



PRICELESS



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What's inside the June VJ?

Photo Kalem Horn

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VJ Editorial

A nice fresh warm cuppa, a comfy armchair strategically placed closed to the fire, choice of music for the pace, that's not a bad way to kick off this editorial. Just kick back, relax and get to it. Lately, I have been very busy running around doing what I need to do, week days and weekends scheduled to the max, that a thought occurred to me in a way these things always do: out of the Blue! Am I turning into an alternate life-styler workaholic?

I chose a job that I love but don't spend most of my waking hours on it, having most afternoons free, I could either stay idle in front of the TV or sleep, or do some things productive. I chose the latter, father, husband, amateur soccer (got to keep fit) RFS volunteer, VJ editor amongst others, all that because idleness is not something I was brought up with. Nonetheless, you've got to know your limits to avoid any sort of meltdown and know how to read the signs.

I was showing such signs lately: tiredness, restlessness, aches and sometimes irritability (at myself), so it was great that I could organise to take the day off, just to release the pressure and start afresh.

With all the strain to perform ever better, we sometimes tend to forget that we need to pull back just an instant, hit the refresh button and get back, firing on all cylinders ready for another run. Our body is like an engine and every now and then we need to give it a service and tune up, rest is one of the best ways to achieve this and the benefits do not only extend to our body, but the mind and immediate surroundings reap the rewards. I may be a workaholic of some sort, but as long as I enjoy it and it is

not detrimental to my health, why stop?

After a lot of searching, asking, sometimes begging, I have found someone to write a music column for us, I am proud to introduce to you Rockin' Rod and I do hope you will enjoy reading him as much as I do. Rod has come back to the area after spending some time in Brisbane, he has some good connections in the industry, is himself a musician so I am looking forward to some more great musical discoveries.

We are always looking for contributions so to help you along, there is a segment I would like to include in this journal, it would be called lifestyle. We all have hobbies and special interests, these obviously impact on the way we live our lives. You like to spend your spare time fishing, bike riding, hiking, surfing, horse riding or any other occupation, tell us why and share with us your passion, inspire somebody!

I hope you have a great school holiday and as Jimmy Page once told me: "keep on Rocking!"

Didier Marceau



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Rosebank Firey News

Winter is usually a relatively quiet season for our brigade but we have not been as sleepy as you may think. Ross, Mal, Alex and Didier have furthered their skills by attending Advanced Fire-Fighter training sessions, increasing their knowledge in fire-fighting equipment and orienteering.

The biggest news for our brigade is that we now have a fully pledged active junior member in Liam Hughes. Having just successfully completed his basic training, he can now attend any call outs and brigade activities out of area. Liam has a good knowledge of equipment and procedures as he has often accompanied his father Dave to brigade trainings since a young boy eagerly looking on craving for a piece of the action. Well done Liam, I am sure that you will quickly become invaluable for our brigade.

The brigade attended a car fire at Minyon Grass car park after receiving a call out on Tuesday the 25 June. Eric and Ross made their way to the incident by truck whilst Didier

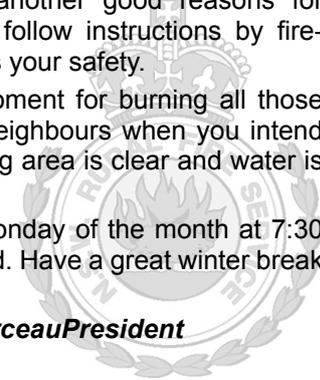


joined them later on site. When the truck arrived, the vehicle was very much ablaze but the crew quickly extinguished the flames ensuring that the only damage was to the vehicle.

Car fires can quickly become very dangerous, especially when tyres start to explode due to the heat, stand well away to prevent being hit by debris. Toxic fumes emanating from various burning materials are another good reason for standing well clear and always follow instructions by fire-fighters as their prime objective is your safety.

Conditions are perfect at the moment for burning all those piles, remember to notify your neighbours when you intend to light and make sure the burning area is clear and water is accessible.

The brigade meets every first Monday of the month at 7:30 and anybody is welcome to attend. Have a great winter break and stay safe!



Didier Marceau President

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Three young men from the Byron Shire are endeavouring to shape a renewable Australia.

After graduating from Shearwater Steiner School, they all spent a large portion of last year in Melbourne working in the electricity industry selling products for multiple retailers. After a few months they discovered that most of the 'leading' retailers are investing directly in the CSG Industry. Soon after, they moved back to the Byron Shire for further investigation and to develop a strategy addressing this issue.

Eight months later, Inspire the Shire is a fully operational initiative speaking with around 100 people a week, providing them with unbiased information and helping them transfer to a renewable energy retailer - often less expensive than the previous.

As spoken by Jo from Inspire the Shire 'We are sending a message to the retailers that we DO NOT want CSG or Black Energy, we want Renewables. This is our first step towards a sustainable Australia. Our long term goal is to localise the electricity industry (embedded generation) by setting up small renewable energy farms in each community, for that community. We believe if we all come together as a community sharing a common vision, we CAN make a difference and help preserve our beautiful Australia.'

