

the byron wave

thebyronwave.com.au

Community news for Byron Bay and surrounds

Issue 02 | January 2023

free



Happy
NEW YEAR

from the team at

Harcourts

P 6686 1100 harcourtsnr.com.au

BALLINA
BYRON BAY
LISMORE

BUYING

SELLING

LEASING

amir prestige

WITH OVER
\$1 BILLION
WORTH OF
PROPERTY
SOLD IN 2022
BY AMIR
PRESTIGE

Happy New Year



AMIR MIAN
CEO & PRINCIPAL

Who are we?

"HONOURABLE REPUTATION AS INDUSTRY LEADERS"

SELLING AUSTRALIA'S MOST DESIRABLE LIFESTYLES
FROM ENTRY LEVEL ABODES, TO THE MOST EXCLUSIVE RESIDENCE'S
ACROSS QLD & NORTHERN NSW

P | 02 6680 7207

5 & 6 / 5 BYRON STREET, BYRON BAY 2481 NSW

AMIRPRESTIGE.COM.AU





Dear Readers,

Happy New Year and welcome to 2023. I hope you had a wonderful Christmas with your family and friends.

To start the year, I thank all of our avid readers and advertisers for the positive feedback we received on December's inaugural edition of *The Byron Wave*. We value your input and if you have news or events you would like to share with the community, we would love to hear from you.

The Byron Wave's mission is to showcase the vibrancy of the Byron Shire, its community, and its people.

This month we spoke to Andrew Hayim De Vries and uncovered all the dirt on composting and the future of food waste. In our feature article, we explore the importance of Julian Rocks Nguthungulli Nature Reserve as a marine sanctuary, and a site of cultural significance for the Bundjalung-Arakwal people.

We also highlight stories which reveal the successes of our local cultural, sporting, and community organisations.

Whatever your New Year's resolutions, we hope this edition provides plenty to inspire, inform, uplift and entertain.

Until next month.

Charla Rallings, Editor.

Contact us

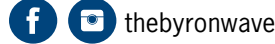
Got a story? Get in touch with the Editor.

Phone: 0432 285 223

Email: editor@thebyronwave.com.au

Follow us

Join our community for all the latest.



Website | thebyronwave.com.au

Advertise with us

Get the word out.

Advertising: Northern Rivers Media Pty Ltd

Email: sales@northernriversmedia.com.au

Phone: 0412 461 559

Publisher



Email: milt@northernriversmedia.com.au

Address: PO Box 407, Lennox Head, NSW

Phone: 0412 461 559

Managing Editor

Kate Parry

Email: editor@theballinawave.com.au

Phone: 0424 610 732

Cover photo credit

Location: The Pass, Byron Bay

Photographer: Craig Parry Photography
craigparryphotography.com

Acknowledgement of Country

The Byron Wave acknowledges that we are here on the land of the Bundjalung people. The Bundjalung are the traditional owners of this land and are part of the oldest surviving continuous culture in the world. Always Was, Always Will Be, Aboriginal Land.

The fine print

Editorial content does not necessarily reflect the views of the Publisher. Care is taken to ensure accuracy at the time of print. No liability will be taken for inaccurate information provided by contributors or advertisers. We take no responsibility for the content or images within.

Evans Head Heritage Aviation Museum



Opening Hours:
Sat & Sun 10am - 4pm
Tues 9am - 12pm

61 Memorial Airport Drive, Evans Head, NSW 2473 | phone: 6682 6756 | email: info@ehham.org.au | web: www.ehham.org.au

For over 30 years, First National Byron has cemented its position as the region's number one agency, servicing a footprint that extends across the entire area.



Our agency has sold more than double the number of properties than our nearest competitor for more than a decade.



We are proud to be recognised as an iconic local company employing the most highly trained and accomplished sales, marketing, photography and office management staff.



Above all else, we live, work and play in the Northern Rivers. We know our patch, love our people, embrace our lifestyle and are actively involved in events and initiatives that shape our region.

Please get in touch if you are thinking of selling, would like a free appraisal, or advice on anything real estate related.



CHRIS HANLEY
CEO | Licensee



SU REYNOLDS
Director | Sales
Chief Cultural Officer



HELEN HUNTLY-BARRATT
Director | Sales



TARA TORKKOLA
Sales | Sales Manager



DENZIL LLOYD
Sales



PAUL BANISTER
Sales



PAUL PRIOR
Sales



OLIVER ALDRIDGE
Sales



LUKE ELWIN
Sales
Team Su Reynolds



LEE GRIMES
Sales



OLIVIA COATES
Sales



JASMIN McCLYMONT
Sales
Team Tara Torkkola



SALLY GREEN
Sales
Team Tara Torkkola



JANE JOHNSTON
Sales Associate
for Denzil Lloyd



RENEE SCHOFIELD
Sales Associate
for Su Reynolds



KATE STANFORD
Client Care
for Su Reynolds



PLEASE SCAN HERE
TO FIND OUT WHAT
YOUR PROPERTY
IS WORTH.



From the Editor 3

This issue 5

Around town 7

News..... 8

Community 10

Education 19

Historic Byron..... 21

Local Legends 24

In Focus 26

Property..... 28

Business 33

Lifestyle 36

Family 38

Arts 40

Health and wellbeing 42

Environment 44

Pets and animals..... 48

Sport 50

Entertainment..... 54

Horoscopes..... 58

Trades and services 59

Entertainment answers 59



21 - Historic Byron | Tallow Beach



24 - Local Legends | Andrew Hayim De Vries



26 - In focus | Julian Rocks Nguthungulli Nature Reserve



ATLANTIS
POOL & SPA SERVICE

 Atlantis Pool and Spa Service

Servicing residential and commercial pools and spas in Ballina and beyond...

- pool cleaning • water testing and balancing • system diagnostics
- equipment installation and repairs • leak testing • sales

www.atlantispoolandspa.com.au 0460 425 705





BYRON BAY SERVICES CLUB

Best Bistro & Entertainment in Town!

Members
HAPPY HOUR
 MONDAY - FRIDAY
 4pm - 5pm
\$5
SCHOONERS



MONDAY
300G RUMP
Steak
\$24 M
\$26 V
 SERVED with CHIPS, SALAD & YOUR CHOICE OF SAUCE
 BISTRO OPEN FROM 5.30PM
 Dinner Only



Member's **BENEFITS**
 \$5 off any Main Meal purchase when you join
 Discounts on Food & Drink
 Daily bonus points
 Birthday Voucher
 members Draws & Specials
1 year membership \$5
3 years membership \$10

Tuesday
PARMI NIGHT
\$15 Members
\$17 Visitors
 Best Parmy in town served w/ chips & salad
 BISTRO OPEN FROM 5.30pm



RUSKIN HOUSE @ BBSC



Comfortable Queen Motel rooms available right across the road from the Club.
 For bookings:
www.byronbayservicesclub.com.au


CLUB RAFFLES
FRIDAYS & SUNDAYS
 DRAWN 6.30pm DRAWN 1pm
\$800 in Prizes!!
 20 x \$40 Meat Trays & Club Vouchers up for grabs!
\$800 in Prizes!!
 30 x Prizes; Mix of Meat Trays, Fruit & Veg Trays & Club Vouchers!
WEDNESDAY NIGHTS = COMMUNITY RAFFLES! Drawn 6.30pm!!



SQUIDDLEYS KIDS ROOM
 OPEN 7 NIGHTS from 5.30pm.



BISTRO OPEN LUNCH: 12noon - 2pm
BISTRO OPEN DINNER: 5.30 - 8.30pm
 Cafe open Daily from 10am!





What: Nudge Nudge Wink Wink (18+)
When: 7 January, 4pm – 11pm
Where: The Billinudgel Hotel

Party with a conscience with Cunning Stunts. Taking to the stage with their musical wizardry are DJs Nick Field, Co-Op, James Scott and Neil Terry, Dale Stephen, and Lord Sut.

Tickets and info: cunningstunts.com.au



What: Joe Camilleri & The Black Sorrows (18+)
When: 7 January, doors open 8pm
Where: Mullumbimby Ex-Services Club

Joe Camilleri & The Black Sorrows bring their high-energy live show full of infectious, roots rhythms to you. Expect to discover some new favourites and enjoy some classic Sorrows' hits.

Tickets and info: mullumexservices.com.au



What: Bangalow Film Festival
When: 12 – 21 January
Where: Film screenings at Bangalow A&I Hall

Festival goers can immerse themselves in a rich cultural experience with a range of exhibitions and talks. Films, music, art, family fun and more – a family event with holiday fun.

Tickets and info: bangalowfilmfestival.com.au



What: Candlelight Summer Byron Bay
When: 14 January, 2023, 6:30pm – 8pm
Where: Byron Theatre

Candlelight concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations. Discover the music of Hans Zimmer under the gentle glow of candlelight.

Ticket and info: byroncentre.com.au



What: Herb Elliott Twilight Meet
When: 28 January, 5pm – 8:30pm
Where: Herb Elliott Athletics Track, Cavanbah Centre Byron Bay

Herb Elliott Twilight Meet. Cash prizes, medals, trophies up for grabs - plus trackside entertainment, food trucks and more. Registration ends 25 January.

Registration and info: byronbayrunners.com.au

Monthly Markets

Table with 2 columns: Day and Location. Rows include 1st Saturday (Brunswick Heads), 1st Sunday (Byron Bay, Pottsville Beach, Lismore Car Boot), 2nd Saturday (Bangalow Flea Market, Woodburn), 2nd Sunday (Lennox Head, The Channon, Tabulam Hall, Coolangatta), 3rd Saturday (Mullumbimby, Murwillumbah, Salt Village, Casuarina), 3rd Sunday (Federal, Uki, Pottsville Beach, Lismore Car Boot), 4th Saturday (Byron YAC Flea Market, Wilson Creek, Kyogle Bazaar), 4th Sunday (Bangalow, Nimbin, Coolangatta, Murwillumbah, Yamba), 5th Saturday (Bangalow Flea Market), 5th Sunday (Lennox Head, Nimbin).

Weekly Farmers Markets

Table with 2 columns: Day and Location. Rows include Tuesday (New Brighton, Organic Lismore), Wednesday (Murwillumbah, Nimbin, Newrybar Hall), Thursday (Byron Bay, Lismore), Friday (Mullumbimby), Saturday (Bangalow, Uki, Blue Knob Gallery, Lismore Markets), Sunday (Ballina).

Byron Twilight Markets

Every Saturday Railway Park, Byron Bay
Between 4pm – 9pm, until April, 2023.

For more information:
visitbyronbay.com



Corporate backlash for 90-day holiday rental cap

It's no secret that Byron Bay is one of the hottest tourist destinations in Australia. There is an array of entertainment, arts and culture, and an incredible natural landscape that is readily available to explore. During the pandemic, many relocated from larger cities in hopes of acquiring the iconic Byron lifestyle.

Unfortunately, as a result of this influx and the recent flooding events, Byron Shire is experiencing a housing crisis with many locals unable to find affordable and suitable accommodation. As a result, many local businesses are facing staffing issues as potential workers are unable to find accommodation.

To mitigate this crisis, Byron Shire Council have proposed to cap short-term holiday rentals at 90 days. The proposal includes exceptions for parts of Byron Shire, where short-term rental would be permitted 365-days per year.

Regardless, the move sparked outrage from short-term bookings giant Airbnb.

Michael Crosby, head of public policy for Airbnb in Australia said, 'A 90-night cap will place hosts in Byron Shire on a vastly unequal footing, and ultimately hurt guests, local businesses and communities across the area by reducing

choice, availability, and affordability of accommodation.'

Data from *Inside Airbnb*, an investigatory/watchdog website, revealed that short-term rentals in the Byron Shire are, on average, rented 57 days a year with the properties earning around \$21,433 per annum.

Mayor Michael Lyon told Yahoo News, Australia, that Airbnb was only thinking about the tourist and visitor accommodation. 'We just cannot afford to lose more housing stock. There's just nowhere else to live. It's not like a city where you can just move into the next suburb. In Byron, there aren't options like that.'

Staff shortages are also a major issue in the Shire and are a direct result of the housing crisis.

'If you walk around the town right now, any hospitality venue you go to will have a staff wanted sign up. This is across the board, so any increase in the availability of long-term rental stock is going to be welcomed. Airbnb don't want to talk about that, they only want to talk about themselves and what's good for them. They need a proper dose of corporate social responsibility.'

For more on the proposed 90-day cap visit: byron.nsw.gov.au



amir prestige

📍 120 MCLEANS RIDGES ROAD, MCLEAN RIDGES

5 🛏️ 2 🚿 3 🚗 41,237m²* 🏠

RIGHT AT THE VERY TOP IN MORE WAYS THAN ONE

This is a rare opportunity to obtain a high quality property situated at the highest point of McLeans Ridges with a stunning new home and panoramic views. Situated literally right next to the area's trigonometry station it is set on 10 acres with 200 producing pecan trees; this mega home speaks space, light and tranquillity.

With views of Mt Warning, the Byron Bay lighthouse can be seen flashing in the distance at night and one can see as far west as Queensland - this property is simply breathtaking.

Contact the Listing Agents

Oliver Hallock

0419 789 600

oliver@amirprestige.com.au

amirprestige.com.au





Myocum Solar Farm



Council's Development Application for a five megawatt solar farm in Myocum was approved by the Northern Regional Planning Panel (NRPP).

The solar farm site is proposed for a

38 hectare parcel of Council-owned land, next to the Resource Recovery Centre at Dingo Lane.

'We are very excited about this approval from the NRPP because it takes us a step closer to delivering a local renewable energy solution that will massively reduce Council's electricity-related carbon emissions,' Byron Shire Mayor, Michael Lyon said.

'The next step is for Council to review what is the best course for delivery of this climate mitigation project and decide how best it should proceed. We will report back to the community

with updates on this,' he said.

'Once built, this five megawatt solar farm will help us maintain our 100% renewable energy commitment, and provide a long term and reliable source of electricity for Council operations, and hopefully other local businesses too.

'It will be a great win for Council, the community and our environment's future,' the Mayor said.

For more information visit: byron.nsw.gov.au

Linda Sparrow awarded Australian Geographic Society's Conservationist of the Year



Pictured: Linda Sparrow. Source: Bangalow Koalas.

Linda Sparrow, President of Bangalow Koalas, was awarded 'Conservationist of the Year' from the Australian Geographic Society.

Since 2019, Bangalow Koalas has planted 215,160 trees on 63 properties across four shires in Northern NSW.

'Considering that we're just a tiny community organisation, we never envisioned we would be where we are today,' said Linda.

In December 2021, koalas were uplisted from Vulnerable to Endangered under the Environmental Protection and Biodiversity Conservation Act 1999. A National Recovery Plan for the Koala was established in April 2022. The plan is considered a roadmap to recovery for the suffering species.

Koalas have suffered a major decline in recent years due to bush fires, habitat destruction, domestic animal attacks, and road accidents.

Bangalow Koalas are actively trying to reverse the devastating impact on koala habitats by planting trees to create a wildlife corridor, while also raising local and global awareness.

'Koalas don't have the liberty of time. We've only got a short period to turn this around, so we've got to work hard to do it now,' Linda said. 'They are the most iconic animal in Australia and they're known around the world. If we can't save koalas, then there really isn't any hope for any other wildlife.'

The wildlife corridor not only draws koalas away from urban areas, but also creates an eco-system which supports 15 other significant species and ecological communities.

'Our mission is to educate, involve and inspire the community. Our project will strengthen the connection between the community and wildlife by enhancing koala habitat and rainforest remnants in a wildlife corridor,' said Linda.

With a goal of planting 500,000 trees by 2025, Bangalow Koalas are well on their way. In 2022 they secured another record breaking year of 82,650 trees planted across five shires, despite the obstacles presented by La Niña.

'This award is not just about me,' said Linda, 'but the amazing community group Bangalow Koalas and the entire sum of everyone who makes up and supports, funds, volunteers, gives over land, plants and maintains trees, grows and nurtures trees and all things in between. Together we are the voice for koalas.'

For more visit: bangalowkoalas.com.au



Councillor Column

by Mayor Michael Lyon

A Councillor will be contributing a column to The Byron Wave each month. This will be an opportunity to share their thoughts on various issues impacting the community.



2022 was certainly one of the most challenging years ever faced here in the Byron Shire and the wider Northern Rivers region. The February/March floods caused devastating and widespread impacts and it will take years to fully recover. Council's infrastructure bill alone totals over \$180 million.

An existing housing crisis has been exacerbated greatly and there is a shortfall of labour in key skilled trades. This is combined with increasing construction costs and makes for a rather bleak situation.

One silver lining has been the realisation from State Government that we need to address in a real way the shortfall of housing and I am cautiously optimistic that we have the plans in place to address this crisis in the medium term. What this looks like in the Byron Shire in my view is better use of cleared rural land on appropriate sites. Combining medium density housing outcomes with revegetation and enhancement of our recently mapped flora and fauna corridors can create a more sustainable environment and housing situation.

The first pod village will open in Mullumbimby before Christmas and provide more stable temporary accommodation for those affected by the floods, many of whom have been shuffled around emergency options continuously over the last nine months. Two more of these villages will come online in Brunswick Heads in January and it can't come soon enough for those displaced. Many Byron Shire Council staff were impacted by the floods and landslips.

Despite challenges, the business of Council has continued, with an increased emphasis on drainage. We have seen the appreciation of sand on Main and Clarkes Beach, which has enabled scraping to repair the eroded dunes. Construction has begun on the new skate park in Byron, which is expected to open early in the new year. This project is going to have huge positive impacts in promoting healthy outdoor activity which will be particularly beneficial for the youth of our Shire.

We have progressed a 34-unit affordable housing development above our car park in Mullumbimby, with the

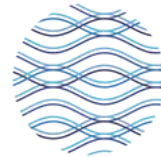
conclusion of the tender process expected shortly. Concept plans for the old Mullumbimby hospital site have been drafted, which will also see us seek to increase our stock of affordable housing.

