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# New ceramics and paintings

by Karen Welsh



Above: Narelle Carlyle: 'The Trio'  
Below: 'Depth' and 'The Dress'



This month, the Nimbin Artists Gallery is pleased to present exciting new works by Narelle Carlyle and Jason Morning, one stylish and textural, the other fine and surreal.

Narelle is a new student of ceramics and her current works highlight quite a nascent talent. Her combination of clay, glazes and textural lines has produced eye-pleasing pieces that would suit many a home.

Jason Morning's painting works combine oil paint with tempura, and the surreal result is pleasing to the eye with so many intriguing cultural references. It will draw many into its deep representative style.

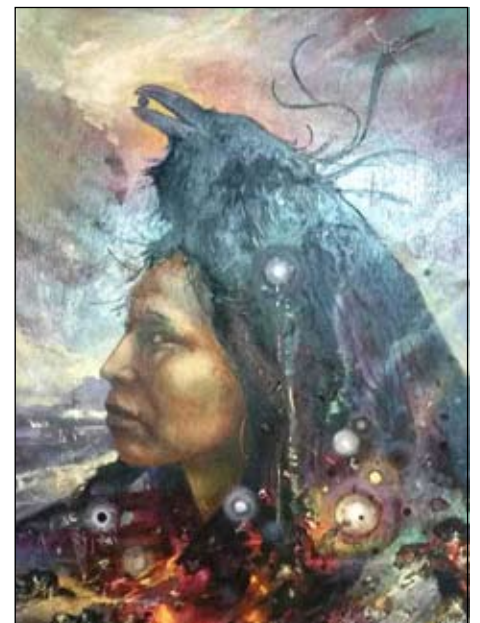
These will be on display all month, seven days a week, 10am to 5pm at Nimbin Artists Gallery.

March sees a busy month ahead for Nimbin Artists Gallery, with the Autumn Arts Extravaganza fast approaching, opening on Saturday 31st March.

To have work exhibited, all artists are asked to have their proposals into the Gallery by Monday 12th for appraisal.

Gallery hours are 7 days 10am to 5pm (mostly), located at 47 Cullen Street, Nimbin.

Visit our facebook page, phone 6689-1444, or email: [nimbinartistsgallery@gmail.com](mailto:nimbinartistsgallery@gmail.com)



Jason Morning: 'Crow Dreamer' (above),  
'Spirit Bird' detail (below)



## Nature's Cycles and Birds of a Feather



'Encroachment #8' by Jenny Kitchener



'The Cabin' by Maureen Whittaker



'Liz's Orchids' by Deborah Brown

Nature's Cycles and Birds of a Feather are the current exhibitions at Blue Knob Hall Gallery.

This is one of the loveliest exhibitions seen at the Gallery and there is still time to visit.

Jenny Kitchener and Deborah Brown have produced some exquisite pieces in their 'Birds of a Feather' exhibition in the Solo Space at the Gallery.

The Opening Night was a well attended event with Michael Hannan opening the exhibition. Jenny and Deborah talked about their own work and how they came to be 'birds of a feather'.

Music was provided by Andy Walker and Blue Knob Cafe was full with great food provided by Paul Scott.

This exhibition ends on Saturday 17th March.

### Landscape Within

The new exhibition 'Landscape Within'

will be open from Thursday 22nd March. This theme can range anywhere from dreams and fantasy to reality.

The artists who contribute their work to this fantastic community gallery always surprise with the work they contribute for each exhibition. They rise to the theme and this show will be no exception.

Opening night is on Friday 23rd March with a set meal available in the Blue Knob Cafe for \$20 which includes mains and dessert.

For more information, please phone (02) 6689-7449 or email: [bkhgallery@harbourisp.net.au](mailto:bkhgallery@harbourisp.net.au)

This exhibition runs until 12th May.

### Artists & Friends Lunch

The next Artists and Friends Lunch will be held on Thursday March 29th at 12.30pm with a set menu for \$20 including main and dessert.

### Gallery & Café New Opening Hours

From Thursday 1st March, the Gallery and Café opening hours changed.

The new hours are: Thursday 10am - 3pm, Friday 10am - 3pm, Saturday 8.30am - 3pm and Sunday 10am - 3pm.

### Ceramic Studio

We have taken on three trainees this year, and Heather Kimber is teaching them everything there is to know about running a ceramic studio.

They plan to develop an exclusive range of work for Blue Knob Hall Gallery, and in the process learn how to market their work elsewhere.

Heather worked at the Jam Factory in Adelaide for many years, and has taken on this project along the same lines as the Jam Factory model.

It's a very exciting project and we are enthusiastic about its development.

# 'Woman' a group show



by Fiona McConnachie

As part of the Lismore Women's Festival 2018, the Serpentine Community Gallery presents 'Woman', a group show celebrating the many creative women in our region.

We have been thrilled and overwhelmed by the response we've had to our call-out for 'Woman' and are very excited to be able to showcase the talent and dedication of women artists of the Northern Rivers.

Amongst the many artists who have submitted work for exhibition are Kerry Negus, Jan Bryant, Janet Hassell, Pernilla Wendpaap, Julie De Lorenzo, Marilyn Smith, Beryl Stevenson and Julie Feenstra.

'Woman' runs from 2nd to 19th March with the opening on Friday 2nd March, 6pm-8.30pm. All are welcome to attend this celebration of women in the arts.

The next exhibition after 'Woman' is the Interrelate show, 'Journeys of Hope – Celebrating Strength and Resilience'.

Interrelate was funded in 2013 to provide Royal Commission Community Based Support Services to survivors of child sexual abuse and their families, as well as witnesses and employees of institutions and organisations where abuse took place.

In working towards dealing with the effects of childhood trauma, and building supportive and healthy relationships, many of the people who have engaged with this service have used the creative arts as part of their recovery journey and want to have their work displayed in a way that will raise community awareness and provide hope for other survivors, as well as acknowledge their strength and resilience.

We are excited to support this exhibition, to honour the effort and successes of clients and to raise awareness of child sexual abuse within the broader community and hope you are inspired by the works on display. 'Journeys of Hope' is running at the Serpentine from 23rd March to 4th April and will then travel to Sydney and on to Parliament House, Canberra.

Our next members' show is called 'The Fall' and is, as usual, a theme that's open to the individual artist's interpretation. We encourage all our members to participate in this, our Autumn show, and we are asking for submissions to be in by 4th April. For more information, please don't hesitate to contact us.

