



PRICELESS



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

Whiptail Wallaby Joey - By S.McGrigor

Wildlife Abounds Around Us

Editorial

**Letters to the
Editor**

WIRES

Friends of Koalas

**Deep
Southern Skies
Gardening Tips**

Big Scrub Day

**Sleep Apnoea
School News
Entertainment**

... and much more!

VJ Editorial

Hi all,

Well, our editor Freedom is overseas so I'm sitting in as guest editor for this edition... and here comes the hard part – writing an editorial!

So I'm sitting here contemplating a few themes: Community. Diversity. Opinion. How to meld them into one harmonious whole?

There's no doubt that this region is chocka-block with all those things. And one thing that pulls us all together is our sense of Community.

Here's a tiny example – yesterday on my evening stroll I picked up a little flightless rosella that was scrabbling around beside the road. I took him to a mate who lived nearby who looked after him while I finished my walk, then I picked him up and took him home. In the morning, I rang that wonderful service WIRES and a lovely lady came to the rescue - what I thought had been a clipped wing turned out to be just a stump.

We're not sure if human intervention was responsible for the stumpy wing, but human intervention also came to the rescue for one little native bird. That's the thing about Human Nature – it has the potential for the greatest good, but also the greatest bad – or should I say, stupidity. But in a world of turmoil, in our own little patch we can be grateful to have a great deal of the good.

That's not to say that we'll all agree all of the time, and I think there is nothing better than some solid, robust and mature debate on difficult topics.

Yet while we all want to convince people of the 'rightness' of our own view, there's so much tied up in that – our upbringing, our belief systems, our backgrounds. As soon as thinking gets too rigid and people stop thinking for themselves we can't seem to communicate or get on with each other. Look at the turmoil we see at the moment in the Middle East with those poor brainwashed souls of IS that believe it's okay to descend to such despicable levels for a cause they believe in. I say they are brainwashed because they have lost the ability to think for themselves, make rational decisions and live in harmony with others who have a diversity of opinion.

But it's probably fair to say that we are all brainwashed as well – brainwashed to believe that our way of thinking is 'more right' than anyone else's. I reckon if we took a good, long hard look at our Western society through, say, for argument's sake, Muslim eyes (and no, IS does not represent most Muslims), we'd see that there's a lot wrong with us as well.

To my mind, all the great atrocities of history have spawned when people stopped thinking for themselves and held a rigid belief that their way of thinking (believing?) was the only 'right' way (often led by some crackpot megalomaniac individual or organisation appealing to Human Nature's basest instincts: Greed, Control, Power, Selfishness (mmm, sounding scarily like our economic system, but don't get me started on that!). From Ghengis Khan to Hitler, witch hunts to warfare, countless oppressions of Indigenous people around the world, the list goes on... it's schoolboy bullying on a grand scale.

It's time we all grew up and started living with values that appeal to the best of Human Nature – Respect, Kindness, Compassion, Gratitude, Co-operation.

We can all have different opinions, and sometimes we will have to agree to disagree. The litmus test is whether sticking steadfastly to our opinion causes harm to anyone or anything – and if it does, it just ain't Right. And if it ain't Right, that's when it is truly important stick to your guns and take a stand against it.

So keep having those diversities of opinion, views, beliefs and debates which make for a rich and interesting world, but make sure those thinking caps are on as well and consider all the facts, all the perspectives, other ways of thinking, respect for others and what makes for a



Building Community

Bees Swarming at Rosebank. Photo by Tom Shannon

good

Community... and somewhere along the track we'll get a bit closer to making a better world.

Now I just have to go off and convince a few governments, economists, ultra-radical fanatics cloaked in the guise of "religion" and a plethora of other crackpots....

Peace, Love, Kindness, Fact, Science and Logic to you all!

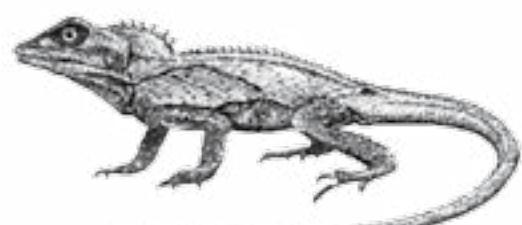
- Mez

Letters to the Editor ...

Dear Editor,

Love a progressive, organising, tender, compassionate, feisty woman who's not afraid to show her fangs. RAAAAAAAH-HHHH. Go get 'em Freedom.

- George O'Reilly



Letters to the Editor ...

Dear Editor,

Thanks for replying (Letters, VI Oct) and finding quotations from others. We look to have different view points and reasons for living. Your god seems to be 'nature' itself, my God is the invisible God of the Bible. If you would care to watch This Is My Day on www.bennyhinn.org you will see my invisible God's power to heal and save - you may have to scroll down and look for previous video highlights of the miracle crusades that occur every now and then, there was one on 6th Oct. But my God's son has already come to earth 2000 years ago in the person of Jesus Christ showing us what this invisible God is like and some people didn't believe him then even though they saw and heard the miracles he did as recorded in the 4 Gospels, so that is the way the world is, some believe and some don't.

Our temperatures may be rising but it is futile to try and stop it happening. It is better to find ways to adapt and be prepared for what is coming. Just a volcano erupting puts more carbon into the air than what man does. And then you have earthquakes/tsunamis and asteroids hitting our planet. Our air, water and soil is important to maintain a healthy planet and man has neglected it but if we put a lot of money into trying to save our planet we won't have much left for other things like helping to fight terrorist groups like Isis who are bent on taking over the world - look what would happen to us and nature then.

Thank God that Tony Abbott's government is in power for such a time as this to heed the calls for help by the Afghan government. (Also I'm glad dinosaurs have died out otherwise some of them would be killing us).

Yes you are right, the Abbott government is turning back the boat people/refugees before they reach our borders. Hopefully this will send a message back and the boats will eventually all stop as in the Howard's government policy. I used to feel sorry for these people but they will keep coming if we don't do something. Just as well these people hadn't come from an Ebola diseased country.

- Lyn Evans

Dear Editor,

Well, well, well – didn't you stir up the deniers then.

It always interests me that the first thing that people shout about with regards to the present government is how they are rescuing us from the perils of bankruptcy and imminent financial collapse.

Now if you take your blinkers off and have a look at the facts, Australia has the third lowest debt in the OECD at 12.5% of GDP. As a country we have not exceeded a debt level of 20% of GDP since 1983. I would also like to add the small fact that we have had a continual average growth rate of 3.2% since 1994.

Also, the highest government spend as a percentage of GDP was under Howard at 4.2% and the lowest was under Gillard at 3.4%.

