

Legendary lure-maker whittling away at Blue Knob Market

by Marie Cameron

In 2014, the Australian Lure and Fly Expo acknowledged Kevin Clark as a renowned Australian lure maker, and, he was inducted into the Lure and Fly Hall of Fame.

Raised by parents who loved to fish Kevin grew up learning about water and tides. From the early age of four Kevin could feel the stirring of what would become a life long passion for fish. Today Kevin is a keen angler and recreational fisherman because "fish and fishing makes my life beautiful".

At the age of 12 Kevin made his first lure.

59 years later a lure by Kevin Clark is a most desired item and is essential for all lure collectors. KC



Lures is his label.

Kevin's favourite wood is white beech. "It's a nice timber to work with and it makes a good lure," he said.

Kevin whittles the wood into shape and then starts the extensive paint process.

Layers of lacquer and paint are followed by decorative patterns printed onto the sides. These

patterns play a role in the fish attraction story.

The placement of a small piece of plastic inserted into the front of the lure is the most important attachment. It's the bib. It's the towing point; it gives the lure action and depending on its angle the lure will pull through the water to attract the desired fish.

The Blue Knob Market is the only place in the whole of Australia where Kevin can be observed whittling lures and where people can buy lures directly from him.

Kevin loves to share his fishing passion and anyone who would like to spend time with this master lure maker would be given a warm welcome.

From small pieces of wood Kevin makes wearable hearts. These too

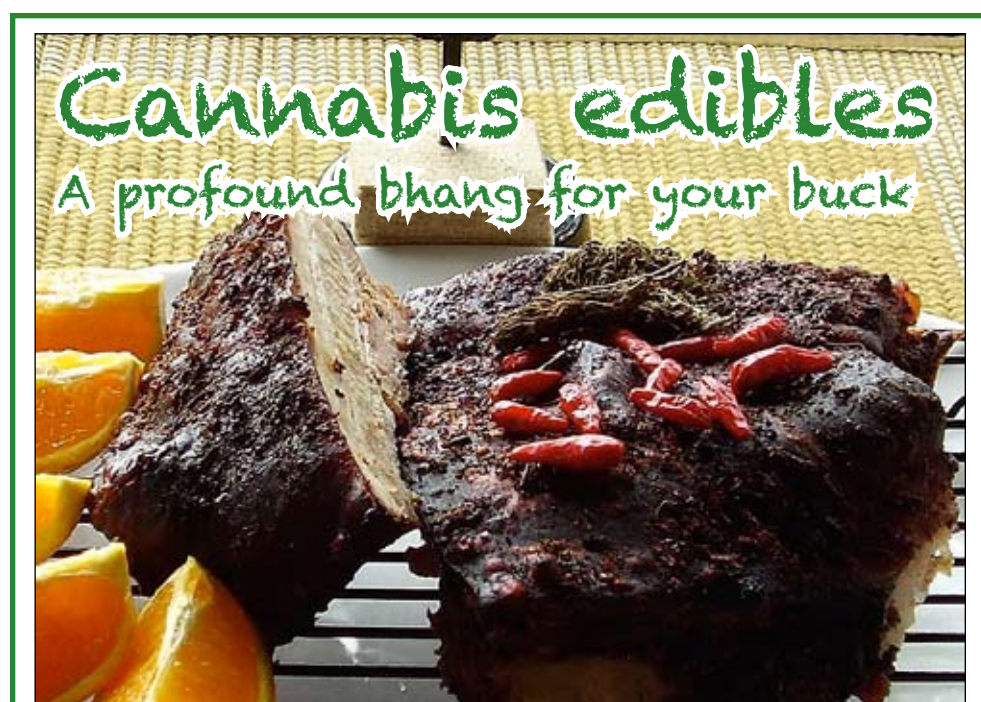


have added to the Kevin Clark legend. Inspired by the beauty of Road Art hearts scattered across the Northern Rivers Kevin crafts his hearts mostly from red cedar. Each heart is imbued with love and essential oils can be rubbed on to create an individual scent. The reverse side of the hearts shows a

KC logo, and these too are available in the market.

More than a market: it's a community! Every Saturday morning 8.30am to 12noon, at 719 Blue Knob Road, Blue Knob – 10 minutes north of Nimbin.

Information: 0448-685-925. See Facebook page: Blue Knob Market



Cannabis edibles

A profound bhang for your buck

The Imbibers Ark

by Thom Culpeper

Having obtained recently a superbly butchered pork belly, my mind turned to how I should prepare and cook this delight.

A chance read of Jessica Catalano's 'The Ganja Kitchen Revolution' sparked an interest in these culinary arts. Central to this manifesto is that marijuana is a herb. This text analyses 57 strains that all can be used differently according to their tastes and aromas. My resources and my editor's bank did not allow me to test all of this theory. So locality agriculture was pressed to the task.

The local form 'appeared' as if by sorcery, and I bent to the culinary task of 'elevating' the swine and forthwith its imbibers.

To check for finer details, the *High Times* cookbook was consulted. This tome is in a class of its own. The magazine is a cognisant of the food world and the core cannabis world.

Bhang, according to *High Times* does not exist without cannabis, so to add to the following, a detail will be given for this draft of Lord Shiva. According to Hindu scripture, its recording may be older than 3000 years.

For cooking, the psychoactive oils and compounds found in cannabis need to be made soluble in fats and oils.

The pastry arts needing fats are effective vectors of the THC oils. Hence the ubiquitous 'cookies', banana breads and lasagna.

Roast meats are another approach, as most of the flesh is generally larded with fats. So the task is to perfume the joints (meat) with cannabis improved marinades. The following does the trick.

MJ marinade for roast pork belly of about 4 kgs

Ingredients

- 2 large brown onions
- 10-12 cloves garlic
- 50 grms chopped ginger
- 2 tbsp salt
- 2 bay leaves
- 2 tsp cumin
- 1 tsp oregano
- 200mls of lime juice
- 1 fresh red chilli
- 2 tbsp macadamia or olive oil
- 2 good buds

Method

Blend all the ingredients, adding half the lime juice, pulse to chop then run mode to blend. Add remaining lime juice, and oil(s), stir in.

Score the pork skin and rub the salt into the cuts, liberally coat the pork and rub in. Wrap or bag and refrigerate overnight.

To cook, preheat oven to 200c. Place the pork on a rack over dish. Re-salt the pork surface, rub in more marinade, sprinkle lightly with chilli flakes.

Roast at 200c at 18-20 min per 500gms. Baste with remaining marinade after the pork has 'crackled'. Check internal temperature of roast – it should reach 160c. Serve with chosen accompaniment.

Bhang – a refreshing drink

10gms bud, finely chopped, add 500mls water, infuse as a tea. Put into a blender, add 1 litre of warm soy milk and 1/3 cup of chopped almonds or 2 litres of almond milk, add a cup of coconut blossom milk or a sweetener of choice, 30 gms of chopped fresh ginger, ¼ tsp each of cinnamon, cloves and cardamon. Run the processor for 2 minutes, strain the liquid, Stir in 2 tsp of rosewater or orange blossom water. Enjoy!

Plant of the month

Aniseed Myrtle *Syzygium anisatum*



by Richard Burer, Bush regeneration specialist

Aniseed Myrtle is a rare rainforest species endemic to creek lines and lower gullies on the mid north coast of NSW.

Widely planted in the Northern Rivers, Aniseed Myrtle is a popular bush food and landscape plant.

Growing into tall trees in subtropical rainforest, Aniseed Myrtle rarely grows bigger than a small tree in cultivation and grows into a handsome specimen tree / shrub.

It's also an excellent tree to edge a garden or screen plant. I've found it to be hardy with modest growth rates.

Popular in Bush foods and as a medicine plant, Aniseed Myrtle is well worth planting on the farm and in the garden.

I'm pretty sure I saw some for sale at the Channon Craft Market recently if you feel like planting now, as January rains can really get your trees growing in that summer heat.

To contact Richard, email: richard.burer@gmail.com or phone 0402-746-146.

New beginnings for Landcare group

by Moksha

Another New Year has suddenly arrived again, and Nimbin Aquarius Landcare Inc (NALGI) wishes our brothers and sisters of the Nimbin community much love and courage, and no fear for the up-and-coming New Age... new seeds waiting to be planted.

NALGI has been going through quite a few changes, like everywhere around our universe. Firstly, NALGI decided to discontinue the Community Garden.

Basically, we had different ways of creating and maintaining that piece of Earth next to the Anglican church (which "leased" the land to NALGI).

We made a decision to look for a new piece of Earth to take care of for a new Community Garden. Currently we are consulting (or is it consorting?) with a number of organisations/corporations/Lismore Council to make this happen in the near future.

