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**DOLPHIN FUNERALS**

# Relax with risotto

## FOOD MATTERS

by Neil Amor

Rice has been grown in southern Italy for centuries.

From the south, rice gradually made its way north toward northern Italy, where the marshes of the Po Valley were suitable for rice cultivation. Risotto is believed to have originated around Lombardy.

Risotto is an Italian rice dish cooked with broth until it reaches a creamy consistency. The broth can be derived from meat, fish, or vegetables. Saffron was originally used for flavour and its signature yellow colour.

According to a legend, a young glassblower's apprentice who used to use saffron as a pigment, added it to a rice dish at a wedding feast. The rest is history.

Good risotto is all about the timing, ladling stock gradually and stirring calmly and serenely, and don't we all need more of that. Properly cooked risotto is rich and creamy even if no cream is added, due to the starch in the grains.

The traditional texture is fairly fluid. It is served on flat dishes and should easily spread out but not have excess watery liquid around the perimeter.

It must be eaten at once, as it continues to cook in its

own heat, making the grains absorb all the liquid and become soft and dry.

### Autumn Comfort Mushroom Risotto

2 tbs butter  
1 medium onion, finely diced  
2 cloves garlic, finely minced  
1 tbs lemon juice  
1 tsp fresh thyme, chopped (dried OK)  
Season salt and pepper  
¼ cup white wine  
1 cup arborio rice  
1½ cups chopped mushrooms (alt. can use ½ cup porcine. Soak first and use water for stock)  
4 cups hot veggie stock  
Fresh parsley or thyme and parmesan cheese for garnish.

Heat large frypan over medium heat and add butter. Add onion and garlic and sauté until soft and translucent. Add lemon juice, thyme salt and pepper. Add wine and stir as the wine reduces (about 5 mins).

Turn the heat to medium-low and add rice. Toss the rice in the onion mixture until it's coated and move it around for about a minute. Stir in the mushrooms.

Add the hot stock gradually, about ¼ cup at a time, stirring constantly and waiting until the stock is absorbed by the rice until you add another ¼ cup.

Repeat the process until all the stock has been added and absorbed by the rice and a creamy sauce has



formed, stirring constantly throughout.

Serve immediately with shaved parmesan cheese and freshly chopped herbs.

The Nimbin Organic Food Co-op provides opportunities

to skill up, get social, and support a much-valued community asset.

Contact Eala, our volunteer co-ordinator, on 0405-659-181 for a range of volunteer options.

# Hubris or hope?

by Thom Culpepper

Has your food that says it's "organic", really been cultivated on chemical-free soil?

You would hope so, but these claims appear to be now suspect. Chemical contamination is everywhere.

Ag-chemicals are now used in all developed countries with huge consumer marketing organisations. They have become ubiquitous, resulting from heavy to minor soil contamination. The majority of these plant management systems are spray-delivered, in dilutions that are designed to be pest specific.

But they are near impossible to contain and control, their ex-crop management difficult or in fact impossible, and many are residual, amounting to an increasing contaminated chemical loading in all the world's soils.

Retail garden suppliers are distributing these products to household consumers, few of whom have ever been trained in their safe use. Professional agriculture is required to be appropriately

trained and licensed to use these chemicals. Not so Jack and Jill, domestica, and these 'Homies' spray the shit round perennially!

What of the effect? The bees have all but gone, the Lepidoptera, (butterflies and moths) and others, beetles etc, are missing and in some cases, extinct locally.

Native bees who are in many cases, super pollinators, they are gone. I had three colonies of 'natives' nesting in the walls of this house six year ago, today they have all gone and I do not use any sprays on this property, I only use sticky-traps/papers for the control of house invading insects, NO sprays.

My erstwhile partner at the time declaring, "Those 'flypapers' are so gross." Aesthetics being very subjective!

Dead nuisance flies, midges and mossies, stuck to a 'flypaper' doesn't give me a headache. Not being in the auditory and visual presence of the magnificent native bees etc, does.

Returning to the matters of this text: soil, clean soil, forget it, it's all contaminated. Especially 'carted-in' organic mulches.



If you want chemical-free produce, grow your own soil!

Carbon is what you need; the plants and you for that matter, need carbon, the plinth of life. Make your own and create soil or grow in soil-free culture.

The net has a plethora of info on making a clean place to grow your and your family's nosh.

Don't use your land, it will be contaminated, you just won't have the where-with-alls to check it out competently.

Light, nitrogen, trace elements and carbon is the recipe.

Don't waste your hard-earned spondooly buying 'organic' because it most probably won't be 'chem-free'. Some conventional farmers can grow better and cleaner food than the ideologically obsessed.

And if you have a smidgen

of the science of genetics, you won't freak out at 'GM'. After all 'Gaia' has been at it for millions of years. Gals (in all their myriad species) have been swapping sperm since biological time commenced. You are one of its 'plays'.

After all, 'Billy' Shakespeare still says it all: "Take your pound of flesh, Shylock, but leave the Gazan's blood where it belongs."

Oh, and give us back our hero, Julian Assange. Our next president.

thewholeearthveg@gardener.com

**Disclaimer:** The process for organic certification, which can take years, includes taking soil samples from the whole riparian zone in which the farm is located.

Look for a genuine certification logo on products marked as organic.

# Don't let weed infestations explode

## WEED WORDS

by Triny Roe

How to transform an ecosystem... let it get overgrown by vines and creepers.

They start small, and at first don't seem to be a problem. They're not doing much harm. Then after a couple of seasons of flowering and seeding or producing tubers the population explodes exponentially and then it's a big problem. So big that it seems insurmountable and will take a lot of effort and even courage to address it.