Anyone who is interested can go to www.inspiretheshire.com.au to see if their retailer is investing in CSG, once this is established they can continue through the website to submit an enquiry on the 'Join Us' page. Within a short phone call you will be assisted in transferring to a renewable energy retailer, it's easy and cost free.

Jo Loewenthal



RCI Report

At our last RCI meeting in June we planned our next community event which will be a Pizza & Pavlova night to be held at Repentance Creek Hall on Saturday 27th July. For more details

please see our ad in this issue. Other topics discussed included a Community Solar Project and including Rosebank School in future plans for a footbridge in Rosebank Reserve.

The next RCI meeting will be held on **Monday 19th August at Rosebank Hall, starting at 7pm.** Anyone interested in coming along will always be welcome.

Ross Wilson,
RCI Vice-President

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Just Rockin'

Hello out there! I'm Rockin Rod and welcome to my new monthly music round up. Each month I will be banging on about live gigs, album reviews and more!

Now whilst it didn't happen on our doorstep, one recent gig worth a mention was by a band that if you don't know, you should!!

The Flamin Groovies graced our shores recently for the first time since 1986!! This band kicked off in San Francisco in the late 60's and has been rockin' (on and off) ever since!! The band combine a love of all things rock n roll, from Gene Vincent ,Link Wray through to the Beatles,Stones and The Byrds!

What made this gig even more of a must see was that it featured the classic 70's line up of Cyril Jordan and Chris Wilson. This line up was responsible for their best known album(and some would argue there best) Shake Some Action. This is the first time this line up have played together for 30 years!!

The gig we attended was at the Tivoli in Brisbane, and we were treated to Power Pop perfection! The band ripped through tracks mostly from their mid/late 70's trio of albums Shake Some Action, Jumping in the Night and Now – and the small but eager Groovies fans were left with smiles all round!

Like I said before, if you don't know this band, check them out!! And the album Shake Some Action is a good place to start.

Happy Trails for now,

Rockin Rod





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NORPA back in renovated Lismore City Hall with a monster show

FRANKENSTEIN

NORPA will open the doors to it's newly renovated home, Lismore City Hall, with the smash hit adaptation of Mary Shelly's FRANKENSTEIN, performed by Sydney's Ensemble Theatre. The July 19 and 20 performances will be the first time audiences get to experience the transformed Lismore City Hall with new seating, acoustics, lighting, a redesigned foyer, bar and access.

"We're thrilled to be opening our season and our new home with Frankenstein – it's one of the best shows of 2013 with great reviews and sold out shows recently at the Sydney Opera House," says Julian Louis Artistic Director of NORPA "This is a rollercoaster ride of a story – it's moving, scary and beautiful. The creature is the ultimate outsider and it is through him we explore notions of love, trust, friendship."

"Nick Dear has written an astonishing adaptation and it was a huge hit for London's National Theatre in 2011" adds director Mark Kilmurry. "The play gives the Creature a voice – this is a Creature that talks, that can be articulate about the way he feels – and the way he feels is very angry. We've got some exciting young talent on stage in this piece with Elena Kats-Chernin

doing original music for solo celloist Heather Stratfold. Being a film horror buff from way back, I'm very excited about doing this play – it's not for the faint-hearted."

The Creature (Lee Jones) is cast out by his creator, the young doctor Frankenstein (Andrew Henry), and unleashed upon the world. He is shunned for his grotesque appearance and spurned by society wherever he goes. When a blind man (Michael Ross) takes Frankenstein's monstrous creation under his wing and educates him, the Creature begins to question his existence and to yearn for a future without loneliness. His search for a lifelong partner brings him back to his maker, with vengeance foremost in his mind.

Ensemble Theatre has gathered together a dynamic young cast of actors who, along with a live musician, take to the stage in the Australian Premiere of this classic gothic drama. Fast, furious, dynamic, dark, funny, cheeky, scary, compelling... Frankenstein.

FRANKENSTEIN presented by NORPA at LISMORE CITY HALL. FRIDAY 19 & SAT 20 JULY, 7:30pm.



Letter to the VJ

Dear Editor,

In response to the letter about the mobile phone towers health risks in the June issue, I suppose that the author or its family don't have mobile phones and only use landline. If you have and use mobile phones, why complain about the need for towers providing reception to cover the area?

Does the author worry about the effect to health from carrying mobile phones in ones pocket?

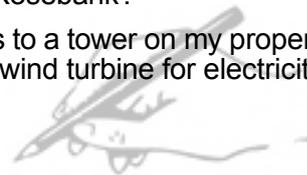
I only acquired a mobile phone at the request of my GP

following my heart problems and do not take it to meetings or when shopping and at other times, not on my person.

As the author now has approval for a development, does she realise the possibility of increase pressure for a mobile tower for reception in Rosebank?

If approached, I would say yes to a tower on my property and at the same time put in a wind turbine for electricity.