We have a new team of Councillors who are just about to complete their first year of this term. I am lucky enough to be working with some inspiring, community-minded folks and despite the odd disagreement of course, we are working together well.

I have been very proud of the big efforts of our community during these natural disasters and afterwards, with so many displaying such strong community spirit and compassion, helping those in need and I feel privileged to live in this beautiful place.

Mayor Michael Lyon.

For more information visit: byron.nsw.gov.au
Email: michael.lyon@byron.nsw.gov.au



SEA SCAPE

Massage & Body

0409 112 075

Platinum LED Light Therapy

**Remedial
Bowen Therapy
Pain Relief Combo
Deep Tissue**

**Lymphatic
Reflexology
Asap Skin Products
Magnesium Spray**

**Chemical Peels
Microdermabrasion
High Frequency Facials
Anti-aging/Acne LED
Light Facials
Micro Needling
Waxing & Tinting
Body Scrub
Perskindol Pain Relief**

seascapelennox.com

**6/68 Ballina St Lennox Head & Suffolk Park
Open 7 Days. Gift Vouchers Available**



Projects to create wellbeing

by Colin McJannett, President Byron Bay Rotary Club

The wellbeing of our community is vital to the Rotary Club of Byron Bay in deciding who we can help and how to make a difference. Our aim is to provide a step up to those we support. The range of people we assist includes pre-school, primary, secondary kids, and the elderly.

Examples of the support provided includes:

- financial support to women and children, who have been forced to leave home for their own safety as a result of family violence. Together with other Rotary Clubs across the region, we have supported Rotary says No to Domestic Violence, encouraging respectful relationships. This is a critically important part to living in a healthy and safe community;
- Mental Health First Aid courses for young people at our local high school, funded by community donations. Youth suicides are of concern to everyone, with about three quarters of suspected suicides among males. Our community is not exempt. The focus of the program is to aid peers to access a responsible and trusted adult as quickly as possible,

and to help young people recognise when others need assistance;

- we provided hampers to the isolated elderly who needed support and friendship to help make their festive season less lonely in Christmas, 2022;
- support to the Bangalow Koalas organisation for the planting of trees in selected areas.

We love new faces, appreciate visitors and enthusiastically welcome new members.

For information contact Colin McJannett ph: 0476 787 167 or email: cmcjannett@gmail.com

Or come to a meeting, Tuesdays 6pm at the Byron Bay Services Club, 132 Jonson St, Byron Bay.

We need more members to help us do what we do for this marvellous community.

3,000 reasons to refinance your home loan

\$3,000 CASH BACK*

Apply from 1/12/22 & settle within 120 days. Max LVR 80%. Min loan size \$250k

Discounted economy variable rate for owner occupier*

4.49%

• P.A.

Rate only available for Owner-Occupier lending with principal and interest repayments. Maximum 70% LVR.

Comparison Rate^

4.64%

• P.A.

Plus some really great rates

Whatever your reason to refinance, there's never been a better time to talk to BOQ.

BOQ Ballina

6626 8430 ballina@boq.com.au
facebook.com/boqballina

BOQ Byron Bay

02 6639 7600 byronbay@boq.com.au
facebook.com/boqbyronbay



Credit provided by Bank of Queensland Limited ABN 32 009 656 740 (BOQ) Australian Credit Licence Number 244616. Fees and charges payable. BOQ's standard credit assessment criteria apply. Full terms and conditions at any BOQ branch. Interest rates quoted are indicative only and are subject to change without notice. *Limited time offer available for new to bank lending applications received from 11/11/2022. Application must have a minimum loan amount of \$150,000 and maximum Loan to Value Ratio (LVR) of 70%. Not available for refinance, restructure or switches of existing BOQ Group loans (which includes BOQ, BOQ Specialist, ME Bank and Virgin Money (Australia)), construction home loans or self-managed super fund loans. No offset account available. Minimum redraw \$100. Minimum loan term 1 year. ^Comparison rates calculated on the basis of a secured loan of \$150,000 for a term of 25 years. WARNING: This comparison rate is true only for the examples given and may not include all fees and charges. Different terms, fees or other loan amounts might result in a different comparison rate. Information current as at 06/12/2022. # Available to customers taking out a new home loan with BOQ, refinanced from another financial institution. Available on BOQ's Clear Path, Economy or Fixed Rate home loan products. Not available for the refinance, restructure or switches of home loans within BOQ Group. Customers who have ever received a similar refinance cashback payment from BOQ will be ineligible for this offer. Cashback paid to the applicant's BOQ transaction account within 30 days of the settlement date (if you don't have a BOQ transaction account one must be opened). For multiple home loan applicants the BOQ account needs to be in the name of at least one of the home loan applicants and the cashback will be paid only once to the applicants jointly. Offer current as at 06/12/2022 and can be amended and/or withdrawn at any time without notice. Applicants should seek their own tax advice in relation to the receipt of cashback.



coastal & hinterland sales

Katrina Beohm

real estate



BYRON BAY

2 2 2

18 Porter Street

Habitat Townhouse; Shopfront + Residence

- + Prime frontage for your shop/business with kitchenette, WC & a prominent high profile under-awning sign. Internal door separating the home space from the commercial space
- + Open plan living, dining and kitchen flows to the outdoors through timber stacker doors onto a covered space and fenced yard
- + Upstairs are the laundry and two bedrooms, both have high ceilings, ensuites, ceiling fans, built-ins & balconies
- + Solar hot water. Ducted air conditioning throughout, louvres & screens. V-Lux skylights provide beautiful natural light inside & feature over each shower
- + 25m pool, therapy pool, BBQ area, bike storage & meeting places. Fitness facilities, shops & cafes on your doorstep

Price: \$1.85 million - \$2 million

Inspect: By Appointment

Agent: Katrina Beohm 0467 001 122



THE CHANNON

5 3 10 11ha

1441 Keerrong Road

A Country Dream

- + Boutique country lifestyle property meticulously maintained for nearly 100 years. Pretty as the pictures. Ideal for multigenerational living with multiple spaces for the extended family
- + Beautifully renovated home, polished timber floors, timber windows, 10-foot ceilings, picture rails & ducted a/c. There is a separate lounge with a fireplace, dining, study & sunroom
- + Separate guest house with open-plan living, wood heater, bedroom, bathroom & kitchenette
- + 6.6kW of solar power & solar hot water, chook pen, machinery shed, beautiful cottage gardens, veggio beds, five large fig trees, fertile paddocks, timber stockyards, two creeks & a dam
- + 5 mins to village, 20 mins to Lismore & 48 mins to Byron

Price: \$1.75 million

Inspect: By Appointment

Agent: Katrina Beohm 0467 001 122



Laine Palmer Zoe O'Reilly Gail Beohm Rachael Jenkins Katrina Beohm Christopher Plim Sarah Gaggin Emily Hughes



Extremely Satisfied

We would highly recommend Katrina as an Agent for selling a property. We were very impressed with Katrina and found her to be extremely engaging, thoughtful, respectful and responsive throughout the whole process. Communication during the sale and negotiations was fantastic and we were kept very well informed on the progress at all the inspections. Thank you very much Katrina.

- Wendy & David



Turning seven feels like heaven



Pictured (left to right): Cunning Stunts team Darren Sutton, Sarah Sutton, Dale Stephen, Laura Peck.

On 3 December 2022, Cunning Stunts celebrated their seventh year with another fabulous Nudge Nudge Wink Wink community fundraiser. Held at The Billinudgel Hotel, the event's sole purpose is to fundraise, entertain, and spread awareness on issues facing our community.

'We thank everyone who supports what we do,' said Sarah Sutton, Co-Founder. 'We collectively achieve all of this together – community for community, by community. We value and appreciate our venue partner, The Billinudgel Hotel, who help to make all the magic happen. Happy birthday to us and cheers to more good times and FUN-draising to come.'

Since December 2015, Cunning Stunts have donated over \$364,000 to 31 local charities through Nudge Nudge Wink Wink and CURIOS events. The organisation was also awarded Byron Shire's Community Event of the Year for 2020.

In line with Cunning Stunts conscious activities ethos, 50% of profits and 100% of raffle ticket sales were donated to You have a Friend Inc homeless charity. The event raised several thousand dollars for the Tweed Heads based charity.

John Lee, President and Founder of You Have A Friend Inc said, 'My sincerest thanks to Cunning Stunts for your wonderful donations to our charity. Without support from people like yourselves, we would not be able to provide assistance to those who need it most. All donations, finance,

food and clothing, go to supporting single mothers, the homeless, and marginalised people in our area.'

Performing at the event were DJs Stephen Allkins, Miss L, Lady S, Dale Stephen, and Lord Sut. Their musical wizardry pumped up the crowd and kept the good times going throughout the evening.

There were many happy faces attending and even more when the raffle prizes were won. The raffle had a prize pool of \$3,300 in value, generously donated by ten of the region's amazing and community conscious sponsors.

'Our purpose for the past seven years has been to support our local communities. We're celebrating our seventh birthday by bringing back aspects of our traditional Nudge Nudge Wink Wink format to raise as much money as we can to help those who are homeless this holiday season,' said Dale Stephen, Co-Founder.

In 2023, Cunning Stunts will continue to support local charity groups and NFPs in the Northern Rivers region through more spectacular fundraising events.

The next Nudge Nudge Wink Wink event is set to happen on 7 January at The Billinudgel Hotel.

For more information, tickets, or to subscribed to their e-newsletter visit: cunningstunts.com.au



DR HAMED NAMAZI

Dr. Hamed Namazi graduated with his doctorate in Dental Medicine (DMD) in 2005.

He has more than 15 years of clinical experience locally and internationally. His ADC certificate was also received in 2015.

In the clinic, he has a special interest in general dentistry

including cosmetic, advanced restorative, prosthetic dentistry, dental implants, and oral surgical procedures.

He likes to provide his patients with a thorough education about their oral health conditions and treatment during their visits.

Dr. Namazi recently moved from Tasmania to Brisbane and now is working as an implant dentist for Bytes. He is passionate about dentistry and believes everyone deserves to receive the best dental service.



Bytes of Byron 02 6680 8066 | 1/140 Jonson St, Byron Bay | bytesofbyron.com.au



Huon Pine pen

by Anthony Hanna, U3A Mullum Men's Shed



Pictured: completed Huon Pine pen

U3A Men's Shed Mullumbimby is a place where men can get together, have a chat, learn new things and work with their hands. Recently, Men's Shed member Anthony Hanna, undertook a precision, wood-turning project to make a one of a kind pen. He describes the process below.

Making the pen

Huon Pine (*Lagarostrobos Franklinii*) is now totally protected and only found on the south west coast of Tasmania. This delightful timber is a very slow grower, about 2mm in girth

per year, takes about 500 years to reach maturity and lives for 3,000 plus years.

Huon Pine is an absolute joy to use. Its high oil content enables it to be bent, shaped, worked and sculpted with ease without splitting and finishes to a superb aromatic fine lustre. It's my favourite timber to turn on the lathe.

Starting with a small piece of Huon Pine, I drilled a hole through the centre and secured it onto the lathe. The lathe turns at a very high speed and the wood can be shaped with tools such as a chisel or sandpaper. It's a wonderfully therapeutic process that requires a firm but delicate touch.

Once the wood was turned to size, I took the eight parts required to make the pen and began assembling them inside the wood. After that, I had a finished pen that was ready to be used.

For more information visit: mullummensshed.com.au

CWA Brunswick Heads Crafty Women

by Beverly Masters



What a massive year the CWA of Brunswick Heads had. We experienced so much generosity from our fellow CWA members at other branches and those wonderful folk who continue to make donations. We knitted, baked, sewed, and stewed jams to raise money for flood affected locals.

We continued our relationship with the Brunswick Picture house, catering for the cast and crew. From word of mouth have the opportunity to develop

new relationships with other local organisations.

Last year, CWA NSW celebrated its 100th Anniversary with celebration events taking place across the State. 2023 starts with the CWA continuing to support women in rural and urban communities.

CWA of Brunswick Heads Crafty Women meet each Friday from 10am to 2pm (excluding public holidays). Though membership is encouraged,

it is not a requirement to join us. We do ask for a gold coin donation to go toward the cleaning and provision of tea, coffee and biscuits.

We have a cuppa, a laugh, a chat and make and learn crafty things, some to sell at our CWA market days and some as gifts for friends and family.

CWA of Brunswick Heads now has a Facebook page. Search: CWA of Brunswick Heads NSW.



Byron Bay Library celebrations

by Brenda Anderson, Byron Area Librarian



Pictured above: Byron Bay Library now, 2023.



Pictured right: Byron Bay Library in March, 2008.

In 2013, I moved from Lake Macquarie to take up the position of Byron Area Librarian. My priority was to move into, and open, the new library on the corner of Lawson and Middleton Streets.

On 11 February, Byron Bay Library as we now know it will celebrates 10 years in its current location.

I spent a few months prior to the move, working in very cramped conditions in the tiny kitchen of the old library (the building is now renovated and is the Golden Breed surfwear shop) and couldn't believe the conditions the staff were working under in such a small space, while still providing a fabulous service to their community. I began to wonder what I had got myself into. The other thing that really struck me was the perseverance and dedication of the community, in particular the Byron Shire Friends of Libraries group who fought so hard, and for so long, to get the beautiful library we now enjoy.

In 2013 we moved into the new Library, and these past 10 years have been eventful to say the least. We've had air-conditioning issues, with staff working in hot conditions for four summers before additional units were installed, our kid's area was out of action for 12 months due to lighting/roofing issues, and we've dealt with COVID and the floods. But during this time, we had thousands come through our doors to borrow items, use computers for printing and wifi, and we provided many author talks and children's programs in this welcoming and beautiful space for everyone to enjoy.

The space means different things to different people. It is a purposeful, friendly, and resourceful community space.

As the Area Librarian I love coming in early, before all the staff arrive, and when all is quiet. I just wander through and feel the ambience of it all. I ask myself if it feels welcoming and friendly, modern, and creative? I love the physicality of the books and other items, and playing around with ways of displaying items to entice a shy child into reading or spark an adult's interest in a new topic.

Another special time for me is to wander through the Library when we are open and busy, and to see people using and enjoying the space; people studying, doing their life admin on the computers, parents and kids enjoying the children's area, and seeing so many 'bums on seats'. I love to hear the happy sounds of kids at our programs and the feeling that we are such an important part of their early literacy.

After 10 years it still gives me a special feeling and I am proud of what we have achieved and provided for our community, and to be part of it all. I am also incredibly proud of the staff who are so dedicated to their community and a high level of service.

In February 2023 we celebrate 10 years of being open to the public in this building, providing much needed space for expanded collections, meeting rooms, and spots for people to sit, read or just simply enjoy the garden view out the back windows.

The staff have some fabulous things planned, from authors to kids' entertainers and food, as well as the unveiling of a special artwork. Come along on 11 February for a family fun day and help us celebrate our 10th birthday.

BOAT CHANNEL BOARDRACKS

Custom Designed For You.

WWW.BOARDRACKS.AU - 0478 718 565



Questacon comes to Byron Library

by Stacey Shepherd



Questacon's travelling exhibition, Bytewise, will be in Byron Bay Library until 30 January.

Questacon is Australia's National Science and Technology Centre, whose aim is to engage young people with science, technology and innovation.

The program is targeted towards students 10-15 years old, but can be enjoyed by all. The purpose is

to motivate young people using science, technology, engineering, and mathematics (STEM) to develop attributes, skills and knowledge to thrive in the future.

The exhibits are bright, interactive and hands-on. Puzzle-goers can expect to explore the challenging world of mathematics and computer science under topics such as logic, problem

solving, programming, algorithms, patterns, irrational numbers, measurement and geometry. We invite you to explore code breaking and puzzle logic through the 24 exhibits in the Library these summer holidays.

Join the Library's summer reading program

Kids of all ages are invited to participate in our reading challenge these school holidays by signing up in the branch or online. We have activity booklets to hand out and weekly book prizes to be won – a great way to encourage recreational reading over the summer break.

For a list of school holiday children's activities available in the Byron Shire Libraries visit rtrl.nsw.gov.au

amir prestige
UNDER CONTRACT
FOR PREMIUM PRICE!
📍 1/17 WARATAH WAY, GOONELLABAH

Contact the Listing Agent

Oliver Hallock
0419 789 600
oliver@amirprestige.com.au
amirprestige.com.au





Meeting mindfully with Byron Spaces

by Sam Taylor, Byron Spaces



Byron Shire is known for many things – magical natural beauty, a burgeoning wellness industry and an active community spirit. Established Byron businesses are known for their genuine values regarding sustainability, inclusion and care for the less fortunate. This has underpinned the region for decades and is one of the reasons people flock here in droves. It's just full of mindful people.

The movement of local businesses toward Corporate Social Responsibility (CSR) has had an impact in several areas. Many companies have taken steps to improve the environmental sustainability of their operations through measures such as installing renewable energy sources, purchasing carbon offsets, rejecting the convenience of single-use plastics and choosing recycled and repurposed. In managing supply chains, efforts have also been taken to eliminate reliance on unethical labour practices.

Although CSR programs have generally been most common among large corporations, small businesses also participate through smaller-scale programs such as donating to local charities and sponsoring local events. This is something which we're seeing on a local level with the Byron Community Centre and Byron Theatre experiencing a boom in bookings.

'The venue is a first stop for many local businesses keen to conduct mindful meetings and workshops, not to mention partying with purpose,' says Byron Spaces Manager, Sam Taylor. 'In choosing to hold their meetings with Byron Spaces, individuals and businesses directly fund vital homeless services at Fletcher Street Cottage and other community and welfare programs.'

