



PRICELESS



THE VILLAGE JOURNAL

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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



Mermaids at Minyon Falls - By Deva Amrita

What's in this month's VJ?

- Friends of the Koalas
- Politics of Dancing
- Ice Ice Baby
- Recipe - 10 minute Bread
- Health and Wellbeing
- Goodbye to Alan and Joan
- Greens Latest News
- Locabiber
- Coopers Creek Landcare
- This Psychological Life
- Deep Southern Skies
- Music Review
- School News
- Entertainment



VJ Editorial

Hello and welcome to another edition of the Village Journal – June 2015

This edition marks my first anniversary as Editor at the VJ and I wish to take this opportunity to thank those advertisers who regularly advertise with the VJ and pay on time – you are our life blood and we thank you from the bottom of our hearts.

Why am I gushing at advertisers you wonder? Well you see one of the main ongoing problems we have here at The VJ is that of outstanding 'bad debt'. Basically, this has occurred when we have run ads for individuals/businesses who haven't paid up for that service. While we have been writing it off incrementally each month it's just not fair and it is far too big of a financial burden for a community owned and run publication to bear. We simply cannot afford to be owed thousands of dollars in unpaid advertising dollars and we aren't really in a position to be continually chasing money. So I publically call on everyone who has ever run an ad in the VJ to check your financial records.

Do you owe the VJ money? Do you know someone who may have forgotten they do?

The VJ has the potential to keep on going for another 28 years but only if we as a community want to have a VJ. To do that we need to get paid what we are owed. Believe me I don't want to publish our bad debtors list or name and shame people, nor do I want to have to send out the collection agencies but it's getting kind of serious here. So please do the right thing and pay your accounts.

The Village.

All though the VJ has its origins in Rosebank the reality is that these days we come from a wide and varied range of different villages, some big and some small. As VJ contributors and readers we are a part of a collective of individuals who want to communicate and seek to engage with each other and this is what the VJ is about – community participation, representation and engagement. This month we see a new contributor called Robina Todd and she has written a piece called the Spirit of a Horse. So for any horsey people out there if you need advice on training or handling please write into the VJ and we will pass it on or you can contact Robina directly. This edition also feature our regular contributor's and articles by Stewart Hase, Moya Costello and Alan Brockman.



So rug up, stay warm, and enjoy this month's Village Journal.

P.S – Pay the VJ.

Freedom Vivian

Readers Forum...

Totally love the Village Journal!

Best wishes,

Michael

Dear Freedom

Please find enclosed a small donation to The Village Journal in thanks for the story regarding the local cake decorators association.

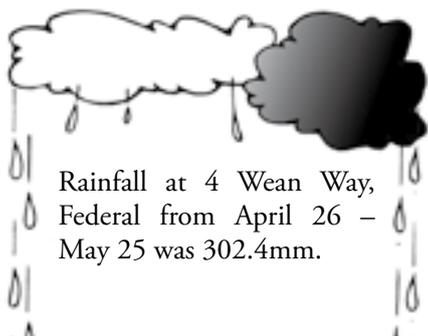
We were thrilled with the write up and photos.

Thank you once again.

Kind Regards,

Narelle Smith

(President of the Cake Decorators Association)



Rainfall at 4 Wean Way,
Federal from April 26 –
May 25 was 302.4mm.

Dear Editor...

I refer to the article on page 7 of the May edition of village journal. Are you really living in the 2nd decade of the 21st century? I thought the religious wars of the early 20th century were over, yet here we are in the tiny settlement of Bangalow and we find the contributor referring to our Prime Minister as captain catholic. If you are not the author of this article then as editor you have a duty to edit this odious material out of your newsletter before it gets into print.

**Frank Hocart
Mermaid Beach**

Greetings Frank,

Yes it's true we really are in the 21st Century, (maybe we should tell Tony that and he can stop dishing out Knighthoods) and yes the PM is being called Captain Catholic. Political nicknames and jousting are a part of free speech in a secular, democratic civil society.

Funnily enough I did not make up the moniker, it is already a matter of public record just like 'Captain Austraya'

and my favourite nickname of all times; the 'suppository of all wisdom' which is a direct quote from the 'Captain' himself.

But seriously, a lot of people don't know that after University Abbott did a stint in the Monastery before entering politics. The moniker 'Captain Catholic' or the 'Mad Monk' is a reference to Tony Abbott's inability to separate his religious beliefs from his job. A classic example of this is his recent cutting back of public school funding for secular counsellors and replacing them with the installation of 'chaplains' in every school. Or how he has cut funding to Universities but instead funds priesthood training.

If the PM could uphold his 'duty' to separate Church from State and refrain from putting his religion into policies that affect my life then I would refrain from calling him out on it. Until then – no chance and that, Frank from Mermaid Beach, is what democracy looks like.

Freedom Vivian.

It's time for a holiday!

Having a balanced work-home life is so important, yet many people continue to get caught up at work, forgetting to take a break. If you have the right balance, you will be much happier at work and ultimately far more productive, so it is a win-win situation for all. Working non-stop without a break can lead to unnecessary stress, over-tiredness and general lethargy, which can have a negative impact on your work.....No one expects you to be a superhero

Living on a property or owning pets can pin you down from taking that break. Pet sitters can provide you with relief without asking your neighbour/friends for a favour or feel like you are burdening others.

Professional pet sitting services that take care of your pets in the familiar surrounds of your home is beneficial for both the pet owner and the animal. Your home is checked on while you are away and your pets are in the comfort of their own home.

Fur and Foliage is based in Corndale and your Holiday Solutions are available 7 days a week. You can leave home assured that professional and personalised attention is given to your home and pets while you are away for that well earned break.

Please feel free to contact Simone on 0421 686 600 for a complimentary meet and greet or for further information on my special local rates and discounts. Check out my website www.furandfoliage.com.au or visit my Facebook page Fur and Foliage

"If These Halls Could Talk"

Regional Arts are giving local halls a great opportunity to tell create a nights fabulous entertainment based on a story from that halls history (see <http://regionalartsnsw.com.au/2015/04/if-these-halls-could-talk/> for more info).

In short there is the opportunity to work with creative teams such as the Brisbane Opera to bring to life a moment in time from that halls history. Only seven halls will be selected from the Northern Rivers and we would like Repentance Creek hall to be one of them.

BUT WE NEED YOUR HELP.

The Repentance Creek Hall committee are calling for all members of the community who have a great story of Repentance Creek hall, be it something that happened in it, a story in relation to the history of it, lovers that met at it, historical moments for the community etc. Three stories, selected by the RCH committee, will be submitted to Regional Arts on behalf of the hall.

Please, if anyone has a story they would like to share of the hall please email either Amanda Van den Berg on

amanda.broadbent@det.nsw.edu.au

or Jane Smith at

jane@filmsmiths.com

by 30th June 2015.

The Rosebank Store and so much more.

Grab the weekend paper, coffee, fresh bread and a bite to eat".

The team at the Rosebank Store are proud to announce the opening of their exciting new weekend café featuring the food of Chef Jacqui Lanauze and a performance by Sara Tindley.

Lanauze style is shaped by the flavours of global travel and the daily set menu will be focused on seasonal and locally sourced produce bringing a wholesome and creative edge to the relaxed culinary experience in Rosebank.

Local musician, singer/songwriter Sara Tindley will be performing on the **Sunday 28th June, 10-11.30.**

We are all so happy and excited to be this close to opening the doors of this well-known and community loved building.

We look forward to seeing you there

Kieran and Anna, Jacqui and Kiah

Opening hours 6.30 - 2pm, Saturdays and Sundays.

N.B - CASH ONLY

Editor's Disclaimer

All letters addressed to the Editor may be published in the Village Journal, unless permission is specifically requested in writing.