NALGI can assist any of our people who might like

to do Landcare work as Work For The Dole. We have the possibility of an office coming up, and are in the process of applying for funding as interest grows in some of our coming projects.

Currently we are meeting every first and third Friday at 12pm in the Nimbin Community Centre grounds. Next meeting will be Friday 6th January.

For more information, phone Moksha 6689-7129 (president) or Jude on 6689-1488.

What happens when you die?

by Robin Stein
Healer/Homeopath

Many people ask me this question so here is my answer. Perhaps I have some knowledge to share because I have died four times. Twice as a very young child from severe asthma attacks, and twice when my son disappeared without a trace.

The first time was when I was only 10 months old. I remember floating on the ceiling while my body was being resuscitated, looking down at my parents on the other side of the wall. I'd been rushed by ambulance to the Alfred Hospital in Melbourne where I was born. I didn't feel any pangs of regret that my tiny body was so sick, or that my parents were so upset. I was far more interested in the light people who came to talk to me, telling me they were my family.

They told me I had to return to my body, but I refused because it was too painful. But they told me I had to because one day I'd be helping others get well, like the doctors were doing for me. There is no pain when our soul is separated from our body. And no snap, crackle, pop sound either. To be perfectly honest, I felt nothing. And I remember each incident as though it was yesterday.

We now move forward to



A dying monk, who permitted others to film his passing and record the very moment his soul left his body

2002, when I received the news about my son that put me into bed for so many years. My partner found me on the floor, stone cold, with no heartbeat. I do not remember hitting the floor, and certainly felt no pain whatsoever. No thoughts were running through my head, and my heart felt no emotion at all. I was deep in the silence, bliss and light by the time my partner had started my heart again. And I certainly felt very real

emotional pain in my heart once I returned and was awake.

At that time, there was a powerful desire to return to the bliss and absence of pain. And did so, less than one week later, when my partner found me the same way on the bathroom floor. Once again, he resuscitated me.

In spirit, you don't feel emotion the way we do on earth, and I'm certain that one of the reasons why a soul chooses to experience

a human life, is to discover how it feels to have a human heart that feels so deeply. Often too deeply.

Imagine what it would be like if the kind of negative emotion we experience in life was what we all felt in spirit. It would be very difficult to resolve any emotion or to have a long hard look at the lessons it contains for us like gifts. I very much doubt we'd learn anything.

When a person passes after a protracted and painful illness, they wake in what appears to be a hospital situation. Here they are given all the healing they require with electromagnetic techniques, constantly rebalancing the energy of the soul until it has healed completely. There are no time restraints. It takes as long as the soul needs for it to take.

There are a few vindictive souls who become entrenched in the negatives of life, spreading their hatred and revenge for their own wrong doings. And these people are also healed quietly and fully.

There is no judgment, for in spite of making many decisions about the life we will experience before we are born, none of us really knows how the emotions of our heart will affect us until we are here in this life, having the experiences we need to shape us and make us stronger.

Trout's Enviro Plumbing Plus

WE BELIEVE WATER IS THE BLOOD OF THE EARTH

REED BEDS, TANK & TOILET MANUFACTURER, BID GREY WATER FILTERS, LIVING WATER FLOW FORMS, ON SITE WASTE WATER SOLUTIONS, DESIGN, INSTALLATION & MAINTENANCE, SOLAR INSTALLATIONS, ROOFING & CUTTING, GAS/FITTER

Phone: 66 890 331
Mobile: 0412 966 604
Email: trout@newworldplumbing.com
Internet: www.troutsnewworld.com

- FLOOR SANDING -

New & old floors, verandahs, decks



- Free quotes & advice
- Prompt service
- Quality work assured



- All areas serviced

Rob Clark ph 6632-3342 or 0410-016-694
ABN 93 105 831 192



FRED'S
EXCAVATOR – 3 TONNE
AND TIPPER – 8 TONNE

Fred Klynsoon A.B.N. 14 523 027 083
FULLY INSURED
CALL FOR A FREE QUOTE

Phone: 02 6689-9493 Mobile: 0427-367-664
Email: fredhubby2u@bigpond.com

Wild-harvesting lichen for medicine

Nature's Pharmacy
by Trish Clough
Herbalist, Traditional Medicinals

Ever since childhood, I've had a love of therapeutic plants. I remember hanging bunches of parsley in Mum's old stockings to dry under the house, not sure what I intended to do with it. In recent years I've had a fascination with the delicate beauty of threads of blue-grey lichen on fallen twigs. I'd pick them up, admire their beauty, collect them and put them in moss gardens.

Recently I had a wonderful discovery. Researching plant antimicrobials, as you do, I came across a medicinal herb called Usnea. I was so excited to see that this amazing useful herb is in fact lichen. The very same. It's effective against a lot of bacterial, fungal and viral infections, and is strongly immune stimulating. Research has shown usnic acid to be more effective against some bacterial strains than penicillin. It has been used to treat respiratory infections, cystitis, strep infections, candida and skin infections. It was used during World War II as a poultice to treat wounds and prevent infection. There are hundreds of usnea varieties, but all the ones with this medicinal property have a central white stretchy thread-like fungal core coated in blue-grey algae. Beware, the ones with a black core are toxic!

Although I studied and qualified in herbal medicine over 30 years ago, and have done lots of continuing professional education, I have never



known about this medicinal herb, I'm ashamed to admit. It's just not taught in Australia, but is well respected in North America.

The crepe myrtle in my back yard has quite a bit of lichen, but not enough for my new passion to make an usnea tincture. I put out a plea on Facebook and several lovely friends invited me to look at their lichens. Some turned out to be Tillandsia which can look very similar. Others were the correct ones. My first harvest, filling this large wooden bowl, yielded only 50g because it's so very delicate. I realized I needed a lot more!

In the mean-time my husband Simon

(of Simon Says fame) spotted a long Old Man's Beard at The Channon Market (jokes about aging hippies aside please). We also had a big find at Rocky Creek Dam. Always careful to leave plenty so it can keep growing. And then our Channon friend John found and harvested a huge crate full. So I'll be OK for quite a long time. It's also important that Usnea is harvested in a clean unpolluted environment, as it is known to take up pollutants including heavy metals.

Tincturing Usnea is a tricky operation, as I found with more research. It needs a "double extraction" method. The antimicrobial components require a very high alcohol concentration extraction. This is separated off, and the immune stimulating polysaccharides are extracted in water, while heating gently for two days, then both liquids are combined.

My original small batch has been macerating in alcohol for a long time, so it's a work in progress. I was reading the analysis of a commercial cold-pressed Usnea tincture sold in the US. It was found to contain zero usnic acid, the main antimicrobial constituent. So there does appear to be an art to it.

Although most of my herbal dispensary in Lismore is top quality tinctures from my favourite Australian manufacturer, I am finding wild-harvesting and tincturing a few key herbs makes me feel like a 'real' herbalist. And I love that my Usnea project involves local friends and foraging in nature's pharmacy.

A PRIVATE CREMATION
- \$1980 includes GST -

- ✓ Loved one taken into our care 24 hours, 7 days
- ✓ All required mortuary attention and preservation
- ✓ Completion of all application and registration forms
- ✓ Doctor's cremation certificates
- ✓ Environmentally friendly cardboard coffin
- ✓ Private transport to crematorium and cremation fee
- ✓ Death registration and official BDM death certificate
- ✓ Return of ashes to loved one's family or friends

Pre-Paid Plan Available – No Administration Fees

Locally owned by Ben & Emma Little
Servicing Nimbin and surrounding areas

All Enquiries Welcome
1300 678 443
mail@dolphinfunerals.com.au

DIANBUNG GARDENS

POLLY WILL RECEIVE VISITORS FROM JAN 4

Gardens open Wed-Sun 10am-4pm

Jan 14-27 Permaculture Design Course

Fri Jan 27 Nimbin DJ Club, 5.30-11.30pm

Sat Jan 28 Family Fun Doof Day, from noon

ABUNDANCE CAFE

Open for community events & special functions

74 Cecil Street, Nimbin PHONE 6689-1755
admin@permaculture.com.au

VENUE FOR HIRE

www.permaculture.com.au



Ozkat Unisex Clothing

Sizes S to XXXL

Open 7 Days

www.ozkat.com

CHEAP CLOTHING FOR MEN & WOMEN

70 Cullen Street Nimbin 02 6689 0096

Plenty of New Stock In

Nimbin Tax and Accounting

PUBLIC ACCOUNTANTS

Income Tax Returns – Individuals, Partnerships, Companies, Trusts and Primary Producers
BAS & Bookkeeping Services
Business Software, Business Advice, Grant Acquittals

Weekdays 9am - 5pm, Saturdays by appointment.
Discount for Centrelink recipients

Tel/Fax 6689-0470 Mobile 0427-855-077

Birth&Beyond Building, 54 Cullen Street, Nimbin
(Parking available at rear)

PO Box 645 Nimbin 2480 Email: accountant@nimbintax.com.au

Robin Stein's Natural Pest & Weed Eradication

- Bite & Sting Antidotes
- Desensitisation of Allergies
- Natural Human & Pet Vaccinations
- Healing Formulas
- Saliva Testing with diagnosis in minutes

All remedies \$25.00 each (less for 10)

Email: robinstein@gmail.com

CLIMBING FELLING RIGGING



MATTHEW GRIFFIN
0400 337758
Complimentary Quotes

QUALIFIED & INSURED ARBORIST
NIMBIN TO LISMORE & THE FAR NORTH COAST

NIMBIN DELICIOUS

Jams & Chutneys

Save by doing a vegetation survey

Weed Words

with Triny Roe

We all know by now the obvious weeds – giant devil fig, groundsel, ragweed, etc. These species come by themselves, carried by birds, bats, water or blown on the wind. But what of species intentionally introduced? Brought onto the property, carefully planted and nurtured by the land holder to provide, food, beauty or other amenity. Some of these readily spread with little or no encouragement.