Madeira vine, *Anredera cordifolia*, can smother mature trees. Also known as potato vine due to the clusters of lumpy aerial tubers which grow along the long winding stems, this sturdy vine can climb 20 metres up into the canopy.

The knobby tubers drop off readily, particularly when the creeper is disturbed, ready to initiate a new plant. These tubers can last several years in the soil and management of infestations will need consistent and regular follow up.

Madeira grows happily on fences. While it might not cause too many issues there, apart from eventually collapsing a flimsy fence from the weight of its fleshy leaves and tubers, from there it can easily spread to other locations. Furry critters and feathered friends feed on and carry tubers to new locations. Children pick them up and play, pelting each other with the potatoes, also furthering infestation opportunities.

As madeira vine is often found on creek banks, tubers and pieces of stems float to new locations in water. After the epic floods of '22, madeira vine will have found many new homes in locations, far and wide, where it has never been seen before. Keep eyes out and don't let it settle in.

Singapore daisy, *Sphagneticola trilobata*, a creeping groundcover, much



favoured by tigers, doesn't grow up tall trees. However, it's problematic if it finds its way onto creek banks and regen sites. Growing into thick mats, dominating other herbaceous plants and grasses. It is impossible for native seedlings to emerge.

Singapore daisy was promoted in the eighties as an effective species for erosion control. It puts down roots at frequent intervals along its stems. However, it was too good at its job and has become a significant environmental weed. Tolerating a range of locations from beaches to forests, some infestations cover acres.

'Wild' and other flowers, are often plucked by people strolling about or walking along the road. They might put them in their hair or buttonhole, gift to a friend or lover, or simply carry around for a while. Sooner or later the flowers are discarded. If these species have weed potential ensure safe appropriate disposal and don't simply chuck on the ground. Bin or burn!

Roadside slashing is also responsible for dispersal of weeds and mowing contractors can carry propagation

material from one property to the next. Check that machinery arrives and leaves clean.

Bush regeneration is usually best not done with machinery. Tractors and mulchers munch and chomp everything, while under and amongst the weeds there will be ground covers and emerging shrub and tree native species. Careful hand work identifies and protects the natural recruitment while targeting the undesirables. Work with what is already there.

Staged removal also allows wildlife to adjust. Lantana and other weed infestations provide some habitat and food for a number of birds and small mammals. They have learned to adapt to the loss of their natural environment. Clearing large areas in one fell swoop can adversely impact the fauna that made use of the area.

Weeding is also great for human health. Plants exude chemicals which boost the immune system and soils contain microbes that have been demonstrated to lift mood and counteract depression.

Happy weeding.

## Plant of the month



by Richard Burer

The Coconut is from the palm family and a cultural icon of the tropics.

Perhaps the most useful plant in the world, coconut is used for food including coconut water, fuel, cosmetics, medicine, liquor, building materials including coir products, and features in the daily diet for many people in the world, particularly Australia's nearest neighbours in the Indo Pacific.

Celebrated by its religious significance, often in connection to fertility, gives extra importance to this magical palm and its presence in the world.

Evolving by seaborne migration and ocean dispersal, coconut palms are well established in the tropics of the east coast of Australia from about the Capricorn coast to the Cape and the Torres Strait islands where their intolerance of cold establishes itself as a powerful symbol of tropical abundance and the feeling of paradise.

Recent adventures in south India give rise to the author's suggestion that no plant in history (mind you, it's weed edition next month) is more important than the coconut palm, but it's a grimy end for the plant buffs in Nimbin as the palm in my last three decades in Nimbin fails to solidify the possibility of the palm growing to produce fruits (drupes) in the Northern Rivers.

It's been suggested that the coconut palm will grow to about Coffs harbour locally and I've seen it grow quite well around the Gold Coast and Wategos near Byron, but fruit is not likely. However, dwarf varieties and climate change could change this.

Coconut grows to about 30m and can produce about 75 fruits a year, but less is the average. It's worth noting that death by coconut is a reality, and on your next tropical adventure think about the position of that relaxing day bed or hammock.

Richard Burer is a Nimbin-based natural area restoration contractor and consultant: [richard.burer@gmail.com](mailto:richard.burer@gmail.com)

## THE ART OF PRACTICE: SH\*TTY DAYS

by Susan Paget

The other day I got up on the wrong side of the bed. There wasn't any obvious excuse for it. But when my toes touched the floor, I felt the funk.

I call these indescribable days, where you can't put your finger on what's going on as "low biorhythms".

They're not to be confused with depression or grieving. Those are a whole other story. What I'm talking about here are those random days where everything is just "blah".

This time around, rather than accept my mood as locked in, I decided to see what I could do to shake off the cloud or, at the very least, get an inkling of how it had formed.

I figured if there were any messages my body, mind or soul were trying to telegraph with this flatness, the least I could do was pay attention. So here are some sh\*tty day practices that helped me uncover what was going on:

### Listen up

A sh\*tty day is the perfect invitation for self-inquiry. Inquiry is a Buddhism inspired practice of personal contemplation and listening for what comes up.

Through the day I pondered two questions. The first one I asked was "What is this 'meh' feeling all about?"

From there I tossed around possible reasons ranging from overwhelm and procrastination to feeling stuck. Nothing really resonated but it was helpful to explore ideas.

The other question I workshopped was to ask myself, "If I knew exactly what this feeling was all about, what would it be?"

This phrasing is a tricky mind game that gives permission to assume we already know the answer. It's a great one to do in journaling.

