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Salads 'Olivier' and 'Mimosa'

by Thom Culpepper

If potatoes and wattle be your go, I have a note to share with you.

While the Chilean Potato is now a world-food and profound, the essence of Wattle (*Acacia dealbata*) is just as widely spread, from Southern France, Spain, Portugal, Sochi on the Black Sea littoral of southern Russia, to the Andes, South Africa, eastern US amid a dozen of other landmasses where wattle is known as 'Mimosa', and thrives.

Those of you have ever known Paris in the bind of winter will remember with glee the sight of lovely Flower Women hawking "mimosa from Aix."

Mimosa is the universal 'plant-of-the-day' among many of the world's women, on their day of celebration. The perfume base 'Cassie' is from wattle.

Back to the point of this scribble: salads, beautiful.

Salad 'Olivier' (known by many other names) is one of the worldwide salad forms that is now ubiquitous.

Salad 'Mimosa' refers to its



garnish (image) and not its floral presence – shredded egg yolks playing the bit part. A mere analogy; a visual drone to the absent fragrant blooms.

Salad 'Olivier' was put up as an elite form of salad by a Belgian chef, Lucien Olivier at a flash restaurant, The Hermitage in Moscow, in the 19th century (1860). It closed in 1905.

A sous-chef (Ivan Ivanov) to Olivier, published his own spin on the salad, the still widely-known 'Stolichny', a down-market form for the general public, that can still be bought at a plethora of retail outlets in Russia.

The ingredients are just spuds, carrots, onions, dill pickles, chook eggs, and some fish sometimes, of varying sorts, all generally dressed with a herbed mayonnaise.

So, here's my spin on what we know in Oz as a potato salad, to make up in volume for a couple of day's eating or a load of mouths at a single sitting.

Salad 'Olivier' (Nimbin-form)

- 1kg potatoes, Kifler, Dutch-Cream, Sebago, Tasmanian Pink-Eye or Fur-Apple, or any of the other boiler spuds.
- 1 small red onion.
 - 2 medium carrots.
 - 2 dill pickles.
 - 200 gms blanched green peas.
 - Some green olives.
 - 3 anchovies (if desired).
 - 5 chopped capers.
 - Some yabbie tails, if procurable.
 - 2 bacon slices, diced and fried slowly to crisp/crunch.
 - 100 mls of preferred mayonnaise, herbed or other.
- Preferred garnish: parsley, chervil, mint, shredded hard boiled eggs and cheeses.

Method

The careful preparation of the spuds is imperative. Pasteurising them (parboiling) is the go.

Boil lightly salted water, 1.5 times the volume of the spuds in their jackets, add

the spuds, boil vigorously for 5-8 minutes, lower heat and simmer for ten minutes, immediately immerse in ICED water and leave until chilled.

Remove, 'Slip' the skins, they peel off quite easily, with the edge of a blade, and dice into 5x5mm pieces.

Do the same with the carrots, de-skinning will be different, use a veg-peeler.

Blanch the green peas in lightly salted boiling water for two minutes, then immediately into iced water.

Dice the dill pickles into a smaller dimension. 3x3 or so.

Hard boil the eggs for a minimum of 10 minutes, chill on ice and de-shell under cold water. Spice, dice and mash.

Herb or flavour the mayonnaise, chill.

Finely slice the anchovies and the crisped bacon. Finely chop the onions, the capers, chill. Cook and un-shuck the yabbie tails and slice.

Fold all together and chill.

Garnish with selected herbs. You may also consider garnishing with poached eggs and/or sliced green olives.

thewholeearthveg@gardener.com

Weed out privet and miconia



Weed Words

by Triny Roe

It's easy to recognise weeds when they're flowering. When vegetation is all green, albeit sometimes different shades, it can be difficult to work out which are invasive exotics and which are native.

Broad-leaf privet, *Ligustrum lucidum*, is an environmental weed in northern NSW. In SE Qld it sits in a list of the top 20 most invasive plant species. Related to the smaller small-leaf privet *Ligustrum sinense*, this evergreen tree, aka tree privet, can grow from 4 to 10 metres. It produces huge numbers of seeds which are carried by birds to new locations.

Some seed falls around the parent plant and they germinate to form a grove. Floodwaters will also distribute seed as it's often found in riparian zones. Able to germinate and persist in low light, broad-leaf privet can invade the rainforest understory and readily establishes on roadsides and creek banks.

The creamy white flowers of broad-leaved privet start to appear in December; the extent of infestations along roadsides and creeks around Nimbin and Lismore become apparent. Exercise caution as the heady perfume of the flowers can cause severe allergic reactions in some people.

In time the flowers will develop into

fruit, and it can then be recognised by the heavy bunches of dark purple-blue berries. The trunk and stems are covered in grey lenticels, or pores, which enable gaseous exchange. This helps identification when neither fruit nor flowers are present.

