.

Nola hasn't contented herself with a garden that, even as

we teeter on the precipitous edge of winter, is a flood of colour. She also has a small orchard with navel oranges, mandarins, a fig tree, dwarf peach and apricot and yes, she has recently started a new vegetable garden, the old veggie patch having been dug out, mulched and planted out with shrubs.

Using topiary, Nola will make these into various shapes and that could be a concern as Nola has a sense of humour. In the centre of the lawn, what at first glance appeared to be a 'crop circle' left by departing aliens, on closer inspection turns out to be Nola's creative mowing. It's a smiley face and dotted about the garden are comic animals meant to represent each member of her family.

As you move about the garden you find a yellow bath overflowing with various flowering plants and a red bath, similarly planted, is at the entrance. A succulent section which, although it only gets late afternoon sun, appears to be doing well; the bromeliads have a place of their own; a beautiful fern that Nola brought down from the Daintree resides in the shade of trees; and there is an African Tulip that has come all the way from Townsville, the leaves of which, a member pointed out, are edible.

There is also a white Jacaranda and a mini Gordonia, the flowers of which look like a fried egg and where the original water tank once struggled to remain standing, Nola has planted out bulbs such as gladioli with the water for her garden now, fortunately, pumped from the nearby creek.

Our thanks to Nola for allowing us to visit her beautiful garden.

Our Garden Club meeting for June (incorporating the Annual General Meeting) will be held at Triny Roe's property at 399 Gungas Road, Nimbin on Saturday 18th June from 2 to 4pm. Don't forget your cup, a chair and a plate to share, and any plants, cuttings or seedlings for the plant table. New members are always welcome.

[nimbingardens@gmail.com](mailto:nimbingardens@gmail.com)

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# Free holistic midwifery care in Nimbin

by Kirrah Holborn  
Traditional wisdom

Bronwyn Moir, who has been a midwife for 11 years, is the owner and director of the Lismore Birth House, and has a real passion for woman-centred and holistic maternity care.

She believes that birth can be an empowering and transformative time in a woman's life and that a woman's experience of birth is intertwined with her experience of mothering.

Bron's business, Holistic Midwifery, offers a private home-birth service as well as complementary herbal medicine and massage therapy. She loves providing individualised care that helps women feel safe and supported in the birth setting of their choice.

## What are the options for birthing?

Women in the Northern Rivers can choose private obstetric care or midwifery-led care in the Lismore, Byron or Tweed area, and Murwillumbah has a midwife-led birthing centre.

There are also around five independently practising midwives who can offer care during home births. The Lismore Birth House has helped over 50 women birth over the last two years.

As soon as you get a positive pregnancy test, you can call the midwives at Holistic Midwifery. They can provide information, holistic health advice and all check-ups. Bron likes to start midwifery care as early as possible in a woman's pregnancy. She loves to help with nutritional advice, supplementation and herbal medicine support.

## Monthly clinic

The midwives working at Holistic Midwifery would love to offer local women the chance to have free care close to home.

Because they are eligible and registered, they can offer Medicare rebates for all antenatal and postnatal care. So if women have a Medicare card, they



can access free pregnancy and postnatal care with them. They are starting a monthly clinic at Nimbin at Birth and Beyond, beginning on Friday 17th June from 1-3pm. This is a drop-in clinic.

Women can drop into the Birth and Beyond clinic to gain pregnancy advice, have their baby's heart rate listened to, have blood pressure checked and their uterus measured to make sure everything is going well.

This two-hour clinic also provides the opportunity to meet with other pregnant women and discuss pregnancy related topics. You can also borrow books or DVDs and other resources. This informal gathering allows a chance to connect and have a free check-up with a friendly midwife.

We (Bron, Libby and Kirrah) will also be providing antenatal education, including understanding birth hormones and physiology. Knowledge is power, and we aim to help women feel relaxed and confident in their pregnancy and birthing journey.