It is also no small feat that we survived the GFC in better shape than any other country in the OECD with only a small drop in growth and NO PLUNGE INTO RECESSION. Sorry, I promised myself I wouldn't shout.

I would also like to refer Lyn Evans to the CSIRO's website so she can check the Cape Grim observatory which measures the amount of CO₂ in the atmosphere. She is right that CO₂ makes for better plants, the only problem I have with it is that it's very difficult to survive after you breathe it in.

Finally, for those who may need an authoritative view on the Middle East may I recommend you read Paul McGeough's column in The Sydney Morning Herald of October 11/12.

Phillip Clark,
Eureka

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Living with koalas

Tweed Shire Council's nomination of the Tweed-Brunswick Coast population of the Koala to be listed as an Endangered Population for the purposes of the Threatened Species Conservation Act 1995 is being supported by the NSW Scientific Committee.

The nomination was recommended by the Tweed Coast Koala Advisory Group in early 2012 and Dr Steve Phillips prepared the nomination which was lodged in June 2012.

The Scientific Committee is only supporting that part of the population east of the Pacific Highway in Tweed Shire. It has not included the population to the west of the Highway that is north of the Tweed River, nor the population in Byron Shire north of the Brunswick River. Feedback on the reasoning for that will be sought.

The Committee's preliminary determination can be accessed at <http://www.environment.nsw.gov.au/committee/preliminarydeterminationsbydate.htm>. It's on public exhibition for 3 months (24 October 2014 - 30 January 2015).

There are only two koala populations to have been declared endangered under the [NSW] TSC Act, at Pittwater and Hawks Nest/Tea Gardens.

Timing of the advice is great because the Tweed Coast Comprehensive Koala Plan of Management has been on exhibition since 21 October. Deadline: COB Tuesday 2 December 2014. The Plan can be accessed on Council's website.

Annual Roundup: Koala Campaigns

On top of our normal work this year (and there was more of that as well), were two activities for which we had to make a special effort. They were the Great Koala Count and the Save Ballina's Koalas Campaign.

Partnering the National Parks Association of NSW (NPA) and the Great Eastern Ranges Initiative in piloting the inaugural NSW Great Koala Count in the Northern Rivers Region was enjoyable and rewarding. Although the Count took place during November, considerable planning was necessary

in the preceding months. The event attracted considerable media attention and the Northern Rivers accounted for more than half the koalas counted. The pilot was deemed a success and plans are afoot to extend the Count in 2014-15 and beyond.

In December Ballina Shire Council released the Koala Habitat and Population Assessment for the Shire which had been prepared by Dr Steve Phillips.

The study confirmed what some had suspected for a long time and that was that the koalas in the Meerschaum Vale/Blackwall Range area were extremely important. Steve assessed them as meeting the "nationally significant" criteria of the Environment Protection and Biodiversity Conservation Act 1999.

Almost simultaneously the Woolgoolga - to Ballina Highway Upgrade Preferred Infrastructure Report was placed on public exhibition. The Save Ballina's Koalas Campaign began to take shape soon after New Year.

The Committee discussed and agreed to Friends of the Koala's involvement at its mid-January meeting. The Campaign's aim, to improve public understanding of the koalas' importance and the need to change the route proposed for Section 10 was announced at a public meeting attended by over 100 people in mid-February. Suffice to say that the Campaign continues to keep us in the media, and on the streets.

News From our Care Co-ordinator

This past year saw the number of koalas admitted into care spring back to just over 300. Sightings also increased, particularly of koalas assumed healthy. Some of these were females with young which is always encouraging.

Also on the bright side, "dog encounters" continued to decline. I hope the explanation is that the public is becoming more responsible in containing and restraining their companion animals.

On the other hand car strikes have risen considerably, accounting for 56 mortalities. A few animals reported as hit we were unable to find (you will notice an extra column in the table for unable to



find/capture). When this occurs it is very distressing for rescuers, as we know an injured animal left in the wild can face a very grim future. It is vital for the person reporting car hits to stay with the animal if possible, to give us the best chance of achieving a rescue.

Too many car hits involved healthy females with pouch or back young. Regrettably most had to be euthanased because they were unviable or died despite our best efforts.

A handsome young 4 year old male, "Keeley" who was hit by a car in the Byron Shire and spent months in care at Australia Zoo Wildlife Hospital (AZWH) was approved to enter the Species Management Program. Because of the radial nerve damage to one of his forelimbs, Keeley will now live out his days at Currumbin Wildlife Sanctuary.

No wonder we try so hard to prevent these massive highway upgrades through known wildlife habitat. The consequences of more suffering for koalas and other species, not to mention the loss of pristine habitat, are unconscionable.



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latest info

24-hour hotline for animal help

Thanks to so many members of the public in the

Northern Rivers, WIRES has successfully rescued and released hundreds of native animals in our more than ten years of service.

This is all possible because WIRES Northern Rivers has a 24-hour hotline easily reached by a local phone number: **6628 1898**. Our volunteers are ready any time night or day to take your call.

WIRES is a state-wide organisation with branches all over New South Wales. There is a NSW rescue line and a wildlife rescue app, great tools if you are travelling around the state.

If you live in the Northern Rivers, or are travelling in our wonderful region, please use our local number. It connects you to your local WIRES volunteers

immediately and ensures the most rapid response we can muster.

So, take a few moments to put our hotline number into your mobile phone. Next time you are out and about and spot wildlife in need, it will be that much easier to reach us. WIRES – 6628 1898. Any time – 24 / 7.

An all-volunteer organisation, WIRES relies heavily on the generosity of caring people for support as we are a charity, not a government service. We have basic training courses three times per year and need various types of assistance. Not all of us do animal rescues. If you are interested, call the 24-hour hotline on 6628 1898 or go to <http://wiresnr.org/Helping.html> to find out how you can help.



Echidna injured by car.



This flying fox lost its mum too young.

Cubis in a high WIRE rescue

High winds on October 14 kept the WIRES hotline very busy. Here, Steve Cubis replaces a Tawny Frogmouth chick into its nest where it rejoins its parents and two siblings.

Steve runs tree services in Lismore and often shows up with his cherry picker to assist WIRES with high-level rescues.

An all-volunteer organisation, WIRES relies heavily on the

generosity of caring people for support as we are a charity, not a government service.

We offer two-day training courses three times a year. If you are interested, call the 24-hour hotline on 6628 1898 or go to <http://wiresnr.org/Helping.html> to find out how you can help.



Fallen Tawny chick



Parent looks on



Steve to the rescue!



Reunited

Save Our Tracks!

