

# Coffee Shop

See It, Read It, Love It

## GOSS

FREE  
Please  
take me

JULY 2014



**WIN**  
2 double passes  
to André Rieu

**BIRCH & CARROLL  
& COYLE**  
COOLANGATA  
NSW 2256



**ESSENTIAL OILS...  
BE LIFTED HIGHER  
THAN EVER BEFORE**

**TWEED SHOWCASED  
TO VIETNAMESE**

**YOUR STARS  
FOR JULY**

# TRAVEL

So...where does your Travel Agent go on holidays?



Like most others in the workforce, your Travel agent gets 4 weeks Annual leave a year, and, so just like everyone else, must plan their holidays carefully to make sure we enjoy ourselves and relax, come back refreshed, and brimming with good ideas for other peoples' holidays.

And that's the important bit...the good ideas for your holiday.

Trevor, the owner of Travel Direct of Kingscliff has been travelling through Europe for over 35 years, and is STILL finding little gems of hotels, unusual tours, and off-the-radar destinations to add to our range of offerings to the traveller.

Helen makes it her mission to travel somewhere completely different every year, to add to her already broad experience of Adventure Travel. This year in August, she will be travelling to Tonga to go swimming and diving with the Humpback whales in their own holiday spot. Tonga has a reputation for great hospitality, stunning blue water, and amazing scenery, but isn't commercialised with big multinational resorts. Imagine sitting on the deck of a simple thatched Fale or lazing in a hammock right on the soft sands of the beach. No telephones, and no TV: just amazing sunset views, the best and freshest lobster anyone could wish for, and nothing but good company and great snorkelling for entertainment...not forgetting the whales, with whom it's possible, if you're lucky, to get right up close and personal...as far as the law permits, of course. If this sort of thing interests you, pop in to see Helen for more information. If you ask nicely, she might even share her photos!

**For more information, visit Travel Direct at Marine Parade Kingscliff and chat with Helen or Trevor 02 6674 2577.**

# Coastal Canvas & Vinyl Fabrication



Stockists of quality:

Mesh | Canvas | Vinyl | Foam | & Accessories

Canvas and Vinyl repairs done by skilled tradesmen



**COASTAL**  
Casual Furniture

**07 5513 1007**

Factory 1, 31 Machinery Drive  
Tweed Heads South NSW 2486  
[www.ccvf.com.au](http://www.ccvf.com.au)

**www.zacaluzoo.com.au**

**ZACALU ZOO**  
is your one stop shop for unique and organic clothing, accessories and educational toys

- Kids
- Ladies
- Childrens
- Baby
- Shoes
- Toys
- Online

**ZACALU ZOO**  
2/96A Marine Pde  
Kingscliff NSW 2487  
**P. 02 6674 2420**

**Bring in this ad & receive 20% off**

**Hair Dresser**

Heather Crawley  
Cut & Colour Specialist

**Mob: 0438 761 061**      5a Windsor Court  
**Ph: 02 6676 1061**      Pottsville NSW 2489

# TECHNOLOGY

## Keep the Nasties away from your Windows computer

The one challenge to Microsoft Windows based computers is 'malware' (Malicious Software). MS Windows does attract its lion's share of malware, mainly because it's global popularity and usage.

Keeping on top of the bad internet nasties need not be a headache. For most users, a good, free Anti-Virus application will do the job of controlling most nasties; but no single Anti-Virus application is 100% infallible. With that in mind, a little training can make all the difference when spotting rogue websites.

Look for a 'padlock' in the address bar and the code prefix "https://" at the beginning of the URL (web address), while visiting banking sites, entering your credit card data or accessing your web mail. Be careful when shopping at a website that ships items from overseas, and don't click on links sent to you in email messages, go directly to the website itself.

Avoid deals that are too good to be true, and don't click on email attachments from senders you don't know; and certainly don't open attachments that are from senders you do know, but are unexpected.

If you're running Windows 8 or higher, great! You have Windows Defender security built into the Operating System and don't need an Anti-Virus application. For Windows Vista, Windows 7, you can download and install Microsoft's Security Essentials which will protect you for free.