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For further information contact Simone on 0421 686 600, email enquiries@furandfoliage.com.au or message me on Facebook (Fur and Foliage)



Got something to say?

The Village Journal seeks contributors!

Calling all poets, historians and conspiracy theorists – the VJ needs you.

Contact Freedom:

editor@villagejournal.org.au




Ph. (02) 6687 2880
• Oily Waters • Septic Systems • Grease Traps
• FREE Waste Oil Collection • Portable Toilets

Rosebank Store
Grand Opening
Saturday June 27
Music from Sarah Tindley
Sunday 10-11.30am
Open: Every Saturday and Sunday
6am-2.30pm





SAVING BALLINA'S KOALAS

Instead, he's given the green light for the Highway but sent Section 10 back to the drawing board. Before the bulldozers can start work RMS must prove that their preferred route won't result in the koalas' extinction.

But time is running out for the Ballina 200. Since Christmas seven koalas from the area have been killed or have died. That's the known number; clearly it could be higher.

The Pacific Highway accounted for 10 of the 61 known road mortalities that occurred in the Northern Rivers region during 2014. Most of these deaths were in the vicinity of road-works where the Highway is already undergoing upgrading, around Bangalow. This highlights the vulnerability of koalas during construction.

Road fatalities are only part of the problem; associated koala mortalities ensure that life-taking impacts become catastrophic. At the landscape level koalas are displaced. Vegetation clearance results in koalas spending more time on the ground and therefore increases their vulnerability to predation. There's also the ever-present risk of disease; the stress of displacement often triggering clinical chlamydia and sometimes retrovirus.

Once upgrades are operational koala road-kill continues and the highway itself is a barrier to koala movement. The features intended to ameliorate danger i.e. the exclusion fencing, and even the underpasses and road bridges (the

latter two in the short to medium term at least) disrupt movement for recruitment purposes. Either way, the koalas lose out.

Research into the design and implementation of environmentally sensitive roads and other linear infrastructure is ongoing but well-informed ecological assessments at the outset minimise the chances of understating the importance of some localities for koalas. Ballina's Blackwall Range is one of these.

Friends of the Koala's licensed rescue and rehabilitate work can be heartbreaking at the best of time. We won't stand by and watch the destruction of Ballina's koalas.

Over coming weeks

we will be asking supporters to target NSW's new Environment Minister, Mark Speakman and Member for Ballina, Tamara Smith with their concerns in anticipation of the petition's tabling in the Legislative Assembly.

After that the focus will move to Greg Hunt. There's a lot of work ahead, so keep an eye on Save Ballina's Koalas FB page and, if you have already provided us with an email address, email updates.

You can make a donation to the Campaign by visiting Friends of the Koala, Inc website, clicking Help. Scroll down to Advocacy, click on the Save Ballina's Koalas page and donate is at the bottom. Please be sure to indicate that you want your donation to support the Campaign.

To report a koala in trouble, or a sighting (live or dead), please ring Friends of the Koala's 24/7 Rescue Hotline: (02)6622 1233. For information about koalas, their food trees and how you can assist koala conservation, visit: www.friendsofthekoala.org or email info@friendsofthekoala.org or phone 6622 1233.

Lorraine Vass
President

Friend of the Koala, Inc.

Many VJ readers will be aware of the Save Ballina's Koalas Campaign to protect the nationally significant koala population which is in the road of Section 10 of the Woolgoolga to Ballina Pacific Highway Upgrade.

A few dedicated campaigners have been engaged on this issue for over a decade. Towards the end of 2013, the end of the formal "consultation" process and the release of the Ballina Koala Habitat and Population Assessment by Biolink, triggered a much reinvigorated engagement.

The Campaign has come a long way over the last 16 months. More than 50,000 supporters felt strongly enough about the koalas' plight to send emails to the NSW Government and to the Federal Minister for the Environment. Minister Hunt. Clearly he listened to campaigners' concerns last August but he didn't go far enough to reject the route of Section 10.



Flossie was found jammed in a pile of felled windbreak. She lost her joey and she's still under veterinary observation. The windbreak that was her home is feeding the co-generation plant at the Broadwater Sugar Mill.

Farewell to Much Loved Locals

On Sunday 17th May, members of the Rosebank Community farewellled long time locals, Joan and Alan Davies with a lovely lunch at the Rosebank Hall. A beautiful gift was presented to them of a stained glass representation of Rosebank, created by Carolyn Russell, with a rose, the hills, water and other natural elements. They loved the present which they can hang in a window to collect the light in their new Suffolk Park home. Their community work at the Rosebank Reserve and with RCI over many years has been very much appreciated and we wish them both well, in their 'retirement' from 'active service' in Rosebank. All the very best, Joan and Alan – we will miss your positive helpful ways, though we hope to see you still from time to time.

By Lydia Kindred



Photo by Alex Wilson

SPIRIT OF THE HORSE

Hey everyone, my name is Robina Todd. I have lived in this gifted area for 13 years and I am a Natural Horsemanship Practitioner. I have a Diploma of Racing and 27 years' experience with the love of my life; horses of course.

Each month I would love the readers of The Village Journal that are privileged to own or associate with horses to email me ,

RobinaTodd71@gmail.com, any problems you may be facing with your equine friends.

The most interesting letter will receive a free consultation, (within the magazine coverage area) and a training and guidance program designed for your particular horse. I endeavour to publish the question I choose and report the outcome in next month's issue of The Village journal.

"Help I can't catch my horse"

Horses learn quickly from comfort and discomfort. If you create enough discomfort, your horse will soon start looking for a more comfortable place. When you set out to catch your horse, and don't succeed and you leave your horse to be, you're teaching him to run away for longer the next time. The 'discomfort' was you putting your horse under pressure to be caught. The 'comfort' was when you gave up and left your horse alone. Your horse now thinks if he runs away from you, that you will eventually leave him alone. You're in fact training him not to be caught. So next time you set out to catch your horse allow plenty of time, planning and patience. When you do catch your horse the 'comfort' is giving him a treat hidden in your pocket, a relaxing brush and not rushing him out of his peaceful environment into our busy human world. Just remember they don't have a watch nor an iPhone 6. Your horse has nowhere else to be bar his lush green pastures.

Robina's top five helpful hints for catching a horse.

1. Think like a horse
2. Don't pretend you are not there to catch him.
3. Don't bribe him with food.
4. Don't run after him.
5. Don't leave head collars on when you turn out your horse.

So start thinking like a horse and email me... robinatodd71@gmail.com.

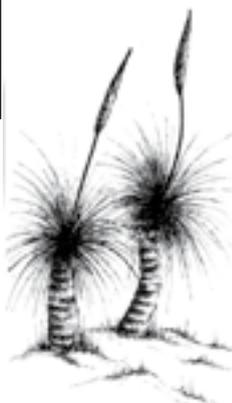
Looking forward to your emails.

Robina Todd

Do you dream of taking your horse to the beach, but lack confidence?
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Using natural methods.
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Accredited high performance equine trainer



Lazy Girl's

10 minute Bread

This easy bread only takes 10 minutes over your time over a 24 hours because you let the ingredients do all the work.

Ingredients:

- 375g plain flour, plus more for dusting
- 1 tsp salt
- 1/4 tsp active dry yeast
- 1 1/2 cups + 2 tbsp. water

Method:

In a large bowl, stir together the flour, yeast and salt. Add water and mix until it looks like a sticky blob.

Cover the bowl with plastic wrap or a plate and let it rest on the countertop for 12-24 hours at room temperature. Who needs TV when you can watch it bubble and expand as the yeast works...the blob is alive!!!

Scrape the dough out onto a well-floured surface and sprinkle liberally with more flour.