On Saturday, November 22nd the Northern Rivers Railway Action group will be holding a Public Forum at the Lismore Worker's Club from 2pm till 5pm.

NRRAG spokesperson, Beth Shelley states: 'The people of the Northern Rivers need a commuter train for those who can't drive and for the thousands of people every day going to work, school/university/shopping, to the beach or for dinner in Byron and they won't have to risk their lives on roads packed with trucks and cars.'

Rebecca Andre adds: 'Rail is cheap, quick, easy - one of the safest ways to travel. It's reliable and one can enjoy the scenery or can work/study/take phone calls on the way. It's easily accessible to most, covers less mileage than roads and is much more efficient at carrying large numbers of people and goods than cars, buses and trucks. To rip up all those railway tracks to make a bike path seems like a huge waste of money when the Northern Rivers really needs a train.'

NSW governments have been

telling us for ten years that we can't afford a train while they continue to spend billions on highways. Mehreen Faruqui, NSW Greens MLC, states that for the Casino to Murwillumbah line, 'a 130-kilometre line, the stated cost averages out to over \$6.5 million per kilometre. Comparatively, in Victoria similar neglected lines have been reinstated for costs of \$124,000 to \$265,000 per kilometre.'

They've been putting money into roads instead of rail for a long time but our Forum will question the reasons why this is happening and will ask what is really the best thing for our community. We believe that good government delivers effective public services to the whole of the community it represents. We want to hear the views of the community at this Forum and send a clear message to the politicians that the people of the Northern Rivers want our railway tracks preserved and rail services restored.

Please come along and show your support for Saving, and Putting Trains, on our Tracks!

Lydia Kindred

SAVE OUR TRACKS



COMMUNITY FORUM

November 22nd

Lismore Workers Club

2pm until 5pm

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Basil Cameron
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Nature's wisdom all around us



As we got into our car across the road from Federal Hall, we happened to look up and were stunned with what we saw.

How amazing is Nature !

Our understanding of this rare occurrence is that a tree (possibly Fig) was seeded by birds up in the Palm Tree. So with Nature's wisdom, the seed knew it could not grow a tree out of the top of a Palm, so it developed a super long root, to slowly grow itself down toward the earth.

It also has some small roots ready to dig into the earth when it finally gets there. How long this has been growing, we have no idea. Perhaps the elderly lady whose front garden it is knows.

Hope you are as amazed as we are at the incredible wisdom in Nature all around us.

Enjoy,

— Neena de Rofe



Greens call for national campaign to tackle mental health stigma

The Federal Government should establish a national anti-stigma campaign to tackle ongoing misperceptions and discrimination around mental illness, according to the Greens.

"Only this week we've seen reports of the huge demand for mental health services on the North Coast, with rates of anxiety and depression in the region almost twice the state average. It is a big issue for our community," said Tamara Smith, Greens candidate for Ballina.

"For many people, stigma and prejudice from others can be as distressing as the symptoms of their mental illness. It is also

one of the biggest barriers to recovery.

"It is time for the Government to step up and get serious about tackling the stigmas associated with mental health conditions."

Australian Greens spokesperson for mental health Senator Penny Wright echoed the calls, saying Australia is one of the only English-speaking OECD countries without a national anti-stigma social inclusion campaign. Senator Wright said despite significant awareness-raising in recent years, stigma around mental illness was still prevalent.

"Mental Health Week has started the conversation and I commend the ABC on their groundbreaking Mental As initiative, but there is still so

much more to do.

"One survey this week revealed 40 per cent of employers would not consider hiring someone with a mental illness," Senator Wright said.

The Greens recommend a national anti-stigma campaign be modelled on New Zealand's Like Minds, Like Mine campaign, see: www likeminds org nz

"There's strong evidence that ongoing, national anti-stigma campaigns change public attitudes towards mental illness and influence our behaviour.

"We need leadership from the Government to say we recognise the human and economic costs of stigma around mental illness are too high and we are going to do something about it," Ms Smith said.

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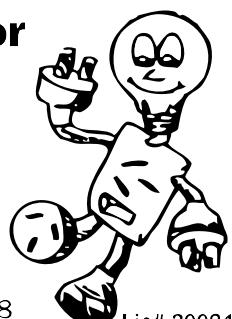
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I am an unashamed fan of David Suzuki he says 'We are the earth, through the plants and animals that nourish us' He believes that everything we eat is broken down into fundamental building blocks that give us energy and make up our bodies, becoming part of who we are.

But, one thing is clear; our love affair with takeaway food is ever present. I know it's true as some afternoons I walk up and down Lychee Lane in Rosebank and pick up my neighbours empty takeaway rubbish--paper bags, plastic cups that he has unceremoniously thrown out of his car on his way home, probably hiding the evidence of his snack attack.

I wonder why is this neighbour eating this rubbish? Especially when you look around our area's rich soils, abundant water and growing areas. I suppose he or she is like most people time poor, and can't be bothered.

In Canada households are being encouraged to spend \$10 a week on local food, that adds up to an additional \$2.4 billion in their local community at the end of the year. Keeping their money circulating grows those dollars to \$3.6 billion and creates 10,000 new jobs according to the Ontario Table.

Just think if our neighbour realised the power of the local dollar and did invest as little as \$10 he would help grow a sustainable food system on the north coast and in his own neighbourhood.

The good news is that there are some actions that we can take to help the local food movement:

1. Learn where and when the local markets are on- and go there.
2. Talk to your neighbours about what you are growing for example I know I will have too many eggs for my family soon and the tomatoes are going to be plentiful
3. Maybe we could barter for what they are growing?
4. Plan your menu, if you know that you are going to need something to eat in the afternoon pack an extra sandwich or fruit and resist the urge to give your money to an American food conglomerate.
5. If you are a meat eater go to one of our wonderful local butchers and order your meat for the week or month. Pick the cuts you like and invest in a freezer so you have this on hand, it works out much cheaper.
6. Dine out at local restaurants. Check out places like the Clunes store that have local wine tastings but on occasion also a pop up restaurant. It's great fun and you mix with your local community.
7. Use the whole vegetable. Don't throw away limp carrots, old celery stalks or sprouting potatoes - you can roast them or turn them into stock and freeze them. Ask for 'seconds' of vegies and fruit, probably not on display because they are less attractive but just a delicious and nutritious and probably a bit cheaper.
8. Teach your kids to eat everything. Statistics show that children who eat everything make shopping and cooking much easier for the family - it decreases the dependency of pre-packaged and fast food. No more picky eaters. Teach your children to appreciate truly good food.