The Serpentine Community Gallery is situated at 17a Bridge Street, North Lismore, phone 6621-6845, email: [gallerieserpentinearts.org](mailto:gallerieserpentinearts.org) Web: [www.serpentinearts.org](http://www.serpentinearts.org) Facebook: [SerpentineArts](https://www.facebook.com/SerpentineArts) Instagram: [serpentinecommunitygallery](https://www.instagram.com/serpentinecommunitygallery)



Top:  
'Woman 2' by  
Beryl Stevenson

Middle:  
Sculpture by  
Judy Lane

Bottom:  
'Luminosity' by  
Tiffany Sassafras



# Roxy Gallery WAGS

by Ruth Tsimbinis

'It's Those WAGS Again!' at the Roxy Gallery.

Commencing on 7th March and running through until 7th April, members of the Woodenbong Arts Group (WAG) will be exhibiting their creative skills.

The Woodenbong Arts Group are regulars to the Roxy Gallery, as this gallery gives them an opportunity to come together as a collective of people living in the Woodenbong surrounds that produces creative objects, functional and non-functional, from painting to sculpture, through to carved clocks and crafted jewellery.

This Woodenbong group of artists became WAG some years ago in a bid to support and encourage creative people living in the area we all refer to as 'West of The Range'. For many years they have provided support to keeping a creative focus visible in their communities of Woodenbong, Urbenville, Bonalbo and surrounds.

The organisation was surprised when it found there to be a



'Etoo Outback' by Diana Keen

lot of creative folk doing their creating in areas of sculpture, fibre, jewellery, painting, printmaking and more and this exhibition provided these artists with opportunities in expanding their profiles in the creative arts arena.

'It's Those WAGS Again!' will have its official opening for the general public to come along and meet the artists on Friday 9th March from 6pm to 8pm.

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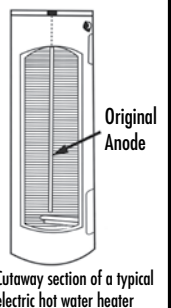
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The Nimbin Organic Food Co-op is currently well stocked in local exotic fruits and new season apples, so it's time to indulge.

Fruit appears in myths from around the world. Often it is a symbol of abundance, associated with goddesses of fruitfulness, plenty, and the harvest. Sometimes, however, fruit represents earthly pleasures, gluttony, and temptation. Specific kinds of fruit have acquired their own symbolic meanings in the myths and legends of different cultures.

Apples are brimming with symbolic meanings and mythic associations. In China they represent peace, and apple blossoms are a symbol of women's beauty. In other traditions, they can signify wisdom, joy, fertility, and youthfulness.

Pears were a symbol of immortality for the ancient Chinese (pear trees live for a long time.) In Chinese the word means both "pear" and "separation", and for this reason, tradition says that to avoid a separation, friends and lovers should not divide pears between themselves.

Coconuts, according to a legend from Tahiti, first came from the head of an eel named Tuna. When the moon goddess Hina fell in love with the eel, her brother, Maui, killed it and told her to plant the head in the ground.

However, Hina left the head beside a stream and forgot about it. When she remembered Maui's instructions and returned to search for the head, she found that it had grown into a coconut tree. Lucky us.

No matter what selection of fruit you choose, these sweet bites of ricotta fritters drizzled with honey will match them well. Until next month, eat well



Nature's summer bounty

## Food matters

### Sweet Ricotta Fritters drizzled with honey

#### Ingredients

450g fresh ricotta  
4 eggs  
10-12 tbsp plain flour  
zest of 2 lemons  
2 heaped tbsp fine brown sugar  
40g melted butter  
oil for frying  
1/3 cup honey for drizzling  
ground cinnamon for dusting.

Beat ricotta until smooth, add eggs and beat until combined. Add flour, one tbsp at a time, working into mixture, then zest, sugar and butter and beat until combined. It should be neither runny or dry – add more flour if necessary. Rest for 10 minutes.

Heat oil in heavy based pan, about 2cm up the sides. When hot, push in spoonfuls of ricotta mixture turning until lightly golden. remove and drain. serve while hot with a drizzle of honey, a dusting of cinnamon and a side of fruit salad.

# Zymology matters

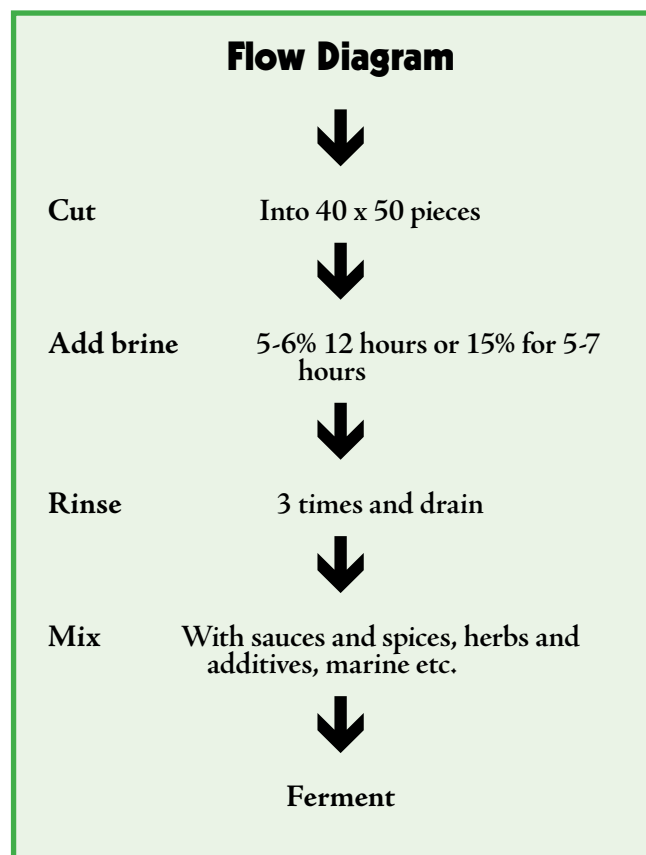
## The arts of the fermenting class

by Thom Culpeper

Fermented foods span the greater part of the human survival reality. The demands for sustenance and seasons being what they are, generally variable and not altogether predictably food productive.