Flour your hands and gently push the outer edges of your blob into the shape of your bread tin...you don't need to fold or knead it...just gently coax it into a shape you can pick up and put into a lined bread tin.

Heat your oven to 240C. Bake your bread for 30-40 mins (depending on your oven) or until it's golden and crunchy on top and sounds hollow when you tap it.

If you don't have time to bake the bread straight



away, you can also let the dough sit covered with a tea towel on the bench for another hour or two or four before baking.

When cooked, tip your loaf out onto a wire rack to cool...that is if you can resist eating it warm with butter and Vegemite!!

by Mary Obrien

"In order to live first we must die"
Winter Solstice Workshop
2-4pm Sunday 21 June
Inner Light Centre 131 Keen St Lismore
Dive deep and experience your true self with
Kundalini Yoga & Meditation
Info and Bookings contact Siri Shakti on
0431 094 483 or
sirishaktiyoga2@gmail.com

AJ Magnay's

advertorial

AJ Magnay's was established in 1983 with hardly enough demolished materials to stock half a shed, but now we have five sheds and yards full of building materials, shop fittings, shelving, counters, hardware and reproduction brassware.

We specialise in helping businesses with DIY shop fits with slat wall/pegboards, hooks & brackets, counters, display cabinets, gondolas & shelving - from strips & brackets to pallet racking.

We also help people organise their warehouse, garage, shed, storage unit, shipping container, home based business with suitable shelving, pallet racking, three way lockable cabinets, and if installation is needed, we can

do that for you.

We can also pull out shop fittings and fixtures - please ring AJ for a quote.

Now it's stocktake season, and AJ has had a bizarre feeling come over him for a while now and it's presented itself as an overwhelming belief in 'Cleansing' - it's his new 'buzz' word. So we have Supa Doopa prices in all departments. Discounts Galore but only on Limited Stock that is in store.

So come ask us "What have you got?" at Macauley Street, NORTH LISMORE

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What have you got...
Recycled Unique Building Materials Hardware Steel Shelving Pallet Racking Shop Fittings

MACAULEY STREET, NORTH LISMORE
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e: alan@ajmagnay.com.au

Politics of Dancing Downunder

Farewell Christine.

There has been a change in leadership in the Greens at Federal Level with Richard Di Natale being elected unopposed and assuming the role of leader after Christine Milne stood down in what appears a relatively bloodless transition. Senator Milne's resignation caught media and political veterans by surprise, with the former leader making the announcement via Twitter.

"Feeling optimistic, proud & sad to announce I'm not contesting 2016 election, and so I resign as Leader of Australian Greens," she wrote.

Christine Milne took on the role of Greens Leader after Bob Browne. Mr. Brown left politics in April, 2012, about midway through the term of the Labor government, handing over to Senator Milne, who was herself unanimously



elected.. Women in politics are subject to sexual innuendo and gender harassment that their male counterparts do not and yet Senator Milne was always a pillar of strength and held herself with integrity, she spoke her mind with clarity and vision. Senator Milne led the Greens remarkably well and in fact some would say she surpassed Brown as a leader. Australian politics is better after being influenced by Christine

Milne as she raised the level of accountability and conduct expected by Politian's in general.

The way of the future – going green.

Once seen as the outpost for the lunatic tree hugging fringe The Greens continue to go from strength to strength displaying intellect, social awareness and common sense. As the environment, sustainability and climate change becomes centre and foremost in peoples thinking the Greens are now seen as the party of progressive mainstream voters. Green bashing just as bush bashing has thankfully become a thing of the red-necked past.

Richard Di Natale -

The thinking woman's man

Richard Di Natale is a good choice for the next gen leader. The other contenders rumoured were Adam Bandt and Larissa Waters but neither stood. A GP before switching to politics, Di Natale joined the Senate as a member of the Victorian Greens in the 2010 federal election and was once described as the party's "next strongest hope" by former leader Bob Brown. His policy interests are healthcare, gambling reform and human rights. As a General Practitioner with experience working in the alcohol and other drug sector he is perfected equipt to help move the 'drug war; beyond the basic rhetoric and fear mongering that has become 'The ice Age'.

Richard Di Natale has broad appeal, he doesn't come from Tassie but he does live on a farm in regional Victoria and while highly intellectual he plays footy, he really is the thinking women (or mans) man.

Ye olde Budget with Eleventy Joe.

Honestly what can anyone say? The second

Abbott/Hockey Budget is not as bad as their first budget (which had literally every single social service sector up in arms and saw hundreds of thousands of everyday Australians taking to the streets in protest). Granted it's not 'that bad' but let's face it, it's just a little less of the same and it's still ugly and has earned Joe Hockey the nickname of Eleventy Joe. The Liberal Gov under Abbott protects the finances of the mining companies and big end of town and continues to blame and take from the most vulnerable, including the homeless, the unemployed, those on disability or old age pensions and women (of course).

As I write 39 Australian women have died at the hands of their ex or current partners or husbands in 2015. Tony talked up like a big man about ending violence against women but in the last budget he proceeded to close shelters and cut funding to help lines. This time around the sector received no new funding. Mind you it just does not surprise me, this is one of the most misogynistic PMs Australia has ever witnessed. Remember this is the PM that winks to a radio announcer when a caller named 'Gloria'; a terminally ill and aged woman admitted she was forced by poverty to work in the sex industry and the one who stood in front of signs calling Julia Gillard a bitch and a witch and attended a Lib dinner with the 'little red rooster' on the menu with little breasts and big fat thighs etc. It is this insidious attitude and objectification of women that pervades Australian culture from the top down and fuels domestic violence. As Australia's 'Captain' I expect so much more from him than that.

Freedom Vivian

'Ice addict gouges out own eyeballs and ate them' (not).

Well, I bet that got your attention though?

Ice Ice Baby – don't believe the hype. Ice, just like a bad rap song has got a hook. 'The Ice Age', the Ice Epidemic, people scratching themselves, people with 'super human strength' and now this.

When it comes to drugs normally rational and coherent people lose their minds. The latest ridiculousness they are currently going crazy over is a story fed to them by (someone who should know better) Liberal Fed MP Karen McNamara who opened the 'Ice Summit' by telling an unconfirmed and unreliable story of an 'Ice addict who gouged out his own eyes and ate them'. Sound too horrific to be true? Well that's because it isn't true. It's just not true its Chinese whispers, but it didn't stop her parroting the gory story as FACT. Apparently McNamara said she heard about it from someone who 'works in an ER but wishes to be anonymous' who heard it from another person who was there'. Ah the good old urban legend. Interestingly the hospital in question has no record of any such silliness occurring at all and the region's health authority has cast doubt over the story, indicating the only similar incident was more than a decade earlier but they are unable to confirm whether or not drugs were even involved. It just DIDN'T happen but hey who's going to let the truth get in the way of a great story?

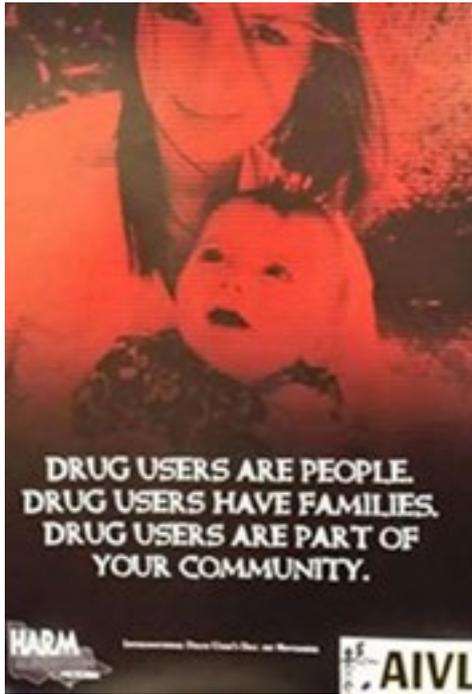
Let me let you in on a little secret. There is no Ice 'epidemic', the media invented 'the Ice age' and why? Because it sells. It sells papers and advertising space on their poxy TV 'news' shows. I had a woman tell me the other day that 'they're going crazy on the ice and eating themselves'. When I asked her 'So you have seen someone eating themselves'? She said 'No but I heard about it'. And she told anyone who would listen no doubt.