So to whoever you are on Lychee Drive...I know where you live and I will be watching ;-)

All The Best

Cath Ford



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IT'S HOW WE CONNECT 

Shorebirds and dogs don't mix

Byron Shire Rangers will be increasing their beach patrols over the coming weeks to remind pet owners to stay within the correct areas.

If you are out exercising your dog, please keep to the off-leash areas and not let your pet chase birds or disturb nests.

Governance manager Ralph James urged pet owners to check the signs before going onto the beach.

Dogs are not permitted off the leash outside the designated dog exercise areas.

"Even when in the off leash areas," said Mr James, "it's good training to not let or encourage your dogs to chase birds."

"Estuaries, dunes and beaches provide essential nesting sites for shorebirds including threatened species such as the Pied Oystercatcher.

"Dogs don't know the boundaries and all birds look the same. It's up to pet owners to be responsible and to have control of your dog at all times," Mr James urged.

Council's team leader of natural environment, Angus Underwood, agreed.

"Most dogs naturally see shorebirds as a fun thing to chase when they are on the beach, however disturbance to feeding and nesting shorebirds can lead to eggs failing to hatch, chicks starving or being predated in the absence of their parents.

"Small changes in dog owner's behaviour

can have a big impact on shorebird conservation," he said.

Areas of particular importance for shorebirds, noted Mr Underwood, are the beaches at Belongil, Brunswick Heads and Tallows.

Fines of up to \$330 can apply for a roaming unleashed dog in a non designated area.

How can you help?

- Only exercise your dog in a designated off leash area
- Keep dogs out of National Parks and nature reserves
- Only take dogs into the designated off leash areas on the beach
- Ensure you have control of your dog when it is off its leash
- Keep dogs out of the dunes
- Don't let your dog chase shorebirds.

Designated off leash dog exercise areas include:

- **Tallow Beach:** From a point adjacent to Jarman Street, Suffolk Park, extending in a northerly direction to the boundary of the Arakwal National Park.
- **Main Beach - Belongil Area:** From a point adjacent to Manfred Street, Belongil, extending in an easterly direction to a point on the western side of Main Beach car park and including Cavanbah Reserve.

- **Suffolk Park:** Public Reserve, Beech Drive.

- **Brunswick Heads:**

Brunswick Heads access from a point 20 metres south of the Brunswick Heads Surf Club, extending in a southerly direction for 400 metres to the boundary of Tyagarah Nature Reserve. (Restrictions: Intertidal zone only). Access from adjacent to the Brunswick Heads Surf Club only).

- **New Brighton Beach:** From a point 50m north of the Brunswick Heads Nature Reserve boundary and extending northward to a line adjacent to Ocean Avenue. (Restriction: Intertidal zone only)

- **South Golden Beach:** From a point adjacent to Gloria Street, South Golden Beach, extending in a northerly direction to the Billinudgel Nature Reserve. (Restrictions: Intertidal zone only). Access via Gloria Street).

- **Mullumbimby:** Heritage Park, Mill Street, Mullumbimby. From opposite Gordon Street to opposite Stuart Street. (Restrictions): Companion animals are prohibited from the area in or within ten (10) metres of the children's play equipment.

- **Bangalow:** Part of the Community land at Ashton Street Bangalow. The area bounded by Deacon Street, Ashton Street and Byron Creek. (Restrictions): Companion animals are prohibited from the area in or within ten (10) metres of the children's play equipment.

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Big Scrub Day



Big Scrub Tim Lowe talking Australian birds

The Big Scrub Rainforest Day is the annual celebration of our rainforests and the natural environment where we live.

Now in its 16th year Big Scrub Rainforest Day is the largest event in Northern NSW with an environmental focus. In 2014 they returned to Rocky Creek Dam on October 12 and incorporated the Rous Water Open Day to make a bigger and better event.

ABC science show guru Robyn Williams was the guest presenter, with a chat entitled 'Our Science Future'.

Another highlight was the launch by Envite of a \$100k program to support landholders to eradicate camphor laurels from rainforest remnants and regrowth pockets.

Paul O'Connor from Envite said that over time the project will expand habitat for Big Scrub rainforest-dependent species.

"It will contribute to creation of stepping-stone corridors across the landscape. This will improve the connectivity of habitat

and involve landholders who may not have previously been involved with Big Scrub Landcare's rainforest restoration program," he said.

The program also featured guided bird and rainforest walks, talks and workshops from some of Australia's leading ecologists, tours of the Nightcap Water Treatment Plant, food, entertainment, stalls and environmental activities for the whole family.

Over the past 16 years the event has grown, thrived and revived and best of all continued its purpose to educate and engage people in the care and restoration of our rainforests.

The Lowland Subtropical Rainforests of Northern NSW are home to more species of plants and animals than in any other ecosystem in NSW, yet less than 1% of our rainforests remain. Across the region thousands of people are actively involved in restoring our rainforests.

Big Scrub Rainforest Day is community spirit, volunteers and a gathering of like-minded people. Established in 1999 and



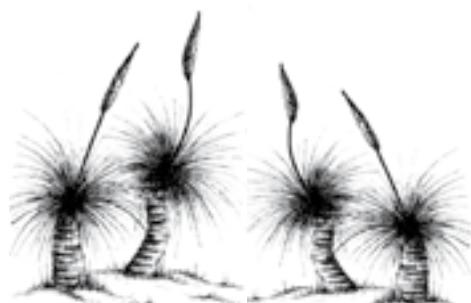
David Milledge talking threatened species



Big Scrub Field Day @ Rocky Ck Dam 2014

held every year since, it's provided a focus for community involvement through education in a festival environment of entertainment and fun.

The 2014 event was presented by the Big Scrub Landcare Group and Rous Water with the assistance of local and regional community organisations and individuals. It has wide support from many landcare groups, local government, local businesses and state government agencies.



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GARDENING ON THE NORTH COAST

NOVEMBER

As the flowers, the fruit and the vegetables begin that final, inexorable journey from garden to house, do not be completely seduced by satisfaction.

Enjoy and enthuse. Allow enchantment and enrapture. But beware the sloth of success. November is not one of our biggest planting months, but despite the best mulching efforts, those voracious summer weeds persist. There are routine sowings to be made and bed rotation and preparation must be continued.

Vegetables

Pumpkins, melons, cucumbers and squash should be planted this month. A trick with these plants is to select the patch six months before planting and use it as a compost heap, digging lots of it in well before sowing. Make mounds with a concave indent and when the seed has germinated, water around the roots and not by overhead spray. Risk of mildew will be reduced.