### Shake it off

Scientific research suggests that we have the potential to shift our biochemistry naturally with activities like a walk, listening to music or water immersion.

Spiritually speaking, these can all be practiced as purification rituals that release stagnant energy.

There are actually so many ways to consciously change our state – whether they're practical or woo-woo inspired – but the challenge on a sh\*tty day is that doing what's good for us requires discipline.

This is the time to practise overcoming lack of motivation. Not in a hard way. Easy does it. It helped me to take the mindset that these energy shifters were my medicine. I certainly felt better than if I hadn't done them.

### Make a nest

So, you know the inquiry thing I mentioned before which assumed we know full well why we're having a crap day?

Well, in my journaling when I answered the question "If I knew exactly what this feeling was all about, what would it be?" The answer that came to me was the fact that I'd had broken sleeps for several weeks and I really needed to catch up on some legit zzz's.

Many of us deal with insomnia and it's something I haven't been able to crack the code for, yet. Truth be told, I'm so used to tossing and turning that it doesn't overly faze me. But when that bit of intel was revealed, it made total sense. I followed the guidance and set up for a nice afternoon snooze.

There's an awesome napping practice in yoga called "Yoga Nidra" which translates in Sanskrit as "yogic sleep" in which you're guided through

a body scan that gently lures you into a dream state. It's perfect for when you need rest but don't have a lot of time.

But for this day, I went for a luxurious nap with all the trimmings. I put on the comfiest clothes and built a nest in the bed. From there I slipped on an indulgent silk sleeping mask, layered myself with blankets, dabbed a little lavender oil behind my ears, wrapped by body around pillows, put in ear plugs and allowed myself to drift.

I slept for a long time, waking up to myself literally saying, "God, that felt good!" What a difference to the way I started the morning.

Sometimes, these days where we don't feel ourselves can seem a mystery. But maybe they're primal, an inner calling that asks us to drop our armour and stop soldiering on.

When animals don't feel well, they retreat to a quiet spot, laying low until they recalibrate and heal. On this sh\*tty day, that's the approach I took, and it worked.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntabla Creek. More info at Instagram: [@therainforestfarm](https://www.instagram.com/therainforestfarm) or email: [susanpaget@gmail.com](mailto:susanpaget@gmail.com)

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# Natural Law



*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.*

by Helene Collard

Death, Rebirth and Renewal are natural cycles of life and for thousands of years, humans have celebrated and symbolised these themes in festivals and rituals all over the world.

In recent times, this cycle of life has repeated intensely in a short space of time. Passing through a deep universal chasm of death, destruction, kindness, joy, change and loss.

A roller coaster ride of darkness and light, only to be thrust into the darkness again.

Like a colossal storm hitting without warning, we've had to pivot and act on a whim, with our deepest vulnerabilities exposed.

We are undergoing an intense transmutation. Unlike plastic surgery, it is successive extraordinary life events that are literally reshaping who we are.

Within the Rites of Passage framework, being presented with an ordeal to overcome or endure, is a crucial element in the process.

It is with passing through this challenge, that we 'return with the elixir' and experience a developmental shift, a maturation or a 'growing up'. It is a process that reshapes us.

Whether organised or not, life has always presented us with ordeals (or Rites of Passage) that

offer us the chance to grow and mature. The last 3-4 years however, have been an express and repeated version of this process, with many ordeals to embrace and endure.

If you are feeling weary and tender, it may be time to stop and take stock.

It's interesting to note that after the challenge, the Rites of Passage framework names 'visioning' and 'honouring' as the next steps towards re-integration.

Re-integration is where we regain stability and strength and embody wisdom, after our big journey through the ordeal.

So take time this month to vision your future without limits. Be specific and generous with yourself.

Also take time to honour yourself and the strength and wisdom gained throughout this process, including those who walked alongside you.

By pausing for review, you acknowledge your Story and the challenges you endured.

There is opportunity now to complete the circle by inviting consolidation and closure by visioning your future and honouring yourself.

## Upcoming

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# Repairing the Digestive System: Part 1

One of my most popular medicines is a powder combination to repair the intestinal system.

Some years ago, I formulated a combination of nutrients and herbs in a blend as a basic medicine for gut repair. Many chronic health problems or weaknesses have poor gut health as an underlying driver.

Chronic allergies and autoimmune conditions benefit from an improved gut environment. This can be the case even in the absence of specific digestion symptoms.

There are many gut repair supplements on the market, with slightly varying ingredients. My formulation is very simple, and as it seems to give excellent results, I haven't changed the formula over the years. I was thinking about this as I was making another batch this week.

I've noticed my patients usually get improvements in symptoms, especially if they do have underlying gut discomfort, in the first weeks of treatment. As examples, chronic diarrhea decreasing from six times per day to one or two, bloating and pain reducing by 50%, or simply 'I just feel it's helping'.

Usually there will be other herbs or probiotics prescribed, but I generally don't do too many changes at once. Of course, dietary modifications may be needed.

The amino acid glutamine is one of the main ingredients in my powder. Studies show that glutamine promotes the growth of cells lining the intestinal walls and reduces inflammation, which would otherwise cause cell damage.

Severe metabolic stresses, including inflammatory bowel disease, deplete glutamine, making intestinal repair



## Nature's pharmacy

by Trish Clough, herbalist

more difficult. Glutamine is essential in supporting the immune system as well as the kidneys, and with illness the body's own production of glutamine is not enough to support the metabolism.

The intestine is lined with just a single layer of cells. Any small amount of damage can release inflammatory substances, including pathogens and toxins, via the capillaries and into circulation. Many symptoms can be driven by this systemic inflammation. Intestinal cells are renewed every four to five days, and glutamine is required for this.