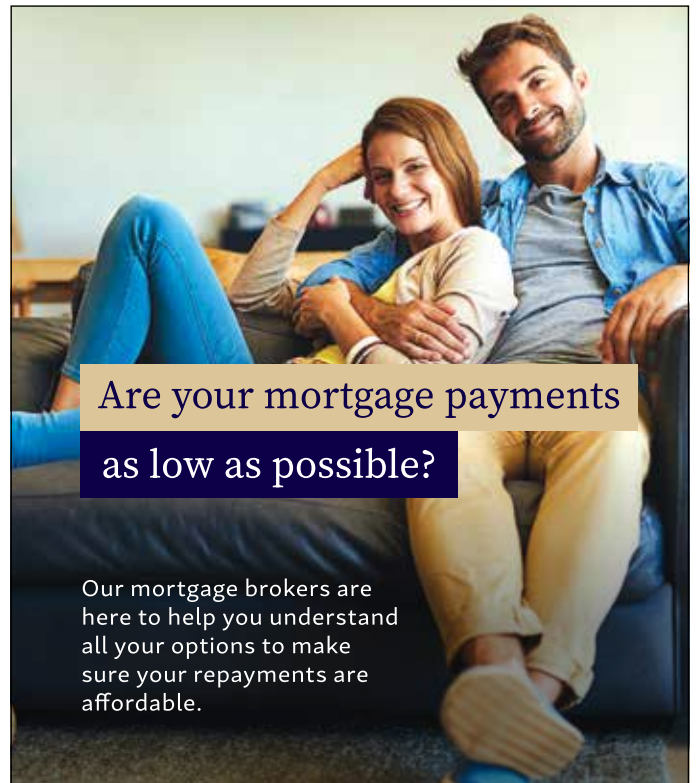
The Byron Community Centre, like many other community organisations in the area, has reported a surge in support. Byron Spaces has seen an increase in bookings for their four meeting rooms and theatre for conscious conferencing and meetings, especially from the IT, health, education, construction and creative sectors.

'Interestingly many businesses in Byron still don't realise the direct flow of financial support they provide by booking at the Byron Community Centre,' says Sam. 'Rather they choose

Byron Spaces due to the central location, ample parking and alternative transport options, flexible uses, integrated AV and reasonable venue hire rates. Byron Spaces offers meeting rooms, co-working spaces (office by the hour and longer term office hire), conference (theatre) with breakouts and, of course, the newly revamped verandah for networking events and private parties. Even profits from the bar go to Fletcher Street Cottage. Now that's a reason to celebrate.'

After the recent years of fire, floods and the pandemic, the strain on homeless services, in particular, is at breaking point. More recently there has been a trend for big business from the major cities to consider how their functions can benefit disaster-impacted communities such as the Byron Shire with events by major global companies. Let's look forward to more of the same industry and private support whilst the vulnerable are still reeling from recent life-changing circumstances.

Interested in holding your next meeting, workshop, conference, networking event or celebration at Byron Spaces? Contact Sam Taylor at events@byroncentre.com.au or visit: byronspaces.com.au



**Are your mortgage payments
as low as possible?**

Our mortgage brokers are here to help you understand all your options to make sure your repayments are affordable.



Scan to arrange a callback, or talk to our mortgage brokers on **02 6686 6678**

Korff Wealth is a corporate authorised representative (448576) of InterPrac Financial Planning Pty Ltd (AFSL 246638) and Vow Financial Pty Ltd (CL 390261).

korff
wealth

I LIKE BIG POTS

an' I cannot lie.

Hello 2023! Time to plant flowers, fruit trees, veggies and herbs. Check out our BIG range of indoor and outdoor pots, plants, water features and landscaping supplies and spruce up your garden in 2023.

20% OFF
ALL POTS UNTIL
31 JAN 2023

Visit us:
plateaulandscape.com.au
14 Kays Lane Alstonville | (02) 6788 1234



plateau
**LANDSCAPE
SUPPLIES** 
ALSTONVILLE



Becoming a teenager

by Mel Howard and Yr 5/6 students, Byron Community Primary School (BCPS)



Pictured: Whales class (Yr 5/6) at pre-camp ceremony, 2022.

Becoming a teenager is often a very complicated and confusing process, but with knowledge comes power. Each year at BCPS, the Yr 5 and 6 students take part in a program designed to equip them with knowledge, understanding, compassion and skills as they begin their own becoming-a-teenager journey.

Developed by teaching staff a number of years ago, and adapted each year to suit its unique participants, BCPS's Becoming A Teenager (BAT) program is an entry point and question time for curious minds about sensitive topics. Sessions cover puberty, reproduction, managing high school, peer relationships, drug use and abuse, decision making, human sexuality and cyber safety, and culminates in a three night survival camp testing leadership, perseverance and team working skills. Often delivered with a healthy jolt of laughter, students explore these topics using role plays, research tasks, whole group and small group discussion.

Classes help students become aware of community expectations, values and laws and provide a safe, supportive and respectful learning environment in order to re-direct misconceptions, and provide facts and appropriate sources for follow up learning. Homework is at the heart of these sessions linked integrally to family values. Each lesson ends with the students taking a question home to their support network. These provide a conversation starter designed to establish a structure for the very important conversations that each parent or caregiver and their child will have over the coming years.

This is BAT's guiding function: to provide a safe space where students can question and discuss difficult topics alongside their peers, topics which may prove tricky to talk sensibly about elsewhere.

Here are what some students in the current program are saying about BAT

Maya: 'BAT is a very good program that teaches the Year 5 and 6 students all about changes that we're going to experience over the next few years of our life. We also learn about how to stay safe while we are experiencing these changes. In my opinion it has really helped me in many different ways. I hope all schools do something like this. It is

a great way to learn about becoming a teenager.'

Issac: 'I think the BAT program is really helpful but it can be a bit embarrassing and funny. It's a good program and I think it's really valuable to know what's coming up in high school and other stuff later.'

Bjorn: 'The BAT program has helped me prepare for when I might get peer pressured to do things in high school and how to handle the situation. We also learn about what a good support network is. I think it is a really good subject and all primary schools should use it. Some topics can be a bit embarrassing.'

Tahmina: 'In the whale's class (Yr 5/6) we do a program called BAT which stands for becoming a teenager. We cover all sorts of subjects such as: puberty, support networks, positive peer relationships, drug use and abuse, human sexuality, cyber safety, and high school management. For any parent wanting to talk about those subjects with your child, it has definitely helped me a lot and given me a wider knowledge of getting older in general.'

**NO SALES.
JUST PROPERTY MANAGEMENT...
IT'S OUR SPECIALITY!**

Managing Byron Bay's largest selection of holiday and permanent rental properties.

CALL TODAY FOR AN OBLIGATION FREE APPRAISAL

BYRON COASTAL REAL ESTATE
byroncoastalrealestate.com.au

BYRON BAY ACCOM HOLIDAY RENTALS
byronbayaccom.net

02 6680 8111 | 1/27 Fletcher Street, Byron Bay



Crabbes Creek 108 Pimble Valley Road 5  3  2 

Paradise Found!

- A real garden of Eden, stunning low maintenance dream property
- Quiet, peaceful, private & secluded retreat close to town and the beach
- Splendid open plan layout, vaulted ceilings, huge windows fill the space with light
- Massive well lit master bedroom, surrounded by leafy views flows onto the deck
- Huge bathroom space drifts seamlessly outside with gardens, deck and bath

- Large alfresco spaces, wrap around decks make this truly indoor outdoor living
- Vast space down stairs with potential, bedroom/rumpus room with bathroom
- Separate charming cabin with 2 large bedrooms, fireplace and deck with views
- Dual solar systems and connected to grid, all bitumen roads and driveways
- Walk into an exceptional property where everything has already been figured out
- Approx. 15 min Ocean Shores, 20 min Pottsville/Brunswick, 45min Gold Coast/ Ballina Airport



Steve Leslie
M **0413 833 077**

PROPERTY MANAGEMENT SPECIALIST



Deeann

Talk to Deeann Montgomery
about **MAXIMISING** your investment

P **0417 977 884** E pm.byron@harcourts.com.au

Harcourts

P 6686 1100

W harcourtsnr.com.au

BYRON BAY
BALLINA
LISMORE



Tallow Beach

by Byron Bay Historical Society



Pictured: Tallow Beach.

Source: Byron Bay Historical Society.

Tallow Beach is a seven-kilometre stretch of sand that was unnamed until 1864, after a large amount of tallow (rendered beef and mutton fat) washed up onto the shore as a result of a shipwreck.

Tragic shipwreck on Tallow Beach

In 1864 the *Volunteer*, a 100 tonne schooner, crashed into jagged rocks after becoming caught in an easterly gale while attempting to pass Cape Byron. The ship was heading from Baffle Creek, Queensland, to Sydney. Tragically, all lives were lost and the cargo, which comprised 114 casks of tallow, washed onto the beaches either side of the Cape.

The tallow was in its original casks and those that were undamaged were later salvaged and 'exported' from the beach. The contents of the broken casks floated ashore as small pieces and lumps. The tallow remained on the beach for weeks as the sun melted the tallow into the sand, only for it to be solidified again by the night cool air and sea water. Eventually this process decomposed the tallow, and the beach finally had its name.

In those days, tallow was a highly valued product and was used as a cooking oil and for soap, candles, and machinery lubricants. These days, tallow is used as an industrial lubricant and as a biodiesel. Some commercial and hobbyist soap and candle makers also utilise tallow in their products.

The golden highway

Before tracks and roads were established inland during the 1880s, the beach served as part of the coastal 'highway' for horse-back travellers between the Richmond and Tweed Rivers. Timber was harvested from the dunes and flat land behind the beach.

In 1947 mining commenced on Tallow Beach and Cosy Corner (north Tallow beach) by ZRL. Established in 1943, ZRL was the first company in the world to produce separate,

high-grade rutile and zircon from mineral sands. These were bagged and exported internationally from Byron Bay.

Zircon was used in the foundry, ceramic, and enamel industries and rutile was used to make white pigment, for paint and plastics, and titanium metal.

Anchor found and laid to rest

In 1981, a marvellous discovery was made at Tallow Beach by professional divers Bill Silvester, Brian Bienke, and their team. Thirty meters down resting in the sand, was a large anchor with its chain still attached. It is believed to have once belonged to the shipwrecked schooner *Volunteer*. If the anchor did indeed belong to the ship, it's assumed that the rough seas on that terrible night were too strong for the anchor to hold the vessel fast, causing the chain to come apart and send the ship to its doom.

The anchor was winched from the sea by prawn trawler, *Deb-Rene-Adele II*, and taken to Julian Rocks Nguthungulli Nature Reserve to be laid to rest in the sandy cay known as The Nursery. The anchor still resides there today.

National Park

The northern half of Tallow Beach is now included in the Arakwal National Park and hosts an array of native wildlife. Ghost crabs dig their burrows in the sand, and many birds feed and rest on the shores, with some nesting in the dunes. Occasionally large sea mammals are washed up and decompose. Wallabies have been sighted, leaving their characteristic tracks in the soft sand. Two intermittent water courses, Tallow Creek and Ti-tree Creek, cross the beach and drain tea-brown water from the lagoons behind the dunes.

For more information visit: byronbayhistoricalsociety.com.au

Sources: Byron Bay Historical Society and Bill Silvester, Down Under Byron, 2022.



Pictured: Bill Silvester and Doug Woodrow placing anchor at The Nursery, Julian Rocks, 1981. Source: Down Under Byron, Bill Silvester, 2022.



CONNECT • CREATE • COLLABORATE



THE BARN
COOLGARDIE

Nestled in the hills of Coolgardie within the Ballina/Byron hinterland, The Barn is the perfect corporate and family retreat. A laid back, luxury experience designed to meet your needs.



6 Ensuite Rooms



10 Glamping Tents



Outdoor Kitchen



Private Chef



Heated Pool



Private Transport



Firepit and more





'The Bay' back then

by Vic Leto



Pictured: Byron Bay Beach Resort Staff.

After my first visit in 1980, Byron became my annual get-out-of-Sydney surf-trip. Eight years later I moved here after landing 'the dream job': Activities Officer with Byron Bay Beach Resort (BBBR), today's Element of Byron site. Around Australia, apart from corporate tourism on the Gold Coast, or the already internationally renowned Great Barrier Reef, my job title hardly existed.

BBBR along Bayshore Drive was previously the Globetrotters Caravan Park, that had been beautifully transformed with cabins, chalets and villas set among 230 acres of open parkland, lakes, heath and littoral forest. The neighbouring residential Sunrise Estate was only recent. Behind the BP, the Centennial Circuit arts and industry estate was yet a vision.

For a long time, plenty of surfboard shapers and manufacturers were present throughout the old eastern industrial estate. From Ewingsdale Road (at the current Surfex location) the Maddog factory and showroom, and MR logos (Mark Richards Surfboards), had started to shout very colourful changes. Surfing was becoming a truly professional sport, and the industry for the town, serious business.

More accessory manufacturers joined SurfAids, like the innovative Multi-Fin Systems. And, dive, adventure and water-sports distributor Cape Byron Sports was acquiring a larger warehouse. New businesses were also challenging old notions of 'industrial estate', mixing an arrival of successful contemporaneity of funky fashions, like Lois Lane Shoes. Crafty and niche building, garden and landscaper outlets, lifestyle and housewares like Colin Heaney's Glass, were all identifying Byron as not just any other old ordinary country town.

Sunnybrand Chicken farm was growing. The meat-works abattoir had shut down. But before the building became a rotting corpse it emerged as the new-age Epicentre venue.

'Hoges' along with partner John Cornell and their worldwide

smash-hit *Crocodile Dundee* movies, were putting Australia on the global map and their Byron Shire residency, way before celebrity spotting, was sounding a wake-up alarm for sleepy Byron as the clock struck the 90s.

I remember hosting a convention of the top earners of one particularly stealth type multinational chain-marketing group, and a patron asked in a rather posh voice:

'Oh, Vic, am I too late now? Have I missed the real estate market with Paul Hogan present?'

Oh, how I so wished to reply as Basil Fawlty:

'Sir, I am here to advise, your breakfast will be served on the foreshore overlooking the Pacific Ocean in Bayshore Cafe (an old boat-shed); get you get back to the Lakehouse for day two of your conference, perhaps I'll wave as you catch a glimpse of others canoeing session then later kick your arse in the Friday arvo staff vs guest cricket match. I'll laugh, as you 'buy-back' more of your own golf balls we recycled from the water-traps because you totally underestimated our picturesque, fun, but challenging, little nine-hole course.

'Oh, yes sir, work among this ideal, almost wilderness like location. I'll take guests on nature walks through forest – the boardwalk raised over the mangroves of Belongil creek; lead a bike tour of the industrial estate featuring live glass-blowing displays; secure bookings for our horse riding ranch trail rides, sorting visitors' preferences to walk or gallop along the beach; perhaps I'll sell you a sunset, with 'ride a camel to dinner'. In the Activities Centre, while supervising kids, I'll yield to their nagging requests for Brenda and I to replicate the grand finale lift from the recently released *Dirty Dancing*. Yes, here, to surf, party and lap up the lifestyle on my days off...I could go on SIR.'

But alas, my official reply back then: 'Sorry sir, I'm just not sure.'

My answer today: 'Yes, sir, you really totally missed it!'



Pictured: Byron Bay Beach Resort, 1988



Andrew Hayim De Vries



It's well known that our current food waste system is broken. In Australia alone, food waste costs the economy \$20 billion dollars annually, across transport, processing and management. Australians waste 8.2 million tonnes of food annually generating 15.6 metric tonnes of CO₂ emissions. Paired with the fact that experts estimate we only have 60 years left of fertile, food-growing topsoil, it's clear to see that we need to rethink our food waste system and fast.

Andrew Hayim De Vries is the director and owner of WastePlant, a company driven to redefine the way we think about food waste. He is also the inventor, co-founder and co-director of the inground composting system Subpod and founder of Compost Central. As someone who is passionate about sustainability and healing the planet, he is actively challenging the way we think about food waste through educational talks and the promotion of his community composting system GardenShips.

Tell us about yourself. What led you down this path?

For some background, my father Dutch - Jewish was born in Java, Indonesia, before moving to Europe. My mother was Dutch-Jewish and a holocaust survivor. Because of this and unusual upbringing the need to celebrate life existences became very personal and shaped my future. Waste stream was not really an issue for humanity but for me personally it was very evident in my childhood that my future pathway was inevitable. We knew the devastating effects of the war, so, I guess I was no different from any other children of that generation. Regardless, I naturally gravitated to recycling, reuse, and sustainability super-fast. There are lots of stories about my upbringing in which I was drawn to the earth and building inground cubbies. Then, in the 80's, I began doing a series of inground related performance artwork, one in which I was buried headfirst in a staged burial with six people documenting it. I nearly died in the process, and this turned out to be a cornerstone in what my journey was to be in the future.

Over the last 25-30 years I've taken a very sharp interest in ecology, and I've been a novice composter for 45 years. Around 18 years ago, I realised that we live in an extractive business economy. We were focused on maximum use and profit, and there was little interest in giving back. Of course, this was the hierarchy of the industry and what business was all about. So, I was very aware of this dilemma and the effect it would eventually have on us and the planet. Taking a very keen

interest in my 20s, I realised that we needed to live in harmony with nature and furthermore, that nature has the same rights as we do in our human existence. However, it was becoming more apparent during the 70s, 80s, and 90s that we were abusive to the extreme and it was going to create massive problems for all biodiversity and for our own existence and survival. I became fascinated, for all biodiversity and for our own existence and survival. I was concerned with this and quickly realised that food waste is a solution.

Tell us about the GardenShips?

