

In defence of Bob Katter

Don't get me started
by Harry Gumboot



Clive Palmer for \$1. Bob predicted trouble ahead.

I don't remember the name of the pub, but recent comments by both Pauline Hanson and Bob Katter have reminded me of an encounter with the latter in Charters Towers during the 2010 Federal election campaign.

Katter's electorate of Kennedy is one of the largest in Australia, stretching from the Queensland-Northern Territory border to the coastal strip between Townsville and Cairns.

I was enjoying a spot of fishing at a mate's place on that strip when he suggested we take a day trip inland.

Which is how our counter lunch of Chicken Chow Mein – there had been Chinese in Charters Towers here since the 1870's gold rush – was interrupted by the arrival of Katter in full campaign mode.

My mate, whom I'd first met recycling rubbish at the Aquarius Festival, prided himself on his ability to take the piss out of rednecks without them being aware of it.

He promptly introduced me to Bob as a 'Mexican' he was attempting to educate.

After establishing that the term meant south of the border and not Brisbane, Bob handed me a XXXX and proceeded to answer my mate's question about the troubled Yabula nickel refinery near Townsville.

It was just down the road from my mate's and BHP had recently sold it to

Katter might be mad but he's not stupid, nor, I suspect, dangerous. His habit of going off half-cocked is more than compensated for by his ability to be amusing in a way that Pauline is not.

Last month's off-the-cuff response to Hanson's monoculture speech, in which he highlighted, among other things, the ethnicity of the Queensland's State of Origin team, showed that.

And while some point at a few skeletons in his closet, the door fell off that item of furniture years ago. Whether it's his migrant Lebanese grandfather, indigenous relations or gay half-brother, it's more about how you put the question than the subject itself.

His primary vote has been around 40% since he took up the seat in 1993. It was a similar figure when his father held it between 1966 and 1990.

He was 81 in May. Enjoy him while you can.

A wild blueberry detox sojourn for the mind

The perfect match with social media is a brain that can't hold information any longer than three minutes.

To me, that is the parallel to feeding your body with the nutrient poor cultivated blueberry.

What you are feeding your body and what you are feeding your brain – I see scrolling information on brain sucking media platforms as the equivalent to eating cultivated blueberries that lure you with good looks whilst listed as the Dirty Dozens due to pesticide residue.

Enter the awesome wild blueberry that leaves traces of blue ink on your lips, unlike the blonde fleshed cultivated version bare of the deep purple juice rich in nutrients.

Parallel 1: I learnt that the colour derives from the potent antioxidant called anthocyanin which helps the body to process metabolic waste in your liver, and with improved blood flow accelerates the removal of waste.

Similarly, to remove waste from the mind, become skilled at processing information as is appropriate and corresponding to situations as intended, and you don't end up with thoughts waste of futile trivia.

The elimination of junk and unhealthy concepts quickens if you are in a self-direct mind

flow and let content not grab you and hold you down.

Parallel 2: The high fibre of the wild berry contributes to a healthy microbiome in your guts, stemming chronic inflammation.

A brain under chronic stress, and a mind inflamed with the endless stream of toxic news and feeds invites you to restore the nerve centre's "microbiome".

For example, supplying fibre to your brain that binds the waste in the form of good literature, spirited conversations, meditation exercises and walks in nature may help to overcome the social media provocation and slavish need for engagement.

Parallel 3: High in vitamin C and K and minerals. Feed the brain with "vitamin" K for Knowledge, C for Context and "minerals" like Meaning and Mindfulness.

Parallel 4: Wild blueberries have a variety of phytochemical compounds to make them fit for harsh climates.

Gather well-sourced knowledge from diverse sources that provides a safe padding against Cyber attacks that feel radical, mindless or revolting. Equipped with a kind of wonderment and veneration coupled with quiet contemplation you'll be fit to weather slanting misinformation.

The more cultivated and curated the world becomes, the more life resembles a hotchpotch of disjointed information, tibits thrown at you in a random fashion creating chaos of thought – witness to the disintegration of order. If you start out wild, in its true sense, order comes natura because there is order in the wild things.

Take a handful of wild blueberries and each will be different in taste from sweet to tart – individually adapted to soil, wind, rain, sun and temperature. This berry more shaded, that berry getting more rain, the next sitting in a sunny spot – so it adapts and becomes its best version, designed entirely by nature.

This is a fitting illustration to show how we should feed our brains and minds to become resistant, adapted, rounded and strong and full of healthy brain juice that benefits your mind and soul not just for your sake, but for everyone's expansion.

Letting your mind run wild and free is not a cry for anarchy, it is a patent for life.

First there is chaos, you run with it, then things form, you stop and look, then your imagination shakes you and you feel a trembling, you're excited and find that you engage your mind and attach meaning to your ideas, tickling the taste buds of your brain, and then you form your own



by Antonette Ensbey

wild berry of sentiment, and you know it has the wonder and the blessing of originality – not copied, not stolen, not repeated anywhere – because it is formed in your capacity as a being that evolves constantly around the environment it lives in – the social, cultural, relational surrounds.

You wild thing can be so glad, overcome with joy, when you do not adopt opinions, are not sway by comments, not influenced by influencers, and you can see right through all this which clouds your mind and renders you a doomed receiver of information.

Unless it so happens that you are cultivated blueberry squeezed with other blueberries inside a plastic tub, and with a short shelf life because there is nothing wild and organic about you; you are not designed to be sweet always, but tangy and sharp.

You won't shrink and wither away quickly, lost in the hard-cased, flat-minded iPhone world, for your fortitude and endurance is long-lived. Just like the wild blueberry. tangy and sharp.

A moment

by S Sorrensen

There are noises in my head. Not voices, noises.