Those green leaves all look alike to an inexperienced eye. Note there is a native privet *Ligustrum australianum*, endemic to northern and central Queensland, which looks very similar.

Make sensible choices in the garden and manage what is there appropriately. Miconia, *Miconia calvescens*, is a small tree which has a striking large-ribbed leaf with a dramatic purple underside. A native of Mexico, Central and tropical South America, sought after by collectors, it was propagated and sold in nurseries in the 1970s and 80s. However, like many other exotic ornamentals, it jumped the fence with help from birds, and wild ones have been found growing in forests in North Qld and Northern NSW.

Happy in areas with annual rainfall over 1800mm, miconia can form dense stands and outcompete native species. It has wreaked havoc in forests of several Pacific islands. While not yet entrenched in the Northern Rivers like giant devil fig, lantana and many other species, its potential to transform ecosystems has earned it a place on the national

eradication hit list.

Miconia plants were regularly sold at The Channon markets, so there could be specimens still lurking in private gardens or even popping up in the bush. Seed can remain viable for 16 years. Report sightings to Rous Council for assistance with identification and control. While they are few in numbers, there is an opportunity to achieve complete eradication and prevent miconia establishing and becoming another problematic naturalised pest species.

If looking to purchase land, consider getting a vegetation survey to establish how many problem weeds will need to be managed. Landholders have a biosecurity duty to prevent weeds from spreading. Be the good neighbour!

Plant natives instead: Purple berry or velvet leaf, *Callicarpa pedunculata*, is a dense shrub usually growing around 2-3 metres and considered a good replacement for lantana, providing food and habitat for small birds. Bee and butterfly attracting, it has delightful tiny pink, white or mauve flowers followed by bright, shiny purple berries.

Frost tolerant, adapted to a range of soil types and preferring a little shade, purple berry is an excellent choice for understory plantings. Responding well to a prune after flowering, it will also make a great hedge.

Happy weeding.

Sweet release

by Scott O'Keeffe, ecologist

You're walking through a rain forest. Suddenly you come upon a brightly-lit glade choked with fleshy green growth, saplings, sprawling vines and a bright sky above.

Somewhere in that green tangle is a palm seed deposited by a Figbird nine months ago. For that seed, the storm that knocked down a huge fig tree opening the ground to the sky, this is sweet release!

You can see this kind of thing happening in all kinds of landscapes on small and large scales all over the world. It's a phenomenon so widespread that it can be studied and analysed to see what makes it tick.

From rainforests to deserts, ecosystems are influenced by sudden changes that alter their character and species composition for decades or even centuries.

Maybe a single species in an ecosystem disappears, like a predator that limits the number of an insect that pollinates the most common tree in the district that provides a home for the animal that controls rats that feed on crops... and this is the house that Jack built. It's a cascade effect that can occur on minute and grand scales.

Disturbance is at the core of any ecological release. A physical disturbance like a fire that burns away old vegetation, splits stones and leaves a fertile ash bed, will favour new suites of plants and animals. Some seeds in the soil are cooked, while others are cracked open so that they germinate with the first rain shower. This is one way you get Acacia thickets.

A flood might carry tons of silt down a creek. The load is dumped onto a billabong where the silt muddies the water, blocking out light. It settles on the leaves of aquatic plants, killing them and causing them to rot. The nitrogen and other nutrients suddenly available cause an algal bloom that can poison fish and make the water undrinkable.

Events such as this can have a cascade effect as the mutualism and constraints on organisms in an ecosystem are broken and rearranged.

Imagine a new organism appearing in a landscape. It could be a native plant or animal that takes advantage of a changed circumstance such as fire, a flood, a landslide. It could be a species from a faraway place transported to a new environment where it takes advantage of abundant new resources.

New species can precipitate a cascade of changes that transform ecosystems at small and large scales. Who could imagine that releasing a few cane toads into a cane field in central QLD would result in the loss of previously abundant reptiles and mammals across the top end of Australia? This is ecological transformation at a grand scale.

In the Northern Rivers we are seeing the ecological release of Devils Fig (*Solanum torvum*). The plant has been in the district for some time but after the recent floods, its distribution and numbers are expanding exponentially.

At my place I can see this play out. The floods deposited 20 to 50 centimetres of silt on flats at the edge of Cabbage Tree Creek.

This smothered existing tree and shrub seedlings (including many I planted recently) and many other local weeds. This left a nice crisp seed bed, as you can see in the bottom picture.

Devils Fig seeds were in the mix of silt



Cattle don't eat Juncus (circled). When they graze heavily on grasses, they release the Juncus from competition. Photo: Scott O'Keeffe



Abundant water (bore drains) and removing predators in the outback caused a population explosion in Red Kangaroos, an example of ecological release. Photo courtesy Theo Allofs



A fresh silt deposit smothers seedlings but now there's new soil for cvamphor seeds. Photo: Scott O'Keeffe

and topsoil deposited when the water dropped. The seeds were "released" from competing vegetation, hard compacted soil and scant nutrients.