In the beginning, composting was just a hobby for me. I became obsessed with it and started to explore the problems I was having with traditional composting methods, like worm towers and composting buckets. When those problems became apparent, I thought 'this is mad'. I began a quest to explore alternatives, namely, the potential of inground systems. I sold my home and began working on creating the first inground domestic composting system, Subpod. My naivety and dyslexia in the business world caused a lot of difficulties for me. I am a very open and trusting person and I eventually left the company and created WastePlant which was always the natural progression for me as Subpod emerged. For me, I wanted to expand from Subpod and build a facility that worked through vermicomposting (worms and microbes) where I could create organic soil and grow organic food within the same system on a community-sized scale.

The structure has garden beds and composting boxes that double as bench seats. It's a closed-loop design, turning waste into a resource and is suitable for commercial and community spaces. It's a mini eco-system that creates organic soil and organic food. The canopy catches rainwater and the system harvests leachate, or worm tea, which is an incredibly rich fertiliser produced from the worms' waste. At night, the lids of the bench seats are opened and filled with food waste which the system then breaks down. During the day the lids are lowered (there is no smell) and the structure converts into a beautiful interactive space to sit in and relax or hold a meeting – all while edible organic food grows around you, like a botanical garden. It solves the issue of food waste while also



Pictured: GardenShip.



increasing people's access to food. The CO₂ emissions that are usually released into the atmosphere, are instead drawn into the soil and significantly reduce its harmful effect.

You've implemented some GardenShip systems in Indonesia. Why there?

It became apparent to me that I needed to be in an environment that had more international players. As mentioned my father was born in Indonesia, so I've always had a soft spot for the country. I have been to Indonesia many times. Being in Bali now for 10 months, the environmental issues became confronting. The problems that other countries have are highlighted in



Pictured: Andrew giving talk inside GardenShip, 2022.

Indonesia. From the way that government and business operate, to the lack of policy and education and the focus on plastics with zero focus on food. I acknowledged the problems and became a part of the solution, and of course, began utilising my knowledge to educate people. I became distinctly aware of the enormity of the problems in Indonesia. Now we have great interest in Indonesia for 2023 with Gardenships. Gardenship can now be built in most parts of the world, including Australia, and this is a big breakthrough.

What's the best direction for all of us from here?

This is my mantra 'if we own the problem-we own the solution'. At the moment there is only one living system for us and it's called earth. I would say, when you go to put something in the general waste, stop and think 'is this compostable?'. Cotton T-shirts, food (including bones), and paper and cardboard can all be composted. If you don't have a composting system or aren't using the green bin for your food waste, please start. There are a multitude of resources available online and in the community to help you begin composting. It's so important that we make these changes now, not only for the benefit of us but for the benefit of our children and future generations

If you would like to know more about WastePlant or see how Andrew can help you or your business visit: wasteplant.com

TAMARASMITH.ORG.AU

May 2023 be a year of

*health, peace
and prosperity*

for people and the planet



TAMARA SMITH MP

MEMBER FOR BALLINA

I am here to help you.

02 6686 7522 ballina@parliament.nsw.gov.au

Ballina Electorate Office, Shop 1, 7 Moon St, Ballina NSW 2478

Authorised by Tamara Smith Member for Ballina. Produced using parliamentary entitlements.

**THE
GREENS**

Julian Rocks Nguthungulli Nature Reserve



Located in the Tasman Sea approximately two kilometres north-east of Byron Bay, is an important geological formation generally known as Julian Rocks. The rocks are a popular dive spot and tourist attraction. However, they hold a much deeper significance and an incredible history.

The two islands that make up Julian Rocks are believed to have been formed during the Carboniferous-Devonian period, 345-405 million years ago. They are composed of metamorphic Rocksberg Greenstone, Bunya Phyllite and Neranleigh-Fernvale formations, which are the result of ancient volcanic eruptions and classed as the most resistant rock type in the region.

According to local Bundjalung folklore, the Nguthungulli rocks were formed by a jealous husband who threw a spear at a canoe carrying his wife and her lover. The canoe broke apart and partially sank, leaving only the prow and stern sticking out of the water. These two ends became Julian Rocks. Nguthungulli means 'Father of the World' who was the creator of land, water, animals and plants, and it is believed he rests within one of the caves. Stories tell that the Bundjalung people used to walk to Nguthungulli to do ceremonies when the water levels were lower 7,000 years ago.

The landmark was gazetted as a faunal reserve in 1961 to protect the seabirds that nest on the craggy rocks. This action, however, did not protect the marine life that inhabits the waters around Julian Rocks.

Bill Silvester, professional diver, author, and Byron local, spearheaded the campaign to protect the waters. 'When I first moved to Byron in 1973, I began contacting the State Fisheries management to consider Julian Rocks be protected from spearfishing and species collecting.'

This idea polarised Byron Bay and while some agreed, others said the reserve would impact the local fishing economy. In May 1977, a public meeting was held to discuss the establishment of an Aquatic Reserve at Julian Rocks. Guest speaker Dr. D Pollard, from the Department of

State Fisheries, Sydney, said the sanctuary was useful and necessary for conservation and the maintenance of the local marine population. It is reported that mid-way through Dr. Pollard's findings the meeting devolved into a shouting match between the opposing parties. After two hours of heated debates, the proposal was unanimously rejected.

'An important goal of mine was to try my hardest to prevent spearfisherman from taking any more fish from this unique area, and to protect the slaughter of reef dwelling fish,' said Bill in his most recent book *Down Under Byron*. 'I never wanted to prevent the local fishermen from fishing around Julian Rocks. I believed that in protecting areas, such as the Julian Rocks, the fishing would improve outside of the protected zone.'

Dive sites, like The Nursery and Cod Hole, contain complex reefs with caves, gutters and overhangs with algae, invertebrates, and corals. It is a vital place for a vast array of fish, sharks, turtles, ocean mammals, cephalopod and arthropod species. These creatures are often unperturbed by the appearance of divers and have even been known to form special relationships with them.

'On most dives at The Nursery, this large emperor sweetlip, whom I named Old Goldie, would be the first fish to find me when I dived to the sea floor,' said Bill. 'I always made sure I had sea urchins to feed him. He was so affectionate that he would swim under my right arm and stop so I could stroke and cuddle him.'

This wonderful association went on for some months until one day Bill couldn't find Old Goldie. 'I assumed the worst and later found out a group of spearfishermen had been out over the weekend. Old Goldie, being so friendly and tame, had greeted them and one of those divers decided that my finny friend would look better on his plate. The friendship I kindled with Old Goldie remains one of the best highlights of my underwater life and the loss only hardened my resolve to have Julian Rocks protected.'



Pictured: The Nursery. Source: Underwater Earth, 2016.



The issue of the aquatic reserve was such a contentious issue that Bill and others, who supported the idea, often received threats. They remained unfazed, and in 1982, the Julian Rocks Aquatic Reserve was approved by NSW State Fisheries. A 500-metre fishing ban was established in the waters around Julian Rocks and was one of many hallmarks that turned Byron Bay towards a more environmental and conservation mindset.

Almost 20 years later in November 2002, the Cape Byron Marine Park was established. This move subsumed the Julian Rocks Aquatic reserve and encompassed 37 km of coastline from the Brunswick River northern training wall to Lennox Head. Approximately 220 sqkm of NSW state waters are protected in this park, from the mean high-water mark to three nautical miles offshore, including the tidal waters of the Brunswick River and its tributaries, Belongil Creek, and Tallow Creek.

Since the declaration of the aquatic reserve 40 years ago, and the establishment of the marine park, there has been a significant increase in marine life numbers. The result is that nearby reefs, which can be fished, are now abundant. Divers have reported that the creatures also view them as friends, which is a crucial component for marine research, photographic opportunities, and tourism.

The rocks were later renamed Julian Rocks Nguthungulli Nature Reserve, as an appropriate recognition of the cultural significance the site holds for the people of Bundjalung Nation.

The site has also been declared a vital habitat for grey nurse sharks, which are a critically endangered species. Special diving rules apply, and boats are not allowed to drop anchor within certain zones.

Much like Byron Bay, Julian Rocks also has a transient population of marine creatures that use the site as a rest point while travelling on the East Australian Current. These animals include Humpback whales, dolphins, turtles, and all kinds of sharks – particularly grey nurse, leopard, ornate, spotted, and wobbegong. Eels, starfish, crabs, multitudes of fish, and manta-rays are frequently seen here. Above the surface, the rocks provide a home for many seabirds who rest, nest, and feed at the site during their migrations.

The biodiversity of Julian Rocks makes it one of the best dive spots in Australia, one that is worth protecting. It is also an example of how our attitudes toward conservation are continually changing for the betterment of planet and the creatures we share it with.

For more information about Cape Byron Marine Park visit: dpi.nsw.gov.au
Sources on page 59.

NEW YEAR'S RESOLUTIONS!

- ~~GET FIT~~
- ~~STOP ONLINE SHOPPING~~
- ~~EAT LESS CHOCOLATE~~
- BE MORE AWESOME THAN LAST YEAR

We can't help you with the first three, but we can definitely help your brand be more awesome in 2023!
Contact us to kick start your marketing.

Scan to get in touch

barefruit.com.au | 1300 328 034

Property in 2022 and what's to come in 2023



Pictured: Ewingsdale property, sold by Tara Torkkola, First National Byron

To wrap up 2022, Century 21 Byron Bay, First National Byron, and Amir Prestige share their reflections on the property market, and add their market predictions for 2023.

Matt Arnold, Century 21 Byron Bay

What a year 2022 has been. Just as our day to day lives started to resemble some form of 'normalcy', the property market had other ideas.

After a historic 18 month growth 'spurt' we have seen the first signs of change. Is it good, is it bad? It's both and neither.

Our enquiry is still strong as buyers are still wanting to live in this beautiful part of the world, and the banks are continuing to lend money with loan approval times significantly quicker than this time last year. More importantly, sellers are still getting good prices. Yes, interest rates have gone up, and yes, banks are cautious about buyers 'over reaching'. However, sellers still want to meet the market and move forward with their lives, so there are opportunities for buyer and seller if you look at the big picture.

'An incoming tide lifts all boats.' It's important to remember in this global economy that we are more interconnected than in any other time in history. In many respects the market now and into 2023 looks like a return to a 'real' market where 'speculation' has been removed, and 'real' buyers and sellers negotiate transactions.

Tara Torkkola, First National Byron

2022 has certainly been a trying time, but also a fantastic opportunity for buyers to get into the market who were previously completely priced out.

The instability that we saw in 2022 was a combination of interest rates beginning to rise and inflation. It took quite a few months for people to do their research and seek counsel off their trusted sources on what the future holds. That uncertainty has certainly settled down.

We have already seen stability in the market in the last couple of months with a more consistent number of sales per month. The bottom line is this area is so sought after and, regardless of the market, will always continue to be.

My prediction for 2023 is that we will continue to see stability in a more predictable market. Properties that are selling have adjusted to the current market and therefore seeing competitive interest and some selling above seller expectations. Buyers are reminded that even at the current interest rates, it's still well below what interest rates were historically.

We are still getting interest internationally on properties, people who are living overseas and working with a view of moving to this area in the medium to long-term, or pick up an investment property with rental yields still staying strong.

After 15 years of selling properties in this region I have seen many markets and at the end of the day people always continue to buy and sell in one of the most special and beautiful locations in the world to live, holiday, or raise their children. An energy that is hard to find anywhere else.

Rochelle Lamirs, Amir Prestige

The Northern Rivers is seeing a major resurgence with mass domestic migration still underway. Coming into the new year we find that more and more people are relocating to the Gold Coast/Northern Rivers. The demand for this area has increased significantly with new statistics indicating that just over 140,000 people have migrated from Southern regions and the demand still remains high.

The prestige sector has remained strong with over \$40m sold in the Northern Rivers in the last few months before we even opened our new Byron office doors. Trophy homes such as beachfront and large estate homes have continued to attract large prices, like 52 Killarney Crescent, Skenners Head, that set a record for the area. We are still seeing prices climb due to the limited number of unique properties available and the desire for the lifestyle offered in the area.

While there are more properties on the market for sale, there is still a shortage of A-grade properties and these homes sell quickly. Despite there being more houses on the market at present, remember that buyers are sellers and sellers are buyers so in most cases each time a property is sold another buyer is out in the market looking for a new home.

Last year was outstanding for price growth and while we may not see those levels leading into 2023, prices are certainly not going to fall. People relocating to the Northern Rivers and Gold Coast are taking advantage prior to any potential price rises leading into 2023.

amir prestige

Coming Soon

📍 15 PIPECLAY ROAD, MYOCUM

Contact the Listing Agents

Amir Mian

0401 470 499

amir@amirprestige.com.au



Rochelle Lamers

0407 460 522

rochelle@amirprestige.com.au

amirprestige.com.au



OASIS OF BLISSFUL TRANQUILLITY 500M FROM UNSPOILT BEACHES



amir prestige

📍 100 REDGATE ROAD, SOUTH GOLDEN BEACH

8 🛏️ 4 🚿 8 🛋️ 🍷 📺 2.9 Acres* 🏡

Some things never go out of style – like this blissful beachside sanctuary. Sitting pretty on a level 2.9 acre allotment and a mere 500 metres from the unspoilt sand and surf of South Golden Beach, it’s a heavenly pocket of paradise that restores your senses, soothes your soul and can even offer an enticing income. Featuring a charming primary residence with lush grounds, a sparkling pool, outdoor hot and cold shower, and many species of birdlife. It also spoils you with a cosy 3 bed, 2 bath self-contained studio. Ideal as an Airbnb, it can be used in conjunction with the American-style barn with a wet bar - perfect for parties and functions.

Inspection by Appointment

Contact the Listing Agent

Amir Mian
0401 470 499
amir@amirprestige.com.au

Rochelle Lamers
0407 460 522
rochelle@amirprestige.com.au

amirprestige.com.au



amir prestige

SOLD

FOR \$4,300,000
RECORD BREAKING PRICE!

📍 52 KILLARNEY CRESCENT, SKENNARS HEAD



Contact the Listing Agent

Oliver Hallock
0419 789 600
oliver@amirprestige.com.au

amirprestige.com.au



"Skyfall"

THE MOST ENVIABLE SANCTUARY OF PRIVACY, PROSPERITY AND PANORAMIC VIEWS



amir prestige

📍 29 BROWNS CRESCENT, MCLEOD'S SHOOT

5 🛏 5 🚿 6 🚗 🏠 🚗 15 Acres* 🏡

It would not be an exaggeration to describe "Skyfall" as one of the most spectacular properties in one of the most enviable regions in the world. "Skyfall" is located in the famously beautiful hinterlands of the Byron Shire, an easy 4 minutes' drive to the pretty village of Bangalow and 15 minutes to the iconic coastal township of Byron Bay. With 15 acres (approx. 6 Hectares) of lush, gently rolling countryside, infinity pool, multiple indoor outdoor living zone and natural spring set in the gully, this really is god's own country. Perfectly poised on top of a ridge to fully capture the stunning views, open plan with high end finishes, chef's kitchens with butler pantry, "Skyfall" is a modern contemporary residence is an architectural tour de force providing perfect privacy from the world, while also providing vast vistas, that stretch from country to coast- An absolute must see!

Inspection by Appointment

Contact the Listing Agent

Oliver Hallock
0419 789 600
oliver@amirprestige.com.au

Amir Mian
0401 470 499
amir@amirprestige.com.au

amirprestige.com.au





Business planning for 2023

by Barefruit Marketing



Happy New Year Byron Shire!

With the festive season out of the way, now is the perfect time to do some planning to set your business up for success in 2023.

If you haven't already, it's time to nail down what your business goals are for 2023 – do you want more sales, increased profit, reduce your cost per sale or gain new customers and followers? Next, align your marketing plan to your business goals. Here's a few tips to help get you started.

Reflect on 2022

Start by reviewing your marketing efforts over the past 12 months and determine what was successful and what didn't work so well. Do you need to make some tweaks, or does your marketing need a complete overhaul? This process is extremely

important for success and shouldn't be overlooked if you want your business to flourish.

Set your budget

How much can you afford to spend on marketing? The average recommended amount is around 10% of your business' annual revenue if you want to grow.

It's good to get familiar with figures such as your Cost per Lead (CPL), and your marketing Return on Investment (ROI) – these will help you determine how much a new client and a sale is costing you. This will then determine how effective your marketing efforts are. There are so many free resources online to help you calculate these figures.

Get planning

Once you have your goals and budget set, it's time to plan how you'll achieve

your goals. Determine what marketing channels will be used – paid and organic social media, blogs, emails, SEO, Google Ads, not forgetting more traditional media such as TV, radio, newspaper, and of course local magazines such as *The Byron Wave*.

Map out your marketing strategy for the year (you can find some good templates free online). Don't forget to include content such as user reviews and customer testimonials (videos are even better). People want to align with authentic and ethical brands, so user generated content can be a very useful way to build trust with prospective customers.

When you are planning, think about your resources. Do you (and your team if you have one) have the time and capacity to manage your marketing internally, or is it time to invest in some outside help? Just as you would outsource your accounting to a professional accountant, outsourcing other specialities such as your marketing will save you time and money in the long-run.

We wish you the best of luck with your goals for 2023 – may it be a fruitful year for you and your business.

Stay fruity.

Mortgage Choice

For all your lending needs

- Home loans
- Insurance
- Car loans
- Asset finance
- Personal loans
- Business lending



[Talk to the team today](#)

Alstonville Plaza

p (02) 6628 6130

w MortgageChoice.com.au/janet.jenner

Mortgage Choice Pty Ltd Australian Credit Licence 382869



A job change for the better?

Welcome to Bupa Ballina

Bupa Ballina is a beautiful care home set in a tropical landscape. We have recently welcomed a new General Manager, Paul Mitchell, who shares the primary goal of placing our focus on the health, lifestyle and wellbeing of our residents and team.