I have my personal opinion but this is also my area of speciality and I have worked in the Alcohol and other drug sector for almost over a decade and as a drug law reform activist I can guarantee you this is Chinese Whispers and superstition and mythology all rolled into one. I talk daily to people who are literally on the front line who see and work with people who use Methamphetamine, the street users but funnily enough Chanel 7 isn't ringing them up because the truth doesn't sell.

In a nutshell, the truth is that this 'Ice Epidemic' outcome is a direct result of Prohibition. Ice comes from the family of amphetamines, which are stimulants that make people who use them want to move, run, dance, have sex, do the housework – there always has been and will always be a market for that. Due to the illegality of all drugs and the Prohibition of drug manufacture and sale the drug market has evolved. It now creates stronger, smaller drugs and has gone from amphetamine (bulky powder) and increased its methamphetamine capacity

(small compact crystal version) because it is quick to make and small and easier to hide. You can get meth easier than marijuana these days. Why would you risk going to jail for growing marijuana outdoors for 6-9 months when you could make a batch of meth in a hotel bathroom in three hours? Much less risk time. So now small time cooks and dealers are flooding the market and people can get meth easier than marijuana. I am a realist and if we keep denying people the right to do what they wish with their own bodies and continue Prohibition we will open the door to more and more dangerous drugs.

The role of the media. There is a great history



of talking drugs up and sensationalism in the media. We had the 'Reefer Madness' in the 40s and then again in the 60s, crack in the 80s and heroin in the 90s and bath salts in the Naughties (hah). Below is a piece on The Myth of the Cocaine Negro. A 'negro' in 1914 who was reported to be so high on cocaine that even when he was shot straight in the heart by police he keep charging. The author is Dr Carl Hart, an Associate Prof of Psychology and Psychiatry, Neuroscientist and drug specialist, one of the few 'truth seekers and tellers' in the field of drug research.

NEGRO COCAINE "FIENDS" ARE A NEW SOUTHERN MENACE.

This outrageously provocatively headlined article had appeared in The New York Times on February 8, 1914. The author, a distinguished physician, wrote: "[The Negro fiend] imagines that he hears people taunting and abusing him, and this often incites homicidal attacks upon innocent and unsuspecting victims." And he continued, "the deadly accuracy of the cocaine user has become axiomatic in Southern police circles.... the record of the 'cocaine nigger' near Asheville who dropped

five men dead in their tracks using only one cartridge for each, offers evidence that is sufficiently convincing."

Cocaine, in other words, made black men uniquely murderous and better marksmen. But that wasn't all. It also produced "a resistance to the 'knock down' effects of fatal wounds. Bullets fired into vital parts that would drop a sane man in his tracks, fail to check the 'fiend.'"

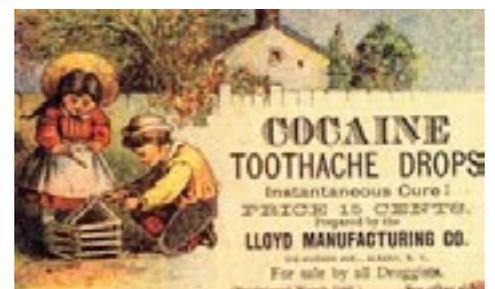
Preposterous? Yes, but such reporting was not the exception. Between 1898 and 1914, numerous articles appeared exaggerating the association of heinous crimes and cocaine use by blacks. In some cases, suspicion of cocaine intoxication by blacks was reason enough to justify lynchings. Eventually, it helped influence legislation.

Lies and legislation. And there-in lies the main problem with this media sensationalism and scare tactics and all the crazy story telling is that people can't separate fact from fiction (even those in parliament) and it has dire consequences – harsher drug legislation. This 'Ice Summit' freak show leads us further away from the truth that all drugs can be used at safe and regulated doses. It is when the black market controls and 'regulates' the drugs that things go pear shape. It will be used as the excuse to give increased police powers and longer jail sentences and harsher penalties. So more of the same cause we can see how well it's been working.

Before you get all defensive remember your coffee is caffeine a drug (stimulant) and so is alcohol (depressant) and cigarettes, Viagra, Panadol etc. We all use drugs daily but because our drugs are legal they are regulated so we know what doses are safe and what to expect – the contraindications are printed on the side of the bottle.

I have children aged 25, 16 and 6 and if we want to see a safer society for our children (who will try these drugs no doubt) we need to get them legal and regulated. Just like all the other drugs. According to Dr Carl Hart, 80% of people who use drugs do not have a problem with drugs. Then we can work with those who have problematic drug use without destroying lives of millions of people because they don't choose to use alcohol. We need to stop all the lies and mythology and ask for evidence – show me the scientific evidence.

Freedom Vivian



Heartfelt thanks from Adam Guise

As the former Greens candidate for the state election campaign, it's taken me this long to recover and write a heartfelt thanks to all those who supported me.

Despite Thomas George being re-elected, we ran an extraordinary election campaign which saw a huge swing away from the Nationals and the Greens nearly elected.

I know people are disappointed that we didn't make it over the line, but optional preferential voting and boundary changes were our biggest hurdles. We've got four years (or less!) to work on this.

Personally, the last three years have been an incredible journey, and I thank everyone from the bottom of my heart for their support and tireless work. I am deeply humbled by the good will showed to me by people across the political spectrum.

For a campaign run on a fraction of the budget of the old parties and without donations from coal seam gas companies, the Greens have shown what a grassroots, people-powered campaign can achieve. Throughout the campaign I demonstrated what genuine representation should be, and the community expects no less from the current member.

I will continue to advocate strongly for our diverse community, and fight to protect our land, water and climate from toxic coal seam gas mining.

I remain active in the Greens and I love being part of an amazingly vibrant, diverse and inspirational community. I encourage people to stay politically active and to redouble our efforts to bring change to this electorate. See you on the hustings!

Adam Guise

Former Greens candidate for the 2015 state election



For all those odd jobs you've been promising yourself – or someone else – you will do ... one day, when you get around to it.

Roundtuit
* **Wunday** *
Oddjobbery

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- bush regen
- handy-person jobs

Les **6689 5727**

Tamara Smith makes her inaugural speech in Parliament.

Greens' Member for Ballina, Tamara Smith MP, has made her inaugural speech to the NSW Legislative Assembly as the first Greens MP to hold a regional seat and is both the first Greens MP and first woman to hold the seat of Ballina.

Ms Smith described the Legislative Assembly as "a house for 'everywoman' and 'everyman', where a community can unite, agitate and vote for change."

"...our job is to be responsive to our constituents and their values and priorities and to put the collective interest ahead of vested interests. If I don't live up to that ideal, I don't deserve to be back here in four years' time."

Ms Smith acknowledged the role community activism played in her election and sees the result as a reflection on the health of democracy in NSW.

Ms Smith commended the diversity of the community movement that "united against the industrialisation of our hinterland and [stood] up against the threat to our food and water security from unconventional gas mining."

Ms Smith noted that while many see the Greens winning a seat off the National Party as surprising, there was a long history and hard work by many other Greens members including fellow Greens MPs, former MPs and councillors including Jan Barham, Simon Richardson and Ian Cohen.

Ms Smith also acknowledged the service of long-term Ballina MP Don Page.

A video of the speech can be found here: www.youtube.com/watch?v=-aL62Qsxlw

Freedom Vivian

The Arts Party response to the federal budget.