Stan Heywood



ROSEBANK RECREATION

RESERVE NEWS

It was a glorious and sunny winter's day on the 14 June



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as we embarked on our regular landcare/working bee at the Reserve last month. It was cool in the shade of the trees along the walking tracks, and we enjoyed the warm winter sun as we took time out and sat and basked by Yankee Creek.

The brushcutting, pruning, chainsawing and weeding did not deter the local wildlife. As we were packing up and chatting, a koala was seen ambling along the fenceline and up a small tallowwood tree.

The site is now prepared for next month's activities – planting out Lomandras, ongoing construction of the wheelchair ramp (which provides access to the compost toilet), and burning off a small patch of overgrown grasses and prunings on the 'sunny side' of the reserve.

Trust members also held discussions last month with the Principal of Rosebank Primary School, Nickie Bartlett, regarding how the school might use the reserve for educational activities. Given the historical linkage of the school to the reserve, as well as the close proximity, the trust are keen to foster this connection.

The next working bee is scheduled for Saturday 20 July from 9am. Come on down for a guided tour or to lend a hand. The working bees are on the 3rd Saturday morning of the month. For those who aren't in the know, the reserve is just down Armstrong Rd (opposite Rosebank Primary School) and over the creek.

Benny Glasman



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WIRES

Northern Rivers

All native wildlife coming in to WIRES are special, however some animals prove to be just that bit extra special, surviving injuries that seem almost impossible to overcome. In all cases it is the dedication of the carer and the animals will to survive even when the odds are stacked against them that makes the outcome as in this case a positive one for all.

WIRES macropod carer Tina cared for this Red-Necked wallaby when she came in to WIRES 2 years ago, she was a tiny unfurred joey having survived a car accident in which her mum was killed.

On arrival she had gravel rash from being thrown out of the pouch in the accident, one eye was injured and she suffered seizures for the the first 24 hours.

She was treated for all of her injuries, her determination to live was evident from the start, she battled through and thrived in care. She was released 9 months after arrival.

A few months after her release she came back to her carers property with a severe tumor on her foot, she had difficulty hopping and was in obvious pain. The vet was contacted, pictures of the injury was sent to the vet and treatment was suggested, although the prognosis was not positive Tina was reluctant to give up.. Unfortunately it is not possible to take an adult wallaby to the vet due to the risk of myopathy.

The wallaby turned out once again to survive against the

odds, she stayed on Tina's property and allowed Tina to treat her injured foot. After quite some time she was able to once again hop at top speed and she returned to the wild.

Just a few days ago she returned once again to Tina's property, this time she had no injury, a little face popped out of her pouch, one has to wonder did she return to say thank you?

Being involved with native wildlife can be heart breaking, it can also be extremely gratifying. Seeing an animal such as this Red-Necked wallaby having survived against the odds time and time again makes it all worth the many hours, weeks and months spent caring for not only this one, but the hundreds of native animals that come in to WIRES.



School News Eureka Public School

Last weekend our students had the privilege of not only walking in the Lismore Lantern Parade but also being asked to be a part of the Fiery Finale which was an amazing experience. I was so proud of the student's performance and they were all amazed at the experience of performing in front of such a big audience. Thank you to the Lighten Up Crew for allowing us to be involved!

Our school vegetable garden is getting a makeover during the holiday after we were successful in obtaining a grant for \$2000 through the Live Life Well Program. We are installing 6 new raised garden beds, laying gravel paths and fencing the area to make maintenance and planting of the garden easier for all our students. We will be planting out one bed to our prize winning potatoes from last year's Bangalow Show and will be hoping to take home the First Prize again this year. Are any other schools up for a potato challenge?

Our school is looking amazing at the moment due to the exceptional hard work of our relieving General Assistant Darren McMahon who is finishing up in the holidays so we would like to take a moment to thank Darren for all his hard work. We would also like to ask all the wonderful people that utilise our school each weekend for soccer to enjoy our grounds but to do so in a respectful and considerate manner and to clean up after their dogs, themselves and to leave our

school as beautiful as they find it each weekend. We are really proud of our school environment and work very hard to make it so beautiful for everyone to enjoy. We welcome you all into our grounds and thank you for your assistance with this request.

Have a safe and happy holiday everyone.

Michael Coleman Principal



Goonengerry Public School

As we wrap up Term 2, Goonengerry students have been wonderfully busy while making the most of the beautiful clear winter days we're lucky to get.

It was a burst of Goonengerry azure at the Small School Athletics Carnival held in Byron on 21 June. Our athletes excelled in the track and field events and are looking forward to the District Carnival in August.

The K-2 class have been writing and learning about birds and wetlands this term. Pelicans have been a big favourite and our classroom has been brightened with pelicans of all types. The K-2s also enjoyed a visit from Pets NSW and Munroe learning about responsible pet ownership.

Thank you to our parents who assist with reading, classroom support, providing canteen and attending sports events. We are fortunate to have such caring school community.