Benefits of Bupa

- › \$2k to 5k sign on bonus. T's and C's apply!
- › Continual learning and development opportunities
- › Flexible working shifts and arrangements
- › Relocation and accommodation assistance available. T's and C's apply!
- › Internal transfers across our care homes
- › Supportive, collaborative, and caring team culture
- › Range of discounts on Bupa products – Healthcare, Optical, Dental
- › 'People First' wellness program that can be accessed by all employees

A message from our General Manager at Ballina

It is truly a privilege to be able to lead the beautiful Bupa Ballina care home. I invite you to join me and our team of caring staff who daily provide comfort, support and quality care to each of our residents.

We recently asked our residents and their relatives how they felt about living at Bupa Ballina.

- › 98% said that they felt safe
- › 93% said they received the care that they needed
- › 95% said that our team are caring and kind

With feedback like that, why wouldn't you not want to come and join our Bupa Ballina family and enjoy being a part of this positive work environment and help to contribute to the continued wellbeing of our residents.

Currently hiring

- › Registered nurses
- › Carers

We are very flexible and have Full-Time, Part-Time, and Casual roles available.



Scan the QR code or
Apply at bupa.com.au/careers

Be at the heart of it





Empowering business women in Byron and beyond

by Moyra Smith, Sourdough Business Women



Pictured (L-R): Caroline Lang, Pikt, and Byron SBW Committee members: Moyra Smith, Yasmeen Farukh, and Prue Mitchell.

Sourdough Business Women (SBW) have been supporting and mentoring Byron Shire business women for the past six years. If you're new to the area, have recently started a business, or are even just thinking of starting a business, you can be part of this amazing network of women who support and encourage greatness.

Monthly events like the recent interview with Caroline Lang (pictured) from local flower farm and florist Pikt, provide inspiration and tips. The conversation focused on how to

be resilient in times of crises and when you've found your passion keep doing the small stuff that keeps you on track.

There's a bit of magic that happens at the monthly hubs. Attendees often takeaway 'aha' moments, make useful new contacts for their business and connect with their tribe of business women.

SBW Regional Liaison, Amy Colli, summarises it best, 'When women support each other, incredible things happen.'

As well as the SBW education and social program you can also get paired up with an experienced business mentor. These business specialists can help you to avoid the pitfalls of new business. Learn from their hard-earned mistakes, so you can fast track your business to success. They also have great connections and are happy to share them.

SBW Hubs for 2023

Women Pioneers in a Male Market - 1 March

#embraceequity is the theme for International Women's Day 2023 and we embrace this with our panel of women who are succeeding in traditionally male dominated industries.

Leading Ladies - 5 April

Do women do business differently? How can you use your unique skills?

Want to find out more? Sign up for the SBW newsletter at: sbp.org.au/subscribe/

Northern Rivers Premier Menswear Store

R.M. Williams

Akubra | Industrie

Dr Martens | Birkenstock

Gazman | Skechers

Lacoste | Studio Italia

wallaceandcoballina



Family owned and operated mens and ladies clothing and shoe store

Operating in the same premise since 1905

Old fashioned customer service and experience

World renowned brands in the heart of beautiful downtown Ballina

Large range of Hemp, Linen and bamboo clothing.

Open 7 Days

p: (02) 6686 2081 | 109 River Street, Ballina

e: wallaceandco109@gmail.com | www.wallaces.com.au



Summer Negroni

by Cape Byron Distillery



A delightfully delicious Negroni Sbagliato with Prosecco. Perfect for hot summer weather.

To make:

- 50ml Brookie's Byron Negroni
- 200ml prosecco
- 1 x orange peel

Pour over ice and let the flavour take you to your happy place.

We've kept the roots of the classic Negroni, but with an all-Australian twist using Brookie's Byron Dry Gin, Adelaide Hills Bitter Orange, and Maidenii Sweet Vermouth.

It's okay to say nay, don't drink and drive, choose to Drink Wise. Visit: drinkwise.org.au for more on drinking responsibly.

Orange Biscuits

by Brunswick Heads CWA



Here are some super tasty biscuits which pair perfectly with a cup of tea in the garden.

Ingredients:

- 125g butter, softened
- 1/2 cup caster sugar
- 1 egg, beaten
- grated zest of 1 orange
- 1 cup of self-raising flour, sifted
- 1 cup desiccated coconut
- 1 cup rolled oats

Cream butter and sugar. Add egg, zest, flour, coconut, and rolled oats. Mix well. Shape teaspoonfuls of mixture into rounds and place on a greased baking tray. Bake in moderately hot oven for 10-12 minutes.

Now servicing the Northern Rivers area!

Leave it to the experts to maintain your pool!

Servicing the **Byron Bay, Lennox Head, Ballina, Hinterland** and **Northern Rivers** regions.

Byron Bay

Email ✉ byronbay@swimart.com.au

Call ☎ **0448 278 826** or visit 🌐 swimart.com.au

Swimart
Pool care made easy!



Single-use plastic ban: How does it apply to me?

New South Wales residents no longer have access to a range of single-use plastic items, after a new State Government ban came into effect on 1 November 2022.

Lightweight plastic bags have already been prohibited in NSW since June, but now plastic straws, stirrers and cotton buds will join the list of banned items. The ban is a policy designed to protect the environment. In NSW, single-use plastics make up 60% of all litter. The government estimates about 40% of that litter ends up in marine environments. These items break into smaller pieces which can be ingested, injuring not only wildlife, but also humans.

The ban concerns products that you buy or are given away for free. It applies to both traditional plastic like cutlery and also biodegradable, compostable or bio-plastic alternatives. There are plenty of alternative products available to replace the banned items. For the most part, there are bamboo or other wooden equivalents of most of the single-use plastics, such as cutlery, stirrers and bowls and plates, while there are also cardboard and paper alternatives for plates, cups and other food containers. Alternatives for straws can be more difficult to find but there are still non-plastic alternatives.

NSW Government is banning single-use items, including:

- straws
- cutlery including chopsticks and sporks
- single-use stirrers
- bowls and expanded polystyrene bowls
- plates and expanded polystyrene plates
- cotton buds
- polystyrene foodware, cups, and clamshell containers
- microbeads in personal care products like face and body cleansers, exfoliants and masks.

The NSW plastic bans are the beginning of a massive shift away from single-use plastic. NSW generates 800,000 tonnes of plastics every year, and the ban will prevent 2.7 billion individual plastic items from entering the environment over the next two decades. Environmental campaigners are welcoming the move as a major win for dolphins, seabirds, whales and marine life.

For more information visit: nsw.gov.au



Stockbroking | Wealth Management | Financial Planning

Looking for a new investment adviser?

Your financial future is our focus

Morgans Northern Rivers has been servicing the Ballina and Byron Bay regions for over 30 years. Our experienced advisers specialise in investments, financial planning, superannuation, retirement and more.

Talk to your local investment adviser

(02) 6686 4144





Kids Corner

Jokes

- Q. Why did a scarecrow win a Nobel prize?
A. He was outstanding in his field.
- Q. What kind of dog does a magician have?
A. A Labracadabrador.
- Q. Why was the math book sad?
A. It had too many problems.
- Q. What does a rain cloud wear under its clothes?
A. Thunderwear.
- Q. What kind of tree can fit in one hand?
A. A palm tree.
- Q. What do you call an elephant that doesn't matter?
A. An irrelephant.
- Knock, knock...*Who's there?*
An interrupting cow...*An interrupt—*
MOO!

Riddles

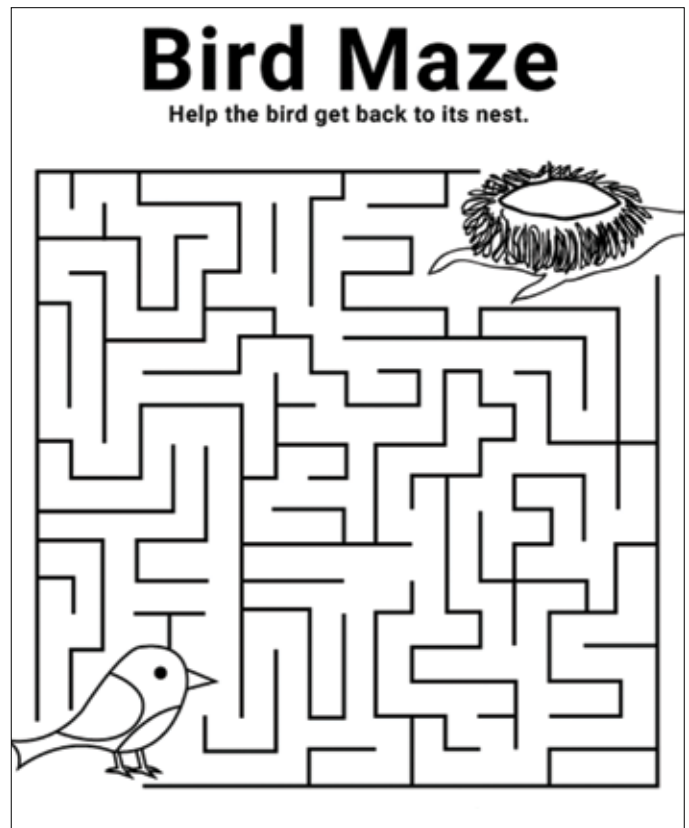
- Can you figure out these riddles?
1. Who travels across the world but stays in the same corner?
 2. What gets wetter as it dries?
 3. What starts with a P, ends with an E and has thousands of letters?
 4. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
 5. I am full of holes, but I can still hold a lot of water. Who am I?

Riddle answers

- Answers:**
1. A stamp
 2. A towel
 3. Post Office
 4. A river
 5. A sponge

Puzzles

Can you solve this maze?





NORTHERN RIVERS DEMOLITION & ASBESTOS

- Demolition
- Asbestos Removal & Testing
- Excavation
- Residential & Commercial
- Recycled Timber

Safety,
Integrity,
Responsibility



W: www.northernriversdemolition.com.au
 E: sam@northernriversdemolition.com.au
 P: 0403 427 262
 Asbestos Lic: AD213595
 Demolition Lic: AD213378



Back to school lunch ideas

by Yonit Kittay, Cancer Council



Did you know that the average child will eat more than 2,500 lunches during their school years? A good lunch gives children energy and nutrients to learn, play and grow, and sets them up with lifelong healthy eating habits. So it's really important to pack a healthy lunch box for your child.

Taking a packed lunch to school containing something from each of these food groups is an easy way to do this.

1. Breads and cereals, preferably wholegrain or wholemeal varieties: Rich in carbohydrates – the body's preferred source of energy, these foods help kids to play and learn all day. Good choices include pasta, rice, noodles, different breads and crispbreads.
2. Vegetables and salad: high in fibre and packed full of vital vitamins and minerals. Easy lunch box options include cherry tomatoes, carrot and celery sticks and corn cobs. Boost snacks, sandwiches and meals with extra veg and salad.
3. Fruit: full of vitamins and minerals, as well as fibre that are so important for growing bodies. The options are endless; fresh, whole fruit, cut up fruit, dried or canned fruit add variety.
4. Meat and alternatives: packed full of protein and other nutrients essential for growth such as zinc and iron. Healthy choices include salmon or tuna, lean beef or lamb, skinless

chicken or turkey, boiled egg, beans, lentils or hummus.

5. Dairy: Dairy foods are vital for growing healthy bones and teeth. Try plain milk poppers, cheese or yoghurt tubs.

Some children only like a small amount of food in their lunch box, others like more food. Try to pack an amount of food that will suit your child, especially if lunches are coming home uneaten.

And remember, after going through the effort of packing a lunch box, it's important to keep it safe. Use a cooler bag or ice brick. Frozen water and food items that will thaw by lunch time is also a great way to keep your child's lunch box items cool.

Our top fast, easy and yummy snacks for the lunch box or after school

- A handful of nuts – any sort, unsalted. They are filling and full of fibre and healthy fats. Check your school's policy on nuts before putting in the lunch box.
- Wholegrain crackers, crispbread or rice cakes with dip, cheese or avocado and tomato.
- Celery boats with cream cheese and sultanas.
- Mediterranean veggie pita – fill with dip and veggies.
- Plain yoghurt – with fruit, muesli or both.
- Home-made popcorn.
- Smoothies can be ready in minutes. Use fruit, veggies, yoghurt, milk or milk alternatives.
- Pizza muffins – get creative and pop under the grill, ready in no time.
- Fruit muffins or fruit bread with cream cheese or ricotta.
- Breakfast as a snack – try low sugar breakfast cereal like wholegrain wheat biscuits with milk and chopped fruit.

For more information visit: healthylunchbox.com.au

Pack your lunch box from these food groups



Visit healthylunchbox.com.au for recipes and information you can trust.



Byron Theatre puts the spotlight on 2023

by Kate Love, Byron Community Centre



Situated in the heart of Byron Bay, this award-winning 250-seat theatre offers perfect sightlines and acoustics, and features the largest cinema screen in Byron.

The Byron Theatre is a social enterprise where all proceeds from events help fund community causes and initiatives. Every ticket sold helps to support the Byron Community Centre and homeless hub Fletcher Street Cottage. So when you choose entertainment with the Byron Theatre, you are also giving back to our community.

From humble beginnings, launching in 2003, with a vision to connect and

uplift locals and visitors alike, Byron Theatre has since hosted over 5,000 shows. Supporting local launches and showcasing grand productions, including *Rebel*, *The Year of Magical Thinking*, *The Tap Pack*, *Menopause: The Musical*, and *Dancing in the Shadows of Motown*, amongst over 150 shows in 2022.

Founder of Byron4Kids and proud supporter of the Theatre, Michelle Ruthven said, 'My family and I have been to see countless shows and performances at the Byron Theatre and it never disappoints. From the warm welcome you receive when you enter the building, to the intimate theatre where you can either feel part of the show or just lose yourself in the close-up performance.'

From *The Beatles* to *Banff*, *Playschool* to *Picasso*, and comedy to climate crisis, Byron Theatre offers a diverse, eclectic, but always interesting, entertainment program that acknowledges a broad range of ages and tastes – it's one of our favourite venues and we feel so lucky it is right on our doorstep.'

In October 2022, the Byron Community Centre welcomed new Theatre Manager, Jon Howell, with a vision of establishing our regional arts culture scene on the world stage.

'I'm thrilled and excited to take on this position as manager of the Byron Theatre and help contribute to the future of the arts and the cultural fabric of this unique and beautiful area,' says Jon. 'The Byron Shire has for decades been at the cutting edge of counter culture, arts, music, festivals and fashion for regional Australia.'

To kick off 2023, Byron Theatre welcomes the likes of Blues legend Eric Bibb, *Candlelight: The Best of Hans Zimmer*, *Vagina Conversations*, Irish singer Mary Coughlan, *Sydney Comedy Festival*, *Byron Latin Fiesta*, and many more.

When the sun sets over the bay, step inside our local community theatre and discover the wonder of live performance.

For more visit: byrontheatre.com
For event bookings email Jon Howell at theatre@byroncentre.com.au

Regional gallery exhibitions



Pictured: Lindy Lee, *Moonlight Deities*, 2019.

Flowing Everywhere and Always | Lindy Lee

Tweed Regional Gallery
Until 26 February.

One of Australia's leading contemporary artists, Lindy Lee, explores her Chinese ancestry and the philosophies that see humanity and nature as inextricably linked. *Flowing Everywhere and Always* mediates on the concept of the rain.



Pictured: Steven Giese, *The conversation at Bosche's Waterhole*, 2021.

Mirror of Ink | Steven Giese

Northern Rivers Community Gallery
11 January – 5 March.

In this exhibition of linocuts and monoprints, local printmaker Steven Giese looks to the environment, specifically, the delightfulness of birds and deep connection to ecology.



Pictured: Lee McKenna, *Postcard series*, 2022.

Tearaways | Group Exhibition

Lone Goat Gallery, Byron
Until 21 January.

Five talented collage artists showcase their work in this incredible exhibition. Using their varying collage techniques they challenge the idea that paper is a utilitarian material in a digital world.



Band profile: MT Warning



Mikey Bryant is a musician, writer and producer. As a Northern Rivers local, he has played in numerous venues across the Shire under the moniker of MT Warning, (pronounced M, T, Warning). His first project came about from a collaboration with surf filmmaker Taylor Steele (the T in the MT).

'I'd play music and he'd describe colours, scenes, or emotions

and I'd soundtrack those ideas. That's how the first album *Midnight Set* was created,' said Mikey. 'We'd spend hours floating around at Belongil Beach staring at the hills and talking shop. We wanted a name that was iconic, ominous, yet homely.'

MT Warning's music is characterised as Australian Tweek Indie Rock with English Twist, and raw, soaring melodies. The unique, warming sound inspires a feeling of summer and hope, allowing the listener to explore the caverns of their mind amidst the un-intrusive tones. His music also incorporates elements of lyrical and melodic storytelling, with raw vocals accompanied by multiple soothing motifs played on guitar.

Mikey's latest album *Tender* was released on 21 December 2022 and most of the instruments heard on the album played by him.

'I even learnt the cello,' said Mikey. 'The other instruments I played are guitars (all kinds), farfisa keys, bass, a 1960s' Wurlitzer piano and drums. I replaced half the drums with

the enthusiastic beats of Brock Fitzgerald, and most of the female vocals were done by Elodie Crowe. My 15-year-old kid, River Lee, also provided key vocals on this record and, unbeknownst to her, she was the one who inspired me to make music again.'

Mikey draws inspiration for his music from books and people he has met on the street and throughout his life.

'I'm a bit socially inept and I think this gave me a deep yearning to connect with others. I've drawn a lot of inspiration from working with other musicians and creatives. I was lucky enough to be invited to collaborate on a musical this year, which is something I never thought I'd do, and it turned out amazing. It's a pretty fun piece about this strange little town of Byron Bay.'

Writing and composing music can come naturally to some people, while others have to work twice as hard. For Mikey, he says he has tried to stop, have a break, and move in a different direction.