The list of cultivated plants with 'weed' potential is long. Does it throw up lots of seedlings all around? Looking around my garden at plants there is a large number of introduced tree species which require attention to stop them spreading even further. Curry leaf tree – *Murraya koenigii*, and the naturally hairless Brazilian cherry – *Eugenia uniflora*, both germinate in the surrounding bush. Another Brazilian cherry, Grumichama – *Eugenia brasiliensis*, is also a big seeder with numerous seedlings appearing underneath the mother tree. The candlenut tree also has a host of seedlings beneath. Mulberry, ice-cream bean, the list goes on, pop up all over.

Plenty of smaller species are problematic too. Mexican heather, *cuphea hyssopifolia*, makes a pretty border around the rose bed but the lawn next to it is chock full of tiny seedlings. Regular mowing keeps them small. Walking iris, *neomarica gracilis*, also encroaches into the lawn. *Diets grandiflora*: Burke's Backyard awarded *diets* 'plant of the week', describing it as "virtually unkillable. A great choice for lazy gardeners". Except that it spreads



Begonia colonises pot plants

easily and then you have to manage it. In the greenhouse the tiny military fern, *pilea microphylla*, marches around the pots, interfering with the growth of seedlings.

Begonia is another pesky species, germinating in cracks in the pavement, in the rose bed, in pot plants and anywhere it feels like it. Its gnarly root is hard to completely remove so it keeps coming back. The good news is, according to Green Deane of Eat the Weeds, begonia flowers and stems are all edible. He suggests frying the leaves like chips.

Plenty of native species around here

also readily produce seed, germinate in numbers and act like weeds. Wattle – *Acacia melanoxylon*, macaranga – *macaranga tanarius*, bangalow palm – *archontophoenix cunninghamiana*, red cedar – *toona australis*, sandpaper fig – *ficus coronata*, red kamala – *mollotus philippensis*, native tamarind – *diploglottis australis*, also pop up in the rose bed, the vegetable garden and even in pot plants. Most of these can be dug up and potted whilst young, creating a source of seedlings to re-plant in bush revegetation areas or share with friends.

When purchasing a rural property, a detailed vegetation survey is a wise and necessary investment, especially if you are not familiar with local native species and the incumbent weeds. You don't want to buy your dream home, or weekender, in the country and then have to spend all your spare time managing major invasive and already entrenched infestations of a tenacious woody weed like giant devil fig or a vigorous scrambler like cat's claw. Species declared 'noxious' require landholders to eradicate, suppress and/or prevent them from spreading. Beware the cheap block.

Bush regeneration and other gardening activities are rewarding. Plants exude chemicals, phytoncides, which promote good health and boost the immune system. And it's great to see natural recruitment and the forest returning as it loses its shroud of lantana and begins to form a canopy.

A word of caution. Tick and mites that bite, abound in the bush around here. A shower, body check and a change of clothing after an afternoon in the bush can reduce their impact.

Happy weeding. You know you love it.

Humanity set for return to Stone Age

by Geoff Dawe

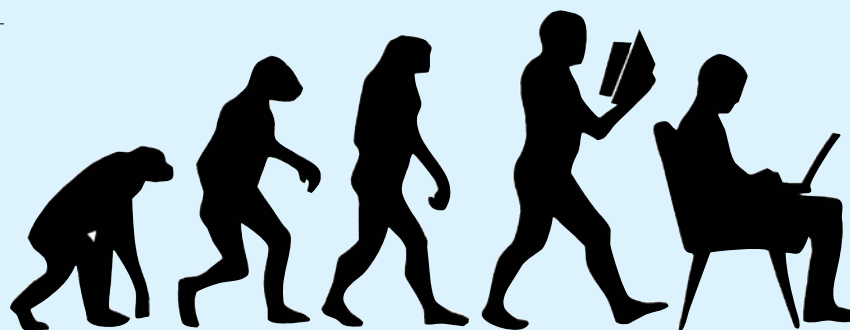
Humans are presently engaged in a return to the Stone Age whether they like it or not. The system of civilisation humans are currently living under and expanding, is based in dominance so cannot do other than return to the Stone Age.

By relatively newly taking on the pre-frontal cortex, humans have made the mistake again of thinking, as any animal might, that it's use was for making themselves maximally, physically comfortable. Of course there is no end to physical comforts until one becomes physically bloated and dies because of it, or one kills the environment on which one depends. Currently in the Western world, at the point of the advance of civilisation, both these symptoms of immature-use of pre-frontal cortex are noticeable.

The karma; the natural consequence, of an animal that has an unusual facility of long-term perception but uses it only to make itself physically comfortable in the short-term, appears to be a return to conditions where it can do less harm on the planet.

Humans currently, nevertheless, have a choice: they can collapse into the Stone Age as every civilisation has before them, or, they can do what humans have never done before and engage in an orderly retreat.

The practicalities of movement away from technology dependence, requires perception that this movement is not poverty. Poverty is a relative term and humans are very prone to cultural relativity.



Anthropologist, Marshall Sahlins in his essay *The Original Affluent Society* (google) where he argues hunter/gatherers are the original affluent society concludes: "Poverty is not a certain amount of goods ... above all it is a relation between people. Poverty is a social status. As such it is the invention of civilisation."

Because humans have a strong sense of status or comparison with each other, possibly because they are a herd animal. Emotional comfort is found in noticing one's neighbour is no better off than oneself. There tends to be misery when others are seen to be doing better than oneself. Physical comfort is found in finding one's neighbour is no worse off than oneself. It is inequality of material resourcing that is often the basis of conflict, wars and theft.

If one is engaged in making oneself rich one has lost balance with the need to see to one's own prosperity within the umbrella of seeing to the prosperity of everything else. One cannot in the long-term prosper, by neglecting in one's journey to personal prosperity, seeing to the prosperity of everything else.

Australians appear to have accepted this as a truism from 1910 – 1980. Economics editor of *SMH* Ross Gittens wrote in July, 2013 that Professor of Economics Andrew Leigh in his book *Battlers and Billionaires*, reported that in the 1910s, the top one per cent received twelve times what they would get if incomes were distributed equally, however this share declined steadily to reach a low of about five per cent of total income by 1980. However, after 1980, wealth gaps have increased.

Because of civilisation's perception of poverty, it is important that egalitarianism in the sense of no wealth gaps, equality of material resourcing, no rich or poor, becomes a reality before there is societal wholesale movement away from technology dependence. This is to prevent the vanguard moving away from technology dependence feeling impoverished. It is important that they feel the reality of their situation: that they are the pioneers of humanity dragging its arse out of the gutter of ultimate human powerlessness and despair: the killing of their live planet.

NIMBIN ENVIRONMENT CENTRE NEWS

by Stewart James

"The more real you get, the more unreal the world gets." So said John Lennon, and I'm inclined to agree.

During and after the Bentley campaign many people, me included, have (hopefully) learnt to be more honest and transparent and respectful in our dealings, and more willing to challenge unjust authority, but it seems the world just keeps getting crazier.

Witness the Trump election and what that will mean for the world environment and climate change, our own State government's disastrous winding back of land clearing and biodiversity legislation, and now the Federal government preposterous idea to lend Adani one billion dollars of taxpayers' money to build a white elephant railway line to ship coal that should never leave the ground. These things just seem crazy to me, and deeply upsetting.

Over the past few months I've been taking a sobering and difficult reality check. I decided to challenge what I see as an unjust "authority", and the silence and denial coming right back at me has

been very disappointing. As I meet and talk with people in our community I find that many of us are experiencing a similar range of disappointed and downcast feelings, thoughts and emotions – some which are set off by similar triggers to do with how our leaders both great and small make ill-considered decisions about us and our precious environment. The legal term "willful blindness" comes to mind; when there's something you should know or could know but somehow choose not to know. Sadly, we're all willfully blind sometimes.