Anyone is welcome to come to have a free check-up, even if they aren't sure where they are going to birth. If you don't feel like driving into Lismore, you can pop in and get a check-up. It doesn't matter where you are planning on birthing; for example at home with support, unassisted, at hospital, in a birth centre or at the Birth House. You can get a fully bulk-billed antenatal check-up or

even postnatal checks up to six weeks after birth.

## Free postnatal checks

No matter where you gave birth, you now have the option to have in-home postnatal midwifery care at no cost.

The midwives with Holistic Midwifery can provide support with breastfeeding including attachment and positioning, managing mastitis and nipple care, supply issues and tongue and lip ties. They can also help with sleep tips and settling your baby, and help you understand your babies' cues.

Bron also provides support with postnatal moods including the baby blues, postnatal depression and anxiety. She can also provide six week check-ups including contraceptive advice, pap smears and breast checks.

Drop and say hi at the clinic at Birth and Beyond on Friday 17th June from 1-3pm. Call Bron for more information on 0425-335-414 or check out: [www.lismorebirthhouse.com](http://www.lismorebirthhouse.com)

*Kirrah Holborn provides pregnancy, birth and postpartum support in the Northern Rivers. She facilitates Birthing From Within antenatal classes, gives nurturing pregnancy massages and provides placenta encapsulation services. Contact Kirrah on 0429-308-851 or visit [www.traditionalwisdom.com.au](http://www.traditionalwisdom.com.au)*

# Natural law

by Helene Collard

June brings a new feeling. Something has been released, changed – and this is somewhat of a relief.

The time is now ripe to co-operate and collaborate with others. It can be highly satisfying and rewarding, to work together toward a common goal. You may be drawn toward people that are friendly and loyal. Stay true to yourself, engage socially, and don't be afraid to rely on others for support. As a Hopi Elder once said, "...the time for the lone wolf is over".

Significant personal growth occurs when we stay connected to our heart. The pure essence of who we are, resides in our hearts encoding - therefore when we focus on 'being' in the heart and 'living' from the heart, we naturally express our Divine nature, live our highest potential, and evolve out of old dysfunctional patterns. So start with your heart.

Matters of the heart include love and loyalty. Whilst socialising in June, include these elements of warmth and depth. Practice having meaningful encounters throughout the day – with your colleagues, the bus driver, shop attendant, family members etc. Genuinely offer a greeting, give eye contact, and listen. These simple efforts bring love and light into our society. Try it.

June marks a sound time to rekindle your forgotten ideas and fire them up again. Talk to others about your visions to help them come alive and take shape. In particular, unconventional ideas are well supported now, so be courageous and initiate open and honest discussions, for these are critical to success.



*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*

## Yemaya Centre

A near full house attended the inaugural Evolve Event at the Yemaya Centre in Lismore on 18th May.

Evolve Events support personal growth through sharing information on different facets of human development. So, let's get growing together!

• **11th June:** Reiki Second Degree Course

• **15th June:** Evolve – Guest Speaker, Sally Sharman. Topic: 'Understanding the Uniqueness of Stepfamilies'. Tickets are limited.

• **25th & 26th June:** Reiki First Degree Course

Bookings Essential. Reiki Treatments by appointment. For information, enquiries and bookings visit: [www.helenecollard.com](http://www.helenecollard.com) or phone 0405-656-797.

*Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the Founder of the Yemaya Centre for Reiki & Wellbeing in Lismore. She has facilitated a range of personal growth and wellbeing workshops locally since 2008.*



# Coughs

by Brigid Beckett

Coughing can be an irritating problem or indicator of severe disease. In Chinese Medicine, a cough is a failure of qi to descend.

The lung is a fragile organ and easily damaged by either external pathogens or by internal patterns that stop the descent of qi.

At this time of year, invasion by external pathogens is common resulting in colds and flu. The cough can be a direct result of wind cold or wind heat invasion and accompany flu symptoms. Or the cough can occur after the other symptoms subside, being a result of lingering phlegm heat. Lung heat is another, more serious cause, with the heat being internal as the pathogen invades the lungs. The cough is dry, hacking and painful and there may be chest pain and shortness



of breath. Pneumonia or bronchitis may be diagnosed.