They germinated rapidly in the moist silt, growing quickly in the comparatively fertile silt. Instead of a grove of rainforest shrubs, there is now a monoculture of Devil's Fig.

If you understand ecological release, you might be able to predict what will happen when you clear a grove of lantana, reducing competition with other weeds for soil and moisture, and

dramatically increasing sunlight.

You will also grasp why the most successful revegetation projects ensure that early planting uses fast growing species that quickly create competition and close the canopy to exclude light.

Try a little experiment before you do anything. Collect a little of the litter and soil underneath. Put it into a pot or tray, move it out into the sun and keep it watered. Observe what sprouts. It will be most instructive.

Email Scott O'Keeffe at: malurus@posteo.net

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The polarisation of matter

Tarot musings
by Amy Scott-Young
(Amy.B)

In reference to The Lovers card, Arthur Waite tells us that the “two human figures male and female” represent “Adam and Eve when they first occupied the paradise of the earthly body.”

The paradise spoken of here refers to the Garden of Eden, which of course was not an actual garden but a symbolic representation of the developmental period inside the womb, where all is provided for and nothing is needed.

And it is within this womb story that we find the formula of all creation.

Aleister Crowley describes this formula as $0 = (+1) + (-1)$. Plus one, refers to the male principle or the transmitter (red rose). Minus one, refers to the female principle or the receiver (white lily). When these two principles come together in perfect union, we return to a state of zero.

Crowley goes on to say that this is a representation of the Pagan system which “is circular, self-generated, self-nourished, self-renewed. It is a wheel on whose rim are Father-Mother-Son-Daughter; they move about the motionless axis of zero”.

Zero has also been symbolised by the cosmic egg and the mountain which are simply other representations of the womb of creation, the container of all life, our Garden of Eden.

This idea is further explored in medieval alchemy in the sign of Gemini, which is the zodiac sign attributed to The Lovers card by The Golden Dawn. Under this alchemical framework, Fabricius tells us that in Gemini the “lunar body is fertilised by the mercurial serpent”. This is “the period in which the fertilised egg or germ is polarised and the differentiation into masculine and feminine takes place”.

This polarisation controls the interaction between the masculine and feminine opposites and it is between these two extremes that creation and forward movement can occur.

On a Cosmic or macro level God, or our higher consciousness, represents the masculine principle because it transmits information to create, teach or guide. All matter therefore represents the feminine because it receives these transmissions in order to learn and maintain what has been created.

In this sense, regardless of our sex at birth, we as humans can embody both the masculine and feminine principles and gain mastery over our conscious mind.

For this to occur, we must consciously validate and activate the opposites.

At the micro level of everyday life, we can activate these opposites by shifting our position on the sliding scale of their polarity. William Walker Atkinson termed this process mental transmutation and described it as the ability to “transmute one emotional state to its opposite”.

To do this he says we cannot simply force out an undesirable emotional state but must concentrate on its opposite pole in order to change our vibrational nature. As we have learned, this will inevitably bring our emotional state back to zero.

This requires much self-awareness and allows us to realise that in our anger, we have chosen to forego peace or that in our joy, we have chosen to forego sorrow.

Just as we can choose to change our emotional states, so too can we choose to change the conditions under which we relate to others. An example of this, might be that in our unwillingness to accept another’s perspective we have chosen to forego empathy.

This process presents us with quite the paradox at times, this is because a new vantage point of consciousness requires a great deal of thought and concentration of the will.

However, given that the opposites we are so often confronted with are merely reflections of the qualities we are needing to reclaim in our search for wholeness, perhaps this is a process worth exploring.

Amy.B is the researcher and illustrator of *The Unveiled Tarot*
www.AmyB-Chalk-Art-Tarot.com



Powers of Attorney and Capacity

A woman rings me with a problem. She’s called a barrister mate of mine, but he can’t help, says there are things only solicitors can do. He’s told her to call me.

Her mother is in hospital after a stroke and doesn’t want to stay there, but they won’t let her out without a Power of Attorney (POA).

I’m in another state without a printer, but can download the form, fill it out on-line, and email it to her to print and have her mum sign it.

Annoyingly, as with so many things, each state has a different law, but her mum is in NSW so that’s fine.

There are two forms. One’s called ‘general’ and the other ‘enduring’. The hospital didn’t say which they wanted.

A general POA would give the ‘attorney’, in this case the daughter, the power to do anything financial on behalf of the ‘principal’, her mum.

Which could be handy because after the stroke she can no longer easily get to the bank, but I imagine it won’t help her get out of hospital.

What the hospital appears

to want is an enduring POA, called ‘enduring’ because it’s still good after the principal loses ‘capacity’, namely the ability to make decisions for herself.