Hello Friends

The 2015 budget, while a marked improvement on the last one in many ways, is not one designed to reward and celebrate creativity, culture and the Arts. It offers no ongoing financial security, clear direction or priorities for supporting Australia's artists and audiences (something an actual Arts Policy could help with, we suggest.)

However, while there is little to celebrate right now, this budget is not setting a daunting baseline to leap over - rather it sets up the imperative that we as Australians make the jump.

We're recommending that the Arts and Culture budget be tripled (currently about \$50 per Australian a year), that music lessons and access to a starter instrument is made available to every primary school child, and that our Creative Industries be recognised and supported as central to the future prosperity of this country. And that's just the start!

If this sounds intriguing, please read on and share:

Artsparty.org/response_to_the_2015_federal_budget

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Tired of paying a luxury tax on tampons?

Front page of the Australian Financial Review today: "Hockey, PM split over tampon tax. That's right, Minister for Women Tony Abbott just overruled his Treasurer on removing the tax on tampons, when other "essential health items", like condoms and lubricant, are excluded from GST.

You see, just weeks ago, a university student named Subeta launched a petition on GetUp's grassroots petition platform CommunityRun to end the tampon tax, and nearly 100,000 people have joined her since. Thanks to her passion, hard work and strategic campaigning, Subeta got to confront

Treasurer Joe Hockey live on the ABC programme Q&A Monday night.

In a brilliant moment of democracy in action, Treasurer Joe Hockey agreed that yes, the tampon tax should go... until Mr Abbott overruled him the next morning.³ So Subeta is heading to Parliament this week to organise an audacious stunt to confront the Prime Minister, and this is our chance to back her up.

For more info contact: <http://www.getup.org.au/tampons-for-tony>

MR ABBOTT,
STOP HIDING FROM
THE TAMPON TAX!



I know that talking about wine is a 'first-world' issue, but what if you think of wine as art? James Halliday, the respected Australian wine critic, has posed the question: is winemaking an art? His answer—'most would say so'—is guarded but gratifying for those who think it is. The creation of art is one of the markers of humanity, and art has a capacity for transformation. For example, the American Marxist academic, Eric Olin Wright, has said that the arts can present a sense of the aesthetics of alternatives and prefigure those alternatives through practices which embody them.

My most recent wine discovery is a very drinkable pinot noir at around \$16. It's difficult to get a good pinot noir cheaply – but here it is: 2013 Mad Fish Western Australia Pinot Noir. Trust me, if you can, it's a drinkable pinot, and (relatively) cheap. The grapes are produced by Burch Family Wines from the cool climate Great Southern region of WA (pinot noir is traditionally produced in the cold), which equals the 'Porongurup ranges ... a

small sub-region of cool climate elevated vineyards. The winters ... are bitterly cold and the soils are extremely ancient ... producing low yielding vines'. The colour is that clear red you'd recognise as pinot, with cherry and nuts in the perfume and honey and jam on the palate.

Further, with the coming-on of winter, and for those of us without disposable income, I'd like to also remind you of Upside Down Marlborough Merlot, the best one I've drunk (a scary, absolutist statement, if I've ever written one!), especially because it lacks a 'dusty' palate – for only around \$12!

A comrade-in-arms recently gifted us a 2010 Hunter Valley Brokenwood Mistress Block vineyard Shiraz. Its 'heaviness' as a bottle is in sync with its 'weightiness' as a shiraz. I am always on the lookout for 'smooth'. And although this has no aroma to speak of (Unless it is hay! And I love the smell of hay.), all is forgiven. But perhaps, on a revisit, there is a forceful fluttering of vanilla in aroma and on the palate. A faultless ruby colour with

a slip-down palate. I can tell you: a red that you don't think about (in winter) as it falls effortlessly down the throat. My god: the definition of a gift. One could die and think: ok, all is good.

Moya Costello



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Treading softly on the planet for World Environment Day at SCU

Help build an eight-metre long footprint made of sand, create a pathway of string through a maze of trees and check out the SCU Sunflower, Australia's largest solar powered audio-visual production system, when Southern Cross University celebrates World Environment Day at the Lismore campus on Friday June 5.

The School of Environment, Science and Engineering and the School of Arts and Social Sciences is inviting the Northern Rivers community to join in the activities from 10am to 2pm on the grassy hill between the SCU Gym & Pool and A Block - Engineering.

The theme for World Environment Day 2015 is 'Seven Billion Dreams. One Planet. Consume with care.'

"Living within planetary boundaries is the most promising strategy for ensuring a healthy future. Human prosperity need not cost the earth," said Associate Professor Amanda Reichelt-Brushett, Deputy Head of the School of Environment, Science and Engineering.

"We encourage the Northern Rivers



Photo: Associate Professor Amanda Reichelt-Brushett.

community to come along and be part of some thought-provoking, free interactive activities at the Lismore campus."

Activity details:

Our footprint: we will use sand to make a large footprint. While making this form, we take the time to consider that seven billion grains of sand represents one grain for every person currently living on the earth. The approximate volume of seven billion grains of sand – equating to 1m³ of sand – will be used.

Our lifepath: we will unwind a ball of string as we travel our chosen path through, in and around the trees to reflect a path in life. As more string is mapped out, the greater the number of interactions and the more we must consider how our actions affect others and are influenced by others. An abstract matrix will develop over the course of the day.

All materials will be provided free to participants.

"In keeping with the World Environment Day theme, we have aimed at low resource consumption activities to create an experience about each one of us being one in seven billion," Professor Reichelt-Brushett said.

"Science can enable us to understand what needs to change to manage the environment in a more sustainable manner, but enabling change comes through participation. Think how far recycling has come in the last decade or so.

"We will be inviting community participation to explore the World Environment Day theme and in the process create an interesting visual outcome."

I can feel it in my bones!

Both men and women are susceptible to osteoporosis, kilo for kilo our bones are stronger than concrete. Our bones are alive and are reshaped and rebuilt daily according to the mechanical stress, and biochemistry of the body. Osteoporosis is a condition where bones lose strength and density and become brittle. ½ a gram of calcium is absorbed into, or released from our skeleton daily. We need a positive balance of calcium daily to maintain a healthy bone bank. Calcium will diminish from the body if our daily supply of calcium and other cofactors required for calcium absorption, are inadequate.

A healthy adult requires 1000mg/ daily, whilst rapidly growing children between 9-18 years old require about 1000-1300mg/d calcium to support growth. Women post menopause require 1300- 1500 mg/d calcium, as a decline in oestrogen increases calcium excretion and accelerates bone depletion. Maintenance of bone health is best achieved by a combination of regular weight bearing, and strength training exercise. Adequate protein is important particularly in the elderly community, low protein diets are associated with higher risk of hip fractures. If calcium supplementation is required, look for calcium citrate or chelate and cofactors to help with calcium absorption. Co factor nutrients include magnesium citrate/chelate, boron, B6, vitamin D3 and zinc to name a few. Avoid calcium carbonate supplements as this form of calcium is not easily absorbed by the body.

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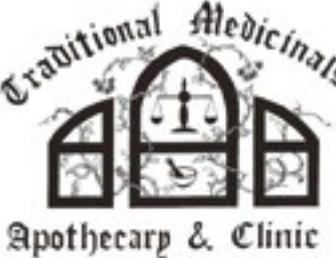
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THIS PSYCHOLOGICAL LIFE

...BY STEWART HASE

Don't you just hate it when someone comes up with a quote that you wish you'd woken up with in the middle of the night spinning around in your head? Apparently, according to psychological research, it's when we are unguarded, when our brains are empty that we come up with good ideas, or Ah, Ah moments. They sneak up on you when you're not looking.

