



Est. 1987

The Village Journal

Number 313

December 2015

Circulation 1500

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



Storm on Coolamon - Simon Jardine

What's in this month's VJ?

- Forum
- Seeking Gray Family
- WIRES
- Friends of the Koalas
- A Bee B&B
- Recipe - Banana Oat Cookies
- Eternity by Joshua
- Review - Lisa King Light
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- Deep Southern Skies
- V.E.P ON Malcolm Turnbull
- This Psychological Life
- The Rainforest Way Project
- Nestles Profit from theft of water
- R is for Recognise a con job
- And more...

VJ Editorial

Another year almost over... where does time go? And why does it feel like everything is speeding up?

Time - like a lot of 'realities' is more of an illusion based on our own focus and perspective.

Like most of you I'm sure, I hold childhood memories of school holidays that went on forever, I've certainly lost myself and any concept of time in a kiss and even had time stand still for what felt like an eternity when I was reeling in shock at the death of a loved one.

Obviously these are big things but even just the everyday moments of waiting for buses or waiting to hear if you got the job or if they love you back, waiting for results - time seems to take forever.

So on one hand it feels as though time is fleeting and we don't have enough time and yet we hold the power to stop time by consciously choosing what we focus on.

Xmas time gets particularly hectic with everyone shopping like mad things, doing pre Xmas drinks, work functions and then there's the school end of year performances and carols and then the day itself getting up at dawn to continue the food preparation you started the night before Xmas day going from one set of parents to the others. Oh it's all so festive - all so relaxing..... (Sarcasm alert).

So this Xmas I have made a choice. I can either continue to speed through the days, the years, counting down 1 year at a time or I can choose to slow it all down and focus on what really matters. By focusing on my family, my tribe, my home and myself I'm going to give my loved ones the gift of presence - actually being present. No TV or checking my emails or Facebook this holiday break. No rushing anywhere. Saying no, more than yes - other than to chocolate of course. Who knows I might even swim at the beach all day or search for sea shells for hours with the kids and have fish and chips made by someone else for xmas dinner this year.

I hope you will all join me in relaxing this year, have a break, and enjoy your friends and family this xmas.



Freedom Vivian

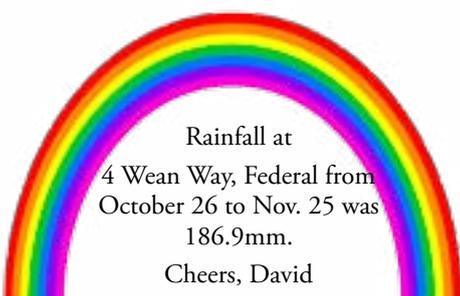
Readers Forum...

New Weed in Town - Response

The article on Ochna serrulata declaring it to be a threatening weed species is absurd, anthropocentric, and unscientific. What and how is it threatening? It surely isn't harming the fauna. As the author states fructivores feed on it. Does the author believe the native fructivores want it eliminated? As stated previously no shrub or tree in our region is or has ever been a threat to biodiversity. Quite the opposite, Ochna as it is with other tree and shrub species adds to the biodiversity. Literally, after 38 years developing Fruit Spirit from bare paddocks to verdant jungle, the number of Ochna has hardly changed on both rhyolite and basalt soils on 32 hectares Ochna, as it is with 99.9% of naturalized exotic species does not invade mature intact wet sclerophyll or rainforest. Please delineate ergo be specific as to how ochna is a threat to anything? I suspect the author's facile logic goes like this. Why is it a weed? Because it's threatening. Why is it threatening? Because it's a weed.

Every day is a great day because it's an opportunity to learn something new.

Fruitfully, Paul Recher



Dear Editor

For a long time this publication has provided information on the fight against CSG in the area so I am disappointed that in this latest edition you printed about Adam Guise calling for Thomas George's resignation due to his failure to buyback PEL445, but on the same day Adam sprouted this Thomas George did announce the successful buyback.

So why wouldn't you want this great news known throughout the community, since this is what they have been fighting for?

Regards

Bronwyn

Dear Bronwyn,

The VJ is a small publication that doesn't have the resources available to a mainstream publication - sometimes we miss things. There was no ulterior motive. Ed.

See CSG Timeline in this edition for an interesting overview.

Freedom

Editor's Disclaimer

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

BYRON ALL SHORTS 2016 - Northern Rivers Short Film Competition

Call for ENTRIES Now Open!

iQ Inc is proud to be able to provide inspiration & a world calibre benchmark for local filmmakers since 1999, by presenting Flickerfest International Film Festival Tour screenings; & by providing a platform for local filmmakers since 2006.

Byron All Shorts celebrates the film-making talent of the Northern Rivers region and encourages audiences to experience the many amazing films & local stories that are produced here each year.

Filmmakers from across the region are invited to submit their short films of up to 30min in length, from all genres.

Prizes & cash to the value of around \$3k will include awards for Best Film, Best Emerging Talent, Audience Choice & more; recognising the incredible talent in our region.

If you live in the Northern Rivers, or have produced a film in the Northern Rivers, or have made a film about the Northern Rivers you can enter Byron All Shorts.

Byron All Shorts finalists will screen on the 23rd January at Mullumbimby Civic Hall; alongside the best in the world at Flickerfest - Australia's leading Academy® accredited International short film festival.

ENTRY DEADLINE: Monday 14th December - Entry Forms & Info: www.iQ.org.au | 0414 779881

The Rainforest Way project

A small group of locals from Rosebank have begun planting rainforest trees along our roadside from Corndale to the forest, creating future corridors of habitat for our birdlife, education and boost tourism in our regional area.

We are planning a market stall at the environment centre/transit centre on Thursday the 3rd and Friday 4th Dec and hopefully the car boot market on Sunday 6th Dec to recruit helpers or collect tree sponsorship and raise awareness of our fantastic rainforest way tree planting project.

Melinda Turner and the team.

0428 117 924

Scout Update

Dunoon scouts no longer exists.

We still have Groups in Lismore, Alstonville, Bangalow, Ballina, Murwillumbah and Mullumbimby

Northern Rivers Scouts, contact Ian Judd - District Commissioner

Phone - 66895343 - Email - northernrivers@nrcscouts.com.au

SEEKING GRAY FAMILY CONTACT



Hi. My name is Jasmine Gray. I am e-mailing as a bit of long a shot and maybe your news paper can help me.

I am trying to find my father's birth father. Not out of disrespect to my now grandfather but more to know where my family comes from and our history; I also hope to learn a little more about her life as well.

His mother just passed away, Wendy Gray, then she was Wendy Kakeet. As far as I am aware she grew up in Clunes, Northern Vic.

I am hoping you might be able to post something in your newspaper, explaining how I am looking for her. I have attached photos of what she looked like then and what she looked like now. I have also attached a photo of her parents. Maybe someone may recognize her from the photos. She never told me much about her family, or who my father's father was and I was really hoping to find out.

Her life dates were the 25/June/1940 to the 06/November/2015.

She ended up marrying the most wonderful man John Gray, who I now know as my grandfather. She was married to him for the last 38 years of her life.

I would love to hear from you, with any information that may be of use to me in the search. Thank you kindly!

The Rosebank Store Weekend Cafe

The team at The Rosebank Store Weekend Cafe are pleased to announce their business is now well off the ground. Operating since July this year whereby we have seen the business grow. Keeping the menu fresh (using a lot of local and organic ingredients) and interesting has claimed it a regular clientele. The coffee is a limited roast from Nerang Qld, strong with chocolate overtones. We cater for dietary requirements, gluten free etc.