Capacity is an interesting concept, varying depending on context. Basically, it means having the ability to understand the facts, the main choices, the consequences of those choices, and the ability to communicate the chosen choice.

It can be different from the capacity to make a will or instruct a lawyer in court.

The general POA is no good once you’ve lost capacity and of course, once you’ve lost capacity you can’t make either. The enduring one continues until death. Then the Will takes over.

But the fact that the enduring POA endures after loss of capacity is not the issue here.

The general POA doesn’t give the attorney the right to make decisions on behalf of the principal regarding non-financial things like whether or not she can go home.

Only the enduring one is



Legal writes
by John Adams

good for this.

In this case I’m instructed that Mum has all her marbles, so she has capacity to grant an enduring POA. Logically, however, if she has that capacity, she is perfectly able to make the decision herself.

Maybe the hospital is concerned with the technical legal concept of posterior protection, perhaps believing she no longer has that capacity. In which case it would be too late for her to make an enduring POA.

I thank the universe I’m on holidays in another state and complete the form, filling in

the appropriate names and addresses and ticking the relevant boxes.

Then I email it to the intending attorney to print and have her mum sign it before a witness.

If it was a general POA, more or less anyone who is over 18 and has capacity, except, for obvious reasons, the intending attorney, can be the witness.

But in the case of an enduring one the witness has to be a ‘prescribed person’, in effect so that they can sign a statement saying they’ve properly advised the principal about the powers she’s giving away, have decided whether she has capacity, and that she’s not under duress, say from a greedy or control-freak relative.

Section 19(2) of the *Powers of Attorney Act 2003* (NSW) includes in the list of prescribed persons, “A barrister or solicitor of any State or Territory.”

I suggest she ring my barrister mate and get him along to the hospital. Pity it’s too late for Christmas with the family.

Medicines in the kitchen

The festive season lends itself to food preparation, as a social time of year.

It’s a time when I become a more adventurous chef. Out come the recipe books!

While browsing my herbs and spices for holiday inspiration, I noticed how much medicine was in the kitchen.

It’s a time of year when it can be difficult to access natural health services due to holidays. I have also been advising people from further afield who needed some health help when shops were closed for public holidays. So the spice rack became the medicine cupboard.

Noting that any serious symptoms should be assessed medically, minor ailments, however, can benefit from home remedies. Digestive discomforts (possibly from too much good food) can be eased with herbal tea blends with added spices.

Peppermint (from the garden or tea cupboard) can be brewed with additions from the spice rack.

Cinnamon, cardamon, fennel seeds, ginger, and aniseed are all helpful for digestion.

Chamomile tea soothes an upset stomach as well as calming the nerves. A cup of chai tea is useful, and even more so if it’s dandelion chai which benefits the liver.

Bitter herbs including dandelion are helpful if there has been an overindulgence in rich foods and alcohol – not uncommon in the festive season!



A friend living a long way from my dispensary had symptoms of a virus (not Covid), with a sore throat and chesty cough. He was able to use garlic, cayenne, ginger and honey in hot water. Challenging in terms of taste, but very helpful.

I recommended thyme and licorice root tea for the cough and sore throat. He also did steam inhalations of eucalyptus. Other anti-virals include cinnamon, fennel seeds, black cumin (nigella) seeds and ginger.

Fenugreek and fennel seed tea is excellent also for blocked sinuses, as is a curry with lots of chilli.

If you need extra help with joint pain or inflammation, there are some useful anti-inflammatories in the kitchen. Ginger, turmeric, black pepper and licorice root can be used in a tea.

Turmeric however is most effective when combined with fats or oils. Some

people make turmeric balls in coconut oil, or you can make a turmeric ‘latte’ with something creamy.

The addition of a small amount of black pepper also helps to make the anti-inflammatory component (curcumin) more available in the body.

Although the holidays are welcome, I am aware that for many people it is a stressful time of year. Herbal teas such as chamomile, passionflower and lemon balm are helpful for stress.

For many reasons, 2022 has been a really difficult year, especially for us in the Northern Rivers with the devastating floods. My sincere hope and wish for everyone is that 2023 will be much more peaceful and uplifting.

News update: I am very sad to report the death of Master Herbalist, Stephen Buhner in December 2022. Stephen died from pulmonary fibrosis after a long illness. He was



Nature’s pharmacy
by Trish Clough, herbalist

writing and teaching from his hospice bed until his last days.

He died peacefully in the company of his loving family and friends. He was buried in his beloved forest according to his wishes.

Stephen lived in the US and was a prolific writer. His books include *The Secret Teachings of Plants*, *Herbal Antibiotics* and *Healing Lyme* amongst many others. He was also a poet and an avid researcher.

He inspired many other herbalists, including me, with his profound teachings. He is sadly missed but his legacy will live on.