The above patterns are acute and usually respond well to treatment with acupuncture and herbs. The aim is to clear all symptoms without leaving damp or phlegm or yin or qi deficiency.

Very frequent infections indicate lung qi deficiency.

Individuals with this tendency would do well to have qi strengthening treatments to break the cycle of repeated infections.

Other patterns cause chronic coughing. The lungs do not like dryness,

although they can also accumulate damp or phlegm. The emotion associated is grief or sadness. Severe grief often precipitates lung weakness.

Chronic patterns of lung deficiency may go back to childhood. Emotionally the person may be chronically pessimistic, teary, or have an inability to let go. These cases can be the result of childhood trauma. Lung deficiency also manifests in

low energy, a weak voice or reluctance to talk, breathlessness, pale complexion and frequent colds or flu.

The cough from a primary lung deficiency is weak and chronic with little mucous.

There may be low-grade fever and night sweats, and usually fatigue is obvious.

In other instances, a cough is secondary to other organ patterns. For example spleen deficiency can result in damp or phlegm that then has a tendency to accumulate in the lungs.

In this case, dietary considerations are important, too much greasy food, dairy, sugar or raw food all affect the digestive process. The pattern is often seen in children, and it is essential to correct their diet.

Repeated antibiotics for respiratory infections also cause damp and phlegm. Emotionally excessive worry or overthinking damages the spleen. This type of cough has clear or white mucous, and may be rattley or wheezy. It may be worse in the morning or after food, and is sometimes accompanied by digestive weakness.

The lungs can also be affected by the liver. Mainly by liver qi constraint that

is connected to emotional issues, which then leads to qi rising and stopping lung qi descending. The main pointer to this is a cough that is precipitated by emotional situations.

In this pattern there is often irritability and dizziness, sometimes the pattern is worsened by anxiety about the cough or perceived medical condition causing it. Usually the person becomes upset during coughing episodes. A more severe form is liver fire, where the coughing and red face or eyes is more pronounced, sometimes with blood-tinged sputum.

Weak kidneys can lead to coughing, as the kidneys need to anchor descending qi. Kidney yin deficiency leads to a chronic dry cough while yang deficiency, when severe, can cause fluid accumulation in the lungs.

In all the above cases, acupuncture or herbal treatment, along with addressing factors causing the imbalance, will result in relief from the irritation and discomfort of coughing.

*Brigid Beckett is a qualified acupuncturist working at Community Acupuncture Lismore & Nimbin, phone 0431-702-560..*



# Yoga and biomechanics of knee problems

by Cameron Storey

Like many athletes I pushed the body until imbalance problems began to surface and one of them was chronic knee pain. (Impact injuries can be more complicated and won't be discussed per se.)

Developing an imbalance and investigating solutions is a great way to learn about different areas of your body.

This is what I found out: the knee joint is the largest joint in the body, made up of four bones, numerous ligaments and tendons and a relatively poor blood supply. Hill running and long distances made it worse (no surprise there), some yoga took the pain away, restored balance, like straight legged poses and some yoga caused more pain, greater imbalance, like lotus posture.

Knee problems may be due to a tightening of the soft tissues structures around the knee joint with other areas being too weak. Excessive movement can cause the ITB (iliotibial band) or the TFL (tensor fasciae latae) to tighten and this pulls the patella (knee cap) laterally (outwards). This creates pain



and is the knees' way to let you know, you have created imbalance in the body.

If the vastus medialis (muscle on the inside and slightly above the knee) is weak, this in turn can create more imbalance and hence more pain. This muscle can be strengthened to balance the musculature. Contracting the quadriceps over the last 20 degrees of movement, hence straightening the leg, will create strength in this muscle unlike bike riding where the leg is never fully straightened.