**Got technical challenges and need help with your Computer, Tablet, or Smartphone? Call Ian Piggott from Computer Life on 0451 526 207.**



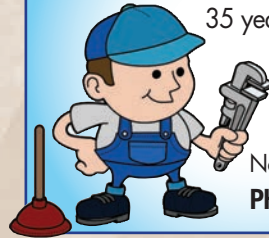
**SALES  
SERVICE  
REPAIRS**

**KEY CUTTING  
AVAILABLE**

**110 Marine Parade, Kingscliff  
Phone (02) 6674 3166**

## Need a plumber?

Call Graham Crawley for all your plumbing needs



35 years locally servicing  
Tweed to Pottsville  
Maintenance  
Plumbing

No job too big or small  
**PH: 0409 744 831**

**DO YOU NEED...** Printing • Photocopying  
• Scanning • Fax Service • Graphic Design  
• Fresh ideas to market and increase your business?

Whatever your printing needs,

**local2me**

PRINTING • OFFSET / DIGITAL / COPYING

are the printing specialists for you!

With over 40 years combined industry experience,  
you can be sure you will get what you want at a price you can afford.

P: 07 5513 1834 • M: 0433 340 242 • [www.local2me.com.au](http://www.local2me.com.au)



**COMPUTER LIFE**  
Implementing Technology Into Your Life

Supporting Local Computer Users for 10 Years

**Need Computer / Tablet HELP? call me**

Technology Specialist  
Computer Repairs and Sales  
Home Office & Small Business IT Support

**Call: 0451 526 207**

email: [ian@computerlife.com.au](mailto:ian@computerlife.com.au)



Ian Piggott

Cruise the Tweed River  
in style with

# Berger Houseboat Holidays



Swim, fish, relax.  
The ultimate  
waterfront  
escape!



Mention this  
ad to receive  
a bonus offer!

Whether it's a romantic holiday for two, a group celebration, a school holiday break, or a weekend escape, we have the houseboat for your holiday.

**Tweed Marina**

**Phone: (07) 5524 3222**

[cruising@bergerhouseboats.com.au](mailto:cruising@bergerhouseboats.com.au)

[www.bergerhouseboats.com.au](http://www.bergerhouseboats.com.au)



[www.facebook.com/  
BergerHouseboatHolidays](http://www.facebook.com/BergerHouseboatHolidays)

## WHAT'S ON, IN & AROUND HERE

- **Friday 6th Kingscliff Lantern Markets 5 - 9 pm** Variety of stalls from fashion to furniture.
- **Friday 11th Tweed Twilight Markets Markets 2pm onwards** at Jack Evans Boat Harbour, Tweed Heads
- **Friday 11th - 20th Taste of Kingscliff** and the Tweed Coast will host a series of food and family friendly events along the coastal areas of the Tweed over 10 days during July 2014. Winter is a fabulous time for fresh produce and we are very excited to share with local and visiting families a great range of events to partake and enjoy. Ticketed and Free Options are available making this an event for everyone's palate and purse! Our vision is to produce an inclusive series of events that heighten your senses and excite your palate!

Taste – Treat – Tantalise

Check out the amazing program:  
[http://kingscliffevents.com.au/events/  
taste-kingscliff/](http://kingscliffevents.com.au/events/taste-kingscliff/)

- **Friday 18th - 20th National Inflatable Rescue Boat Championships held at Kingscliff Beach from Friday afternoon**  
Contact Dan Mc Atamney on 0292158000 for more information.
- **Friday 26th Marie France Sculpture Workshop 5 - 9 pm** Variety of stalls from fashion

# WHAT'S ON, IN & AROUND HERE

## KINGSCLIFF LIBRARY SATURDAY BOOK SALES

TURNOCK STREET KINGSCLIFF  
Come to our book bargains every Saturday between 9.15am 11.45 am. You might even pick up a rare gem! Prices range from 20c to \$1, in good condition. Happy to receive donations. Enquiries to Librarian Larry Price Ph: 02-66741607.

## NEED A JP???

Call Norman Crampton on 0412 473 575 to have your documents witnessed, or call in to the Red Monkey Cafe & Bar every Tuesday and Thursday, 9am - 12 midday. **This is a free service.**



# EDUCATION NEWS

## Trisha turning tragedy to triumph at TAFE



Trisha Williamson, a young mother of two, who lost her husband to a terminal illness, is determined to build a better future for her children through her study at North Coast TAFE.

After the loss of her husband, Trisha found herself in the situation of being the major bread winner for her family.

"I dropped out of school at an early age and worked casual jobs before having my kids, so I had very little to offer employers in the way of qualifications," says Trisha.

