



PRICELESS



# THE VILLAGE JOURNAL

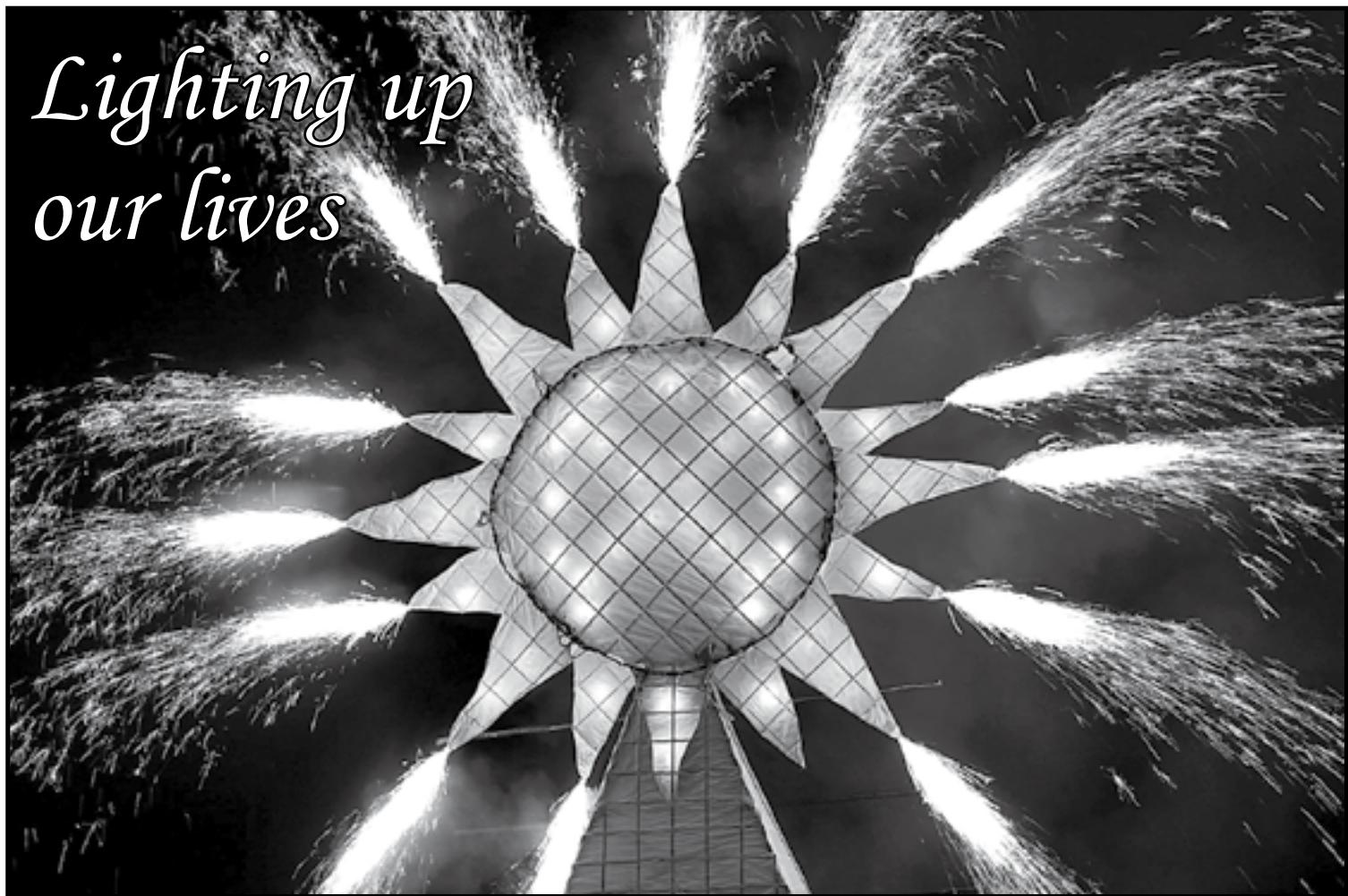
Number 297

July 2014

Circulation 1800

*Serving communities in Bundjalung Country, Northern Rivers... Rosebank, Dunoon, Clunes, Bexhill, Mullumbimby, Federal, Eltham, Whian Whian, Eureka, Dorroughby, Corndale, Goonengerry, Upper Coopers Creek, Numulgi*

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## What's inside the July VJ?

**Editorial**

**Lantern Parade Pix**

**Drug Doco Review**

**Friends of the Koalas**

**Gardening Tips**

**Lock the Gate Info**

**Community Garden**

**Landcare News**

**The Benefits of Cacao**

**School News**

***... and much more!***

# VJ Editorial

Welcome to the July edition of The Village Journal. My name is Freedom Vivian and I am the new Editor of The Village Journal.



As you may all be aware the VJ had fallen on hard times of late and at one stage it looked inevitable that the VJ was 'a goner'. At that stage the Village Journal team and RCI held an emergency community meeting to consult on the future prospects of the Village Journal. After this consultation, advertisements were placed to find a new Editor and drastic measures were put in place to keep our much beloved and iconic Village Journal up and running.

Finding people to take on a position that offers stress and responsibility for little remuneration is always a challenge. However, as a Media student at Southern Cross University I am used to living with no money and have experience working with community groups and 'not for profit' organizations so I thought I could put my skills to good use. The rest as they say is history.

While I am originally from South Australia I lived in the Northern Rivers area fifteen years ago but like many people in this area work commitments took me away from the Rainbow region and back to the 'big smoke'. However eighteen months ago I decided to sell up and move back to the place I have always referred to as 'my soul's home'.

As for becoming the Editor of the Village Journal, well that wasn't really a part of my 'five year plan' but if not me then who? From the outset I must explain that my only reservation taking on the position of Editor is that I already have a

pretty hectic workload as a fulltime Uni student with young kids. Plus I am trying to live sustainably by 'living off the grid' which is a pretty labour intensive lifestyle. So at this stage I have committed myself to a trial run over the next three editions. If all goes well, it may be very many more but it definitely won't be less.

Whilst it may not be the ideal solution this situation at the very least keeps the journal alive for a little longer, gives Lydia a well earned break and the RCI a chance to find the perfect person (if necessary). So if there are any up and coming media moguls out there or you think you might have what it takes please do contact us at editor@villagejournal.org.au.

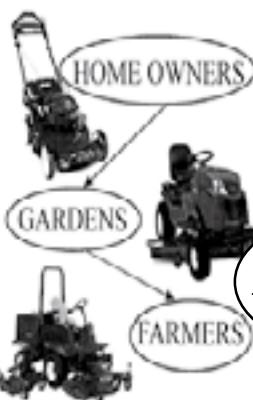
Being involved with The Village Journal is a good way to serve your community, learn some new skills and put all your creativity and local knowledge to good use. Take it from me the team at the VJ are very supportive and will steer you in the right direction.

In edition 297 we will look at ways to stay healthy over winter with some delicious and healthy super-foods, find out what's been happening in our neck of the woods and what's to come. We also have regular contributions from Friends of the Koalas and representatives from the local schools keeping us up to date on what the kids have been up to over the last month. Finally a big thank you to all our regular contributors that help the VJ reach production each month and all those people who volunteer their time and energy behind the scenes for the VJ and the RCI. I look forward to meeting you all in the near future.

- *Freedom*

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## Images from Lismore Lantern Parade



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# Letters to the Editor ...

## To The Editor

The Deputy-General of the World Health Organisation declared in May 2014 the international spread of Wild Poliovirus, a public health emergency of international concern. Polio is endemic in Pakistan, Afghanistan, and Nigeria. Other countries affected are Cameroon, Syria, Equatorial Guinea, Iraq, Israel, Ethiopia, Somalia and India.

In Pakistan there has been a rise of polio infection. A major reason for this is that immunisation campaigns have been disrupted by Taliban militants including murdering women health workers administering the polio vaccine. Children under 5 years of age are at most risk of being infected.