Trish Clough is a Lismore herbalist who has been practising for more than 30 years. She now conducts her own clinic practice in Iluka after relocating from Lismore.

The information in the column is meant for general interest only and should not be considered as medical advice.

Trish is available for consultations by appointment on 0452-219-502 or email: trishclough@internode.net.au

The gift of fish

Very early on Christmas morning, my friend and I went swimming at a local beach.

I was doing my favourite pastime of snorkelling and, once again, noticed how few fish there were for this time of the year.

There was a fisherman standing at the water's edge with his line in the water. This concerned me because this is a marine sanctuary and there were signs up saying fishing is prohibited.

As I was debating about how to tell him that he shouldn't be fishing here, he called out to me saying his line was caught and could I release it.

My interior argument intensified: do I help the fisherman, or the fish? Where does my ethical choice lie, and why?

In the end I was moved to help the fisherman who was a stranger to me. This decision came down to the warm feelings that I have for my fellow human beings, even though I will fight rigorously for the health of the ocean.

I found the line, and released the hook and swam on. On returning to the shore and while my friend and I ate our Christmas breakfast, the fisherman came up and gave me two filleted fish. Again, my age-old inner conflict was brought to the surface: I love eating seafood even though I am concerned for sea life.

None of this is cut and dried for me. I delight in the smells and tastes of the

ocean; I luxuriate in the deliciousness of it all even while earlier I might have been immersed in thalassic waters, but I'm worried by the way the ocean is being denuded.

On this day, this Christmas Day, I couldn't say no to the gift of fish, given that the fish were already dead and it was a gift after all and contradictorily, I like eating fish.

And so, the conundrum of being human, this human, who eats fish and other seafood even while I relish swimming among marine life: how do I reconcile the contradictions?

I don't. I hold the two parts together in an uneasy holding pattern. Am I any different from other predators? Seems not. Should I be different?

I don't know. I am deeply connected to the conundrum of my existence in its many manifestations. I know I do not do well on a strictly vegetarian diet (something about my seafaring northern European genetic makeup) and I love the sea and all her inhabitants.

I think of Sedna, the Inuit goddess of marine life and how she chose the sea over marrying a man she did not love and how she decides whether fisherman catch fish, or not, or whether fish eat us or not.

She gives, but also takes away. She is fierce, when she needs to be, but loving and giving when she chooses it. In this way, she can be seen to explain



by Dr Elizabeth McCardell, M. Couns., PhD

something of the ineffable mysteries of connectedness with all living things.

If I have learned anything, it is that my decisions have to come about by weighing up my choices. I have to make those choices on the basis of what is most beneficial for those involved as I see fit then, even while I can note that those choices are not clear cut, and not choices that are inflexible to other conditions.

Deciding to free the fisherman's line on Christmas Day may not be the choice I make should the situation arise again. Next time it may be the marine sanctuary that is given the voice, my voice.

The mystery of connectedness as I felt it that day was all about human warmth, but it need not be.

Water, as a symbol, binds us all together with life all around us, but it gives and takes away.

Dr McCardell is relocating to Fremantle in February, but will still be available for on-line consultations
Phone/text: 0429-199-021
Email: dr_mccardell@yahoo.com

2023: Time to be more of who you are

What if I told you that you have so many buried talents and abilities that are just waiting to be re-discovered; that don't need to be learned, only remembered, retrieved and reintegrated into conscious awareness?

We are kind of like icebergs where only a small percentage of our mass is visible above the surface. What lies beneath in the greater reality of that mass?

Consider that you have had many lifetimes – for many people that runs into the thousands. Many of those lifetimes have been very stressful or traumatic.

In an effort to protect itself from the associated overwhelming suffering, what happens is our Soul in effect flees the body in order to survive the experience. It's a survival mechanism.

It can happen whenever there is any form of sexual, emotional, physical or mental abuse, or a sudden shocking accident or any pain or fear that makes us feel helpless.

It is referred to as Soul Loss, though I believe we can never actually 'lose' our Soul, just as we can never sell our soul. Our Souls are inseparable from the Divine Creator Force that animates our body.

However, it can retract and sort of sit in the background so that we lose touch with that vital spark of life within us.

A simple example of Soul loss can occur when a child, for instance, is not allowed to express anger.

They will quickly learn that expressing anger results in



by Auralia Rose

punishment or withdrawal of love by their parents, and so the child will eventually learn to split off or freeze this unacceptable part of themselves until they no longer accept this emotion as belonging to them.

These annexed and repressed parts of our Self can be retrieved and reunified into everyday awareness.

I practice a form of Soul Retrieval that gathers and reunifies all fragments of your "lost" soul energy, bringing with it all of the positive attributes you may have left behind in other incarnations. Traumatic memories and energies are left behind and transmuted by the powerful forces of Light that I work with.