Trisha was determined to get the education she needed to ensure a better future for her children, so she enrolled in the Certificate II Skills for Work and Training course at Murwillumbah TAFE.

"I never imagined that this course would open my eyes to so many possibilities. Originally I just wanted to gain a qualification that would help me re-enter the workforce. Now, I am in the final six months of a Certificate IV Tertiary Preparation Course, which has given me a pathway to University," says Trisha.

"Many people believe that if you drop out of school you won't have the opportunity to study at University. I will be the first in my family to go to university so I am thankful that TAFE have provided me with a way to achieve this," says Trisha.

"Now not only will I have better job prospects, I am also being a positive role model for my children."

**For more information about enrolling in a Certificate II Skills for Work and Training to assist in returning to work or study, visit North Coast TAFE website ([www.northcoast.tafensw.edu.au](http://www.northcoast.tafensw.edu.au)) or call the customer service 1300 628233.**

## Websites

STARTING AT JUST

# \$275



# specitechs

COMPUTERS

Ph: 0497 653 652

[www.specitechs.com.au](http://www.specitechs.com.au)

# FRASER SHOWCASES TWEED TO VIETNAMESE

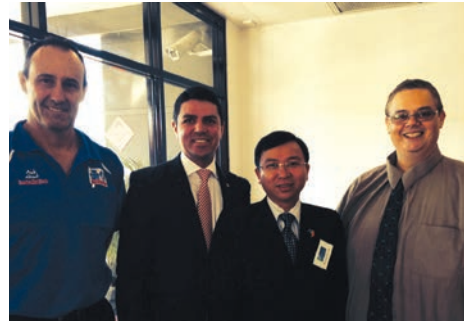
The Tweed was showcased last week as local identity Matthew Fraser hosted the 18th Australian Political Exchange Council Delegation from Vietnam.

Matthew was part of an APEC Delegation that visited Vietnam in March of this year.

"The Vietnamese are wonderful people and made our Delegation most welcome. I was honoured to be able to extend the same hospitality to our Vietnamese friends here in the Tweed," said Matthew.

The Delegation were keen to learn about the Australian Political and Government system. Coming from a one party, communist country certainly lead to some very interesting discussion but the Vietnamese were most impressed with our gorgeous scenery and naturally beautiful environment.

Sunday they were introduced to Local government with a special visit to the Tweed Council Chambers and



*Rory Curtis, Matthew Fraser and Peter Sibilant with Vietnamese Delgation*

presentation from Mr Neil Baldwin and Cr Warren Polglase. This was followed by lunch at the Tweed River Art Gallery and sugar cane farming techniques with Mr Robert Quirk at the Condong sugar mill.

Monday members of the Tweed Chamber of Commerce discussed issues and challenges faced by local business. This was followed by a meeting with Tweed State MP Geoff Provest and a tour of the Minjungbal Aboriginal Museum.

The Vietnamese Delegation also visited Sydney and Parliament House, Canberra where they were formally recognised by Speaker, Bronwyn Bishop, during question time.



# COMING TO COOLANGATTA

## André Rieu



As part of a worldwide cinema event, a magnificent concert by the most popular classical music artist -

### **André Rieu's 10th Anniversary 2014 Maastricht Concert**

- will be delivered via satellite to selected cinemas at 3 pm on Saturday 26th & Sunday 27th July - including BCC Coolangatta.

Internationally, the event will be shown on over 1200 cinema screens in 35 countries including the UK & Ireland, USA, Canada, Mexico, Brazil, Chile, Russia, The Netherlands, Germany, Iceland, Romania, New Zealand & France. In Australia more than 80 cinemas will present this special concert on the big screen.

To celebrate the 10th anniversary of his traditional concert series in his beautiful hometown, the 'The King of Waltz' and his famous 60-piece Johann Strauss Orchestra, along with many notable guest artists and soloists, will present a special performance filled with humour, music and emotion.

The maestro will work his magic as the medieval Maastricht square - the Vrijthof - is dramatically transformed into a romantic open-air concert venue with dazzling light shows, spectacular fireworks and sublime music.

So if you can't make it to Maastricht to see this concert, let André Rieu bring Maastricht magic to you, on the big screen at BCC Coolangatta, Level 2 Showcase on The Beach, Cnr Griffith & Warners St. PH 07 5536 930

Coffee Goss has two double passes to this cinema event to give away thanks to BCC Coolangatta – one for Saturday, July 26 and one for Sunday, July 27.