What I've been learning very recently is to recognise the triggers – then the thoughts, feelings, emotions and behaviour that follow, and to measure all this against the question: "Is this helpful right now?" It's important to be present and mindful in your life. Accepting and recognising and sitting with the right as well as the wrong, the good with the bad, is a very important skill but a challenging one to master.

We need perspective and balance about world and local events, and to remember that

along with the defeats and reversals there are successes. We mustn't forget we had the mother of all wins right here, not so long ago, with Bentley. And just recently overseas, a similarly huge and hard fought world-wide community campaign against the Dakota Access Pipeline won success with the cancellation by Federal authorities of the proponents' permission to drill under Lake Dakota.

More locally, a concerted campaign led to BP cancelling plans to drill for oil in the Great Australian Bight. In NSW the Baird government finally approved a world class cash-for-containers scheme. All won by people power against large commercial interests who pay lip service to environmental protection while causing enormous environmental harm, damaging the lives of little people and lining their own pockets.

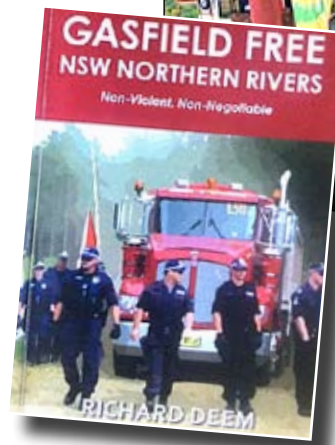
Especially we have to be pleased and thankful that the Paris Agreement, the world scheme to combat dangerous climate change, came into effect on 4th November after being ratified by 120 (so far) of 194 signatories, including

the US, China, India and Australia.

Looking to the near future locally, the Nimbin Environment Centre in collaboration with the Casino and Lismore Centres will be hosting a free Non Violent Communication Workshop using the principles of Marshall Rosenberg in the first half of 2017. The one day workshop will be available to volunteers, friends, protectors and

members past and present of NEC, and will provide tools for how to negotiate conflict, including many useful and practical techniques such as the concept of explaining rather than expressing anger.

I believe we all need to "get good at conflict", both in our personal lives and with our leaders. This means finding the Goldilocks balance between being passive, aggressive and assertive. Look out for details of the workshop in future articles.



They're reasonably priced and work well, and are made locally in Casino with recycled parts. It's dry now, but wait for the seasonal rain to arrive and you'll be thankful for owning and operating one of these traps. Our Centres also sell and can install a selection of wooden and/or fire-proof nesting boxes for birds, and refuge boxes for micro-bats, squirrel gliders, and other wildlife.

If you're in Nimbin, Casino or Lismore, drop into your

The NEC is now selling eco-friendly cane toad and cane toad tadpole traps.

Environment Centre and check out our fabulous range of useful and sustainable products. Please remember to support your Centres by making a small purchase with regularity. Every bit of support helps keep the doors open.

Finally, also at our Environment Centres and Perceptio Bookshop in Nimbin, get your copy of Richard Deems' excellent, hot-off-the-press book, *Gasfield Free NSW Northern Rivers: non-violent, non-negotiable*, an in-depth account of how the community came together in the Glenugie, Doubtful Creek and Bentley campaigns.

Happy New Year everyone! Let's make 2017 for dancing the Earth – instead of demolishing it!

Koala Kolumn

by Lorraine Vass

In early December the NSW Minister for the Environment, Mark Speakman announced that a whole-of-government koala strategy will be developed by June 2017.

He launched a three-month consultation program which will include stakeholder meetings, regional community information sessions, webinars and web portal collection of citizen scientist information/feedback. Submissions commenting on the proposed strategy's direction and what needs to be included for the strategy to be effective will be accepted until 3 March 2017.

The basis for the whole-of-government approach is the *Report of the Independent Review into the Decline of Koala Populations in Key Areas of NSW* prepared by the NSW Chief Scientist and Engineer, Mary O'Kane, Chair of the Koala Advisory Committee which was established for the task.

The Report does not provide any new information; rather it builds on what we already know by bringing together elements of recent research. The population estimates it uses were developed in 2012 by a national group of 18 experts who reviewed population status and geographical trends in NSW, Queensland, Victoria and South Australia. They developed population size estimates and estimates of percentage change in population size for 36 bioregions across the four states.

The mean population estimate for NSW was 36,350 (8,367 for the North Coast bioregion) with an estimated 26% decline over the past three koala generations (15-21 years) and the next three generations (50% decline for the North Coast bioregion) if nothing changes. These days NSW accounts for not much over 10% of Australia's estimated wild koala population.

The Chief Scientist recommends that the objective of a NSW koala strategy should be first to stabilise koala numbers and then to increase them. She also warns that Government will need to make choices where to invest its resources because the survival of all koala

populations is unlikely. In other words, Government will be looking for the biggest bang for its buck. For all we know, our coastal populations, one of which, the Tweed-Brunswick Coast population, was declared endangered in April, may already be deemed expendable.

Actions recommended in the Report include improving data and mapping; changing the planning system and native vegetation regulation, investigating models for guiding and encouraging best practice for new developments in koala habitats; identifying parcels of land containing critical koala habitat for acquisition; creating a repository for koala genetic material in The Australian Museum, plus a series related to improving information exchange and collaboration between Government, researchers, engaged community organisations (including koala rehab. groups), land managers and the broader community.

So what's to get excited about? Isn't it the "same old" or a variation thereof? Well maybe, but opportunities are evident, if they can be realised. Emphasis is given to maintaining key koala populations, thus identifying and addressing priority threats at the population scale, across different land tenures and establishing mechanisms for co-ordinating stakeholders (policy-makers, land managers, researchers, community), to deliver recovery actions. This is pretty much the approach we sought from Government when it was developing the 2008 Koala Recovery Plan; and yes, we urged the necessity of a whole-of-government commitment. Be careful what you wish for!

There is also recognition of the koala rehab sector: "While many of the recommendations in this report aim to understand and address threats to koala populations, it is also important to support those who respond when the threats cannot be mitigated. Fauna rehabilitation groups play a critical front-line role in assisting the recovery of individual koalas, most commonly injured by car strikes, dog attacks or fire." (p.v) Too bad disease and orphaning were overlooked, and of course some koala rehab groups are actively engaged in



To report a koala sighting
(02)6622-1233

For information about koalas and conservation, or to book a tour, please visit

www.friendsofthekoala.org

or email: info@friendsofthekoala.org

Follow us on Facebook.

Report removal of koala habitat 24/7

Enviro Line 131-555



You may remember Shazza and her back-young Reecy – they were released back into the wilds of urban Lismore during December.

koala conservation way beyond the recovery of individual koalas.

A *Saving our Species* conservation project for the koala which sets out a framework for on-ground actions for 2016-21 is also in draft and on exhibition until 3 March. The project is to be a key support for the whole-of-government koala strategy. The framework, which includes a list of actions that are proposed as amendments to the existing Priorities Action Statement (PAS) for the koala (*Phascolarctos cinereus*), is outlined in a brochure, *Securing the koala in the wild in NSW for 100 years – Saving our Species Iconic Koala Project*.

Exhibition of the Explanation of Intended Effect of the proposed review of State Environmental Planning Policy No 44 – Koala Habitat Protection [SEPP 44] which preceded the koala strategy announcement has been extended to 3 March 2017.

Undoubtedly the devil will be in the detail and we don't know how much of that has actually been developed.

Already one month of the three month exhibition period has slipped by. Community information sessions won't commence until February. How much notice will Government take of our feedback anyway?

Another concern is funding. We're told that the Chief Scientist & Engineer's recommendations build on, by which I assume they mean "added to", the Government's commitment of \$100m. over five years for the entire *Saving our Species* program for threatened species conservation. How much of the \$100m. is likely to be targeting koala conservation is anyone's guess. A mere \$800,000 is allocated for the eight projects

selected for funding across NSW in 2016-17. How much can we expect to be allocated from 2017-18 to 2021? The only other announcement has been the Government's intention to invest \$10 million over five years to acquire "vital koala habitat"; depending on location and size, perhaps two or three acquisitions a year.

Some are already dismissive of the strategy exercise – process has been convoluted and contradictory so that gestation has been mightily prolonged; paradigms remain unchallenged; few direct actions recommended; the Government's environmental record – dismantling our biodiversity legislation and our National Parks and Wildlife Service; not to mention the on-going saga of the remake of the Coastal Integrated Forestry Operations Approval and the decision to proceed with Section 10 of the Pacific Highway Upgrade.

Regardless of where you stand, and I may be more optimistic than some, each of us needs to get across all the material that's on exhibition and to tell Government what we think needs to be done in order to recover our koala populations.