So far in operation the store has hosted a guest chef soirée, music events, cheese making workshops and the like.

Adjacent to The Rosebank Store is The E. Fox Gallery, a contemporary art gallery now occupying the Caldera group show.



CALDERA -
A Contemporary Take
on Local History



14th November - 1st January
Weekends 8am to 3pm
THE E. FOX GALLERY,
ROSEBANK

Come in for a coffee? A caramelised onion local beef sausage roll (\$5) with a tamarind relish, a delicious organic salad, biodynamic eggs, or The Stores now signature white chocolate baked cheesecake (all cakes \$6, served with fresh whipped cream).

We believe in country hospitality, fresh produce and reasonable pricing.

Come for a visit to experience yourself.

Open 8-3 Saturdays and Sundays.

Regards

*Anna, Kieran and the
Rosebank Team*

ARE YOU INTERESTED IN BEING PART OF A LOCAL BOOK CLUB?

If you're interested in starting up a book club in the Eastern villages please come along to an informal meeting with other interested readers and book lovers, to chat about what type and structure of book club you'd like to be a part of. What to read or discuss? When, where and how often to meet? Drinks and Nibbles? All these important questions and more will be discussed at the meeting:

From 7 - 8pm, at Uncle Peter's Books, 29 Main St. Clunes on Tuesday 8th December 2015

PLEASE EMAIL OR CALL IF YOU INTEND TO COME as we really need an idea of numbers. Call Kerry on 0420 640 411 or email parkerinoz@gmail.com .

This initiative has come out of the East Community Panel forums where residents have given feedback about the types of events and projects we'd like to see in our area.

(Please note: The East Community area takes in Bexhill, Boat Harbour, Booyong, Corndale, Clunes, Eltham, Howards Grass, Lagoons Grass, McLeans Ridges, Pearces Creek, Repentance Creek, Richmond Hill and Rosebank, but we welcome everyone).

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Heavenly peace to all from Friends of the Koala

was sparser and maximum summer temperatures were higher and more prolonged.

The effect of urban development on extinction risk was important but ameliorated by forest cover and the presence of roads also negatively impacted on koalas. These findings are pertinent to the Northern Rivers where we already know that our koalas have a high incidence of disease.

There is no doubt that our region is extremely important for koala conservation and recovery. Koala are widely distributed and in varying densities. By and large koala survival enjoys strong community support when measured by nearly 30 years of community-based voluntary conservation effort by Friends of the Koala, Southern Cross University's history of koala interest, the high number of private landholders who have restored koala habitat on their properties and more recently the comprehensive koala plans of management prepared by four of our local councils.

Just a few weeks ago a funding application was lodged under the Australian Research Council's Linkage Program for a project that will develop a novel, integrated socio-ecological approach to connect landscapes and communities to recover threatened koala populations on the NSW Far North Coast by asking (and eventually answering) three questions:

- How can greater alignment between community preferences for recovery actions and the ecological requirements for koala recovery be achieved?
- What are the most ecologically-effective and socially feasible strategies for the recovery of koala populations at a regional scale?
- How should investment in koala recovery and monitoring of strategies that integrate actions across local and regional scales be prioritised?

If funded, and we won't know the outcome until mid-2016, this 3-year project will be an exciting partnership between the University of Queensland, Southern Cross University, the councils of Tweed, Byron, Ballina and Lismore and Friends of the Koala. The project will not

only provide the tools necessary for measuring existing programs' effectiveness, but will show the way for optimising the success of future programs by ensuring they are acceptable to and supported by the community.

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

Friends of the Koala, Inc.

Rosebank Recreation Reserve

Always seeking enthusiastic land carers!

The Reserve Volunteers express their thanks to the "mystery mowers" who have been doing a fantastic job keeping the paths and acreage manageable and as neat as a pin. The regular working bee participants really appreciate your time and effort as do the Reserve visitors.

The weeds are growing, Madeira vine is still untamed and following the last large but welcome deluge everything has had a good growth spurt.

The next get together for the reserve will be on the 3rd Saturday in December (19th), a bit close to Christmas but why not bring some morning tea and the kids and enjoy a calming pre silly season morning in the "little scrub"! Come to 118 Armstrong Road Rosebank from 8am until 11am then stay on to play!

2016 marks the unofficial 50th anniversary of the Reserve! Why not make it a destination for you and your family and friends. Picnic tables, shady walks, fantastic composting toilet, and a great living example of riparian regeneration; a stroll through the reserve is a wonderful way to contemplate ways you can transform your unused acres at the same time contributing to biodiverse corridors in the Lismore Shire.

For more information about the Reserve please email: rosebankrecreationreserve@gmail.com

Look out for us on Facebook and stay up to date with Reserve news.

Bernadene Sward - Rosebank

Research and regional koala recovery

You can be excused if you've never heard of the National Environmental Research Project and its Environmental Decisions Hub. It was funded for four years between 2011 and 2014 to carry out multidisciplinary, applied research in decision science for biodiversity conservation.

A project of particular interest was the identification and evaluation of effective and cost-efficient measures to achieve koala conservation and recovery in intensively managed landscapes, particularly at the urban interface, but also where roads, farms, fire and climate change compound threats.

Under the leadership of Jonathan Rhodes a University of Queensland based team comprising Clive McAlpine, Truly Santiki, Kerrie Wilson, Hawthorne Beyer, plus NSW's Dan Lunney rose to the challenge, their base-line premise being, while the koala's wide distribution helps reduce the chance of extinction it also negates a 'one size fits all' recovery strategy. Rather, successful koala recovery requires different strategies in different places.

So, identifying the best mix of actions and where and when to implement them was critical. The first step was to map koala distribution and threats as well as to develop tools that enable prediction of outcomes for koalas under alternative recovery actions.

In NSW the threatening processes identified included loss of habitat, changing climate and climate extremes, roads, urban development and disease. What the team did next was to use data obtained from the general public in state-wide surveys conducted in 1987, 2006 and 2009-11 to spatially map the effect of each threatening process (apart from disease). The data enabled the effect of these multiple threats on koala persistence and distribution to be quantified and to pinpoint where different threats were highest and lowest across the State.

The work indicated that koala extinction risk was estimated to be substantially higher in western NSW where eucalyptus forest cover

What was thought to be a routine call to the WIRES Northern Rivers Hotline turned out to be a very unusual story.

The caller reported a bird that couldn't fly in Lismore. When the bird was rescued, it was at first thought to be albino. However, the bird is actually leucistic, that is with blue eyes, pink beak and feathers that are not completely white.

True albinism is caused by a complete lack of melanin, the naturally occurring pigment that gives colour to the skin, feathers, hair and eyes. Vertebrates with albinism are not only white (or sometimes pale yellowish) in colour but they also have very pale eyes, often pink or red in colour as the blood vessels show through. Leucism, on the other hand, is a partial loss of pigmentation, which can make the animal have white or patchily coloured skin, hair, feathers and so on, but the pigment cells in the eyes are not affected by the condition. In this case, our white crow's eyes are blue. Few albino or leucistic animals survive into adulthood in the wild, most often due to eyesight problems or harassment by other birds.

The crow is too young to be flying properly but is also a bit underweight and tattered so will need to regain weight and strength before undergoing a full physical at the vet. There is a possibility for release back into the wild after some time spent in care or this bird may go to a sanctuary if unable to be released.

WIRES needs more carers, especially for birds. Our next training will be on Sunday 6 December. Call the Hotline or send an email to wiresnr@wiresnr.org to register for more information.