To enter, just answer the following question:

What is the name of the town square in André's hometown of Maastricht, where his summer concert series is staged annually? (Answer: The Vrijthof)

Just send your answer through to The Editor, P.O. Box 934 Banora Point 2486 or [coffeeshopgoss@local2me.com.au](mailto:coffeeshopgoss@local2me.com.au) by July 22 and include your name, address, email and phone number. First two correct entries will win and winners will be contacted directly by phone on July 23, 2014.



[www.eventcinemas.com.au/cinema/coolangatta](http://www.eventcinemas.com.au/cinema/coolangatta)



# COMES TO KINGSCLIFF BOWLS

**FRIDAY 11TH JULY**

**Tommy Memphis performing from 6pm**

## Memphis style BBQ 6pm-7.30pm

Slow cooked BBQ marinated Bangalow pork belly with twice baked potato casserole.

Bangalow pork sausage with smoked Hickory BBQ sauce & red bean rice salad.

Slow cooked & pulled Bangalow pork slider with coleslaw & corn cob.



**TASTER PLATES  
FROM THE BBQ  
FOR \$10**

Sponsored by Wild Oats  
**SPECIAL  
\$5 PER GLASS  
OF WILD OATS**



## ENTERTAINMENT CENTRAL

THE PLACE FOR ENTERTAINMENT & LIVE MUSIC

## JULY GIG GUIDE



### MONDAY

12PM-3PM

Monday 7th  
DAVID BARRY

Monday 14th  
ROBBIE ROSENBLUND

Monday 21st  
MARCO

Monday 28th  
SMOOTH & GROOVE

### FRIDAY

7.30PM-11PM

Friday 4th  
JASON DELPHIN

Friday 11th  
TOMMY MEMPHIS  
FROM 6PM

Friday 18th  
EAR CANDY

Friday 25th  
SURF REPORT DUO

### SATURDAY

7.30PM-11PM

Saturday 5th  
NIC MUIR

Saturday 12th  
HAPPY DAZE KARAOKE

Saturday 19th  
CAPTAIN WOW

Saturday 26th  
TOP SHELF



COMES TO  
KINGSCLIFF  
BOWLS

**FRIDAY 11TH JULY**

Tommy Memphis performing from 6pm



[www.kbbc.com.au](http://www.kbbc.com.au) • [www.facebook.com/KingyBowls](http://www.facebook.com/KingyBowls) • Marine Pde Kingscliff • Ph: (02) 6674 1404





# BOAT, CASH OR HOLIDAY

TOTAL PRIZE POOL UP TO \$12,000\*



Just make a purchase during the promotional period and go in the draw to  
**WIN A BOAT, CASH OR AN ALL ABOUT TRAVEL VOUCHER PLUS SPENDING MONEY**

**Drawn  
Saturday  
30th August  
at 6.30pm**

\* Boat is a \$10,000 boat package. Terms and conditions apply. See the website for full terms and conditions. Permit Number ITPS/14/03875. Images are for display purposes only.

Marine Parade, Kingscliff NSW | Phone: (02) 6674 1404 | [www.kbbc.com.au](http://www.kbbc.com.au) | [www.facebook.com/KingyBowls](http://www.facebook.com/KingyBowls)



# ZODIAC CENTRAL

## **Aries (the Ram) March 21-April 20:**

Still gotta' recheck your plans and move some names around for that dinner party! This cycle favors advancement of your worldly aims and ambitions. You should be very, very clear about what you want from the public aspects of your life as this cycle continues to unfold.

## **Taurus (the Bull) April 21 - May 21**

Special preparation NOW will allow you to weather the financial storms; so, by all means do not hesitate to budget more sternly, strictly than customary. Also, Positive changes in your personal life and your finance habits need to be rechecked.

## **Gemini (the Twins) May 22 - June 21**

There will be those within your immediate surround that might feel your input and guidance is NOT needed; so in order to avoid verbal confrontations it will be necessary to keep your advice low-keyed. Reason for you stepping-back is required because most individuals really don't want advice from others ... what they really want is a shoulder to cry on.