Imagine recovering all the vital power, potential, and energy from these annexed parts of your Soul. Imagine having all of the positive experiences, knowledge and power from countless lifetimes available to you now.

People who have undertaken this process find they become more present,

centred, and regain their aliveness. They remember life is a gift, a mysterious adventure to be savoured and embraced.

Some of the things people who have retrieved and reunified their soul commonly report are: an overall sense of wellbeing; a feeling of being more grounded, more energised and alive; they feel a sense of lightness and joy, a sense of purpose and direction, with an accompanying clarity and power to create the life they want. Who wouldn't want that?

My own experience was an immediate feeling of being strongly grounded and present. I realised I had always subconsciously been looking for my fragmented Soul parts, which caused me to be very ungrounded, confused about what I was doing here on this planet.

I have been a healer in many lifetimes, and like most healers, have been persecuted and killed for being a "witch".

Once I had reunified all my scattered Soul parts, I found I had access to more of my healing gifts, which took me in some different directions in my work. These "new skills" came naturally and effortlessly.

In my opinion, Soul Retrieval is a crucial element of every spiritual journey. And it can be achieved in just one four-hour session.

If you would like to know more about Soul Retrieval please feel free to call for a chat.

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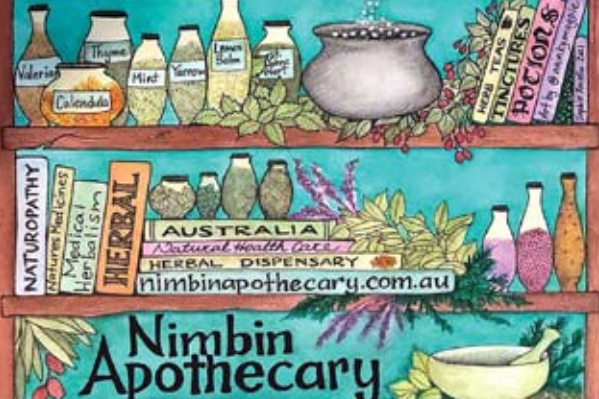


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Dehydration

Dear SSHS, I recently had a massive headache. I thought I had COVID but did a test and it was negative. Then I realised I hadn't had a drink of water all day. So I got myself a big glass and drank it down. I felt every cell of my body rehydrating just like a wilting plant coming to life and so I had another glass. I told my wife about it expecting to be congratulated and all she did was tell me what an idiot I am. Is that fair?

–Peewee Enis, Tunttable Falls



by **Uncle Norm & Aunty Maj**

So, Peewee, there's your Neptunian lesson. Next time get your wife a nice big, cold glass too and she'll be praising you to all her friends instead of complaining about you.

Every time I take a drink from a bottle, it keeps pouring back. Must be spring water.

She says
Dear P. Enis, yes, your wife had every right to berate you. She believes that everyone over the age of four understands the importance of drinking water. Women notice the signs not only of their own dehydration, but also for each one of their children, lugging water bottles with them everywhere they go. The last thing she needs is her supposedly grown up husband to allow himself to become badly dehydrated as this is an easily avoidable situation. To be fair, it sometimes happens to the best of us when we get super busy.

- Some common dehydration symptoms are:
- You have a headache that won't go away.
 - You feel tired.
 - You feel lightheaded or dizzy.
 - Your heart is racing.
 - You're urinating less often, or urinating a darker colour.

Whenever you have a headache, drink water. Even if it doesn't fix the headache, it will help with whatever else is ailing you, such as a hangover from too much beer, which unfortunately doesn't really flush the toxins out.

Caffeine-based drinks and soft drinks aren't so good either. Water is what you need. After all, up to 60% of the human adult body is water. The brain and heart are composed of 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are a watery 30%. If that's not enough to get you running to the tap, then I can't help you.

As we age, our ability to feel thirsty weakens. To allow for this, Norm and I know to drink water around 11am and 3pm, especially when we are busy and could forget.

If you have trouble drinking flat water, buy a Soda-stream and you'll have cold, sparkly, refreshing water on tap. It also saves buying drinking water in plastic bottles which is terrible for the environment.

Add lemon or lime juice and mint leaves to shoosh it up. Plant a lemon myrtle and make refreshing iced teas in summer when you need more of the liquid stuff than ever.

HE says
Dear P. Enis, you are an idiot and no, it's not fair. You're an idiot because you opened your big mouth. Did you really expect her to pat you on the head and give you a lolly just because you prevented yourself from dying of thirst? Have you not figured out by now that every illness, malady, and disease that you are likely to suffer, from a simple headache to multiple organ failure, is your fault?

You should forget about empathy and praise from here on in. These are not part of the job description for the modern-day wife. Scientists looking for extraterrestrial life always point out that the presence of water is necessary to sustain life. But here on earth many sources of water have become contaminated and unsuitable for human consumption. So we invented beer, wine and whiskey.