All the best for the New Year and until next time, happy koala spotting.

For information about the koala strategy engagement program and to make a written submission, go to: <https://engage.environment.nsw.gov.au/development-of-a-nsw-koala-strategy>

To view the SEPP 44 EIE and to make a written submission go to: www.planning.nsw.gov.au/proposals

The Arctic, the narwhal, and ecofeminism

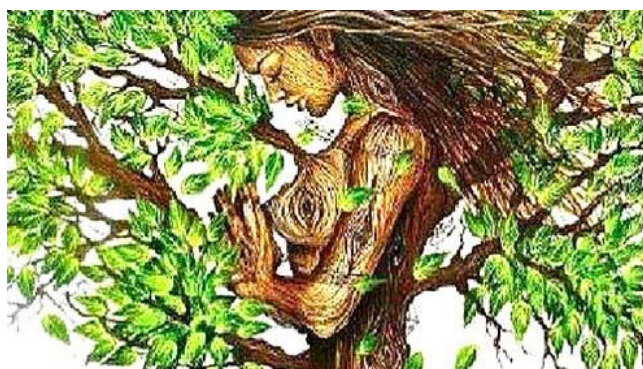
In 1823, English and Northern European boating fleets began to make forays into the Arctic, seeking economic gains from whatever they might find there. More often than not they would over winter on the ice, camped out in a ship frozen solid for six long months, as daylight grew less and less, until there was only a long, cold black night. Men died of scurvy, and committed suicide, and expedition after expedition, failed amongst the icebergs of the North.

But still they returned, year after year. And every year ships' logs described the clean, other-worldly beauty of the Arctic. The men who occupied these ships encountered an environment teeming with life. Pods of beluga whales drifted past, seemingly unperturbed by the human invaders, and then came schools of the beluga's cousin, the narwhal, named so because its mottled appearance reminded the sailors of drowned corpses - (*nar* meaning "corpse" in the Old Norse).

The narwhal is a small whale, made spectacular by the possession of a long, spiralling tusk that juts out from its snout, and can grow up to 2.5 metres long. The men who encountered them called them "the unicorns of the sea." With millions of nerve endings in this elongated canine, scientists are still unsure as to its full range of functions.

What is consistently evident is that these men were in awe of the creatures they encountered; in their tenacity, their adaptation to the Arctic environment, and their sheer numbers. How did they respond to the belugas and the narwhals? The same way they responded to the polar bears: with guns, and this time, harpoons. "The joy of the capture," wrote one captain, "cannot be sacrificed to feelings of compassion."

It is estimated that 38,000 belugas were killed in the Davis Strait fishery alone, mostly by British whalers, reducing their numbers to just 200 by 1985. It was, as Barry Lopez writes in his tome



Arctic Dreams, "the carnage of wealth". The *Cumbrian* ship log in 1823 records the sight of hundreds of skinned whale carcasses, left strewn across the ice. The narwhal were similarly decimated, taken for their fat and tusks; even their unique and mystifying physiology wasn't enough to classify them as off-limits.

Right across the Arctic, and the decades, the story is the same. From the toll enacted upon the Eskimo by smallpox, to the stories of Europeans killing any polar bear they saw - even shooting dozens of adult bears and cubs from the decks of their boats for sport - the entry of Europeans was catastrophic.

ecology, but also to wrongfully utilise and define men.

Ecofeminism suggests that an equal fear of nature and of women has played a significant role in the march of ecologically-destructive Western capitalism, for the benefit of a tiny minority, and at an unimaginable cost. It recognises that *we inherit traditions which organise reality according to hierarchies of power*, and that therefore, at the centre of all ecological crises, is a cultural one.

As global inequality against women is painstakingly dismantled, women are becoming leaders in every facet of planetary protection and restoration: as organic farmers, activists, seed-savers, scientists, anti-corporate campaigners, sustainable foresters, educators, conservationists, and community organisers. And as they take their place at the helm of turning-this-shit-around, men are left with the task of how they shall re-define themselves.

The key is to recognise that ecocidal capitalism is just



Writings on ecology, science and humanity

by Anastasia Guise

as harmful to men as it is to women - in the way that it overwhelmingly defines men into roles as either expendable labour in toxic and ecologically destructive industries, or as the shock-troops on the front lines of the conquest against nature.

It is time to write the new story; time for the rise of the planet's new warriors.

Anastasia is an author and environmentalist based on the North Coast of NSW. Her first book, Rapture is a collection of environmental essays, soul stories and unsung folk songs. Facebook: anastasiaguisewriter

Thoughts and feelings



Vital Choices

by David Ward

When confidence and security comes in the form of a good supply of our chosen emotion managers, it is never going to be self-sustaining. Whether it's an amount of quality cannabis, a bottle of our favourite spirits or whatever combination of substances, it will always be finite in nature, far removed from true abundance.

Depending on these external sources of security also drains our vital energy or life force. Patrick Holford describes addiction as a process that "strips fat from the brain", definitely not a desirable approach to weight loss.

Anything we do on a daily basis creates an alternative state of normality, an extra level to maintain on top of those needs we were born with, such as our oxygen or blood sugar levels. Squeezing these foreign extras into a finely balanced, fully functioning system has the effect of displacing our essential requirements.

The ripple effect on our ever-adapting bodies creates all the symptoms that our people are reported to be suffering from,

on a physical, psychological and spiritual level, providing endless opportunities for the medical and pharmaceutical industries.

It all starts with our thoughts and feelings, the need to run and hide in those pleasant states of numbness, or those exhilarating feelings of stimulation. We fight against ourselves as we endlessly strive to counter the bodies corrective powers, wasting our allotted life force and taking on all manner of conditions in the process.

We were granted that life force not just for our own uses but to share with our communities and to care for our environment. I believe that the state of the planet is a reflection of the state of our internal environments, managing ourselves sustainably will lead to a sustainable planet.

A viable and abundant source of confidence and security can be found at our heart centre, cultivated through the practice of powerful yoga, basic meditation, balanced pure nutrition and community. Thoughts and feelings can be acknowledged and embraced in this space, accepted as our own whether they are pleasant or disturbing.

Once established and maintained, this space can provide a truly infinite source throughout the course of our lives radiating out to our extremities and beyond, leaving no room or requirement for any external sources. I could apologise for oversimplifying and overstating these findings, but 10 years on it just doesn't appear to be any more complicated than this.

I also want to acknowledge that there needn't be anything wrong with using substances as such, just remember to listen to your body, it will let you know just when to slow down or stop.



by Betti Wille

When we forgive, we don't change the past - but we sure do change the future.

Sometimes, when feeling hurt badly, forgiveness may seem impossible. It could feel like empowering the past, accelerating the hurt or even cheating on ourselves. Some people say they would rather die than forgive. This is understandable and everyone's right of choice.

Yet spiritual practices, like Buddhism for example, teach forgiveness as an empowering element to find strength and inner peace. For many people this becomes self-evident in end-of-life-care. It is usually a relief sought after with urgency towards a person's last days: to forgive and to be forgiven.

Forgiveness soothes the wounds of anger and resentment. It allows a softening of armors with the effect that body and mind expand into relaxation. You can experience it in your body right now - all it needs is a peaceful moment to let the thought of forgiveness spread within you...

Scientific studies suggest that holding grudges might impact on people's health by compromising the immune system. Forgiveness on the other hand was found to improve health by decreasing stress levels, elevating mood and

On forgiveness

increasing optimism.

How come forgiving feels such a hard thing to do in the presence of hurt?

It turns out that painful memories can be "reframed" through understanding other's actions by considering their point of view. The realization that 'hurt people hurt people' because of their own painful experiences can help alleviate our pain. Eckart Tolle, author of *The Power of Now*, states that when a person's pain-body takes over, he or she can hardly be held responsible for any committed actions. The pain-body overrides our consciousness, until we learn to deal with it in a constructive way. According to him, this is currently the main challenge towards entering the "new state of human consciousness".

Some people find themselves trapped within their painful stories. The 'hurt one' may not want to lose this evaluation and familiar position. Everything familiar offers a sense of safety, even if it's hurtful. Changing the grievance story may compromise the 'comfort zone' and personal identification.

Desmond Tutu said, "Because forgiveness is like this: a room can be dank because you have closed the windows, you've closed the curtains. But the sun is shining outside, and the air is fresh outside. In order to get that fresh air, you have to get up and open the window and draw the curtains apart."

Holding on to anger, resentment and hurt gives us tense muscles, headaches and sore jaws from clenching our teeth. Forgiveness can bring back laughter, lightness and that fresh air to breathe.