In particular, keep the lettuce and tomatoes moving with those fortnightly feeds of liquid fertiliser, remembering that zestful plants are

far less susceptible to disease and insect attack.

Plantings include: Aubergine *Beans *Beetroot *Capsicum *Carrot *Celery *Corn *Cucumber *Lettuce *Marrow *Melon *Parsnip *Pumpkin *Radish *Tomato *Zucchini.



Fruit

Don't despair if you can't resist some bagged or potted fruit trees at your local nursery. Ours is a forgiving climate and with the right treatment, most species will survive a careful summer transplant.

Pawpaws are showing their flush of summer growth and it is advisable to have seed sown by

the end of November. There are options with the pawpaw – they can be easily propagated from the seed (the fresher, the better) of the non-hybrid types or they can be purchased as bi-sexual and hybrid models. However, all demand well-drained soil. Plant out in February or March. Earlier plantings tend to grow too tall for comfort.

If you have propagated male and female pawpaws, remember that one male is required for pollination of seven females. During Spring and Summer, fertilise and/or topdress every two months for large, flavoursome fruit.

Flowers

All summer-flowering annuals listed in October can still be planted in November. Remember, a sprinkle of compost or manure under the mulch will do wonders for the blooms.

Plantings include: Chrysanthemum *Lobelia *Marigold *Nasturtium *Petunia *Phlox *Zinnia.

– From 'Gardening on the North Coast and Thereabouts' by Stephen Brouwer.

(Compiled by Lydia Kindred)

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Lucky Career Break for Northern Rivers Indigenous Talent

A lucky career break has just come a step closer for four Northern Rivers based Aboriginal and Torres Strait Islander screen industry workers with Screenworks' Project Break Through.

Four selected participants will be matched with appropriately chosen screen industry professionals to help them work towards achieving their screen industry career goals.

"It's about taking new Indigenous talent, connecting them with an established screen industry professional and setting them up on their career path," Screenworks General Manager Ken Crouch said.

Screenworks' Project Break Through is open to all areas of the screen industry and to all ages, including: screenwriters, producers, camera, gaffers, sound technicians, art department including wardrobe, set design, costume design, hair and makeup, post production including editors, visual FX and sound editing.

Northern Rivers based screenwriter, producer and actor Jon Bell (Black Comedy, The Gods of Wheat St, Redfern Now) assisted Screenworks in getting this project up.

"There is a genuine need to keep building the number of, and the skill level of Indigenous film professionals in this country," he said.

"It's through initiatives like Screenworks is putting forward that we can plan ahead and head off any possible people and talent shortfall."

Screenworks, with support from North Coast TAFE will also work with the selected participants to help establish creative collaborations that will deliver small projects to support the participants career development. It is hoped that the program will deliver a micro documentary, a stills portfolio or a short film.

The four Indigenous screen practitioners will be selected through an application process. Screen industry professionals will then be selected to match each participant's requirements, based on the relevance to their skills, career interests and potential.

Applications for Screenworks' Project Break Through are open until 26 November 2014. For more information or to apply, contact Screenworks www.screenworks.com.au or 6687 1599.

PROJECT BREAK THROUGH

a career launching program for Aboriginal & Torres Strait Islander screen industry workers based in the Northern Rivers NSW

achieve your screen industry career goals

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Applications close November 26 2014

For more information to apply contact 6687 1599 or email info@screenworks.com.au

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Sweet dreams for sleep apnoea sufferers

Do you have poor concentration, excessive fatigue, anxiety or depression?

Thousands of people suffer from obstructive sleep apnoea (OSA), a condition where people stop breathing for short periods of time during sleep. This can lead to extreme fatigue, tiredness and poor concentration during the day.

People who have OSA have greater risks of high blood pressure, cardiac disease, and insulin resistance as well as fatty liver.

Being overweight tends to increase the risk of OSA. Excess fat in the liver also increases inflammation in the liver and in the body. This inflammation is a damaging process which adversely influences the body's circadian rhythms. These are the daily rhythms of the body that are co-ordinated by the master clock in the brain, every cell in the body has its own clock.

Establishing a daily routine of regular exercise, healthy eating and regular sleep and wake cycles support improved sleep quality.

Avoid excessive alcohol as it aggravates sleep disordered breathing. Long-term effects of alcohol on sleep are insomnia and circadian rhythm disturbances.

Milk thistle, globe artichoke and turmeric are some of the herbs that help support liver function. Nutrients that also support liver function and detoxification include glycine, taurine, glutamine, choline, cysteine, B12 and folic acid. Nutrients that help limit inflammation and supporting cellular energy are CoQ10, r-lipoic acid, acetyl-carnitine and selenium.

Sleep tight!

Written by Alison Millican, B. Nat (SCU) who practices as a Naturopath at Traditional Medicinals, Lismore.



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RELAX IN ROSEBANK WITH TRADITIONAL THAI YOGA MASSAGE

In February as well as May of this year I got the opportunity to learn about an amazing, powerful, ancient healing technique: Traditional Thai Massage.

I got welcomed, together with a group of other students, in a small Lahu-hilltribe village in the mountains of Northern Thailand. Not only going through a very intense program of learning about Thai massage as well as about yoga and meditation, but also living closely with the incredibly beautiful Lahu-people in the village in a remote, mountainous area in North Thailand, made all of it an incredibly deep, life-changing experience.

I have been touched by the beauty of it all – the people, the area, the scenery, and the art of Thai Massage. It is such a powerful, effective and ancient healing technique but yet there are many misunderstandings about it. I feel it is a shame that there is not much known about it and I would like to do my best to change that, by telling people more about it and giving people a beautiful experience with it.

Thai Massage is believed to be developed by Shivago Komarpaj (Jivaka Kumar Bhacca), who is said to have been the Buddha's physician over 2,500 years ago in India.

It made its way to Thailand, where the Ayurvedic techniques and principles gradually became influenced by traditional Southeast Asian and Chinese medicine.



Francis Schwegman offers the ancient healing technique of Thai Massage.

An important element of Eastern medicine is the concept of life force, prana, energy, which flows along specific channels. Along these channels are points that, when blocked, the energy can not flow, and is in excess in one area of the body and deficient in another.

In Eastern medicine it is said that disease is initially caused by for example stress, tension or emotional imbalance, and that this goes with blockages in the energy channels.

Traditional Thai Massage provides benefits by stimulating pressure points to open the body's energy pathways, making healing energy flow freely, and allowing the body to heal itself.

The combination of muscle compression, acupressure and yoga like stretches relieves areas of muscular stress and tension. Additionally, it helps the cardio vascular system by dilating the blood vessels, so the circulation is increased. A boosted immune system is another benefit of Thai massage.