Knee problems can also be created from tightening hamstrings, this pulls the tibia (lower leg bone) towards the femur (upper leg bone) increasing the chance of impinging on the delicate nerves inside the knee joint. Just strengthening the vastus medialis and/or quadriceps

muscles will not correct this problem long term.

Lengthening the hamstrings will help enormously by providing space within the knee joint. (see photo) This is due to the fact that the hamstrings cross the knee joint to insert into the tibia and fibula bones of the lower leg. The positioning of the knee during some sporting activities, eg. knees turning inward or outward when surfing, place extra stress on the knee joints and so requires you to stretch regularly to maintain full ROM (range of movement) which ensure your sporting longevity.

If there is weakness in the muscles of the arch this can also lead to some knee problems. Arches can be strengthened in yoga standing poses. Tight hips can also place more strain

upon knee joints when the hip is unable to absorb sufficient shock or unable to absorb excess leg movement during impact conditions.

Surgery should be considered a last resort, once soft tissue has been taken out, this alters the biomechanics of the knee joint and you may find, as I have observed, that either your knee problems continue post-surgery (about 50% according to research) or a new problem is created somewhere else. There are no quick fixes to long term problems.

Some people say the knees are affected psychosomatically by excess pride and ego. Whether that's true or not you will need to be humble enough to seek help and patient enough to follow through with remedial training to correct your knee imbalance like I did.

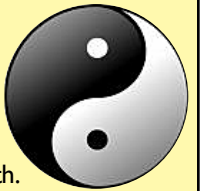
Yoga classes available at Dharma Centre Yoga Space, Lillifield Community (15 minutes from Nimbin), Facebook: Dharma Centre - Lillifield or phone (02) 6689-7120.

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# Selfies: Real self or false?

by Dr Elizabeth McCardell  
M. Couns., PhD

As my friends are probably well aware, I don't like having my photograph taken. I never have.

The few photographs of me as a child show an awkward child hiding behind my mother's cotton dresses, or twisted around behind a fence, or something. I never liked being the object of "the gaze", as literary theorists put it. So you don't often see me smiling into the lens; you see something serious, which isn't the whole truth of me. I can be silly, funny, and lightsome.

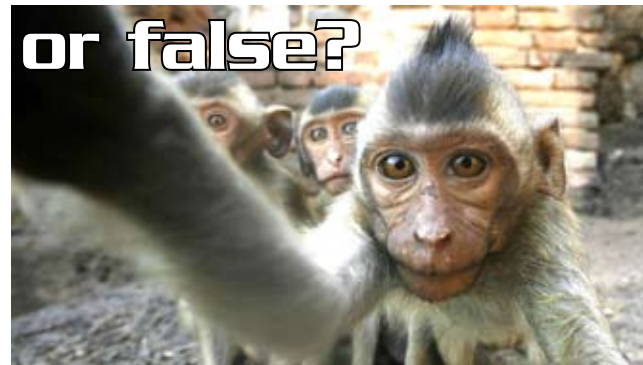
Someone once did a study on who most smiles into the camera and psychotherapists and photographers are least likely to. We can conjecture here, as I have done on several occasions, that photographers and therapists prefer to do the looking and not be seen to be observing. We earn our living watching and listening intently and working with others to find a more comfortable place within themselves and in their relationships. A good photo provides a sort of anchor to experience and a good therapeutic session brings a greater ease into life.

You won't find me taking selfies. This phenomenon that is extensively exhibited on social media is alien to me. My facebook page has a picture of a seal, at the moment. At other times, you'll find the tiger, named Richard Parker, from the movie *The Life of Pi*, or some raven, a whale, or

something or other. For me to put up an actual picture of me doesn't make me feel awkward, so much as just bored senseless. Now this is not to say that I am contemptuous of those who post pictures of themselves, I am merely saying that I am uncomfortable posting pictures of myself on social media. My self-ness isn't connected, in my mind, to pictures of myself.