Forgiveness is an evolution of the heart and taps into sensitivities

naturally. The following steps may be helpful:

- Know exactly how you feel about what happened and be able to articulate what's not OK.
- Make a commitment to yourself to do what you have to do to feel better. Forgiveness is for you and not for anyone else.
- Be aware that forgiveness doesn't necessarily mean reconciliation with people that hurt you, or condoning of their action. It's about finding peace by changing your grievance story.
- Recognise that the primary distress is coming from the hurt you are suffering now, not what offended or hurt you twenty minutes - or twenty years - ago. Forgiveness helps to heal those feelings.
- Instead of focusing on your wounded feelings, and thereby giving the person who caused you pain power over you, learn to look for the love, beauty and kindness around you. Forgiveness is about personal empowerment.

And, very important, forgive yourself. This could well be how to start off in the first place. Haven't we all done, said or thought things that we could feel sorry about? Haven't we all hurt others without knowing better or believed in something that turned out to be a hurtful mistake?

May we all learn to generate love and kindness towards ourselves to make this world a better place and walk the path towards deeper connection.

Wishing all a happy New Year!

Betti Wille practices Biodynamic Craniosacral Therapy and teaches pelvic floor classes for women in Nimbin. Contact: biodynamic.touch@gmail.com or phone 0490-292-138.

Training the horse's brain

by Suzy Maloney B.Eq.Sc.

I am very fortunate to be able to meet and work with many different types of horses. Every single one of those horses without exception has a brain. Horses are capable of understanding an enormous amount of information and are very good at retaining it.

Yet constantly when I watch people work with their horses they are trying to make the horses' body do things. They want to move that leg over, send the body backwards etc., so they expend an enormous amount of time and energy finding ways to get the horse to do something while totally ignoring the actual 'horse'. The old school way of training horses was to force them to do something, usually with pain as the coercer, and then repeat it a thousand times so the horse remembers it.

For a while this works, as the horse doesn't want the pain and has worked out a way to avoid getting it. But they still don't actually 'understand' what's going on, so as soon as they're left alone for a while they forget it. Then the next time the human wants that behaviour they have to go through it all again.

So the alternative is to recognise that the horse has a brain and train that. If we break the behaviour down into



Suzy and Darcy

small steps and explain each step to the horse until they understand, before progressing to the next step, we end up with a horse who actually understands what we want. They have a chance to think about it and make a decision to do it. For this reason they retain it. I have found that if you explain what you want in a way the horse understands and then ask them for it, they pretty much always say yes. It's almost a case of 'well why didn't you ask before?' because they have no problem at all if they know what's going on.

I recently float trained two young brumbies. At the end of that, done in 2 one hour sessions, both horses had to be held back as they tried to beat each other onto the float. There was no fear at any stage. Every single tiny step of

floating was taught to them until they understood and then the next element was added, until it all came together and they knew exactly what to do and were very willing.

A different brumby from the same herd was floated by someone else by forcing its body onto the float. This brumby also floated but it was covered in sweat, its eyes were bulging and it was terrified. The next time this horse needs to be floated a similar situation will happen as the horse learnt nothing except how bad the float is. It had no understanding of the process at all. The two I floated will be happy to see a float again as they understand every component of it, I floated their brains, the bodies just came along.

To try and get such an enormous animal to do things by forcing its body is never going to work well in the long run. It's so much easier to train the brain for both the horse and the human. If you train the brain and the horse doesn't understand you need to look at how you explained it and try and find another way so the horse does understand. This process in itself is heaps of fun and is full of learning opportunities for the handler!

Happy Horses Bitless phone 0401-249-263,
email: happyhorsesbitless@gmail.com
Web: www.happyhorsesbitless.com
Facebook: Happy Horses Bitless Bridles

The benefits of equine sports massage

by Les Rees, Equine naturopath

The development of sports therapy has produced some excellent results in recent years due to the increasing demands of therapeutic services for equine sports. This has created a whole field of interrelated health services that provide a range of specialist treatments for the industry, aiding better performance and the reduction of injury.

Massage involves the assessment of the soft tissues and joints and the treatment or prevention of dysfunction within them. It can be used as a treatment for specific problems or injury, maintaining the health of soft tissue and joints and as a preventative of future injury. However, there are many other aspects that have remarkable effects that trigger reactions leading to psycho-physiologic self-regulating balancing within the whole body. It achieves this because massage stimulates the nervous system by activating triggers within the body that determine its physiological functioning. As these responses take effect, they can also lead to positive changes in behaviour as the body returns to normal function.

Massage affects the muscles, skin, tendons, ligaments, blood and lymph vessels, and nerves that lie near the surface of the body, however it also affects the deeper areas of the body via blood flow, nerve conduction and the subsequent release of chemical messages that activate various systems within the body.

As a sports therapy, massage is also used to rehabilitate sites of specific pathology or injury promoting rapid responses and subsequent recovery. This often involves other therapies working together to gain complete balance within the body and promoting a happier, healthier disposition in



the horse. It is also used to keep the horse supple and flexible optimizing its potential in sporting activities. Its strength lies in an understanding of equine biomechanics in which muscular, joint and skeletal function work, especially when under the pressure of performance. Stretching used for therapeutic purpose can easily be used as an aid to maintaining muscle health, flexibility and range of movement. This also acts as an aid to prevention of injury and can be achieved by a series of exercises that address the whole body. Benefits also include the reduction of tension and subsequent pain, by increasing circulation and warming up the muscles in preparation for work and improving the overall balance of the whole body.

The benefits of Equine Sports Massage Therapy have significant effect on the health of our equine friends. Its non-invasive techniques can be used to promote, maintain and rehabilitate the function of structures anywhere in the body aiding the balance of health within the systems that control it. It

has a profound effect as a preventative therapy that aids increased flexibility, mobility and suppleness, improving performance as well as having a positive affect on behaviour. It's techniques safely effect the whole body by regulating co-dependent functioning and aiding balance to both body and mind. It has kept pace with the changing demands of performance sports and as is highly thought of as a therapy in the fore front of equine health, combining well with other therapies as well as providing valuable back up to veterinary procedures.

Given the continuing growth in popularity of Equine Sports Massage Therapy, our horses are beginning to see some significant psycho-physiologic benefits and as our knowledge expands, so does our respect for the incredible feats they willingly perform for us, opening up a deeper connection and increasing our mutual trust.

Contact Les on 0437-586-705,
email: info@horsetailherbs.com.au
Web: www.horsetailherbs.com.au
Facebook: Horsetail Herbs



Happy Horses Bitless
Natural Horsemanship
Suzy Maloney B.Eq.Sc. 0401 249 263
'Control with Kindness'
happyhorsesbitless@gmail.com
www.happyhorsesbitless.com



NIMBIN HOMEOPATHICS
- For all your homeopathic supplies -
02 6689-1452
tarangbates@yahoo.com.au

CAREFREE CEREMONIES

Unique & Personal Celebrations
by Gwen Trimble

- Weddings
- Commitments
- Vow Renewals

0427-486-346

A/H: 6689-1490
www.carefreeceremonies.com
gwentrimble@dodo.com.au



ADVERTISE HERE

be seen in **16,000** copies monthly



FULL COLOUR ADS
Standard size \$60

Phone: 6689 1148 or
Email: nimbin.goodtimes@gmail.com

horsetail herbs



Herbal supplies, consultations, and medications tailored to your horse's needs

Les Rees Equine Naturopath
www.horsetailherbs.com.au

online consultations
mob: 0437 586 705

CONSULTATIONS MEDICATIONS SPORTS THERAPY

Artistic Driveways



HOT MIX ASPHALT
Laid and professionally rolled

RECYCLED ASPHALT

CHEAP, permanent answer to your problem driveway
"Does not wash away"

We have 4WD equipment to access steep driveways
Gravel and Base work available - Free Quotes
Ph Brian Perkins 66 888 354 Mobile 0438 624 175

VITAL CHOICES HOLISTIC HEALTH COACHING



Are you dealing with the consequences of unwanted compulsive habits and addictions?

VITAL CHOICES – Your Home Rehab. Resource Centre for “self-driven recovery” – the approach that works.

If not NOW, when?

David Ward 0447-820-510

www.vitalchoices.com.au



by Dr Elizabeth McCardell
M.Couns. PhD

Critiquing and sorting

I am aware that there is a popular anti-critique movement afoot; a movement that resists examination; thinking that “if it feels good, that’s sufficient”. We have, though, both a heart and a mind and should use both. The “feel good” crowd often draw on an aspect of phenomenology, the “lived experience” bit to support this uncritical thinking, but phenomenology, on the contrary, has a very rigorous side to it. It is in fact a tool for deep critique and as such is a really good place to begin the examinations of ideas. Thus feeling irritated by something is useful.