WIRES is a registered charity, not a government service, and relies heavily on donations from the general public. Your all-volunteer Northern Rivers branch needs various types of assistance -- as not all members do animal rescues. Call the local 24-hour hotline on 6628 1898 or go to <http://wiresnr.org/Helping.html> to find out how you can help.



SEEKING

The Village Journal is seeking contributors for the following roles to begin 22nd of January 2016:

- Layout Design (InDesign)
- Web Management (Joomla)
- Ad Preparation

Please contact editor@villagejournal.org.au with your CV.

A B e e B & B

This is my version of a Bee B&B to try and encourage blue banded native bees which are partial to purple and blue flowers (eggplants and many natives) They only need a little hole to be safe yet habitat destruction through burning and 'clean' gardens are contributing to lack of pollination in gardens. A weather proof cover and an assortment of sized holes in old bits of wood or pieces of garden hose are cut to fit in their little hotel. Within days I have seen the little bees checking it out. Hoping that native predatory wasps will find a home too.

Cindy Thummel

Clunes



New Art/Craft Gallery aka Direct Democracy HQ Opens

On Thursday 10th December from 5 – 8pm the new 'Communities Vote' Art/Craft Gallery will be opening the doors for its Grand Opening.

Situated upstairs at 88 Keen Street, Lismore (nestled between Brightway Lighting and Earth Oven Pizzas) this new community hub will be open to the public, with an art/craft gallery space, a healing room and the HQ for a new political party forming to provide a regular online voting system for all Australians.

You are welcome to come and browse, buy some last minute Chrissie presents or supply your own art/craft for sale. Commissions will help pay the rent etc and the space will provide community info from local organisations & you can drop in for a cuppa for a gold coin donation.

Come along and enjoy the welcoming space and help us celebrate the beginnings of this not-for-profit community/national initiative – volunteers, artists and natural therapists are most welcome, too.

For more info phone Lydia on 0421 603 253.



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Festive tips from Mullum Herbals

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All of the staff at Mullum Herbals are fully qualified naturopaths with years of collective experience in assessing and treating the various issues that present. And many of us have gone on to specialise, like Jacinta who is an Ayurvedic consultant and Elvian who takes homeopathy to a deeper level.

From acute care over the counter to full consultations and treatments – we love offering our gifts and experience to you all.

Mullum Herbals pride themselves in the excellent quality of the raw materials used in the manufacture of our herbal tinctures and herbal creams. Many of our herbs are grown locally, if the climate is suitable for them, and all other herbs are sourced organically where possible.

We are dedicated to ongoing scientific updates in the world of herbal medicine. We are constantly introducing new herbs to our range of tinctures and a lot of these herbs are not available elsewhere, or are difficult to access.

We test our uncertified herbs for heavy metals and other contaminants to ensure they are the purest and most potent medicines available.

We also share articles, and information on herbs, ayurveda and health and wellbeing. So feel free to ask for these. Workshops are regularly offered too.

Here are some Tips for the Festive season

* Drink plenty of pure water. It helps us cope with stress, hangovers, and rich foods.

* St Marys Thistle – helps the liver cope with excesses – use before and after a big night (or day) out.

* Nux Vomica Homeopathic – great for nausea and hangovers (after alcohol and/or rich foods)

* Stress Release Hold - A kinesiology hold where you place your

left palm across your forehead and your right palm across the base of your skull.

Then while holding, take a few deep breaths, ideally through your nose. This hold diffuses stress and tension and is a simple way of soothing reactions of all kinds, so its great to use anytime..

*Slippery Elm – mixed with a little water, or mixed with food, helps soothe the whole gastro-intestinal system. Eases nausea, tummy pains and wind.

* Try our herbal Party Mix for a healthy “lift” instead of alcohol and recreational drugs

For other more specific support give us a ring or come in.....

Nestle's Profit from Theft of Water

There's a real David and Goliath battle unfolding in drought-stricken Oregon.

For years, giant multinational Nestlé has been bent on pumping fresh water out of Cascade Locks, Oregon, to bottle and sell for profit -- a plan that local residents have been fighting for the last six years.

Now, Nestlé is closing in on the deal. And local residents, tribal leaders, and regional NGOs have come together to stop the water-pilfering corporation in its tracks.

They've launched a historic ballot initiative to prevent any major bottled water company from commercializing water anywhere in the region.

As the world eyes an impending water crisis, brought on by climate change and the mismanagement of natural resources, corporations like Nestlé and Coca-Cola are eyeing precious natural water reserves, too often in economically desperate areas that are themselves facing water shortages.

This is why this defiant stand against Nestlé is so important – it shows that our communities will not let corporations take their precious resources without a fight.

The ballot measure has been filed and Oregon residents are furiously collecting signatures around Hood River -- the county where the battle is unfolding-- to get the initiative on the ticket for the next year's election. It's truly a mobilization to stop corporate greed in its tracks.

And should this initiative be successful, the effects could be game changing. This legislation could serve as a national benchmark and a crucial model to any region around the world looking to keep its natural resources out of the reach of Big Bottled Water.

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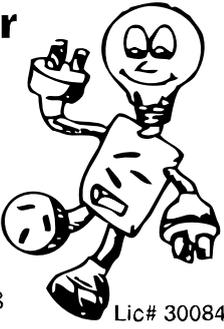
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Malcolm Turnbull was just too good to be true

Finally Malcolm Turnbull has declared his position on the legalisation of voluntary euthanasia and it will disappoint the vast majority of Australians who believe that it is time that dying individuals had a choice.

According to media reports on Friday, he has admitted he doesn't support voluntary euthanasia laws and thinks that it is unlikely any government would.

He has now positioned himself as one of the 15%1. of Australians who are opposed to voluntary assisted dying and he is indicating that the current federal Government will continue to ignore the wishes of the 73%2. of Australians who want change.

Surprisingly, his comments come in the same year that Canada's Supreme Court overturned a twenty-year ban on voluntary assisted dying in order to pave the way for a new law. They come in the same year that Colombia became the first country in South America to legalise voluntary assisted dying. They come just months after a South African High Court granted an order to allow a terminally ill cancer sufferer to commit suicide with a doctor's help, acknowledging that continuing to live in pain and suffering infringed his constitutional right to dignity. And they come just weeks after California became the fifth state in America to pass a 'right to die' law.

Malcolm Turnbull's statement has upset dying with dignity advocates, especially members of the Voluntary Euthanasia Party, who are angry that his expressed opposition came just one day after Andrew Denton delivered the most compelling argument in support of voluntary assisted dying at the Di Gribble Argument at

The Wheeler Centre in Melbourne.

"Malcolm Turnbull is not only ignoring the evidence and ignoring the polls, more importantly he is ignoring the suffering of so many dying Australians who just want to be allowed to die peacefully without being forced to endure prolonged pain and distress," said Shayne Higson, State Convenor, Voluntary Euthanasia Party (NSW).

Shayne Higson spoke to Malcolm Turnbull at the Double Bay polling booth back in 2013 when she ran as the NSW Senate candidate for the newly formed Voluntary Euthanasia Party.

"Although he wasn't our Prime Minister back then, I asked him what his opinion was on the issue of voluntary euthanasia and at that time he said that he hadn't made up his mind," said Ms Higson.

"We have been trying to get an answer for over two years but this is not the answer we had hoped for and I know there are going to be a lot of Liberal supporters who are going to feel very let down," she said.

"Considering there are now a dozen jurisdictions overseas that have functioning assisted dying legislation, if Turnbull can point to evidence that substantiates his claim that this kind of law is 'fraught with practical difficulties', then I would love to see him go head-to-head with Andrew Denton so he can explain to the Australian people why the Government has the right to control the way we die and why he is content to deny the choice of a peaceful and dignified death for those who are experiencing unbearable and untreatable suffering."