Need became the mother of invention, and ingenuity from intelligent observation led early cultures to see some solutions to the challenges of famine and drought. Maybe the scrounging in the larders of other species led to an understanding that the "not so fresh" was a perfectly safe way to seasonal survival for them and their progeny.

As a bonus, better, more useful fare and more energy was had from the preserved, allowing relief from the incessant and regular failures of the pursuit of the "live" and the in-opportune harvest of the "peak fresh" seasonal commodity. In good times, the blacksmith's metaphor "Strike while the iron is hot" and a few other insights, made the human consciousness, "Set aside for a rainy day" and "One out we will all starve, together with nature and community we all persist".



To one branch of the "old" preservation arts is that of fermentation:

Recorded history gives the gong to the Chinese on this profound "knowing", the reality of a series of fundamental processes engaging various bacteria and yeasts in biologically converting sugars and

starches to energy.

I will deal here with the nature of one of the generally known product Kimchi.

It is the most important/essential food in Korea, the Koreans are estimated to eat in excess of a million tons of it annually, about 250 grams daily, per head. They have

fridges dedicated just for kimchi.

Kimchi is a general term for a whole family of closely-related fermented foods. Sauerkraut in the west fills a similar fermented-culinary role.

Pickled cabbage is the core of Korean Kimchis. Bossam-kimchi and Tongkimchi are some of the forms.

Oriental "Nappa" cabbage is cut and placed in an 8-15% saline solution for 2-15 hours, allowing the cabbage to attain a 2-4% salt content. It is drained and washed two-three times.

The core cabbage is allowed to ferment under the various lacto-bacteria naturally present in the cabbage ferment. After several days (temp-dependent), it is dressed with a Kimchi sauce compounded as is required. The "mix" is set for several weeks to mature.

Culpeper will be at the "Fermentation Event" at Blue Knob Market on Saturday 3rd March. Peace on that day. Kimchi and Sauerkraut production will be demonstrated. Bring your own cabbage and make your own at the prac.

[thewholeearthveg@gardener.com](mailto:thewholeearthveg@gardener.com)

## Horizontal hives



**Bee news**  
with James Creagh

In early February, the Nimbin Natural Beekeepers group gathered at Scott Carter's home at Lilyfield Community to check out his numerous beehives that are quite different to the regular bee hives and what he calls Horizontal hives.

Traditional bee hives have boxes stacked on top of each other, with the brood box (where the queen lives laying her eggs) on the

bottom and the supers sit on top that are separated by a metal grill that allows workers through but not the queens and so the supers are used by the bees to store just honey.

One of the big disadvantages of the traditional way of keeping bees is that you have to remove the supers to access the bottom box to check the health of the hive. Removing the supers can be difficult as each box can weigh over 30kg with honey. Checking the health of the hive is very important with the management of small hive beetle and American foul brood. These two are the biggest cause of loss of hives in our area.

Scott's horizontal hive is a box where all the frames are on the same level, so you only need to remove the lid and you have access to all the frames at the same time. The brood area in the box is separated by a queen excluder that is fixed vertically to the box after the 12th frame. The super area makes up the rest of the box adjustable by using a solid board that is moved across to take up any unused space in the box. When frames are added the board is moved further out until the box would become full of frames.

The horizontal hives are very user friendly especially with not having to remove the often heavy supers. The one main disadvantage is that the hive is not easy to move because of its weight so not suited for commercial keepers but for the backyard beekeeper it works just fine.

Visit his webpage at: <https://horizontalhives.wordpress.com>

Scott has set up a small workshop making and selling these horizontal hives. He can be contacted at: [scottcater@gmail.com](mailto:scottcater@gmail.com)

## Eat the Street, again

Lismore's second annual street food festival, Eat the Street is on Saturday, 10th March, with fun, food and music in Magellan Street.

As well as the usual assortment of food and beverage stalls, the popular Cooking Stage will return, where you can see top chefs sharing their favourite recipes and cooking tips.

The headline chef this year is Luca Ciano, who will be running masterclasses.

Budding mini chefs have the opportunity to have fun, be inspired and meet other culinary-inclined children at new Foost Cooking Classes hosted by 'The Colourful Chef'.

Eight 25-minute classes will be run throughout the day, costing \$12. Over 100 kids can participate.

The Entertainment Stage is also bigger and better this year with a host of regional entertainers on the bill including Moz Troniquz, the Cath Simes Band, Bill Smith, Line Lockers and many more.

This year there are also some new activities prior to the main event.

A progressive 'mystery' dinner on Thursday 8th March, 5.30-9.30pm, taking



Eltham Valley Pantry owner Ash Jones is gearing up for the Eat the Street Farm Gate Tour.

in five exceptional Lismore restaurants, each serving a signature dish, with a matched beverage.

Tickets are \$130 per person, and include transport.

A roving Farm Gate Tour will be held on Friday 9th March, 9am to 4pm, culminating in a long lunch at the Eltham Valley Pantry.

Tickets are available at: [www.eatthestreetlismore.com.au](http://www.eatthestreetlismore.com.au)

Eat the Street won a silver gong at the NSW Tourism Awards last year

# Adopting a rescued dog

by Robin Stein, intuitive healer

I've been searching for several years for the right rescued dog to adopt. This may be the last dog I have, and I wanted a German Shepherd.

Sadly, Shepherds that are removed from living on the concrete as watch dogs for large facilities are no longer able to reverse their past enough to enable them to fit into family life, living in a home, or even walking on a lead. In fact, I was told that it could take six months for the dog to feel comfortable on a lead.

In late February, I received a call from Best Friends Rescue asking if I'd found a dog yet. I told the woman I hadn't found him yet. So she asked if I'd be interested in a Shepherd crossed with a Kelpie.

I was definitely interested, but what she told me next raised the hair on my neck. This particular dog was on death row and would be euthanised the next day if I didn't take him. Why was he on death row? Because when a dog is brought to the RSPCA, they are placed into a small area. Then a person walks a doll in a pram past them. If the dog barks they are put down immediately. And the RSPCA euthanise 10,000 dogs yearly.

The dog she was offering me had been locked in a cage for the full 14 months of its life. And when it was brought to the RSPCA, it was completely terrified. I asked if the dog was permitted to calm



down from its experiences before being given the 'test' and I was told, probably not.

This dog knew it was going to be put down. He is highly intelligent and understood every word spoken. Then I arrived to pick him up, and he was certain that I was the one taking him somewhere to do that. He turned himself in circles on the way home, almost strangling himself. When I got him into the house, his heart rate was around the 200 mark, he was panting, drooling and leaping. And as his abject terror rose, the poor boy was vomiting, weeing and pooing uncontrollably.