Playgroup is still happening each Thursday morning from 9-11am if you would like to come along. Families who would like to drop in and meet us, share a cuppa and take a look around are always welcome.

Enjoy a safe and warm school break. Students return to school on Tuesday, 16 July.

Tracey Barnes, Principal



Upper Coopers Creek Public School



What glorious days we are having in the weeks leading up to the end of second term school holidays. We celebrated the Winter Solstice in the most wonderful way by attending the Lantern Parade in Lismore on Saturday night with the beautiful lanterns we made in the workshop. The children had a wonderful time marching through the streets of Lismore and seeing the smiles on all the faces of the people out to see the parade, it was such a great community night and we couldn't have asked for better

weather.

We have also recently been working on a project that is producing some budding young designers here at our school - inspired by a book by Nadia Wheatley called 'My Place' the children researched their own local area covering some stages of history and are now in the process of writing and illustrating their own 'My Place' book. In small groups they have completed a project to design and construct an eco-friendly house suited to our local environment. There has been lots of building going on during lunchtime and so far the results are very impressive.

Earlier this month we also held 'The Biggest Morning Tea' at our school to help raise money for the Cancer Council. There was so much delicious food provided by students and parents and the day was beautiful. We would like to thank the local community who attended and for your contribution, it was great to catch up with everyone. We managed to raise \$134.00 to donate to this very worthy cause.

Finally for all of you who are having time out over the school holidays have a lovely break and please take care we will see you when school returns for Term 3.

Happy Holidays

Sharon Turner – Principal



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Corndale Public School

What a busy term 2 at Corndale Public School.

The population of Corndale grew by over a thousand during Week 4 with the running of the Zone Cross Country. The weather managed to hold out for most of the day and our students gained excellent personal results. Well done Olivia, Angelique, Nicholas and Daniel.

An outstanding effort was made by families and friends of the school and a day like this would not be so successful if it wasn't for the hard work and dedication the community places in these events. I received many positive comments by other students, staff and parents with the majority saying what an impressive track and truly amazing support by the community.

Congratulations and thank you to all.

The Corndale Public School has also been involved in many other activities this term including Brainstorm, Big Scrub Interest Days and culminating in a wonderful night at the local Lantern Parade.

Jane Varcoe



Coorabell Public School



Students from the Eagles and the Turtles classes performed their dance items at the Far North Coast Dance Festival held at the Performing Arts Centre on the Gold Coast last month. The Eagles stage 2 class performed "Little People Can," which was derived from the music and story of Les Miserables. The Turtles stage 3 class performed "Burglars", a contemporary piece. Both dances were choreographed and taught by Louise Brown who is the creative director at the school. Mrs Brown is busy now preparing for the school production to be performed next term by all students. If the quality on show at the Gold Coast was anything to go by then Coorabell parents are in for a treat!

Crawford, Colleen

Rosebank Public School

PSSA Soccer

Our school soccer team has made it into the 4th round of the PSSA Small Schools Knockout. The boys and girls were successful in defeating Goonengary, The Pocket and Empire Vale in rounds 1, 2 and 3 at the recent gala day on 4th June. We are waiting to see who our next opponents will be. In the meantime the team is busy training under the expert tutelage of Norm and Eamon our fabulous parent coaches.

Cross Country

Congratulations to Jamilla who came second in the North Coast Cross Country held in Lismore on the 7th of June. She is now off to run in the NSW Cross Country that is being held at Eastern Creek on the 19th of July. Here she will compete against the best in the state. This is a wonderful achievement for Jamilla and we wish her all the best.

Preschool Visit

On Tuesday the 11th of June our K/1 class visited Rosebank Preschool. We would like to thank Alison and Barbara for having us and making the children and staff feel so welcome. Everyone had a lovely time and the preschool and primary children benefitted from establishing links between prior and future learning.

Hockey

On Thursday 20th of June the entire school participated in hockey skills sessions run by the Department of Sport and Recreation. The students were able to receive expert tuition in the finer points of playing hockey and enjoyed practising these skills in modified games.

Nickie Bartlett (Principal)



Locabiber

This column's title includes the idea of the 'local', now a common term for foodies – and, hopefully, wine-ies. But the term 'local' is not simple. We all long for tidiness, for simplicity – and even absolutes. But life is chaos and mess. So, the 'local' serves to exclude as well as include; the 'local' may not be the best; the 'local' may not be the cheapest; the 'local' may not provide choice.

As an example of this complexity, Dan Murphy's is owned by a multinational, but has a store 'locally' (Lismore). Moreover DM, Lismore, has or has had what I consider to be wines 'local' to the Northern Rivers: Sirromet, Ballandean Estate, Clovely Estate and Symphony Hill, from QLD's Granite Belt. The Rous Hotel used to have Tenterfield's Kurrajong Wines; Wyrallah Rd Cellars and the Station Hotel has Northern Rivers' Zone Cassegrain; Emmanuel's Kingscliff has Granite Belt wine; and Clunes Cellars has New England's Topper's Mountain.