Shayne Higson

Eternity by Joshua

This life is bound with beauty for the
naked eye to see
perfection for the senses eternal seren-
ity
will you see and feel and be as open as
the air
will you give and will you love with-
out fear for all to share
may the glory of all that is embrace
your soul right now
never looking back yet letting go of
everything you no
divine in time your essence shines feel
the freedom that's inside
feel and be your eternity you are your
greatest guide
may we love and may we care our
time is now to share
for we are one, the moon the sun,
birds flying on the air



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FEDROCKS 2015

HUGE appreciation to all who planned, prepared and participated in this great evening.

We raised \$6k in much needed funding for Jasper Corner.
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Thank you one, thank you all.

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Menopause is the time in a woman's life when her menstrual cycle ceases, and usually occurs between the ages of 45 and 60 years. It occurs as the number of ova in the ovaries runs out and the ovaries reduce their production of estrogen and progesterone.

A woman is classified as being in 'menopause' when she has not had a menstrual cycle for 12 months or more. Perimenopause, the transition into menopause, typically lasts 2-3 years and is commonly associated with hot flushes, night sweats, irregular periods, insomnia, changes in mood, and fatigue to name a few.

A woman's' experience of this time is very individual and the severity of the symptoms can range from mild to very debilitating. The symptoms result from the reduced production of sex hormones by the ovaries. However, both the adrenal glands and adipose tissue are capable of producing oestrogens, and it is therefore important to support the adrenals in order to reduce the severity of menopausal symptoms.

Women experiencing high levels of stress will typically suffer more during this time, as their adrenal glands are already under pressure and less capable of upregulating their estrogen production. This makes stress management and adrenal support vital during menopause.

Diet and lifestyle changes can play a huge role in reducing menopausal symptoms. Consuming dietary phyto-estrogens can help manage symptoms, as these plant chemicals can bind to estrogen receptor sites within the body, compensating for the reduced production of estrogen by the ovaries. Both linseeds and soy products are excellent sources of phyto-estrogens. Things like reducing the intake of caffeine and alcohol, moderating spicy foods, regular exercise, quitting smoking and establishing some relaxation and stress management strategies, can all help to reduce symptoms.

It is important to remember that menopause is a perfectly natural process that needs supporting rather than treating. Quality of life is the main focus, so symptom management and disease prevention are the objectives.

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

NOTICE

I would like to thank the kind and helpful people of our area for their support in finding Mylo

He has been returned home safe and well. A special thank you to Tash and her family and to the family in Dunoon"

Kind regards,

O'Neal Harral

Lazy Girl's Healthy Banana Oat Cookies

Ingredients:

- 2 large, very ripe bananas
- 1 cup rolled oats

Optional flavour boosters

- pinch of sea salt
- 1 tsp vanilla extract
- 1/2 tsp ground spices (e.g., cinnamon, cardamom, ginger, mixed spice)
- sultanas, chocolate chips, cranberries, walnuts ... really whatever takes your fancy!

Method:

Preheat oven to 180C. Line a baking tray.

In a medium bowl, mash the bananas with a fork until almost no lumps remain. Stir in the oats until well-blended and let mixture stand for 5 minutes. Mix in any other ingredients you've chosen.

Drop a heaped tablespoon onto the baking sheet about 1 inch apart (they don't really spread).

Bake in preheated oven for 13 to 15 minutes until golden brown and firm to touch at the centre. Transfer to cooling rack and cool completely.

Enjoy with a cuppa straight out of the oven or store in an airtight container at room temp for up to 2 days or in the fridge for up to 1 week.

Mary O'Brien

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Locabiber

Followers of this column may have picked up that I am a Rosé fiend. So it is often going to make an appearance here. Surprisingly, I think, Rosé is often misunderstood, and, as a consequence, underrated. At its simplest it 'possesses qualities of both red and white wines', as Lyndey Milan and Colin Corney have written simply in their book: *Balance: Matching Food and Wine*. They also say, unsurprisingly to me, that '[o]n a hot summery afternoon, sitting in the sun overlooking the view ... what could be better [than drinking Rosé]? Further they also acknowledge that 'there is a huge range of styles' for Rosé so '[g]rape variety is usually a good guide'.

In Jared Dixon's 2015 *Jilly White Wolf of Cumbria* Rosé, Pinot Noir is combined with Gerwurztraminer, both from New England. The colour is bronzed-orange pink, like shiny, new polished copper. There is strawberry and some citrus in the perfume. The palate is salty water and preserved blood orange or tangerine/mandarin, with honey mead on early palate and ginger in the mid-palate. Since Dixon's inclination is food-friendly wines, I thought lusciously about our forthcoming lamb chops while I drank a first glass.

The 2014 Beresford McLaren Vale hand-picked Grenache Rosé is nice enough. Dry and drinkable. And if it was on a wine list I

...Moya Costello

wouldn't go past it if that was the only Rosé on offer. But there's nothing distinctly memorable or exciting about it, even though made from old vines.

The 2014 Pierre Brévin Selection Mouzillon Cabernet Franc Rosé is perhaps a little too sweet for my liking, though other drinkers might claim it has only the sweetness of citrus: a tangerine or blood orange. It has that some tangerine in its perfume too. Again, it is the most extraordinary colour: an orange-tinged salmon pink. An affecting outline of a small sailboat features on the label.

Similarly low-key is the 2014 Rocca di Montemassi Calasole Vermentino. Some might think it smells of something unmentionable. But one could also think of coconut and nuts. A very, very light Verm in the mouth – so much so that one could mistake it for Riesling. The label is in a soft baby-blue, but otherwise unremarkable except for the cap the top of which repeats the blue with a white castle silhouette. This is a very underplayed Vermentino with no hint of depth or lusciousness.

I am also obsessed with trying Chardonnay from the Adelaide Hills because of one bottle I once had of Ashton Hills Chardonnay during the time of my father's decline. But a good one is elusive. While the 2014 Burns

and Fuller Adelaide Hills Chardonnay has an ungainly, large black font featuring on the label with the Fuller the curve of the underlip of a half-smile, it is nevertheless is mid-gold in colour, with traditional apricot, and honey and coconut, in the perfume. It's a classic buttery Chardy, but it's a slated butter on the palate.



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“R” is for Recognise a con job when you see one.

Written by F Vivian – Excerpt by Michael Anderson.

People in the Northern Rivers are passionate about land rights, human rights and ‘Aboriginal rights’ but before any of you go jumping on the ‘Recognise’ bandwagon I suggest you check out a group of First Nation People titled Sovereign Union www.nationalunitygovernment.org and re-read your history.

The First Lie. - British colonisation of “Australia” was based on two fundamental lies. One that the land mass was Terra Nullius - ‘no man’s land’ – clearly it wasn’t and secondly that ‘Australia’ as one land mass was only one nation. In fact the land mass was made up of over two hundred or so different Nations, all with different law. So by claiming one area or Nation in Sydney doesn’t mean they claimed all 200 Nations.

The U.N and the world are starting to understand what is occurring and so the Australian Federal Gov has pulled a shifty and one of the biggest racist cons is being perpetuated against the original people of this land – the Recognise Campaign.

Worse still is that so many good people including some high profile Aboriginal people have gotten involved promoting it. Some because they have been shown favouritism, others having mining royalties and others still are just

confused and honestly think ‘Recognition’ will benefit Aboriginal People.

The only benefactor of the Recognise campaign will be the Australian Government and the mining companies who will get a chance to rewrite the “Australian Constitution and go back and fix any oversights that were overlooked 227 years ago.