I don't believe we could have got through that first night without my remedies. I was dosing him, as well as myself because I don't know what may have happened if I hadn't been able to remain calm. He paced the floor all night.

The next day, I was able to talk to him, and fortunately he was able to listen.

I explained that I wanted him to live with us as our dog. That we would never surrender or abandon him, or lock him in boxes as his previous owner had done. We just wanted to love him and to help him.

Talking to him helped enormously. So then I could talk about his name – Noddy! I told him he was so much more than that name. He looked directly at me as he waited for his new name. I said, "Guru" and he ran around so excited, then gave me a huge slurp up my cheek to show me he loved his new name. And every time I say his name, he gallops to me.

Now I believe that if each of us who rescues dogs was able to have a conversation with the dog, then provide a safe place for them to heal where they are loved, each will do far better.

Then my job of the past seven years to rehabilitate rescued dogs would be obsolete.

robinstein@gmail.com

## Treating anxiety with natural remedies



### Nature's pharmacy

by Trish Clough, herbalist

Naturopathic practitioners have long recognised the value of restoring gut health to treat chronic illness. Modern science is closely exploring the link between mental health and the gut microbial environment (known as the microbiome).

Decades ago, academics proposing a link between the gut and psychological issues were laughed at and ostracised by their peers. Today we have a newly-released combination product with nine probiotic strains specifically researched for its effectiveness in improving mood ("moodbiotics"). I am excited about this new probiotic with the added benefit it remains stable without refrigeration.

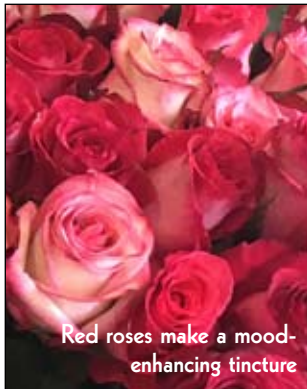
There are many indications that gut health needs to be addressed. These include constipation, bloating, pain, loose bowels, food sensitivities and allergies such as hay fever, eczema and asthma. I prescribe a general gut healing protocol that involves repairing the delicate intestinal lining, reducing the issues that drive gut inflammation and creating a

beneficial environment with prebiotic foods and probiotics.

This helps with food allergies by preventing the migration of inflammatory poorly digested food particles and pathogenic bacterial toxins into the bloodstream where they can affect the rest of the body. It also enables the production of important enzymes on the now-healthy gut lining which in turn help break down excess histamine (reducing allergies) and allow for the proper digestion of sugars such as lactose. My gut healing protocol can be implemented over a 12 week period.

Many neurotransmitters are produced in the gut and require a healthy balance of beneficial microbes. In a previous column I explained the role of the calming neurotransmitter GABA, and how it can be depleted by stress and excessive alcohol consumption. As a short term measure while other corrective treatment is happening, I sometimes prescribe a GABA powder supplement. It can work very quickly to reduce anxiety and insomnia.

The B complex of vitamins can be seen as "food" for the nervous system. Many people have genetic issues which interfere with a process called methylation, leading to symptoms of anxiety as well as poor detoxification. Vitamins B6, folate and B12 are essential ingredients in the methylation cycle which nurtures every cell in the body. These gene issues are very common and are called MTHFR defects.



Red roses make a mood-enhancing tincture

A simple test can detect if they are present. If so, B complex vitamins are not able to be used unless they are in methyl forms (not the case in most synthetic vitamins). Management of MTHFR mutations has to be done with great care and with professional supervision in people suffering with anxiety, as incorrect introduction of methyl B vitamins can greatly exacerbate symptoms.

Imbalances in minerals and heavy metals can be factors in mood disorders. A Hair Tissue Mineral Analysis is very helpful, as mentioned in my previous article on copper toxicity and links with anxiety. Magnesium as a mineral supplement shows good evidence in lowering anxiety. It needs to be in high doses, with up to 600mg of elemental magnesium per day in some studies.

Magnesium oxide should never be used (it is also known as "Colon Cleanse" for good reason). Magnesium glycinate is a good form of magnesium but in some people high doses can also aggravate the bowel. My preference is for moderate doses of a good quality

magnesium supplement combined with appropriate herbal remedies based on the individual person.

Many herbal medicines traditionally used for anxiety have a GABA enhancing effect. One of my favourite herbal formulas for anxiety includes the flowers of chamomile, lavender and rose. I made a beautiful tincture from red rose petals. It smells wonderful but the taste unfortunately is somewhat astringent.

Motherwort is useful especially for heart palpitations associated with anxiety. I like St. John's wort for both anxiety and depression. It should not be used with many prescription medications so it's not for everyone. Kava is very calming and works well in a mixture with other herbs such as lavender. If adrenal stress with high levels of cortisol is part of the picture, then withania is the perfect herb to help damp down excess stress hormones.

It can be seen from this series of three articles that anxiety can involve a complex range of biochemical issues. Short term anxiety symptoms often respond well to herbal remedies and diet. Chronic long term anxiety, however, can warrant a lot of detective work and a comprehensive treatment protocol.

The information in the column is meant for general interest only and should not be considered as medical advice. For information, phone 0452-219-502 or email: trishclough@internode.net.au

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# Ringy the dragon survives safety seal ordeal



In mid-January this year, residents at the village at Southern Cross Drive in Ballina noticed one of the many water dragons seemed to be wearing a less than glamorous adornment.

On closer inspection, it became clear that the poor guy had managed to somehow get his head stuck through the safety seal ring of a discarded bottle.

Judging by the size of the ring and the dragon, it appears that he may have been wearing his necklace for quite some time, however it was now clearly approaching restriction and needed to be removed.

WIRES were called to assist, however catching an agile water dragon is no easy task when he has many nooks and crannies to his advantage.

WIRES maintained regular contact

with resident Jan, but "Mr Ringy" proved elusive. Trapping was the only way to contain the lizard.

Resident Jan was provided with a cage trap and string and, thanks to her endless effort and patience, she finally managed to secure the patient almost five weeks after reporting the concern. A quick visit from a reptile handler from WIRES and the water dragon was assessed and released.

Ringy's story is a good reminder that a careless approach to our litter can cause great distress to the local wildlife. Please remember to cut all safety seal rings before discarding.