What significance does this outbreak of polio in Pakistan have for the people of the Northern Rivers? The NSW north coast has the lowest immunisation rate in Australia, the town of Mullumbimby has the lowest rate in the region. I am not suggesting that there will be a spread of polio here. However over the past decade

there have been outbreaks of whooping cough and measles. These are serious illnesses which can cause lifelong disability and death. Children who are immunised provide protection for children who are not, or not yet fully immunised. This beneficial effect of immunisation can only last as long as the immunisation threshold is maintained.

The spread of polio in Pakistan, a poor country with a large underprivileged population, makes me aware that too many of us forget that we live in a wealthy privileged country where immunisation is easily accessible. We do not know what it is to live with the possibility of our children dying from vaccine preventable disease.

View the images and reports of polio immunisation in Pakistan online. It is a small window into these peoples' lives.

**Toni Woodland, Rosebank**

Dear Editor,

We wish to express our thanks to Lydia Kindred, and the rest of the interim VJ team, for all their efforts in bringing

together the last 2 VJ editions (April and May), and for helping to find a new Editor so that the VJ continues into the future.

Faced with a very limited budget, meaning basically no operating dollars, the Rosebank Community Inc (RCI) which is the governing body of the VJ, lent the VJ the funds to cover the printing costs for the April issue.

On a shoe string budget Lydia and the team not only managed to produce the last two quality editions, but they also earned sufficient advertising revenue to provide a strong footing for the VJ into the future and to pay back the RCI loan.

Lydia and her team should be congratulated and thanked for their tireless commitment to the VJ, particularly considering they gave of their time freely, expecting no monies or payment. It is thanks to their generosity and community spirit, that the VJ enters a new chapter in its history.

Thank you again Lydia, Ross, Mez, Carolyn, Sue and any others that have contributed or played a role in producing the last two VJ editions.

**Catherine Knight and  
Benny Glasman**

## Support. Don't Punish Campaign 2014

The heightened risks faced by people who use drugs can no longer be ignored. It is time to leave behind harmful politics, ideology and prejudice. It is time to prioritize the health and welfare of people who use drugs, and their families and communities.

Support. Don't Punish is a global advocacy campaign to raise awareness of the harms being caused by the criminalization of people who use drugs. The campaign aims to change laws and policies which impede access to harm reduction interventions, and to promote respect for the human rights of people who use drugs.

The Support. Don't Punish campaign aims to:



- Change laws and policies which impede access to harm reduction interventions for people who use drugs.
- Raise awareness about the need to stop criminalizing ('punishing') people for using drugs.
- Raise awareness about the need for greater funding and attention for essential health services and other 'support' for people who use drugs.
- Promote respect for the human rights of people who use drugs.
- Engender public support for drug reform.

**For more information go to  
[www.supportdontpunish.org](http://www.supportdontpunish.org)**



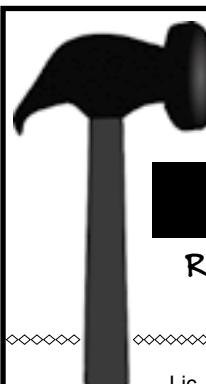
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# Jenny Love's a 'Little Keen' on Community Gardens

**The Community Garden on Little Keen Street in Lismore has been revived by local residents inspired by local artist and Weedstress extraordinaire Jenny Love who moved to Little Keen Street at the beginning of this year.**

The garden is open to all residents of the street and is currently flourishing with a wide range of herbs, vegetables, fruits and flowers including silver beet, parsley, basil, chili's and carrots. The fully-functional pizza oven has been finished off and features a new coat of rainbow paint.

There are many known social and health benefits of community gardens such as;

Growing food, individuals and families have access to free, fresh, nutritious organic food all year.

Community gardening promotes physical fitness and health.

Locally grown means low food miles (or no miles).

Organic gardening is a knowledge-based system of gardening rather than one based on quick fixes, it encourages learning in the community gardens in which it is used.

Gardens are used for community education such as waste minimization and the recycling of wastes through composting and mulching.

As social venues, community gardens can be used to build a sense of community and belonging; community workers already use the gardens for these purposes. Community gardening is a social activity involving shared decision making, problem solving and negotiation, increasing



these skills among gardeners.

"It's about more than gardening for me, it's a form of therapy. After a few hours in the garden working with and amongst nature I feel better, more positive about the future." Jenny said.

Community gardens are popping up all over the country as people increasingly value their role in sustainable living and healthy communities.

There are a number of community gardens in and around the Rainbow Region. Some are run 'officially' whereas others, like the one on Little Keen Street pop up and evolve organically over the years, changing with the seasons and as the residents come and go. A great way to learn more about community gardens is to visit and take part in regular working bees at existing sites.

Lismore Community Garden (LCG) has been operating since 2009 and is gradually developing the Garden Plan with the help of an active band of volunteers. LCG is a friendly, social place and each Saturday there is a shared lunch using produce from the garden. There is always a lot to do at the garden and everyone in the community is welcome to become involved.

Volunteers can help out in a variety of ways, including:

Planting, watering, weeding, maintaining and harvesting fruit and

vegetables grown in a variety of small garden plots, using organic principles and water conserving methods.

Helping out with general garden maintenance, including mowing, whipper-snipping and keeping the native borders and grounds looking neat and tidy.

Helping in the nursery with sowing seeds and nurturing seedlings for the garden as well as saving seeds from our crops.

Getting involved in the various construction projects (currently building roof and new garden beds) as the garden develops

For more Information contact Site Manager 0434455530

For Byron Shire residents the Byron Shire Council recognizes community gardens as legitimate social assets that enhance local food security. Council is committed to the promotion, development and management of community gardens across the Shire in accordance with best practice guidelines. The Byron Shire Community Gardens Policy aims to facilitate the establishment of new community gardens and regulate the management of existing community gardens on Council owned land.

For more information, contact Council's Sustainability Officer on (02) 6626 7305.



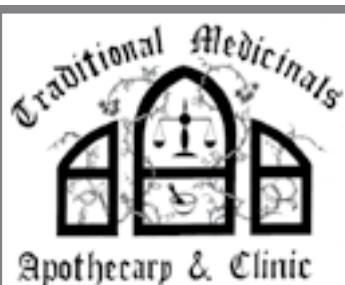
# Drug Documentary that will challenge the way you see the 'War on Drugs'

*The House I Live In*, directed by Eugene Jarecki, is a documentary film about the War on Drugs in the United States. June 26 was world Support. Don't Punish awareness Campaign Day and it is fitting that we review one of the best documentaries on the War on Drugs.

The 'War on Drugs' has been the longest war in the history of humankind. It has been fought for over 40 years. Drugs are still readily available and just as many people use them today as they did in the past. To say the war has failed in its objectives is an understatement. A catastrophic and monumental failure, if the objectives were in fact to reduce drug-related harm. Furthermore the consequences of short-sighted government drug policy has had a huge negative impact on the poorest and most vulnerable people.

For some people the 'War on Drugs' doesn't mean much. But just like the name suggests: it's a war. However it's not a war on drugs but on people. Real people just like you and me. Families and whole communities are caught up and become victims to this "War". Lives are destroyed, families pulled apart, an entire generation of black men are being incarcerated and their children are growing up with one or more family member in jail.

This is the stark reality captured in the thought provoking documentary titled *The House I live In*, winner of the Grand Jury Prize for Documentary at the Sundance Film Festival. For anyone sitting on the fence about the War on Drugs I suggest you watch this documentary. Educate yourself.



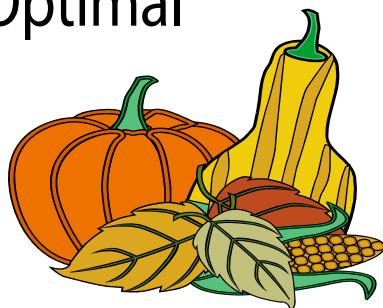
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- Helping decrease the risk of heart disease by 40%. Every 7g of additional fibre taken on a daily basis can reduce the risk of stroke by 7%.
- Soluble fibre assists blood sugar control, as slows down the metabolism of carbohydrates.
- Fibre may help relieve some symptoms of IBS.
- Insoluble fibre can help decrease the risk of diverticulitis by up to 40%
- High fibre diets also decrease your risk of haemorrhoids, and alleviate those symptoms.