Critical thinking time – ask yourself why is it that Tony Abbott made himself Minister for Aboriginal Affairs then cut funding to aboriginal services and closed down entire Aboriginal communities to make way for mining companies and yet said he wants to rewrite the Constitu-

tion? This is not about the wellbeing of the original people of this land.

Below is an excerpt from Michael Anderson (Aboriginal Elders & one of the original founders and members of the original Tent

Embassy in Canberra) speaking on The Sovereign Union website.

The Sovereign Union Gathering of Nations was held in Canberra on the 21- 22nd November to address a number of key political and legal factors that we as Nations and Peoples must tackle as soon as possible. We must stiffen our resolve to make Australia

accountable for its colonial past and its internationally recognised wrongdoings.

We cannot accept that we have to erase the memory of the horrendous history for

the benefit of going forward. We will never forget, nor should we be expected to forget, the harrowing crimes against humanity that have been committed against our people in the last 227 years.

We will not forget.

Both Britain and Australia will have to pay for the reparations that are due and

we will let the world know that this is what we want and need in order to rebuild

our Nations and the wellbeing of our societies . We don't want band-aid solutions

proposed by those people who call themselves Aborigines, such as those advocating Recognise Campaign.

White Australia - time to wake up people - Just like Palestine this land that we call Australia is being illegally occupied by us, our Government and our predecessors. There has been a media censorship of anyone speaking up against the Recognise Campaign so if you don't want to be involved in an act of genocide and see Aboriginal people being forced out of their communities and off their land yet again – please educate yourself and promote this issue.

Freedom Vivian

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The Terrorist Mind

Jung proposed that we all have a 'shadow', the dark side of ourselves. It is the hidden self that drives much of human behaviour, out of our conscious attention. He suggested that the more unacceptable our thoughts and feelings to our conscious, the deeper they are hidden. More positive parts of the shadow are more easily accessed. The evil tendencies that we all have are hidden deepest of all. Modern observations of the human brain now point to primitive centres that can drive behaviour if unchecked by parts of our cerebral cortex: the civilised self that is learned. Other psychological research has long exposed the uncomfortable truth that we are all capable of the greatest evil and, indeed, the greatest good. Yes, given the right circumstances, even you.

For relatively unreconstructed Darwinists like me, there is a functionality to the dark side that worked for us when we were still living in the swamp: unconscionable brutality was essential for survival purposes. But, this was not so long ago and the social controls of civilisation are a thin veneer.

Which brings us nicely to the mind of the terrorist. There's been a lot of commentary about terrorists since the attacks in Paris.

Some of it has been informed, such as Walled Ali's brilliant treatment of the issue. Much has been unfortunate in misunderstanding the motives behind terrorist behaviour and, necessarily, who becomes a terrorist. Research on the terrorist mind has had some difficulty in coming up with a common profile. So, it's unlikely that we'll see a diagnosis of terrorism in the manual of psychiatric disorders any time soon. However, one of the common themes has been linking the attacks with religion.

Religion has got nothing to do with the motivation to become a terrorist. It is a rationalisation, yes, but not the motivation. The moral outrage that these terrorists might claim is more a projection of their own insecurity, their own uncertainty about the meaning of life. Rather, the underlying factor underpinning terrorism such as this largely about power: religion is the shroud in which it is wrapped. It was the same in the Crusades in the twelfth-century, the Spanish Inquisition and in any of dozens of religious wars conducted before and since.

The more extreme terrorist act that lacks complete concern for human life, the brutal act will be relatively easy for angry thugs and psychopaths. For them, it is all about power and control, even over naïve recruits and others that join the 'cause' as well as their victims. The radicalised are usually the disaffected and marginalised, and deeply angry about their situation, or helpless in their despair. Becoming



part of a terrorist group, a cause, gives them a personal power that gives meaning and, of course, the critical human needs of affiliation and recognition.

No doubt there are those who, in Byronesque fashion, see themselves as fighting for a cause, a rebellion or a revolution: freedom fighters. Boredom, naïve idealism, lack of purpose, and the need for adventure drives these to recruit themselves. It is reported that there is a large proportion of people who become ex-terrorists and disassociate themselves. I suspect that these would be people who do not have the psychopathic capacity to carry out atrocities. In any case, these people too are seeking power and the need to influence events.

For only a small minority will joining a terrorist group be about religion. And if it is then given the teachings of most religious texts, apart from some of the Old Testament, it is misguided. Religion is just an excuse for being a terrorist, not the cause. Brutality comes from a deeper part of ourselves.

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ART IN SHARING WITH LEANNE HAMILTON

by Ian Browne Shamrock News

The 'Spring in Bundjalung Country Aboriginal Arts Exhibition' at the Byron Bay Community Centre, brought together the talents of Indigenous artists on Arakwal Bumberlin country. This showcase of Indigenous talent is a 'Seasonal Styles Project'- funded via the hard work of Belle Arnold with the Byron Shire Council. The exhibition allows artists to represent their 'relationship to country through the changing seasons' while fostering the networking of Indigenous community engagement and careers-pathway development.

The artists showing off their talents included Leanne Hamilton, Jason Campbell, sisters Nickolla & Kaitlyn Clark, Dhinawan Baker, Nigel Stewart and Belle Budden.

"I use my hair to paint with!"

Leanne Hamilton: I have bloodlines from my father's side from the NT-Top End's Booralola and Groote Eylandt. On my mother's side are the Bungaree, from along the Marra Creek in the Hawkesbury River region of NSW. I raised my children on Bundjalung country. I like to paint traditional styles. I use my hair to paint with! I tie a knot in my hair. I then flatten some beeswax and wrap it around the hair knot, to the size of a grape. I then cut my hair to the length I desire; I now have an excellent

paint brush. I use this hair paint brush in my 'RARRK' Art painting, which is an Arnhem Land style of cross-hatch painting. To this day, it is still used as a medium in NE Arnhem Land on tree bark.

The Spring in Bundjalung Country Art Exhibition includes artists from the Bundjalung nation, and from different regions of Australia who now live on Bundjalung country. As an amalgamation of artists, we support each other throughout. We respect each other's interests and passions. You can see the Arakwal Bundjalung influences on show with the depiction of marine life such as dolphins, whales and ocean turtles. Along with my 'Earth and Time' art, I have painted a goanna, two echidnas and an owl. My symbol of the 'water lily' is always present. I like carrying on the tradition of my ancestors with my art. My eldest daughter has also begun to show an appreciation in her culture and intends to join an Indigenous dance troupe. As they grow from teenagers into young adults, a thirst builds for their own culture.

My work includes Indigenous themes; it's all about our food source, our spirituality. This is my 'Bush

Theme'. My next exhibition here at the Byron Community Centre in February 2016, will involve 'water' as a theme.

"It's all about seeing the happiness in each other"

We have been trying to get the young Indigenous community involved here too, so we offered different art mediums like drawing, and not just painting. We want to build up their confidence, and provide them with a future economic prospect, while keeping their culture alive. I have seen some shy teenagers come here and I have watched them build in confidence. It's all about seeing the happiness in each other.

To read the full interview with Leanne, visit my website @Ian Browne Academia and view the free E-Book 'Children of the Big Scrub' which also features our very own Freedom Vivian!

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Big Media and Big Pharma - an unholy alliance?

Between 2000 – 2012 James Murdoch, son of media meddler and “King –maker” - Rupert Murdoch sat as a director on the GlaxoSmithKline Board (UKs leading pharmaceutical company). In 2012 around the time of the News of the World phone tapping scandal James Murdock stepped down from this lucrative GSK board position. Curiously though why would a media man in his 30s be employed in such a high profile capacity within the Big Pharma industry and what would the privileged and pampered son of a media tycoon have to offer GlaxoSmithKline? Mmmnn I wonder....