On special early April in DM's was a 2012 Wolf Blass Yellow Label Riesling from selected vineyards. Perhaps 2012 was a good year for Riesling in all of SA along with the Clare Valley. Much deeper gold in colour than usual, but with the slightest of lime tinges, this has the depth and length you'd expect of a

Watervale Riesling. It smells of a lime milkshake which is also on the palate without any of the sweetness. It's tart and severe but sophisticated, very good with food. Almost searingly beautiful, it's a wine for the serious.

The New Zealand Marlborough Sav Blanc, Anuka Bay 2012, is at the Bexhill Store at a surprisingly cheap price of around \$12. In a very, very impressive colour of clear, pale gold, it has a traditional sav blanc perfume, so definitely strong and distinct it's impossible to mistake. On the palate it's a salty sweetness and lighter than a traditional NZ Sav Blanc, making for a great summer wine. It has a beautifully clean, bright label in shiny deep navy-teal and turquoise blue, with my favourite image: a row boat anchored at a jetty. The Anuka Bay Pinot Noir is also a typical pretty-pink ruby colour. It smells of pepper with an edge of orange. It's light on the palate, so may go well with cheese or a light meat such as quail. Pinot is hard to do well, so I have resigned myself to spending a fortune, rarely, to drink a really, really good one. But Bexhill Stores also has a 2009 Brand's Laira Coonawarra Cabernet Merlot, \$18.99. Smooth, soft: a great, great pleasure to drink what is consistent, always reliable, never disappointing.

Moya Costello

Cocktail Anyone?

Apple, orange and ginger punch

2 cups apple juice, chilled - 1 1/2 cups orange juice, chilled

2 cups dry ginger ale, chilled - 3 cups lemonade, chilled

2/3 cup vodka - 125g strawberries, hulled, diced

Ice cubes, to serve

Step 1 Combine apple juice, orange juice, dry ginger ale and

lemonade in a large jug.

Step 2 Add vodka, strawberries and ice. Serve.



Celine Debellis

The Awareness of Anxiety

What's your lived experience of anxiety? What's your relationship to it? If it were an animal, a colour, a flavor, what form would it take? Is it something that seems like a normal part of your life?

Anxiety is a condition that increasingly affects people and communities globally. While it can be healthy in small amounts it often reaches levels in contemporary life that can have a debilitating effect on an individual's psychological, spiritual and physical wellbeing. The effect of collective anxiety on communities can also be profound in the wake of significant events.

There are many diverse strategies for managing anxiety and different things may work for different people. In that moment however of a racing pulse rate, inability to focus, a short fuse or lying awake in the middle of the night how do you go about applying a strategy? For example have you had the experience of successfully activating breathing techniques to reduce your symptoms? Have you been too overwhelmed in the moment to manage the anxiety? Have you ever had that thought "Well these tips all seem good in theory but..."

The simple act of observing what is going on in your body is a good place to start. Learning to become curious about the subtle and obvious characteristics of your own anxiety can open up a space in which you can really make a choice about how you want to experience that anxious moment. From there

you can explore different strategies but it begins with curiosity. Not always easy. It can be hard to look that beast in the eye sometimes. But there are ways you can learn to be curious without getting caught up in the maelstrom.

Underneath curiosity lays motivation. Is anxiety something you can live with whatever its degree? Does anxiety provide other benefits that you feel might disappear if you conquer it? Is anxiety affecting your relationships with other people? Some of these questions may appear simple however like a sad song, they can suddenly make complete sense when the time is right.

So as best you can try not to see anxiety as an enemy to be resisted (resistance may sap what little energy you have left!). Before the strategies...observe it, understand it and then make a decision on how you want to live with or manage it.

Mick Sheedy. Counsellor (Bach.App.Soc.Sci. Counselling) (QCA)

Hi, my name is Mick and I recently moved to Clunes from Brisbane with my wife and our boxer dog. We chose to live in Clunes because we like the sense of community and the natural beauty/serenity. I am a counsellor and my most recent work has been in assisting carers of all ages to manage their mental health. A carer is some one who cares for another person living with a mental illness, physical or intellectual impairment. I am now available for counselling from a peaceful and private location in Clunes. Tel: 0478 086340 email: : micksheedycounselling@gmail.com

Chouquette's Recipe

This is very easy to make and so yummy. Once you master the choux pastry you can bake your own french chocolate eclairs...that will be next month recipe!!!

Ingredients:

Choux pastry:

1/4 litre of water

125 g flour

60 g butter

1 pinch of salt

50g sugar

4 eggs

finish:

100 g of rock sugar

1 egg yolk (gilding)

To achieve this chouquettes recipe, first prepare all the ingredients.

Put the water, butter, sugar and salt in a saucepan on the stove.

Bring to a boil.

Remove from heat and add the flour all at once.

Mix with a wooden spatula, taking care not to leave any lumps.

A paste called "pap" is obtained. Dry it a bit on the stove, stirring with a wooden spoon until it comes away from the sides of the pan and it forms a ball.



Cool 5 minutes. Add eggs 1 by 1 ... mix with the wooden spatula.