It's an intriguing thing, the picture of oneself. Such artefacts reverse the image, so that a photo isn't an actual representation of oneself, yet many of us identify with the picture, believing that the moment captured digitally is us. I read a lot of forums online, interested as I am, in the questions people ask about ordinary life, love, and meaning, and have noticed an exponential rise in recent times in questions along the lines of "am I pretty/handsome, will the boys/girls like me" accompanying selfies. It seems that these questioners identify very much with their representation of themselves, that their sense of selfhood is actually contained in the photograph. I get the sense that such a belief in the image hides selves who are extremely lonely, full of doubt, and suicidal. The endless taking of the selfie, ironically, endeavours to connect the self to a presence among people, and yet it often fails to do so.

I am interested in presence and immersion in environments. Perversely, possibly, I actively seek the



rawness of encounter, and thus I enjoy diving to the bottom of the sea, or slipping over icy pavements, or plunging head first into wild places and thus I hardly ever actually photograph anything.

I do admire beautiful pictures taken by others. Photography is a wonderful medium and often, but not always, very creative. As a representation of reality, though, it isn't particularly. Whatever is depicted is still only a two-dimensional thing; the presentation of depth and light and shadow are merely tricks of the eye. The presence of a person is manifestly and magnificently greater than the image on an iphone, newspaper, or whatever we hold in our hand. Presence is the richness of contradiction, of concordance, of playfulness, of tears, of heartfelt meeting, of serious words, of changing visage, of the generosity of story and experience, of low points and exhilaration, of anxiety, doubts, and despair; it is being in a way that mishmashes together layers of interconnecting falsehoods and realities. To be a presence is all these things. The photograph takes one piece and calls it everything.

This one piece, though, has

its place. It is a beginning of an exploration to the real self; any piece of self (real or false) is this. This will be part of the theme of an upcoming workshop.

On 20th and 21st August, Indivar (Jim Coventry) from Perth will be returning to this region to run a non-residential weekend workshop, titled 'From the False to the Real' which I will help facilitate.

Indivar has over 50 years' experience as a clinical psychologist and group leader. He is a gentle, incisive, insightful, creative, and very funny man and workshop participants often come away feeling that deep and complex issues have been addressed and selves spoken to at a deep hearts level.

I've looked at the faces of the people and seen profound shifts and a new ease of being. This is the kind of shift I observe with my own clients, and it's very heartening. It's a privilege to be present in the presence of fellow discoverers who are serious about living their lives with conscious awareness and delight in new understanding.

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Alila and Xavier consider what word and designs are necessary for the signs

# Protecting our Bandicoots

In last month's *GoodTimes*, Xavier, Mick and Rama from Nimbin Preschool wrote a letter to the editor to alert the community to the presence of bandicoots living across the road from the preschool in Cecil Street. In the letter, the children expressed their concerns that bandicoots were being run over by cars: to date the children have buried two dead bandicoots. The children feel that their intervention is needed with this issue to try and stop the bandicoots from being run over.

In response to the question of how we could let the community know what is happening, and to how we get the cars travelling along Cecil Street to slow down in case bandicoots are crossing, the children decided to make signs to place along the road outside preschool. When children are empowered by adults to enact their thinking, we suddenly hear their voices and count their voices as being critical to the fabric of a community that is willing to listen to their point of view.



This month at the Nimbin Early Learning Centre we decided to have two Pyjama Days to help raise funds and awareness for the Asthma foundation. Asthma is a long-term lung condition. People with asthma have sensitive airways in their lungs which react to triggers, causing a 'flare-up', making it harder to breathe. Together our Centre raised over \$50, which we are extremely proud of. Please feel free to call the Centre on 6689-0142 to book in for our Wednesday mornings Orientation which is from 10-11am. We currently have vacancies on Monday, Tuesday and Wednesday, with waiting lists on other days. Thank you and hope to see you soon.



# We go wild



by Natasha Livock

We go wild at Cawongla Playhouse. Each year we have invited Dionne from 'Wildlife Rangers' to visit our preschool. This provides an opportunity to observe, discover, hold and learn about native animals in a safe and secure environment.