Contact WIRES for rescues, advice or enquiries. The 24-hour hotline is for all calls to WIRES in the Northern Rivers: 6628-1898. Web: [www.wiresnr.org](http://www.wiresnr.org)

# When is a fern not a fern?

## Weed Words

by Triny Roe

Answer: When it's a Brazilian Fern Tree (BFT). *Schizolobium parahyba*, aka the guapuruvu tree, from Brazil as well as Columbia and Mexico, is a handsome and extremely tall tree. And not a fern.

Typically exhibiting as a single soaring trunk up to 80cm in diameter, this tropical tree can reach 35 metres high with a wide crown about five metres in diameter at the top. They also call it 'reach for the sky'. It flowers during October to December with a spectacular yellow golden display, losing all its feathery fern like leaves as it does. The bipinnate or double compound leaves can be over a metre long and reputed to be the largest in the world.

The BFT is one of the fastest growing trees in the world. One tropical tree expert claims it can attain 30 metres in just five years. It is used in forest reclamation in Brazil as this legume can quickly colonise disturbed areas. Considered a pioneer species of lower montane regions and on the plains it builds organic matter and improves soil fertility as it sheds a lot of leaves. The light shade allows other species to grow beneath.

However, the soft timber is brittle and they are prone to dropping their large branches. It is advised not to plant

close to buildings. Back in the day, dugout canoes on the Parahyba River (from whence it gets its species name) in Brazil were made from this species. The timber is also used for fuel and paper pulp but not very popular due to an unpleasant smell of the freshly cut wood. This aroma dissipates as the timber seasons.

Some sources report its use in traditional medicine. Shamans use a decoction of leaves to treat the bites of pit vipers. These snakes are responsible for more deaths in the Americas than any other snake, so maybe the remedy doesn't work that well. Don't try this at home, kiddies. See a doctor in the event of snake bite.

Unfortunately, these massive trees can also spread readily and are considered invasive in several countries, including Brazil where it is out of range. It also has a reputation for weediness in Australia with reports of naturalisation in SE Qld and the Northern Rivers.

The tear shaped pod contains one large flat oval seed which has an iron hard coat. The seeds are often used to make jewellery and buttons.

In the wild it may take several years before these rock-hard seeds germinate. Rodents can carry the seeds further afield so they can pop up well away from the parent tree. The seed coat has to break down before dormancy is broken and this could be hastened by the rats gnawing on them. And once they're off,



they just go.

Another weedy tree from tropical South America with striking gold blossoms is yellow trumpet tree, *Tabebuia chrysantha*. This tree has wind-dispersed seeds which enable it to spread very easily. It is not very tall, maxing out at 10 metres, which has made it a popular street and garden tree in Australia.

Now naturalising in Australia, specimens planted in Bellingen have given rise to over 1000 offspring ranging in size from small seedlings to mature trees. This infestation was recorded in 2003. It has the potential to be extremely invasive in other areas of the Northern River region unless managed appropriately.

Knowledge and learning from the practical experience of others helps make informed decisions. Choose carefully what you plant and where, and how and where you dispose of garden waste.

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# Plant of the month

## Coolamon *Syzygium moorei*

by Richard Burer, Natural area restoration consultant

This popular tree is a real favourite in the Northern Rivers and planted specimens can be found throughout the Nimbin area, mostly as a planted landscape tree where its evergreen leaves and pink flowers make for a stunning tree on the edges of the garden or on some graceful spot on the farm.

Despite this tree's popularity, it is very



vulnerable as its habitat continues to threaten its position as a large tree (to 40 metres).

Its habitat is coastal alluvial soils south from above the Queensland border. Lowland subtropical rainforest is rare, and so is this tree.

Coolamon isn't rare in Lismore though, where it graces footpaths, roundabouts, the City Hall and out the front of Centrelink, where its edible large white fruits make for a welcome theme of March detritus at that spot!

Easy to grow, one seed to the pot will get a healthy tree to plant in about one year. I have found this tree fairly slow growing, but rewarding and hardy.

# In concert with the Double-Drummers



greeting echoing off the hills. For a moment I take stock of myself: body intact, breathing. Bed, book, the trees standing like sentinels outside my window. And then I recall vaguely, while I lay somewhere between sleep and wakefulness, this abrupt turning. The arrival of the cicadas.

And it's a bumper season. For days the sound of them seems to creep up the valley. At first in the foothills, the crescendo is deafening as we sip our cappuccinos and struggle to catch up on the week's gossip.

Then, in the midlands, the waxen and slate-coloured skins of Flooded gum and Cadagi are pock-marked with their clinging, singing bodies.

In the uplands, where I am, the relatively subdued song of my handful of forerunners holds steady for just over two weeks, but my fear overrides my smugness. For now, coming home is a salve, but a tenuous one. Things could change at any time. I'm next in line.

All around me, the ear-splitting cacophony is the talk of the town (except nobody can hear one another). These are *Thopha saccata*,



by Anastasia Guise

or Double-drummers, the loudest cicadas in the world.

This is their biggest year in recent memory, perhaps the boom year in their seven-year cycle. We've all become citizen scientists, arguing over how many years cicadas live underground (unknown), and how many days they're above ground, singing and mating and dying (also actually unconfirmed).

Our scientific conclusion is: it's bloody incredible. The soundwall

is over 100 decibels, the generally-accepted threshold at which repeated or sustained exposure to noise can induce hearing loss. The Australian museum describes such dense populations of this particular species as "almost unbearable to be near".

Two weeks on, their bodies are littered everywhere, like their exuviae before them. Pot-bellied kookaburras are laughing conspiratorially. We have stopped complaining, lulled into a reluctant fascinated reverence for the onslaught of nature's abundance.

This is biomass. Kookaburras are not the only beneficiaries. Multiple bird species, frogs, rodents and omnivorous marsupials will all experience a boost in numbers following this kind of injection of a food source into the ecological system.

Because cicadas, like other insects, generally feed on vegetative material, nectar, or microscopic prey, and yet are predated upon by a wide range of other species, they occupy a basal trophic level, or lower end of the food web.

Their importance, therefore, as

an incredible source of nutrient cannot be underestimated. So much of this staggering injection of nutrient is quickly returned to the ecosystem, as excreta (think bird droppings), and thousands of industrious ants contribute by dragging wings and body parts underground to be broken down by detritivores, where strong chitin exoskeletons are broken down, thus returning nitrogen to the soil.