## **Cancer (the Crab) June 22 - July 22**

You need to be subjective and detach yourself from unreasonable people and unhealthy conversations that lead to heated debates. As well, where possible try to be an observer during group discussions that cause harshness. In fact, during these 30+days, learn from practicing patience and you can come through this week with a feeling of inner-peace.

## **Leo (the Lion) July 23 - Aug 21**

This is a FAVORABLE time for creative activities. Though you may not be in the mood for trivia occurrences, aspects from planet Venus recommends that you exercise greater than usual care in your personal relationships in order to avoid loss of friendships. Also these cycles, if you can, try to create a special date and call it: "QUITE MOMENTS" with that very-very special person in your life and let the past be something you don't discuss. As well, during the month of June, get more and more tuned into SELF and change some of those unnecessary behavior tactics! As planetary cycles go, these 29+days will bring into existence the beginning of wonderful "new" friendships on the business side. Continue with positive thoughts and actions in order to remain in an affirmative new (personal) direction

## **Virgo (the Virgin) Aug 22 - Sept 23**

Taking it easy and letting things happen will let opportunities continue to grow that are already underway. Situations beginning now will be cooperative and helpful to you as they progress. A general atmosphere of getting along together prevails and will continue to if you just go with the flow.

## **Libra (the Scales) Sept 24 - Oct 23**

Each day this cycle will become a time for planning for the upcoming (family and friends) gatherings; finishing-up pending matters at work and around the house. Planet influences shows that you are extremely focused on happy occasions ... So try rather hard to NOT remember negative occurrences from the past.

## **Scorpio (the Scorpion) Oct 24 - Nov 22**

The spinning wheels of circumstances can be counted-on to provide you with some surprising unforeseen prospects. Gotta' be alert in order to seize the approaching newness because it's real, it'll be long lasting and it'll be beneficial. The question is YOU! - You have been faced with numerous unwarranted challenges lately and now is the time for you to be more focused on newness and positive



Put your business into the hands of happy relaxed diners who live locally and want to shop locally for less than the price of a coffee per day!

**Phone: (07) 5513 1834**

# JULY

opportunities. The stars are in your favor, so have a fantastic holiday and it's really okay to eat some or a little fatty food stuffs -- after all, it's the beginning of a wonderful summer season! June is gonna be your month -- so mentally prepare for something positive and innovative!

## **Sagittarius (the Archer) Nov 23 - Dec 22**

rebellion. People of authority, rules, regulations, and laws block your intentions and desires at this time. You are alert, mentally sharp and clear, and your ability to comprehend new concepts is heightened. Also, you can verbalize and articulate your ideas very well at this time. Intellectual curiosity is also high. This is a good time to make plans and strategies or begin a course of study.

## **Capricorn (the Goat) Dec 23 - Jan 20**

This is an excellent time to be out and about. There are significant opportunities to make connections, exchange information, and to learn something through a meeting or chance encounter. Letters, phone calls, and conversations that you initiate are productive at this time. There are opportunities for deep sharing, and powerful, meaningful contacts with others, especially people who share common goals or ideals. An opportunity for a leadership role is also likely.

## **Aquarius (the Water Bearer) Jan 21 - Feb 19**

You are optimistic, hopeful, and forward-looking at this cycle, you can see connections and possibilities you may have overlooked before. Now is a time for communicating your enthusiasm, sharing your plans and dreams and also being more receptive to others' thoughts and point of view. Contracts, negotiations, and business dealings of all kinds are favored now.

## **Pisces (the Fishes) Feb 20 - March 20**

You have a lot of mental energy and are eager to "attack" intellectual or conceptual problems. You are likely to come up with a clever solution or a very workable plan, especially if you brainstorm with others. You also tend to make up your mind very quickly and decisively now, and to translate your ideas into action.



## Remedial & Sports **Massage**

78 Wommin Bay Road,  
Chinderah NSW

PHONE

**02 6674 4032**

Ken McInnes Dip RM



# RHONDA'S READINGS

## You are never alone !!!

As we live our lives, we all have trials and tribulations to get through, and sometimes during these times it can be very hard for us to cope with emotionally, physically and spiritually. The hardships we are battling seem impossible and that is when we feel at our lowest and alone even in a sea of people. The thing is, we are never alone and what I am about to explain has nothing to do with religion or is airy fairy, it is just how I know it to be after living it for the past 50 years. We at all times throughout our lives and even as we go through the process of leaving this existence to move into the next, always have Spirit Guides supporting us every step of the way, one that is always with us and others at different times of our growth.