No-one is speaking to me. There's no god in my head dictating a new Bible or Koran or Torah or Be The Best You. I'm not a prophet wearing rags or garlands, eating donations and receiving divine direction to... somewhere, from the One True Voice. No-one is speak-

But wait; someone is speaking to me. Not from within, though. "Long black?"

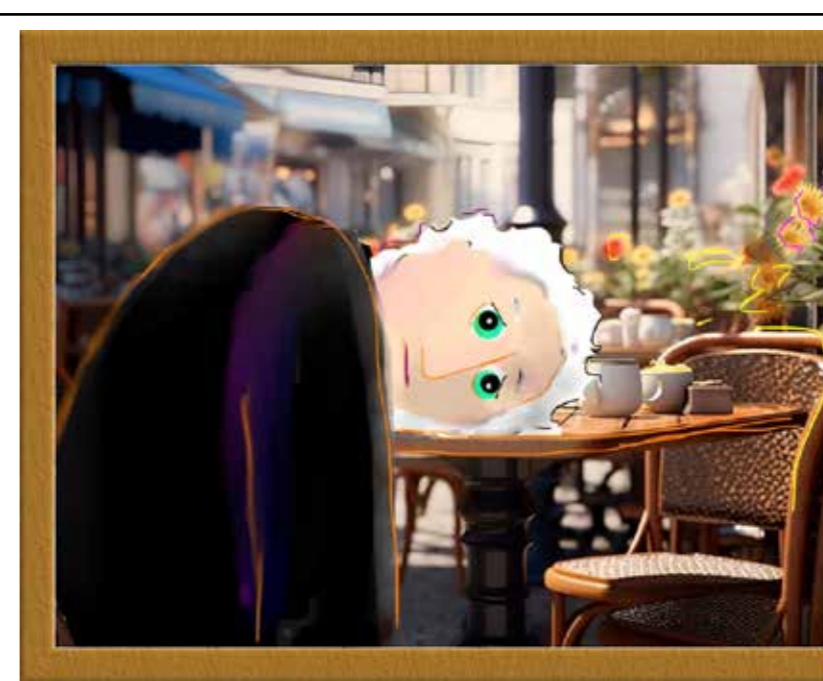
The waiter is a small woman of Asian heritage. She holds a steaming mug. I nod yes, and she places the mug in front of me. It smells strong. I know it can't, but it also smells warm. It's a cold day. "Was that all?" she asks with a smile through which a strong Australian accent slides.

"Um, no. I have a croissant coming," I say. "Okaydokey. Shouldn't be long," she says, and walks inside, grabbing an empty glass from the empty table beside me as she goes.

My inner noises are not gods or demons driving me to do crazy things. There are enough people doing that already. Tech bros try hard to be handsome while creating an ugly matrix of uncontrolled control into which is sucked the next generation and out of which millions of discarded smartphones are spewed daily to carpet a puzzled planet.

Old men in plain packaging (ties may vary) may cause harm to others by rewriting history, burning the present, and drowning the future in carbonated excess.

There are voices in their heads, demon gods which kick and scratch at



their brains, damaging normal human neurotransmission, causing random misfiring of synapses, sparking behaviour which is toxic, genocidal, financially appealing and, thus, socially acceptable.

The waiter brings my croissant. A man walks past the café. He's talking to himself and waving his hands around. It's cold in Melbourne today, so he's wrapped in a tatty blanket and wears thick socks with his thongs.

He's talking to the demon in his head. Talking back. Arguing. He's fighting the madness and winning. He's hurting no-one. He turns and smiles at me. Just past the café, he sits on the footpath, leaning against a closed shopfront. He spreads his blanket across his outstretched legs.

The noise in my head is not a madness; it's neurological. Which is strange, because having noises in your head is not logical at all. Silence shouldn't be noisy; that makes no sense. That's why I like the city right now: there is no silence here.

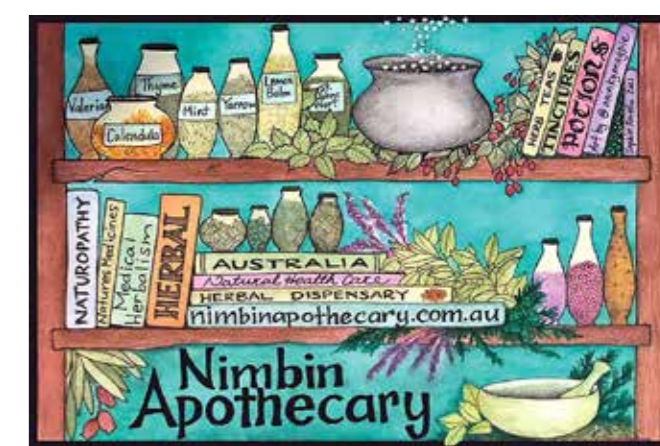
The city hums with cars rumbling, trams rattling. Occasionally the hum is pierced by a loudness that hurts my

hearing-aided ears. An ambulance with an injured patient will wail through the intersection. Or a police car with serious young cops will whine wildly to crime. Or a lonely man will roar "Look at me!" with the unmuffled pain of his motorbike's exhaust as he accelerates to the next traffic light.

We are all accelerating towards... somewhere.

A woman walks by, alone, talking, nodding yes. Oh, another one. This one has a long leather coat, matching bag and expensive high heels. She reaches the talking man on the footpath and steps over his legs, shaking her styled long hair in disdain, revealing a white bud in her ear. She has voices in her head. She doesn't fight them.

I don't have voices in my head. I have a noise which is the sound of our planet spinning at half a kilometre a second as it hurtles around the sun at 30 kilometres a second, as the sun hurtles around the centre of our galaxy at 230 kilometres a second, as the galaxy hurtles at 600 kilometres a second towards... Somewhere.