'I hear music in my head all the time, so stopping is much harder than just making it. I used to put a lot of pressure on creating, how it should sound, where it should be listened to – I've given that part up. I just make music now because I love doing it. I get up in the morning and I write pages of gibberish, but from that gibberish the songs come. Once I pick up a guitar or sit at the piano, it combines with chords and melodies and the songs practically write themselves – that's once I get out of the way.'

'It's actually how I find peace of mind these days, just letting it come, and showing up to it in the right frame of mind with no expectations, just curiosity.'

MT Warning single *Taking Forever* and album *Tender* is available to listen on Spotify. MT Warning will also be playing at the *New Blood - The Musical* at Newrybar Hall, 4 February.

Tell Byron about your business

the byron wave

A Northern Rivers Media publication



print + online

The Byron Wave is the ONLY publication exclusively for the Byron community. With distribution of 6,000 magazines each month to hundreds of local outlets. Be seen in the magazine and on our

website, thebyronwave.com.au. Ask us about special discounts when you advertise in our other community magazines – The Ballina Wave and The Lennox Wave.

Email milt@northernriversmedia.com.au or call Milt on 0412 461 559



New Years fitness resolution

by Matt Schmidt, Personal Trainer



Why is it that our well-intentioned, heartfelt New Year resolutions usually crumble by February?

Principally, there are two reasons. First off, we don't set ourselves clear, specific or realistic targets, talking instead in vague terms about 'losing weight' or 'getting healthier'.

Secondly, we anticipate 'failure' right from the outset (after all, it's what we've always experienced in the past).

Well, this year it's going to be different. While we don't expect you to take on board all of the tips below, you will at least learn how to apply the principles of resolution setting to your own goals and aspirations.

Get specific about your goals

What does getting fit actually mean to you? How will you measure it, how will you get it and how much is enough? When you formulate a new goal put it through the SMART test. Is the goal Specific, Measurable, Achievable, Relevant and Time-framed? If not, then adjust it so that it is – and write it down. Compare 'I'm going to lose weight this year' to 'I'm going to lose 5 kgs by March,' to get an idea of how much more compelling a SMART goal is.

Know your why

How is important but knowing your why is super important so that when times get tough, when you don't feel like getting out of your warm bed to go to the gym or when it's raining outside and you don't feel like going for a run, your why is strong. Your reason for being active is stronger than your desire to stay warm in your bed. Find your why, your reason, write it down, refer to it often – it will keep you motivated to make this positive change.

Have an accountability buddy

Tell a friend, your partner, sibling or work mate about your plans. They may want to join in, which would be awesome, but the idea here is that they can help to keep you accountable to your goals. They will be able to check in with you to make sure you are doing something daily to help you achieve your desired outcome.

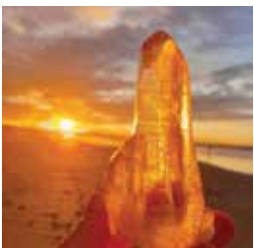
Start small

Start off small, you've heard the saying 'a journey of a thousand miles begins with a single step'. Set yourself up for success by having small wins daily. One percent improvement daily will add up to something that is significant over time. This is the power of tiny gains. By continuing to do something daily, even for just 10 – 15 minutes, you will soon have built the habit and become someone who goes to the gym, runs, or whatever it is that gets you moving. Begin now, make today your day one.

For more visit:
Instagram @goodschmidtfitness

Mindful crystals

by Eloys Harradance



I think we can all agree that there is something undoubtedly fascinating and universally appealing about the bold colours and gemmy sparkles of crystals. But do you know where your crystals come from and if they have been ethically sourced? Here's a quick run down on what you can find in the crystal world of Byron Bay and what to consider.

There are several fantastic crystal shops and stalls at local markets and Australia's largest gem show called Gem Fest is held in Lismore in May each year. At The Crystal Castle you can find the largest crystals in the southern hemisphere, a 5.5m tall pair of smoky quartz geodes.

Many people are increasingly mindful of where their crystals come from so here are some reminders on what to look out for when buying.

1. Ask plenty of questions. Most crystals are mined; very few sold are hand fossicked from the lands surface.
2. Ethical crystal suppliers will source from family owned mines where workers are paid fair wages. One example of a thriving ethical crystal industry is Uruguayan amethyst from Artigas – the mines are small caves dug into hillsides and employees of these mines are paid fairly.
3. The larger open cut mines run by large corporations usually have a large environmental footprint, even if wages are fair. Black markets also exist where crystal mines are under total Mafia control, pyrite from Peru is one example. For every case of black market crystals there will also be a fair trade supplier. These take more time and effort to find.
4. An ethical crystal supplier will be able to answer questions on the origin of their crystals as they have done the due diligence.

Enjoy finding crystal treasures.



Tackling stress

by Beyond Blue

You may be at risk, if for the majority of the last two weeks, you found it hard to relax, felt stressed or overwhelmed, and/or felt panicky or anxious. If this is the case, managing your stress levels should become a priority.

Ways to reduce stress

1. Postpone major life change. Making major changes in your life can be stressful at any time. If you're already feeling stressed or anxious, it might be best to avoid or delay significant events, such as moving house or changing jobs.
2. Resolve personal conflicts. Stress in personal relationships can be a major contributor to anxiety and depression. Learning how to communicate honestly with people and address problems or conflicts as they arise is important. A counsellor or psychologist can help you find ways to work through your problems.
3. Do the things you enjoy. Take your mind off your worries by making sure you allow plenty of time for enjoyable activities, such as listening to music, reading, gardening, or spending time with family and friends. Try doing something creative or learning a new craft – a project,

- such as making a gift for a friend, can provide a goal to work towards and give you a great sense of achievement.
4. Control your work. Work plays a big role in our lives, but it's important to have a sustainable work/life balance. If work is increasing your stress levels, avoid long hours and additional responsibilities, and learn to say 'no' more often.
 5. Exercise regularly. Physical exercise can help relieve tension and relax your mind. Team sports can be a great way to socialise and connect with others while exercising. Try to do some physical exercise every day, even if it's just going for a walk.
 6. Get support. Simply talking to someone such as a friend, doctor or counsellor can help relieve stress. Don't be afraid to ask for support at home, at work or in your other activities.
 7. Remember to relax. Incorporating breathing and muscle relaxation exercises into your daily routine may be helpful. They can also be used as short-term coping strategies. Some people find meditation or yoga a good way to unwind.

Beyond Blue Support Service is available 24/7 for brief counselling. Call 1300 22 4636

Your Summer Skin Check

First Light Healthcare offers dedicated skin cancer clinics in both Ballina and Byron Bay.

Our services include:

- Skin Cancer Checks
- Mole Removal
- Skin Biopsies
- Skin Cancer Surgery/ Treatment
- Cryotherapy
- Non-surgical Treatments



To book call 6685 6326 or go to

filhealthcare.com.au/services/skin-cancer-checks/





Beware the seasonal itch



Picture source: Centers for Disease Control and Prevention, Australia

There are over 60 different species of mosquito in the Byron Shire but only a small number cause nuisance-biting problems or spread disease. They are a natural part of the local environment and provide food for a range of fish, frogs, birds, bats and other insects.

Mosquito problems are generally greater close to the coast. As well as breeding in natural environments, some pest mosquitoes breed in backyards.

Mosquitoes aren't just a nuisance - they can transmit serious diseases. Some types of mosquitoes can transmit viruses such as Ross River and Barmah Forest, and rarely, the virus that causes Murray Valley encephalitis.

To protect yourself and your family from mosquitoes, use the below tips:

- avoid outdoor activity around dusk and dawn when mosquitoes are most active
- use an effect repellent. (The best mosquito repellents contain Diethyl Toluamide (DEET less than 20%) or Picaridin, so check the label)
- cover up as much as possible. Wear light coloured, loose fitting clothing and sensible footwear.

Around the home:

- install fly screens on all windows and

self-closing wire screens on doors, check for, and mend, any holes.

- dispose of all containers and other items collecting water in which mosquitoes can breed
- empty and wipe out all containers such as bird baths at least once a week
- remove pot plant bases or fill bases with sand
- screen all openings to tanks with 1mm mesh of stainless steel or other durable material
- remove leaves and debris from roof guttering regularly so water cannot accumulate and keep vegetation in yard well maintained and mow lawns regularly
- keep fishponds stocked with fish.

For more information visit: byron.nsw.gov.au

amir prestige

YOUR HOME

Our priority

SELLING LIFESTYLES LIKE NO OTHER, MAKE AMIR PRESTIGE THE HOME FOR YOUR HOME

AMIR PRESTIGE APPROACHED THE BYRON BAY REGION HOT, WITH ACCUMULATING OVER \$40 MILLION IN PRESTIGE HOME SALES BEFORE THE OFFICE DOORS EVEN OPENED. IN ADDITION TO THIS, THE TEAM HAVE OVER \$100 + MILLION WORTH OF LISTINGS IN THIS GLOBAL HOTSPOT, AND MANY MORE UNDER NEGOTIATION. WE ARE EXPECTING GREAT THINGS AS WE CONTINUE TO IMMERSE OURSELVES IN THE BYRON BAY REGION, AND KNOW THIS IS JUST THE BEGINNING. WE BRING THE OUTSIDE BUYERS FROM THE REGION, WHICH THE LOCAL AGENTS ARE STRUGGLING TO ACHIEVE.

BUYING | SELLING | LEASING

P | 02 6680 7207

5 & 6 / 5 BYRON STREET, BYRON BAY 2481 NSW

amirprestige.com.au



Day in the life of a wildlife keeper

Breinna Watts, Head of Birds, Byron Bay Wildlife Sanctuary



Pictured: Breinna and Jezebel. Source: The Byron Wave.

Have you ever wondered what it would be like to work with our native wildlife? Well, Breinna Watts, Head of Birds, at the Byron Bay Wildlife Sanctuary, reveals what a day in her life as a wildlife keeper is like.

Describe to us how your day begins?

I start at 7am and I weigh all the show birds. I start from one end of the park and make my way to the other end. For birds to perform in the show they need to be a specific weights. If a bird is too light or too heavy, it's not going to perform well. For the birds' safety and health, they need to be at the perfect weight so we change their diet accordingly. We keep a strict record of the birds' weight and the changes to their diet.

I clean, usually from about 8am to 10:30am, and during this time I also watch how the birds behave. They can sometimes be quite cheeky and that can send off your whole morning. If someone hasn't already, we go make up their diets and set up the stage for the free-flight bird show. Then, the show begins and they love it.

After the bird show we do bird training. That's where we will bring the birds out and test new routines as we are always looking to improve and change the show. It's also great enrichment for the birds to come out and fly around and get mentally stimulated and challenged with new things that we want them to do. They really enjoy that and afterwards they get lunch.

So, what happens after lunch?

I come back and most of the birds have eaten their food. Our two Red-tailed Black Cockatoos must be fed separately otherwise they will try to steal each other's food, but at the same time they won't eat unless they can see each other. I'll then move or swap some birds around and take the Red-tails back up into their primary enclosure. I then make notes on

the main computer about the day and how each individual bird performed or behaved. It's accessible by the whole team so we all know what's going on. We take a lot of care to ensure our birds are happy.

Is that the end of the day for you?

Not quite, we then prepare their food for the days ahead. We make soak-seed, which is seeds that are soaked in water for a day and then dried for two. This process takes out all the fat and brings all the good nutrients up into the seed. Our carnivorous birds (owls, kookaburras, bush-stone curlew) sometimes get whole food items, like rats and mice, as that's what they'd eat in the wild and they also get chicken. It's a good variety and we defrost it the day before. During the show, they also get cut up bits of rats and mice as a reward for doing the right thing.

Wow. That's quite the day. Does it end there?

Usually, but at the moment me and my partner, Josh, who is also a keeper, are hand-rearing a Yellow-tailed Black Cockatoo named Lemonade. She was found asphyxiated in a tree and the flock had abandoned her. She was taken to the Wildlife Hospital and treated. She has some damage to her shoulder and can't be released. Lemonade, at the start, lacked a swallowing instinct and had to be syringe fed. It's quite the process and involves a long metal crop-needle and a syringe of food. Bird anatomy is very complex, and we had to be careful to make sure we got the food into her crop and not her lungs. It was stressful, but it's so rewarding to see her now, feeding herself and getting stronger. She can't fly very well, due to her damaged shoulder, but with flight training she may yet join the bird show.

Visit Byron Bay Wildlife Sanctuary to see the amazing birds and their keepers. For more info visit: byronbaywildlifesanctuary.com.au



TIM MILLER
REAL ESTATE

0411 757 425
tim@millerrealestate.com.au
[@timmiller_realestate](https://www.instagram.com/timmiller_realestate)
millerrealestate.com.au



TARA TORKKOLA - AWARD WINNING MULTIMEDIA SELLING AGENT IN THE NORTHERN RIVERS

Tara is well connected with a down to earth confidence and intuitive sales approach that feeds in to her negotiations.

Part of the community fabric, Tara prides herself on serving locals and newcomers with a thorough knowledge alongside relationships that have been built over many years.

Together with her hard-working, caring and insightful team, they deliver a second to none real estate experience carefully crafted to suit individual sellers and buyers.



BOOK AN APPOINTMENT WITH TARA TODAY

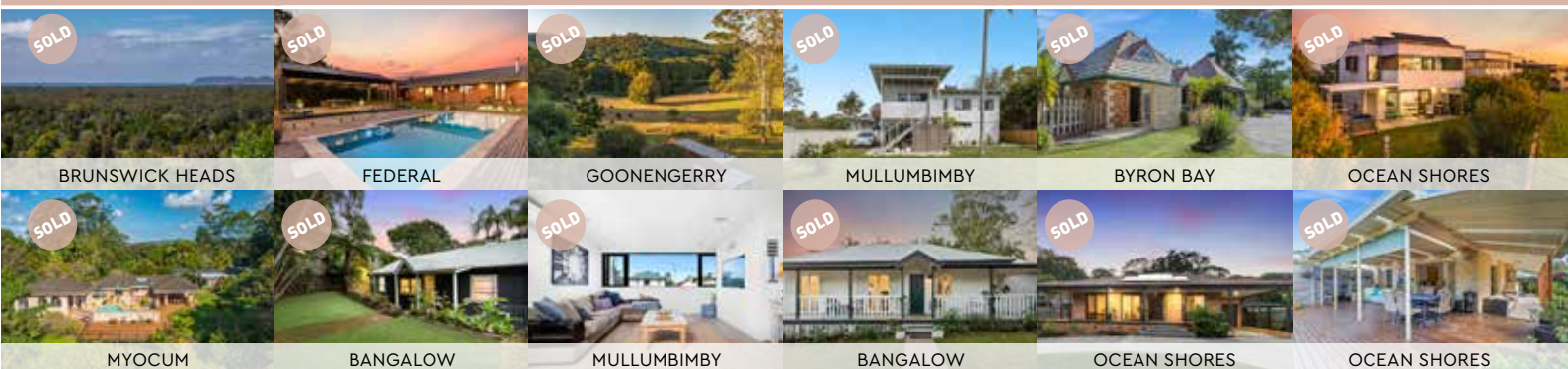
0423 519 698

tara@byronbayfn.com

@taratorkkola_realestate

@taratorkkolafirstnational

SCAN HERE TO BOOK A FREE 15 MINUTE MARKET APPRAISAL





Replanting natives

by Wren McLean, Replant Alliance Officer, Zero Emissions Byron



*Pictured: Alice with wheelbarrow of plants with volunteers planting.
Source: Zero Emissions Byron*

Did you know we are in the UN Decade of Ecological Restoration? There is a lot you can do to protect and enhance local wildlife and native plants, whether on your patch, or by helping restore a local area.

Replanting with suitable native species has positive impacts on biodiversity, soils and water quality. Even on a small-scale, establishing native plants in your home garden will attract and support native birds, lizards, butterflies, native bees and other insects that are critical to pollinating surrounding areas, keeping down pest species like mosquitoes and supporting the local ecosystem.

The trees, shrubs and groundcovers that grow naturally in our area are the ones with which local wildlife has evolved. For instance, the local endangered Richmond Birdwing butterfly (*Ornithoptera richmondia*) requires a few particular small vines - the birdwing butterfly vine (*Pararistolochia praevenosa*) and Mountain Aristolochia (*P. laheyana*) - for their larvae to feed upon.

Free local publications available online are particularly helpful for selecting the right species: *My Local Native Garden* from Brunswick Valley Landcare and *Native Species Planting Guide* from Byron Shire Council.

Other supports are providing nesting boxes in trees, shaded birdbaths, small ponds, frog hotels and small hollow logs that encourage local biodiversity to visit or make a home at your place. Small birds can be supported by offering small spiky bushes in which to hide or nest. Pollinators are supported by letting herbs, some grasses and shrubs go into flower. Lots of mulch and leaf litter are refuges for lizards. Neatness is not always supportive of nature. Domestic cats and dogs prey on small native animals, so it is our responsibility to contain our pets and always keep them safe.

Another way you can contribute is by joining a Landcare working bee to rehabilitate your local waterways and ecologically significant sites. Big Scrub Landcare and Brunswick Valley Landcare have many regular events and locality groups. It is incredibly satisfying to see places being restored, and a great way to meet people. You can also learn more about how to make your yard more wildlife friendly through these groups.

If you are fortunate to be a land custodian here in Byron Shire, you have opportunity to really make an impact through native revegetation (planting and weed maintenance) and/or assisted bush regeneration (removing weeds and encouraging natural regrowth).

Assisting the regeneration of any existing native vegetation on the property should be a priority. This may not be as exciting as planting trees, but for quickly establishing forests, creating habitat for wildlife, and for carbon sequestration, this can be more effective. Successful larger scale tree planting requires good planning, right timing and local knowledge. Advice from experts can save a lot of effort and potential heart ache. Planting trees is the fun, easy part; maintaining the trees until they can look after themselves is more challenging. Many plantings have failed because grasses and weeds have smothered and killed them.