Fruit, vegetables, whole meal and whole grain foods provide us with fibre but also essential vitamins, minerals and phytonutrients that help sustain vitality and health. Whole foods are some of the best forms of fibre as they provide more than roughage for optimal digestion.

There are two main forms of fibre firstly, soluble fibre dissolves in water and becomes soft and gelatinous, softening and bulking the stool. Examples of soluble fibre are strawberries, blue berries, berries, flaxseeds, cucumber, celery, carrots, chia seeds, slippery elm powder.

The second form Insoluble fibre does not dissolve in water, it adds bulk to the diet and provides food for growth of beneficial bacteria. It also assists in normalising bowel function and preventing constipation. Eating more whole foods daily is an inexpensive way of preventing chronic disease.

— Alison Millican B Nat University qualified naturopath located in Ballina ([alimillican@gmail.com](mailto:alimillican@gmail.com)) & Traditional Medicinals Lismore

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**at the  
Rosebank  
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If you've got two to three hours spare a month then why not come down to join the Landcare working bee at Rosebank Recreation Reserve on Armstrong Rd? Some start at 8am, some a little later. There's usually a choice of jobs but weeding is a bit of a priority at present as Madeira vine has had its way.

It's a beautiful environment at the reserve straddling two sides of Yankey Creek and there's a bunch of nice people to work alongside.

The mythical platypus was sighted in the creek at our last working bee in June and we were very pleased to hear reports of its sighting after some year's absence. We aim to make the reserve a suitable habitat for the native wildlife and the visitors'.

It's on the 3rd Saturday of each month. This month it will be on the 19th of July.

# **Byron City Council**

## **Upper Coopers Creek Road – temporary road closures for repair work**

The Upper Coopers Creek Landslip project has now moved its focus onto the Northern and Southern upslope repair areas.

This will require the establishment of multiple work-fronts and some road closure periods to provide access for long reach equipment and mitigate the risk to vehicular traffic from potential falling rocks and debris. Please be advised that the following periods of road closure will occur over the next two weeks:

1. Thurs 3rd July - Fri 4th July – between 9.00am to 2.30pm
2. Mon 7th July – Fri 11th July - between 9.00am to 2.30pm.

Emergency access will be accommodated. Contact the contractor Mainland on 0427 135 562. There is also full-time traffic control on site to assist during this period.

Your understanding and patience in relation to the completion of this work is appreciated. The Upper Coopers Creek project is on track for completion by early September.



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# 'Gardening on the North Coast' - July

A tricky month, sometimes unsure of its place in the scheme of the seasons. A week of cool weather, then a breath of Spring, such is July, usually. Finish the pruning in the first two weeks, then it is time to begin sowing and planting as the gardening calendar begins a new cycle.

## Vegetables

Lettuce and an early variety of carrot sown now will provide an early-Spring boost to the diet. Always pamper lettuce a little, for it likes to keep moving. It is a heavy feeder, so rich topdressings and liquid fertiliser will ensure sweet hearts. The onion seedlings should all be planted out by the end of the month.

Plantings include: Cabbage \* Chinese cabbage \* Lettuce \* Onions \* Potato \* Radish \* Silverbeet \* Spinach



## Flowers

There is a good variety of perennial flowering plants in the nurseries this month, so take advantage and plant as soon as possible.

Plantings include: Alyssum \* Aurora daisy \* Calendula \* Candytuft \* Dianthus \* Gypsophila \* Larkspur \* Linaria \* Lupin \* Mignonette \* Statice \* Virginian Stock

## Fruit

Plantings include: Deciduous fruit trees and vines. When planting these, deep holes are not necessary, but good preparation will pay dividends. Break the resident soil up in the bottom of the hole and churn in some organic matter (manure is ideal). Make a type of potting mix with the soil you have removed from the hole by adding organic matter, sand if it is high in clay content and more organic matter if it is sandy.

Tease out the roots if they are potbound or tangled and splay over a mound of mix in the bottom of the hole. Fill in with the mixture, apply an undercoat of organic matter, an overcoat of mulch, a feed of liquid fertiliser and water regularly. Treat vines in the same fashion.

The main purpose of pruning is firstly to shape the tree and create a sturdy framework. In the tree's later life, pruning is for the removal of sick and dead wood, ingrowing, overcrowded

branches and to encourage new growth. For many years the most popular and practical shape trees have been pruned to is that of a wine glass. Keep that in mind and there won't be any disasters.

## Herbs

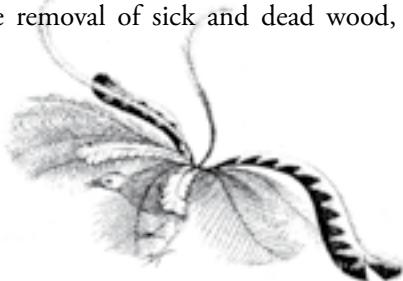
Herbs can be planted over the next three months, so it is time to check the kitchen stocks and consider filling those little shop-purchased jars of dried flakes with your own fresh, mineral and vitamin-charged produce. And have no doubts, there is no contest between the two.

Some herbs are tricky to grow, others almost become weeds, but in general, they need a friable, drained soil and the occasional weak liquid fertilising. Grow them in a garden, in a rockery, in pots, tubs and troughs or as borders to other gardens. Most herbs prefer full sunlight, but many will tolerate semi-shade.

Pick fresh as needed, but when annuals mature, cut at ground level and hang the plants upside down in a shady, well-ventilated and dry spot until completely dry. Store in air-tight jars.

Plantings include: Basil \* Borage \* Chamomile \* Chervil \* Chives \* Coriander \* Dill \* Fennel \* Garlic \* Horseradish \* Hyssop \* Lemon balm \* Marjoram \* Mint \* Oregano \* Parsley \* Rosemary \* Summer savoury \* Tarragon \* Thyme.

*From 'Gardening on the North Coast and Thereabouts'  
by Stephen Brouwer.  
(Compiled by Lydia Kindred)*



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**Rosebank  
Community Inc**

**General Meeting 7pm Wednesday July 16th**

Please come along to our next RCI Meeting at Rosebank Hall. We've invited the new VJ editor and we will hear other reports on the reserve, the public halls and the RFS. Bring any concerns you have to discuss and meet the rest of the RCI crew.

# MacFarlane misses the point on opposition to CSG

**Industry Minister Ian Macfarlane has got it wrong if he thinks farmers can simply be bought off with bigger financial incentives to allow drilling for coal seam gas on their land, the Lock the Gate Alliance said today.**

National coordinator for Lock the Gate Phil Laird said "throwing bundles of cash at individual landholders would only intensify conflict over coal seam gas drilling in rural communities nationwide".

"The issue is not how much money individuals can make, it is about the fact that drilling for coal seam gas and other forms of unconventional gas is simply not safe," Mr. Laird said.

"It's not safe for our water resources, our farmland or our communities. Fracking and other forms of unconventional gas extraction are not appropriate in food producing areas, over aquifers or near human beings.

"We have to ask why on the one hand

the Minister is so keen to get coal seam gas out of the ground at the expense of land and water yet is refusing to reserve any gas for domestic use.

"He is reported as saying that gas reservation would come in "over my dead body", an alarming statement that shows his disregard for Australian agriculture and manufacturing industries.

"CSG exports are locking Australia into the world gas market and will cause domestic gas prices to triple. CSG companies will reap windfall profits, while Australian manufacturing loses tens of thousands of jobs and everyday Australian's pay much more just to heat their homes.

"Other countries understand the strategic nature of energy supplies and have implemented gas reservation. It is the responsibility of Australian Governments to protect Australian consumers and industries, but Macfarlane is sacrificing us for the CSG exporters.

"In addition consumers in Australia and around the world are demanding clean and green food supplies. The community demands balance in this debate beyond the narrow focus of sectional interests.