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Learning how to sleep

The art of practice
by Susan Paget

I've decided to make a commitment to learning how to get a proper night's sleep.

You might think this no biggie, but for me it just might be the most important practice I've taken on because for the past 40 years I can count on one hand the number of full night sleeps that I've had.

It wasn't always this way. Up until I had my first baby, I was a deep sleeper. I'd easily conk out for 12 hours straight, not rising until late in the afternoon. Those were the days.

Of course, I didn't appreciate it until I became a mum. No matter how much you're warned, nobody can prepare you for that level of disrupted sleep. You just can't wrap your head around it. I had no idea I'd never sleep properly again.

As a new mother, I was woken up every couple of hours for a good few years until the second child was born and the newborn cycle started all over again. I remember being almost terrified of the evenings because it meant that no sooner did my head hit the pillow that I'd hear a cry that meant it was time to nurse.

It wasn't until our third came along that I had the guts to let them cry it out so I could teach them how to sleep. But for me, the damage was done.

Over the years, a broken night's sleep became how I rolled. Waking up at 3am was my normal. Often, I've made good

use of the middle of the night witching hours, working on writing or catching up on a movie. There's something magical about this time. It's still, silent and clear.

When podcasts and audiobooks became a thing, night-time tossing and turning became more tolerable. I could quietly plug in some headphones and allow a conversation to lull me into unconsciousness without disturbing my husband.

I've managed the exhaustion with yoga, meditation and disco naps, and have simply accepted this fault in my wiring. No matter how terribly I slept, it didn't kill me.

Recently though I haven't been able to ignore studies that confirm what an essential component sleep is to the health of the body. It also didn't sit well with me that both my parents were insomniacs who had to have their television on full blast through the night, blaring cable news networks to anyone within earshot of their bedroom. I love them, but I didn't want to be a person who can't sleep in peace. I needed to at least try to figure this out.

The turning point to practice sleep hygiene came over the past year. I've jumped on the bandwagon of working on building muscle. To see results you can't just lift weights. You have to eat well, hydrate and yes, sleep.

There's no shortage of on-line hacks for getting a better night's sleep and I'm testing driving everything from supplements to eye masks. But the one thing that seems

to be working very well has been to remove my phone from the bedroom and to not look at it again until a good hour after waking.

This no-phone policy extends to not listening to anything in bed. When I wake up in the middle of the night, I go to another room and read until I start repeatedly yawning. That's my signal to go back to sleep. It's tough because on a cold night the last thing I want to do is get out of a warm bed, but it's been working really well.

There are other benefits of not listening to something through the night. All that messaging. All those conversations. There is a relief of not having all of that going into my subconscious when my body is meant to be recharging itself. I actually feel better and less stressed. The benefits seem to go beyond the bed. My screentime has gone down and I'm reading a lot more.

This "learning how to sleep" journey is a work in progress. I'm far from cured. But the other night something miraculous happened. I went to bed around 10pm and woke at 7am! Could this sleep practice actually be working? Or was it just some fluke?

Whatever the answer, it doesn't matter. I'll be doing it again tonight.

Susan Paget is a television producer, well-being writer and yoga teacher who lives in Tuntabla Creek. Listen to her podcast 'The Art of Practice' or connect at: theartofpracticeofficial@gmail.com

Legal aid and flood art

The end of last year, after my lovely Associate moved on, leaving me with far too many parenting files, was not easy.

First the mate who generously came to assist turned out not to be on the Legal Aid panel. I'd failed to check, and a stern letter arrived from the Private Lawyer Quality Standards Unit declaring that I'd be in serious trouble if he continued. This took some time to resolve.

Then Andy, doing his six-months Practical Legal Training with us, wrote a letter to the lawyer acting for his ex and I failed to check it properly. As it was over my signature, a Complaint duly arrived from Professional Standards.

I contacted a specialist in the area and with her assistance drafted a response. I'm still waiting on their decision. Maybe a reprimand. I don't care, now I have two eminently proper lawyers to look after me.

Yesterday the three of us, sitting comfortably together in our lunch-hour, each gained a Continuing Professional Development point learning about the changes to Legal



Aid forced by funding cuts; Rose, on a day off, logged in from somewhere else. We learnt that family law clients already on a grant are fine, but from now on, unless you can claim both Aboriginality and domestic violence, it doesn't matter if you're impoverished and living in your car, from 1st July you're no longer eligible.

I'm pondering a special rate for these clients but don't need to make that decision until the new website goes up. Personally, I don't think we need one. Why bother advertising internationally when we're already busy enough? But it seems we must, despite my reluctance to add to the burden on the planet of contributing to more AI and more fossil fuel-consuming data centres.

One morning last week, for instance, three clients arrived wanting wills written. Last night another wandered in, having been to see Legal Aid, who couldn't help. Living in



Legal writes
by John 'Sindhu' Adams

expecting him to pass it on to the appropriate person.

Two weeks later, there's still no response. I'd foolishly expected that, as a lawyer, I'd be noticed. Preferring not to hassle Janelle, who's far too busy, why not the readership of this august newspaper? Someone must see the tourism potential.

It's a surrealist land/seascape (pictured), painted with creosote on 28th February 2022 at the back of 45 Elliott Road, three minutes' gentle walk from the Rail Trail. I contact the Regional Gallery; not their problem. The woman who looks after the Back Alley Gallery can't help either.

A piece of the fence has been removed. I find and carry it home. At least that bit can be saved.

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Success Through Diversity

Food Properties in Traditional Chinese Medicine

Food properties are an important concept in Traditional Chinese Medicine (TCM), as foods are believed to affect the body in ways that go beyond their nutritional value.

Each food has unique properties, including thermal nature, flavour, affinity with certain organ systems, direction of movement in the body, and effects on moisture balance. When the right kinds of foods are eaten in balance, they can help support the body's natural harmony.