Fortunately, there is a well-established ecological restoration industry in the Byron Shire with many highly skilled people, with excellent knowledge of the plants and forest types. They also know efficient and effective ways to establish and manage restoration projects, big and small.

For more information visit: zero Byron.org

Zero Emissions Byron (ZEB) is a local not-for-profit charity whose purpose is to accelerate Byron Shire to net-zero by supporting our community to reduce and drawdown carbon emissions.



Creature feature



Pictured: Jezebel. Source: The Byron Wave

Animal: Red-tailed Black-Cockatoo

Name: Jezebel or Jezzi

Age: 7

Loves: Almonds

Jezebel was hand-reared by keepers. She grew up in the sanctuary and lives with her best friend/boyfriend Eli, a male of the species, in a spacious enclosure. According to her keepers, Jezebel believes she is the star of the free-flight bird show.

‘She’s cheeky and likes to glide very low across the heads of the audience. It always gets the crowd going,’ said Breianna, Head of Birds at the Wildlife Sanctuary. ‘Jezebel’s got quite the show-girl attitude too. If she’s having a bad day we all know about it.’

Black Cockatoos are well known for their intelligence and are mentally the age of a five-year old. Unfortunately, these birds are struggling in the wild, facing extinction. Their nesting hollows and food sources are disappearing due to deforestation and human interference. Planting native trees, like shea-oaks and casurinas, greatly benefit this species along with an increase in large nesting boxes.

To see Jezebel and support the efforts of wildlife rescue in Byron Shire visit: byronbaywildlifesanctuary.com.au

Pets and summer – five toxins to watch out for

by Dr. Mark Sebastian, Mullum Vet



Paralysis ticks

These little critters are deadly and unfortunately are abundant throughout the Byron Shire. Signs of tick paralysis include weakness, wobbliness, inability to walk, vomiting and laboured breathing. Removing the tick ASAP is paramount, but once signs are noted your pet will need prompt veterinary treatment to have a good chance of survival. National stocks of life-saving tick antiserum are currently low, so prevention is especially important right now. The best preventatives are Bravecto, Nexgard, Simparica, Credelio and Revolution Plus. These come as top-spots for cats and oral chewables for dogs. Goats can wear tick collars.

Snakes

The heat of summer brings out our slithery friends. Brown and black snake envenomation can produce a vast array of clinical signs but most typically cause weakness, wobbliness, paralysis, collapse, vomiting, tremors, and bleeding disorders. Don't be fooled if your pet shows these signs but then has an apparent recovery, because often they will crash

again hours later. Blood and urine tests can help detect whether envenomation has occurred and timely treatment with antivenom, intravenous fluids and supportive care can be initiated.

Cane toads

While not as dangerous as the above creatures, cane toads can send your dog on a really bad trip! Common signs include hypersalivation, vomiting, bright red gums, heart arrhythmias, and tremors. Occasionally it can be fatal. The best initial treatment is to wipe out the mouth with a wet cloth for 10 minutes. This removes toxic sticky mucous thereby reducing further absorption. Continually rinse the cloth in fresh water and wipe the tongue and along the gums from back to front. It is important to call your vet for advice as sometimes further treatment is needed.

Chocolate

With the silly season upon us the risk of stray chocolate being hoovered up is real! Signs of toxicity include vomiting, tremors or seizures, and heart arrhythmias. If you catch the ingestion early the best thing is for your vet to induce vomiting. Activated charcoal and other treatments are often also required.

Xylitol

Beware of this artificial sweetener as it is highly toxic. It is found in many human foods including chewing gum, mints, cake mixes, protein supplements and toothpaste. It causes low blood sugar in dogs and cats, which causes neurological signs and seizures, and liver damage. If you see this on the ingredients list make sure it never enters your pet's mouth.



Pet of the month



Owner: Charlie
Pet name: Fuji
Age: Eight
Breed: Cattle Dog
Nickname: Monkey
Catchphrase: 'Achoo...treat?'
Favourite food: Wild raspberries, blueberries

Fuji is a pure bred female cattle dog who is currently training to be an assistance dog for her owner who has fainting spells.

Fuji is a very intelligent dog who is keenly aware of what Charlie, her owner, needs. When Charlie faints, or begins to feel dizzy, Fuji asserts herself as a focal point by touching her nose to Charlie's hand and nudging it consistently. Fuji will also lay her body against Charlie's until she regains awareness.

'I feel more confident, and safer, knowing that Fuji will be there for me if I faint. It's very reassuring.'

Fuji can put her own toys away, retrieve items for Charlie, and is training to press an alert alarm. During COVID, Fuji also learnt to sneeze on command for a treat (hence the catchphrase).

'I hope that this brings more awareness into the community about how beneficial service dogs can be for all types of medical issues. She is an invaluable asset to my everyday life, providing company and safety with her presence.'

Please remember that if you see a dog with Service Dog or Assistance Dog written on their harness, do not approach or try to pat them without asking the owner first. You may distract them from tasks their owner has set.

IT COSTS \$555 TO KEEP WILDLIFE ALIVE.
PLEASE DONATE TAX DEDUCTIBLY TODAY.



No one owns wildlife so we need a collective effort to protect them. It costs \$555 to provide a veterinary consult, anaesthesia, X-rays, pain relief, fluid therapy and a day's hospitalisation for an injured native animal. That's a donation of \$1.52 per day. Please give generously. Every dollar helps.

www.byronbaywildlifehospital.org/donate



Scan QR code to donate

BYRON BAY WILDLIFE HOSPITAL
A registered Australian charity with deductible-gift recipient status

SCHOOL HOLIDAY FUN!

KEEPER FOR A DAY | **WILDLIFE GUARDIANS**

12+ years | \$100pp | 7-12 years | \$80 pp



BYRON BAY WILDLIFE SANCTUARY

BOOK ONLINE AT BYRONBAYWILDLIFESANCTUARY.COM.AU
 419 Hinterland Way Knockrow | 2 mins from Lennox Head exit off M1
 Wildlife Sanctuary | Cafe | Mini Golf | Waterplay



Herb Elliott Athletics Meet returns for the 2nd year

by Caroline Bailey, Byron Bay Runners Club President



Pictured: Byron Bay Runners at track meet



After a successful inaugural event in January 2022, Byron Bay Runners in conjunction with Athletics NSW is hosting its second night of athletics this month

Members, locals, and visitors are invited to join in for a night of racing with the return of the middle-distance races including a 3,000m community and elite race and the Herb Elliott 1,500m. Competitors will vie for the Herb Elliott trophy, generously donated by the distance running great himself.

This year the event will also welcome the introduction of two sprints events, 100m and 400m. All entrants are placed into seeded races based on recent performances, allowing competition against runners of similar

ability, so people of all ages and abilities can be involved.

Cash and prizes will again be on offer over the evening, along with food and entertainment for spectators.

If you have been thinking of kick starting that New Year's resolution to get fit or challenge yourself come and join Byron Bay runners and put the Herb Elliott Athletics meet into your diaries.

Come down to the Herb Elliott Athletics track within the Cavanbah Centre off Ewingsdale Road. Kicking off at 5.30pm Saturday 28 January.

Visit: byronbayrunners.com

Race registration closes 25 January.

4-WEEK ONLINE PROGRAM TO ANNIHILATE ANXIETY

Learn 7 key themes to annihilate anxiety

CALL NOW 0414 399 658

\$197
Weekly 90min zoom sessions

MURRAY PARR
www.murrayparr.com.au

Northern Rivers Football Academy (NRFA)

by James Rowe, Head of Female and Development Programs



Northern Rivers Football Academy delivers multiple programs for male and female players from 5–18 years old in regional NSW, giving them access to football opportunities equivalent to those living in metro areas.

We believe in developing players on and off the pitch and achieve this by instilling our values and upholding our philosophy without exception. Through a dedication to quality, professionalism and care, we support and inspire individuals to be the best version of themselves.

At the close of 2022, NRFA took a moment to look back on the highlights of the year. We played most of our games in Football Queensland's South Coast competition, with our local players making it to five grand finals.

In November we had our trials with nearly 300 players from

the local area try out for positions in our High-Performance program. The program is designed for players who want to test themselves at a higher level whilst being provided with the support they need along their football journey.

As a not-for-profit organisation, we recycle all income back into the Academy and community through player and coach development and acquiring high-performance resources for our players. We recently conducted an intensive four day coach education course for local coaches, ran by our Technical Director, Gav. These courses are brilliant for coaches who want to take their coaching to the next level and improve their players, on and off the field.

The aim for 2023 is to continue improving football in the local community through various programs, shared resources, and player/coach development. With the 2023 FIFA Women's World Cup just around the corner, we are actively encouraging young women to join our Club and get inspired by this fantastic sport.

Women or girls who want to try any of our programs, High Performance or Female-only Development Squads, can join in at anytime for a taster session. Or if you want one of our coaches to come along and run a training session for your female team, or to share any resources, please just get in touch.

In January, we are also running a free holiday development clinic for players to improve their skills and take back to their local club, as well as our Development Squads for Term 1.

For more information please call us on 0482 946 768 or email james@nrfootballacademy.com.au

Visit our website: nrfootballacademy.com.au. and follow our socials @nrfootballacademy.



BALLINA TENPIN BOWL
"Where the good times roll"

16 Clark St Ballina - 02 6686 5342

COME AND HAVE SOME FUN WITH OUR SCHOOL HOLIDAY SPECIALS!
2 Games for Just \$16 per person or Putt Putt for Just \$5 per person

Ask about our birthday parties and our Seniors League



ALL PEST SOLUTIONS

Port Macquarie | Coffs Harbour | Northern Rivers | Tweed Coast | Gold Coast

YOUR ONE SOLUTION



GENERAL PEST SPRAY

FROM **\$175**

Includes • Inside • Outside • Roof Cavity • Subfloor • Garden Areas
Treatment for • Large Cockroaches • Spiders • Silverfish
12 month warranty



TERMITE INSPECTION

FROM **\$175**

Includes • Full visual inspection to all areas including interior, roof cavity, exterior, subfloor, garden areas, fences and outbuildings.
Includes a comprehensive written report



GENERAL PEST SPRAY +++ PLUS +++ TERMITE INSPECTION

FROM **\$300**



ALL PEST TREATMENT

FROM **\$275**

Includes • Inside • Outside • Roof Cavity • Subfloor • Garden Areas
Treatment for • German Cockroaches • Large Cockroaches • Spiders • Silverfish • Rodents (roof cavity) • Ants (internally) • Fleas • Wasps



THERMAL TERMITE INSPECTION

FROM **\$225**

Includes • The thermal image camera detects heat activity, moisture and timber damage internally in the wall cavity. **Includes a comprehensive written report**



ALL PEST TREATMENT +++ PLUS +++ THERMAL INSPECTION

FROM **\$450**

BOOK ONLINE
www.allpestsolutions.com.au



02 6681 6555

*Please note: All prices stated on this advertisement are subject to change, dependent on the severity of the issue and the size of the property.





Byron Bay Surf Life Saving Club (SLSC)

by Damien O'Donohue



Pictured: BBSLSC nippers.

Established in 1907, the Byron Bay Surf Life Saving Club (BBSLSC) has over a century of tradition in protecting bathers with manned patrols and associated services who frequent our beaches. Being one of the oldest Surf Life Saving Clubs in Australia and the second oldest north of Sydney, BBSLSC is located at Main Beach, Byron Bay and has a proud tradition and commitment to the local community.

Our beach is patrolled every day of the year by the Australian Lifeguard

Service on weekdays and Byron Bay area volunteers, who donate their time, on weekends and public holidays.

In May each year the club supports the Byron Bay Ocean Swim Classic and The Byron Bay Triathlon.

The BBSLSC Club runs Nippers every Sunday commencing 9am from October through to March.

Nippers are aged between 6 and 14 years and participate in a range of fun and engaging activities designed to develop surf skills, boost confidence and train our them to become the Surf Life Savers of the future.

The Nippers' season runs from October to March with activities planned most Sunday mornings from 9am to 11am. Nippers take a brief break for Christmas and New Year and Nipper Days are not held when a competitive carnival is scheduled.

Nipper Days are packed with fun activities

that offer children opportunities to make friends, be active and gain invaluable knowledge around how to be safe on the beach and confident in the water.

In addition, BBSLSC offers opportunities for Nippers to compete in Surf Sports at Club, Branch, State and National levels. Surf Sports give Nippers the chance to practise their skills at other beaches and in a wider variety of conditions. As well, carnivals are a great way to meet other people from different clubs as well as develop the skills to be confident to enjoy the ocean at beaches beyond Byron Bay.

Nippers is a great opportunity for the whole family to connect and get involved with many roles available for parental participation, so unlike many other sports, there's no need to feel relegated to the sidelines.

For more information visit: byronbaysurfclub.org

Skating into 2023

by Salome Gallagher (aka Mercy)



Northern Rivers Roller Derby (NRRD) has been established since 2010. We have been lucky enough to call the Cavanbah Centre in Byron its second home since we merged with the wonderful Bay Rollers in 2018 to ensure roller derby remained in the Bay.

Northern Rivers Roller Derby, along with their sister league the Tweed Valley Rollers, will be lucky enough to once again host our annual Northern Rivers Revolt tournament in March 2023 after a two year break due to COVID with teams from all over Australia competing for the coveted Lighthouse trophy. The

Brisbane City Rollers will be along to defend their title.

The past few years have seen a massive resurgence of skating as people turned to new hobbies during the pandemic to get out and get active. We love seeing skaters wherever we go now, and encourage people to come and join our little league. Skating is a great way to get moving in a fun and welcoming environment and to join an amazing community of people.

NRRD is always on the lookout for more skaters to come and join the action. If this sounds like something you might want to get into. We return to skating at the Cavanbah Centre Friday the 3 February 2023 after our holiday break.

In the meantime you can check out what we are all up to on our Instagram or Facebook. Search: Northern Rivers Roller Derby

You can shoot us a message for more information. The first session is completely free and no prior skating experience is required. We have equipment you can borrow until you decide you love it as much as we do and start skating everyday.



Potholes

with Billy-Bob Thoughtson



Potholes are driving people potty all over the Shire, the state, and across the globe. As the joke goes we used to drive on the left of the road, now we drive on what's left of the road.

Potholes have also become a hot topic for the recreationally outraged. You know, those up-in-arms types who are looking for something to be mad about, usually outside their own sphere of influence. Potholes are just ripe for indulgence as they seem controversial, but we all know they need fixing.

And now, hallelujah, \$50 million has appeared to help NSW councils fix potholes that were brought on by this year's extreme wet weather. And while there is a world-wide backlog of potholes to fix, unsurprisingly there are self-appointed types taking less conventional action.

There is a Kiwi vigilante (no, not the bird kind) who drives around with wet concrete in the back of his ute. He has even made his own Pothole Action Superhero badge.

In Mumbai, the city of potholes, there is a bloke who has dedicated his life to filling potholes. Then we have irreverent locals who spray paint potholes as green pussycats.

And in Sydney, some have taken to spray-painting phallus's pointing directly at potholes in a bid to prompt swifter action. God, that's crude.

Indulge me now, if you will, for this month I dig even deeper.

Originally potholes were a name given to pottery makers in 15th and 16th century. They would take advantage of the ruts that coach wheels dug into roads. Anxious for cheap materials for making clay pots, the potters would dig into the ruts to reach the clay underneath. Those driving coaches knew who and what caused these deep holes and referred to them as potholes.

These days potholes have become a metaphor for bad habits into which we get sucked. Life is not a perfectly paved road and you're likely to hit some potholes on your journey.

So armed with this new knowledge what will you do when you encounter your next pothole?

Oh, hang on. I've just been elbowed by the editor who suggests I talk about what I would do, don't tell others what to do, or how to drive – since that would be completely irresponsible and not at all abiding by the ethos of this fine magazine.

Billy Bob Disclaimer: this article is about potholes and is not a substitute for safe driving – so get a grip. Slow down, avoid sudden braking and swerving into oncoming traffic. You accept all responsibility for reading Billy Bob's Thoughtson.

Now we've got that sorted, I can tell you exactly what I do when approaching a pothole. I like to think deeply about it; ie, could a local potter be lurking in the nearby bushes? Would the clay in the pothole be used for earthenware or artistic sculptures? What sort of pot could be made given the size of the pothole - a blue, kiln-fired, tagine sparkles in my mind.

Now I'm getting real close it's time to get to business. I'm pleased that I have actually seen the pothole and didn't need a big yellow phallus to show me its location.

Then with one sudden howl I call out 'pod'ole!', alerting local potters and my captivated passengers to the impending doom.

As I go past, my palms are sweaty but I feel confident that I am making sensible choices about how I'm traversing the space. I fantasise that maybe I've found the best way to avoid this pothole for next time. Perhaps the driver behind me recognised the elegance I used to avoid it, and they're wondering what kind of maestro is driving the car in front of them. 'Is this his super power?' they wonder.

As I reach the other side of the pothole, I congratulate myself on my flexibility and adaptive skills to avoid this one. I don't need a superhero badge, I just know these new skills have helped make the road and journey a lot smoother and safer.

So that's my success story.

Upon reflection, I am reminded of the American social activist Fitzhugh Mullan who once said, 'Stop worrying about the potholes in the road and instead, celebrate the journey'.

Like everything in life, there are always unexpected potholes. Those who succeed are the ones who recognise them but still find a way to have a great journey.



Movie hits of 2022

by Milt Barlow

Last year we finally got to hit the cinemas once again after a COVID induced hiatus. And how great was it to head to the local movie theatre, grab a popcorn and settle in front of the big screen to catch the latest blockbuster?

Looking back on 2022, here is the year's official top 10 movies and where you can watch them.