Thai massage is also especially good for

releasing mental and emotional stress through manipulation of the muscles. The healing technique is most powerful when applied, and received, in a meditative state. This helps managing stress and letting go of negative emotions.

The benefits of Thai massage go beyond the physical body, and work to create harmony between body, mind and spirit.

What to expect of a treatment?

Thai massage is more energizing than more classic forms of massage. It involves stretches, muscle compression, joint mobilization and acupressure. Thai massage is also called Thai yoga massage as you can be moved in to yoga-like stretches. Thai massage is performed on a padded mat on the floor. No oils are used so you are fully dressed.

Benefits:

- Relaxation
- Stress reduction
- Releases tension
- Improves blood circulation
- Improves range of motion
- Increases flexibility
- Opens joints
- Activates energy flow
- Balances energy flow
- Centers and balances body, mind and spirit
- Immunity boost
- Helps with digestion
- Strengthens the internal organs
- Provides rejuvenation and pleasure
- Promotes inner peace and calmness

If you feel tensed, stressed, in pain, emotionally unbalanced, or other problems, or if you just want to enjoy a relaxing massage and feel good, Thai massage can be very beneficial for you.

I am currently living in Rosebank and I am happy to work with you in the comfort of your own home. You can call or email me for an appointment for a treatment. Prices from \$70 for 1.5 hours.

– Francis

francisschwegman@gmail.com

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Goonengerry School News

Our Kindergarten Orientation program continues this Term. While our official mornings have finished, individual sessions for children who would benefit from more time spent in the classroom before beginning school next year continue this term. To arrange additional times please call the school.

We celebrated the end of term 3 with Robotics Workshops. It was a wonderful opportunity for our students to benefit from specialist teachers from Sydney and have hands-on experience. Students use the robots to learn to use ICT effectively and appropriately to access, create and communicate information and ideas, solve problems and work collaboratively. The Bee Bot, Lego Mindstorms NXT, EV3 robots and software involves enhancing enquiry learning and students adapting to new ways of doing things as their robotic programs are created and developed throughout the workshops. Students from Coorabell Public School shared in this fantastic opportunity and it was a great chance to strengthen the relationship between our small school staff and students.

Staff attended the first of two Visible Learning professional learning workshops. It is a programme for teachers that explore how evidence can be used to create innovation in the learning environment. It is based on the largest ever evidence based research into what actually works best in schools to improve learning. It was a very motivating day and we look forward to our second session to be held later this term.

We always look forward to our End of Year Concert and preparations have begun with our amazingly talented Angela and Sue. Already it is shaping up as a musical master-

piece showing off the instrumental, vocal and acting talents of our students. A celebration of 30 years of teaching for Sue Sommerville was held at Coopers Creek over the weekend and it is important for us to acknowledge that many of those years have been spent at GPS. We cannot put a value on the expertise she brings to and shares with our school.

Kid's Fire Wise program with visiting firefighter from the Rural Fire Brigade will be held in the next few weeks. At this time of year it is important to educate our students in fire prevention and personal safety. It is a great opportunity to remind families to prepare and practice a Fire escape plan at home.

This year's Swimming Scheme will be held during Week 9 week at Goonellabah Indoor Pool. We are confident that this will be a much more sun safe option for students and much less disruptive to school routines.

Our combined Small Schools Gala Day program continues with T20 Blast Cricket this term. It will be run specifically for our small schools group by Milo Cup Cricket NSW. While we were Rugby League champs in term 2, cricket is a whole other ball game. (Pardon the pun!)

Our 'Gotta Love Goonengerry' aprons are now available for sale. These would make a great Christmas gift, available from our office for \$25 each.

The beautiful Goonengerry Playgroup continues each Thursday morning from 9am. We always welcome new families to come along and join us for a cuppa.

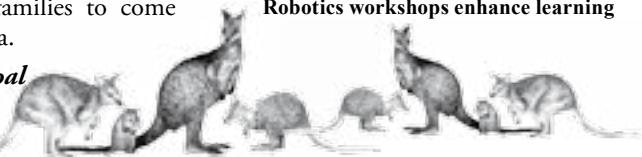
- Tracey Barnes, Principal



'Gotta Love Goonengerry' aprons make an ideal Christmas gift.



Robotics workshops enhance learning



PHOTOS NEEDED

Photos needed for the Village Journal

Annual Fundraising Calender.

If you have any photos of local wildlife or scenery The Village Journal would love to hear from you!

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Eureka Playgroup - First Aid Course

Eureka Playgroup would like to say a huge thank you to Mr Hugh Campbell from Federal Fire Brigade for the wonderful visit he made to Playgroup. The children had a fantastic time exploring the fire truck and trying out the hoses, and learnt some very important messages about fire safety and what to do in the event of a fire.

Talking of safety, would you know exactly what to do if your child was bitten by a snake or broke a bone? If not you're in luck as Eureka Playgroup is hosting a KIDS FIRST AID COURSE on Wednesday 19 November 2014 9.30am-12.30pm, open to all members of the public.

The course will be run by Kids First Aid,

a team of experienced paramedics. It is designed to teach parents and caregivers how to respond calmly and confidently to 10 of the most common first aid emergency situations involving their child. The course is aimed at parents, carers, grandparents, babysitters, au pairs, older siblings... everyone who cares for your child.

Bookings and course details are available via the [KidsFirstAid website](#).

Eureka Playgroup meets every Wednesday of school term 9.30-11.30am in the grounds of Eureka Public School, and all carers of children aged 0-5yrs are welcome to come along.



Rosebank Preschool News

Here are a few photos from the gallery on our new website. To see more of our beautiful preschool and program view the new website at:

www.rosebank-community-preschool.com.au

Our preschool caters for children aged 2 – 6 years and the activities provided are kept as home-like as possible recognising that this is often the child's first experience away from home and parents.

Children are naturally curious about their environment and are active explorers. At our preschool children are provided with an environment rich in opportunities for play, exploration and social learning. These experiences support them in developing everyday skills and values needed for the social

world around them.

We encourage children to act as initiators, investigators, explorers, problem solvers and creators. Our program fosters self esteem, emotional wellbeing and communication to develop a spirit of cooperation and caring.

Learning involves young children's families, environment and culture and occurs best when set in the fabric of relationships. We work in partnership with families to form a community with shared goals.

Alison Gill, Director

Rosebank Community Preschool Inc.
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Upper Coopers Creek Public School



This year marks a very special milestone for Sue Sommerville our Creative Arts teacher.