This means the body is more likely to stay warm or cool at the right times, maintain steady energy, and keep fluids and digestion in balance. Over time, choosing foods that match your body's needs can support overall health and well-being.

In this article because of limited space, I focus only on the "thermal" nature of foods, and list only a small number of foods.

Warming foods help support Yang energy and bring warmth to the body. They are helpful for people who often feel cold, have cold

hands and feet, prefer warm drinks, feel tired, or have slow digestion.

Strong warming foods include ginger, cinnamon, cloves, chilli pepper, garlic, black pepper, lamb, venison, shrimp and mussels.

Moderately warming foods include chicken, salmon, walnuts, chestnuts, leeks, spring onion, mustard greens, turmeric and fennel.

Mildly warming foods include oats, quinoa, brown rice, parsnips, turnip, cabbage, cauliflower, cherries, peaches and grapes. These foods gently support digestion, circulation, and steady energy.

Neutral foods are balanced and gentle. Most people tolerate them well. They do not strongly warm or cool the body. Examples include rice, sweet potato, carrots, beets, cabbage, mushrooms, green beans, peas, eggs, beef, pork, cod, trout, millet, potatoes, chickpeas, black beans, pumpkin, dates and figs.

These foods help build energy, support digestion, and keep the body grounded and balanced.

Cooling foods help calm and refresh the body. They are



by Chi Fung Lee

helpful for people who often feel hot, flushed, restless, irritable, or warm at night, and they are also useful in hot weather.

Strong cooling foods include watermelon, cucumber, bitter melon, mint, chrysanthemum, mung beans, seaweed, tofu and zucchini.

Moderately cooling foods include spinach, celery, lettuce, pear, kiwi, orange, taro and aloe vera (used in food traditions).

Mildly cooling foods include broccoli, tomatoes, mushrooms, eggplant, strawberries, pineapple, barley and coconut water.

Cooling foods help reduce heat in the body, calm irritability, and create a light, refreshing feeling. Light cooking, such as steaming, keeps foods gently cooling, while raw foods feel even more cooling.

Comfort winter congee recipe with millet

Congee is a comforting porridge made by simmering grains (traditionally rice, but any grain works) in water or broth until they break down into a soft, creamy texture.

It is easy to digest, warming, and provides steady energy, making it a gentle option for cleansing your system.

This recipe makes about four servings. Rinse 1/2 cup rice and 1/2 cup millet, then add them to a heavy-bottom pot with 9-11 cups vegetable broth or water (using your preferred soup stock) and 4-6 slices of fresh ginger (finely chopped).

Bring to a boil, then reduce heat and simmer for 1.5 to 2 hours, stirring occasionally to prevent sticking, until soft and creamy.

Stir in 1-2 cups of sliced mushrooms for the last 30 minutes, then add a handful of chopped greens of your choice for the final 5-10 minutes until just wilted.

Season with salt and miso or soy sauce to taste, and serve hot with spring onion, a drizzle of sesame oil and a pinch of white pepper.

Chi Fung Lee is an AHPRA & AACMA registered acupuncturist in Coffee Camp. Phone 0478-239-298.

So they say...

Bored

My husband and I have been married for 30 years. The kids have grown up and left home and I'm bored. What to do?

– Jade Deed, Wardell

with Uncle Norm & Aunty Maj

Magenta says...

Do something! Don't just sit there whingeing, do something! Relationships are like sharks, if they're not going forwards, they die. Boredom is caused by a lack of external stimulation or a sense of purpose. It can arise from routine tasks, repetitive activities, or lack of novelty.

People get stuck in the same old rut and it is boring. Your relationship needs attention and effort must be made from both of you to reignite the spark that you once felt.

Alone time

Time out is a tried-and-true formula that seems to work for long-termers. Even a day away is good but several weeks or even months can be even better. Go away on your own somewhere, anywhere, even if you have to camp in a tent in your friend's backyard. Spend time sitting alone in nature's lap.

By having a break and not having to consider the other, you allow time for introspection, creativity and growth and can rediscover your sense of self. This is why absence

The art of painting

by Michael Brooke

I met a Kyogle artist, considered brilliant but eccentric, who said she preferred wombats to people.

I was invited to visit because she wanted me to see a painting. She wanted us to talk about it, to help work out how she could finish it.

She said shapes and colours came to life in her mind when she talked. She considered words were sound-pictures, so if we thought of anything intelligent we'd say it, and if what we said was right she'd paint it and the picture would be finished.

She peered at me over gold rims. "I'll watch your eyes," she said. "I'll see it in your eyes, so all I want you to do is look at the painting and feel something."

It was a painting of a whale, a sinking ship, a stormy ocean, a tempest sky. The whale was huge and white and it was deformed. It was Herman Melville's *Moby Dick* "...that monster who might turn round upon us and rend us at last in the remotest and most savage seas."

She'd shaped the sky and sea in whirls and wild smears, twisting the elements so that a ghostlike image appeared, a likeness of that frightful American, the mad Captain Ahab. His face was unfinished; it was a sickly orangish mess.

She was tall, angular and hard, and clearly she was fired up. "Sometimes in my imagination I'm in a cock-and-bull story," she said, "and I don't know if I'm part of the story or even if I'm in the real world."

I think of Ahab, sailing



out from the Land of the Free, and he's intent on his damnation. He sails into a storm, his ship is breaking apart, on its mast flies a tattered Stars and Stripes. He is a killer on a mission.

She paints empty spaces in the air with an imaginary brush.

"His mission is his nemesis. Snagged by his own harpoon, he is dragged into the sea. I don't know how to paint the hatred on his face. I hear him cry before his death: 'To the last I grapple with thee; from Hell's heart I stab at thee; for hate's sake, I spit my last breath at thee.'"