The herbal ingredients in my powder formula are slippery elm, marshmallow, calendula and cacao. Slippery elm is well known as a soothing powder for any kind of digestive upset. It puts a protective healing coating on the entire digestive tract. I was taught originally by herbalist Dorothy Hall, who recommended a 12-week course of slippery elm to achieve gut healing.

Slippery elm consists largely of soluble

fibres, which we now understand as a 'prebiotic' allowing the beneficial gut bacteria to breed and multiply. It is considered a 'normaliser', able to reduce diarrhea, and also to help with constipation (as long as sufficient water is consumed with it).

Marshmallow root powder is similarly soothing and healing and consists of soluble fibre. Its anti-inflammatory effect works well along with glutamine to heal a damaged gut lining. It is also soothing to the stomach and for sore throats.

I included calendula powder in my formula because it contains tissue repair properties as well as antiseptic properties. It is beneficial for ulcers, heartburn and irritable bowel syndrome. I also find it useful with diverticulosis and diverticulitis.

The final ingredient in my powder is raw cacao. Its antioxidant properties are beneficial for gut healing. It also acts as a prebiotic, increasing the beneficial gut bacteria. Additionally, it does improve the flavour of the powder!

I have some patients who are sensitive to the small amount of caffeine in cacao, so I make a special mix without the cacao. It still seems to work very well.

In the next column I will explain the natural health approach to a gut repair protocol, including my Digestive Repair Powder.

*Trish Clough is a herbalist who has been practising for more than 40 years. She now conducts her own clinic practice in Iluka after relocating from Lismore.*

*Trish is available for consultations by appointment on 0452-219-502 or email: [trishclough2@gmail.com](mailto:trishclough2@gmail.com)*

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

# What is Biodanza?

by Jagad Samuel

Now run in Nimbin, but developed by the visionary Rolando Toro in the 1970s in Chile, Biodanza is a group-based dance and movement system that transcends boundaries, helping individuals to explore the depths of their being and connect with others in profound ways.

Biodanza is more than just a dance – it is a therapeutic journey, drawing inspiration from therapeutic systems around the world to promote

holistic well-being and emotional healing.

Rolando Toro was an anthropologist, psychologist, and poet, who crafted Biodanza as a means to unlock the potential within each person, allowing them to express themselves freely and authentically.

At Flourish Sanctuary, Biodanza sessions are facilitated by Jazmin LJ, whose journey with Biodanza began 10 years ago with a five-year training program, immersing her in the principles and techniques



of this practice.

She brings a unique blend of creativity and compassion to each session, guiding participants on a journey of self-discovery and connection.

For those curious to explore the magic of Biodanza, Flourish Sanctuary is

delighted to announce an introductory workshop in late April.

This two-hour session promises to be a transformative experience, filled with movement, music, and moments of pure bliss.

For more information, visit: [www.flourishsanctuary.com.au](http://www.flourishsanctuary.com.au)

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# Parenting battles

The Family Court of Australia opened in 1976. When I studied law in the 1990s, the *Family Law Act 1975* was a thin volume and there was only one court. Family was not my favourite subject, but I passed.

When I started as a freelance instructing clerk in 2000 it was in criminal law. Five years later when I became a solicitor there were two family courts, the Federal Magistrates Court having been added in 1999 to take over less complex federal matters.

My first family law matters were in Parramatta, then Albury, before I moved to Armidale where a brilliant family lawyer, Federal Magistrate Terry, was on circuit from Newcastle. She was my best teacher.

In court she was called 'Federal Magistrate' or 'Your Honour'. Outside she was 'Madam'. In 2013, when the court changed its name to the Federal Circuit Court, and we passed in the street, I remembered to call her 'Judge.' When I sat next to her at a Judge's dinner, she was Janet.

An Australian Law Reform Commission discussion paper, *Review of the Family Law System 2018*, notes that "the Act, when introduced, was a very simple piece of legislation, and was generally easy to follow. It is now more than 600 pages long."

We used to be able to go for instance to, say, section 67, which no longer exists. Now it runs from 67A all the way to 67Z, then ZA, ZB, ZBA and ZBB. 67ZBB instructs the court to take prompt action in relation to allegations of child abuse or family violence.

When I started as a family lawyer we still suffered from the traditional division between the public and private spheres of family life.

Back then, when parents couldn't agree on how to organise the property and the children, we filed and served an Initiating Application and a supporting Affidavit. The other party filed a Response and Affidavit.

The Application and Response (technically the pleadings) listed the 'orders sought', the affidavit providing the evidence



**Legal writes**  
by John Adams

supporting the pleadings.

In 2006, to limit the increasing number of court battles, mandatory mediation was introduced. You couldn't file in the court without a Section 60I certificate signed by a mediator.

In 2009 Professor Chisholm produced the *Family Courts Violence Review* noting that more than half the parenting cases that proceed to the Court involve allegations of family violence.

Eventually, after 12th January 2015, anyone filing an Application or Response seeking parenting orders had to file a mandatory form called Notice of Risk.

Now it's called 'Notice of child abuse, family violence or risk' – in lower case perhaps because it's less

intimidating.

Since then, much has changed in the system. There are now two courts, the Federal Circuit and Family Court of Australia (FCFCOA) Divisions 1 and 2. Our current cases are in Division 2.