NLP sounds decent enough. I mean there’s the classy words of “neuro” and “programming” (we’re like computers, aren’t we), with “linguistic” thrown in to make an apparently convincing package. But take it apart, aided by what its founders Bandler and Grinder say of it, and one can discover that it lacks substance. They describe the triad of neurology, language and programming as its basis and very broadly note the following: neurology regulates how our bodies function, language determines how we communicate with one another and our programming describes the models we

have of the world and which we work by; models which can easily be changed. The programming bit suggests that we model ourselves on successful people to change how we are (a problematic subject I may explore in another article).

Many NLP practitioners rather arrogantly suggest that everything, from Parkinson’s disease to depression, can be treated with NLP, that is, with changing the story of a person’s perceptions, but this is wrong. Not merely wrong, but logically upside down: human conditions are not caused by the stories we tell ourselves, there is a more complex physiology involved.

The stories we tell of our particular problems do not have the power to make us ill (they can exacerbate things), and so the stories we change are unlikely, in themselves, to make us well again. A staphylococcus infection isn’t the result of negative self-talk; it’s an invasion of bacteria. Further, the stories we tell are a bit after the event of problems, or recovery, not because of the stories themselves. Our capacity for story telling is strong, but it is, after all, a meaning making process, an explanation.

I’m reminded again of the work of Zaporozhets and Leont’ev in their book *Rehabilitation of Hand Function* (1960) which is based on their research in Russia during WWII. What these neurophysiologists found was that the stories their patients told themselves aided their recovery, but the need to recover preceded the stories they told of their recovery. In other words, non-conscious processes plus desire were at work before an explanation for their recovery was manifested.

Good therapy, whatever form it takes, needs to take a more holistic account of the problems at hand and this is why I recommend to my clients that they get themselves checked for physical problems (blood, hormone levels, etc) if their psychological issues are affecting their lives in more ways than self-talk would suggest.

The critical eye is paramount. A simplistic explanation for a problem is often not enough and I am critical of NLP for this reason. Good counselling requires a deeper examination of things than merely the stories we tell ourselves.

dr_mccardell@yahoo.com

It’s the time of the year when old beliefs, old paint, old everything, and some new things, need to be reassessed. Some are still good, but some just have to go. In the midst of this sorting activity, I am mulling over the practice of Neuro-linguistic Programming (NLP) that is used by some hypnotists, therapists, police interviewers, and salespeople, because it sounds like it has substance. But does it?

I feel waves of irritation and I wonder why. At the heart is the realization that NLP is a technique that resists critiquing itself and its trainers seem happy promoting it and collecting good money doing so. Putting aside the ethics of this, that fact that it does not examine its fundamental philosophies, core beliefs, and presuppositions is, to me, unconscionable. Everything, I think, should be examined and critiqued.

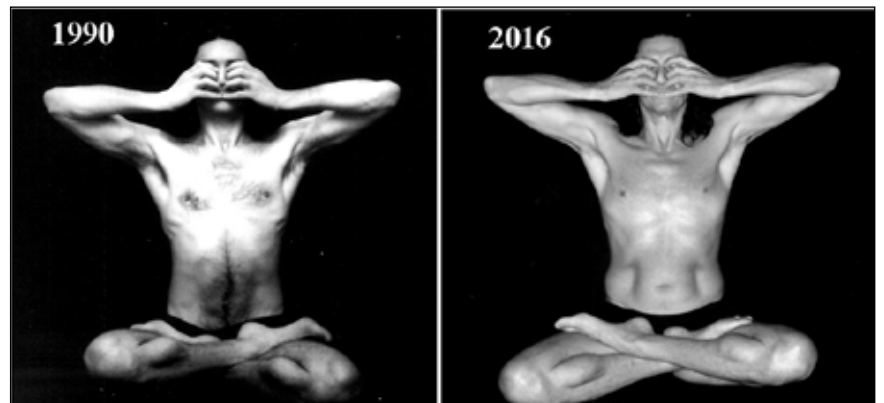
The magic of 16/8 intermittent fasting

by Cameron Storey

Now there are numerous different methods for fasting but I will elucidate on the 16/8 intermittent fasting method that works easily for me, fasting for at least 16 hours, say from 7pm to 11am the next day then eating lunch, dinner and snacks within an 8 hours window (sometimes referred to as “time-restricted feeding”).

I started using this method years ago when I first commenced yoga training as the practices were always in the morning and always on an empty stomach. Yoga is ideally practiced with at least 3.5 to 4 hours from a large meal. A cup of chai tea one hour before is considered good to prepare the body for a couple of hours of flowing asana/postures and the caffeine in the chai helps break down fat for energy. After practice there was a class to teach and so breakfast/lunch was around 1pm. So eating twice a day became my standard practice for the last 25 years. Essentially a 16 hour fast followed by 8 hours eating window.

When I sat a dozen or so 10-day and 20-day Vipassana courses eating twice a day, breakfast and lunch, with late afternoon lemon/ginger tea was considered beneficial for meditation practice. Most Buddhist practitioners would probably follow the 16/8 ritual not eating after noon. Christianity, Judaism, Gnosticism, Islam, Hinduism, South and North American Indian traditions – all utilise fasting in one form or another. Hippocrates, Plato, Socrates, Aristotle and Galen all praised the benefits of fasting. The ancient healing practice of Ayurveda includes fasting as therapy.



During the fasting period, it’s important to not take in any sugars at all as the body will burn these rather than stored fats. High sugar levels mean high insulin levels which means lower growth hormone levels. These days I usually hit a green tea early morning then later a chai (stevia for sweetness). Although 16/8 works there is also 17/7, 18/6, 19/5, 20/4, and up to 23/1. This gives plenty of room for personal experimentation.

So what effects can you expect from fasting? Neuroscientist Dr. Mark Mattson from the National Institute on Aging documents a couple of dozen changes covering several areas including: improved cognitive function, increase in stress resistance in brain and heart, reduced inflammation in brain, muscles, intestines and fat cells, increase in insulin sensitivity in liver and muscles, decrease in IGF-1 and reduced cell proliferation (both of which lower cancer risk), lipolysis (fat cell breakdown for energy), increased muscle efficiency and increase in adiponectin (which influences the body’s response to insulin). Low levels of adiponectin are found in people who are obese and who are at increased risk of a heart attack, and the list goes on

and on. In *Fast Diet* by Dr Michael Mosely and Mimi Spencer, the benefits of fasting include: weight loss, switching on of countless repair genes, resting the pancreas, and increased levels of neurotropic factor which affect both mood and cheerfulness.

Within the last 10 years the fitness industry has had many advocates who utilize intermittent fasting methods to produce faster results in stripping adipose tissue (fat) and produce greater muscle mass without realising fasting’s ancient origins. Whether you look to the science, ancient healing arts, yoga or religious contexts, fasting offers a range of methods and intensities to suit any curious and adventurous mind in search of a healthier body, both internally and externally, or even to transcend the physical entirely. Paracelsus, one of the three fathers of Western medicine, is quoted as saying, “Fasting is the greatest remedy – the physician within.”

The Dharma Centre on Lillifield Community has a range of teachers.

Some classes from Wednesday 11th January. Phone 02 6689-7120 or check out our Facebook page: Dharma Centre – Lillifield for more details and directions..

Providing over the counter advice with an extensive range of herbal extracts, dried herbs, berries and powders, homoeopathics, supplements, oils, crystals and more

Nimbin Apothecary
Tel: 02 6689 1529
54 Cullen Street Nimbin NSW

www.nimbinapothecary.com.au

Rediscover your self

Caldera Rebalancing Bodywork

PETER TEBBUTT
Certified Rebalancing Bodyworker
P 0406 159 439
E peteteb@gmail.com
f Caldera Rebalancing Bodywork

Available at Nimbin Apothecary every Tuesday, Uki’s Artemesia every Thursday, and most other days at your home.

Dr Elizabeth McCardell
BA, BA (Hons), M. Couns, PhD, Dip Clin Hypnotherapy

Counselling, Psychotherapy & Clinical Hypnotherapy

- personal growth
- anxiety & depression
- dream work
- relationship issues
- grief/bereavement
- sleep problems
- pain management
- smoking, etc

Clinic in Lismore Heights
For appointments phone 6624-3704
phone/text: 0429-199-021 email: dr_mccardell@yahoo.com

Pain? Stress? Tired?

COMMUNITY ACUPUNCTURE

Proven safe and effective treatment by fully qualified and AHPRA registered practitioner, Brigid Beckett AdvDipAc

For conditions including neck and shoulder pain, back pain, headaches, arthritis, insomnia, fatigue, women’s health.

SILVERCLOUD STUDIOS
14 Foleys Road, South Lismore
Mon 2pm-6pm, Wed 9am-1pm, Fri 1pm-5pm
Treatments \$25
Appointments: 0431 702 560

MISS SOMETHING?
There’s an extensive archive on-line. Visit www.nimbingoodtimes.com and click away!