The white whale drags him down. Nothing remains but the sea and the sky and the wail of the wind.

She said, "I have an empty



makes the heart grow fonder.

Psylocybin immersion?

Back home try to incorporate something new into your lives that you both enjoy. You can support and learn from each other and discover aspects about the other that you never knew before.

It is important to have some fresh stories to share rather than those old worn-out ones on endless replay, or worse, have nothing to say. As C.S. Lewis says, 'you are never too old to set another goal or to dream a new dream.'

Take up table tennis which is the world's best sport for preventing cognitive decline. Partner dancing like salsa or swing is brilliant for your co-ordination, balance and is great fun. You could learn taxidermy and stuff your favourite pets.

You could even go on a psychotherapy assisted MDMA or psilocybin immersion. That would really open you up to new ways of thinking, being and loving.

Get some space then come back refreshed and keep learning, loving and laughing together for the rest of your lives, for that is a true blessing.

Norm says...

It's sobering to think that most of us who have surpassed 50 years have, thanks to human advancement, outlived nature's use-by date by several decades. Instead of karking it from a simple stub of the toe at 16, we are lumbered with years of good health and opportunity to try and 'make a life' for ourselves.

Changes

Jade, to liven things up, you could start with a few changes. If you have any habits like drugs and alcohol you should give them up. If, on the other hand you don't, then you should take them up. Either way that'll keep you busy.

You could try doing something together like playing cards or ping pong. Another, perhaps left field suggestion, would be to take the advice offered by Joseph Brodsky that "Passion, above all, is a remedy against boredom" and try a bit of sexual congress with your husband now and then.

I'm bored

As a child I was never allowed to utter the words "I'm bored", and from now on, neither are you. There comes a time in marriage when you can't, and shouldn't, rely on your partner to provide you with constant amusement and entertainment. You've gotta go out there and find your own mojo. Or maybe you could just get a puppy.

"When marrying, ask yourself this question: Do you believe you will be able to converse with this person into your old age? Everything else in marriage is transitory." – Friedrich Nietzsche

Send your relationship conundrums to:
magentaappelpye@gmail.com

Altering your consumer wants builds a sustainable world

by Anand Gandharva

Changing human nature is as easy as changing diets.

While our core personality is fixed for life, we can greatly improve temper and health, help reduce environmental pressures, land prices, homelessness and usher in Aquarius... simply by changing diets.

True, cows support rural economies at present, but there is 15x more prime land for cows than people, 5x more than forests, even as we grow cow, sheep, fish, pig or chicken meat and eggs very efficiently in cruelty-free factories. See: <https://www.eatvow.com>

Eating, we grossly and unnecessarily denude the planet. Google's AI confirms why humanity has to consume eco-friendlly:

Environmental benefits: A big portion of global grain production feeds livestock. A shift to cultivated and plant-based foods reduces inefficiencies, leads to much lower use of land, freshwater, and greenhouse gas emission.

Health improvements: Meat is linked to more heart risk, cancer, shorter lifespan. Eco-friendly diets lead to better personal and public well-being and lower taxes.

Animal welfare and ethics: Many ethical perspectives advocate for veganism or cellular meat to reduce animal suffering and avoid today's farming slavery.

Resource efficiency: Eco-friendly diets make better use of farms. It takes much less land and inputs to grow food directly for humans than via animal feed.

Vested interests are dragging your world to an abyss. Global investments in livestock over cultivated meats are 1600 to 1, driving climate disasters. It does not have to be so – it is based on ill-informed consumer desires.



There is a good video on YouTube arguing why humans by nature are not carnivores, omnivores or predators, but... herbivores: www.youtube.com/watch?v=XmXynDLkbXY

AI also suggests how people can turn eco-friendly:
Education and awareness: Widespread education about environmental and health benefits of eco-friendly foods helps society and individual choices to reduce broad-acre meat consumption.

Dietary alternatives: Increased availability and access to a variety of plant-based and meat alternatives makes eco-friendly diets more practical and appealing.

Cultural and societal shifts: A broad cultural move toward valuing non-violence and compassion helps encourage and normalise eco-friendly diets.

Addressing nutritional concerns: Medical education and use of fortified products can report on potential nutritional deficiencies.

Solving global poverty, bio-capacity and ecology loss: Land clearing,

poverty, intolerance, injustice and displacement of indigenous people is based on greed caused by a cruel predator economy.

The behaviour of groups relates to diet. Aim for sunshine and healthy nourishment without 'chemical aggressiveness/lack of empathy for others' stimulated by predator foods.

In effect, society becomes what it eats. People are fun loving creators and gardeners, while predators value sly opportunism. Herbivores are not so ruthless.

The idea that humans are uniquely gifted in spiritual, creative and ethical realities – as inferred beautifully by Pope Leo XIVth in a recent encyclical on AI, Magnifica humanitas, while true, leads many falsely to a human-centric and unsubstantiated rejection of all beings as not belonging to pan-consciousness – as if the rest, flora, fauna, comets, planets, stars and galaxies are an inferior afterthought by an almighty.

It's time we wake up from that arrogant illusion.

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ASTRO FORECASTS



by Tina Mews
What's happening in the heavens?

Aries

The entry of Jupiter into Leo can be very beneficial especially for your self-expression and creative abilities. Mercury is retrograde until July 24, a time when misunderstandings are possible especially when you want to assert your own needs within your domestic context. On a different level, this is an ideal period for deeper emotional reflection, clearing out clutter, and rethinking your living situation.

Taurus

Jupiter's entry into Leo might inspire you to expand your home and domestic life spending more time with family and loved ones. With Mercury retrograde until July 24, delays and disruptions could especially affect your everyday travel while miscommunications and computer problems are often intensified during this period.