"Policy inaction on gas reservation, no go zones and environmental protection shows how federal governments have failed the national interest test on this issue and mining in general. When will we have a mature debate in this country on CSG and unconventional gas? The risks in getting it wrong are too great.

**For more info contact: Lock the Gate.**





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# PRESIDENT'S MESSAGE



Koala's survival is even more challenging.

In our favour, we've got a bit of time. There's some commitment to koala management from our councils and there's hope that a vaccine for chlamydia will soon be available. I'd like to think that society is more thoughtful and willing to share space with koalas but every day the reports we receive are of incidents that demonstrate the contrary. Koalas are much loved until they become a nuisance or get in the way.

Recent wins by community coal seam gas campaigns may also benefit koala conservation in our region. There is much to be learned from non-violent direct action tactics, social media mobilisation, local committees, public protest, media reportage, public fundraising, self-promotion and sophisticated organisation.

The coal seam gas issue appears to be the tipping-point for a new wave of national community defiance against public and private assaults on our natural environment. We need to identify

the elements of the Pillaga and Bentley experiences that can be usefully applied to koala conservation campaigning.

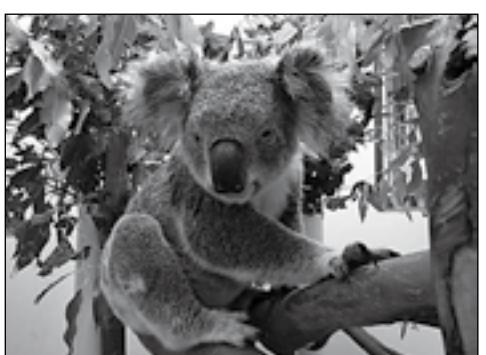
You may have come across references to Wild Law and Earth Jurisprudence, a new legal theory and growing social movement which proposes that we rethink our legal, political, economic and governance systems so that they support, rather than undermine, the integrity and health of the Earth. It asserts that humans negotiate a new contract with Nature which rejects mastery and grants Nature rights.

As recently as April Bolivia introduced ground-breaking legislation giving Nature comprehensive legal rights in an effort to halt climate change and the exploitation of the natural world, and to improve quality of life for the Bolivian people.

The laws provide the Earth with rights to life and regeneration; biodiversity and freedom from genetic modification; pure water; clean air; naturally balanced systems; restoration from the effects of human activity; and freedom from contamination. The laws are rooted in the indigenous Andean worldview of 'Pachamama', in which Mother Earth is a living being.

Who knows if this is a glimpse of

**CONTINUED NEXT PAGE ➔**



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Management Committee that Friends of the Koala becomes a member of this emerging national alliance for koala protection.

There is no doubt in my mind that koala conservation needs a new, inclusive and united voice. We are tasked with a huge responsibility and that is ensuring that evidence-based local knowledge and aspirations are accorded their rightful place in policy development and decision-making related to koala survival.

Since March government leadership in NSW has changed. The environment portfolio is now aligned with planning in the Department of Planning and Environment. The respective ministers and senior bureaucrats are also new. On paper these changes suggest possible elevation of some environmental matters



by government. Let's make sure that the Coalition's election promise of improved protection for koalas is one of those matters.

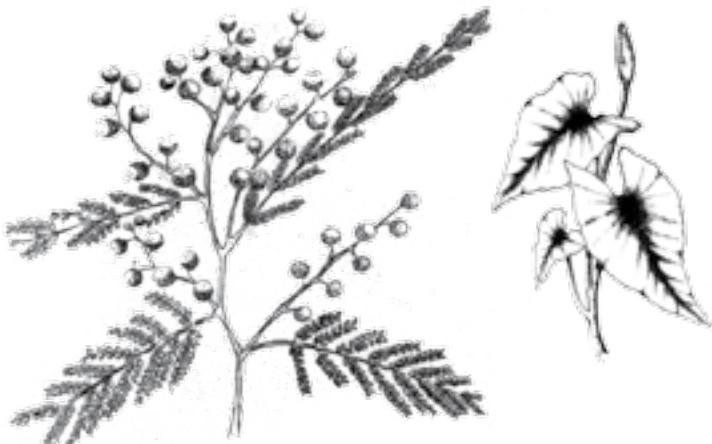
Friends of the Koala operates a 24/7 Rescue Hotline: (02)6622 1233. For information about koalas, their food trees, and other ways in which you can assist the koala conservation effort on the Northern Rivers, visit: [www.friendsofthekoala.org](http://www.friendsofthekoala.org) or email [info@friendsofthekoala.org](mailto:info@friendsofthekoala.org) Like us on Facebook.

*Lorraine Vass*

the future? And if it is, how far into our future it might eventuate. Personal engagement is what matters and those of us who are engaged battle on with what we've got, which amounts to little more than a lick and a promise, doing what we can for the Koala and thus the other arboreal species which cling to their proverbial coattails.

Nevertheless there are indications of change in koala campaigning. It is 12 months since the National Koala Conference was held in Port Macquarie where immediate and collaborative action to save the koala was called for. Towards the end of the last day participants were asked to provide their contact details if they were interested in working towards developing some sort of united voice for koala protection. I don't know how many people committed but in November I received an invitation to the launch of the Koala Action Alliance in Landsborough on the Sunshine Coast. I did not attend but plenty of others did and the Alliance was up and running with the promise of a professionally facilitated strategy workshop planned for early 2014.

Facilitated by The Change Agency and sponsored by the International Fund for Animal Welfare (IFAW), the workshop was held in April. Participants from Victoria, South Australia, NSW and Queensland attended. It was a full-on and quite inspiring weekend; more than enough for me to recommend to the



## Wildlife Corridor Link in Public Hands

**An essential wildlife corridor between Nightcap and Goonengerry National Parks will be linked and in public hands when NSW National Parks and Wildlife Service acquires private land, Wompoor Gorge, at the end of July.**

Wompoor Gorge is located on Coopers Creek near Rosebank. It is a narrow gorge between Nightcap and Goonengerry National Parks and provides habitat for 27 threatened species – including 17 threatened animals and 10 threatened plant species have been recorded on the property.

Areas of the property were cleared for agricultural in the 1920's. Parts of the cleared forest regenerated but lantana established in large gaps and prevented any further rainforest regeneration. NSW Environmental Trust commenced funding restoration six years ago and a transformation began.

EnviTE Environment bush regenerator Iain Styche said "Over the last six years, we have controlled dense areas of lantana by a range of methods including mechanical control with a tractor, over-spraying and splatter gun in rocky, less accessible areas, hand weeding with brush hooks and loppers and cut/scrape and paint of scattered lantana among remnant vegetation. The results have been fantastic with regenerating rainforest now over 5 metres in height!"

A field day will be held at Wompoor Gorge on Friday July 25th, 2014 providing a rare opportunity to see inspiring rainforest regeneration in a beautiful location. For more information and bookings contact Georgina Jones at EnviTE on 02 66219588 or [georginaj@envite.org.au](mailto:georginaj@envite.org.au)

**Maree Thompson**  
**Environment Projects Coordinator**  
**EnviTE Environment**

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# The benefits of Cacao

Cacao is one of the latest 'foodie buzzwords' but Freedom Vivian finds out there is an ancient tradition behind this superfood.

Raw Cacao is quite simply amazing! A powerhouse of nutrients, it offers over 300 compounds including carbohydrates, protein, fat, fiber and minerals including: iron, copper, zinc, magnesium, calcium and sulphur.

Out of all the whole foods that contain antioxidants, raw Cacao is the highest in the world, containing more antioxidants than red wine, green tea and blueberries put together! For thousands of years, ancient Mayans and Aztecs have used the amazing healing properties of the cacao beans by consuming Cacao as a drink – up to thirty cups a day..

Cacao can be used in place of cocoa (it's much less pretty cousin) and tastes

amazing as a chocolate replacement.

There are many variations of this recipe work on it to make it to your own taste preferences. So have a play and be warned – it's addictive.