It makes sense when you think about it. Our short-term memory has very little capacity and can't manage too many things at the same time. Hence, good ideas don't get much of a look it when we're busy just getting on with life. This may well explain what happens with our politician who are so concerned with the next news bite, the next election, their most recent travel expenses or just putting one foot in front of the other that it is impossible for them to come up with good ideas for the nation. Haven't heard one for quite some time. But I digress.

I always thought that, 'scars make your body more interesting,' was a line in a song. But it turns out that it's the name of a book and a short story by Sherrill Jaffe. It's such a fabulous set of words that has so many nuances. The truth is, though, is that I like to think that it applies to me, that suffering has somehow

made me more likely to get invited to dinner parties. Perhaps my pain comes across in my art or writing, that there are creases around my eyes that make me look wiser because I know of life, the world, everything. Its so..... romantic!

The truth is something else of course. If you happen to live long enough you get to experience suffering and it is a bit of a mistake to think that bad things will never happen to you. Having said that, there are some people who do manage to avoid bad experiences in their various guises: but they are rare.

I've found, in the course of my life but specifically in my role as a psychologist as my clients and I have done therapy together, that there are some important people factors that come into play when responding to bad events. The first one has to do with preparation. There are those who think that everything is rosy and will continue to be so forever. I call this the Shirley Temple Delusion. Because they have this rather naïve belief, these people are unprepared when disaster strikes. They are retrenched or, inevitably, someone close to them dies, for example. They have no contingency plans, no shopping list of possibilities from which to choose. As a result, they find themselves stuck with nowhere to go and experience high stress.

On the other side of the coin are those who realize that bad things happen and that it is a good idea to create options so that choices can be made: the latter is impossible without



the former.

Then, there are those who like to have a high level of control over everything they do, and that happens to them. Unfortunately, when things go wrong they increase their controlling behavior but often to no avail because things are not happening as they planned, as they should. The opposite to this type are those who tend to live in chaos, who create uncertainty. Change for them is just another day of chaos and it is water off a duck's back. The result is low stress when it comes to a shift in circumstances.

Finally, there are those who are living on the edge already and who tend to be highly strung. It's the last straw and a camel's back syndrome. There are others who are so laid back that you have to prod them to see if they are still awake. These people annoy me too. Surely there's something to worry about in life! At least whether or not scars make your body more interesting.

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Essential oils for wintertime health and healing

With the colder winter months upon us now its time to consider boosting our immune systems to prevent colds and flu. Our bodies have their own in-built abilities to spontaneously heal but at times we require a bit of help from mother nature, and plants have the potential to do this.

Essential oils have been used for thousands of years by humans from the ancient egyptians to the romans. They can provide us with safe and effective ways to support our health if used correctly. Most essential oils possess some degree of germ fighting ability and can be used to combat viruses, bacteria and parasites.

Essential oils are extracted from the roots, leaves, flowers, bark or seeds of plants mainly via steam distillation. Being a highly concentrated essence of the plant means that very little goes a long way, for example one drop of peppermint oil is the equivalent of 28 cups of peppermint tea.

The most important factor when considering the use of essential oils for medicinal purposes is to ensure their purity. Up to 75% of essential oils on the market are adulterated, which means their healing ability is compromised. This may occur via the introduction of synthetic chemical that smell the same or using plant and vegetable oils to dilute them. Ensure that the oils you use are certified pure therapeutic grade so that they are effective and safe to use.

Dermal application of essential oils

One of the easiest and safest ways to use essential oils is applying them to the skin (dermal application). Our skin is permeable to essential oils as the molecules in oils are

small enough to penetrate the skin and enter the blood stream. The transdermal nature of essential oils thus allows them to pass through your skin into the circulatory system and cells of the body. Most essential oils, if pure can be directly applied to the skin. However some must be mixed with a plant based carrier oil eg coconut, olive or almond oil. It is important to note that anyone who has sensitive skin should first dilute their essential oils with such plant based carriers other wise redness may occur. Dilution is also recommended when using essential oils with babies and younger children.

Chest Rub for colds and Flu

- 6 drops melaluca (tea tree)
- 12 drops eucalyptus
- 9 drops cypress
- 15 drops rosemary
- 12 drops peppermint

mix the oils together in a glass jar (not plastic) add 2 heaped tablespoons full of raw coconut oil or your choice of veg oil and mix well. This mixture can be rubbed onto the chest or soles of the feet. Apply 2-3 times a day or as needed.

Aromatic Application of Essential Oils

Due to the volatile nature of essential oils one of the best ways to use them is via a diffuser. Diffusers emitt essential oils as a fine vapour which

can be breathed in and absorbed into the bloodstream via the lungs. Diffusing essential oils will also help kill any germs which may be floating around in the air during those winter months when everything is closed up. The other good thing about diffusers is that they do not heat essential oils, unlike oil burners which heat up and destroy the therapetic effect of essential oils.

Diffuser blend for cold and flu season

- 3 drops lemon
- 2 drops peppermint
- 1 drop clove
- 2 drops eucalyptus

place this into your diffuser and fill with the appropriate amount of water (this will vary according to the type of diffuser you use)

This is a refreshing blend to run in your diffuser throughout the day to disinfect the air and boost immunity during those winter months.

Written by Dr Tamara Justus (PhD) molecular biology, who practices at Byron Health and Healing in Federal.



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Australian Concrete Posts Story –

Crafted by Doug Leadbeater and Suzi Mould

Converted from Wood Posts to Concrete Fence Posts – just makes good common fence!

Usually seeing the light is used in a spiritual or biblical sense. However, this is the story about a timber fence post sales man.

For years, Doug, (affectionately known by farmers as “The Post Man”), sold wooden fence posts. You’d be hard pressed to find anyone who knows more about fence posts and fencing than Doug. He’s a “fountain of fencing posts knowledge” so to speak! The Post Man has spent many years speaking up and arguing about the right timber species for posts, where to get the best wood, who was a good post cutter, who was not – you get the idea!

Well the day came not so long ago that someone told Doug about a fence post that would last a lifetime! A post that the ants would not eat, the weather would not rot and the grain wouldn’t split.

Now Doug had been round long enough to know when someone is tugging his chain or if they meant business. He exclaimed, **“I’ll be damned! Is this true? And how long has this been going on for?”**

Now in this day and age it’s becoming hard to find – but Doug’s one of those old fashioned “man of his word” blokes and someone who stands behind everything he says and does.

A few months on and Doug has done some serious research for himself, spoke with those in the know and has come to his own clear conclusion.

When he found a couple of local blokes making these lifetime guaranteed concrete posts, he had to be in on it! And so, Doug has been converted – he has become an advocate, mentor and the National Sales Manager for Australian Concrete Posts.

Doug says he **“Can’t even imagine how someone could sell someone a post that the ants would eat, that would rot out and split, and would likely need replacing in less than 20 years.”**

And so, that’s the wonderful thing about a conversion. They say once you have seen the light, your life will be changed forever. Who’d have thought that a simple fence post could have such a significant effect?

For many the concrete post will have the same effect on them – for “The Post Man” and countless other hard working farmers and property owners they will see the light too! The wonderful consequence of choosing concrete over timber posts is that they will save money, time and effort in the long run. As well as build a fence that becomes an asset to their property.

Speaking now as the converted, Doug says,

“Make your next fence a once in a lifetime experience! Just use your good common sense! “

Australian Concrete Posts are made in the Northern Rivers and are a locally owned and operated business. Their products are of the highest quality and are lifetime guaranteed against termites and Fire. They will not split, rot or warp. For more information ask your local Rural Store or visit the website www.ConcretePosts.com.au



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The Aim of the project

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To gather data about our native inhabitants – learn to identify who and what they are, where they are, how many times you see them, what they do and where they go? You may enjoy photography or are into video or like to find out about the health of our local creeks and observe the inhabitants that live in our waterways?