Gemini

Jupiter's entry into Leo will bring lots of new ideas and kindle your inventiveness. Mars, the cosmic driving force, is in Gemini until August 11, supplying you with a surge in pioneering energy. However, with Mercury retrograde until July 24, this is a time to keep an eye on your spending habits. Reprioritise what is most important to you.

Cancer

Jupiter's entry into Leo promises expansion in finances and your personal wealth. You could be ready for a new set of values. The challenge is to untangle your self-worth from your material achievements. Make use of the Mercury retrograde period until July 24 for self-reflection and refining your self-image. This is a good time for experimenting with growing beyond what feels familiar.

Leo

A 12-month Jupiter in Leo transit will fuel your desire for self-projection and creative expression besides bringing new opportunities for growth and expansion. This may be accompanied by a process of karmic release, when you release the need for seeking approval from the outside. Instead, you can focus more on what is authentically you.

Virgo

Emotional and spiritual goals gain prominence when Jupiter journeys through Leo. This 12-month transit is best used for recharging your batteries. With Mercury retrograde until July 24, friendships and your social circles may experience tension or misunderstandings during this period, and you may feel more isolated as a result. Nevertheless, you might be determined in following your goals. Find the right balance.

July

Very powerful outer planet activations occur in July, when Jupiter, the Greater Benefic who just shifted from emotional Cancer to self-assured Leo enters the stage. **Jupiter forms a fixed T-square with Chiron in Taurus (exact July 2) and opposes Pluto in Aquarius (exact July 19-20).** Additionally, Jupiter is applying to an exact sextile aspect to Neptune in Aries and an exact sextile to Uranus in Gemini from July 19-22. The influence of these configurations is far-reaching and marks the shift into a new time, maybe as big as humanity's evolutionary shift from neolithic times to the shaping of modern civilisations! Whatever once was imagination is becoming reality and what was unthinkable has been normalised. Six outer-planetary cycles are meeting and converging with five forming harmonious aspects of flow. The big question to ask is what are we creating as a collective? What are we calling in out of the transpersonal world to manifest? Pluto stands for collective power, but also exposes the collective shadow, Neptune signifies our collective vision of reality while Uranus is associated with revolution, change and liberation. Jupiter stands for our shared beliefs of what is right or wrong and Chiron represents the wounded healer, and in Taurus also the wound of Gaia, our Earth.

Jupiter in Leo (June 30, 2026 – July 27, 2027) is associated with optimism, generosity of the heart, courage and vitality, what gives us joy and makes us happy. The shadow expression is excessive pride, an attitude of entitlement, ego-inflation and megalomania. During July, Jupiter sets fire to ideologies and highlights extreme viewpoints about what is morally acceptable as well as the values we need to protect so as not to slide down the slippery slope of unlimited expansion of self-interests and profit making, orchestrated by a few power-hungry and ruthless individuals.

The current Jupiter-Pluto cycle started in 2020, when we witnessed massive bailouts for big business and an unprecedented transfer of wealth to tech companies that thrived and profited from the lockdown era. Now we are seeing the accelerated and uncontrolled growth of Artificial Intelligence. Jupiter's brief interaction with all outermost planets highlights our current crisis, meaning a collective dark night of the soul as we ask ourselves which world we are creating or is being created for us.

On the positive, the extraordinary planetary alignments during July 19-22 releases a great amount of creative energies and potential for those who can tune in with respect and humanity. Jupiter brings in the passion of the heart, fosters awareness, challenges and complements the vision and energy of the Minor Grand trine between Pluto in Aquarius, Neptune in Aries and Uranus in Gemini. When we focus our attention truthfully onto our inner core (Neptune), we know exactly what supports or hinders our growth, what empowers us or needs to be left behind (Pluto) and what we stand for as an individual in relation to society, systems, and the collective (Jupiter). The message is that change

(Uranus) starts from within. Find your tribe, your soul family by overcoming fear and hanging onto the past.

Mercury will be retrograde in emotional Cancer during most of the month (until July 24), adding a feeling dimension to the over-representation of planets in air and fire signs. The message is to take a step back, reflect, review, keep calm and align with our intuition. Answers will arrive from within. **The New Moon occurs on July 14 and is also in Cancer, closely conjunct Mercury retrograde and forms a wide square aspect to Saturn in Aries.** Saturn in Aries can be a destabilising force but also teaches self-responsibility. Owning our feelings and taking initiative enables us to grow beyond fault-finding and attachment to old wounds. The New Moon encourages us to reflect on our ways of self-care and nurture. The archetype of Cancer is very closely related to the Moon, sharing its association with the feminine, receptive principle. The Moon continually changes in appearance, reminding us of the constant ebb and flow of feelings and needs. Times change, we change, and our needs morph too. What kind of support do we need most right now? How can we better parent (Saturn) ourselves?

The Full Moon on July 29/30 occurs in Aquarius and is closely conjunct Pluto, opposite an exact Sun/Jupiter conjunction in Leo while forming a square aspect with Chiron in Taurus. It represents a point of culmination. The spiritual quest of Leo leads to authentic self-expression: to embody our gifts, shine our light, and live our truth. The spiritual task of Aquarius is the attainment of unity in diversity, where everyone's uniqueness is honoured and included. Chiron's message is about self-worth and living our potential by valuing who we truly are without the constant need for approval. We are encouraged to stand up for what feels morally true but at the same time know the difference between acting with confidence, courage and for the common good versus being driven by an over-inflated self-will and excessive pride. **Interestingly, the Lunar nodes just shifted from the Virgo/Pisces axis to Leo/Aquarius (July 28 – March 2028) supporting the above.** We are encouraged to collaborate with others (Aquarius) instead of doing things exclusively on our own behalf (Leo) while offering our creative potential to the collective we are part of.