## Cacao sugar-free chocolate delight

### Ingredients:

- 1 Avocado
- 2 tsp Cacao
- 1 Banana
- 3 tsp Coconut Oil
- 2-3 tsp Honey or Agave

### Method:

Blend or process all ingredients together until smooth. Then try and not it is straight away but put it in the fridge to set for an hour.

Serves 1 chocoholic or up to 4 people



## Cacao Bliss Balls

Cacao Bliss Balls are a raw treat that are easy and quick to make. They have been described as superfood in a ball form.

### Ingredients:

- Almonds raw – 1 cup
- Dried dates pitted – 2 cups
- Dried prunes pitted – 2 cups
- Walnuts raw – 1 cup
- Sunflower seeds – ½ cup
- Pepitas (pumpkin seeds) – ½ cup
- Sesame seeds – ¼ cup
- Shredded Coconut ¼ cup + some for decorating
- Cacao, powder raw ¼ cup
- Extras (optional)
- Cashew nuts (1 cup if instead walnuts or ½ cup with ½ cup of walnuts)
- Hazelnut nuts (as above)
- Coat with: shredded coconut, cacao, carob, poppy seeds, sesame seeds

### Method:

\*\*\*Important to get the right consistency\*\*\*

In a food processor start putting the ingredients in the order mentioned above one by one.

So once the almonds are ground, add dates, then prunes, then the rest of ingredients. Finish with adding cacao powder. Mixture should be dark, sticky and easy to work with.

Once the ingredients are blended and mixed, start forming balls into a size of a golf ball. Cover with shredded coconut. Try also with poppy seeds and carob.

Makes 30 small bliss balls.

Time: 20 minutes

Difficulty: easy

## HAVE YOU SEEN... A ROOF MADE FROM PIZZA?



Repentance Creek Hall Wood Fired Pizza nights are funding a new roof for the hall  
AND

We are half way there!!!

So come along, see the work so far, buy a pizza and support your local hall.  
Pizza, drinks, cake and a kids' movie

**Saturday 26<sup>th</sup> July from 4pm – Repentance Creek Hall**

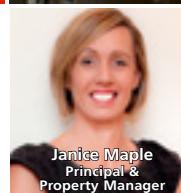
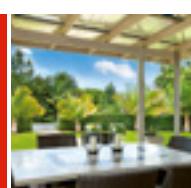
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"Janice and Karlyn have been excellent in listening to our needs and are very prompt when organising repairs. It is important for me as a tenant to feel valued as I treat the place with as much care as if it were my own." Lisa Sharpe

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**6687 1500**

# ROSEBANK PUBLIC SCHOOL

## Small Schools Soccer

Our small schools soccer team were successful in the first round of the PSSA knockout competition against Eltham Public School. The final score was 12-0. We are looking forward to playing Albert Park Public School in round 2 next term.

## Chess Competition

On Friday 13th June 16 Years 4, 5 and 6 students travelled to Modanville Public School to compete in the inaugural First North/Big Scrub Chess Competition. The children thoroughly enjoyed the day competing in a round robin event against various other small schools from the area.

## Little Athletics Program

Our classes have been busily preparing for the Athletics season by participating in the Schools Little Athletics Program with Olympic Official and Coach Jennie Dutfield.

Each class has received expert tuition

in high jump, long jump, shot put and sprinting over four weeks. We can't wait for the athletics carnivals next term.

## Regional Cross Country

Congratulations to Jamilla, Bridie and Olivia who represented our school at the Regional Cross Country at Kempsey on the 6th of June. The girls ran exceptionally well with Jamilla finishing 10th and Bridie 15th.

The staff of Rosebank would like to wish all our families a very happy holiday period. We are looking forward to welcoming everyone back for the start of term 3 on Tuesday 15th of July.

For more information please contact the school: (Phone): 02 66882126 (Email): rosebank-p.school@det.nsw.edu.au (Website): www.rosebank-p.schools.nsw.edu.au

*Nickie Bartlett  
Principal*



## Check out what's on at Federal Films



### Two Movies for Saturday 12th July

Fern Gully (G) For the young ones at 4pm.

**Family Dinner will be available from 5.30pm–6.30pm - Later Dinner from 6.30pm-7.30pm**

Dinner will be from the wonderful (FSAAI) Hall Committee offering a delicious Italian menu, including a vegetarian option.

Then at 7.30pm the adult movie Nebraska(M)

**Special Holiday Kids Movie at 4pm FernGully (G)**

The magical inhabitants of a rainforest called FernGully fight to save their home that is threatened by logging and

a polluting force of destruction called Hexxus.

**Evening Movie at 7.30pm  
Nebraska (M)**

"Elegant in its simplicity and poetic in its message, Nebraska adds another stirringly resonant chapter to Alexander Payne's remarkable filmography"

Doors open at 4pm  
for kids movie followed by family dinner at 5.30pm - 6.30pm  
Later dinner from 6.30pm - 7.35pm  
Later film starts 7.30pm.

Casual and long membership available at the door.  
Ph. 66849313 for further details

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# EUREKA PUBLIC SCHOOL

The students and staff at Eureka PS are really excited that talented local music and Indonesian teacher Suzanne Summerville has joined the staff at our school. In just half a term, Sue has already got both classes speaking basic Indonesian and the student's just love it. We all feel that it is such a wonderful addition to our already extensive range of education programs at our school and thank Sue for her talent and passion for teaching our students.

The whole school travelled to Ballina Sea Bird Rescue and Ballina Maritime Museum a few weeks ago to enhance our study of global and local pollution issues as part of our Personal Development & Health studies. The students were lucky (or unlucky) enough to see a couple of turtles in care after they had eaten plastic. It was a great day and we highly recom-

mend everyone go along to both these venues to learn more about our local maritime history and caring for our marine life.

Our P&C have been extremely busy with a working bee to start work on our new sensory garden (which is looking incredible), catering for the Federal Film Night and a sausage sizzle to raise funds for our Senior Class Camp. The Senior Class and Mr Coleman will be travelling to Canberra and the Snow for a week at the end of July. We will be visiting Parliament House, the National Gallery, The Australian War Memorial, Quest-a-con and many, many more educational experiences. Thank you to all the lovely locals who came to the film a few weeks back and supported our fundraising efforts. It will be an amazing trip that the students will never forget.

Once again the Eureka PS students were lucky enough to be invited to not only walk in the Lismore Lantern Parade, but to also star in the amazing Fiery Finale at Oaks Oval. This is the second year that Eureka PS students have been in the show and yet again they performed beautifully.



We are looking forward to meeting our Kindergarten 2015 students and their families on Wednesday, September 3 for our Orientation Morning. This will be a chance for parents to come into the school, meet the staff and learn more about the programs we offer at Eureka PS and to register for our Transition to Kindy 2015 program which is held in Term 4. More information will be in the next Village Journal and we will also be doing a letter drop to all houses in the Eureka School Zone as well. To book in for our Orientation Morning on Wednesday, September 3, or if you are unsure about which public school zone you reside in, feel free to contact our office on 66884272.

Thank you for reading and have a great month!



## EUREKA PLAYGROUP

It has been a great month at Eureka Playgroup with lots of wonderful parents, bubs and littlies coming along to enjoy each other's company, play and have fun.

Each week we explore a theme which is woven into our stories and craft and this month we looked at Feelings (making masks to represent how we were feeling), My family and I (cutting out and decorating figures to represent who is in our family), Birds (making our own Birds of Paradise), Lanterns (drawing inspiration from the Lismore lantern parade each child made their own

lantern), and had a Music Day exploring all the instruments in the Eureka Public School music library.

There is also plenty of time for free play and playing with friends. Playgroup is open to all parents and carers with children aged 0-5 years. We meet each week in the beautiful grounds of Eureka Public School from 9.30-11.30am.

Everyone is welcome to join in and it is free. For any information please contact Megan on zzzzz-away@hotmail.com



# GOONENGERRY PUBLIC SCHOOL

## Australian War Memorial Soundscape Project

In August, the Australian War Memorial will be launching the Roll of Honour Soundscape Project, commemorating the centenary of the First World War. Earlier this year, the Memorial invited students from around Australia to record the names and ages at death of the 62 000 Australians who died during the First World War. These recordings will then be broadcast in the Roll of Honour Cloister in the Commemorative Area.