We are simply asking you to take a note of – What Wildlife lives at your Place?

Why is this data Collection needed? It is important to collect this data for our rural area as it does not really exist in any formal way. National Parks do wildlife surveys and mapping and study natural habitats and identify endangered species in the National Parks. But we live in the ‘Very Special and Important Buffer Zones’ to these Parks and Reserves and we can all help preserve the corridors for our wildlife to live in, travel through and get about their lives. It is also very important to care about the Health and Water Quality of our Creeks and Catchment Areas – we share these too with other Families, Farms – Animals and Wildlife.

We all live in this amazing landscape together. It is rich diverse in vegetation and activity. We live near or on farms, with creeks, dams, paddocks, orchards, vegetable gardens, with timbered and forested areas that are providing habits for many wild creatures to live in. We share our rural homes with a variety of marsupials, mammals, reptiles, amphibians, birds, insects, fish and fresh water crustaceans – if you live near a creek. Landcare Responsibility Belongs to All of Us.

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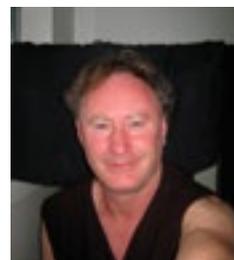
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Sink yourself within sonic seduction...welcome to the Cocteau Twins with 'Milk & Kisses'

By Ian Browne Shamrock News



What, you've never heard of the Cocteau Twins? Or perhaps you left them to the forgotten 4AD Goth days? Have you ever pondered the origins of the sweet voice within Massive Attack's Teardrop? Sensibly; ultimately-nurturing, they kissed the ether with more albums that tranquillised the corrupted days of empty fear and workplace tensions till 1996 with their final album Milk & Kisses. So let's begin from there shall we, at the end.

Yes, I am well aware that I speak to a wide demographic here in the Northern Rivers, but that's why I chose the Cocteau Twins, as everyone is catered for. Just open your neural pathways. They will do that for you anyway, as no one has come close to what they have achieved with their angelic, operatic, sonic-flange-filled guitar nirvana. Otherwise, only 'The Cure' can take me there. A UK outfit, the Cocteau Twins are truly a band whose music is difficult to describe. While The Cure's most played hit around the rat traps of Oz 'Love Cats' is my least enjoyed, the Cocteau Twins' popular single 'Iceblink Luck', well, I could listen to that all day long. During the Sydney punk days of the eighties, I still enjoyed 'The Cure' and 'Siouxsie and the Banshees'. However, it wasn't till the early nineties with trips to 'Red Eye Records' that saw me filling my bag with second-hand 4AD Goth vinyl, did I fall in love with the Cocteau Twins. Okay, Rage too was playing the Iceblink Luck film clip, but my first album would be 1988's 'Blue Bell Knoll'. Their earliest songs from 1981 were very much Goth in genre, with gurgling bass lines; industrial electronic drum, and high-pitched guitar radiating from those early sonic wastelands; singer Elizabeth Frazer's voice was vastly different to the more dream-state indie-sonnets that would rush through copper wires into tantalised cochlear' in the years to come. They were always more popular in the UK than Oz, with 'Heaven Or Las Vegas' reaching number seven in the charts there, along with two other albums in the top 20. One of these treasures being....

Milk & Kisses: The nineties took much of Goth to the US with industrial double-kick and power-chord-metal riffs, though the familiar UK circular high-pitched dark carnival-horror-flick guitar rhythm remained, edging through the fog of chorus. Such bands that influenced all that, the Cocteau Twins are an enigma that deliver the ultimate peace, but one that smacks streetwise. Like all Cocteau Twins albums Milk & Kisses is a journey. From the very beginning of this CD the song 'Violaine' transports you to eighties

sympathetic journey through humanity and loss.

"Get in touch with your feminine-self!" Okay, so it's a nuisance hitting the corners and creeks in the hills between Brunswick Heads and Lismore on my way to work each day adorning stilettos, but slinking into a couch and hitting the Cocteau Twins into gear is a quick fix for a 103kg male to the wonderful void of femininity. Nostalgic and peacefully-familiar, perhaps if more men in Australia did so they might just treat their partners a little more kindly! In Sydney during the early nineties I played the album 'Treasure' to a couple of friends hailing from popular Death Metal bands, and one of them turned to the other and stated with joy... "This is really good!" ...as the other long-haired metal merchant nodded approvingly. So don't be ashamed lads, you too can get in touch with your inner-city bohemian-sonic queen. The Cocteau Twins are a bottle of Shiraz; drifting and coiling incense on a lazy Friday night amongst the shadow play of candlelight. Now their sound lives on in our very own dark-wonders 'The Jezabels'. But that's for another day. Dunk yourself into Milk & Kisses; within any pool of serene Cocteau Twins, you owe yourself such dream-state splendour.

Ian Browne



4AD Cocteau Twins, the entire album envelops you within a musky whisper of darkness, fizzing guitar riffs that lift in a rush through the universe with Frazer's amazing voice, an angelic caress that is neither English, French, Latin or even Gaelic, but yours to ponder its exquisiteness. You make sense of the story, a sound that designs your starry night, taking the listener on a voyage to the heavens through all time and back. One time lovers with a daughter, Robin Guthrie and Elizabeth Frazer; who was also seeing Jeff Buckley for a spell, again teamed up with fellow muso and producer Simon Raymonde to release this powerful sound with Mercury Records in 1996. Through the middle of the album the songs are dreamlike, somewhat organic and more delicate, ending with an almost operatic song 'seekers who are lovers'- which shrieks its birth in black-purple velvet, along with its

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Deep Southern Skies For June 2015

Welcome to a monthly description of our northern NSW night sky for June.

EVENING TWILIGHT

Venus and Jupiter approach each other while Saturn is alone.

HIGHLIGHTS

- Mercury close to slender crescent Moon.
- Mercury close to Aldebaran.
- Venus and Jupiter very close.
- Jupiter, Venus and Moon make a fine sight.
- Occultation of Uranus by the Moon.

THE MOON

3rd Full Moon.

10th Last Quarter.

10th Moon at perigee (closest to Earth at 369,711 km).

12th Occultation of Uranus by the Moon. Start 05:08 am, Finish 06:28 am.

16th New Moon.

24th First Quarter.

24th Moon at apogee (farthest from Earth at 404,132 km).

THE PLANETS

Mercury climbs its way into the eastern morning sky this month. On the 15th, Mercury is close to the slender crescent Moon. On the 23rd and 24th, the planet moves through the Hyades star cluster coming within 2° of the 1st magnitude star, Aldebaran. Aldebaran's position south (right) of Mercury will identify which is which. On the 25th, this innermost world reaches its greatest elongation (22°) west of the Sun.

Venus spends a few days in Gemini before traversing Cancer and ending up in Leo towards month end. Venus reaches its greatest elongation (45°) east of the Sun on the 7th in the evening western sky and appears as a little First Quarter Moon through a telescope. Watching the early western sky during the month, Mercury moves closer to Jupiter each evening until it culminates in a spectacular rendezvous at month end when the pair are just 0.5° apart (one Moon diameter). The 4-day old crescent Moon forms a neat triangle with Venus and Jupiter on the 20th.

Earth is at Solstice on the 22nd when our daylight hours are shortest of just 10hr 19min. On this day, the Sun is at its most northerly declination of +23.5°.

Mars is in conjunction with the Sun on the 15th and remains hidden until August when it reappears in the morning sky in Gemini.

Jupiter, in the north-western evening sky, is in Cancer for the first third of the month. During the month, Venus, rising from below, appears to chase the slower moving Jupiter into Leo and catches up with it at month end. One of the best conjunctions of the year between

Jupiter, Venus and the Moon, occurs on the 20th making for a fine sight (see the description for Venus).