I see them with people all the time, I was once woken by my hubby Kev's voice, and as I turned over, there was Kev, asleep, lying on his back, having a conversation out loud, and sitting next to him was his Guide, a Native American Indian in full ceremonial headdress smoking a pipe and answering Kev's questions. He of course had no recollection of this in the morning, but that is what I had seen. Kev himself, just after we met, was at my house for dinner, and about an hour after my kids had gone to sleep, while he and I were watching TV, Kev shot bolt upright and said" Oh my

God!! Did you see that? " and he went to run after what he had just seen walk down our hallway, but I quickly stopped him " No, Stop, it's ok Kev, please sit down" he was so excited " wow, what was that?" "That is my daughters Spirit Guide, going in to work with her while she sleeps" and that was Kev's first experience and the start of his own path of understanding of what this life we lead is really all about...

*Continued in CSG August issue...*

Magical Blessings Rhonda !!



abn 66 121 220 310

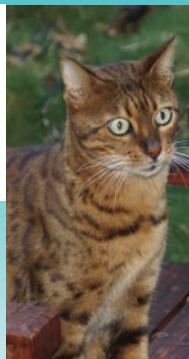
- Life Path Consultation
- Readings by Mail
- Psychic Counselling
- Photo Readings
- Medical Intuitive
- Gift Vouchers Available

Ph - 02 6677 7517 • Mob - 0408 677 515  
rhonda@handsofdestiny.com  
[www.handsofdestiny.com](http://www.handsofdestiny.com)



## REDDEDY

- Bengal
- Desexed Male
- DOB 29/12/2007



What a beautiful cat!! Reddedy is a friendly boy who is outgoing, likes people and would be best suited to an adult family. Reddedy must be the only pet as he has not been socialised with domestic cats or dogs. He should be kept indoors or in a secure cattery. If you are interested in this beautiful boy and have a safe home to house him please do not hesitate to contact our Rehoming Centre on 07 5524 8590 or A/H (9am to 5pm) Sonia 0439 766 243.



# FOCUS ON THE FAMILY

## Connecting With Your Child

To connect with our children, we must understand their emotions and experience those emotions with them. Let's see how one mother, Sheri, spent her morning connecting with her 5-year-old son, Nicholas.

**7 a.m.** — Nicholas wakes up screaming. Sheri runs to Nicholas and holds him tight. "You sound scared. What's wrong?" she asks. But Nicholas doesn't respond; he just cries. Sheri continues to hold him until he calms down, saying, "Whatever it is, you're really sad. I'm here for you." Soon, Nicholas stops crying and asks for breakfast.

**What Sheri did right:** Sheri acknowledged Nicholas's feelings. Instead of telling Nicholas to stop crying, Sheri labelled Nicholas's feeling and allowed him the chance to express that feeling. Nicholas sensed that it was okay to be sad and scared. Nicholas will likely feel free to express these feelings in the future.

**9 a.m.** — Nicholas is watching his favourite cartoon and has turned up the volume to an excruciating pitch. He laughs and dances while the characters sing. Sheri joins in and dances alongside him. She hugs him and then goes back to sweeping the kitchen.

**What Sheri did right:** Sheri could have scolded Nicholas for turning up the television or she could have just ignored him. Instead, Sheri recognized Nicholas's happiness and she joined him in it. This short interaction strengthens their bond. Nicholas feels loved and understood.

**11 a.m.** — Nicholas is playing with a friend, Jacob. Jacob pushes Nicholas off his bike, and Nicholas pushes him back. Sheri steps in and tells Nicholas, "It's not okay to hit Jacob. That hurts." "But he pushed me first," says Nicholas.



Sheri tells Jacob the same and takes Nicholas aside. She tells him, "Nicholas, I know you're mad. It upsets you when Jacob pushes you. You need to tell him not to push because pushing hurts."

**What Sheri did right:** Sheri focused on Nicholas's negative behaviour while validating his feelings. She connected with Nicholas by letting him know that it was okay to experience anger but not to hurt others.