Students from Goonengerry School were fortunate to be selected to record the names of 50 soldiers. The Stage 3 students are pictured here at the ABC Regional Radio station in Lismore today making their recording.

*Tracey Barnes  
Principal, Goonengerry Public School*



## UPPER COOPERS CREEK SCHOOL

Term Two has been a busy term for our school with lots of interesting events happening.

### Indonesian

This semester we have purchased an interactive program called Language Perfect. This program allows students to work at an individual level at home or at school. Students are able to work on homework set by the teachers. Our school has performed well in championship rounds of Language Perfect with two students receiving Bronze awards placing them in the top ten percent of 300,000 competitors worldwide. Congratulations Bryce King and Aeryn Wilson.

### Musica Viva

Our students enjoyed the interactive Musica Viva concert by Gypsy Tober at Eureka Public School. The performance was wonderful and all students loved hearing their familiar songs and sang along with gusto. Students were given the opportunity to create their own original piece as the Gypsy Tober members assisted students to layer together harmony, rhythm and storytelling.

### 13th Story Treehouse

After reading the book 13th Story Treehouse in class students were able to see the book come alive on stage, when they visited Lismore City hall for a live performance. We followed this up with lunch in the park and a visit to the Lismore Regional Art Gallery.

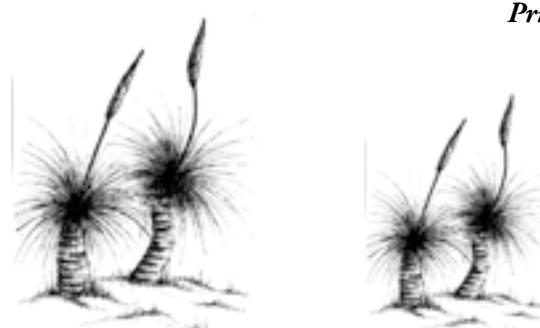
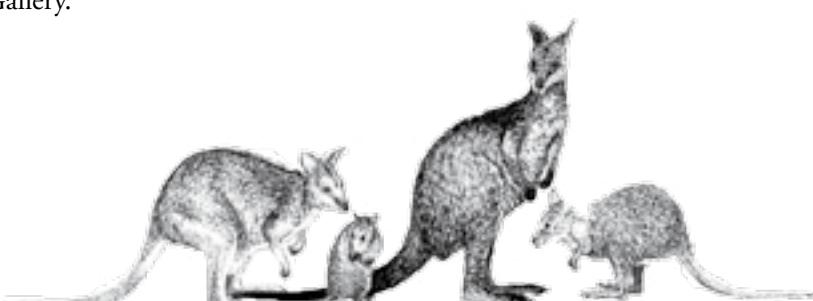


### Biggest Morning Tea

Thanks to everyone who attended our Biggest Morning Tea and for your generous donations. Altogether we raised over \$150 which is a large amount for our small school. We had a delicious morning tea and all enjoyed the music and singing of our talented students. The student representative council (SRC) did a great job organising this event.

If you would like to find out more about our school or would like to visit please call our office on 66882 128.

*Sharon Turner  
Principal*



# Titbits (last month/next month)...

## Football Fever in the Hills

Local clubs at Dunoon, Eureka, Mullum, Bangers and further afield are engaged in their annual titan struggles, with players aging from 5 to well into their fifties. This year, however, is also a World Cup year. What other sport finds Nigeria competing against Iran? Australia vs. Chile? Colombia vs. Ivory Coast? Then there's Filthy Politics vs. Fabulous Sport. It's been quite the smorgasbord.

Speaking of which, Eureka FC (stands for "Freakish Cult", I think), has been hosting World Cup Breakfast Screenings at Federal Hall (with the help of Al from Federal films). Last weekend, Chilean Empanadas and an English breakfast were both on offer.

Keep an eye out for the finals in mid-July (Will it be Dutch Pofferjes vs. French Croissants or something completely unexpected?). Keen not to miss out? Text Eureka FC on 0417 258 038 for info.



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## Lots on at Federal Hall

If you haven't been to Federal Hall lately, you are missing out on a wonderful community hub, where debate, fun and private enterprise are all heartily encouraged.

There is table tennis (on Tuesday evenings at 7.30), yoga and choir practice (at various times on Wednesdays), dance, fitness and craft group (sat 1-4pm).

There are also pop up restaurants including:

Forage and Graze popup cafe, serving dinner on the 1st Thursday of each month (from 5-8pm)

Pizza Volante wood-fired pizza (on the 2nd Thursday of the month). Eat in or takeaway.

Francisco's Table also pops up from time to time, offering sumptuous feasts featuring locally grown ingredients (Not sure about their schedule)

Federal Films offers dinner and a film on the 2nd Saturday of the month. Next showing will be on the 12th of July (Nebraska)

...and the Kids Film Club will screen Fern Gully in the afternoon. See elsewhere in the VJ for more info.

In June, the first of hopefully many FedTalks events was held. The topic was "An alternative to Endless Growth" with Geoff Mosley (Australian Director of the Centre for

the Advancement of the Steady State Economy) in conversation with Peter Thompson. The house was packed, with plenty of juicy debate that went on afterwards.

Three cheers for the bubbling community at Fedders! Call 0497 074 709 for more info on any Federal Hall activities or check out Jasper Corner on Facebook. **More pop-up dining: Monday is \$10 Pizza night at Eureka Hall.**

And one more pop up event: There are plans in the pipeline for a Writers Fringe Fest to be held in Mullum round about the same time as Byron Writer's Fest next month. Not quite sure what's on the program, but this will be a home-grown, potluck, popup event for those of us who can't be bothered with large corporate ones. Contact Mark on 0407 875398 if the idea interests you and you'd like to be involved.

## Lock the Gate

The tireless folk from Lock the Gate are not letting grass grow (gently) under their feet in the wake of the Bentley Victory.

Last month (12/June) a training session was held at the Lismore workers club to teach Northern Rivers Folks the art of non-violent direct action.

Their latest message is that Metagasco is up to their tricks again and hoping to overturn the judgement that forced them to postpone their plans, so let's not get complacent.

## Checkmate!

The Term 2 Northern Rivers Gardiner Chess Competition was hosted by Shearwater School recently. If you have never seen such a spectacle, imagine a school hall, full of kids of all ages, completely focused on chess boards. The room is not silent, as kids circulate in between their games for a bite to eat, or a quick game of handball, or to check up on a friend's progress, but over and above those small noises, is the sound of all those little synapses creaking and crackling. One of my favourite sounds!

Mullum kids (from various local schools) were the standout performers by a Goonengerry mile. Is it the water (doubt it), or something to do with chess club?

Chess club is open to all ages and takes place straight after school on Tuesday afternoons at the Mullum High school Library. It only costs \$5 for an hour and a half of mental gymnastics. Contact Mike on 6684 6281 or [guruduff@yahoo.com.au](mailto:guruduff@yahoo.com.au)



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# Bangalow BBQ & Bluegrass Festival

Dust off your double denims. The inaugural Bangalow BBQ & Bluegrass Festival, a not-for-profit community event, will celebrate local food & music with highlights including a stellar line-up of Bluegrass musicians, a BBQ cook-off, a Pickers comp and family friendly entertainment in the Byron Bay hinterland - Bangalow Showgrounds, Saturday 2 August, 2014.

Amateurs, chefs & professionals are all in with chance to win \$1000 first prize in the BBQ cook-off! It's the only one of its kind accredited by the Australasian BBQ Alliance and 'Burger Mary' - self proclaimed BBQ enthusiast - will preside as the official judge. A Pickers comp - Guitar/Banjo/Mandolin/Fiddle - will attract a \$250 first prize and local schools will be hosting a day of \$2 games for the kids raising money to fund arts in schools programs.