Add remaining eggs

The choux pastry is ready.

Arrange small balls of choux pastry, form the balls with a teaspoon on lightly greased baking paper.

Brush the surface of the balls with egg yolk diluted in a tablespoon of cold water.

Sprinkle the surface of each balls with sugar grains.

Bake in hot oven at 180 ° C. ...

... for about twenty minutes.

When chouquettes are puffed and golden, remove from oven and let cool.

Celine Debellis



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You are all my relations. All is One.

Hello and Welcome to July,

Recently, we have all faced varying levels of challenging situations, and sat with uncomfortable feelings, leaving many of us feeling fearful and drained.

There is so much healing happening for us right now, so remember in the face of adversity, to please dig deep and remain connected to the loving person that you are. There is also great potential for an out-pouring of emotion during this time - so be ready to 'hold space' for someone. This releasing of unexpressed feelings directly assists healing and renewal, so please support people in this process.

For some, there is opportunity to create change, specifically around money and sex – courageously transform your internal dialogue (your own beliefs and values) around these areas, and you will open the way for positive change. Allow your instincts to guide you here...

July heralds the final moon in the current Mayan-Moon year, so we are approaching an ending and of course, a new beginning, with the Mayan New Year on July 26. 'Transcendence' is a word associated with this Moon, a good time to retreat into your shell like a turtle, and reflect on what you've achieved in the last 12 months.

Patience and presence are two qualities that feature in July.

Both require a level of inner quiet and acceptance of what is, however they also demand awareness and connection to the state of things at all times...watching and waiting. Therefore, being patient and present is an active process. There is so much we do at this level of communication that goes such a long way – a lot longer than most of our material actions...give it a try.

July 6-17 will be an intense 10 days. During this time, aim to inspire and promote awareness about things you feel are important. This period carries the potential for life changes and dramatic events – utilise this strong energy for positive change and target what needs to be sorted.

Above all, remember we are in a time of healing, stay in your integrity and draw strength from nature, nourishing friends and be prepared to change.

"In order to move forward you've got to know what you're made of...you've got to build the foundation strong, in order to move on...the moments that made you who you are today, each and every step along the way, sit with them, let them integrate..." Lyrics from the song "Forward" by Saritah, from her album "Dig Deep".

Love Helene

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THIS MONTH'S STAR SIGN IS CANCER

For the complete horoscope log onto www.villagejournal.org

June 30, 2013 – July 06, 2013

Some contacts/friendships are not really going as you wish, personally and professionally. That friend or colleague could have a problem with something, which influences his/her mood a lot. . If you get a financial windfall you should take things easy. It's a piece of cake to make some impulsive and unnecessary purchases but you are better off saving it for later.

July 07, 2013 – July 13, 2013

You like others to take care of our jobs and you really don't feel

For psychic and horoscope advice and to hear forecasts for the other 10 signs, ring **1900 999 009**, cost per minute is \$3.96 (incl GST). Mobiles and Pay Phones higher call rate applies. Service Provider: Access Positive.

Helpdesk: 1800 732 337.

like making an effort for anything. You need to get a grip and stop procrastinating. If you are looking for a new friend or a new partner, you should start by taking initiatives. It's not going to happen when you sit at home on your couch. You could get an opportunity that improves your financial situation.

July 14, 2013 – July 20, 2013

The best day to ask for your money is on the 18th. That's if you have given someone a loan. Be careful with your own finances. You might run out of cash before you realize it. The last days of the week aren't really looking well for love or friendship. Relationships could break or suffer from a hard blow in the face. Try to stay calm and take an objective look at things. Don't let your emotions take control.

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Please REMEMBER the VJ DEADLINE

**The 25th day of each month.
So please have all submissions
in by midnight.**

New Busking permit fees from 1 July

New busking permits fees apply from 1 July. Anyone over the age of 18, wishing to busk in Byron Shire must have a Council issued busking permit. The fees include a one off application fee of \$25 plus \$15 for a yearly permit. Artists can also apply for a one month permit fee of \$5.00. A busking permit allows artists to perform at designated areas within Byron Bay for a maximum of 2 hours. Byron Shire Council's governance manager Ralph James said all buskers, local and visiting, need to have a permit to busk in the Shire.

The busking permit must be displayed by the artist when

they are performing. Permits can be issued from Council's Mullumbimby administration centre and are valid for 12 months. All amplified busking must cease at 10.30pm and no amplified busking is allowed between the hours of 10.30pm and 8.00am. Non-amplified busking to end at 12 midnight. No busking is to occur between 12.00 midnight and 8.00 am. Where electrically amplified sound equipment is used, it must not be powered by mains power or generators. Only battery power from sealed (gel) or dry cell batteries may be used.

Buskers under 18 years must still apply for a permit, however no fees will apply. Parental approval is also required.

Driving songs

Spending a lot of my time on the roads (I probably have more driving/riding hours than sleep) and my love of music has compelled me to create a driving play-list. Having upgraded

my phone, I have access to music that I never knew existed, but the smorgasbord of choice is becoming overwhelming, which is why I am asking for a little help from you readers.