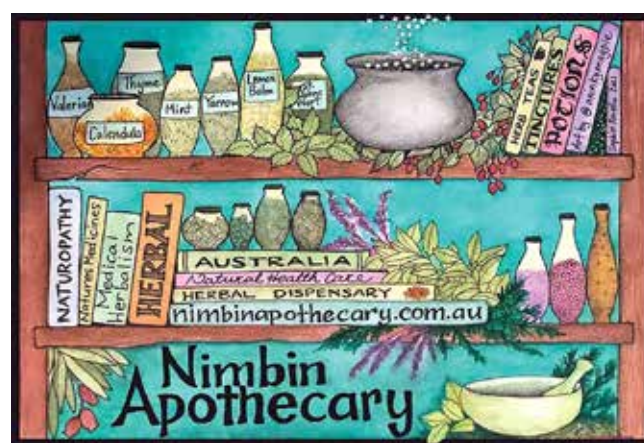
The work has increased; now we also file a Parenting and Financial Questionnaire, Genuine Steps Certificate, Costs Notice and Case Summary.

We appear before Judicial Registrars and Senior Judicial Registrars and Judges. Child Impact Reports and Family Reports are ordered, subpoenas issued, and matters transferred to, for instance, the Specialist Indigenous list. The aim is to decide within a year.

A usual Order is that parents mustn't discuss any of this with the children. But children are not stupid, and they're designed to love both parents. Fighting seriously messes with their mental health.

Our advice, because two happy homes are better than one unhappy one, is to split up quickly and avoid the court battle.

We can help parents draft a Parenting Plan or, if appropriate, Consent Orders.



## Dr Elizabeth McCardell

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# Sunlight and good sleep

Apollo rides his fiery chariot across the sky each day, bringing life-giving light to the earth. In ancient Greek mythology, Apollo was the god of medicine and healing as well as of sun and light. Just as he could bring sickness, so he brought cure.

We can have too much sunlight and suffer the deleterious effects of that, but we also need sunlight for our fundamental health and wellbeing.

Last year I was diagnosed with low vitamin D, all because I wasn't getting sufficient sunlight. This is surprisingly common in Australia, statistics stating that one in three people are deficient to some degree. Vitamin D is mostly delivered not through food or supplements, but via the sun.

Sunlight is essential for life, whether plant or animal. We humans often forget that we are no different but instead try to live as though daylight doesn't happen, relying instead on artificial light.

Sunlight has many benefits. Yes, we can have too much of sun's UV radiation causing skin cancer, cataracts, and as I've recently discovered, ultraviolet radiation induced immunosuppression of some latent viruses, but some daily exposure to sun helps us.

Sunlight triggers the skin to release stores of nitrogen oxides, which causes arteries to dilate, lowering blood pressure. Sunlight helps us



by Dr Elizabeth McCardell

maintain optimal levels of vitamin D.

Vitamin D is necessary for fundamental body processes, such as healthy bones, managing calcium levels, reducing inflammation, and supporting the immune system and glucose metabolism and thus protecting us from type 1 diabetes, multiple sclerosis, and various kinds of cancer.

Sunlight also supports better sleep and mood and sets people's circadian rhythms by regulating the levels of serotonin and melatonin.

Serotonin is the 'feel good' neurotransmitter that modulates our moods, cognition, memory, and learning, apart from other functions. Low serotonin is associated with depression.

Melatonin helps in the regulation of energy and glucose balance. It is also responsible for inducing feelings of sleepiness and a drop in body temperature.

When those are out of kilter we suffer.

We are governed by circadian rhythms, which are 24-hour cycles, part of our body's internal clock. During sleep, the cells in our body undergo healing and replication and our mind works through the experiences and memories of our lives in dreams.

Our psyche needs the stimulation of being awake and being asleep. We need, integrally, a consistent routine for our good health.

Our circadian rhythm plus melatonin causes us to sleep and, in the morning, as exposure to light increases, melatonin production stops and body temperature rises, promoting wakefulness.

Rhythm is the key. Light and dark, wakefulness and sleep, in harmony and balance giving rise to good bodily and psychological health.

Sleep is most likely to be refreshing and restorative when circadian rhythms, the natural cycle of daylight and darkness, and sleep patterns align.

Regularity of meal times, exercise, social interactions, and sleep times as well as exposure to sunlight and darkness help maintain our natural circadian rhythms.

Sometimes, though, our circadian rhythms are thrown out of kilter: shift work, travel across time zones, social or study habits that lead to irregular bedtimes, illness, stress,

bright lights, all contribute to this.

Problems with sleep can give rise to insomnia, performance issues (memory problems, difficulty focusing and difficulty performing high precision tasks, emotional and social difficulties, accidents and errors, health problems obesity, diabetes, heart attacks, high blood pressure, and cancer), and symptoms of low energy and grogginess.

A regular schedule for sleep, meals, exercise, exposure to a moderate amount of sunlight and not too much screen time, etc., helps good sleep.

If you are having problems getting to sleep, clinical hypnotherapy (which I do) combined with light therapy (controlled exposure to light, eg going outside in the morning after dawn for an hour or so, and then at least 10 to 30 minutes in the afternoon of sunlight is beneficial) and, maybe, melatonin supplements and, if your doctor recommends it, medication.

The latter can pose risks and have undesirable side effects.

Sunlight, in the right amount, can heal us – but we do need to receive it wisely. Not too much, not too little, just right.

Dr McCardell has relocated to Fremantle, but is available for on-line consultations.

Phone/text: 0429-199-021, or email: dr\_mccardell@yahoo.com



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I have been working with Neural Organisational Technique for over 20 years. It is non-manipulative, very gentle and safe for seniors.

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– Tuli Kupferberg



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# SEEDY SECRETS

by Michelle Chapman

I'll tell you a secret. Seeds are sexy! Allegedly, the edible arils of durian seeds act as an aphrodisiac.