Surely this has to raise questions about the legitimate and illegitimate relationships formed between the ‘power couple’ of corporatized Main Stream Media (MSM) and the big end of town including of course Big Pharma and more importantly the subsequent influence of that alliance on the general public’s attitudes and understanding of the topic and ultimately governmental public policy.

In Australia for example the Australian LNP Fed Government has just passed legislation to mandate vaccines for children, refusing the right of parents to claim conscientious objection or any based on religious beliefs. By linking mandatory vaccination to public welfare payments such as Family Tax Benefit and the Childcare Rebate the Gov plans to financially coerce parents into vaccinating. The Law Institute of Victoria have condemned the Governments approach, citing the UNs Convention on the Rights of the Child and highlighting concerns that implementing such punitive measures will further marginalise already disadvantaged families who will lose welfare benefits, and access to childcare services, stating “This policy is not in the best interests of the child”.

The original impetus and concept for the ‘No Jab No Pay’ legislation was created by The Herald Sun who used their various media connections to campaign heavily with divisive daily ‘editorials’ and op eds in which parents who chose not to vaccinate their children or even question the science were “named and shamed”, labelled ‘antivaxers’, as anti-science and even called them ‘baby-killers’. Despite a wide and varied response to vaccines in Australia across all socio/economic groups and varying demographics within the community, the ‘vocal minority’ at The Herald Sun claimed to be speaking on behalf of a ‘silent majority’ but by pushing the agenda of Big Pharma companies such as GSK (who incidentally manufactures 12 of the 18 vaccines on the Australian children’s vaccine Schedule) the Herald Sun were actually manipulating public sentiment, silencing or ridiculing opponents and stifling intelligent debate on what is undoubtedly a serious topic with huge potential ramifications.

The Herald Sun is published by The Herald and Weekly Times, a subsidiary of NewsCorp Australia which is a subsidiary of NewsCorp which is of course Rupert Murdochs family business. In fact Ruperts family owns 59% of all the 17.3 Million papers sold each week in Australia and as if that influence was not enough, Rupert Murdoch also has the lion shares in the vast majority of Australian and International Internet and Cable Programming, Television Channels, Radio Stations, Film, Production Companies and Book Publishers.

Similar campaigns are being waged on an unsuspecting public in the UK, the US and abroad with Australian being the testing ground for legislation. Variations of the theme being legislated include extremes such as failure to vaccinate being made a jail able offense in some states in the US!

The campaign of ridicule and fear being run by Rupert’s minions has successfully shut down debate over vaccines and yet a number of legitimate concerns remain unanswered. The one that I identify as the key factor is the mandatory application of the Schedule that the state decides what vaccines, how often and when we are vaccinated i.e. no parental or individual choice. Despite the official narrative that “vaccines are safe and effective” the evidence the Herald Sun helped suppress shows that vaccines can cause injure and death. Big Pharma isn’t about wellness it’s about profits – it’s a business.

What if something goes wrong?

Currently vaccine manufacturers cannot

be held liable. In the US the federally operated Vaccine Injury Compensation Scheme (VICP) is a “no fault” alternative to civil court which was established in 1986. After several successful civil lawsuits resulted in multi-million dollar payouts for D.P.T injury the vaccine companies threatened to shut up shop and stop manufacturing. As the lesser of two evils Congress then passed The National Childhood Vaccine Injury Act which shielded the vaccine manufacturers from civil liability in the event of injury or death. The VICP model is funded by a 75c surcharge on all vaccines and is essentially funded by the patient. In the U.S the VICP has paid out over 3 Billion to date.

Over the years more and more vaccines have been created and manufactured now that mandatory vaccination has been enacted through legislation let’s wait and see how many new vaccines Big Pharma will push through onto the market.

The schedule used to include:

- In the 1950’s - 13 doses of 4 vaccines – no more than 3 at one time.
- In the 1980’s 15 doses of 7 vaccines – no more than 4 in one visit.
- Currently 37 doses of 14 vaccines – no more than 8 in one visit.

How many ‘jabs’ will you be forced to subject your children to in the future to be allowed access to the community hospital, Centrelink payments or public schooling.

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The lady, a piano; her devotion Lisa King Light

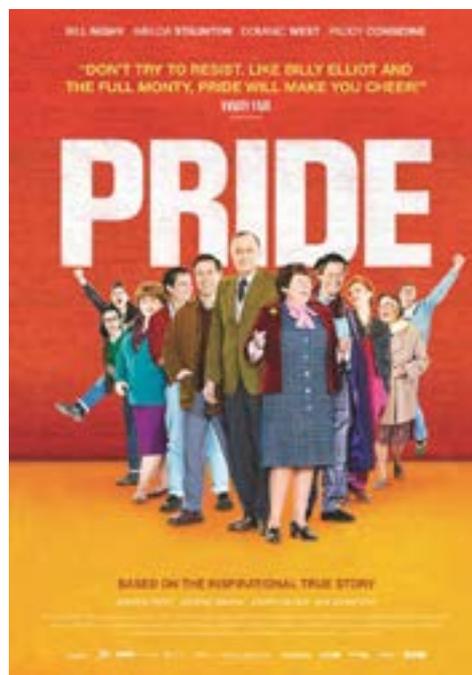
By Ian Browne Shamrock News

To my Northern Rivers letterbox the CD arrived. Lisa is a friend of a friend, a Wollongong talisman. I first heard Tina Arena sharing the keyboard with Megan Washington; I was too busy drifting within its subjugated ease to notice any religious message. Okay, songs of praise may not be the usual accompaniment to my musical safari, and perhaps not everyone's cup of tea, but while we are talking 'chai' who knows what Hindi wisdoms fall into my ears with the trancey Indian sounds I love so much. In a part of the world, where in many respects Lord Krishna or Buddha are a more desirable appetite, at first glance this message may seem hard to sell beyond the Christian community. "Not so!"... Lisa King is a Triple J 'Unearthed' talent and has been shortlisted for the Tamworth Music Festival. Her message transcends religion; it is about care and respect.

Her appeal crosses all borders; her music is far too beautiful not to.

Lisa has a somewhat sombre yet seductively melodic voice that soothes the days end with a gentle hug. The 2nd song on Light, Constant begins with a hippy-folk feel. She draws out subtle, hollering notes with the journeying of piano, singing her undying love to the Lord of all... "You're my constant." I like how the piano within 'You won't let me go' tumbles in, whilst 'I will lift your name' begins like the curtain raiser to a film classic, perhaps a Jane Campion drama. "I will rest in you, I will lift your name and I will lift you high"... honourable sentiments. This is a 5-track CD you know you will search out once again. It will give you goose bumps; make you blush at bitter, corrosive thoughts you may harbour towards others. It is a moment put aside to find inner peace and honour to a higher, protective purpose. It will feather many, like me, not overly religious, yet who definitely identify with the inner beauty of humility.

Lisa King may be a friend of a friend, but I would like very much to meet this talented, gentle person; gather in her thoughts and desires before the world snaps her up, and her word becomes known to us all.....LIGHT.



Federal Film Society review by Pip Morrissey

On Saturday 12 December we're showing a very clever black comedy, What We Do in the Shadows. It's a horror movie send-up that's been described as fresh, funny and smart, receiving critical acclaim as the best comedy of the year in 2014. Critics and cinemagoers alike loved it. If you've got good sense of humour, you'll get a lot of enjoyment from this film, while socialising with locals and friends and enjoying a great meal. The catering this month will be provided by the Goonengerry Landcare Group and we're going to be treated with a middle eastern feast of spiced chicken, lebanese rice, shepherds salad with croutons and sweet potato cakes as well as homemade cakes, tea and coffee.