Top 10 movies of 2022

- Top Gun Maverick* – Apple TV and Amazon
- Minions: The Rise of Gru* – Apple TV and Amazon
- Thor: Love and Thunder* – Disney+, Apple TV and Amazon
- The Batman* – (Netflix, Binge, Apple TV and Amazon
- Doctor Strange in the Multiverse of Madness* – Disney+, Apple TV and Amazon
- Jurassic World: Dominion* – Apple TV and Amazon
- Elvis* – Apple TV and Amazon
- Moana* (2020 re-release) – Disney+, Apple TV and Amazon
- Spiderman: No Way Home* – Binge, Amazon and Apple TV
- Black Panther: Wakanda Forever* – not yet streaming

Of course, this list might change slightly after the December pictures have finished their run. Namely the big one *Avatar: The Way Of Water* in December, as well as Whitney Houston bio pic *I Wanna Dance With Somebody* coming out in January.

The other big January pics include *A Man Called Otto* (1 Jan), *Blueback* (1 Jan), *M3gan* (12 Jan) and *Operation Fortune: Ruse De Guerre*. A great line up for summer. Get out and enjoy.

The biggest streaming hits of 2022

Looking back on 2022 you could have basically spent your entire life on the couch. Many of us came close to it. In no particular order here is what I and many others binged on last year and where to catch them now if you missed out.

- Stranger Things* – Netflix
- Ozark*, Season 4 – Netflix
- House Of The Dragon* – Binge and Apple TV
- Sandman* – Netflix
- The Crown*, Season 5 – Netflix
- Lord Of The Rings: The Ring Of Power* – Prime
- Star Wars: The Mandalorian* – Disney+
- Super Pumped: The Battle For Uber* – Apple TV and Paramount+
- Yellowstone*, Season 5 – Apple TV and Stan
- Peaky Blinders*, Season 6 – Netflix

Whether it's on the box or at the movies there is a mountain of great entertainment in January. Enjoy.

NOW I KNOW!

Empower your Aged Care Journey.



The Problem

Aged Care options are confusing and changing regularly. How do you know where to start, what you need or who to trust?

THE SOLUTION

For less than a dollar a day you can keep informed of all things aged care, ask questions, get updates have the resources you need.



JOIN THE COMMUNITY

Get access to monthly members only Question and Answer sessions, newsletter, resources, discounts and a complimentary consult.

FAMILY AGED CARE ADVOCATES

Independent experts in aged care navigation and all things related, Shane and Whenua have your aged care conundrums covered



SIGN UP TODAY

Save yourself and your family from the frustration and stress of trying to work out aged care care alone, scan below to sign up

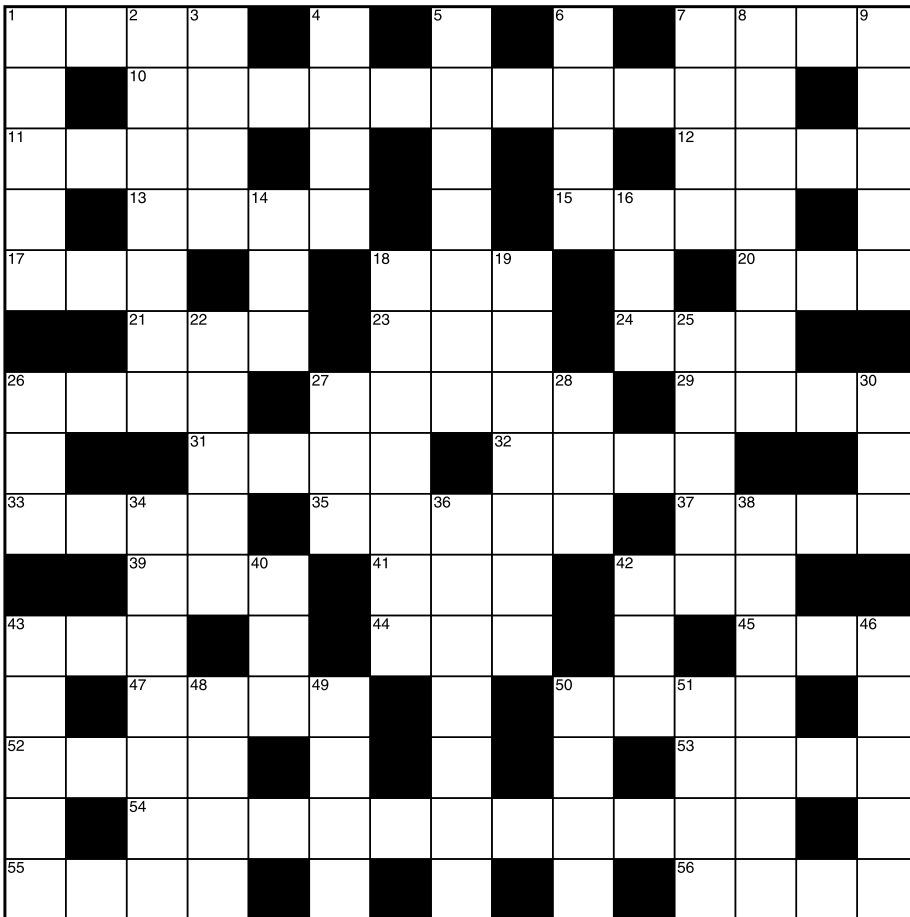
Get more tips at
FAMILY AGED CARE ADVOCATES





January crossword

© Lovatts Puzzles



ACROSS

- 1. Harbour work boats
- 7. Birthday greeting
- 10. Gallopers' tracks
- 11. Astronaut, ... Shepard
- 12. Actor, ... Ifans
- 13. Sweat droplet
- 15. Strike with head
- 17. Capture (criminal)
- 18. Took cover
- 20. River, ... Grande
- 21. Hearing organ
- 23. Alien craft (1,1,1)
- 24. Lamb's bleat
- 26. Auction offers
- 27. Wipe the dishes (3,2)
- 29. Fitness clubs
- 31. Stretched firm
- 32. Char
- 33. Unemployment pay
- 35. Hunker down (3,2)

DOWN

- 1. Coach (team)
- 2. Snatched
- 3. Logically thought-out
- 4. Indecent
- 5. Appal
- 6. Dirty child
- 7. Sure-fire thing
- 8. Smoker's receptacle
- 9. 70s dance music
- 14. Voice publicly
- 16. Computer port type (1,1,1)
- 18. Inflicting pain
- 19. Extinguishing
- 22. Daisy-like flower
- 25. Go along (with)
- 26. Awful
- 27. Worthless
- 28. Writing tool
- 30. Fah, ..., lah
- 34. Send-up
- 36. Small pointy beards
- 38. Salamander
- 40. Bed
- 42. Therapeutic water tub
- 43. Sudden movements
- 46. Haemorrhage
- 48. Sound boosters
- 49. Greek Cupid
- 50. Golfer's warning
- 51. Profit or ...

- 37. Every single
- 39. Form a curve
- 41. French no
- 42. Male or female
- 43. Muppets creator, ... Henson
- 44. Practical joke
- 45. Sphere
- 47. Liver paste food
- 50. Tumble
- 52. Chamber
- 53. Exude
- 54. Sight-tester
- 55. Wrongdoings
- 56. Sleigh

December solution on page 59



Tricky trivia

1. What introduced animal used to roam Cape Byron headland and was considered a pest by the lighthouse keepers?
2. What was the name of the rock band formed by Jimmy Page?
3. Who was the prime minister of Australia from 1975 to 1983?
4. What was the name of the Egyptian God of the Sun?
5. Who scored Australia's first ever world cup goal?
6. Adventure of Sherlock Holmes" was written by which writer?
7. How many eyes does a bee have?
8. What is meteorology the study of?
9. What was the name of the ship that was wrecked on Tallow Beach in 1864?
10. Which Australian Cricketer scored 172 runs in a one-day international in 2004?

Top five books of 2022



Title: *A Heart That Works*
Author: Rob Delaney

A heart wrenching memoir from comedian Rob Delaney, on his journey through loss and grief.



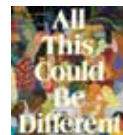
Title: *Afterlives*
Author: Abulrazak Gurnah

Four characters in 1900s East Africa grapple with the devastating consequences of colonization.



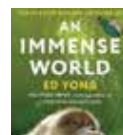
Title: *All the Lovers in the Night*
Author: Mieko Kawakami

A freelance copy editor in her mid-thirties makes a change to her life and is confronted with a painful past.



Title: *All This Could Be Different*
Author: Sarah Thankam Mathews

Sneha launches into a dizzying romance with dancer, Marina. Painful secrets surface and evictions loom.



Title: *An Immense World*
Author: Ed Yong (Pulitzer Prize-winner)

A grand tour through the hidden realms of animal senses that will change your perception of the world.

List sourced from [time.com](https://www.time.com)

BALLINA CUP
FRIDAY 13TH JAN 2023

VIP MARQUEE
All day dining and beverage experience with waitstaff, very own TAB and bookmaker facilities, Large screen TV's. Great network and hosting opportunity

PURCHASE TICKETS ONLINE
www.ballinajockeyclub.com.au

PROUDLY SPONSORED BY

KOALA FARMS MACADAMIA NUT CO.
CHERRY STREET SPORTS GROUP www.cherrystreet.com.au



2023 horoscopes

by Patsy Bennett - patsybennett.com

Aries

Pluto brings transformation to your life in 2023, and most notably to your status, career, daily life and general direction, and this will have a knock-on effect in your home life. In addition, this year's eclipses suggest you'll experience a kick-start and revitalisation in your personal life, meaning 2023 will be one to remember, especially during the months of March, May, June and October.

Taurus

You're ready to embrace activities and projects that provide more fulfilment and stability in 2023 and this will include new areas of interest, fresh work options and a refreshing and re-energising health routine. Jupiter, the planet associated with good luck, expansion and abundance, enters your sign in May, bringing the chance to broaden your horizons and more joy into your life.

Gemini

In the first quarter you'll enjoy feeling more outgoing and upbeat and are likely to attract like-minded people. You will meet new social circles and your daily life will alter, especially in May and June, so maintain a steady approach to a workable career path and health routine. Above all, you must avoid an idealistic approach to life – but must also leave space to enjoy its magic.

Cancer

It's time to step into new territory, and you'll welcome the opportunity to broaden your horizons – from self-development and travel, to improving your communication skills. January and the second quarter will provide opportunities to zhoozh up your love life. Changes at home will impact your career, and vice versa from April to June, and then again during the last quarter of the year.

Leo

It's all change in 2023: you're ready to break into fresh ground, not only in your career, but also within your favourite pastimes, interests and status. You'll be drawn to spice up your love life and may even surprise yourself with some of the people you're drawn to. Adventure beckons and particularly in April, so be sure not to miss the call, even if it means making changes at home.

Virgo

In 2023, you'll value peace, harmony and stability in relationships. Your family and personal life will take much of your focus, as the way you share key duties and responsibilities will change. This may affect your shared space at home. January and December will be turning points in your career as you'll gain the incentive to create more space in your life for the activities you love.

Libra

You'll appreciate the opportunity to move on from circumstances you have outgrown – in all areas of your life, and most notably in your domestic and personal circumstances. Work-wise, considerable changes are likely at the start of the year. It's a good year to reframe your goals, as you'll gain deep insight into how best to navigate prevailing trends, especially in March and April.

Scorpio

Much of your focus in 2023 will revolve around shared areas such as joint finances, shared duties and communal space at home. It's a good year to come to mutually agreeable arrangements in these areas. Serious work decisions will arise. New agreements and collaborations hold the key to success. You'll be drawn to invest in your love life in 2023, with May bringing a key turning point.

Sagittarius

You love to feel that adventure is just around the corner. Plan breaks so you can indulge in travel, favourite activities and enjoy life. 2023 is the year to spice things up in your love life, especially during April. Career-wise, expect life to get busy at the end of May. Consider setting work ideas in motion already in March and April, so that you're ready to make the most of the opportunities.

Capricorn

You are undergoing a metamorphosis and will set the ball rolling in a new direction. Your career and status are vital aspects of who you are, so be sure to spread your wings and embrace new options. Your love life is also set for developments as you will gain the chance to deepen your connection with others, and also to zhoozh up your lust for life, especially in the second quarter.

Aquarius

Exciting opportunities will arise this year in your personal life and at work. It's a good year to invest in yourself, in your self-development and your skillsets, as your efforts will take. If you have been planning to grow your family, 2023 is your year. The changes you put in place this year will pave the way for changes on a larger scale next year and beyond, so be sure to plan carefully.

Pisces

This will be a good year to consider altering aspects of your domestic life that you know can improve. You may contemplate down-sizing – or up-sizing: DIY or renovations. Your love life will take much of your time in the first quarter, so focus on good relationship skills to kick-start your year. Career-wise, June will bring the most opportunities, so be ready to make changes then.



Tell Byron about your business



print + online

The Byron Wave is the ONLY publication exclusively for the Byron community. With distribution of 6,000 magazines each month to hundreds of local outlets.

Be seen in the magazine and on our website, thebyronwave.com.au. Ask us about special discounts when you advertise in our other community magazines – The Ballina Wave and The Lennox Wave.



Email milt@northernriversmedia.com.au or call 0412 461 559

A Northern Rivers Media publication



ALL PEST SOLUTIONS

YOUR PEST & TERMITE SPECIALISTS

PHONE **02 6681 6555**

BOOK ONLINE
www.allpestsolutions.com.au

Sources

Down Under Byron, 2022, Book by Bill Silvester

dpi.nsw.gov.au/fishing/marine-protected-areas/marine-parks/cape-byron-marine-park/history-and-culture

Underwater Australasia, Article by Wandy Brouwer & Tim Hochgrebe, underwater.com.au/article/id/4-julian-rocks/

NSW National Parks and Wildlife Service. January 2011. Julian Rocks Nature Reserve: Plan of Management.

Crossword solution

December

G	L	O	A	T	I	N	G		S	T	R	A	T	A		
A		U		I		A			E		L		M			
N	O	N	S	E	N	S	E		A	L	P	A	C	A		
G		C	U	T		E			E		C		T			
E	X	E	M	P	T	I	N	G		T	E	A	S	E		
S		S				E			G		H		R	U		
			R	E	A	R			S	H	O	O	T	E	R	
O		P		X						N		E		S		
F	A	I	L	U	R	E			U	S	S	R				
F		N		B		O			N				P	C		
E	R	A	S	E		N	E	C	T	A	R	I	N	E		
R		F		R		S			L	L		G		A		
I	S	O	B	A	R				H	E	L	P	L	E	S	S
N		R		N					A		H		O		E	
G	R	E	E	T	S				U	N	E	A	R	N	E	D

Trivia answers

1. Feral goats
2. Led Zeppelin
3. Malcolm Fraser, the 22nd Prime Minister of Australia served for 7 years
4. Ra
5. Tim Cahill. Australia's first ever World Cup goal scored against Japan on 12 June 2006 – we won the game 3-1.
6. Sir Arthur Conan Doyle
7. Five
8. The weather
9. Volunteer
10. Adam Gilchrist

CENTURY 21®



Your local specialists...

NOW HAVE A 2ND OFFICE IN BYRON BAY

Team Alstonville + Team Byron are committed to getting the best possible price for your property in the shortest possible time.



**NOEL OUTERBRIDGE, PRINCIPAL.
SALES & MARKETING SPECIALIST.**

Awarded in the top 2% of Century 21 agents in the world for the past 9 years, Noel Outerbridge and the team at Century 21 Plateau Lifestyle along with Century 21 Byron Lifestyle are your people in the know about your property.

Join the 100's of vendors who have sold their assets through the highly trained, fully licensed, multi-award winning team and contact us to arrange your free property appraisal.

0404 816 000

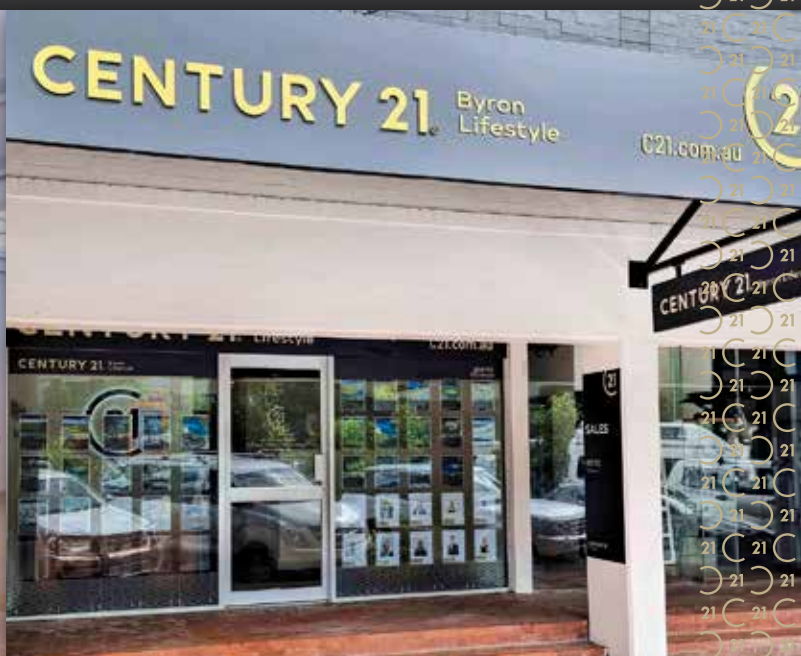


CENTURY 21® Plateau Lifestyle
Real Estate

92 MAIN STREET, ALSTONVILLE

(02) 6628 7122

C21.com.au/Alstonville
admin@c21alstonville.com



CENTURY 21® Byron Lifestyle
Real Estate

3/47 JONSON STREET, BYRON BAY

0487 287 122

C21.com.au/ByronBay
admin@c21byron.com