There are parts of the world where large aggregations of insects – that enormous nutrient injection at the lower trophic levels – are matters of the past.

In 2017 in the UK, the lack of bugs hitting windscreens was noted with the due seriousness which should be afforded something of such consequence for the rest of the ecosystem (including us). That we remain a land famous for the size and sheer volume (in both its senses) of our creepy crawlies is something to celebrate.

Anastasia Guise is an author and environmentalist, writing on ecology, science and humanity. Facebook: [anastasiaguiseauthor](#)

It begins as a single trill, a monologue of rolled R's. Then another singer joins the first, and another, growing until a wall of sound persists without breath or pause.

I'm suddenly inexplicably awake, the half-light breaking outside, my rooster Snowflake's answer to each and every neighbouring rooster's morning

## Joey's horrendous tick infestation results in blood transfusion

### Koala Kolumn

by Susannah Keogh, Care Co-ordinator

Little Mafeking is a testament to the amazing work our vets and wildlife hospitals are able to perform. He was found under a clothes line, cold, bleeding from his face and arms and crying for his mother – he was only nine months old.

Upon seeing him, my first thought was dog attack, and time is a big factor when dealing with dog bites. They get infected quickly and antibiotics need to be given as soon as possible to stave off infection.

I called ahead to Keen Street Vets as it was just before closing time and I was about 30 minutes away. Of course, they never hesitated and told me vets Ray and Kylie would be on hand when I arrived.

Once there, we got to work, shaving his head and arms, trying to find the cause of all the blood – but there were no dog bites, just dozens of ticks. A bit confused, we took some blood for testing and discovered he was chronically anaemic – his PCV (packed cell volume, the percentage of red blood cells circulating in the blood stream) was 9.

The ticks had consumed so much of his blood, there were hardly any red blood cells and because this made him anaemic, it prevented his blood from being able to clot. The excessive blood we had seen was from minute tick wounds where the tick had detached.

We removed as many of the ticks as we could and put him on IV fluids to keep him going through the night – he was so flat and unresponsive that we were unsure as to whether he would make it.

The following morning, he was taken to Currumbin Wildlife Hospital where he was given a full work-up. Apart from the anaemia caused by the infestation of ticks (well over 100), there was nothing wrong with Mafeking, so we discussed his options. His chronic anaemia could only be improved by one thing – a blood transfusion.

Mafeking turned out to be the second of three koalas to receive a blood transfusion that week – something we had never done before. Currumbin Wildlife Hospital contacted the Sanctuary and asked them to bring one of their healthy stock koalas over to be our donor.



An hour later we were slowly pumping 30ml of healthy koala blood into Mafeking's arm.

The donor koala, after supplying his beautiful blood, was taken out of rotation at the sanctuary for a few days (he was one of the many koalas used for photographs with Sanctuary visitors), which again shows how dedicated the Currumbin staff are, and makes me appreciate their efforts all the more.

Within six hours of the transfusion, Mafeking was reformed into a normal nine month old joey. From the flat, unresponsive boy we had found the previous afternoon, he was eating happily and soon after, jumping between his perches and play fighting with his foster sister Brooklet.

A week later he was taken back for a follow-up consultation where he blew the staff at Currumbin all away. Could this be the same limp koala that had been in seven days before? His PCV had risen to 21 and currently stands at 28 which is a perfectly normal level. He was feisty and had full use of his teeth and claws.

Mafeking has gone from strength to strength since his first hiccup coming into care, and the only reminders were the areas where he was shaved on that first afternoon, particularly his little face.

In preparation for being released back to the wild, Mafeking was placed in our Koala Kindy with another joey, Triumph, where they had 54 trees to range through and build their climbing skills.

Unfortunately, rather than gaining weight, he in fact lost it and is now back in care and being monitored by our vets. We're still hopeful the end result will be successful release, but with koalas there is no guarantee. We just keep all our digits crossed!



## Nimbin Garden Club notes

by Pawpaw

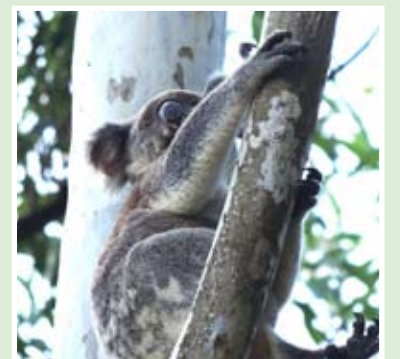
The Lismore Rainforest Botanic Gardens (LRBG) started as a dream in 1988 and became a reality in 1998 when Lismore Council offered the land to the group.

The LRBG was officially opened in 2013. This ongoing community project is run by a group of dedicated and knowledgeable volunteers who meet on the last Sunday of the month and every Wednesday morning and they are very welcoming to new members.

The variety of plants are mostly rain forest endemic to an area within a 200km radius of Lismore. It is a comprehensive collection, well documented and clearly signposted, with easy walking paths to meander along.

If you ever wondered how those tube stocks you planted some time ago will look in the future, drop by and check out the mature species. By the picnic area is a hoop pine forest and a small eucalyptus forest where we saw a large Koala having a nap (how surprising!).

As usual, the afternoon tea was delicious and the group did lots of 'catching up' after a break of a few months. A visit to these gardens is highly recommended – it has excellent picnic facilities, BBQ, electricity to boil the jug and great seating with lovely shade.



# The magical mysteries of the mushroom

Each summer due to an abundance of rain, high humidity, high temperature (24 to 34°C), cow manure and mushroom spores there is also an abundance of *psilocybe cubensis* mushrooms.

They are commonly called magic mushrooms, shrooms, or gold tops or in other countries as the sacred mushroom that paints in colours, divine dung mushroom, or flowers of the Earth and many other names and are found throughout Asia, Mexico, the US, Latin America and Eastern Australia.

These sacred mushrooms contain the psychedelic compounds of psilocybin, psilocin and baeocystin. Around 30 minutes after ingesting mushrooms any of the following effects may be observed: "a sense of euphoria, alterations in thinking, visualisations when eyes are open or closed, an altered sense of time, synaesthesia (when a sensation or image of a sense is experienced as being other than the sense being stimulated, such as sounds perceived as colours) and spiritual

experiences." – *Psychedelic Medicine* by Dr Richard Louis Miller.