As a Malay saying goes, "When the durians fall down, the sarongs fly up!" If you have ever tried the famously stinky durian (*Durio zibethinus*) from Malaysia, you may have thought you were eating the fleshy fruit layers, but the edible part of the durian consists of the white to golden-yellow arils covering several very large, chestnut-brown seeds.

When the fruits are ripe, the hard tissue of the yellowish arils disintegrates into a custard-like cream whose consistency and flavour has been described as a tantalising mixture of nuts, spices, bananas, vanilla and onions.

The aril is a partial or complete fleshy or membranous envelope around the seed. It is formed when the stalk (funiculus) between the seed and fruit placenta stays attached to the seed after it leaves the fruit.

It can also swell and partially or fully surround the seed. It is usually fleshy and sweet, or contains nutritious fats, and is brightly coloured.

Some trees delegate much energy to growing the aril after the seed has matured, and one wonders why?

Evolutionary adaptation has resulted in a diverse range of specialised fruit structures to aid seed dispersal, defence and growth. Fleshy arils that are tasty allow seeds to be sucked clean, ready for germination.

The small capsule fruits of the Yellow Carabeen (*Sloanea woollsi*), a local tree, are spiky outside like durians but split to reveal two brown seeds, each enclosed in a thin, fluorescent orange aril.

As well as being easy to spot on the forest floor, the seeds are loosely attached by the funicle to the fruit wall. As the birds fly in to eat the arils, the seeds are knocked farther away or are dropped mid-flight when their bungee cord breaks.

Ants also enjoy the arils and can carry the small seeds a short distance to their nests, nice soft mounds of soil, perfect for germination.

In the nursery context, it's important to remove the fleshy aril to minimise the chance of insect infestation or too much moisture causing the seed to rot before it has had a chance to germinate. If possible and time allows, removing the arils and leaving them for forest creatures is ecologically sensitive.

### Secret seed:

Yellow Carabeen (*Sloanea woollsi*)

The fruit is a yellow-brown, prickly capsule, 12-20 mm long. Each fruit contains two brown seeds, each seed



almost completely covered in red aril. Collect by placing a tarpaulin on ground before seeds drop.

Fruiting period is short, and trees need to be revisited regularly to ensure correct timing of collection. Place in bag in warm dry location until all capsules open. Shake bag to release remaining seeds. Extract seeds by hand if needed.

Sow at medium density. Cover lightly with seed raising mix. (*Australian Rainforest Seeds*, CSIRO Publishing).

Would you like me to come seed collecting at your property? Email Michelle: [seedtreegeek@gmail.com](mailto:seedtreegeek@gmail.com)



## Grumpy old man

My husband is approaching 50 and he's getting grumpier each year.

Is this a thing or should I give him a kick up the arse and tell him to snap out of it?

– Fanny Golightly, Stony Chute

## Magenta Says:

Dear Fanny, your husband is going through andropause which is the male equivalent of menopause with its hot sweats, swinging emotions, irritability, and loss of interest in sex.

Andropause is a time in a man's life when he needs compassion, understanding and lots of patience. He realises that his most virile years are behind him. He may be experiencing erectile dysfunction, losing his hair and getting floppy man-boobs.

He is no longer the *ubermensch* he liked to think he once was. He has increased tiredness and a general lack of enthusiasm. Now he cries at Bluey, soppy ads and all sad stories rather than just when his footy team lost.

He wonders if he is still relevant, whatever that means? Maybe he realises he is just a speck of cosmic dust on a tiny planet in a vast universe and that most of what he believes is his or other people's constructs. No wonder he's cantankerous.

He may try a desperate bid to get his pride back by breaking up and getting a much younger girlfriend who will then want to have a baby, and he will never be able to retire even if she stays with the grumpy old bastard.

The way to help him is to give him lots of space if he wants it; and spend quality time with him when he needs your company. Reassure him that you still love him, and that this time will surely pass.

It is reported that the 60s are voted as the happiest years of many respondents' lives. Good relationships go deeper, and love can become stronger than ever. Now the kids are gone, you may have a spare room which he might like to turn into his grumpy and have a bit of man space. Not to mention give you a break!

*"Moving through the stages of life and meeting each on its own terms is the supreme art of living – the ultimate test of self-respect and self-love. Often, what most blunts our vitality is the tendency for the momentum of a past stage to steer the present one, even though our priorities and passions have changed beyond recognition."* – Simone de Beauvoir

## Norm Says:

Dear Fanny, yes, it's a thing. If you think hubby's grumpy now, wait until he hits 60 and beyond. The fact that your husband is grouchy is an indication that he possesses at least a modicum of intelligence and is in touch with reality.

Let's start with the news and say the only conclusion that one can come to after watching/reading it is that we are all screwed. And that's before we even get to the sports section where it's likely that any team, or person you're rooting for has disgraced themselves, lost, or both.

Your hubby, like me, knows he only has to walk out his front door to be confronted by all manner of fuckwittery, usually involving the use of that cursed, wretched invention, the smart phone. There doesn't seem to be any daily activity where that evil little bastard isn't being stared at by some moron (myself included).

Indeed, we live in a world where ignorance and mediocrity are admired and valued. Celebrity chefs? Huh. And don't get me started on baristas, referred to as tea ladies back in the day when smoking was good for you.

On top of all that, at 50 his belly is now giving him subtle hints that his time on this mortal coil is coming to an end.

So Fanny, you still want to give the poor bastard a kick in the ass? Maybe he and I can embrace this brave new world and become influencers. We'll start a Global Masturbation Day and urge everybody to Wank for a Better World. That'll cheer us up!