In January 2016 our film will be a Welsh production titled Pride. It's been described widely by the critics as 'brilliant' and 'terrific' which would explain why it won numerous awards on its release in 2014. It was also highly praised by BAFTA as the best debut director production seen by for many years.

It's the summer of 1984 and Margaret Thatcher is in power when the National Union of Mine-workers strikes. At the Gay Pride March in London, a group of gay and lesbian activists decide to raise money to support the miners' families. Finding the Union embarrassed and reluctant to accept their help, they go direct to the miners. These two very different communities come together at a time of repression to form a triumphant partnership. This delightfully entertaining and thought provoking film raises all kinds of issues about what we share, regardless of who we are. Based on a true story and set amid the beauty of a small rural village in Wales, this heart warming historical drama with its witty and intelligent interpretation of real events, provides a thoroughly enjoyable experience.

Dinner is being provided in December by the Federal Hall Committee and something with a hint of Wales is being planned, with more information in next month's VJ.

At Federal Film Society we're all about bringing community together through great food and great films. Catering is provided by a local community group each month, providing valuable fundraising for all kinds of worthwhile purposes. We look forward to seeing you at our next film night.



Deep Southern Skies for December 2015

Welcome to a monthly description of our beautiful northern NSW night sky, the last for the year.

HIGHLIGHTS

- Venus, Comet Catalina and the Moon close.
- Comet Catalina in the dawn sky.

THE MOON

3rd	Last Quarter.
6th	Moon at apogee (furthest from Earth at 404,799 km).
11th	New Moon.
19th	First Quarter.
21st	Moon at perigee (closest to Earth at 368,417 km).
25th	Full Moon.

THE PLANETS

Mercury gradually climbs into the western evening twilight reaching its greatest elongation east (20°) of the Sun on the 29th.

Venus begins the month just below the 1st magnitude star Spica (Alpha Virginis) in the predawn eastern sky. On the 8th, the 26-day old waning crescent Moon appears about 1° below the planet with Comet Catalina 3° below the Moon providing a really special view for early risers.

The Earth is at Solstice on the 22nd when the days are longest. On this day, the Sun is at its most southerly position with a declination of -23.5°.

Mars spends the month moving through Virgo in the eastern predawn sky. On the 7th, the 25-day old waning crescent Moon appears just north (left) of the planet. As the month draws to a close Mars will be within a few degrees of Spica, the planet at this time only a little fainter than the star. However, identification is easy with orange Mars contrasting against the bluish Spica.

Jupiter, in Leo, near the border of Virgo, rises around midnight mid-month. On two consecutive days the Moon appears near the planet - on the 4th the Last Quarter Moon will be north and on the 5th the waning crescent will be to the south.

Saturn after being in conjunction with the Sun at the end of November, reappears in the eastern morning dawn sky late in the month in Ophiuchus.

Uranus appears stationary on the 26th having come to the end of its retrograde loop, it then

resumes its west to east direction across the sky. The icy giant is located in the north-western evening sky after the end of dusk in Pisces. During the month the planet will be within 2° of the 4th magnitude star Epsilon Piscium.

Neptune can only be seen in the western evening sky in Aquarius, setting around 11:30 pm mid-month.

DWARF PLANETS AND SMALL SOLAR SYSTEM BODIES

Pluto is in conjunction with the Sun on January 6th 2016, and will be lost from view this month until its return to the morning skies in February.

Comet C/2013 US10 (Catalina) emerged from the solar glare in late November after passing through perihelion. Perhaps 6th magnitude in brightness (just visible to the naked eye), Catalina will be in the morning dawn sky in December, rising around 2:30 am mid-month. It is in Virgo, moving into Bootes for the last week of the month.

To avoid moonlight, the best observing period is from the 9th - 22nd. On the 8th, the comet has a close encounter with the thin crescent Moon and Venus.

Comet 10P/Tempel 2 spends the first week in December in Sagittarius moving into Capricornus for the rest of the month. Having faded to around 11th magnitude, visible through binoculars or a small telescope, it is low in the early western evening sky, setting approximately 1 hour after twilight. The evenings are Moon free for the first half of December.

METEOR SHOWERS

The following showers will be relatively Moon-free around their peak.

The Phoenicids are a southern shower discovered in 1956 during its only known major outburst when rates of around 100 per hour were observed. There have been three minor bursts of activity since then, but none in recent years. The period of activity appears to be 28th November through 9th December, with maxima on the 6th. The Phoenicids' radiant culminates at

dusk and sets in the early morning hours. The very low velocity of the Phoenicids will help in its identification.

The Puppids-Velids complex contains a series of radiants located in the constellations of Carina, Puppis, Pyxis and Vela. High activity occurs from early to mid-December, with a possible peak zenith hourly rate of 10 around the 7th. Dost of the Puppids-Velids are faint but occasional fireballs have been observed.

The sigma-Hydrids are active from the 3rd to 15th, reaching their peak on the 12th. A low rate of three swift and faint meteors per hour can be expected. The radiant is about 10° east of Procyon (Alpha Canis Minors) and best views after midnight.

The Geminid's are one of the finest and most reliable of the major annual showers. Visible from the 4th to 17th, with maximum predicted on the 14th, the Geminids often produce bright, medium-speed meteors. The zenith hourly rate is variable but around 120 are possible producing a spectacular display.

Acknowledgements

Astronomy 2015 Australia. Quasar Publishing 2014.

The SkyX Professional Edition planetarium software.

Al Brockman can be contacted at deepsouthernskies@gmail.com

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Your wings already exist. All you have to do is fly.

During November, Rosebank students in Years 3 to 6 spread their wings to experience education in the great outdoors, as they ventured off on our annual school camps. Years 5 and 6 students headed North to Queensland, where they participated in an Adventure Camp. Years 3 and 4 students stayed a little closer to home, at Camp Koinonia at Evans Head. Both camps were very special times of togetherness and fun.

Seniors enjoyed Abseiling, High Ropes, Campfire and Bushcraft activities, Drumming, River Rafting, Archery...and more. The Years 3 and 4 students, not to be outdone in the Adventure stakes, took on their own Vertical Challenge and donned harnesses to go Swinging in the Chapel. When we returned to school, we raced to file copy on time to meet the publication deadline for our own Camp Chronicle. Today, we share with you just a one of the fabulous reports filed by our intrepid reporters.

Death-defying Leap!

Gypsy Hunter: Challenge Rider

Last week, Rosebank and Bexhill Public Schools went to Camp Maranatha on the Sunshine Coast. One of the activities we did was THE LEAP OF FAITH, which was probably one of the scariest things I have EVER done. We had to climb up a ladder that was 7m high that led to an itty-bitty platform. We wore a helmet and were attached to a full body harness that had the rope attached behind us, so it felt like we were free falling.

My turn was next...I was feeling pretty confident, but that was when I was on the ground. I was climbing up the ladder while everyone was shouting, "Don't look down!" but instead of listening, I looked down in fear, feeling like I was 10 000m off the ground.

When I got up to the top, my heart was racing, my legs were bucking under the weight of my fear, my palms were sweating and my voice was trembling in fear. I was so SCARED that I wanted to climb down and never see that thing again, but they don't call me a daredevil for nothing. We were told to bunny-hop off the edge so that was what I did (somehow). I took three deep breaths while my team was counting me down. 3,2,1! I jumped and with a sigh of relief realised that I could do anything. I just had to believe in myself.