**BIRCH CARROLL & COYLE**  
COOLANGATTA  
birch.com.au

**CiNEBUZZ LOCALS DISCOUNT!**  
**Are you a Local?** 

*Check out our Local's Discount for CiNEBUZZ Members!*

Activate your CiNEBUZZ Card online and set up the 'Local's Discount' at Birch Carroll & Coyle Coolangatta Cinemas using this promotional code: MSC001262.	<b>Adults \$10.50</b> <b>Children \$ 8.50</b> <b>Seniors \$ 8.00</b>
---	--

*Upgrade to 3D for only \$31\*  
\*Plus \$1 for 3D glasses if needed*

**Not a CiNEBUZZ Member?**  
Join up for FREE online or at the ticket box today!

**See 10 movies and receive 1 for FREE!**

Only valid for areas between Palm Beach & Murwillumbah and only valid at Birch Carroll & Coyle Coolangatta Cinemas. \*Prices correct at time of printing\*

# Does your Love Life need a lift?

*This will get some deep breathing happening in the Bedroom!!*

For centuries aromatic preparations have been part of the love making ritual. Certain essential oils have "heady", euphoric characteristics, so why not select your favourites and imbue your bedroom. Creating an aromatic space can become an important part of seduction.

Patchouli, Wild Orange, Sandalwood, Vetiver, Cedarwood and Ylang Ylang are an ideal accompaniment to seduction. These exotic oils will have you feeling more sensual, confident and self assured, it works wonders, I assure you.

## **Aphrodisiacs**

Certain essential oils have long been praised for their aphrodisiac qualities. One of the reasons why they work so fast and effectively is their natural chemical composition that works quickly on the circulatory, endocrine and reproductive systems when applied (diluted) to the skin. They affect our moods, thoughts and feelings via olfaction; once inhaled, the odour molecules register a response in the limbic portion of the brain, which is also responsible for sexual behaviour and memory.

## **Love Making**

Touching and caressing plays a major role in lovemaking. Prolonged fondling and



caressing stimulates the body's sexual hormones and heightens arousal so that the energetic charge and sensory fulfilment is far greater. Add to this heightened state of arousal the power of an aromatherapy and you can create a powerful new odour association with your blend; one that will have your senses yearn each time you smell that particular blend again in the future as the power of scent and its registration in the brain will create memory triggers to specific aromas. Introducing a particular aroma whilst in a state of ecstasy is how to create a specific odour association and trigger - a powerful tool indeed. First, be absolutely sure that you and your partner actually likes the aroma of your oils. The aroma of the oil or blend of oils will link you aromatically and provide you both with a positive aromatic anchor for future intimate moments together. Sandalwood, Ylang Ylang, Lavender and Wild Orange will do the trick.

## **Blending**

To create your favourite aromatherapy blends you will need a fragrance free moisturising body oil. I recommend Fractionated Coconut Oil, approximately 20mls. (4 teaspoons) for a full body massage (for an adult) to which you will add 10 drops in total of your favourite essential oil blend. Never compromise on the quality of your essential oils or massage base oils as ultimately they will circulate and affect your underlying tissue and organs once they diffuse into the skin. You could also add 8 drops in total of your essential oil blend to your vaporizer to set the right ambience environmentally or 3-5 drops in total to a fully drawn bath. Here are some recommended blending suggestions. **Enjoy!**

### **Romance blend**

Patchouli - 2 drops  
Sandalwood - 3 drops  
Ylang Ylang - 3 drops

### **Intimacy blend**

Ylang Ylang - 3 drops  
Patchouli - 2 drops  
Lavender - 3 drops

### **Tenderness blend**

Geranium - 2 drops  
Cedarwood - 2 drops  
Ylang ylang - 3 drops  
Lavender - 3 drops