Saturn just past opposition, can be seen in the eastern evening sky after dusk in Libra. On the 1st, the 13-day old waxing gibbous Moon appears nearby the ringed planet.

Uranus, in Pisces, rises around 2 am mid-month and best observed in the late morning eastern sky. On the 12th, the planet will be occulted by the 25-day old waning crescent Moon. Uranus will disappear behind the Moon's bright limb at 05:08 am and reappear from the dark limb at twilight at 06:22 am.

Neptune rises around 11 pm mid-month in the evening eastern sky in Aquarius. The planet appears stationary in its course across the starry backdrop on the 13th, and then begins over five months of retrograde motion ending in November.

Dwarf planet Pluto, in Sagittarius, rises at dusk mid-month in the eastern evening sky.

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Rosebank Public School

At Rosebank, we firmly believe in the merits of a holistic education... celebrating and nurturing students' multiple intelligences and ways of being. Our students love Art and Music but just now...Rosebank ESPECIALLY loves Sport...especially Soccer it must be said. When students were asked to draw about their favourite time at school, look what came up time and again. Our Small Schools Soccer Squad is training hard and will compete in the first round of the Small Schools Comp in a few weeks. We are so grateful for the commitment of the parents, Norm and Pete, who give their time to coach the team.



Great job Bridie!

Recently, several Rosebank students represented our local community of small schools (First North) at the Northern Rivers Zone Cross Country. We were so proud of all students who participated. It was a gruelling course and even finishing was a mark of true grit. One student, however, came home a champion. Bridie Black, one of our School Captains, is Northern Rivers Champion in the 11 Years age-group and will go on to compete in the regional event. Congratulations Bridie!

At Rosebank, we encourage students to practise gratitude. Recently, senior students wrote sincere letters of thank to their Mums for Mothers' Day, making crystal pendants using wire sculpture to seal the deal. Our Kinder students created and decorated beautiful planter boxes for their Mums. In coming weeks, students will be making lanterns and participating in a weaving workshop.

In the classroom, students have been working on problem solving. Kinder students were challenged to build a pyramid using marshmallows and spaghetti. Some serious collaboration was required and several pyramids were still standing at lesson's end.

Did you know?

Rosebank students learn TWO languages? French and AUSLAN (Australian Sign Language). v



Goonengerry Public School

If education should be well rounded than our school resembles a big, fat beach ball this term with so much on offer we're bursting at the seams...

Paper pilots

The highlight of the term so far has been a visit by the popular Paper Pilots, the paper plane-throwing champs behind the blockbuster flick Paper Planes. At the request of our admin guru (and current Queen of the Kids) Mandi, both Dylan Walker and James Norton demonstrated a master class in paper plane crafting coupled with stacks of information about the science of flight, engineering and aerodynamics, then the students got a chance to try out their own models. So, if you find a paper missile flying past your head, you'll know why (and it might just be from one of our teachers or the school painters who got in on the action!)

Sustainable chefs

Each week our kids tend the school garden and turn the luscious produce into something tantalising for canteen, like pesto pasta or pizza and salad. Big thanks this week to Esiaha's mum, Jyoti, for the strawberry runners; looks like we might have tasty smoothies coming up! In keeping with our motto to "reuse, reduce, recycle" we're also taking the kids to Lismore's Recycling and Recovery Centre to teach them the value of sustainability and recycling.

Sporty stars

We always punch above our weight in the Small Schools' sporting events and this year's Cross Country did not disappoint. Special mention to May Allen, Andres Grez and Felix Pyle who did us proud. We're now in training for the Athletics Carnival, so watch out! Speaking of sport, we're also getting a taste of NRL this month thanks to Kel from Country NRL who'll be showcasing some skills. We're always open to new, sporting experiences.

Little robots

Finally we're very excited about the upcoming combined schools' Robotic Workshops being run by specialist Robotics teachers from Sydney. They start mid-June and will no doubt prove, yet again, that learning can be great fun.

For more info about the school and upcoming events, drop in and join us for a cuppa, or call Principal Tracey Barnes or Mandi in Admin: 6684 9134.



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COOSH

We have moved into our winter program at COOSH this term so the children have been making the most of the fading afternoon sun and playing outdoors before returning inside to our wonderfully heated hall for programmed activities. We have been fortunate enough to have the help of Lucas and Rhiannon to



promote children's outdoor physical play, enhancing ball skills, coordination and team cooperation. We are also learning some new indoor sports with recently purchased sets of croquet and bocce and our sock wrestling competitions have proved as popular as ever!

Our weekly cooking activities have provided winter warming afternoon teas with the children learning how to make fruit crumbles, Mexican nachos and mini muffin pizzas. Using the COOSH recipe book children become familiar with weights and measures preparing the ingredients and learn to follow instructions reading the method.

Science experiments have taught the children how to make their own paper and milk shapes. Crafting jewellery, weaving leaves, and folding origami have helped develop children's dexterity and fine motor skills. Dress ups are popular and we would like to thank the community for their donations of make-up, clothes and accessories, providing the children with new and varied articles to choose from in their play.

To add to our collection of resources and equipment for the children we are planning our annual fundraiser – a cake bake sale and suitcase/table top sale in the Clunes park. Details will follow but please save the date of Saturday 5th September

You can contact COOSH on 66291697



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WHAT'S ON IN MAY

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 Thursday 4th 6:30pm Brain Teasers Trivia
 Friday 5th 7pm Jaedon Ogston
 Sunday 7th 2pm Chris Aronston
 Thursday 11th 6:30pm Brain Teasers Trivia
 Friday 12th 7pm Nicole Brophy
 Sunday 14th 2pm Dirty River
 Thursday 18th 6:30pm Brain Teasers Trivia
 Friday 19th 7pm Musician TBA
 Sun 28th 2pm Leigh James

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Feel free to leave any comments on the stories, we always love to hear what you have to say!

OH! And don't forget to follow the VJ on

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If anyone else would like to donate to the Summerland CU account number

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Contact Lydia on

villagejournalads@gmail.com

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	<i>Federal</i>	6688 4371		<i>WIRES Northern Rivers Rescue Hotline</i>	6628 1898
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By S. McGrigor

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
01	02	03	04	05	06	07
		○			Alstonville Farmers Market Lismore Farmers Market	Byron Bay Market
08	09	10	11	12	13	14
	Rainbow Region Organic Market @ Showground 7.30-11AM	☾ Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	Byron Farmers Market Trivia 6.30PM @ Eltham Hotel Lismore Produce Market 3.30-6.30PM	Mullum Farmers Market	Alstonville Farmers Market Lismore Farmers Market	Channon Market
15	16	17	18	19	20	21
	Rainbow Region Organic Market @ Showground 7.30-11AM	● Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	Byron Farmers Market Lismore Produce Market 3.30-6.30PM	Mullum Farmers Market	Rosebank Landcare @ Rosebank Reserve 8-11am Lismore Lantern Pde Alstonville Farmers Market Lismore Farmers Market	Lismore Car Boot
22	23	24	25	26	27	28
	Rainbow Region Organic Market @ Showground 7.30-11AM	☾ Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	Byron Farmers Market Lismore Produce Market 3.30-6.30PM	Mullum Farmers Market	Rosebank Store Grand Opening Alstonville Farmers Market Lismore Farmers Market	Bangalow Village Market
29	30	01	02	03	04	31
	Rainbow Region Organic Market @ Showground 7.30-11AM	☾ Whian Whian Playgroup WW School 10-11.30am Eureka Playgroup 9.30 - 11.30am	Byron Farmers Market Lismore Produce Market 3.30-6.30PM	Mullum Farmers Market	Alstonville Farmers Market Lismore Farmers Market	