Happy New Year for 2017! The Lunar Chinese New Year also starts this month on 28th January, the second new moon after the solstice. This Chinese New Year brings in the Year of the Fire Rooster.

The rooster is one of twelve animals in the Chinese zodiac. Each of the twelve compartments in the cosmological clock has cosmic and earthly associations, the twelve yearly cycle of the zodiac animals, the twelve months of the year, twelve daily divisions and the twelve organ systems all resonating with each other. The symbol of the rooster shares the kidney network, its time in the year is early winter, and daily time 5-7pm.

I am not sure of the kidney rooster connection, but it may be the one of chickens and eggs representing prenatal energy. The rooster year is said to be an auspicious year for a baby to be born into. The storing of prenatal energy is the unique quality of the kidneys. It is the only organ network that contains the energy (jing) inherited from our parents, the quality and quantity of jing depends on factors such as their health and

age at the time of conception. Unlike other types of qi, it is very difficult to replenish, although lifestyle will influence the quality of it if not the quantity. This energy will be used up more quickly with inadequate sleep or long-term overwork or other ways of burning the candle at both ends. People with good constitutions can squander their jing, while those less lucky can learn to protect themselves and not necessarily have shorter or less healthy lives.

The kidney acts as a battery, it is the deepest energy of the body that can be drawn on when needed, taking time both to be depleted or be replenished.

Too much action (yang) without the balance of time of rest and contemplation will drain the essence more quickly. The cosmological clock reinforces the importance of being in tune with the universe, the seasons and our personal stage of life, and acting appropriately.



by Brigid Beckett

Fire rooster year

The kidney's energy naturally declines with age. There are also stages in life such as adolescence, pregnancy and menopause when the body is changing rapidly, and the kidneys need to be looked after to ensure good health, (sometimes better than previously), after the transition.

The season on the cosmological calendar associated with the kidney and the rooster is the beginning of winter. In terms of lifecycle this is the aging and dying part, where life goes deep into itself (yin) awaiting the yang of spring, part of the inevitable changing cycle of life.

Water is the kidneys' element. Water is the softest thing in the universe, but it can

break down the hardest elements such as rock. The fire rooster year is predicted to be one of challenges and turmoil (may be an educated guess this time), but in difficult times it is often appropriate to take the path of water. What looks like surrender, as when water takes the non-confronting path around obstacles, also results in great strength as a river can carve great valleys as it follows its natural and unstoppable flow. This type of energy also has the implication of surrender of the personal will to the universal.

The fire rooster year is predicted to be a good one for advances in science, as well as being a good one for creativity and the arts. I hope it is a good one for all of us.

Brigid Beckett is a fully qualified and registered acupuncturist working at Lismore Community Acupuncture. Phone 0431-702-560.

Natural law



by Helene Collard

A new year often conjures feelings of a fresh start. It can be an opportunity to move-on from the challenges of the previous year, and holding intentions to build and develop the positive over the year to come.

For some, the New Year also includes resolutions to rise above an unhelpful habit, or to save money to enable a goal, or some other commitment.

2017 is the beginning of a new 9-year cycle. This year, particularly early in the year, we are laying foundations for the next 9 years to come.

2017 is numerologically a '1' year. 1 is the number of new beginnings. The difficult situations and deep struggles leading up to 2017 have evoked a humility and vulnerability in some – a very pure place from which to make a fresh start.

Often it is through our struggles that we grow the most. Gently guide yourself through life with the aim of knowing yourself more deeply. Assume we all want to feel inner peace, be in loving, respectful relations, and want to be healthy and well.

Personal development is a term I use to describe one's efforts to personally grow and evolve. This process can take place on all levels –

*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*

mental, emotional, spiritual and physical. Through the ongoing action of personal development, we increase the love and harmony in our life and in the lives of others.

There are many avenues that facilitate personal development – it's just a matter of finding the right one/s for you, at any given time. If you're in the Lismore area, check out my Evolve Events, where I feature a new personal development topic and guest speaker each month.

Yours in wellbeing,
Helene

Coming Up

- ♦ **Reiki First Degree Course**
21-22 January, 10-5pm
- ♦ **Reiki Second Degree Course**
11-12 February, 10-5pm
- ♦ **Evolve Events** – 19th January at 6.30pm. Topic: 'Broadening Concepts of Gender' with guest speaker Charlie Mia Snow.

Visit: www.yemayacentre.com.au for more information.

Helene has a Bachelor of Trauma & Healing, is a Reiki Master and the founder of the Yemaya Centre and Evolve Events in Lismore. Her approach to wellbeing is focused in personal growth. She offers regular courses and circles, and enjoys making a range of wellbeing topics accessible to the community through Evolve Events. Helene has been writing Natural Law and delivering wellbeing workshops since 2008.

For information, enquiries and bookings visit www.yemayacentre.com.au or phone 0405-656-797.

Why not consider eating your placenta?

by Kirrah Stewart
B.ClinSci Traditional Wisdom

When you have a baby, you'll need to make a decision on what to do with your placenta. There are many differing beliefs and customs around what 'should' be done with the placenta after birth and this varies between people and countries. Some cultures believe it needs to be buried, some people dehydrate the cord as a keepsake for the child and placenta encapsulation is becoming increasingly popular.

99% of mammals consume their placenta. Over 4000 species of mammals consume their placenta straight after birth (even the herbivores!). According to behavioural neuroscientist, Professor Mark Kristal, animals are not simply consuming their placenta 'to clean up the birth site or avoid predators'. Animals will still consume their placenta even if they have no predators and non-nesting species will remain at the birth site (even after their young can walk) to ingest their placenta. Primates who birth in a tree will eat their placenta even though it could be dropped to the ground away from them. Also, even though birth fluids could attract predators, these are not necessarily cleaned up.

There's historical evidence of placenta consumption (placentaphagy).

According to the 1916 Lancet, there are reports as far back as 1556 of people consuming their placenta. The belief was that it helped with production of milk. In 1935, there were also reports of Italian women eating their placenta to aid lactation and to prevent after pains.



Humans have actually been consuming placentas for hundreds of years. In China it is known as "Zi He Che" and has been used medicinally for over 2000 years. According to many Traditional Chinese Medicine doctors it is seen as a "tonic to fortify the 'qi' and enrich the blood".

In the 19th century, pharmacies in China, South America and Eastern Europe produced placenta remedies. Up until the end of the 19th century, it was quite common for European pharmacies to sell placenta powder.

Science is starting to back up what has been reported anecdotally.

A study conducted in 1954 looked at women consuming their placenta to help with breastmilk production. Of the 210 women that took part in the study, 86.2% had good or very good results. This included an increase in breast size and an increase in quantity of milk secretion and flow.

Research conducted by Frederick Hammet (Harvard Medical School) demonstrated that the rate of growth of infants was enhanced when their breastfeeding mothers ingested desiccated placenta.

The most recent study was published in November 2016 and was conducted by the University of Nevada,

Las Vegas (UNLV). This was the first randomized, double-blind and placebo-controlled study to investigate the effects of consumption of placenta. Laboratory results showed a seven-fold higher concentration of iron in the placenta capsules versus the beef they tested. This is good news for mothers needing to increase their iron intake as placenta contains a bioavailable source of iron.

The placenta contains important stuff.

Some of the hormones and minerals the placenta contains and the benefits associated with consuming them include:

- ♦ Corticotropin releasing hormone (CRH) which helps us deal with stress better and may help prevent post-partum depression.
- ♦ Placental opioid enhancing factor (POEF). This enhances already available opioids. It can help increase pain-relief and lead to better moods.
- ♦ Oxytocin helps us bond better and increases wellbeing.
- ♦ Thyroid stimulating hormone helps regulate the thyroid and boost energy.
- ♦ Prolactin helps the new mother produce more milk and have good supply.
- ♦ Iron helps us recover from blood loss, gives us more energy and plays a big

role in helping prevent postpartum depression. What's the easiest way to consume the placenta?

Placenta encapsulation has become the more socially preferred method and is becoming increasingly popular by the day. This is a process that turns the placenta into capsules that look and taste like other vitamins or minerals. It's important to choose a provider who is trained and experienced and follows strict sanitation protocols.

It is essential to make sure the placenta has been properly cared for after birth and throughout the processing, dehydration and encapsulation process. Dehydration has been used for centuries as a way to preserve foods and maintain the nutrient levels. It is an excellent way for the new mother to enjoy the benefits of the placenta in the early weeks and months after birth.

Kirrah Stewart provides pregnancy, birth and postpartum support in the Northern Rivers. She facilitates Birthing From Within antenatal classes, gives nurturing pregnancy and new-mama massages and provides placenta encapsulation services. For the chance to win a pregnancy message text your name and email to 0429-308-851 or visit: www.traditionalwisdom.com.au