### **Lovers blend**

Patchouli - 1 drop  
Ylang Ylang - 3 drops  
Sandalwood - 2 drops

dōTERRA<sup>®</sup>

**Fragrant Pharmacy**

**Certified Pure Therapeutic Grade  
Essential Oils**

**Contact Judi Minckler - 0425 11688**

**[www.mydoterra.com/sagewomen](http://www.mydoterra.com/sagewomen)**

**[sagewomen@gmail.com](mailto:sagewomen@gmail.com)**

# COMMUNITY NOTICEBOARD

---

**Kingscliff Police**

(02) 66749399 or 000

---

**Tweed Hospital**

(07) 55361133

---

**Kingscliff Fire Brigade**

(02) 66728305

---

**Tweed Valley Wildlife Carers**

(02) 66724789

---

**Kingscliff Meals on Wheels**

(02) 66742205

---

**Kingscliff Community  
Health Centre**

(02) 6674 9500

---

**Kingscliff Tafe**

(02) 6674 7220

---

**Kingscliff Medical Centre**

(02) 6674 32660

---

## Community Commitment

*We will list your event for free,  
please send your details to:*

**Coffee Shop Goss**

**Unit 12, 8 Corporation Circuit**

**Tweed Heads South NSW**

**P.O. Box 934, Banora Point NSW 2486**

**Ph: 075513 1834**

**sales@local2me.com.au**

**www.coffeeshopgoss.com.au**

**For advertising and editorial  
opportunities, contact**

**sales@local2me.com.au or**

**phone 07 5513 1834, mobile**

**0433 340 242**

**Proudly produced by local2me**

**Bringing locals together**

**local2me**

**www.local2me.com.au**



## Northern NSW

**Banora Point Farmers Market**

1st and 3rd Sunday 7am - 11am  
Leisure Drive

**Bangalow Farmers Market**

Every Saturday 7am - 11am  
1 Byron Street, Bangalow

**Byron Bay Farmers Market**

Every Thursday 7am - 11am  
Butler Street Reserve

**Murwillumbah Showground Farmers  
Market**

Every Wednesday 7am - 11am  
37 Queensland Road

**Mullumbimby Showground Farmers  
Markets**

Every Friday 7am - 11am  
51 Main Arm Road

**New Brighton Farmers Markets**

Every Tuesday 8am - 11am  
New Brighton Oval, River Street

## Gold Coast

**Burleigh Heads**

Every Saturday 7am - 12noon  
Burleigh Heads State School,  
Lower Gold Coast Highway

**Palm Beach/Currumbin**

Every Saturday 6am - 11am  
Palm Beach Currumbin High School  
Thrower Drive

# WEEKEND MARKETS

## Northern NSW Markets

### *First Week of the Month*

#### **Brunswick Heads Market**

1st Saturday of the month

#### **Pottsville Vintage Artesian Markets**

White Jade Restaurant

1st Saturday of the Month

#### **Murwillumbah Markets**

1st Saturday of the month

#### **Byron Bay Markets**

1st Sunday of the month

#### **Pottsville Markets**

1st Sunday of the month

#### **Lismore Markets**

1st Saturday of the month

#### **Lismore Car Boot Market**

1st Sunday of the month

#### **Tweed PCYC/ Recreation Street**

1st, 3rd and 5th Sunday

### *Second Week of the Month*

#### **Kingscliff Markets**

2nd Saturday of the month

#### **The Channon Markets**

2nd Sunday of the month

#### **Alstonville Markets**

2nd Sunday of the month

#### **Lennox Head Markets**

2nd Sunday of the month

### *Third Week of the Month*

#### **Lismore Car Boot Market**

3rd Sunday of the month

#### **Mullumbimby Markets**

3rd Saturday of the month

#### **Nimbin Markets**

3rd Sunday of the month

#### **Pottsville Markets**

3rd Sunday of the month

#### **Uki Buttery Bazaar**

3rd Sunday of the month

### *Fourth Week of the Month*

#### **Kingscliff Markets**

4th Saturday of the month

#### **Bangalow Markets**

4th Sunday of the month

#### **Banora Point Car Boot Market**

4th Sunday of the month

## Gold Coast Markets

### *Broadbeach Markets*

1st & 3rd Sunday of the month

Kurrawa Park

### *Burleigh Heads Markets*

4th Sunday of the month

Beachfront

### *Burleigh Heads Town Car Park*

2nd Sunday of the month

6.00am - 10.30am

### *Carrara Markets*

Every Saturday & Sunday

Nerang Broadbeach Rd.

### *Canungra Village Markets*

Last Saturday of each month

### *Coolangatta Markets*

2nd Sunday of the month

Marine Parade

NB: Also 4th Sunday in 5 week months

### *International Market Place*

Every Saturday & Sunday

Trade Centre Southport

### *Mudgeeraba Farmers Market*

2nd & 4th Saturday of the month

Showgrounds

### *Surfers Paradise Beachfront Market*

Every Wednesday & Friday night

The Esplanade, Surfers Paradise.

### *Tamborine Mountain Country Markets*

2nd Sunday of the month

Showgrounds

### *Tamborine School Markets*

last Sunday of the month