I am looking for hidden pearls, not the highway to hell and other born to be wild songs, I can find those easily. Maybe I should define what I call a driving song so here goes: A driving song should make you want to get in your car, turn the ignition and head for the open road, with a big smile on your face.

I am not bothered about the style, I listen to everything, Jazz, Rock Reggae, Rap, African and am very open to other cultural angles, I just want the music to move me. Spending an average of 5 hours a day at the wheel, I need some fresh ambient music to accompany me.

So, please forward your suggestions to editor@villagejournal.org, even if you only have one song, send it through, I may publish my favourite suggestions. Thank you for putting a smile on my face.

Didier Marceau

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What's on for July...

Thurs 4th @ 6.30pm No Trivia
Fri 5th @ 7pm Glen Massey
Sun 6th @ 2pm Leigh James
Thurs 11th @ 6.30pm Brainteasers Trivia
Fri 12th @ 7pm Conspiracy of One
Sun 14th @ 2pm Neil McCann Duo
Thurs 18th @ 6.30pm Brainteasers Trivia
Fri 19st @ 7pm Nicole Brophy
Sun 21st @ 2pm Slim Pickens
Thurs 25th @ 6.30pm Brainteasers Trivia
Friday 26th @ 7pm Matt & Jake (Band 3)
Sun 28th @ 2pm Bill Jacobi

Sat 6th 7:30pm Wallabies v British
Irish Lions
Wed 17th 7:30pm State of Origin

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Alterations & Dressmaking	Riverside	0401 630 402 or	Legal Services	Inspiring Remedial Bodywork	0421 826 639
Alternative Health	Happy Herb Shop	6622 3302	Legal Services / Conveyancing	Clunes Auto Centre	6629 1270
Antenna & Satellite Service	Vision Clear	6624 5202 or	Local Coffee Beans	Nicolaus Jungmann	0428 962 708
Architectural Drafting Service	Michael Spiteri	0417 713 033	Massage	Big Red Mowing	0468 345 160 or
Artwork & Antiques	Bijou Fine Arts	6688 4770	Mechanic / Service Station	Tobias Raeth	6689 5228 or
Auto Mechanical	Bangalow Auto Centre	0415 660 923 or	Mobile Sawmilling	Russell's Music	6622 0708
	Six Star Mobile Automotive Services	0415 724 494	Mowing	Roundtuit - Les	6689 5727
Beautician	Greta at The Red Door Beauty Salon	0403 254 437	Mowing/Slashing/Mulching	Mullum ChemSave Pharmacy	6684 6226
Birth Classes	Traditional Wisdom	0429 308 851	Music Store	Reuben Barkley	0422 221
Builder	John McGauran	6688 4215 or	Odd Jobs		
Cafe	Just Grounds	6622 5160	Pharmacy		
	Duck Pond Espresso	0434 168 965	Piano Tuning		
Carpenter / Builder	G Summers	0416 254 674 or	Plumber/Bathroom Renovation	The Village Plumber	0431 868 057
Child Care	Northern Rivers Family Day Care	6621 6437	Plumber & Gasfitter	Greg Kerr	0427 216 581
Chiropractic - Ridge Chiro & Kinesiology	Shaun Cashman	6628 6102	Pruning / Weed Control	Mick	6689 5959 or
Chiropractic & Craniosacral Balancing	David Ackerman	6688 4136	Real Estate Agent	The Professionals Lismore	6621 2401
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	The Old Romantic Shack	6629 1722 or	Restaurant & Takeaway	Property Spot	1300 002 003
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Electricity	Essential Energy	13 23 91	Waste Disposal	Richmond/Summerland Waste	6621 7431
Fashion & Accessories	The Old Romantic Shack	6629 1722 or	Zen Meditation	Zen Meditation	6688 6499 or
Films	Federal Films	6684 9313			0427 778 837
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	Dunoon Sports Club	6689 5444			
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The Village Journal

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Community Directory

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	<i>Eureka</i>	6688 4272	<i>Goonengerry</i>	6684 9134	
	<i>Rosebank</i>	6688 2126	<i>Whian Whian</i>	6689 5240	
	<i>Upper Coopers Creek</i>	6688 2128	<i>Eltham</i>	6629 1321	
Preschools	<i>Clunes</i>	6629 1551	<i>Dunoon</i>	6689 5396	
	<i>Federal</i>	6688 4371	<i>Rosebank</i>	6688 2096	
Playgroups	<i>Clunes - Inga Schader</i>	6629 1674	<i>Whian Whian</i>	66895240	
	<i>Daria Rogers</i>	6688 4263	<i>Eureka</i>	66884263	
Dorroughby Environmental Education Centre				6689 5286	
Federal Film Society			<i>Anita</i>	6684 9313	
Girl Guides Australia			<i>Helen Hargreaves</i>	6689 5254	
Dunoon Scouts			<i>Cubs: Lyn Black</i>	6628 8588	
			<i>Scouts: Graham Pringle</i>	6628 2820	
Community Services					
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	<i>Corndale</i>	6628 4260	<i>Rosebank</i>	6688 2116	
	<i>Dorroughby</i>	6689 5013	<i>Federal</i>	0497 074 709	
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			<i>Phoenix</i>		6629 1162
	<i>Rosebank</i>	6688 2220	<i>Whian Whian</i>		6689 5696
Wildlife Carers			<i>Rosebank Koala Rescue</i>		6688 2217
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			<i>WIRES Northern Rivers Rescue Hotline</i>		6628 1898
			<i>Friends of the Koala Hotline number</i>		6622 1233
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<i>Clunes</i>	<i>Feebrey</i>	6689 5438	<i>Watts</i>		6689 5359
<i>Dunoon</i>	<i>McDougall</i>	0409 425 551			