Sue has been teaching here at Upper Coopers Creek for 30 years. We held a surprise party on Saturday 25th October to honour Sue and celebrate her amazing contribution to our school community.

Sue's dedication, energy and enthusiasm are at the heart of our small school and she has touched the lives of so many students and their families throughout the years.

It was wonderful to see so many people here, particularly past students and their families and Sue's teaching colleagues, family and friends.

Our talented students wrote and performed their own hip hop song for Sue with the help of Nadine who is both a parent and past student of UCC.

Here is an excerpt from their song:

*Here's a song to say thank you Sue
We love you yes we love you
We appreciate how much you care
You give us the gift of art to share
Thankyou sue
From the bottom of our hearts
For sharing with us all of your art
Creative Sue painting away
Igniting our talents everyday
Happiness exploding like fireworks in the sky
Music helps our spirits soar high
Lifts us up like a cloud floating by
Inspiring us to be brave even if we are shy
Creating a space where it is ok to try
Art is helping our spirits soar high
Art is helping our spirits soar high*



Rainbow Lorikeet - S.McGrigor

If you have a child starting school in 2015 and would like to come along and experience our beautiful little school, we will be holding Kindy Orientation days on

Wednesday 5th November, Wednesday 19th November and Wednesday 26th November. Please call our office on 6688 2128 for times and more information.

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Deep Southern Skies in November 2014

Welcome to a monthly description of our night sky for November.

HIGHLIGHTS

Mars sails past two globular clusters.

Comet PANSTARRS visits the Dorado cluster of galaxies.

THE MOON

3rd Moon at perigee (closest to Earth at 367,879 km).

7th Full Moon.

15th Last Quarter. Moon at apogee (farthest from Earth at 404,336 km).

22nd New Moon.

28th Moon at perigee (closest to Earth at 369,827 km).

29th First Quarter.

THE PLANETS

Mercury reaches its greatest elongation (19°) west of the Sun in the morning dawn sky on the 1st. Even though the planet is at its greatest angular separation from the Sun, it is barely above the horizon before sunrise.

Venus reappears in the evening dusk sky towards the end of the month in Ophiuchus. As the Evening Star, Venus will dominate the early western skyline for many months.

Mars is visible in the western evening sky moving across the constellation of the Archer, Sagittarius. As the planet traverses the Milky Way, it has two close encounters with globular star clusters. On the 3rd, the Red Planet skims past the compact cluster M28 by just 0.2° and on the 6th, 0.8° from one of the finest clusters, M22. On the 26th, the 4-day old waxing crescent Moon appears near



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Mars making for pleasant viewing.

Jupiter, in Leo, rises in the east around midnight mid-month. Its apparent motion across the sky starts to slow as the faster orbiting Earth begins to catch up to the gas giant on its orbit around the Sun - a sure sign that opposition (opposite the Sun in the sky) is approaching. On the 15th, the Last Quarter Moon will be seen 5° above the planet.

Saturn is in conjunction (on the opposite side of the Sun from the Earth) on the 18th and is lost from view until it returns to the eastern dawn sky in Libra next month.

Uranus now past opposition, transits the meridian (is due north) around 9 pm mid-month in Pisces.

Neptune is high in the early northwestern evening sky at the end of dusk in Aquarius. The planet appears stationary on the 16th after five months in retrograde motion, returning to a west to east direction against the stellar backdrop.

METEOR SHOWERS

The alpha-Monocerotids is a minor shower with unusual short-lived outbursts. Active from the 15th to the 25th, they will peak around the 21st and are best seen after midnight. The 1995 rate reached 420 per hour but lasted just five minutes and the entire shower was over in 30 minutes. The unpredictability of the alpha-Monocerotids could produce a surprise at any return and reward the patient observer. The New Moon favours the shower this year with dark skies.

COMETS

Comet C/2012 K1 (PANSTARRS) is in Pictor as November opens and is visible throughout the night. PANSTARRS moves through several southern constellations, Dorado, Reticulum, Horologium and Eridanus before finishing the month in Phoenix. November sees the comet come close to the impressive galaxies, NGC 1549 and 1553 on the 9th. During November, PANSTARRS will probably fade from 6th to 8th magnitude and be no longer visible to the naked eye.

DOUBLE STARS

Beta (β) Tucanae is a lovely binocular pair separated by 10 arcminutes. β 3 is a white star (magnitude 5.2) and through a telescope β 1 and β 2 are a wide pair of bluish-white (magnitude 4.3 and 4.5) separated by 27 arc seconds. All three stars are close pairs and the system is actually sextuple.

Theta Φ Eridani (Acamar) is one of the gems of the southern sky. Through a small telescope this brilliant white pair (magnitude 3.2 and 4.1) are separated by 8 arc seconds. The system forms a long-period binary and is located at a distance of 93 light years.

Acknowledgements

Astronomy 2014 Australia. Quasar Publishing 2013.

deepsouthernskies1@bigpond.com

www.deepsouthernskies.org

Al Brockman



Pelicans at dawn at Brunswick - By S.McGrigor



federal films

At Federal Hall on the second Saturday of the month
Dinner from 6.30 pm Film ~ 8.00 pm All welcome

NOVEMBER 8

THE BROKEN CIRCLE BREAKDOWN

2013 RATED MA

Directed by Felix van Groeningen

"a plucky little Belgian film. Just brilliant"

- Paul Byrnes, Sydney Morning Herald



DECEMBER 13

the Lunch Box

Directed by Ritesh Batra

"a charming movie, made with love"

- Mike Scott, Times-Picayune



2013 RATED PG

ph. 66849313

www.federalfilmsociety.com

federalfilmsociety@gmail.com

Two Movies for Saturday 8th November

Federal Films is showing two great movies this month.

Mr Poppers Penguins (G) is on for the young ones at 4pm. Then at 8pm there's the adult movie The Broken Circle Breakdown (MA).

Family Dinner will be available from 5.30pm-6.30pm, with a later dinner from 6.30pm-7.45pm

The last Federal Kids Film Club of 2014 at 4pm will be screening Mr Poppers Penguins (G). In this family comedy, Jim Carrey is Mr Popper, a driven businessman who is clueless when it comes to the important things in life - until he inherits six penguins.

Popper's penguins turn his swank New York apartment into a snowy winter wonderland - and the rest of his life upside-down.

For the evening movie at 8pm, enjoy The Broken Circle Breakdown (MA). Elise and Didier fall in love at first sight, in spite of their differences. He talks, she listens. He's a romantic atheist, she's a religious realist.

When their daughter becomes seriously ill, their love is put on trial.

Dinner will be provided by Coorabell School P & C, offering a delicious selection of tasty curries.