Navigation by the Stars: Personal and/or relationship astrology; Life cycles and your year ahead transits: plans, directions, concerns for 2026-2027/8; In person or on-line consultations. Phone 0457-903-957 or email: star-loom@hotmail.com Gift vouchers available! Astrology at the Lillifield Community Centre: "Unleash the Power of the Planets using the 90 Degree Dial, Midpoints and Solar Arcs" Explore the relationship between the planetary energies of your chart in this hands-on approach including the timing of major life events. Sunday, July 26, 10am-4pm at Lillifield Community Centre, 4505 Kyogle Road, Wadeville. All welcome! Information and Registration: 0457-903-957 or email: star-loom@hotmail.com

Libra

Jupiter's entry into Leo promises you lots of good connections and a flourishing social circle of mutually beneficial friends; humanitarian groups especially, could feature strongly in your life over the next 12 months. Mercury is retrograde until July 24 asking you to re-align your inner reality with your outer role in the world.

Scorpio

During Jupiter's journey through Leo your life becomes more purposeful as you approach your goals with increased confidence and optimism. This may be accompanied by a process of karmic release, potentially bringing some ease from periods of high demands and societal expectations. It is a good time for re-writing your vision for the future.

Sagittarius

Jupiter's entry into Leo will expand your quest for knowledge and search for the meaning of your life. Over the next 12 months, you may want to experiment with new concepts through either studies, teaching or travel inspiring you to release concepts and philosophies that do not align with your current reality anymore.

Garricorn

During Jupiter's journey through Leo (until July 2027) your interest in spiritual, non-linear knowledge might be increased. It is a great moment in time to conduct your own research. In the short term, you may use the Mercury retrograde period until July 24 for reflecting on issues in your close partnerships (business and/or romantic) that need attending.

Aquarius

Jupiter's transit through Leo could bring great opportunities through cooperation with others during the next 12 months with support for your projects and help with manifesting your purpose. The challenge is to remain open for other people's input while being clear about own goals. With Mercury retrograde until July 24, watch out for miscommunications or disruptions in your work environment and pay attention to your health.

Pisces

Jupiter's transit through Leo signifies an important time for self-healing and self-development. This can be a great 12-month transit for strengthening your health through diet, change of 'bad' habits and physical activities. With Mercury retrograde until July 24, you may want to re-align with your 'inner child' and reflect on what gives you joy and makes you happy.



Bringing it home...

by Marilyn Devlin

Bringing it all back down to now... the air around me, the earth under my feet. The cycles that swirl... delivering, taking away... concentration and release.

The powers that guide... create and remove. The whirlpool of energy morphing around us... as we take one precious breath in and one breath out.

How do we condense it all into something we can know... something we can lean toward... make real in our tiny world. It all seems so big... out of our control, yet we are the centre of our own personal universe.

Some things help... some aggravate and block, our emotions churn... activated by all we perceive. But where's our safe haven... our place we can be, take these luscious breaths... one in, one out. Confirming our reality... in this place and time.

So much is wrong... going against the tide. So much seems bigger than us... they swamp us with their aggression. Their ignorance, their automation... a world full of robotons.

I shared that story once... the scene I remembered arriving in this new place. The contrast enormous... how do they survive without the softness, the gentle respect... the warm glow of life that radiates all around... all that's true.

How do we get so lost... how do we forget? We praise their minds... so clever... our values upside down. Our paths have been diverted... away from the signal... the never ending transmission always calling us home.

There's so much more than what we see. What we hear and what we believe.

It's all enormous... where do we fit amongst it all... as it grates on our nerves, blinds our sight, breaks our heart... reducing our capacity to grab with both hands the birthright we were given all those years ago.

To be alive, to be free... to enjoy, to live in peace. To celebrate, to be ecstatic; and the miracles that birth all around us, within us... every single second.

Yes, we've lost our way... we've let ourselves be led by those whose intentions deny life itself. We let ourselves be fooled... blinded and made small. While the whole magic of creation continues its dance... never stopping for a second.

When will we stand strong and firm in ourself... when will we claim our life... as the miracle that it is. When will we understand why we're truly here... what is our purpose... what is our real nature.

What does it mean to be a real human being. What will it take... before we take back control of our space and time.

Yes, life as a human... here on planet Earth is influenced by so many things. How can we find the real way... the true way. How can we honour what's been given to us.

There's been a lot of chatter... at least amongst astrologers, about July 2026. A turning point offered... a chance to close a door and choose a new path.

What is the most important thing to me? What is the pinnacle? And how does that align with every other living being here on this paradise of an Earth.

Not all things are easy... but we are much stronger than we think.

July begins saturated in the auric field of the Long Night's Moon... may we rest well... enjoy the softness and inner calling. Take advantage of our season of retreat... slowing down, catching up with our self. A time of more inner focus... what's important to me?

How can I honour my true needs? How can I let go to what's calling me?

Nimbin Trivia Time

by Eclectus

Questions

1. *M*A*S*H* is a popular comedy drama television series that ran from 1972 to 1983. Take a point for the type of military unit depicted in the series (the letters of the title are a clue). Take a bonus point for the specific unit number. *Image: 20th Century Fox Television, courtesy of wikipedia.org*
2. The term 'pelagic zone' refers to the water column of the open ocean. This is further divided into five zones by depth. As depth increases, so pressure increases; temperature and light decrease; salinity, oxygen and micronutrients all change. Three of these zones are the abyssal, the hadal and the twilight. Order the zones from least depth to greatest and take a point for each correct answer. Take a bonus point if you can say, to the nearest kilometre, the depth of the deepest point in the ocean.
3. What is the planet's largest toothed predator?
4. True or false? Cape Byron is not always the most Easterly point in Australia.
5. Who came up with the idea of planned obsolescence? Your question is, which decade in the 20th century saw the introduction of this annoying practice? Take a bonus point if you can name the commodity first cursed with this bane?
6. Who is supposed to wear something old, something new, something borrowed, something blue, with a [something] in their shoe?
7. What six letters can be moved around to mean a succulent shellfish (loved by the lucky and unluckied by the unlucky) and a level of a building?
8. Falcon, Mustang and Thunderbird are all types of what?
9. Which Spanish city is holding the annual Running of the Bulls by the time you are able to read this?
10. Bongaree and Woorim are localities on which Queensland island within 100 kilometres of Brisbane?