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To organise a classified ad please email: advertise@villagejournal.org or ph 6688 2327

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ad size:	1 issue	3 issues advertising incl.	6 issues 7th month
small	\$30	\$90	\$180
medium	\$50	\$150	\$300
large	\$80	\$240	\$480
1/4 page	\$100	\$300	\$600
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Coming Events ...

Sunday 14th July - Jam Session
Come along and join in with a tune, a rhyme ... or just kick back with a cool drink and enjoy! Its is becoming increasingly popular, so come early for a good seat. All Welcome

Trivia Afternoon - 3rd Saturday Each
Month at 3:00 pm
Saturday 20th July
Hosted by Annabelle



Friday 19th July -
Diana Anaid

all shows @ 8.30PM

Dunoon Sports Club Restaurant

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Trivia Quiz

3pm third Saturday
of each month

Dunoon Sports Club



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web dunoonclub.org.au



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2nd Sunday each month

from
3.30pm

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Rainfall Report

May 26 - June 25

Sheath's Rd. Goonengerry..... .81 mm
 Wean Way Federal..... .111.9mm
 Numulgi 67.8 mm
 Byrne Rd Rosebank102.5mm

Thanks to Jean McCall, David Dynes & Heron Lee, Ross Wilson
 Totals are calculated from 25th of previous month to 25th of current issue month.

Source: <http://rainfall.willyweather.com.au/nsw/far-north-coast>

For calendar monthly totals please go to VJ website.



July 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Rosebank Fire Service Meeting Clunes Playgroup 10am @ Clunes PreSchool	2 Rainbow Region Organic Market @ Showground 7.30-11AM	3 Whian Whian Playgroup WW School @ 9.00am	4 Trivia 6.30PM @ Eltham Hotel Byron Farmers Market Lismore Produce Market 3.30-6.30PM	5 Glen Mssey 7PM @ Eltham Hotel Mullum Farmers Market	6 Byron Farmers Market Lismore Farmers Market	7 Leigh James 2PM @ Eltham Hotel Byron Bay Community Market Lismore Car Boot Market
8 Clunes Playgroup 10am @ Clunes PreSchool	9 Rainbow Region Organic Market @ Showground 7.30-11AM	10 Whian Whian Playgroup WW School @ 9.00am	11 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	12 Mullum Farmers Market Conspiracy of One 7PM @ Eltham Hotel	13 Byron Farmers Market Lismore Farmers Market	14 Neil McCann Duo 2PM @ Eltham Hotel The Channon Market
15 Clunes Playgroup 10am @ Clunes PreSchool	16 Rainbow Region Organic Market @ Showground 7.30-11AM	17 Whian Whian Playgroup WW School @ 9.00am	18 Trivia 6.30PM @ Eltham Hotel Byron Farmers Market Lismore Produce Market 3.30-6.30PM Goonengerry Playgroup	19 Mullum Farmers Market Nicole Brophy 7PM @ Eltham Hotel	20 Rosebank Reserve working bee Mullum Museum Market Lismore Farmers Market	21 Slim Pickens 2PM @ Eltham Hotel Lismore Car Boot Market
22 RCI Meeting @ Rosebank Hall 7pm Clunes Playgroup 10am @ Clunes PreSchool	23 Rainbow Region Organic Market @ Showground 7.30-11AM	24 Whian Whian Playgroup WW School @ 9.00am	25 VJ Deadline Lismore Produce Market 3.30-6.30PM Byron Farmers Market Goonengerry Playgroup	26 Mullum Farmers Market Diana Anaid @ Dunoon Sports Matt & Jake 7PM @ Eltham Hotel	27 Lismore Farmers Market	28 Bill Jacobi 2PM @ Eltham Hotel Bangalow Village Market Nimbin Acquarius Fair Market
29 Clunes Playgroup 10am @ Clunes PreSchool	30 Rainbow Region Organic Market @ Showground 7.30-11AM	31 Whian Whian Playgroup WW School @ 9.00am	Trivia @ Eltham Hotel Lismore Produce Market 3.30-6.30PM Byron Farmers Market Goonengerry Playgroup			