

## New Modanville Bed and breakfast is inspiring people to eat healthy food

New B & B ‘belle la vie’ at Modanville was officially opened by Mayor Jenny Dowell recently. The new establishment is not only a fantastic place to stay, but a key point of difference is the inspiration they are providing people to improve their health and vitality. Not only do the owners focus on healthy breakfast options for their guests, they also run Raw Food workshops for locals and visitors who are keen to improve the way they eat.



Jeff and Kerrie Cox Moved to the area 2 years ago and are passionate about

supporting others to experience a healthier lifestyle and are very excited about the opportunity to do this through their B & B and Raw Food workshops.

Kerrie is a qualified Raw Food & Vegan Chef and has created the Raw Food Workshops to assist people to understand how easy it is to add more raw food into their diet and to start their journey to better health. One young participant after attending one of the Raw Food Workshops commented “Healthy Living Inspirations has changed my point of view in the way I eat, I’m so excited to go home and create these yummy creations for myself” Madeleine Nind - Tullera

‘belle la vie’ B & B is a small boutique B & B with lovely gardens and a fantastic valley view overlooking 100 acres. Kangaroos and koala often visit along with a large family of kookaburra. There is a swimming pool to cool off in and friendly chickens that provide fresh farm eggs for breakfast. The accommodation area is for two people and has a large bedroom with ensuite adjoining a private media room where guests can recline back and watch the latest movies. French doors lead onto a private veranda where guests can enjoy breakfast overlooking the valley view. The B & B has been developed to offer Guests the opportunity to combine their stay with the onsite Raw Food Workshops and is open to all visitors to the area.

Kerrie has developed the breakfast menu options for their B & B with no gluten, dairy or processed sugar. “I understand how difficult it is to eat healthily when travelling, especially if you are vegetarian or vegan” Kerrie says, “and for that reason we have paid special attention to ensuring our B & B supports all travellers including people with special diets”

Kerrie and Jeff became interested in the benefits of raw healthy food options several years ago due to a family member having an intolerance to gluten and dairy. Also due to a cancer diagnosis, they felt it was time for a change with the way they ate and really do appreciate their journey.

So, for locals and visitors wanting to learn how they can improve their health (and become a raw food chef in their own home) and for visitors looking for a healthy, home away from home stay when travelling, it could be well worth checking out ‘belle la vie’ B & B and the Healthy Living Inspirations Raw Food Workshops at Modanville.

To contact Jeff and Kerrie phone 02 66282694 / 0404659237 or go to their website [www.healthylivinginspirations.com.au](http://www.healthylivinginspirations.com.au)

## WATER LAB WEDNESDAY HOLIDAY ACTIVITY

Fun water science experiments, investigations and games. New water challenges and some of the old favourites. Around the corner from Rocky Creek Dam, with playground, bbq, toilets, shelter and rainforest walks.

For children 5 to 12 with a supervising adult.

**Dates:** Wednesday January 6th, 13th & 20th, 2016.

**Opens** 10am – Closes 3pm with last entry 2pm.

**Dorroughby Environmental Education Centre, 2101 Dunoon Road, Dorroughby.**

**More information at [www.watersciencelab.com.au](http://www.watersciencelab.com.au)**



### Local RAW FOOD WORKSHOPS

You will learn how to create delicious healthy raw food recipes with **NO Gluten, Dairy or Processed Sugar.**

**By adding more raw food into your diet you can...**

- Have more energy and vitality
- lose excess weight & feel better
- Improve your family's health

Book your place today in our next workshop!



**Inquiries: 6628 2694/0404 659 237**  
[www.healthylivinginspirations.com.au](http://www.healthylivinginspirations.com.au)  
 14 Dunromin Drive, Modanville

## LOCAL YOUTH IN BALLINA PLAYERS YOUTH MUSICAL

The madly popular movie Legally Blonde was the inspiration for the family friendly version Legally Blonde Jr, this January's Ballina Players youth musical.

It tells the story of Elle Woods (Jamaika Smith), blonde, beautiful and obsessed with the colour pink. Before he heads off to Harvard her boyfriend, Warner (Finley Black), rejects her to find someone more "serious".

Elle is determined to gain entry to Harvard Law and prove him wrong about her. She can be both blonde and a "serious" whizz at law! On arrival at the university she is surrounded by snobs, but finds acceptance from teaching assistant Emmett Forrest (Liam Gatt). He urges her to aim for excellence and in the song Chip on My Shoulder tells of his own humble background. With him on her side Elle triumphs.

Much of the story is told in song, and numbers such as Omigod and So Much Better are already favourites. The musical's sense of humour as well as catchy lyrics and its themes of self-empowerment and open-mindedness make Legally Blonde Jr fun for young performers as well as young audiences.



Liam Gatt and Jamaika Smith cast as Emmett and Elle in Legally Blonde Jr

A cast of 27 young people aged from ten to eighteen bring it to the stage.

Jaime Sheehan is responsible for the lively and colourful choreography. This the eighteenth show Jaime has choreographed for the Players, and she first performed with them at age fourteen. Jaime is an outstanding product of the Ballina Players policy of providing experience for young people and encouraging them to continue in all areas of theatre arts.

Music and lyrics for the show are by

Laurence O'Keefe and Nell Blackman, from the book by Heather Hach.

Legally Blonde JR, directed by Mike and Jaime Sheehan, will be staged at the Players Theatre from January 15 to 24. Evening performances will commence at 7 pm and matinees at 2 pm.

For more information and to book tickets, please visit the Ballina Players website <http://www.ballinaplayers.com.au/about-us/players-theatre/>

## DUNOON & DISTRICT SPORTS & RECREATIONAL CLUB – [www.dunoonclub.org.au](http://www.dunoonclub.org.au)



### Christmas Trading hours

Thurs 24th Dec - 3pm to 10pm  
 Fri. 25th Dec - Club Closed  
 Sat. 26th Dec - 4pm to 9pm  
 Sun. 27<sup>th</sup> Dec - 12 Noon to 7pm  
 Mon. 28<sup>th</sup> Dec – Club Closed  
 Thurs 31st Dec – 3pm to 10pm  
 Fri. 1<sup>st</sup> Jan – Club Closed

### NEW YEAR'S EVE JAEDEN OGSTON 6pm to 9 pm



*This year see out the  
 old year at your club  
 and enjoy the act that  
 has grown so much  
 in our own Pluckers &  
 Poets*

*This New Year's Eve join  
 our favourite*

### Jaeden Ogston

*For a rocking good party night*