There will be popcorn and drinks for the kids prior to the 4pm film. Don't miss a great night out! Family dinner at 5.30pm - 6.30pm

Later dinner from 6.30pm - 7.45pm

Casual and long membership available at the door.

Phone 6684 9313 for further details

See the website or Facebook for up coming films

www.federalfilmsociety.com

www.facebook.com/pages/Federal-Film-Society



WHAT'S ON IN NOVEMBER

Wed Oct 1st @ 6:30pm "not quite folk" jam night
Sun Nov 2nd @ 2 - 5pm BILL JACOBI
Tue Nov 4th @ 1pm THE ROMANIACS I CANE TOAD RACES I MELBOURNE CUP
Wed Nov 5th @ 6:30pm NOT QUITE FOLK JAM NIGHT
Thu Nov 6th @ 6:30pm BRAINTEASERS TRIVIA
Fri Nov 7th @ 7 - 10pm YOLAN
Sun Nov 9th @ 2 - 5pm CHRIS ARONSTEN
Thu Nov 13th @ 6:30pm BRAINTEASERS TRIVIA
Fri Nov 14th @ 7 - 10pm HAYLEY GRACE
Sun Nov 16th @ 2 - 5pm LEIGH JAMES
Thu Nov 20th @ 6:30pm BRAINTEASERS TRIVIA
Fri Nov 21st @ 7 - 10pm MARSHALL O'KELL
Sun Nov 23rd @ 2 - 5pm NEIL McCANN DUO
Thu Nov 27th @ 6:30pm BRAINTEASERS TRIVIA
Fri Nov 28th @ 7 - 10pm NICOLE BROPHY
Sun Nov 30th @ 2 - 5pm ROD MURRAY DUO
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The Village Journal

Guest Editor: Mez Fisher
 Layout: Flick Durham
 Webmaster: Flick Durham
 Accounts: Darlene Cook
 Advertising: Lydia Kindred
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VJ Advertising

ad size:	1 issue	3 issues	6 issues
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Not-for-profits/community announcements receive a 50% discount

**December Issue Deadline
25th October**

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Full details of our publishing guidelines are to be found on the VJ Website.

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get listed for \$3.30/issue or \$30/year – ring 0421 603 253 or contact advertise@villagejournal.org.au or PO Box 760, Lismore, 2480

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Dental Care	Little Lane Dental	6684 2816	Psychic and Medium Readings	Lismore City Printery	66215371
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Earthmoving	Tom Thumb 6689 5414 or	0457 895 414	Recycled Goods/Furniture	Magnay's, Lismore	6621 5549
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	Barry Connor	688 2114	Slashing	Bob's 2nd Hand, Lismore	6622 4029
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Films	Federal Films	6684 9313	Timber and Plywood	Ace, Lismore	66214251
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Community Directory

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Schools and Associations			Lifeline	131114	6622 4133
Public Schools	Bexhill 6628 4233	Clunes 6629 1278	Bangalow gardening club	<i>Margaret Byrne</i>	6688 2222
	Corndale 6628 4305	Dunoon 6689 5208	Landcare	<i>Fox Road</i>	6688 2217
	Eureka 6688 4272	Goonengerry 6684 9134		<i>Phoenix</i>	6629 1162
	Rosebank 6688 2126	Whian Whian 6689 5240			
	Upper Coopers Creek 6688 2128	Eltham 6629 1321	Rosebank	6688 2220	6689 5696
Preschools	Clunes 6629 1551	Dunoon 6689 5396		<i>Rosebank Koala Rescue</i>	6688 2217
	Federal 6688 4371	Rosebank 6688 2096		<i>Northern Rivers Wildlife Carers</i>	6628 1866
Playgroups	Clunes - Inga Schader 6629 1674	Whian Whian 66895240		<i>WIREs Northern Rivers Rescue Hotline</i>	6628 1898
	Eureka - Megan Noble 66884272			<i>Friends of the Koala Hotline number</i>	6622 1233
Dorroughby Environmental Education Centre		6689 5286	Emergency Services		
Federal Film Society	Anita	6684 9313	FIRE / AMBULANCE / POLICE		Dial 000
Girl Guides Australia	Helen Hargreaves	6689 5254	Hospitals	6621 8000	Byron Bay
Dunoon Scouts	Cubs: Lyn Black	6628 8588	Fire Permits		6685 6200
	Scouts: Graham Pringle	6628 2820	Rosebank	6688 2263	<i>Eric Kinchin</i>
Community Services			De Condos	6689 5716	6688 2217
Hall Bookings	Whian Whian 6689 5672	Dunoon 6689 5577	Didier Marceau		
	Corndale 66284178	Rosebank 6688 2116		<i>Federal John Nardi</i>	0459 415 938
	Dorroughby 6689 5013	Federal 0497 074 709		<i>Hodgson</i>	6684 9153
	Repentance Ck 6688 2191	Eureka 6688 4217		<i>Waddell</i>	6628 4382
After School Care	Clunes Out of School Care 6629 1750			<i>Johnston</i>	6629 1270
				<i>Feebrey</i>	6689 5438
				<i>McDougall</i>	0409 425 551
					<i>Watts</i>
					6689 5359

November 2014



Red Browed Finch by Sharon McGigor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				● Mullum Farmers Market	1 Alstonville Farmers Market Lismore Farmers Market	2 Byron Bay Market
3 Rainbow Region Organic Market @ Showground 7.30-11AM	4 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	5 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	6 Mullum Farmers Market	7 Alstonville Farmers Market Lis. Farmers Market Federal Films - Kids Film Club 4pm; Evening movie 8pm Family dinner 5.30-6.30pm; Later dinner 6.30-7.45pm	8 Channon Market	9
10 Rainbow Region Organic Market @ Showground 7.30-11AM	11 Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	12 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	13 Mullum Farmers Market	14 Rosebank Landcare @ Rosebank Recreation Reserve 8 - 11am Alstonville Farmers Market Lis. Farmers Market	15 Lismore Car Boot	16
17 7pm Rosebank Hall meeting Rainbow Region Organic Market @ Showground 7.30-11AM	18 Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	19 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	20 Mullum Farmers Market	21 Save Our Tracks' Forum @ Lis Workers Club from 2 - 5pm Alstonville Farmers Market Lis. Farmers Market	22 Bangalow Village Market	23
24 VJ Deadline Rainbow Region Organic Market @ Showground 7.30-11AM	25 RCI AGM Rosebank Hall 7pm - All Welcome Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	26 Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	27 Mullum Farmers Market	28 Alstonville Farmers Market Lis. Farmers Market	29	30