In 1999 Roland Griffiths (long-term meditator), professor in the Departments of Psychiatry and Neurosciences at Johns Hopkins University School of Medicine initiated studies investigating psilocybin for depression reduction, smoking cessation, anxiety reduction, and long-term meditation practice.

The interesting conclusions of those studies are that psilocybin administered to healthy volunteers who are "carefully selected, supported and prepared has effects that are deeply, profoundly, personally, and spiritually meaningful and months later the experiences are still deeply valued (top five of a lifetime) and people continue to reflect back on these experiences and their importance."

"(Scientific) Work with these classic hallucinogens really came to a standstill in the late 1960s with the psychedelic movement and cultural reactivity we had to that which placed these drugs

into schedule 1, they became very difficult to obtain, there was no funding available, and the media surrounding the surge in use of these compounds lead people to conclude, incorrectly as it turns out, the risks of exposure to these compounds were greater than any possible benefits. And as such no clinical research was done on these compounds." – Roland Griffiths

A study published in the *Journal of Psychopharmacology* in 2016 concluded that psilocybin leads to mystical experiences that can have long-term psychological benefits in conjunction with meditation training.

The University of South Florida found that low doses of the psilocybin repairs brain damage caused by extreme trauma, offering renewed hope to millions of sufferers of PTSD (Post-Traumatic Stress Disorder). This study confirms previous research by Imperial College London, that psilocybin, stimulates new brain cell growth and erases frightening memories.



by Cameron Storey

The data from three trials of psilocybin showed that brief drug-induced mystical experiences changed people over time, leading them to report better moods, heightened altruism and forgiveness, more closeness with others, and a sense of connection six months later. Psilocybin mushrooms are legal in Brazil, Jamaica and the Netherlands and decriminalized in Austria, Cyprus, Italy, Mexico, Portugal, and Spain.

It took the Catholic Church more than 303 years to finally admit

that Copernicus was right about heliocentrism (the astronomical model in which the Earth and planets revolve around the Sun).

The Global Commission on Drugs found that the "global war on drugs has failed." The Commission observed that governments around the world *must* begin introducing "models of legal regulation of drugs to undermine the power of organised crime and safeguard the health and security of their citizens."

In other words, Australia's National Drug Strategy is failing and will continue to fail, and like the Catholic Church, is just highlighting its own ignorance with every mis-step.

*The Dharma Centre and Medicinal Gardens on Lillifield Community has three yoga classes and a Friday 9.30am yoga class at Birth and Beyond, Nimbin. Phone (02) 6689-7120 or Facebook: Dharma Centre – Lillifield. To make it easier for students 12 or older, they can join in for just \$5 a class.*

## Harm reduction – the next step

If you've been reading my articles over recent months and you're someone who loves their cannabis a bit too much, someone whose use seems somewhat predestined, as if a force other than yourself is involved, then you'll now know that it is possible to change this situation through the application of certain practices.

We overuse stimulants and depressants in combination just to keep our heads above water, only to cheat ourselves of the pleasure that occasional use of one or other of these substances can bring. When fully immersed in that cloud of over-indulgence, any sense of control can feel way out of reach.

Through the belief that change is possible and the introduction of a simple master tool like Emotional Freedom Techniques (EFT), we can open ourselves up to other worlds, where interventional practices like a vegan diet, daily home yoga and meditation can be a reality.

When we use the tapping technique regularly, we create new neural pathways that strengthen over time. We first release our dependence on stimulants, allowing the yoga and the diet to take over from them. We build our practice daily, we respond to our needs of personal support from family and community, we share aspects of our progress, we influence our children.

We find ourselves in recovery from our life of total obsession. This is our period of abstinence, which may last from 90 days (the minimum), or up to the rest of our lives. Keeping up these practices is so powerfully pleasurable and sustaining, that abstinence becomes our natural state.

EFT seems to connect us to our intuition, the knowing of what is best for us, our practices further strengthen this. One day we might notice a faint curiosity, a remembering of an old very familiar acquaintance, we're not coming from any sense of craving but from a



by David Ward

place of empowered intuitiveness. We have an opportunity to relive that journey from a new perspective, to do it right this time, to stay in control.

With regards to cannabis, the simple rules to adhere to here are to keep up your practices and supports, continue to refine your diet and ensure that you always leave at least two weeks between indulgences, not forgetting that an indulgence is one session of up to maybe five or six hours, it has a beginning and an end. In the unlikely event of weakening here, just go back and repeat the abstinence period maybe extending it a little this time.

Taking this process one step further, we can look at tradition, the ritual of smoking. Once we reduce a substance to ash, we've largely destroyed it; when we vaporise, we peacefully release the essence or the spirit. The new German devices have to be experienced to be believed, both in flavour and effect.

Just remember though, you now have a low tolerance and less will be more, so go easy.

*The Vital Choices Program offers proven strategies to end all addictions. Phone David on 0447-820-510.*

## Answers from animals

### Animal Talk

by Donna Connolly

Working with animals allows me to integrate and apply their wisdom to my own life.

As humans we tend to take things seriously, spending a lot of our time in our logic mind.

Animals are truly amazing, as they always live in the moment, making the most of opportunities and joy as it happens, and using their intuition as a communication and survival tool.

Even though each animal holds their individual energy, there seems to be some common universal themes, such as:

- Unconditional love;
- Living in harmony ;
- Only taking what is needed;
- Respecting and understanding life cycles and weather patterns.

I have found that the messages can be twofold, the energy of the species and the symbolism that has been understood for centuries by indigenous people from different countries and cultures.

Quite often I will pose a question and the next animal I encounter supplies the answer... The answers can come in dreamtime or real time.

Here are some of the messages I've received over the years, from intuitive connection and research:

### Butterflies

- Be gentle to yourself and others;
- Transformation – life stages;
- Welcome change with open arms ;
- Release old habits ;
- Wear colourful clothes: blue = calm, orange = communication, green = healing, red = strength, yellow = learning, purple = spirituality.



### Cats

- Be true to yourself;
- Stand your ground;
- Be unapologetic;
- Trust your own capabilities;
- Listen to your intuition.

### Dogs

- Loyalty;
- Play hard and rest well;
- Make sure you have a good sniff around, it's important to research potential playmates and new surroundings;
- Be faithful to your authentic self.

### Dolphins

- Enjoy every moment;
- Play every day;
- Stick close to your pod;
- Live in the now;
- Communicate through play;
- Follow your life purpose;
- Heightened awareness;
- Unconditional love.