The Bluegrass line-up features Bellingen folk The Mid North whose old-time Mountain Music, Gospel, Pop and Front porch won them Tamworth Country Music Festival gongs earlier this year. Bluegrass 5 piece The Stetson Family who's high lonesome country-folk, reached US chart status with 'tales of love gone wrong, snake-handling preachers and wandering down life's crooked highway'; and perennials of the festival circuit, 7 piece string outfit The Morrisons who regale with their alt-country, bluegrass, old-timey and folk, alt bluegrass lead the bill alongside an impressive collection of local Bluegrass musicians.

The mercurial Starboard Cannons have just released their second album 'The Brave and the Valiant' (Vitamin Records). A successful crowd funding campaign testament to their growing appeal. New Queensland band River Mountain Riot will deliver spry, traditional Bluegrass and Heartworn Highway take time out between recording in the studio and their Treehouse

residency to perform, folk, roots, and country alongside the eponymous Barkers Vale Brothers - troubadours with a penchant for 1920s-1950s radio programming, traditional bluegrass, old timey, roots and swing.

Nashville raised local and festival organiser Fletcher Potanin, inspired by the compelling musicianship of the grass roots collective the Northern Rivers Songwriter Sessions, saw both the need and desire to create greater accessibility to audiences and musicians. The festival is a collaboration with festival artistic director, Ash Bell of the Starboard Cannons. With the support of the local community, all proceeds raised will benefit arts and cultural initiatives in the Northern Rivers.

Tickets on sale now at [Oztix](#). Includes a tasting plate! Adult \$40 |Family Pass \$65\* [on the gate Adult \$50|Family Pass \$80]

\*Oztix booking fee applies. Children under 18 free. Adult & Family passes include a tasting plate! Info at [www.bbqBluegrass.com.au](http://www.bbqBluegrass.com.au) • [facebook.com/bbqBlue](http://facebook.com/bbqBlue)

## Local neighborhoods urged to apply for Community Litter Grants

Are you fed up with seeing litter in your neighborhood? Do you have a great idea to clean up your local area?

Get your project off the ground with funding from the Community Litter Grants.

A joint initiative of Keep NSW Beautiful and the NSW EPA, the Community Litter Grants are now open for 2014. The program distributes funds to community groups who are working to keep their local area clean and Lismore City Council is encouraging locals to apply.

Last year almost \$150,000 was distributed to 32 groups who used the money to add bins, set up education programs, clean up graffiti, create community gardens and transform their litter hotspots into beautiful public places for the whole community to use.

"These annual grants can help neighbors work together to beautify their local area. Often when an initiative is developed in the community and comes from a grassroots level, it has a much better chance of succeeding," Lismore City Council's Waste Operations Coordinator Kevin Trustum said.

"Often something as simple as putting in some bins or planting a garden in a disused area where rubbish is often found can deter people from littering."

Applications can be made at <http://knswb.org.au/> under 'Our Programs'.



The poster for the Federal Films Society features a grid of movie posters and details for various screenings. It includes:

- At Federal Hall on the second Saturday of the month**  
Dinner from 6.30 pm Film ~ 7.30 pm All welcome
- JULY 12**  
**FERN GULLY**  
FILM ~ 4 pm KIDS DINNER ~ 5.30 pm  
1992 RATED G Directed by Bill Kroyer
- NEBRASKA**  
FILM ~ 7.30pm  
2013 RATED M Directed by Alexander Paine  
"a nice mix of arthouse quirk and genuine heart"  
-Brad Keefe, Columbus Alive
- AUGUST 9**  
**MUSCLE SHOALS**  
"as Aretha might say, respect"  
-Neil Smith, Total Film  
Directed by Greg Camalier 2013 RATED PG
- SEPTEMBER 13**  
**THE GRAND BUDAPEST HOTEL**  
"a work of visceral, madcap comedic genius."  
-Blake Howard, That Movie Show  
2013 RATED MA Directed by Wes Anderson
- OCTOBER 11**  
**FOOD AND FILM NIGHT SHORTS**  
An illustration of a person holding a camera.

At the bottom: [www.federalfilmsociety.com](http://www.federalfilmsociety.com) [federalfilmsociety@gmail.com](mailto:federalfilmsociety@gmail.com) ph. 66849313

## RAINFALL

Byrne Rd, Rosebank: May 82.8mm • June 57.8mm  
(2-month total = 140.6mm)

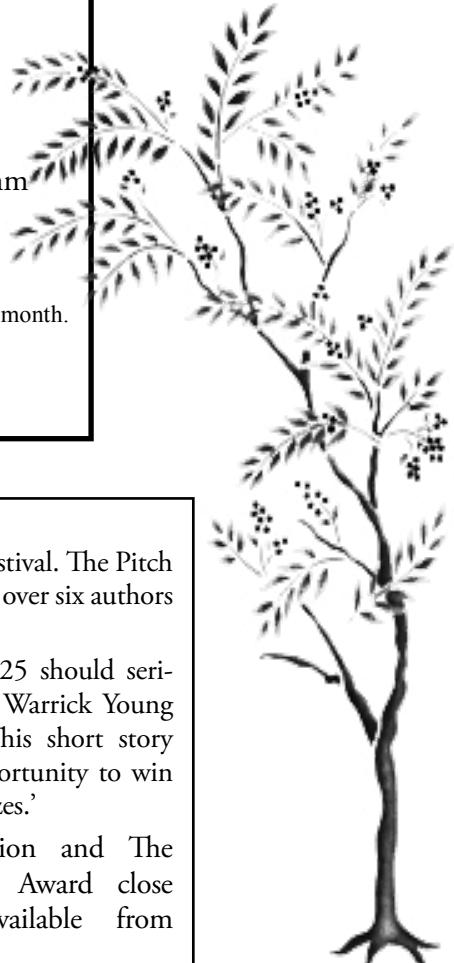
Sheaffes Road, Goonengerry: May 92.5mm • June 20mm  
(2-month total = 112.5mm)

Wean Way = 133.5mm from April 26 to June 25

Totals are calculated from 26th 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.



## Writing Competitions Closing Soon

The Byron Bay Writers Festival presents opportunities for budding authors with the Pitch Perfect Competition and The Susie Warrick Young Writer's Award, both of which are closing soon.

Byron Bay Writers Festival Director Edwina Johnson says writers with a completed manuscript and a great publishing idea should enter. 'The Pitch Perfect Competition could be just the break you're looking for.'

The top five submissions will be selected and those winners will be invited to pitch their book idea live to a panel of publishers on Saturday, 2

August at the Byron Bay Writers Festival. The Pitch Perfect Competition has resulted in over six authors achieving successful publication.

'Writers aged between 14 and 25 should seriously consider entering The Susie Warrick Young Writer's Award,' says Johnson. 'This short story competition offers writers the opportunity to win \$1,000, amongst other exciting prizes.'

The Perfect Pitch competition and The Susie Warrick Young Writer's Award close on 2 July. Applications available from [byronbaywritersfestival.com](http://byronbaywritersfestival.com)



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#### What's on in July:

- Wed 2nd @ 6:30pm "not quite folk" jam night + Wood Fired Pizzas  
Thu 3rd @ 6:30pm Brainteasers Trivia + Wood Fired Pizzas  
Fri 4th @ 7pm JIM BIRD  
Sun 6th @ 2pm CHRIS ARONSTEN  
Thu 10th @ 6:30pm Brainteasers Trivia + Wood Fired Pizzas  
Fri 11th @ 7pm STEPHEN LOVELIGHT  
Sun 13th @ 2pm LEIGH JAMES  
Thu 17th @ 6:30pm Brainteasers Trivia + Wood Fired Pizzas  
Fri 18th @ 7pm CONSPIRACY OF ONE  
Sun 20th @ 2pm NEIL MCCANN DUO  
Thu 24th @ 6:30pm Brainteasers Trivia + Wood Fired Pizzas  
Fri 25th @ 7pm JOSH BOOTS  
Sun 27th @ 2pm KATHRYN JONES DUO  
Thu 31st @ 6:30pm Brainteasers Trivia + Wood Fired Pizzas  
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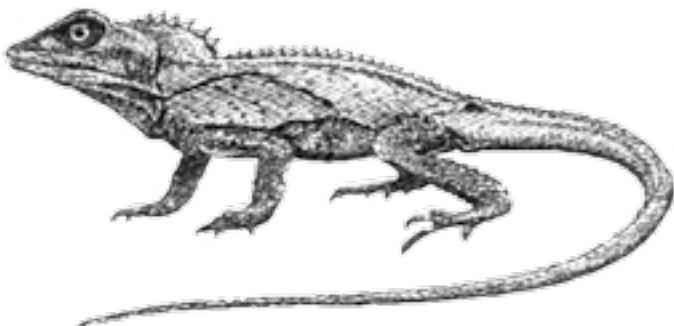
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## Local Business and Service Directory

get listed for \$3.30/issue or \$30/year – ring 6688 2220 or contact editor@villagejournal.org.au or PO Box 6360, South Lismore, 2480