Even with today's modern purification technologies, water as a drink is boring as bat-shit and is best given to horses. It is useful for boiling spuds and making coffee and washing stuff with.

For drinking there are far more interesting options. Imagine how much better you would have felt if instead of two big glasses of water you had two margaritas.

Next time you have a headache, just take paracetamol and keep your mouth shut.

There are two reasons why you should never drink toilet water. Number one. And number two.

Send your relationship problems to:
normanappel@westnet.com.au

What is Reiki?

Reiki is form of complementary therapy relating to energy healing and can be used for stress reduction and relaxation. It is given through the palms of the hands to the client and is based on the idea that life force energy flows through us to the person.

The Reiki energy comes through the healer, like a tap, just by asking the energy to flow. The person being healed lies on a bed or can be seated.

If your own "life force energy" is low, then you are more likely to get sick, or feel stressed, and if your energy is high, you are more capable of being happy and healthy. Energy can stagnate in the body where there has been physical injury or even emotional pain. In time, these energy blocks can cause illness.

This energy medicine aims to help the flow of energy in the body and remove blocks in a similar way to acupuncture or acupressure.

simple, and safe method of spiritual healing and self-improvement that everyone can benefit from. You can learn it easily and you can treat yourself on a daily basis if you need more energy or healing.

One of the benefits of Reiki healing is distance healing, where Reiki can be sent over several miles through Intention to the other person or situation.

I trained as a Reiki Master/Teacher in 2018 after using Reiki in my work for over 20 years. Just lately I've had a few enquiries regarding their learning to be a Reiki practitioner. There are three levels to learn, Reiki 1, Reiki 2 and Reiki Master or Teacher. I'll be running courses in Lismore throughout 2023 so if you'd like more information just give me a call and have a chat.

My dream is to hold a Reiki community healing day in Lismore every few weeks, so that people who are still feeling traumatized and stressed can come along and receive Reiki lovingly, and to help them to leave



by **Sonia Barton**

feeling more centred, perhaps pain free and feeling that they are more able to face the future, easily.

Recently some Reiki 1 practitioners qualified with me and we are all ready to give Love, Kindness and Healing to the Lismore community.

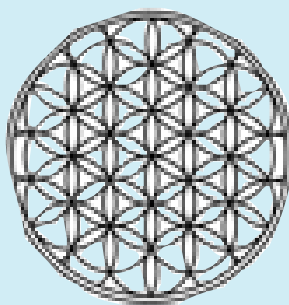
Sonia Barton is a Bowen Therapist and Reiki Teacher practising in Nimbin and Murwillumbah
Phone 0431-911-329
www.BowenEnergyWork.com.au

Natural Law



by Helene Collard

*We are all self-governing.
Let us call upon our
ancestors,
Elders and teachers – past
and present – to guide us
in the way of the Heart.
You are all my relations.
All is One.*



Just when we thought we could start relaxing for the holiday season, heavy energies show up, announcing 'old enemies' that have returned for a wee visit.

Egoism and feeling emotional, stressed, depressed, may be common during this time, as present life circumstances trigger feelings associated with shadows of the past.

This experience, although unwelcome and uncomfortable, carries very clear codes for us.

Rather than putting your 'foot to the pedal' and charging through this tough time like a bull, it's important to create time to review and reflect.

There is a specific message here: what you can start doing and what can you stop doing to restore balance to this situation?

This will be far from easy, these old enemies have been with you a long while, and you have accommodated them, time and time again. The stakes have gotten higher.

If you do not attend to this, the consequences will be significant and highly undesirable for you. Implementing a new game plan will take courage, focus and compassion.

This process will involve you remembering a side of yourself that some people that know you well, will feel unfamiliar with.

They may not even like it.

We live in a world where we largely and unwittingly, pigeon-hole others and perhaps even harder to acknowledge, ourselves.

There is new space for you to expand and grow into. Resistance and tension are inherent in growth and transformation. A snake needs friction to remove its old skin.

A butterfly's struggle out of its cocoon, pumps blood to its wings. If the butterfly doesn't have this resistance, it will not be able to fly, and dies.

We have become accustomed to prioritising comfort at any cost. We don't want our feathers ruffled. We don't want to upset the status quo. We don't want the boat rocked.

Brene Brown says, "Lean into the discomfort."

If that means you are embracing growth and transformation, it seems like good advice.

For the Highest Good of All, Helene.

The Yemaya Centre is open in Lismore and Wollongbar

Reiki treatments available. January Reiki Courses on website.

For information, enquiries and bookings visit: www.yemayacentre.com.au or phone 040- 656-797

The art of practice: Morning rituals

by Susan Paget

Back in the day my parents forced me to take piano lessons with a teacher who just didn't get me.

You see, I had the gift of being able to play by ear and could eke out whatever was on FM radio at the time, Elton John, Chicago, you know that era! But the teacher wasn't impressed and made me focus on scales and technique.