The animals have been held since they were babies and are used to it, but we did have rules we needed to obey in order for the animals to feel calm and safe. "Should we feed native animals?" "There's special things for animals. There are preservatives in our food. It could make them sick," replied Eddie. "Do snakes and lizards wear jumpers to keep warm?" "No! They curl up on a warm rock to get warm in the sun," said Azi.

# Preschool News

by Heather Jessup, Educator and Artist in Residence

We are off to a busy start at preschool this term and have been enjoying the freedom and opportunity that the warm weather brings in our work with children. As a part of Tuntable Falls Preschool creek curriculum, we have been incorporating art into our creek visits. This week we took small painting boards and markers with us to draw what we could see. First, we sat as a group and listened to our surroundings. We heard birds calling, the water flowing and the breeze in the trees. We also took time to watch our local animal life in our creek. We discussed what we could see. Victor noticed, "The water is the same colour as the rocks". Lieka said, "There's some pink over there on that flower". I asked the children what colour the water in the creek was, and Indiana said, "It's brown, but the sea is blue". We noticed that there are many different shades of green around us. As a group, we started to draw what we could see. The smaller scale boards framed only a selected amount of information. The next step in our art exploration of our creek is to paint a large-scale mural of our creek. The group project will allow the children to transfer their knowledge of our preschools environment into an expressive artistic setting. "Nature is important to children's development in every major way - intellectually, emotionally, socially, spiritually and physically." - Kellert, 2005

Each year we have invited Dionne from 'Wildlife Rangers' to visit our preschool. This provides an opportunity to observe, discover, hold and learn about native animals in a safe and secure environment. The animals have been held since they were babies and are used to it, but we did have rules we needed to obey in order for the animals to feel calm and safe. "Should we feed native animals?" "There's special things for animals. There are preservatives in our food. It could make them sick," replied Eddie. "Do snakes and lizards wear jumpers to keep warm?" "No! They curl up on a warm rock to get warm in the sun," said Azi. Most of us carefully patted Bubblegum the blue-tongued lizard, and then the brave among us held a carpet python called Chilli. "She looks like she's had something to eat," observed Kalida with a smile. Myrtle the Turtle - a rescue turtle - was shedding her shell. Our very own Myrtle was shown how to

hold Myrtle the Turtle in a manner that prevents being scratched by sharp turtle claws. "Snappy the crocodile is two years old and could grow to seven metres," Dionne explained. "That's too big for preschool!" stated Natasha after we measure seven metres. We were able to have a close look at Snappy's eyes, "...special eyes, with three eyelids to protect it when it goes underwater," Dionne told us. A tawny frogmouth was hand-fed some meal worms. "I didn't like to feed the bird. I just wanted to pat it," explained Jack. The most shy was Lola the squirrel glider. "It is so soft and cute," remarked Ashanti. "It's a real credit to you guys here - you really foster inquiry and respect for environment," commented Jenn (a parent).



# Taita heads off to Winter School

by Gaill Hart, Head Teacher English, N.C.S.

Taita Thaiday-Shinn from Year 10 at Nimbin Central School (*pictured*) has been selected to participate in the University of NSW Indigenous Winter School, a fully supervised, week-long residential program designed to provide Indigenous students in Years 10, 11 and 12 with an opportunity to experience university life.



university life with fellow Indigenous students from

around the country.

Taita said, "I'm excited, as it is a big opportunity for me. I'll have a graduation in Sydney where my family can come. I'm looking forward to being in a different learning environment with different people and the opportunity to explore the uni campus."

The Winter School aims to assist students in identifying their paths of interest, in turn clarifying the subject areas required for further study in that field.

The program also aims to nurture the leadership, growth and development of all participants with a

comprehensive, fun and engaging program of activities.

Subject areas offered for 2016 are: Built Environment (including Architecture and Construction), Business, Education, Engineering, Indigenous Studies, Law, Medicine, Performing Arts, Science, Social Work and Visual Arts.