### Goats

- Always make sure you have fibre in your diet;
- Are you being stubborn?
- Seek higher ground for the higher perspective;
- Be discerning in your relationships.

### Kangaroos

- Move forward, don't look back;
- Take risks, move out of comfort zone;
- Situation is no longer stagnant
- Family is strong.

### Kookaburras

- Lighten up;
- Laugh more;
- Enjoy your surroundings;
- Treat yourself.

### Manta rays and sharks

- Be graceful in movement and life;
- Are you being misunderstood?
- Sensitivity to foods and others emotions;
- Maintain dignity and respect;
- Don't listen to others' opinions;
- You are protected.

### Pythons

- Transmutation;
- Be patient;
- Only use energy that is required;
- There will be many opportunities in life to reinvent and renew yourself;
- New beginnings and cycle;
- Life force.

Obviously, this is only a few. There are many more to consider.

I suggest spending some quality quiet time in nature, completely unbridled (no music, phone, books etc). Enjoy the gorgeous sounds of nature.

You never know, you may just receive a message especially for you.

Feel free to contact me if you have any questions about your furred, feathered or finned friends.

I work with animal communication, Reiki and crystal therapy.

I will be facilitating animal communication classes throughout the year. Please email me to express your interest. Much Aroha.

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**Y**ou may be familiar with the word "connection" being used in relation to horses, but what does it mean and how do you get it?

A dictionary translation is "a relationship in which a person or thing is linked or associated with something else". We can rewrite this as "a relationship in which a person is linked with a horse".

There are two important words here, relationship and linked. A relationship is a two-way thing and a linkage is the connection. You cannot make your horse connect with you, you can only invite and then they will choose. Sometimes they may choose not to connect

by Suzy Maloney

with you and you must accept that.

I recently conducted a workshop and at the end, a few people were talking with me and said that for them everything changed once they formed a connection with the horses.

Once the connection was formed, all the problems they'd been having with their horses weren't there anymore. They'd wanted me to work on their problems but I couldn't because the horses weren't having them.

One woman, as she sat on her well-behaved horse, even said to me she was having trouble being convinced that we'd fixed her problems

because I hadn't worked on them. I explained to her I couldn't work on something that wasn't there, that the technique she'd learnt for connecting was all she needed.

She was challenged by this idea, as it goes against all the "traditional" methods of horse training. Traditionally we make the horses work at something until they do it our way. This way we just connect, then ask, and the horses say "yes".

So how to connect? If you saw my article in the December NGT called 'The Conversation', that is a good place to start. During the conversation you're asking the horse to just be with you. Not asking them to do anything, just being in the present moment with you with mutual respect for each other's space.

Without going into detail again – not permitting the horse to barge into your space, tune you out or walk forward and not doing the same to your horse. Standing a respectful distance away and being calm and open and present.

If you can remain still and calm, after a while all the fidgeting will disappear and the horse will calmly stand beside you.

Once you have achieved this you can do some yields. Asking (not telling) your horse to yield the head to

the side and rewarding instantly when they do.

Asking for head drop, rein back and hindquarter yield also gives you the chance to say to your horse that you will recognise their every response to your ask. This is an important conversation.

If you ask your horse to do something and they do it but you keep asking, you will lose them as they will start to tune you out.

This is necessary for the horses' survival in the world of humans. If you are not listening to them, they have no choice but to stop talking. This conversation is not about getting the horse to yield. It's about telling the horse you are listening.

If you are 100% with this, your horse will start to trust you. If your horse trusts you they will do as you ask, and then there are no problems to fix.

There may be skills that you want to teach your horse, but this is totally different to making a horse do something, or fixing their problems. This then becomes a situation where you are a trusted teacher who can help them navigate through this sometimes confusing world.

This is connection.

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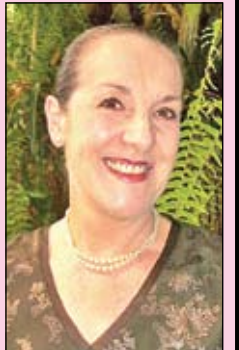
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# Hemp benefits for horses

by Les Rees,  
Animal naturopath and  
massage therapist

I've recently been reading up on some research on the use of hemp for horses and it won't come as much of a surprise to the readers in and around Nimbin that it had some positive findings.

It turns out that hemp is extremely nutritious and has many health benefits not only for humans but for horses and other animals too.

The components in hemp include a balanced source of essential fatty acids omega-3, omega-6 and omega-9 as well as having high protein content. It includes the omega-6 fatty acid gamma linoleic acid (GLA) which is used in medicine for the regulation of inflammation and for its involvement in the increase in production of mucus in the gastrointestinal tract; this helps protect the tissues making it invaluable for use for horses with digestive issues.

Gamma linoleic acid has a number of other potential uses, which include the treatment of rheumatoid arthritis. Omega-6 fatty acids are a type of polyunsaturated fat important for brain function.

Polyunsaturated fats, in general, help maintain the reproductive system and promote healthy skin and hair as well as regulate the metabolic system.

Inflammation is a marker of many degenerative and chronic diseases



Red

including cancer, diabetes, heart disease and arthritis. According to an article published in *Current Pharmaceutical Biotechnology*, gamma linoleic acid may be an important factor in reducing inflammatory responses.

GLA can help promote the expression of certain genes that play an important role in immune function and cancer cell death. These anti-inflammatory effects are likely responsible for GLA's potential in treating the symptoms of rheumatoid arthritis.

### Benefits of Hemp Oil

- The production of energy
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- very useful for joint health
- Reduces excitable behaviour
- Enhances body condition
- Excellent for horses with gastric ulcers, hind gut acidosis, azoturia, laminitis and colic
- Supports healthy skin, hooves and coat
- Supports joint health and mobility
- Good for general health, vitality
- Supports cognitive function and brain health
- Supports immunity and cardiovascular function

According to Hemp Foods Australia, hemp is also available in the form of seed cake or meal (hemp pellets) which is a by-product in the production of pressed hemp oil. It claims to be a cool feed with added benefits suitable for all ages similar to that of the oil.

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Evidence suggests that many horses on high grain diets, with joint problems, dull coats or allergic skin conditions, are likely to benefit from a supplement of optimally balanced omega oils, as found in hempseed.

And the best part of all is that horses love the taste of hemp, so maybe it's time to give it a try.

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