At home, my folks made sure their investment wasn't wasted. I recall a lot of threats to practice or no television!

Long story short, my love for piano kind of got the energy sucked out of it and anything requiring actual regular effort had my eyes glazing over.

I think what changed my mind about the concept of practice was discovering yoga in my mid 30s. I learned that spending a little concentrated time in one area revealed benefits. While there were physical pay-offs, I also noticed positive changes that went beyond the mat. I seemed more focused and actually enjoyed becoming more disciplined just from regularly showing up to class.

And rather than being boring, daily repetition worked magic. Each time was like hitting the reset button. When a practice was less than average, there was always another day to have a crack.

Over time, I started to apply this concept of conscious routine to other areas of my life from my writing to my self-care. In turn these rituals create the foundation for a day designed by me and not overtaken by the whims of outside forces. And when life goes south, my daily practices show their worth.

They've become supportive tools and remind me that life itself is a practice, a daily opportunity to try again. I love the art of practice so much that it is tattooed on my foot!

So where do you start if you'd like to experience this practice thing?

I find the morning is the perfect time. The beginning of a new day. A literal fresh start. And, a bonus, you can practice before you even get out of bed. Here are three simple practices that make my life better each day:

Say thank you

Before I get out of bed, I try to remember to silently say "Thank you" for a night of rest and another day to try again.

The late self-help guru



Louise Hay quipped that many people say, "Oh shit!" before getting out of bed, so this is a nice alternative and simple way to practice mindset.

Three minutes silent sitting

For anyone who thinks they can't meditate, this one could be your answer. Before your feet hit the floor, sit up in bed, set your phone timer for three minutes and just sit. Listen to the sounds outside.

When you notice you're thinking about something else, just bring your mind back to the sounds. Before you know it, you're done.

Doing this small practice daily gives the benefits of learning how to pause and watch where the mind goes. That's really what meditation is all about.

Make your bed

Studies suggest that making your bed is an underrated resource for managing anxiety. In a chaotic world, a nicely made bed is an oasis. It also feels wonderful to get back into at night.

Besides being easy and quick to do, these rituals set the tone for the day ahead. But don't let their simplicity fool you. They are genuine practices of gratitude, meditation and self-care.

Sometimes I wonder if I met my piano teacher now, would I be a more willing student? It's fascinating how something that was such a turn off as a preteen is now a cornerstone of my every day.

In any case, I'm glad that the art of practice circled back into my life and perhaps she was the one who planted the seed.

Susan Paget is a television producer and well-being writer who teaches yoga classes on-line and at her home in Tuntab Creek.
Instagram: @therainforestfarm
or email: susanpaget@gmail.com



Viva Magenta

by Magenta Appel-Pye

I'm thrilled that Pantone's colour of the year is Viva Magenta! I can't help but see this as a good sign for me personally as well as everyone else.

Magenta symbolises universal harmony and emotional balance. It contains the passion, power and energy of red, restrained by the introspection and quiet energy of violet.

It promotes compassion, kindness and co-operation. Magenta is a colour of cheerfulness, happiness, contentment and appreciation. That's a lot to live up to!

Magenta is an other-worldly colour. It exists between blue and red, warm and cool and is found on a spectrum all its own.

Partly ultraviolet, partly infrared, it "doesn't exist on the spectrum... but it somehow encapsulates the whole range of colours that we can see - and also some that we can't."

Author of *The World According to Colour: A Cultural History*, James Fox reminds us that colour is central to the human experience as a means of storytelling, communication and connection.

Magenta is evocative of clays, cave paintings, even the colours of the galaxy; the earliest plant life on Earth, predating chlorophyll, was believed to be a magenta shade.

Fox says: "It's this colour that kind of fizzes on the retina, that vibrates - you can't quite pin it down."

It's brave, it's fearless, pulsating, it depicts optimism and joy. And we are all greatly in need of that, especially me.

Undergoing chemotherapy, I especially relate to the pulsating part as I am aware of every cell in my body



Laurie Pressman

buzzing and vibrating.

Magenta was named after the town of Magenta, Lombardy in a show of solidarity with Italy, fighting for its independence.

As colour goes, magenta has been conspicuously absent in fashion for a long time.

Laurie Pressman, Pantone's vice president, says Viva Magenta represents a prevailing desire for optimism, resilience, outside-the-box thinking and technological innovation so as to create a better world.

Magenta seems like a good choice for a period when everything feels very grey, dark and murky, and lots of people have lost hope.

Essentially it's a colour about the resilience of the human spirit.

It's a nice change from the prevailing interior design trend of the past 15 years which has been 'greige'.

I am definitely painting two of my big, white, lounge room walls magenta. I know that will cheer me up.

Happy New Year and Viva Magenta!

magentaappelpye.com