As the year draws to a close, Rosebank students are preparing for some special events - important traditions within our school community. It is almost time to farewell our Year 6 students, Aimee, Andr s, Ashley, Bridie, Dash, Gabe, Lana, Mollie and Torin. Most of these children have been at our school since they were tots. We send them on their way with a Formal Graduation Dinner, a special Presentation Ceremony and our love and best wishes for bright, shiny futures.

Abigail Sawyer

Proud Principal: Rosebank Preschool

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Local Women in business

Innovation seems to be the buzzword at the moment and the Northern Rivers Rainbow Region is brimming with individuals bringing great new ideas and energy to life. Here at the VJ we love to promote local entrepreneurs, new businesses and inspirational women and this month we will be profiling two local women who are starting up their own businesses.

In this edition we feature Flick Durham's gorgeous new product - Guidance Cards for Kids and Melinda Turner who is opening her store Shoes on Magellan this month.



GUIDANCE CARDS FOR KIDS

Name - Felicity Durham

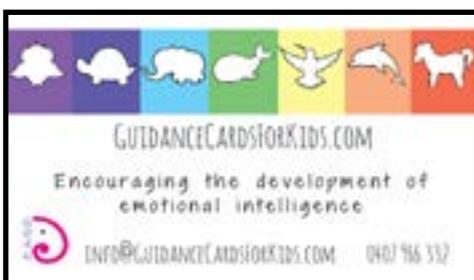
Age - 30

Describe your life in one paragraph

I left Melbourne in 2006 and met my current partner Simon on Great Keppel Island and we later moved to the Gold Coast. Eventually we found our way down to the Northern Rivers in 2008. Being surrounded in this more environmentally and socially aware area led me to question what it is I can do to build a more sustainable future for generations to come.

What motivated you to design and create the Guidance Cards 4 Kids?

It was early in 2015 when I was inspired by a dear friend to help children effectively communicate their emotions and gain a deeper connection with animals and nature. My friend, Vanessa, created dolphin shaped cards with words on them as a communication tool for her son about 15 years prior. She told me a story of the first time she used the cards with her son, and a conversation was generated that helped him reveal and release a deep hurt. I was so inspired after hearing this story, so many ideas just kept coming up. I immediately got to work creating a matrix of positive words and matching them to the symbology of animal guides and matching the words and animals to the vibrations of colours which are associated with the chakra system.



Shoes on Magellan

When I have an idea - I just go for it! Many times getting burnt! Now that I am in my forties, I feel I've lived and learnt and am hopefully making a good business decision this time! Plenty of planning and crunching of the numbers. The local NEISS program - the new small business enterprise helped me in the past with a good blue print business plan.

I used to design fashion and was so close to selling 1000 pieces to my favourite clothes shop at the time; dotti, I took the order and went to India to have my beautiful garments made but the cut was out by an inch on the fittings so they cancelled the order. I was crushed but took my positive self and my beautiful dresses, up north to Byron for the markets and I loved it here! Then I followed the season up to Cairns. I was left with really small sizes. So off I went to Japan! I had to go where the market was and I sold them all! Then I came back to Byron to call it home.

Sometimes I say mistakes are worth making as long as I learn from them; note to self "only make them once!"

This time I am opening up a shoe shop in Lismore on Magellan Street and on the corner of Dawson called; Shoes on Magellan. My dad used to make shoes he said it was hard and laborious work. My collection are mostly coming from Spain and so they are so comfortable and stylish.

Shoes on Magellan is a family affair, and I am staffing the shop with my lovely daughter and her boyfriend.

We are serving teas and coffee at Shoes on Magellan; creating a relaxed and social atmosphere where you can come with your friends and choose the perfect shoe for your occasion.

Hope to see you in the shop, to make u a cuppa and fit your foot with the perfect shoe.

To help assist parents in the explanation of the words, we created short, kid-friendly (kidlish) affirmations which can also be used in meditation.

What is the best advice anyone gave you about going into business?

Find something you love to do and you'll never work a day in your life.

It's not the easiest thing to find your passion and make a living out of it, but you never know when inspiration is going to strike!

Have you ever felt like quitting?

I haven't felt like quitting Guidance Cards as I am very passionate about this product and have a lot of faith that it will be well received. There is no other product like it available on the market. I feel so strongly about the environment and children's mental health that my desire to help them reconnect to their environment and people is stronger than any desire to quit and find something else to do.

Where do you hope your business to be in 3 years' time?

It would be my dream to travel the world and bring Guidance Cards for Kids into the international consumer market. I would love to work with HayHouse Publishing and attend and possibly speak at their conferences. It's a big dream, but even the tallest tree in the world sprouted from a single seed.

International Shoe Collection
Shoes on Magellan
corner of Dawson

Gift certificates available for Christmas

Shoppe 2/109 Dawson St, Lismore
9-6 Mon-Wed
9-8pm Thurs
10-2 Sat
Ph: 0428 117 924.



WHAT'S ON IN DECEMBER

- Dec 2, from 6.30pm Quite Folk Jam Night
- Dec 4, 6.00pm -9.00pm Mick Kelly and Belle Hendrick
- Dec 6, 1.00pm to 4.00pm Conspiracy of One
- Dec 9, 6.00-8.00 Wood Fired Pizza
- Dec 10, 6.00-8.00 Wood Fired Pizza
- Dec 11, 6.00-9.00pm Chris Aronsten
- Dec 13, 1.00-4.00pm Romaniacs
- Dec 16, 6.00-8.00 Wood Fired Pizza
- Dec 17, 6.00-8.00 Wood Fired Pizza
- Dec 18, 6.00pm to 9.00pm Dirty River Duo
- Dec 20, 1.00pm to 4.00pm Leigh James
- Dec 23, 6.00-8.00 Wood Fired Pizza
- Dec 24, 6.00-8.00 Wood Fired Pizza
- Dec 25, Christmas Day, Closed
- Dec 27, 1.00-4.00pm Bill Jacobi

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OH! And don't forget to follow the VJ on FaceBook ;-)



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The Village Journal

Editor: Freedom Vivian

Layout: Flick Durham

Webmaster: Flick Durham

Accounts: Darlene Cook

Advertising: Lydia Kindred

Printed by: Lismore City Printery

We thank the following contributors to this issue:

Freedom Vivian, S. McGrigor, Ian Browne, Mary O'Brien, December 2015 Contributors Stewart, Moya, Alan, Ian, Freedom, Mary Obrien, Lydia Kindred, Flick Durham, Melinda Turner, Shayne Higson, WIRES, Friends of the Koalas, Rosebank School, Pip Morrison Joshua, Jasmine Grey, Paul Recher Cindy Thummel

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Photo by Lydia Kindred

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	01	02	03	04	05	06
					Alstonville Farmers Market Lismore Farmers Market	Byron Bay Market
				Mullum Farmers Market		
07	08	09	10	11	12	13
	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		Alstonville Farmers Market Lismore Farmers Market	Channon Market
				Mullum Farmers Market		
14	15	16	17	18	19	20
	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		Rosebank Landcare @ Rosebank Reserve 8-11am Alstonville Farmers Market Lismore Farmers Market	Lismore Car Boot
				Mullum Farmers Market		
21	22	23	24	25	26	27
	VJ DEADLINE 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		Alstonville Farmers Market Lismore Farmers Market	Bangalow Village Market
				Mullum Farmers Market		
28	29	30	31	01	02	03
	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		Alstonville Farmers Market Lismore Farmers Market	
				Mullum Farmers Market		