

News

Free workshop for song writers

LOCAL singer/songwriter Wendy Ford is running free information sessions as a Planet Music instructor and former president of the Songwriting Society of Australia.

Her inspiration comes from what she sees as gaps in community service provision to get the ideas of the young writer from the bedroom to the recording studio or to competition phase.

With the Lismore Young Songwriter Competition open for entries until April 28, Wendy thought this was the ideal time to give a couple of free information workshops to encourage and guide writers to enter.

Entry forms for the competition will be available at both sessions.

■ **Monday, March 24, 6.30pm:** Free Info Session, Music for Songwriters, upstairs at Planet Music, 25 Molesworth Street. For anyone wondering whether some background in voice, guitar or piano would assist to develop their ability as a writer, in a band, or just for personal enjoyment.

■ **Monday March 31, 6.30pm:** Free Info Session, All-Ages Songwriting Camp. Tools, tips and connections for writers seeking to get the music in their heads onto the page, onto CD and on the airwaves. 6.30pm Upstairs at Planet Music Lismore, 25 Molesworth Street.

Each session will offer opportunities to connect with other writers and musicians as well as direction to further develop the craft.

The sessions are also meant to act as a focus group to drive content for the full workshops which will be offered during the April break beginning Monday, April 12.

For information, call Wendy Ford on 0466 495 426.

Mandy's handy guide to men

By JAVIER ENCALADA

BOYFRIENDS We've All Had (and Shouldn't Have) is a book that would be frightening if it wasn't so funny.

This is not a book of fiction. It's a book about romance and sex.

The book offers the type of soul-searching that women love and most men avoid like the plague (according to the book).

The first part of the book is basically a message from Mandy to all single girls out there irrespective of age: you are the one who misses out every time you decline to meet a man.

Date them all, she recommends.

Date men that are bald, chubby, short, smart, tall, dumb, good looking, rich or poor.

The book then offers a list of various types of men she dated over the years.

They are all labelled by the defect that was their demise in Mandy's eyes.

Some of the boyfriend types are universal.

Is there anyone who hasn't dated Mr Shop-a-phobic?

Others come and go from our lives and those of our girlfriends – Mr Messy, Mr Bad (Dresser), Mr Cheaty Pants, Mr Moocher, Mr



COME ONE, COME ALL: Comedian Mandy Nolan has written a new book, *Boyfriends We've All Had*.

PHOTO: CATHY ADAMS

Jealous, Mr Rich, Mr Gay – her wicked observations on his character will have you heaving with laughter.

To be fair, Mandy is eager to highlight her own list of historical flaws and offer them as treats of females in general.

"But at the same time

straight men will get a lot out of the book as well," Mandy said.

"Because it offers an insight on some topics that we don't talk about often.

"Anyone who has a relationship with a man will get something out of this book," Mandy says.

LAUNCH

- Mandy's new book will be launched in Lismore on Thursday, April 10 at the Tatts Hotel from 6pm. \$20.
- In conversation with writer S Sorrensen, Mandy will 'spill the beans' once again.
- The book had a simultaneous release in paperback (\$24.99) and ebook (\$9.99).
- Genre: Memoir/ femoir/ humour.



FLAMENCO: Students Juliette Sizer and Roisin Murphy.

PHOTO: CONTRIBUTED

Flamenco groups take to the Rochdale stage

By ENA MCLEARY

ROCHDALE Theatre in Goonellabah will be a colourful site of traditional Spanish song and dance this Saturday, April 12.

The stage will be occupied by the talents of two local Flamenco dance groups, Arte Gitana and El Bari and their instructors Serena Joy and Louise Robinson, who have teamed

up with five musicians to create Fiesta Gitana.

The evening will be a whirlwind of colour, excitement and the stunning performances of traditional Spanish song and dance.

Flamenco is a form of Spanish folk music and dance from the region of Andalusia in southern Spain.

This style is more than just the music, the dancing,

the singing and the clapping, and has become a cultural movement taught in a number of countries outside Spain.

The evening promises to be a fun-filled event with new traditions in a fun and colourful way. The doors of Rochdale theatre will open up at 6.30pm and Fiesta Gitana will start at 7pm.

To book call Serena Joy on 0405 819 404.

Businesses creating stylish homes:

Is your advertising reaching your potential customers?

The Northern Rivers Echo have created a regular monthly house & home feature called Abode. This is the perfect opportunity to get your marketing message across to a strong, home trend aware readership.

Call and speak to one of our Sales & Marketing professionals who can help you with an effective marketing presence on 6620 0500.



Heather Williams



Sandra Deveson



Christina Blackler

The Northern Rivers **echo**

Make New Friends

at the Neighbourhood Club!

The Neighbourhood Club meets every Friday from 9.30am to 1.00pm in the Fountain Room at the Lismore City Hall for an outing with morning tea, lunch and entertainment. It's a great way for elderly or lonely locals to get out and about and meet some friendly new faces, so come and join us!

If you feel that you, or someone you know, would benefit by attending phone 6624 1790.

If you need transport, let us know, as we can probably help.

THE NEIGHBOURHOOD CLUB

Phone 662 41790

The Neighbourhood Club is supported by financial assistance from the Australian Government.

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