*"Without noticing, I slip into a light yet lingering malaise. Not a depression, more like a fascination for melancholia, which I turn in my hand as if it were a small planet, streaked in shadow, impossibly blue."* – Parti Smith

Send your relationship problems to:  
[magentaappelpye@gmail.com](mailto:magentaappelpye@gmail.com)

# Ten things you might not know about Bowen Therapy

## 1. It focuses on releasing your fascia

Fascia looks and feels like cling wrap, it's a thin layer of skin that wraps all around your muscles and tendons and throughout your organs, and it is in one piece.

So, when you have an injury or surgery it damages the fascia, and this can affect the rest of the alignment in your body and can affect the flow of your lymphatic system.

During a treatment, I release the fascia all over your body from top to toe through a gentle rolling motion. It needs fluid to operate efficiently so it's important to drink plenty of water.

## 2. It's a subtle and gentle treatment

'Less is more', so the gentleness and non-invasiveness of the treatment is more effective for your body. The body, in

response, elicits deep, healing responses on many levels – physical, chemical, emotional, mental, energetic and spiritual.

It creates a vibration with the fluid in the cells to move around your body and it carries on working for up to seven days, sometimes more.

## 3. What can it treat?

Because it's a holistic remedial body technique, it can be used to treat musculoskeletal or related neurological problems including acute sports injuries and chronic conditions.

I see a lot of people with various conditions including neck and shoulder pain, carpal tunnel, plantar fasciitis, low energy, jaw pain, knee pain, and much more.

## 4. It has no contra-indications

Meaning that it's very safe. You can have a treatment

immediately after surgery, and it's safe enough for anyone from newborn babies to the elderly.

## 5. It was created by an Australian

Tom Bowen lived in Geelong and started treating people in the 70s. It became a qualified and recognised course in the 80s. 30 countries in the world now offer training.

It used to be covered by the health funds until 2019 when the government disallowed it along with homeopathy, naturopathy, yoga, reflexology etc.

## 6. It uses your body's own innate intelligence to reset, rebalance and heal

We therapists are just activating your body's own healing capacity, (just like in an acupuncture treatment) and it gives your nervous system

a big rest during a treatment. You will be delighted by the deep relaxation and easing of symptoms that will occur.

## 7. It helps to move lymph around your body

The gentle touch is very effective in moving blocked lymph fluids that can be trapped in your ankles, legs and arms. Also blood and oxygen is moved and it is the oxygen that brings healing to areas of concern.

## 8. It's important for your health to keep your body in alignment

The main areas that I check to see how 'balanced' you are: the psoas muscles, the pelvis, and the jaw. It is from there that I can ascertain areas that feel tense and need to be released through the rolling type moves that send messages to your brain, then the brain sends a message back to help the body

to let go and begin to heal. After a few weeks you will see a difference in your posture and energy, and hopefully be out of pain or have less pain, depending on your injuries.

## 9. Bowen therapy can become addictive

Once you've had a few sessions over time and you're feeling great, your body can sense that it would like to return to that feeling of being relaxed, balanced and being pain free. Your memory of the session is stored and it's your own wisdom that longs for more of that gorgeous feeling you have when the session is over. Of course a regular maintenance session is very valuable.

## 10. It's like a best kept secret

Even though Bowen has been around for 40 years, it is still not known very well and you



by Sonia Barton

usually hear about it by word of mouth. As more people try it, they tell their friends and the word spreads.

I am very blessed to be able to write a monthly article in this paper to spread the word of this 'magical' treatment. Bowen therapy is my passion and it still blows me away even after 20 years, when I see the results it can bring to people's lives.

I'm happy to talk to you about any condition that you may have. Just call for a chat first, on 0431-911-329.

[bowenenergywork.com.au](http://bowenenergywork.com.au)

# Political and economic metamorphosis

## Shapeshifting

by Anand Gandharva

When something grows into a different phase it sometimes is called 'metamorphosis'. Like a caterpillar into a butterfly. Humanity is currently undergoing such a massive change, much larger than Covid and World Wars together.

This D-Day is here. A united and sustainable Earth is being born. It affects all: society, economy, law, science, art, wellbeing, values, entertainment, leadership, community, diet, even earning a crust.

Population growth is pushing us into a true user-pays world. Individualism and freedom stay, but communal Aquarian accountability also wakes.

Humanity has been growing for

millennia. The economy is hooked on it: money made exploiting Gaia. Inexhaustible once, but there are now so many people, the biosphere is sick.

What to do? Cull excess people? Pandemics run wild? Starvation? More war? Soyless Green exit packages? Logan's Run age 30 limits? Sterilisation for all but the wealthiest?

Or consumption (and sustainable diet) laws; pay full price to repair environments?

The change, or NEW SOCIAL CONTRACT, involves ways many feed, and producers make things. Uncontrolled animal 'use' and extensive farming, the past.

It is estimated that the cost of environmental repair averages 7% of income per person anywhere, to create real jobs in environmental recycling. Now this important work is largely done, piecemeal, by

volunteers.

Many people now subsidise destruction unknowingly or with non-caring, and they can switch to better products to save, eg farming animals may use some three times more land and water than plants. It is not just cruel to mammals, but highly damaging, ignoring human co-dependency on healthy nature.

Bad news? Not necessarily. Eco-friendly choices attract no price increases (0%), but environmentally destructive purchases can add 28% (4 x 7%) to hip pockets to fund Local Government Earth Productivity Departments.

It is not the end of the world, plant-based cultures have existed for a very long time.