Taita said, "I have selected performing arts, and this should be a lot of fun."

Principal of Nimbin Central School, Mary-Jane Pell said, "We are proud of Taita and know that this will be an invaluable learning experience."

# Sustainability is a winner

by Bill Zsigmond, Science Teacher

Nimbin Central School has been awarded a grant from the NSW Government to carry out a sustainability project on the school grounds. The funding is through the NSW Environmental Trust and is a part of the Eco Schools Grant Program.

Nimbin Central School occupies an area of 26 acres, of which two acres is covered by vegetation other than grass. Due to rich fertile soils, a warm climate and high rainfall, all types of vegetation flourish on the school grounds and over the years, this has resulted in some areas being overtaken by unwanted noxious weeds such as Lantana, Privet, Crofton Weed, Groundsel and Camphor Laurels.

The main priority for the project is a chosen section covering 0.7 acre which is also a wind break area on the western side of the schools Agriculture plot. The aim of the project is to remove all weed vegetation in the area, including large Camphor Laurels and stumps, and plant selected native vegetation that will serve as weed control as well as provide a natural habitat for native fauna, while providing opportunities for student learning about bush tucker.

The project will aim to offer learning opportunities for students, teachers, parents/caregivers and the local community. Students, parents/caregivers, community members and Nimbin Central School staff will



The project team

be invited to attend workshops on sustainability with Bush Regeneration Consultants and Landcare groups. There will also be a strong focus on student learning and participation in curriculum-based activities.

Management of the project will be carried out by the Nimbin Central School Community in partnership with the Barkers Vale Public School Community, and in consultation with Nimbin Landcare, Jiggi Landcare and Dorrroughby Environmental Education Centre. Nimbin Central School's Student Representative Council will also have a vital leadership role in the program.

It is anticipated that the project will be presented as a model for native bush

regeneration and weed control in the local community. Forums will be attended by Landcare Groups, consultants, students, parents and caregivers who will provide input, experience and expertise into the implementation of the project. It will be a learning experience for all participants, forming a valuable link between the school and local community.

The outcome of the project will enhance student learning in a number of curriculum areas including Science, Mathematics, Agriculture, Technology, History and Geography.

Nimbin Central School is fortunate in being awarded the Eco Schools Grant and looks forward to being able to promote sustainability in the Nimbin district.

# Free playgroup supports parenting

by Rachel Whiting

The Nimbin Family Centre Playgroup is provided for free by the Family Support Network. It is for families with children aged up to 5 years and is open Tuesdays and Fridays 10am-1.30pm during school terms, providing a place for both carers and children to socialise, have fun and relax. It offers a free healthy morning tea around 11am, storytime, dancing and music making.

Nimbin Playgroup is not a childcare centre, it is a place for you to enjoy special time with your children, and allow them to explore the toys, craft, music, dance, soon to start toddler yoga, and storytime.

Nimbin Playgroup provides a non-judgmental, informative, open-minded, encouraging and



kind atmosphere. Parents and carers are encouraged to join in the fun with their children, or you can sit back and relax with a cuppa and chat with other parents and carers.

The playgroup has many resources for parents looking

for more information or ideas on parenting and family relationships – info sheets, books and brochures from all sorts of supportive organisations, a local Child and Family Nurse who drops in now and then to chat,

and a few times each term we invite guest speakers on hot parenting topics such as breastfeeding or managing challenging behaviours.

Family Support Network provides one-on-one home visits to support you in parenting and understanding child development. We run regular parenting programs, such as the upcoming, due to popular demand 'Bringing Up Great Kids' right here in Nimbin in Term 3.

Playgroup is held at 81 Cullen St, Nimbin, in Lillipilli Place (the purple building opposite the skate park).

For more information, call Rachel on 6689-0423 or 0428-212-487, or friend us on Facebook: *Nimbin Playgroups* to stay up to date with what we are doing.

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