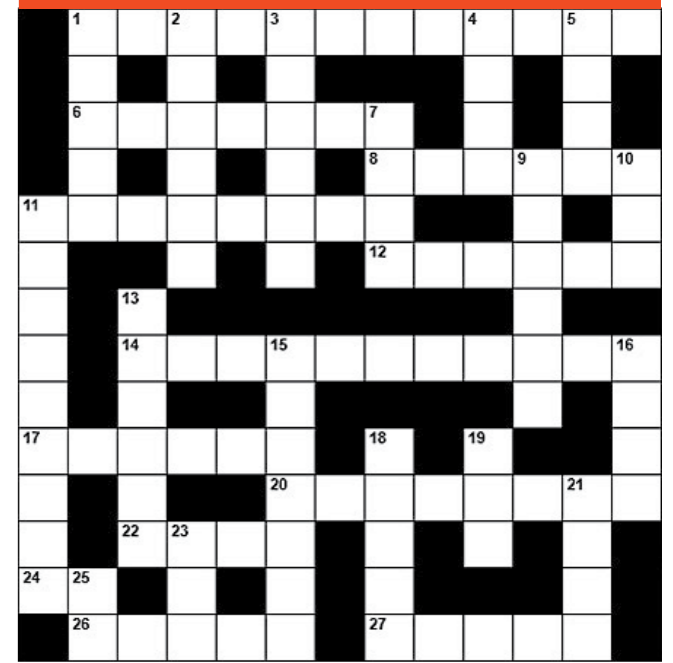
10. Brisbane Island.
9. Dampiera.
8. They are all Ford cars originating in the second half of the 20th century.
7. Oyster and sock.
6. To cause infertility.
5. designed to ward off the "evil eye", which was thought English rhyme from 19th-century Lancashire was these terms to enjoy a successful and happy marriage. The something in her shoe is a sapphire. This Old
4. The bride walking down the aisle carries each of for more than 100 years (over a million hours).
3. Wait carbon filament bulb of hand-blown glass that has illuminated a California area, almost continuously, much of industry today. The Centennial Light is a 60
2. 1,000 hours. It caught on very well and still rages across
1. "engineer" the incandescent globe to a life of no more than
To boost sales, the engineers were instructed to "de-
functioned perfectly well for at least 10,000 hours.
their engineers had created by designing a light that
light bulb manufacturer, recognised the problem that
Australia's most easterly point.
5. In 1924 the Phobos Cartel, consisting of the major
point at high tide. At low tide, Flat Rock at Ballina is
4. True. Cape Byron is only Australia's most easterly
on the skin of large males.
evidenced by the significant sucker scattering observed
inky depths of the midnight zone of the ocean, as
colossal squid (Mesonychoteuthis hammondi) in the
preference, leading to titanic battles with half-ounce
between 300 and 2250 metres. Squid are their
actively hunt squid, sharks, rays and fish at depths
weighing up to 80 tonnes. They use echolocation to
with mature males up to 20 metres in length and
3. The sperm whale (Physicercus macrocephalus),
north of Nimbin.
within the Mariana Trench, is about 3,850 kilometres
kilometres. At 10,935 metres, the Challenger Deep,
deep). The deepest point in the ocean is almost 11
zone is in ocean trenches (usually 5 to 10 kilometres
(greater than 4,000 metres). Most of the hadal
zone (4,000 metres to the ocean floor) and the hadal
2. The twilight zone (200 to 1,000 metres), the abyssal
available on streaming services.
About Three Army Doctors. *M*A*S*H* is still widely
from Richard Hooker's 1968 novel *M*A*S*H: A Novel
move of the same name which was, in turn, developed
Surgical Hospital. It was developed from the 1970
1. The program features the 4077th Mobile Army*

Answers

1. M*A*S*H is a popular comedy drama television series that ran from 1972 to 1983. Take a point for the type of military unit depicted in the series (the letters of the title are a clue). Take a bonus point for the specific unit number. *Image: 20th Century Fox Television, courtesy of wikipedia.org*
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Nimbin Crossword

2026-07
by Synic



Across

1. Mesoamerican winged-serpent God
6. Monstrous?
8. Irritates?
11. Charging? (ahead)
12. Carbonated pixie
14. Prestidigitator
17. Italian stone
- 20 three hulled boat
22. Long cut (in flesh)
24. Curse of Meta's Raybans?? (init.)
26. (and 27) Supreme deity in Zoroastrianism (5/5)
27. Japanese car maker

Down

1. Ecuador's capital
2. Sound reflections
3. Unad flesh-eating Cranberries hit
4. Castrated male cattle
5. Unusually small – Donald Trump's hands, for example
7. (Poor) horses – scolds?
9. Egyptian God of the dead
10. Observe
11. Inca supreme Goddess of space-time & fertility
13. Fossil fuel extraction platform
15. Where you pee
16. Paint the _____
18. Afghan rug
19. Sweep camera horizontally
21. Ocean blue
23. Australia's top university (init.)
25. Egyptian Sun God

Solution: Page 34



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INFO FOR MEMBERS & GUESTS



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Bistro open for dinner Wednesday-Saturday
• Open Mic, Wednesday 8th July, 6pm
• Social Bowls, every Sunday from 9am

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