Sure, there is still wild land, National Parks and reserves, but they want protection, not exploitation.

Our economy still may believe in

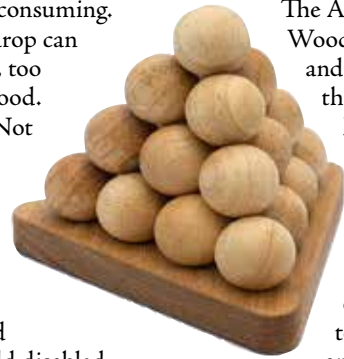
the fallacy of overconsuming. Don't forget one drop can bring needed rain, too many billions, a flood.

Unsustainable. Not individual, but cumulative footprints the real problem.

Community outlawed forced bondage, activated women's vote, build disabled ramps, promotes democratic equality. We now may be dismantling a materialist 'Fake News' era.

Animal consumption, frowned upon before, was stimulated by US lobby after WWII. ([www.businessinsider.com/how-japan-became-hooked-on-meat-2016-3](http://www.businessinsider.com/how-japan-became-hooked-on-meat-2016-3)) Consumption of animals skyrocketed. The same for Europe and much of the world.

There is a growing resentment in the ranks. Money for some, problems for all else.



The Aquarius festival, Woodstock, Permaculture and Findhorn show nature thrives in respect and harmony over being browbeaten, creativity over the beaten track.

That's why the metamorphosis. From apex predator omnivore opportunism to inclusive multicultural and meritocratic gardeners, backed by mammal non-violence laws.

The idea of harming others that are 'different' belongs to Darwinian natural selection. Jungle law. True in nature, but useless to sustain community.

200+ nations become a united, tolerant, creative, meritocratic multicultural herbivore Global Village.

It's already happening in music, art, fashion, travel, marriage, etc. The Age of Aquarius and Space Age. Do more with less.

# Dolores Cannon's message to the world



by Auralia Rose

Dolores Cannon, the founder of Quantum Healing Hypnoterapy Technique (QHHT) recently delivered an important message to the world. Dolores died in 2013 but regularly communicates through some of her practitioners from the other side.

In this message, Dolores is warning that humanity needs to make an important

choice between Organic and Inorganic Reality.

"The entire world is about to learn a very big lesson at the very same time. Remember, I have always taught that everything is energy. And I mean everything. And every day, humans have more access to creative energy than ever before. It has always been true, but it is more true today. The events taking place upon the world stage are reaching an important choice point.

"Humans as a collective species and as a collective energetic force have poured an inordinate amount of energy into what can be referred to as the Digital Reality. So much so that this reality rivals your own personal 3D physical reality. These realities are not entirely separate, but they are not entirely combined either. You can consider the Digital Reality overlaid on top of your Physical Reality.

"In times past, there were some similar situations with thought form overlays such as this. And if you want to know why I was so adamant in my courses and teaching not to focus upon negative thought forms, it is because I knew very well how powerful of an overlay they could become. I did not want to give extra energy to that.

"The incredible increase in human emotion generated in the past few days and added to the Digital Reality is affecting every single life form on this planet. And to be very clear, even beyond your planet.

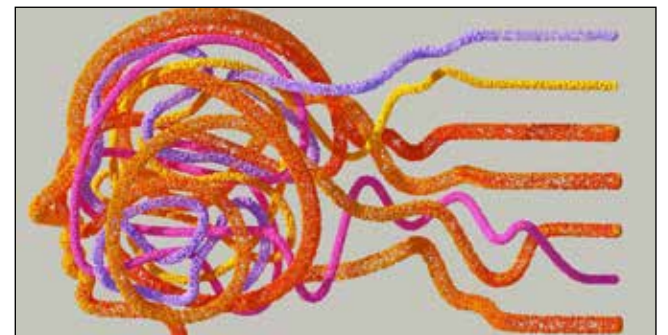
"Not all that is 'real' in the Digital Reality is real in Physical Reality. I know you know that already. You might be thinking about Artificial Intelligence and 'fake' photos and such, and you would certainly be right about that, but it is actually more than inauthentic photos, videos and

stories.

"We could say there is an inauthentic or inorganic energy at play within real physical events. Humans have a great power and capacity to either feed that inorganic energy or to assist to neutralise it for the benefit of a higher vibratory reality state.

"You are poised to make a great leap in learning the 'how'. Each individual must move into this evolution by their own choice and at their own pace, but the pace of this Earth/ Human construct is accelerating at a very fast rate. There is a form of human denial energy that has grown to incredible proportions that needs to begin to release before you can access more of that power to neutralise."

Here the practitioner comments on the energy of going along with consensus reality so as to not upset the "in-group". Dolores replies:



"The energy that is holding that in-group (as you call it) together is fragile and failing. Now, make no mistake, this Inorganic Group Energy of the in-group does have a great deal of power, but it is the "holding together" part of their energy that is the very weakest part of its reality.

"This energy of cohesion that keeps that reality powerful, actually cannot exist within enough of a population of humans who operate with Love and Honesty and Authenticity and Heart Energy. The number one energy that is actually assisting this cohesive energy is the denial and denial of self, energy held within the heart of

the human."

Practitioner: "That denial energy is the "keeping quiet" energy?"

Dolores: "Exactly" Messages like this about the monumental changes we are currently going through and advice about how to navigate those changes are being received by many of my clients during their QHHT sessions.

What is your part in all this? Why are you here? You have all the answers within and QHHT can help you unlock them. Any questions please feel free to call me.

0422-481-007

[auraliarosewellbeing.com](http://auraliarosewellbeing.com)