<b>Arborist</b>	Vertex Tree Services	<b>6687 0721</b>	<b>Herbal Medicine</b>	Mullum Herbals	<b>66843002</b>
<b>Architectural Drafting Service</b>	Michael Spiteri	<b>0417 713 033</b>	<b>Hotel / Tavern</b>	Eltham Hotel	<b>6629 1217</b>
<b>Auto Mechanical</b>	Six Star Mobile Automotive Services	<b>0415 724 494</b>	<b>Kitchen cabinets, custom made</b>	C&C Kitchens	<b>6687 2275</b>
<b>Bolts, screws etc</b>	Bolt Barn	<b>66219090</b>	<b>Landscaping Supplies</b>	Troy's Driveway & Landscape Supplies	<b>6622 8890</b>
<b>Bookstore &amp; Gifts</b>	Noah's Arc	<b>66218169</b>	<b>Local Coffee Beans</b>	Killara Coffee	<b>0422 020 609</b>
<b>Café / restaurant</b>	Goanna Bakery	<b>66222629</b>	<b>Mechanic / Service Station</b>	Clunes Auto Centre	<b>6629 1270</b>
<b>Carpenter</b>	Das Miller	<b>0416213645</b>	<b>Natural Remedies</b>	Traditional Medicinals	<b>66224099</b>
<b>Computer Repairs, Sales &amp; Training</b>	PowerMax	<b>6622 4996</b>	<b>Odd Jobs</b>	Roundtuit - Les	<b>6689 5727</b>
<b>Counselling</b>	Mick Sheedy	<b>0478 086 340</b>	<b>Printers</b>	Lismore City Printery	<b>66215371</b>
<b>Driveway Repairs</b>	Ron Field	<b>66882153</b>	<b>Real Estate Agent</b>	Elders Real Estate Bangalow	<b>6687 1500</b>
<b>Earthmoving</b>	Tom Thumb	<b>6689 5414</b> or	<b>Recycled furniture/bric-a-brac</b>	Professionals Lismore	<b>6621 2401</b>
<b>Electrical Contractor</b>	Afterglow Electrical Services	<b>0432 331 633</b>	<b>Slashing</b>	JJ's Junk Shoppe	<b>0418489021</b>
<b>Electrical Services</b>	Sunshine Electrical Services	<b>0416 043 414</b>	<b>Store</b>	Ron Field	<b>66882153</b>
<b>Electricity</b>	Essential Energy	<b>13 23 91</b>	<b>Timber and Plywood</b>	Bexhill General Store	<b>6628 4240</b>
<b>Farm Machinery</b>	Farm Moto	<b>66223999</b>	<b>Used Cars</b>	Lismore Timber & Ply	<b>6621 2565</b>
<b>Farmers Market</b>	Alstonville Farmers Market	<b>0478 163 038</b>	<b>Vet</b>	Col Johnston Cars	<b>6629 1270</b>
<b>Films</b>	Federal Films	<b>6684 9313</b>		Lismore Veterinary Clinic	<b>6622 0033</b>
<b>Firewood</b>	Geoff Nilon	<b>66243037</b>			

## Community Directory

Not-for-profit groups listed for free – ring 6688 2220 or contact advertise@villagejournal.org.au or PO Box 6360, South Lismore, 2480

### Schools and Associations

<b>Public Schools</b>	Bexhill	<b>6628 4233</b>	Clunes	<b>6629 1278</b>
	Corndale	<b>6628 4305</b>	Dunoon	<b>6689 5208</b>
	Eureka	<b>6688 4272</b>	Goonengerry	<b>6684 9134</b>
	Rosebank	<b>6688 2126</b>	Whian Whian	<b>6689 5240</b>
	Upper Coopers Creek	<b>6688 2128</b>	Eltham	<b>6629 1321</b>
<b>Preschools</b>	Clunes	<b>6629 1551</b>	Dunoon	<b>6689 5396</b>
	Federal	<b>6688 4371</b>	Rosebank	<b>6688 2096</b>
<b>Playgroups</b>	Clunes - Inga Schader	<b>6629 1674</b>	Whian Whian	<b>66895240</b>
	Eureka - Megan Noble	<b>66884272</b>		
	Dorroughby Environmental Education Centre	<b>6689 5286</b>		
	Federal Film Society	Anita		
	Girl Guides Australia	Helen Hargreaves		
	Dunoon Scouts	Cubs: Lyn Black		
		Scouts: Graham Pringle		

### Lifeline

**131114** **6622 4133**

Margaret Byrne

**6688 2222**

Fox Road

**6688 2217**

Phoenix

**6629 1162**

Landcare

Rosebank

**6688 2220**

Whian Whian

**6689 5696**

Rosebank Koala Rescue

**6688 2217**

Northern Rivers Wildlife Carers

**6628 1866**

WIREs Northern Rivers Rescue Hotline

**6628 1898**

Friends of the Koala Hotline number

**6622 1233**

### Emergency Services

**FIRE / AMBULANCE / POLICE**

**Dial 000**

Hospitals

Lismore

**6621 8000**

Byron Bay

**6685 6200**

Fire Permits

Rosebank

**6688 2263**

Eric Kinchin

**6688 2217**

De Condos

**6689 5716**

Didier Marceau

John Nardi

**6688 4151**

Hugh Campbell

**0459 415 938**

Goonengerry

**6684 9153**

Martin

**6684 9234**

Boat Harbour

**6628 4382**

Butler

**6628 4118**

Clunes

**6629 1270**

Battistuzzi

**0412 742 741**

Dunoon

**6689 5438**

Feebrey

**6689 5359**

McDougall

**0409 425 551**

After School Care Clunes Out of School Care **6629 1750**

# July 2014



A magnificent display on a perfect, sunny Winter's day. Whale photo taken on a Blue Bay Whale Watching tour from Brunswick Heads. *Photo by Alex Wilson*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	2 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	3 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	4 Mullumbimby Farmers Market	5 Alstonville Farmers Market Lismore Farmers Market	6 NAIDOC Week 6-13 July Lismore Car Boot
7 Rainbow Region Organic Market @ Showground 7.30-11AM	8 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	9 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	10 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	11 Mullumbimby Farmers Market	12 Alstonville Farmers Market Lis. Farmers Market Federal Films – 6.30 meals, 8pm film	13 The Channon Market
14 Rainbow Region Organic Market @ Showground 7.30-11AM	15 7pm RCI Meeting, Rosebank Hall Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	17 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	18 Mullumbimby Farmers Market	19 8-11am Landcare @ Rosebank Reserve July. Alstonville Farmers Market Lis. Farmers Market	20	
21 Rainbow Region Organic Market @ Showground 7.30-11AM	22 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	23 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	24 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	25 Mullumbimby Farmers Market <b>VJ Deadline</b>	26 4pm on - Pizza @ Rep Crk Hall Alstonville Farmers Market Lis. Farmers Market	27 Bangalow Village Market
28 Rainbow Region Organic Market @ Showground 7.30-11AM	29 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	30 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup Eureka Public School 9.30 - 11.30am	31 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM			