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Community news for the Byron Shire

Issue 23 | October 2024



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from the editor



Dear Readers

October, for me, has always signalled the beginning of the end. As soon as the spooky season starts – with all the excitement of trick or treating and witchy business – it's over. Soon we'll be trading ghouls for garlands, pumpkins for pine trees, and the evil eye for the elf on a shelf (that is if I can find the damn thing). That's right, the race to Christmas is about to begin. Speaking of races, September saw us all voting in the Local Elections. While writing this, the votes are still being tallied, but regardless of who takes the lead or which new voices represent us on Council, we're seeing a new direction for our Shire – and that's always exciting. This month, in our Local Legend feature we highlight Plastic Free Boy, a remarkable young man who has dedicated his life to creating the next generation of superheroes. Our In Focus piece shines a light on SHIFT Project a local initiative supporting women at risk of homelessness, and making a real difference through their social enterprise. So, before the holiday madness sets in, take a moment to enjoy these stories and insights from around the Shire.

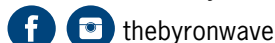
Until next month
Charla Rallings, Editor.

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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

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TAMARA SMITH MP
MEMBER FOR BALLINA

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What: Skate School Day Camp
When: Multiple dates in October, 9am–2pm
Where: Byron Skateboard School

This school holiday camp for kids aged 6–12 is a great way to meet some new friends and improve your skateboarding skills.

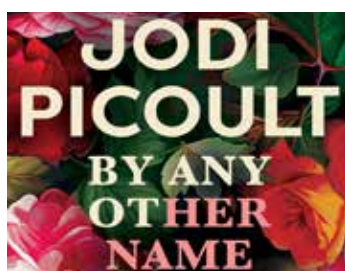
Bookings and info: skateboardschool.com.au



What: Byron Bay International Film Festival
When: Friday 18 – Sunday 27 October
Where: Palace Cinemas, and other locations

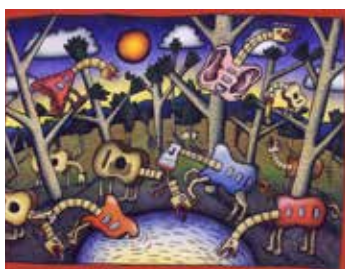
Independent film makers from around the world showcase their inspiring and eye-opening works, across all genres.

For more information visit: bbff.com.au



What: Jodi Picoult In Conversation
When: Monday 21 October, 6:30pm – 8pm
Where: A&I Hall, Bangalow

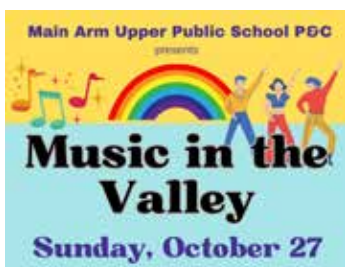
In conjunction with Allen and Unwin, Byron Writers Festival is pleased to welcome bestselling author, Jodi Picoult, as she discusses her new novel, *By Any Other Name*. Tickets and info: byronwritersfestival.com



What: Nimbin Roots Festival
When: Friday 25 – Sunday 27 October
Where: Nimbin Village

A two day music event held in various venues and described as an 'unreal music festival for real people' set in the magical village of Nimbin.

Tickets and info: nimbinrootsfestival.com



What: Music in the Valley
When: Sunday 27 October, 11am–7pm
Where: Main Arm Upper Public School

Free-entry event featuring local entertainment, activities for all ages, and delicious food and drink, all set on beautiful school grounds.

For more info, FB: [Music In The Valley Festival](https://www.facebook.com/MusicInTheValleyFestival)



What: Arts National Lecture: Georgia O'Keeffe's Ground-breaking Vision
When: Monday 28 October, 6pm
Where: A&I Hall, Bangalow

Presented by International Lecturer, Dr Debora Jenner, explore how O'Keeffe's topographical landscape painting broke away from all norms. Tickets and info: trybooking.com/CNJSI

Monthly Markets

1st Saturday	Brunswick Heads
1st Sunday	Byron Bay Pottsville Beach
2nd Saturday	Bangalow Flea Market Woodburn
2nd Sunday	The Channon Tabulam Hall Coolangatta
3rd Saturday	Mullumbimby Murwillumbah Salt Village, Casuarina
3rd Sunday	Federal Uki Pottsville Beach
4th Saturday	Byron YAC Flea Market Wilson Creek Kyogle Bazaar
4th Sunday	Bangalow Nimbin Coolangatta Murwillumbah Yamba
5th Saturday	Bangalow Flea Market
5th Sunday	Nimbin

Weekly Farmers Markets

Tuesday	New Brighton Organic Lismore
Wednesday	Murwillumbah Nimbin Newrybar Hall
Thursday	Byron Bay Lismore
Friday	Mullumbimby
Saturday	Bangalow Uki Lismore Markets
Sunday	Ballina

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Snapshot



Heritage Park upgrades begin

Byron Shire Council has commenced a significant \$850,000 upgrade to Heritage Park in Mullumbimby, based on the Heritage Park Landscape Masterplan. The improvements will include a new pathway and boardwalk, additional seating, and play equipment for older children, designed to challenge their climbing abilities. Nature-based and imaginative play features will also be added to enhance the Park's appeal. The existing shelter will be refurbished, offering better amenities for park visitors.

One major change involves transforming the unofficial carpark along Mill Street into an off-lead dog area. This section will be re-turfed, providing a dedicated space for dogs and their owners. The project is expected to take six months to complete, and there may be temporary closures of certain areas during this time.

Community groups better prepared for emergencies

Community groups across the Byron Shire are now better prepared for the next major emergency, thanks to the distribution of portable Starlink dishes. Resilience networks in Bangalow, Federal, Goonengerry, Mullumbimby, South Golden Beach, Upper Coopers Creek, and Wilsons Creek have been equipped with these systems to ensure access to life-saving communication if mobile and NBN networks fail during emergencies. The Starlink systems, complete with backup power equipment, will allow these resilience groups to stay connected, access emergency warnings, and call for assistance.

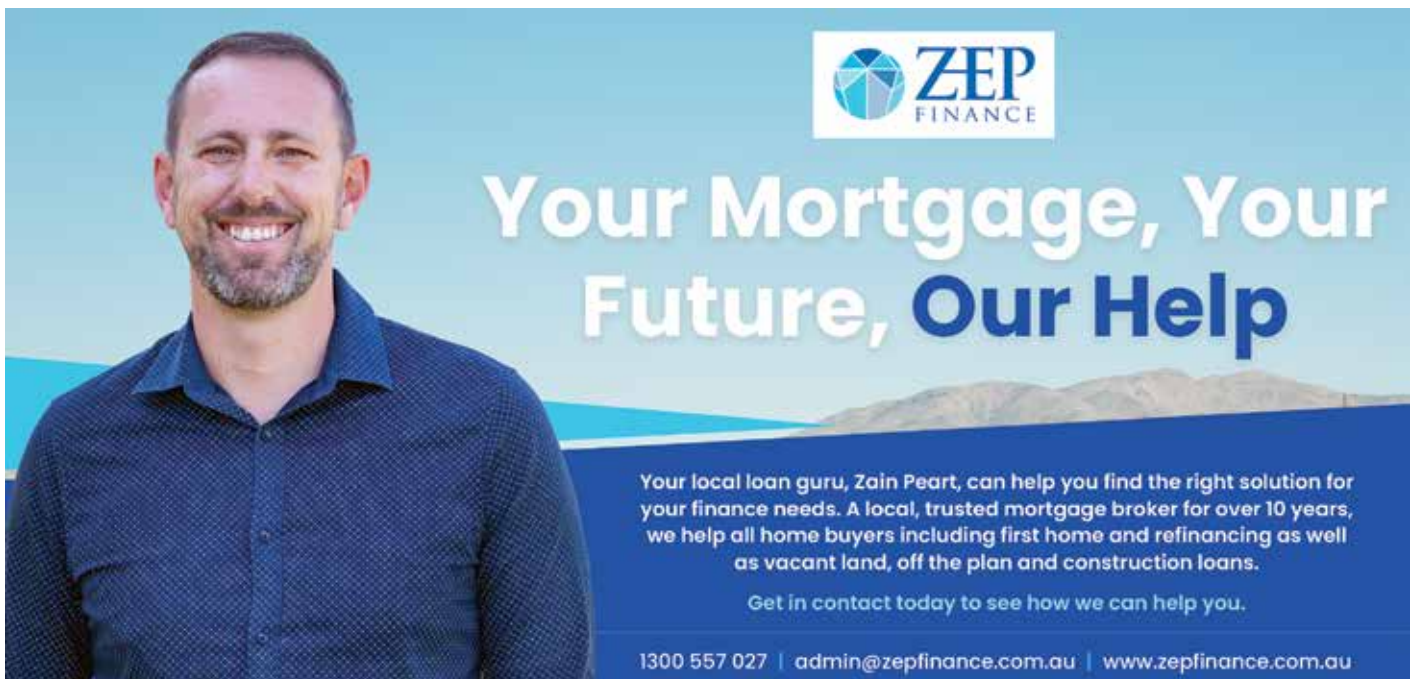
The systems were funded by NSW and Australian Governments and distributed by Council. Sarah Boulle, Council's Recovery Coordinator, highlighted the communication failures during the 2022 floods, which left parts of the Shire isolated and unable to contact emergency services.

'This is a safety risk and we wanted to mitigate this by providing a back-up communications system for these communities,' Ms Boulle said.

Community Rallies for Housing Justice with House You

The grassroots housing justice group, House You, is inviting the community to join them for the House You Action Party on Wednesday 8 October at 6pm in the Mullumbimby Uniting Hall, located at 132 Dalley St, Mullumbimby. House You has been leading the charge in the local housing first movement for the past year, working towards solutions to the ongoing housing crisis. Since their first rally in September 2023, they have been advocating for affordable and accessible housing, securing a commitment from local leaders to create a dignity village, and building a coalition of over 2,000 advocates.

The event will provide an opportunity for attendees to contribute ideas and get involved in key campaigns. Organisers encourage everyone, from seasoned activists to those new to housing justice, to attend and help make housing a right for all. Attendees will have the chance to connect with the community, hear updates on current initiatives, and enjoy a night of solidarity, snacks, and action. Spaces are limited, and RSVPs can be made via the House You website: houseyou.org



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Council election update

At the time of print, votes were still being counted in the Byron Shire Council election. The Greens led with a strong early majority and have secured three Council seats with the possibility of a fourth, pending the final count. The Australian Labor Party (ALP) have also secured two seats, held by lead candidates Asren Pugh and Janet Swain. The next majority is held relatively equally across Independent Groups B, C, and E.

Final results of the Mayoral vote remain pending at the time of print. The initial count favoured a split majority between Greens candidate Sarah Ndiaye, and ALP candidate Asren Pugh. Preference votes from David Warth and Michael Lyon are still being attributed, however, the latest numbers lean toward Sarah Ndiaye for Mayor.

Though the exact composition of the eight seat Council is yet to be determined, the Greens are celebrating two historic wins. Elia Hauge has become the youngest Councillor in the history of Byron Shire, and Delta Kay is the first Arakwal traditional owner elected to Council. Councillor-elect Sarah Ndiaye, and the lead candidate for the Greens, expressed her excitement: 'We've already secured three seats on the Byron Shire Council, with the possibility of more as counting

continues. Our newly elected team is ready to tackle the big issues facing our Shire,' said Sarah. 'From the housing crisis to climate action, from supporting our arts sector to improving sustainable infrastructure – we're committed to delivering real results for our community.'

Councillor-elect Asren Pugh stated: 'I'm really pleased and excited by the results that we got. Our vote tripled from the last election. This is the best result for Labor in Byron Shire in decades. I'm proud of my team and of the issues we have raised during this campaign, such as implementing the Rail Trail and addressing the housing crisis, which will form our focus over the next four years. Whatever the final result of the Mayoral election is, I want to acknowledge the community and sincerely thank them for the trust they have put in me. I'll do my best to live up to and exceed their expectations.'

The final result will be available in early October. Byron Shire Councillors will be inducted shortly after and sworn-in at the Council's Ordinary Meeting on 10 October.

To see the Council election results visit:
vtr.elections.nsw.gov.au/LG2401/byron/results



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At the Library

by Natalie Nichols Askill, Library Assistant



Byron Bay Library has been bustling with activity. During Book Week, a steady stream of local preschool and primary school children visited the Library to experience the Way of the Wild installation, toured the Library and enjoyed fun craft activities.

Additionally, the Library hosted an exciting event with children's author Jol Temple, known for the *Bin Chicken* series. Jol, part of the writing duo Jol and Kate Temple, captivated the young

audience with a reading from their new book, *Frog Squad*.

As the weather warms up, the Library is a perfect spot for parents and carers to bring their little ones to our regular Preschool Programs during the school term. Story Time on Tuesdays at 10:30am is designed for children ages three to school-age and their caregivers. These interactive sessions include reading, singing, crafts and library fun. They support early literacy by teaching book handling, reading direction and can boost vocabulary.

Baby Time on Wednesdays at 10:30am is a friendly, relaxed morning where carers and babies can enjoy nursery rhymes, action songs, board books and finger plays together. These sessions support communication and pre-literacy skills. They are also a great way to meet other local parents and families.

The Library has two fun events for the spring school holidays:

Wednesday 9 October, 10:30am:
Holly Dunn's Art activity for children aged 6-12 years

Wednesday 9 October, 10:30am:
No Worries Dolls craft activity for children aged 8-12 years

Quick Reads for spring

Byron Bay Library has three fantastic Quick Reads for Spring. *Cherrywood* by Jock Serong, *Here One Moment* by Liane Moriarty, and *The Life Impossible* by Matt Haig. These hot-off-the-press novels can be borrowed for one week.

To book in to attend a school holiday workshop or to find out more about the library and Quick Reads, visit our website: rtl.nsw.gov.au

Bangalow Boujee Bush Ball



Pictured: Michael Sharmon, Early Childhood Educator, riding the bull. To see more pictures, go to page 20.

The Bangalow Boujee Bush Ball lived up to its hype, delivering a fabulous night of fundraising. Held at the A&I Hall in Bangalow, this adult-only event brought together parents, staff from the Bangalow Community Children's Centre (BCCC), and local community members to raise funds for the daycare's new bike track, while wearing their fanciest 'bush ball' attire.

The night kicked off with a welcome drink courtesy of Brookies Gin and Common People Brewing Co, and WOODS Bangalow catered with a delicious Mexican-inspired dinner, featuring Spanish rice and Bangalow Pork pulled pork tacos.

Entertainment was top-notch, with band Marshall Vox playing a set of classic covers that got the crowd moving.

The surprise highlight of the evening was a mechanical bull set up on the hall's stage. It quickly became a focal point, with brave attendees attempting to stay on as long as possible. Notably, the women proved to be more adept at hanging on than many of their male counterparts.

In addition to the fun, the Ball was all about raising funds for BCCC. There was a silent auction and live auction filled with prizes, offering over \$10K worth of items, generously donated by local businesses around Bangalow. The live auction featured stunning artwork created by the children at BCCC, along with two highly coveted experiences: a scenic ride with Balloon Aloft and a horse-riding adventure with Zephyr Horses.

BCCC would like to offer a big thanks to the 30 plus businesses that donated and a special thanks to Common People Brewing Co, Brookies Gin, and Bangalow Cellars.

Kerry Valensteen, Director of BCCC, said, 'We are very lucky to be supported by a wonderful, generous community.'

By the end of the night, the Bangalow Boujee Bush Ball raised around \$6.5K which will go directly towards a new bike track.

For more information visit: bangalowccc.com.au

Preparations underway by Bangalow Show



Pictured: Show President, Donna Jenner, presenting Sophia with her prizes and the first copy of the schedule. Source: Supplied.

The Bangalow Showground comes alive for two days in November, bringing the community an agricultural extravaganza. The Bangalow Show, first established in 1897, is the pride of Bangalow A & I Society, and a chance for local agriculturists to

showcase their livestock, produce, and their animal husbandry talents. This year is the 123rd Bangalow Show and runs from Friday 15 – Saturday 16 November. Preparations are well underway, and below are the exciting new developments for this year's Show.

Pavilion Schedule Winner

With our Pavilion Schedules now in print, we are excited to announce that the Cover Competition winner is the talented Sophia Holmes. Sophia, a 9-year-old student at Bangalow Primary School, created a fabulous drawing that now graces the cover of the Pavilion Schedule.

Congratulations to Sophia, and a big thank you to all the budding artists who entered the competition.

Tart of the Show

This year's featured Tart of the Show is a macadamia tart. All entrants are encouraged to perfect their recipes before the competition, which takes place on Saturday 16 November at 10am. Entry is \$5, with three prizes up for grabs. The Tart of the Show is proudly sponsored by Waliz Byron Bay.

Young Woman of the Year

To all local young women aged 18-24, now is the time to consider becoming an ambassador for your community by entering the Bangalow Show's Young Woman of the Year competition. This is not a beauty contest but a wonderful opportunity to make new friends, build confidence, and develop leadership skills. The winner from Bangalow will compete at the zone level, with two entrants going on to represent the region at the Sydney Royal Easter Show in 2025.

There will be an information and sign-up morning on Saturday, 26 October. Entrants should also be available for the Show Dinner on Saturday, 9 November, and the Show weekend on the Friday 15 – Saturday 16 of November.

For more information visit: bangalowsow.com.au

Affordable yoga amidst studio closures

Three well-known yoga studios have recently closed their doors due to the current economic climate. This reality is something many small businesses in Byron Shire are facing as the cost of living and maintaining business operations continues to rise. The closures have left many local yogis searching for new places to practise, with concerns growing about the future of accessible yoga in the area.

Byron Yoga Centre has announced that they are committed to keeping yoga classes and membership affordable and accessible to everyone in the community. The Centre is offering one-month unlimited yoga classes for just \$50, plus \$10 trainee-led classes with all mats and props provided.

Leveraging the MindBody app, yoga students can easily access a variety of yoga classes tailored to all levels of experience, from beginners to advanced practitioners. The Centre has also doubled it's classes with existing and new teachers.

For more information visit: byronyoga.com



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Pulling together: Bangalow Resilience Group

by Gillian Cornu



Pictured: Bangalow Resilience Group members. Source: Supplied.

Bangalow is a community with a big heart which was very evident when the residents were active in assisting in any way they could after the floods and fires. During this time, it became clear that there needed to be long term connections and co-ordination for the 2479 community.

In July 2023 out of an initiative by Connecting Community, a group which grew from Connecting Generations, the Bangalow Resilience network was incorporated into the fold.

The group has grown to 15 local members, bringing different skills sets to help gain deeper connections to manage and respond with an efficient community network to offer the best assistance in emergencies to the Bangalow community and surrounding areas. The Bangalow Lions, Bangalow Country Woman's Association, Bangalow Anglican Op Shop and The Bangalow Bowlo donated funding to acquire 32 handheld CB radios for the Bangalow Resilience group.

The CB radio network, co-ordinated by Andy Winton Brown, will create a communication link for the community co-ordinators appointed to manage 11 precincts in the 2479 community and surrounding areas in the case of an emergency event. There is still plenty of work to be done but with the Bangalow community support and Bangalow Resilience group working away we can all work together to be a support in tough times.

For more information or to join contact: Andrew Winton Brown on ph: 0438 243 666

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Byron aged care facility secures 40-year lease



Pictured (left-right): Courtyard before and after. Source: Supplied.

George's Cottages, the aged care centre formerly known as Feros Village in Byron Bay, has been granted a 40-year lease through its new operator, St Andrew's Village Byron Bay Ltd.

The announcement came in mid September after the NSW Government, Crown Lands and the Department of Planning, Housing and Infrastructure (DPHI), negotiated the lease with St Andrew's who acquired a temporary license following Feros Care's February 2023 decision to close the facility.

Todd Yourell, CEO of St Andrew's, said, 'St Andrew's was really keen to take on this project and the management of the facility. We thought we have a great opportunity here to provide care

for our community's elders and make the necessary upgrades to ensure comfort and stability for our residents.'

As part of this long-term lease, St Andrew's will invest around \$3 million into upgrading the facility to ensure it meets contemporary aged care standards. Various upgrades to the plumbing, electricity, flooring, and interior aesthetic of the facility have taken place in stages to minimise any disruption to residents, and the facility is already looking brand new. St Andrew's has also submitted a grant application to fund additional work which includes refurbishing bathrooms and completing external works on the site.

'There's more work to be done,' said Todd, 'But this 40-year lease gives us the benefit of longterm stability

to complete upgrades. We will also be implementing a residential care strategy to ensure essential health care services remain a priority for residents. The fact that we've already been able to improve the look and feel of the facility, is a triumph.'

When St Andrew's took on the facility there were 40 rooms with only seven residents remaining. This number has now increased to 30, and the original residents have stated they are really happy with the changes, with new residents saying that they really like the environment St Andrew's has created.

The centre was renamed earlier in the year to George's Cottages, in honour of Byron Bay figure, George Feros, who fund-raised tirelessly to provide an aged care facility in Byron.

'In the coming weeks,' said Todd, 'We will be welcoming George Feros' daughter to view the site and show her what it looks like now. We are excited to show her what we have done with her father's legacy.'

The land where the aged care facility is located remains Crown Land and built assets on the reserve will remain in the ownership of the Government for the community, managed by St Andrew's until 2064.

New energy for Suffolk Park Community Hall



Pictured: Yoga class at Suffolk Park Community Hall. Source: Supplied.

The newly refreshed Suffolk Park Community Hall has lots of new classes on offer, from yoga to urban dance. Recent additions include Slow Flow Yoga with Lucy (formerly of Bamboo Yoga), Qigong with Shawna, Capoeira Angola with Ignacia, Tibetan Buddhist Meditation with Justine plus Urban Dance with Michelle. These exciting new offerings join the

timetable alongside Flo Fenton's Intouch Yoga, classes and mini retreats which have been running since 2006. There is also Solomon Yogalates and Jenny's Exercise for Over 50s which has been a feature for the Hall for nearly 20 years.

Perfectly positioned on the corner of Alcorn and Clifford Streets the Suffolk Park Hall is not only a great space to take a class, it's also a wonderful place to connect to community and enjoy the soothing sounds of the ocean. The Hall is managed by a small group of volunteers. If you'd like to help and put back into your community, the committee would love to hear from you. The Hall's weekly updated timetable can be viewed at their Facebook page: /SuffolkParkCommunityHall

A few spots are still available if you are interested in running classes or holding an event. Availability can be checked through the SpacetoCo link on the Facebook page or email: suffolkparkhall@gmail.com



STRA 60 day cap

by Tamara Smith MP, Member for Ballina



In September we saw the implementation of the 60 Day Cap on Short Term Rental Accommodation (STRA) in Byron Shire, so I wanted to take opportunity to run through the changes and encourage members of the community to reach out to us with good stories about now living next to a permanently rented house, where you used to live next to different people every week, or issues you think breach the new rules.

At present, parts of NSW see non-hosted STRA accommodation subject to an 180 day cap, but beginning

24 September Byron Shire has implemented a 60 day cap on all non-hosted STRA lodgings apart from two precincts in Byron Bay and Brunswick Heads where no caps will apply.

To find out the area your home sits within the STRA areas, please visit Byron Shire Council maps here: byron.nsw.gov.au/Development-Business/Land-Use-Zoning/Short-Term-Rental-Accommodation

This policy is being implemented as a means to address the irrefutable need for housing supply in Byron Shire and the concern that too many homes are being utilised for visitors to the Byron area rather than provide a safe home for someone in need. With five new hotels in Byron built this year we have plenty of tourist accommodation.

You can submit details of your experience by scanning the QR code and filling out the Google form. Or give us a call on ph: 6686 7522 or email: ballina@parliament.nsw.gov.au



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Women's Giving Circle Annual Pitch Night

On 12 September, the Northern Rivers Community Foundation (NRCF) Women's Giving Circle held its Annual Pitch Night, bringing together community members to support local initiatives aimed at empowering women and girls. The event was filled with stories of resilience and hope, as organisations pitched their projects to a room of engaged supporters.

This year's major grant was awarded to Human Nature's EmpowerHER Program, which focuses on therapy for young women aged 14-18 in the Northern Rivers who have experienced sexual or domestic violence. The two remaining finalists, Haus of Armour and Women Up North, also received funds to kickstart their projects.

With a record 129 members now part of the Giving Circle, the collective impact is growing. The organisation is aiming to reach 150 members by Christmas, encouraging everyone with the capacity to donate and join. The NRCF Women's Giving Circle is an innovative philanthropic model that connects women with women-led organisations that are creating positive change in their communities. Members commit to contributing \$1,000 annually (upfront or in instalments) which is pooled and invested in projects that improve the lives of women and girls in the Northern Rivers.

To learn more or get involved, visit: nrcf.org.au/womens-giving-circle/

Byron Latin Fiesta



Pictured: Byron Latin Fiesta, 2023, Dance Workshop. Source: Supplied.

The 19th Annual Byron Latin Fiesta is back, ready to ignite Byron Bay with Latin passion. Scheduled from 31 October to 3 November, this vibrant event offers a much-needed opportunity for connection, dancing, learning, beachside relaxation, and, of course, more dancing.

The event is held over four nights and three days at Byron Theatre and is Australia's longest running Latin dance festival. Founded in 2006, the Byron Latin Fiesta was born from a profound love for Latin American music, dance, and culture, combined with an unwavering affection for the enchanting Byron Shire and its unique charm.

The Byron Latin Fiesta features instructors and performers from the local area as well as national guests and a touch of international flair. You can learn from inspiring instructors in dance workshops, watch them perform at the parties, and even social dance with them and other guests.

If you're new to Latin dance, try out the workshops at the Beginners Hub, designed just for newcomers. For more seasoned dancers, there's a wide variety of styles on offer, including salsa, bachata, zouk, kizomba, tango, afro, reggaeton, and more.

The Party Nights feature dance performances by professional artists and student teams, along with an amazing DJ line-up to ignite the dance floors for lots of social dancing. Saturday night promises a special treat with live Afro-Cuban band CHUKALE.

Various ticket options are available, to suit all budgets with full passes and beginner passes offering the best value. There are also day passes and party passes available. Be sure to book your tickets in advance as numbers are capped according to venue licence capacities.

For more information visit: byronlatinfiesta.com.au
Facebook: /ByronLatinFiesta or Instagram: @byronlatinfiesta



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Music in the Valley

by Lin Fong, Main Arm Upper Public School



Get ready for a day of fun, music, and community spirit as Main Arm Upper Public School's P&C presents the Music in the Valley Festival on Sunday, 27 October from 11am–7pm.

This free-entry event promises a full day of live entertainment, activities for all ages, and delicious food and drinks, all set in the beautiful surroundings of the school grounds. The Festival boasts an exciting line-up of talented musicians, including Bobby Alu, Emily

Lubitz, Hayley Grace, Way Out West, and DJ Salve Jorge. In addition to these headline acts, festival-goers can enjoy the vibrant performances of the Bollywood Sisters, African drumming and dancers, and a special appearance by the Main Arm Upper Choir.

For those travelling from Mullumbimby, hop on the Magic Bus for a fun ride to the Festival. The bus departs from the Mullum Newsagency (44 Burringbar Street) at 12pm, 2pm, and 4pm, with a final return trip at 6pm. Tickets for the Magic Bus are just \$5.

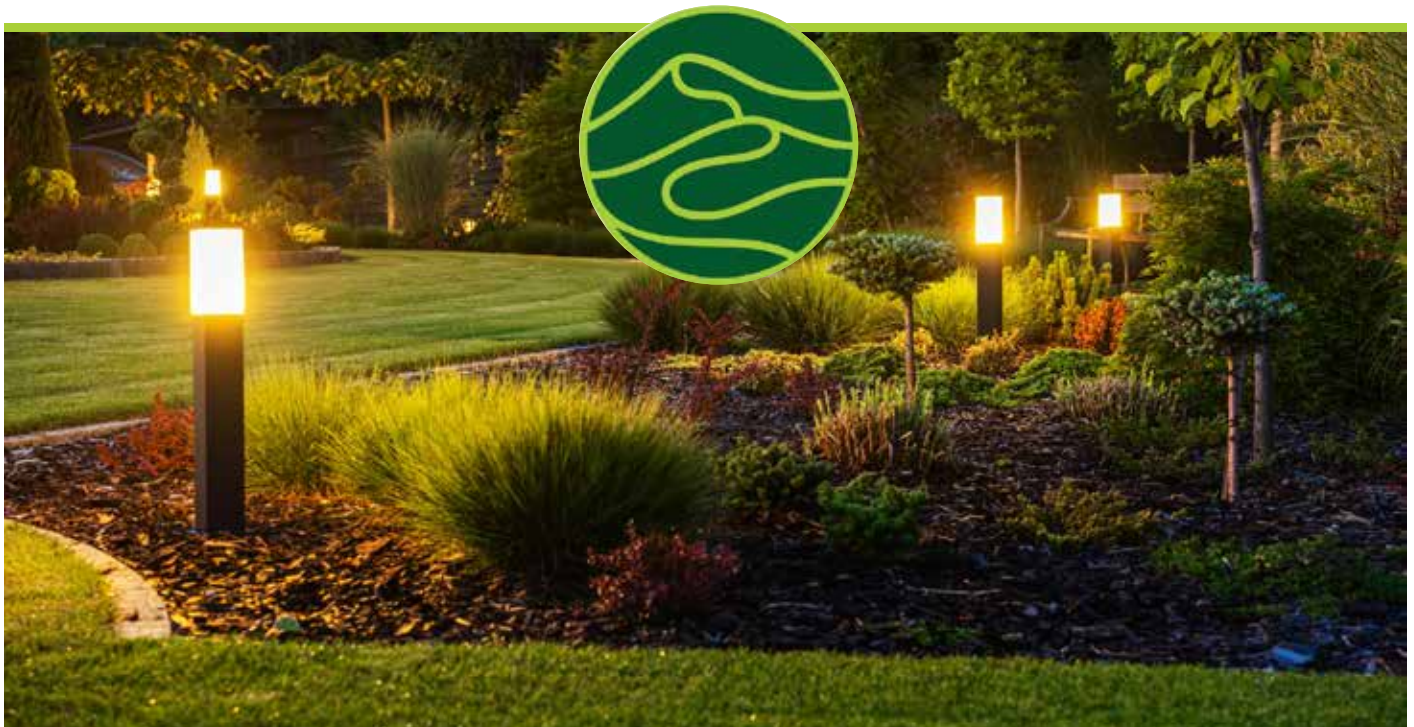
There's plenty to keep the kids entertained, too. Young adventurers can tackle the Ultimate Ninja Warrior obstacle course, enjoy performances by the Spaghetti Circus, explore sideshow

alley, get creative with craft activities, or have their faces painted. There are even horse rides for the little ones.

A variety of food stalls will be available throughout the day, offering delicious bites to fuel all the fun. The P&C will be running a licensed bar, so adults can enjoy a refreshing drink while taking in the live performances.

This is a day for the whole family, filled with great music, exciting activities, and a strong sense of community. Whether you're catching a ride on the Magic Bus or driving out to the festival, don't miss this incredible opportunity to support Main Arm Upper Public School while enjoying a fabulous day out.

For more information visit Facebook: /Music In The Valley Festival



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Aquarius doco to open Byron Bay Film Festival

by Byron Bay International Film Festival



Pictured: Nimbin Hotel Crowd. Source: Harry Watson Smith.

The 18th Byron Bay Film Festival (BBFF) kicks off with the highly anticipated premiere of *Aquarius*, a feature-length documentary that revisits the transformative 1973 Aquarius Festival in Nimbin. Directed by local filmmaker Wendy Champagne, the film takes a nostalgic and insightful look at how this pivotal event shaped the Northern Rivers into the vibrant, socially conscious region it is today.

Subtitled *Dreamers, Tree-huggers and Radical Ratbags* – *Aquarius* chronicles the influx of 10,000 festival-goers who descended upon Nimbin, bringing with them revolutionary ideas, psychedelic music, and a free-spirited way of life. The Festival sparked the birth of the region's counterculture movement, with newcomers staying on to fuel the environmental, anti-war, Aboriginal rights, and feminist movements that continue to define the Northern Rivers today.

Wendy Champagne, an award-winning filmmaker, spent three years unearthing archival footage and gathering stories from festival-goers and Nimbin locals. The film paints a vivid picture of the clash between the town's traditional dairy and banana farmers and the arrival of a new generation of hippies, who introduced an entirely new culture to the sleepy

hinterland town. The documentary also highlights the long-term impact of the Aquarius Festival, showing how it helped establish Nimbin as a haven for alternative lifestyles and a centre for activism, with its legacy visible in the region's ongoing environmental and social awareness.

Producer Sam Griffin says, 'Visually this film is so rich, uncovering archives that had never been seen before, from filmmakers who were in some cases using very new forms of technology.' The film has its Byron premiere at BBFF in October and has had a great Festival run so far. The filmmaking team is excited that *Aquarius* is the opening night film at BBFF and playing to a fantastic home crowd. Griffin says, 'It's also a great way to kick off our national cinema release of the film with Madman Entertainment, starting on 14 November.'

BBFF director J'aimee Skippon-Volke says local stories and locally produced work are at the heart of the BBFF's framework this year more than ever. 'The *Aquarius* documentary is the perfect Opening Night film, celebrating what makes the rainbow region so special. At a time when many local people feel that our sense of community has been diminished, I believe our Festival serves as a vital focal point, bringing us together to explore what matters, support our creative community, and reconnect.'

The Opening Night Gala on Friday, 18 October, at Byron Palace Cinemas, promises to be a vibrant celebration of the film's themes. Guests are encouraged to embrace the spirit of the 'Summer of Love' by dressing in their best 1970s-inspired attire and joining fellow dreamers for an evening of nostalgia and inspiration.

This event is not to be missed for those passionate about the cultural history of the Northern Rivers. For tickets and further event details, visit: bbff.com.au

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Community in brief

Byron Bay Hospital Auxiliary by Mary Webb



At the recent AGM of the BB Hospital Auxiliary it was a pleasure to welcome guest speakers from Byron Bay Marine Rescue to give a talk on their activities and to also thank them for supporting the Auxiliary over many years. Terry Sandan and Robert Asquith entertained members with their experiences dealing with various scenarios involving swimmers, the boating fraternity and surfers. During the meeting, Jenny McKellar, Far North Coast Regional representative of the UHA (United Hospital Auxiliaries) presented three members with their long service awards. Congratulation to Joy Taylor, Pat Higgins and Irene Bienne (pictured).

September is always a busy month for members, as planning for the annual Golf Day gets into swing. Members were out and about in Byron Bay knocking on business owners' doors inviting them to contribute to prizes for the Golf Day fundraiser. As usual they were more than generous and it was very much appreciated. The Auxiliary received a gift of a BBQ for the main prize from Bunnings. A big thank you goes to all who helped make this a bumper day in raising funds to support our local hospital with equipment.

It was also a wonderful surprise last month for one of our members, Sandra Flemming, who was awarded Life Membership of the UHA. Congratulations from all your fellow members. Sandra has been a member of the branch for 26 years and at each Christmas market she produces the most wonderful of Christmas cakes and puddings.

October sees two of our members attending State conference, this year being held in Sydney. Feedback after conference gives us an insight into the workings of the other branches around NSW. Our next meeting will be held on Monday 21 October at 2pm at the Byron Bay Services Club. New members are always welcome. Please contact Maureen on ph: 6685 3162.

Farewell from the President of CWA Brunswick Heads by Beverly Masters



Well, it's time to hang up my CWA hat as I step down as President and Publicity Officer for the Country Women's Association (CWA) of Brunswick Heads. For the past two years, I have worked with this talented group of women, meeting inspiring organisations and forming friendships with our dedicated members. I have especially cherished time spent with the Crafty Women who have shown camaraderie and have been a source of inspiration in what it means to be a part of the community and how you can come together to give back.

One of the greatest privileges of my time with the CWA has been our involvement with remarkable local organisations like Fletcher Street Cottage, Wedgetail Palliative Care and the SHIFT Project. Wedgetail Palliative Care does truly heartwarming work, providing compassionate end-of-life care. Their dedication is nothing short of heroic, and it's been an honour that we were able to support their efforts. Meanwhile, The SHIFT Project has shown me what resilience and community spirit look like in action. The impact they've had on the lives

of women facing homelessness is profound. Fletcher Street Cottage is another local beacon of hope – providing crucial support to those experiencing homelessness. Being part of a group that supports such causes has been deeply fulfilling.

I will miss cooking for The Brunswick Picture House, where we plan and make meals for special events, and earn money to give back to the community. The Picture House's support has allowed us to earn money in between our Market Days.

Thank you to our Branch Executives, Vice President Janice Wyness and our dedicated Secretary Mary Webb who has put her hand up to be our next President in October, Treasurer/Property Manager Sandra Pogson and past President Charelle Giobatti who have been of great support.

Thank you to the Crafty Women, who have inspired me to sew again, with lots of handy tips coming from Bev Carbines. And a big thank you to Charla Rallings, *The Byron Wave* Editor extraordinaire, who has edited and published 23 articles for us since *The Byron Wave* first started 23 months ago. It has been a dream come true to see my articles and recipes in *The Byron Wave* each month.

As I move on from this role, I carry with me a treasure trove of memories and lessons learned. While I may no longer be part of the official CWA roster, I will most definitely remain a crafty woman. Ladies, don't be surprised if you catch me sneaking into the Friday crafty sessions. After all, you don't need to be a CWA member or have a title to enjoy good company, tuck into a creative project, have a cuppa and a snack, all for a gold coin donation. Just bring your project and donation to the CWA building in Brunswick Heads on Fridays from 10am–2pm.

All women are welcome and Hall hire is also available. To find out more email: brunscwa@gmail.com



Community in brief continued

Mullumbimby CWA Branch by Diane Giddins



*Pictured: Patron of Mullumbimby CWA branch, Elna Bostock, on her 90th birthday.
Source: Supplied.*

Mullumbimby CWA has had an interesting few months, with a French lunch after our meeting, a successful Land Cookery contest, also catering for an event. Small catering jobs add to our fundraising. CWA Awareness Week in September had a critical focus on domestic and family violence. We had a display at Mullumbimby Ex-Services Club, also wrote of our concerns to our local State and Federal members of parliament. One item we are asking for is further changes to bail laws to better protect victims, particularly in rural and regional areas.

International study is one aspect of CWA, and this year the focus has been on France. Cultural officer Terry McPaul advised us of many famous French figures in history and at our French lunch we enjoyed a quiz on France. Members supplied various tasty dishes on a French theme, from coq au vin to almond croissants. Three of our members joined Brunswick Heads CWA at a live musical performance of *Paris After Dark* at Twin Towns Services Club.

We are looking forward to the announcement of the next country of

study. Whatever it is, a year-long study helps with our understanding of people in other countries and is a contribution to world peace.

As in past years, members decided to give a donation to Medecins Sans Frontieres (Doctors Without Borders). Donations also were given to Mullumbimby and District Neighbourhood Centre for its Women's Resource Service, and to CWA of NSW for Medical Research into pancreatic cancer and to add to the Disaster Fund.

The annual general meeting of Mullumbimby CWA is at 9:30am on 9 October at the CWA Rooms. It will be followed by the usual monthly meeting with a light lunch.

Members are reminded that annual subscriptions are due. For more information about CWA, Contact our Secretary, Jenny Barlow, at email: cwamullum@gmail.com

Brunswick Valley Probus Club by Margaret Newbould

The Brunswick Valley Probus Club Inc. has our meeting on the first Tuesday of each month 10am at the Ocean Shores Country Club. Our September guest speaker was Liara Covert, a Sound Healer who showed us how sound can facilitate reducing stress. Our guest speaker for this month is Linda Cash who will be talking about wildlife of the Falklands. On Wednesday 18 September we had a bus trip to the Tweed Regional Gallery and the Museum. Afterwards we had lunch at The Riverside Tavern. It was a very interesting day.

Visitors are welcome to all meetings and outings so come along for some Fun, Fellowship and Friendship. We have a Brisbane bus trip in January to see *Grease the Musical*. It's a long day but absolutely worth it. For more information contact Secretary, Margaret Newbould on ph: 6680 3316

Connecting Generations Event – 20 October



After a group of 10 retired friends, who formed the Elders Conscious group, met once a month to discuss how they were all feeling about all aspects of aging, it became apparent that loneliness and isolation was experienced by many people in our community. Young families who moved to the area were without extended family or some had partners who worked away from home.

Connecting generations set up a marquee at the local preschool family fun day. Initial contacts were made which was followed up with a picnic where relationships developed organically. This group of community-minded elders is interested in bringing together people of all generations to share in the joys of each generation, offering support and enriching one another's lives. Now a series of intergenerational seasonal gatherings is held in Bangalow.

Come join in the spring event at the Bangalow Bowlo, 20 October from 2:30–5pm. There will be a clown, bush dancing for all ages, craft activities, do it yourself face and body painting and music by Jewel Musica.

Volunteers to assist are very welcome, please contact Ruth on ph: 0413 261 011



The Shire in photos

Sample Food Festival 2024 – Saturday 7 September



*Pictured: Crowds enjoying the sunshine.
Source: Natalie Grono.*



Pictured (L-R): Jordan Staniford, Jason Saxby, Magdalena Roze, Ally Waddell, Jay Elbrihi, and Yasmine Kon. Source: Natalie Grono.



*Pictured: Bonito Peruvian stall.
Source: Natalie Grono.*

Bangalow Boujee Bush Ball – Saturday 14 September



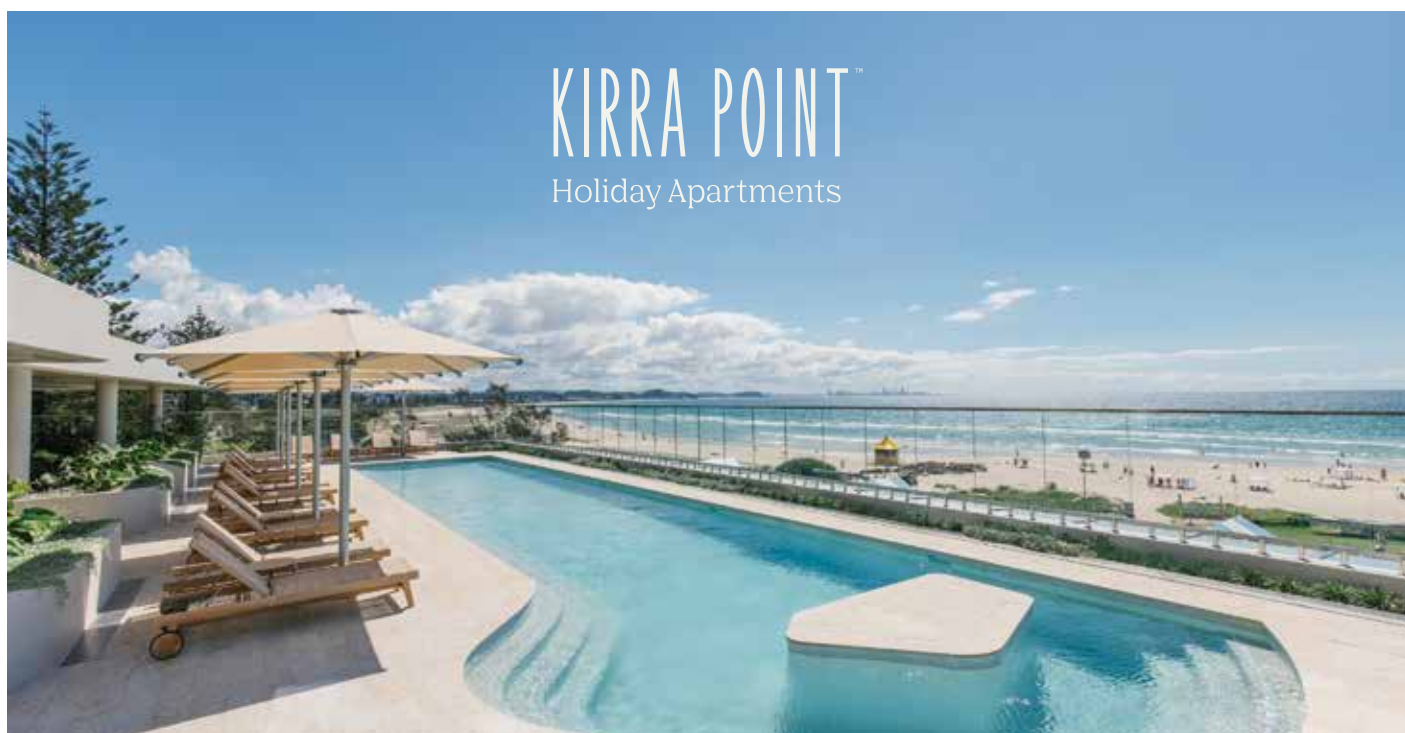
Pictured (left-right): Circus Arts Founder, Belinda Hultgren, with BCCC Director, Kerry Valensteen, riding the mechanical bull.



Pictured: The band, Marshall Vox, had everyone tearing up the dance floor with their timeless covers.



Pictured (left-right): BCCC Director, Kerry Valensteen, Country Category best-dressed winner Kya, and BCCC staffer, Michael Sharmon.



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Community Meetings

Alcoholics Anonymous

When: Various times across the Northern Rivers
Where: Local meetings held throughout the Shire
Contact: AA Byron Shire District, ph: 0401945671, aa.org.au

Association of Independent Retirees

When: 10am first Friday of each month,
Where: Ballina RSL Club
Contact: Bob Taylor, Secretary, ph: 0421 972 192.

Australasian Order of Old Bastards

When: 10am–1:30pm first Saturday of the month
Where: When and where we can – contact us.
Contact: Henri Rennie, Treasurer, email: aoob.nr@gmail.com

Bangalow Lions Club

When: 6pm, second and fourth Tuesday of the month
Where: Bangalow Bowlo
Contact: Greg Nash, President, email: alfred.lodge@bigpond.com

Bangalow Men's Shed

When: Wednesday 8:30am–2pm, Saturday 8:30am–1pm
Where: 26 Station Street, Bangalow
Contact: David Noakes, President, ph: 0403 899 225

Bangalow Quilters

When: 9:30–12:30, second and fourth Thursday
Where: Anglican Church Hall, Ashton St, Bangalow
Contact: bangalowquilters@gmail.com

Brunswick Heads Progress Association

When: 6:30pm, first Monday of the month
Where: CWA Cottage, Park St, Brunswick Heads.
Contact: brunswickheadsprogressassoc@gmail.com

Brunswick Valley Probus Club Inc.

When: 1st Tuesday of the month 10am–12pm
Where: The Ocean Shores Country Club
Contact: Margaret Newbould, Secretary, ph: 6680 3316

Brunswick Valley View Club

When: 10:30am, second Thursday of the month
Where: Brunswick Bowls Club on Tweed Street
Contact: 0424 852 679 or email: thestrongs@bigpond.com

Byron Bay Hospital Auxiliary

When: 1pm, third Monday of each month
Where: Meeting room at Byron Central Hospital.
Contact: Maureen Weir, Secretary, ph: 6685 3162

Byron Rotary

When: 6pm, Tuesdays
Where: Byron Bay Services Club
Contact: Colin McJannett, email: cmcjanett@gmail.com

CWA of Bangalow

When: Wednesday and Thursday
Where: Bangalow CWA rooms, Byron Street
Contact: cwasecbangalow@gmail.com

CWA of Brunswick Heads

When: 10am – 2pm, each Friday with gold coin donation
Where: Corner of Park and Booyun Street, Brunswick Heads
Contact: brunscwa@gmail.com

CWA of Mullumbimby

When: Second Wednesdays at 10am
Where: Cnr Tincogan and Gordon St, Mullumbimby
Contact: Secretary Jenny ph: 6684 7282

Friends of the Libraries

When: General meetings, third Wednesday of every month
Where: 10am Arakwal Room Byron Shire Library
Contact: byronbayfol@gmail.com

Lions Club of Brunswick/Mullumbimby

When: 5:30pm, first and third Tuesday of the month
Where: Ocean Shores Country Club
Contact: Joan Towers, President, ph: 0400 484 419

Mullumbimby Men's Shed

When: 9am–12pm, Fridays
Where: 84 Yelgun Rd, Yelgun
Contact: Geoff Harris, mullumbimbymensshed@gmail.com

Mullumbimby Rotary

When: 6pm for 6.30pm every Thursday
Where: The Sunset Room, Ocean Shores Country Club
Contact: Sue Stirton. Email: susanstirton10@gmail.com

Northern Rivers Day Prostate Cancer Support Group

When: 10am - 12pm, second Wednesday of each month
Where: Alstonville Plateau Sports and Bowls Club
Contact: Robert Corney, ph: 0400 747 630

Ocean Shores Community Association Inc

When: 1pm, second Monday of each month
Where: Ocean Shores Country Club.
Contact: Jan Mangleson ph: 0431 477 445

Repair Cafe Mullumbimby by Shedding Community

When: 1:30–4:30pm, Saturday afternoon
Where: Repair Cafe, Mullumbimby
Website: shedding.com.au

Other monthly events

Northern Rivers Animal Services - Adoption Day

When: 10am–1pm first Saturday of the month
Where: NRAS Rescue Shelter, 61 Piper Drive Ballina
Contact: shelter@nras.org.au, ph: 6681 1860



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The right time to seek a financial advisor

by George Marshall, Morgans Financial Limited



When is the right time to seek a financial adviser?

Navigating the complexities of personal finance can be overwhelming, particularly in a dynamic economy like Australia. Many individuals may wonder when it is appropriate to consult a financial adviser.

While this decision is personal and can depend on various factors, several key triggers can signal that it might be time to seek professional guidance.

Major life changes

Life events such as marriage, divorce, the birth of a child, or nearing retirement can significantly impact your financial situation. A financial adviser can help you reassess your goals and develop a strategy tailored to your new circumstances. For instance, if you're planning to buy a home or send your child to university, an adviser can assist in budgeting and saving strategies that align with these objectives.

Complexity of financial situation

If your financial situation involves multiple income streams, investments in various assets, or complexities such as business ownership, it may be wise to consult a financial adviser. These professionals can provide insights into effective tax strategies, risk management, and investment diversification, ensuring that your financial health is optimised.

Retirement planning

As retirement approaches, the need for a solid financial plan becomes crucial. A financial adviser can help evaluate your retirement savings, discuss pension options, and create a withdrawal strategy that minimises tax implications while ensuring a steady income during retirement. Planning can alleviate stress and provide peace of mind as you transition into this new phase of life.

Investment guidance

If you find yourself overwhelmed by investment options or unsure about how to allocate your portfolio, it's time to seek expert advice. A financial adviser can assess your risk tolerance, investment goals, and market conditions to create a personalised investment strategy. This guidance can be

especially valuable in volatile markets, helping you make informed decisions rather than emotional ones.

Financial goals and accountability

If you have specific financial goals, such as saving for travel, education, or starting a business, a financial adviser can help create a roadmap to achieve them. They provide accountability and regular reviews to keep you on track, adjusting your plan as your circumstances or market conditions change.

Consulting a financial adviser can be a pivotal step toward achieving financial stability and growth. Whether you're experiencing major life changes, managing complex finances, planning for retirement, seeking investment advice, or aiming for specific financial goals, professional guidance can provide clarity and direction. Taking the initiative to seek assistance can ultimately lead to a more secure financial future.



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Protest in Paradise

by Byron Bay Historical Society



In 1992, a wealthy and powerful multinational tourist operator announced its purchase of the old Byron Bay Beach Resort to the north of town. This was Club Med. It constructed holiday villages operating on a model of total self-sufficiency, with seemingly positive financial, and other, impacts on local communities wherever they were established.

First of the town's proposed mega-developments, Club Med planned to build 416 guest rooms catering for up to 1,000 people at a cost of \$85 million. Sited on a fragile section

of coastal wetlands and foreshore, adjacent to the Belongil Estuary and Tyagarah Nature Reserve, the development threatened 33 species of endangered fauna. These included the Little Tern and Wallum Froglet.

Community members of all ages and walks of life mobilised to say 'No' to this proposal. There were those who feared the town being opened up to unlimited development. If approved, the flood gates would be opened to other mega resorts. Environmentalists were angry at over-development on sensitive coastal wetlands. Businesses saw no positives with Club Med dominating commerce in the town, directing profits overseas. A community alliance was formed between businesses, professionals and activists after the DA was lodged in 1993.

In May, a petition with over 7,000 signatures opposing the development, collected by the Byron Environment Centre (BEC), was presented to Byron Shire Council. Council had a conservative majority at the time, and ignored the petition. BEC was subsequently attacked by Club Med alleging libel.

On the eve of the DA's determination, a rally of 2,000 residents opposing the development was held, marching from Railway Park to Main Beach. Next day on 11 November, Council voted 7-3 in favour of Club Med. With that decision, it was decided to launch a challenge in the Land and Environment Court. This was financed by the business lobby group, Byron Shire Business for the Future, representing 72 local businesses. The community utilised the available appeal mechanisms in the effort to reach the desired outcome that galvanised their campaign.

In September 1994, the court overturned Council's deliberation. The development application was ruled void as a Fauna Impact Study was required and this had not been lodged by the applicant. In effect, Byron Shire Council had failed the community in granting consent whilst overlooking relevant legislative provisions.

In October 1994, Club Med lodged a new DA with Council. The Fauna Impact Study was duly completed in 1995. The company's application, however, was never assessed. By 1999 the DA was withdrawn as legislation along with community expectations had changed, and the proposal had no chance of success. The property was sold to Becton, and Club Med left town.

The campaign is of interest for lots of reasons, but especially because it questioned what it wanted for the future of Byron Bay. It drew the line at Club Med style development, as well as defective decision making that ignored stakeholder interests. These issues remain as relevant as ever today.

For more information visit: byronbayhistoricalsociety.org.au

Change is in the air for Bangalow Historical Society

by Christobel Munson



Pictured (left-right): Kids in Billy Cart, meeting hosted in Heritage House, and Bangalow Resilience Network. Source: Supplied.

The Bangalow Historical Society has had a whirlwind year. The museum building itself has become the preferred location for meetings and gatherings for more than 20 local community groups. The Byron Writers Festival held regular workshops and meetings here in the run-up to their annual event and the enclosed verandah space has been rented to the Bangalow Resilience Network, Plan C, a grief workshop, a coaching group, Connecting Generations event, Beacon Laundry, as well as yoga and meditation groups. A number of family events, funerals and birthday celebrations, have also made use of the quiet and convenient verandah space, as well as its audio visual equipment.

The surrounding gardens are regularly maintained by members of Team Piccabeen, who (more or less) 'own' the adjoining 6.6 acre parkland. They continue to enhance and improve the space by selecting native, rather than exotic plantings which are slowly being phased out.

This time last year, the Society was preparing for a six week exhibition of bridegowns and ballroom dresses, popular with all age groups, and by November, the year's final Twilight Market took place in the front gardens.

Important dates – such as NAIDOC week and ANZAC Day – were marked with relevant and carefully curated exhibitions, and periodically, film nights are held, showing the life and times of Bangalow identities. *One Flood, One Family* was a particularly moving account of how one local family dealt with the 2022 floods. To coincide with the Byron Writers Festival, the museum staged an exhibition of the works of writers from the Byron Shire, with particular emphasis on the works of women writers. In April and May, the teddy bear and doll exhibition was extremely popular, especially with primary school aged children. Its highlight was a Saturday morning Teddy Bear's Picnic which also celebrated the Billy Cart Derby, followed in mid-June with a mid-year Craft Market. These are very popular with kids, who can be seen trying out various crafts for hours on end.

But change is in the air. Current Historical Society members have a fresh focus on what they select to display. For decades, the Museum was open to receiving donations of

– for instance – a household's crystal collection, after a loved one died. Previously, it was thought that the museum would be 'just the place' to donate Great Aunt Maud's special collection of antique toothbrushes (or whatever). That is no longer the case and a major spring cleaning effort in early September finished, clearing out countless donations like this to free up space for more relevant displays.

The current six-week display *Uncovering Our Past*, focuses on Bangalow as the gateway to the Big Scrub Rainforest. Exhibitions like this are setting the tone.

The Historical Society had to stand our ground when a suggestion was put to Byron Councillors to install a restaurant in the building, as well as the museum and its exhibits, despite there already being an abundance of cafes and restaurants in the main street of town. Community feedback has supported a low-key focus on the Piccabeen Park precinct, in which the museum is located. Currently, the existing coffee cart outside the museum is popular from 6am – on the days the museum is open – Wednesday to Saturdays. Our Society also made a point of expressing our deep concern to Council that a recent Development Application was approved which permitted a Bangalow wedding venue staging 20 events each year, to be accessed through the Bangalow Cemetery. Although the DA was approved by the (then) Councillors, many Bangalow community members are still hot under the collar at this invasion of a quiet, historical public space.

Our AGM is to be held at the museum on 12 October. Watch our Facebook page for time.

Another DA has successfully processed through Byron Council, and members of the Historical Society, allied community groups such as Bangalow Land and Rivercare, and Team Piccabeen, are looking forward to the arrival of the weekly Farmers Markets likely to start later in the year, once the new Councillors have given it their final nod. Having the weekly Farmers Markets in the entrance road to Piccabeen Park – known unofficially as Wetlands Way – as well as the weekly Library Bus stationed in Ashton Street, and the park precinct will be the place to be each Saturday morning.

For more information visit Facebook:
/BangalowHeritageHouse



Pictured (left-right): Julie Wells and Anne Goslett, Founders of SHIFT. Source: Supplied.

SHIFT Project: holistic recovery for women at risk

The SHIFT Project was born out of a shared vision between Anne Goslett and Julie Wells, who saw critical gaps in housing and support for women, especially in communities like Byron.

Anne, a highly experienced somatic psychotherapist with over 35 years in the welfare sector, had long observed what she called the 'revolving door' of homelessness. 'People come in, use services, stabilise a little bit, and then return to the world, only to find themselves back again six months later. The cycle just repeats,' Anne reflected.

This frustration, combined with a belief that homelessness is a community issue that shouldn't be marginalised, led Anne and Julie to conceive of a program that could offer more personalised, meaningful support. 'It's about education—quality education,' said Julie. 'We need to support people exactly where they are at the time and give them skills that are pertinent to them – not what the service happens to be offering or is available. How can we support people to explore their current life situation, look at where they would like to be, identify the gaps that are in there for them (whether attitudinal or skill) and help fill that gap? So, we wanted to start a program, where we would be able to walk side by side with people until they found their own way of walking. So, we did and 10 years later, here we are, very embedded in the community – which we are really grateful for.'

SHIFT began as a residential education program with the capacity to house up to five people at a time. Over the past decade, the Project evolved, with the establishment of a social enterprise called The Linen SHIFT, which enables employment

opportunities and opens access to the Project to a broader cohort, such as those who may not need accommodation but do need employment support. SHIFT also provides outreach to women who have been a part of the project and moved on to settle independently in the community.

Given that domestic violence is a significant contributor to homelessness among women, SHIFT places a strong emphasis on addressing the specific needs of those who have experienced such trauma. At the core of SHIFT's work is trauma-informed care, led by highly qualified somatic psychotherapists who understand the profound impact trauma has on the nervous system. 'A key part of our work is about helping women settle their nervous systems,' says Julie. 'We provide them with the resources and tools to slowly, gently restore a sense of safety and control.'

This trauma-informed approach is integrated into every aspect of SHIFT's programs, helping women rebuild their lives by addressing physical, emotional, and mental well-being. The project focuses not just on healing, but on reintegration into society. 'We take a holistic approach because you can't address just one part of a person's life and expect lasting change,' Julie explains. 'It's important to help them heal emotionally, develop practical skills, and build supportive relationships – all at the same time.'

SHIFT differentiates itself from traditional crisis accommodation models by offering an educational program that helps women explore and shift their habitual patterns. Julie highlights that the most effective strategies for helping

women regain their confidence and sense of self-worth comes down to being heard and seen.

'It all about relationship – relationship, relationship, relationship. It's so important to listen to the women, let them know that they have been seen and heard, problem solve with them, and share their story – not get them to repeat it over and over again. Some of these welfare systems have become a referral system, so you ring one hotline and they require you to repeat the story every time you get transferred. It's re-traumatising. The most effective strategy is show up and be in a relationship as humans – not as doctor and patient.'

SHIFT's model empowers women to move forward with strength and solidarity. Aside from physical and psychological abuse these relationships can often include financial abuse, coercive control, and isolation. 'We offer financial coaching for the women by setting them up with a professional, where they talk about their goals and how they are going to get them. We also have psychotherapeutic groups in which we have conversations about things that have happened during the week, situations they've experienced, and mindsets the women might have felt and want to shift or change. Then we do some skill work, in which we look at the neurobiology of the brain, how it is functioning, and the mindsets that are operating at the moment. For example, are they growth mindsets or habitual patterns? What are the stories or narratives I've been telling myself? We create a community of connectedness grounded in relationship where we walk alongside the women as they recover.'

One of the clearest signs of success in this approach, Julie notes, is when participants start mentoring each other. 'When the women begin watching out for each other and self-regulating together, it's a significant marker of growth and healing,' she says. Anecdotal success stories are abundant, with 85% of participants experiencing a sustained improvement in their circumstances, and at least 50% moving off welfare to live independently.

Another of SHIFT's key components is integrating participants into the local community through volunteer work and social enterprises like Linen SHIFT. For nearly nine years, participants have volunteered at organisations like Liberation Larder, gaining valuable skills and confidence. The Linen SHIFT program, in particular, has been embraced by the community and the women, boosting their self-esteem.

'By engaging in meaningful work,' says Julie, 'Women are reminded of their capabilities, and spend valuable time with each other, building relationships and learning to trust in themselves again. They love the work, and they are able to support their recovery in an inclusive environment and focus on their education and learning. One success story that stands out is Toni, who came to SHIFT after enduring trauma from violent past relationships. She was determined to reunite with her children and through her involvement with us, she not only regained custody of her kids but also grew into a leadership role at the Linen SHIFT. She proudly said to me the other day, 'I'm now a completely new human being' – and that's the beauty of the Linen SHIFT. The work is ordinary and

no one is seen as incapable. The goal is really to re-humanise the welfare process, that's why Anne and I are working on the laundry floor with them, helping them in the garden, and in the house. There is no separation between us and them - we are a 'we' together.'

Domestic violence and homelessness are widespread issues in Australia. From Julie and Anne's perspective, systemic changes are needed at a national level to better support women and children at risk, as well as more community-based initiatives like SHIFT to contribute to larger conversations and drive change.

'When it comes to domestic violence, it's often the woman who, after obtaining an AVO, is forced to leave her home and seek refuge, while the abuser continues their life without major disruption. We see serious legal consequences for a one-punch assault, but similar severity isn't applied to domestic situations. Why should the victim be the one to flee, while the abuser faces little to no immediate impact? We need better education for our young people, particularly men, to help them identify and address harmful behaviours that can lead to DV, while fostering a cultural shift that promotes accountability and respect. It's also important to recognise that men, too, can experience DV, however, our focus is on the women, and there is an overwhelming amount of them who face this crisis every single day.'

SHIFT has also taken significant steps toward self-sustainability through initiatives like Linen SHIFT, that contributes to the independent financial stability of the Project. However, their biggest challenge remains gaining clients for the Linen SHIFT and staffing, as they currently operate with minimal employees.

'We don't take government funding on purpose because too often, a large portion of that money ends up going to administration. We want to put our resources into what truly matters—the impact work with the women we support. We would like to build a stronger philanthropic network,' Julie shares, highlighting the need for ongoing community and financial support to continue their work. 'We used a lot of our saved funds to stay afloat and keep our women employed during COVID, and again to help with the flood recovery efforts in 2022. We are currently experiencing the tail-end effects of that. We'd love to raise some funds to help with marketing and ongoing costs,' Julie adds.

The ultimate vision is for SHIFT to continue long after the current leadership, creating a legacy that empowers women for generations to come.

'The more we can spread the word, the more people can learn about us. The success of SHIFT is built on relationships and reciprocity within the community, and is the key to our sustainability and long-term success. We have a giving fund for donations, and we would love to have the support of the community. If you know people with philanthropic leanings, please get them to speak to us. This Project is for the community and the more people on board – the better.'

For more information visit: shiftproject.org.au



Pictured (left): Arlian and Karin Ecker, Plastic Free Boy team. Pictured (right): Arlian speaking at Frankfurt International School. Source: Supplied.

Arlian Ecker: Plastic Free Boy

Arlian Ecker, known as Plastic Free Boy, is an 18-year-old Byron Bay local who has been a dedicated advocate for the natural environment since he was just 11 years old. With the filmmaking expertise of his mother, Karin Ecker, Arlian featured as a superhero, Plastic Free Boy, in a 22-minute film, *Plastic Alarm*, which has educated students worldwide about the issues and solutions related to plastic pollution. A passionate and inspiring young leader, Arlian is on a mission to protect the ocean by empowering school students to take ownership of their learning and act as global citizens for a just and sustainable future. At just 13 years old, Arlian was a plenary speaker at the 2019 Asia Pacific Cities Summit and Mayors' Forum. It was here that he realised his mission to save the ocean from plastic pollution could extend beyond local efforts, reaching ecosystems across Asia, America, and Europe. Since then, the mother and son team have continued to engage with global leaders and inspire the next generation of environmental caretakers. *The Byron Wave* spoke to Arlian to learn more about his journey and what is next for Plastic Free Boy.

Firstly, how did you come to call Byron Shire home?

I was born and raised in Byron Bay and this place has been my home for almost my entire life. Growing up here was great, particularly with having my friends close by, and of course, the ocean as my backyard. During primary school, I was never really interested in the typical after school sports. Although they seemed fun and interesting, I was always more drawn to the ocean, and often played for hours in the waves and underwater with my mum who seemed to spend all her time under the surface. Having grown up landlocked in Austria, mum fell in love with the boundlessness of the ocean and eventually became an Underwater Documentary Filmmaker. For over 25 years, she has dedicated her life to capturing the wonders of our oceans and wildlife. She used to take me free-diving and snorkelling at Main Beach before and after school. This was her way of introducing me to our second family, the dolphins, sharks, fish, and turtles. Mum's curiosity defined my purpose: to bring the ocean into people's hearts, not just the waves as a surfer, but the wonderful ecosystem beneath with all its beauty.

Can you tell us more about the experience that sparked your commitment to environmental advocacy?

Growing up in Byron gave me a feeling of safety with its forests and beaches. Within these pristine environments, I never felt the sense of urgency to deal with the Global Plastic and Climate Crises. On my 11th birthday, my mum and I spotted a group of people on the beach watching three rehabilitated sea turtles being released back into the ocean. I felt deeply confused by the experience. I had been swimming with these majestic creatures my whole life in their natural habitat, so, why weren't these turtles in the ocean already? This was the day I woke up to a crisis that affected not just our little town, but Australia and every other continent on our planet. Mum filmed the release with her GoPro and afterwards she took me to the Ballina Seabird and Turtle Rescue Centre – now Australian Seabird and Turtle Rescue (ASTR). Here, I witnessed the rehabilitation of sea turtles who had suffered from Floating Syndrome caused by a build-up of gas in the turtle's body after ingesting a plastic bag or other marine debris. Thankfully, these turtles had incredible help and support from the crew from the ASTR.

Devastated by the effects of our human negligence, I then discovered that when I'm 44 years old, there would be more plastic in the ocean than fish. I couldn't imagine a world like this, and I wanted to use my voice as a young person and inspire my community. I asked if my friends at school would like to make a difference, but their response was not what I was expecting. They seemed to think the animals were stupid for eating plastic and should know better. Upon hearing this, I knew there was something lacking from the conversation. Was it empathy, education, or something more? I asked mum the crucial question that sparked, and defined, the next seven years of my learning journey: how do I motivate others to act? I was empowered to create a superhero out of every child, making them feel powerful not powerless. As a filmmaker, mum offered me an opportunity to use my voice and showcase what I had learned. This is how the Plastic Free Boy was born.

Your mum is an accomplished filmmaker who created and produced the documentaries where you feature. What was it like to make these films with her?

For 11 months in 2017, my mum filmed me participating in beach clean-ups, citizen science/plastic pollution data collection, interviewing marine biologists about microplastics,



and interviewing other like-minded students about their take on plastic pollution and habitat disruption. We also focused on filming solutions, which students in schools could partake in to help our oceans and the animals which call them home. After many late nights of editing, combined with a creative mindset, my mum produced our first documentary together. *Plastic Alarm* is a 22-minute film that I have now presented to over 350 schools and over 1.5 million students globally during the last seven years, with the core message: no one is too young to make a difference. Working alongside her also allowed me to learn about the complex, crucial, and exciting world of communication which is so important for sustainability and global citizenship. The filmmaking process was fun and organic, leading to many great engagements, such as being invited to speak at global events.

What has the impact of these screenings been upon students, and what strategies do you use to empower people to take action?

When I started the Plastic Free Boy project, I was, and still am today, easily affected psychologically by all the devastating effects of climate change. This eco-anxiety is felt by many young people and I know many Byron Shire residents experienced this with the unprecedented effects and damage of the 2019 fires and the 2022 floods. As a Young Change Maker, I know how easy it is for young people to feel powerless in the face of climate change and plastic pollution. However, I was supported to explore and focus on solutions and innovations for a sustainable future. When we as young people work on protecting our planet for future generations, we need to be reminded that our work and actions matter. From little things, big things grow.

As an intergenerational team, we have received many testimonials from students who have expressed appreciation, a sense of empowerment, and a drive to share what they have learned with others. This, and the direct experience of seeing students discover their power, and explore how to be part of creating a sustainable future with local actions that make global impact, is what gives me hope and the drive to continue Plastic Free Boy. Our films are packed with practical and inspiring solutions and my mum has used the power of film and storytelling as a tool for positive change. When students see the films they are always inspired, and more so when they see that I have passionately continued this work. Ever since we started, mum has documented my learning experience, highlighting how an individual, no matter how young, can create impactful global education projects. Whenever I present, I also make sure to share the obstacles that mum and I have overcome as a team and individually on this journey. We encourage students to create their own projects, and not be afraid to face and overcome any obstacles along the way.

You often mention that your generation is the key to change. What unique perspectives or strengths do you believe young people bring to the fight?

I truly believe that we, the younger generations, have an incredible power to make lasting impacts on our society and our environment, locally and globally. From my own journey, I've seen how much we can achieve together. When



Pictured: Arlian with Eye on the Reef citizen science. Source: Supplied.

given the right opportunities, space, time, and support, we bring fresh perspectives, boundless creativity, and a deep sense of urgency to environmental issues. Our ability to think outside the box and work together across borders makes us truly powerful agents of change. I'm deeply inspired by the innovative solutions and projects we come up with while we're still in school. I strongly believe that when we are given the space to think creatively, and the chance to share our local solutions with the world, we can be the driving force behind the systematic change that our governments and corporations desperately need. We have the passion, the energy, and the vision to create a better future. And together, we can make it happen. Especially when we work together and are supported by other generations, communities, schools, and governments.

Can you tell us about your new projects?

I am excited to share our latest Generation NOW! (Intergenerational Collaborations) Global Change Maker Programs with schools, communities and students locally, like Byron Shire, including our ongoing film project: *PLAN B – Solutions to Protect the Great Barrier Reef*. It's about how our planet's future hinges on healthy ocean ecosystems, and it's our responsibility to safeguard them for the generations to come. During filming, I have been privileged to participate in citizen science programs, getting hands-on with coral reef surveying and monitoring, planting trees, and engaging with the Indigenous communities of Far North QLD. Their profound connection to the land and sea has been a source of deep inspiration. We are also working on our current project – filming and documenting this year's coral spawning in the Great Barrier Reef – an event which only happens a few nights a year in October and November. We are inviting the community to become part of this extraordinary natural event. My experiences here have been nothing short of extraordinary. This awe-inspiring ecosystem, the heart of our oceans, has taught me so much. I encourage everyone to take action during this year's coral spawning to secure the survival of the next generation of coral reefs.

Now at 18-years-old, do you feel that your alter-ego Plastic Free Boy has made the desired impact?

Reflecting on my journey so far, I am filled with gratitude for the organic growth of our project. This natural progression has allowed us to remain authentic and true to our values as Global Citizens and Change Makers and as part of Generation NOW! I believe in systemic change that starts with us, using the question of what we can change in collaboration with others. Join us, Generation NOW!

For more information visit: plasticfreeboy.com



Kirra Point Holiday Apartments

reviewed by Milt Barlow

Every now and again you get to visit a hotel that simply blows you away. Imagine if this experience wasn't in a traditional hotel, yet still matched the luxury of a five-star stay. Enter Kirra Point Holiday Apartments, located at Kirra Beach on the southern Gold Coast.

Developed by the esteemed KTQ Group, owners of the award winning Elements Of Byron, the newly opened apartments overlook the wonderful Kirra Beach with northerly views straight up the Gold Coast. Having had the pleasure of previously staying at Elements of Byron I was excited to see if the style, luxury and attention to detail could be replicated by the owners on the Gold Coast. The answer is a resounding 'yes', and then some, with the exceptional experience starting the moment you step into the stunning foyer and its massive soaring ceilings, designer furniture and greenery.

There are plenty of accommodation options here with one, two and three bedroom apartments ranging in size from 71m² to a whopping 200m². We were fortunate to be staying in a premium two-bedroom apartment of 106m², featuring a huge balcony overlooking the beach, a master bedroom with en-suite and a second bedroom with an adjacent bathroom. Access to the balcony is from all bedrooms and the living area - which was just superb; taking up nearly half of the apartment with great lounges, a 65 inch Chromecast TV and dining table adjacent to a separate wine cooler - classy!

One of my pet hates with many apartment hotels is the kitchens which are a struggle to cook a meal in, lacking flatware and cooking utensils. Not so here, with everything in the kitchen being top shelf. Features include a top of

the range cook top, dishwasher, dual oven and microwave, double sinks, massive fridge, filtered water dispenser, and a De'Longhi Nespresso coffee machine. You could easily cook up a great dinner party and it feels homely too. Our apartment also featured a fully equipped laundry with washer and dryer, tub and Dyson stick vacuum cleaner. The fit-out of these apartments is faultless. Bathrooms feature big monsoon showers, large, fluffy towels and Mr Smith body lotions, shampoos and conditioners. Even the carpets are luxurious. In short these apartments put most so called five-star hotels to shame.

And just when you thought it could not get any better, jump in the elevator to level one which reveals a stunning 25 metre heated pool that looks straight up the beach and is accompanied by an outdoor shower, BBQ area, sun lounges and sheltered alcoves for alfresco entertaining. Next to the pool area is an air conditioned gym and there is a hire service for essentials like cots, highchairs, umbrellas and bikes, and the garage is equipped with electric car charging points. Nothing has been forgotten in this wonderful complex.

Kirra offers endless dining facilities with the owners also restoring a local icon, The Kirra Beach Hotel. Take a five minute walk from the hotel and you have some great dining options including Kirra Beach House - located on site, Siblings @ Kirra, great Mexican at Agave Rosa, pan Asian food at Billy Chow's or grab a good coffee and breakfast at Haig St Café. Coolangatta is just a 15 minute easy walk around the corner and you are a 10 minute drive away from Gold Coast Airport.



If you're looking for a great getaway on the Goldie it's hard to go past Kirra Point Holiday Apartments. Rates start at around \$425 per night for a one bedroom apartment, and range up to \$800 per night for a three bedroom deluxe apartment – varying depending on dates and seasons. Compared to what you would pay for a 4 to 5-star hotel this is very reasonable.

For more information, visit: kirrapoint.com.au

Author was a guest of Kirra Point Holiday Apartments.

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Davidson Plum Tart with French pastry

by Beverly Masters



These delightful Davidson Plum Jam Tarts are so delicious with their buttery French pastry and tangy-sweet filling.

Ingredients

- 2 cups of Lighthouse biscuit, pastry and cake flour
- 230 g butter (cold, cut into cubes)

- ½ cup icing sugar
- ½ teaspoon salt
- 1 egg yolk
- Davidson Plum jam
- 1 pear (sliced)

Method

Step one – making the pastry:

1. In a large mixing bowl, combine the flour, icing sugar, salt and cold butter. Use your fingertips to rub the ingredients together until the mixture resembles fine crumbs.
2. Add the egg yolk and continue to mix until the dough comes together.
3. Once combined, wrap the dough in plastic wrap and chill it in the fridge for about 30 minutes.

Step two – roll, shape and fill pastry

4. Roll out the dough on a lightly floured surface to about 3–4mm

thick. Use a round cookie cutter or glass to cut out circles of dough large enough to line the wells of your tart tin or muffin pan. Tip: I put rice in the bottom of the pan and used cupcake liners.

5. Gently press the dough circles into the tart tin, making sure to press against the sides for an even shape.

6. Fill tart with half a tablespoon of jam and a few small slices of pear and top with a small piece of pastry.

Step three – bake and serve

7. Bake on the lower rack for 15-20 min at 180°
8. Reduce the temperature to 160°C (320°F) and bake for an additional 10 minutes or until the pastry is golden.
9. Top it off with ice cream or fresh cream. Enjoy.

On the Cover

photo by Casey Eveleigh



Casey Eveleigh is a fifth-generation Brunswick Heads local and a passionate photographer. With experience in various photography styles, his true passion lies in capturing the beauty of nature. Known for thinking outside the box, Casey seeks out unique angles at each location to create distinctive, authentic images. Committed to keeping the editing process minimal, he believes in preserving the natural essence of every photograph. Casey finds joy in sharing his work and seeing the emotional impact it has on viewers, transporting them to places they may not get to visit.

'I've been blessed to receive many awards and accolades,' said Casey, 'But the one that I'm most proud is the one that's been used on the Brunswick Heads information sign as you drive into the area. After winning the local photography competition, this image has been utilised in numerous places including the Sea Change series they shot in Brunswick Heads.'

'The Brunswick Heads region will always have my heart, and to have my image on a sign that welcomes people into this beautiful part of the world, makes me feel very honoured. I have also dedicated this sign to my Mum, who to me, reflects everything that is Brunswick Heads.'

Casey said that the cover photo was taken with a drone at high tide on the Brunswick River during a beautiful summer day.

'The drone's perspective shows the beauty of the area with its magical blue waters against the lush greenery,' said Casey. 'I love the rich history Brunswick Heads holds, along with its amazing beauty, great sense community, and the overall relaxed vibes.'

To view more of Casey's work visit Instagram: @casey_eveleigh

Following in her family's footsteps

by Kylie McGregor, Byron Farmers Market



Pictured: Georgia Powell at Bangalow Farmers Market. Source: Supplied.

Georgia Powell was destined to become a farmer. It wasn't just the influence of growing up on a farm at Burringbar – it goes much further back than that, in fact, almost nine generations. Her ancestor, Edward Powell, came out on the First Fleet and started farming at Parramatta before moving to the Central West of NSW and then South-Western Queensland. More than 200 years later, the farming gene still runs strong in the Powell family.

'Dad said I didn't have a chance to get away from farming,' Georgia says. While Edward's focus was grain and cattle, Georgia's grandfather and father moved into banana farming when they bought a property in Burringbar in the late 1940s.

At 30, Georgia is the youngest of three and the only sibling to work on the farm full-time. But she says it wasn't always a given that she would end up there.

'Dad has always been in two minds about me following his footsteps into farming,' she says. 'He understands that it's a good life, but a hard life. And he gave me the choice. I went to Uni, studying for a Bachelor of Arts in Victoria. However, I only ended up staying for one year before coming home. I missed being outdoors and on the land. And at that point, Dad was wondering if he should bother to continue with the farm, particularly if there was no one to take over. He thought it might just be easier to get a job. Seeing all that effort Dad had put in, I couldn't live with myself if nothing came of it, so I wanted to be a part of it and to ensure the farm had a future.'

Since then, Georgia hasn't looked back. As well as working on the farm, which converted to organic in 2000 and now grows avocados, dragonfruit and pawpaws as well as bananas, Georgia attends Byron and Bangalow Farmers Markets. In fact, her father, Lance, was one of the original members of Byron Farmers Market when it first started back in 2002.

'I've been coming to the farmers markets at Byron and Bangalow since they first began,' Georgia says.

'I would come and help Dad at Byron during the school holidays because it was on a Thursday. I've almost never missed a market at Bangalow, except for sport when I was a kid, because it's on Saturday. So many of our older customers have watched me grow up, and I've watched customers' kids grow up. The markets have always felt like my second family. There's such a great sense of community and everyone supports each other. I always go home with a buzz.'

Byron Farmers Market is held every Thursday 7–11am at Butler St Reserve and Bangalow Farmers Market is every Saturday morning 7–11am behind the Bangalow Pub.



CIRCUS ARTS-BYRON BAY SCHOOL HOLIDAY PROGRAM

Circus Arts Australia boasts a massive indoor circus venue with an incredible variety of apparatus to learn on. Every QLD/NSW school holidays we run a fantastic holiday program for kids and teens 5–16yrs and pack it with exciting activities that will keep them entertained on a half-day or full-day rotation.

HALF-DAY

Duration: 2.5hrs
Cost: \$45
Time: 9.30am or 2pm

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Duration: 7hrs
Cost: \$85
Time: 9.30am

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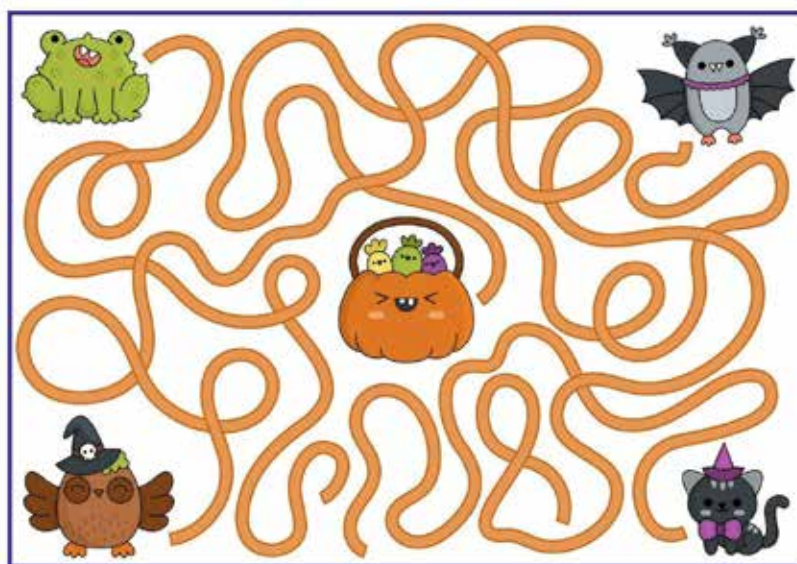
Kids Corner

Jokes

- Q. What do ghosts use to clean their hair?
A. Sham-BOO.
- Q. Why did the skeleton go to the party alone?
A. Because he had no body to go with.
- Q. Why was the mummy so tense?
A. Because he couldn't unwind.
- Q. What do you get when you cross a vampire with a snowman?
A. Frostbite.
- Q. Why don't witches ride their brooms when they're angry?
A. They're afraid of flying off the handle.
- Q. What's a ghost's favorite fruit?
A. Boo-berries.
- Q. What do you call a monster who loves to dance?
A. The boogie man.

Riddles/puzzle

Can you help the animals get to the Halloween treats?



Halloween craft and treats

Crafts



Pine Cone Spider

A perfectly spooky craft for the return of the huntsmans.

Materials

- Round pine cones
- Wiggly eyes
- Brown pipe cleaners
- Scissors
- Hot or PVA glue

How to make

1. Wrap four full-length pipe cleaners around the pine cone to make a total of eight legs.

2. Attach the wiggly eyes with glue to the bottom of the pine cone.
3. Your pine cone spider craft is complete. Use twine for creating spider webs.

Craft from: firefliesandmudpies.com

Treats



Creepy crawly slime cups

Deliciously spooky jelly cups with chocolate biscuit dirt and gummy worms.

Ingredients

- 4 x 135g packs lime jelly
- 1 x pack of gummy worms or other bug themed lolly.
- 2 x 154g packs Oreo biscuits

Method

1. Make up the jelly following pack instructions. Pour a third of the mixture into 12 small glasses or plastic pots. Add a couple of bugs to each pot, then leave to set in the fridge, keeping remaining jelly at room temperature.
2. Once first layer is set, add more bugs to each container (lean some against edges, so they stick out the top). Pour over more jelly and leave to set in the fridge. Repeat with remaining bugs and jelly.
3. For the soil topping, place cookies in a plastic bag and, using a rolling pin, bash into crumbs, then tip onto a plate.
4. Just before serving, sprinkle a layer of soil over each set jelly, then top with a mushroom, a slug and some ants or your choice of creepy crawlies.

Recipe from: bbcgoodfood.com

Sprouts: for queer or questioning kids and their families

by Frieda Herrmann (she/her), Queer Family Inc.



Last month, Queer Family launched Sprouts, an exciting new program designed especially for 8–12 year old kids who are Queer or Questioning, along with their parents and guardians. Sprouts is a unique space where LGBTQIA+ kidlets and their families can come together, connect, and celebrate their identities in a supportive and affirming environment.

Sprouts is the only program of its kind, not only in our region or state, but across the country, specifically catering to younger Queer and Questioning kids and their families. It's a groundbreaking initiative that fills a significant gap in community services, providing a much-needed safe space for children to explore their identities and for families to find solidarity and support.

For Queer teenagers, mental health statistics are dire. Queer people aged 14-24 are 250% more likely to experience a mental health issue than their cisnet peers. Statistics for trans and gender diverse young people are exponentially worse. Offering support and community to these kids from an early age is such an important step in a path towards rectifying these inequalities. Our kids deserve love, connection and safety, and families need to know that they're not alone.

Sprouts is a monthly meetup full of fun and engaging activities, specifically designed to foster connections. Facilitated by qualified youth workers from the Queer community, Sprouts is a space where supportive friendships can be made and identities, however they may shift and change, are celebrated. At Sprouts, you will meet other families who understand and celebrate the diverse experiences of Queer and Questioning kids.

The first Sprouts meet-up was absolutely joyful. Eight children and nine parents attended. There was badge making, rock painting, a treasure hunt, comic reading, Finska, and some impromptu arm wrestling. One kid commented, 'Loved hanging out with my people. Loved everything.' Parents described feeling 'connected and accepted'. One parent said: 'It was so great to see my child taking everything in, other kids that are like them, all the beautiful positive messaging everywhere.'

My child was seeing and reading it all. It is great to see some rainbow love outside of our house'

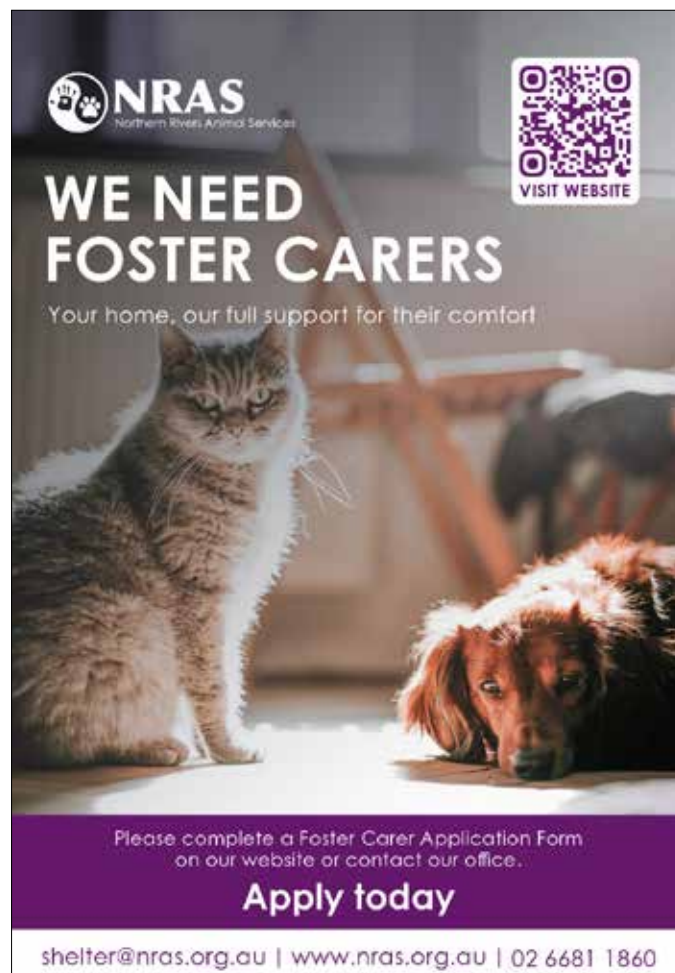
Whether you're looking to find community for your child, find support, or just looking for safe and affirming youth programming, Sprouts is the place to be. Come along and sprout some new connections.

Event Details

Queer or Questioning kids aged 8-12 and their parents or guardians are welcome for a monthly meet-up filled with activities, laughter, and community. Please note, this is not a drop-and-run event – it's time for families to spend together.

For more information and to register, email: sethqueerfamily@gmail.com

Sprouts is made possible through the Social Futures Resilient Kids program. The Resilient Kids Program is funded by Healthy North Coast through a grant provided by the Australian Government.



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What's on at Mullum High?

by Kelly Spilstead, Relieving Principal, Mullumbimby High School



After more than two years of flood remediation work, Mullum High is now ready to showcase our amazing facilities and resources.

The floods were such a huge event for the community, and the completion of this work has brought Mullumbimby High School back better than ever. I am so thrilled with all our new facilities at Mullumbimby High School. From our state-of-the-art performance space, to our catering kitchen, spectacular new hall and stage area, and fantastic new sports facilities, we now have resources that support our school motto: creating opportunities, achieving success. I am excited about what our Mullumbimby High school

students and staff can achieve in these new school spaces. We are taking enrolments now and can arrange a school tour.

Picasso Cow Project

Our Inclusive Education/Special Education Support Unit class, between Yr7 and Yr12, has a range of abilities. Students completed a term of work which spanned multiple curriculum areas. They were in collaboration with the Discover Dairy Team who provided curriculum ideas, lesson plans, an inquiry unit of study and detailed teacher notes. They also arranged for the delivery of our life size fiberglass cow. The students have done an incredible job. The finished cow has

made a great addition to our school lawn.

Good luck to Yr12

Good luck to our Yr12 students about to complete their final HSC exams – you have done the hard work. The next few weeks are bringing it home.

As we farewell our Yr12 students we welcome our next senior cohort and leadership team. With our 2025 School Captains, Monet Shortland (Byron Shire's Young Community Member of the year), and Solomon Wolff. Both students bring an amazing skill set to our School and we look forward to the opportunities that they will create for all students throughout the year ahead.

English assignment turned Young Archie Exhibition

by Cape Byron Steiner School



What started as an English assignment ended up in the Young Archie Exhibition. We are so proud of Class 9 student Kylan, whose portrait of his Poppa was selected as a finalist in the Young Archie portrait competition.

This year the Young Archie's received over 4,000 entries from around the country, across four age groups. Kylan's artwork is one of 15 finalists in the 13-15 age category. His portrait is currently part of the Young Archie exhibition at the Art Gallery NSW, hanging adjacent to the adult Archibald, Wynne and Sulman exhibitions.

Kylan was invited to attend a finalist ceremony at the Gallery over the holidays. It was so special and inspiring for him and his family to get to see his art hanging on the walls of such a prestigious building and to connect with the other very talented young artists from around the country.

Congratulations Kylan.

Celebrating a fantastic Book Week

by St John's Primary School, Mullumbimby



Celebrating a fantastic Book Week by Naomi O'Dwyer

We are excited to share the highlights of our recent Book Week, which was a huge success, thanks to the enthusiastic participation of our students and the incredible support from our parents. Our Book Parade was a true spectacle, with students proudly marching in creative costumes that brought their favourite characters to life. From classic tales to modern favourites, the variety of costumes reflected the diverse reading interests of our students and made the parade a colourful celebration of imagination. The staff embraced the Reading is Magic theme with their costumes from J.K. Rowling's *Harry Potter* series of books. The gold coin donations from the dress-up day help support Story Dogs.

The Book Picnic was another highlight, where families joined students on mats to enjoy reading together under the sun. It was a delightful experience that underscored the importance of shared reading time and created lasting memories for everyone involved.

We were also thrilled to have Minnie, one of our resident Story Dogs, join us at the Book Picnic. Minnie was a hit, with many students eagerly choosing to read alongside her and Sue, her owner. Her gentle presence made the event even more special, helping students enjoy their books in a fun and relaxed setting. Thank you to Sue, Minnie, Angela and Sailor for your continued support in fostering reading in our school.

We look forward to continuing our efforts to inspire a love for reading in our students. Thank you to everyone who helped make Book Week such a success. Check out the photos of some of the amazing costumes created by our students.

Sports St John's by Laura McEvoy

Students from St. John's Primary School in Mullumbimby showcased their athletic skills at the Tweed Zone Athletics Carnival held at Cudgen. The event saw our talented young athletes competing across various track events, long jump, and shot put, demonstrating skill and sportsmanship.

Among the standout performances, special congratulations go to Alariah Weber and Savannah Browning, who not only excelled in their events but also earned their place

representing the Tweed Zone at the Diocesan Carnival. Their dedication and hard work are truly commendable, and we wish them the best of luck as they advance to this next exciting stage of competition.

A big thank you to all the students who represented St. John's with such enthusiasm and determination. Your efforts and sportsmanship make us proud. A special thank you to the parents who spectated, assisted and encouraged our students on the day.



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Excursions galore

by Nicky Greenlaw, Byron Bay Public School



Pictured: Yr5 students at Tyalgum Ridge Camp. Source: Supplied.

Term 3 has been an exciting time for our senior students who have embraced the opportunity to take on new challenges away from home. Our Yr6 cohort had their annual Brisbane excursion where they had fun exploring Australia Zoo, the Planetarium, the Queensland Museum Spark Lab, and Urban Xtreme. Their courage and willingness to try new adventures were on display as they took to abseiling and rock climbing the iconic Kangaroo Point cliffs. Their leadership skills and independence were showcased well as they represented our school in each of these contexts.

Similarly, our Yr5 students enjoyed time away from home on their Tyalgum Ridge Camp where they participated in a range of energetic pursuits. Rock Hopping, Combat Archery, High Ropes, Kayaking, Initiative Games and Spotlight Trivia were just some of the activities on offer. Teamwork was an integral part of the experience and students demonstrated their ability to work together, encouraging each other to complete the course.

Circus Arts in Byron Bay was the chosen venue for our Yr3 excursion. Students enjoyed a fun day as they rotated around eight different activities, making the most of their three-hour session. They flipped, tumbled, climbed, bounced and juggled their way through the circuit with some students choosing to soar through the air as they braved the flying trapeze. It was a day to remember, where students could face their fears and challenge themselves outside of their comfort zone.



Pictured: Book Character Parade. Source: Supplied.

School Bands' success

BBPS Beginner, Intermediate and Senior Bands attended the A&I hall at Bangalow to take part in the Lismore Eisteddfod. Competing against bands from other schools in the local area, each of our three bands sounded fabulous. We were proud to be awarded second place for our Beginner and Intermediate Bands with a certificate for highly commended presented to our Senior Band.

Book Character Parade

A highlight of Term 3 is always the Book Character Parade and this year was no exception. The excitement on students' faces as they paraded around in front of their peers, parents and teachers was a pleasure to watch. There were numerous book characters on display in a dazzling array of colourful costumes. The enthusiasm exhibited by students in the portrayal of their chosen characters was delightful and testifies to the fact that a love of reading and books is still relevant today.

Colour Fun Run

We are looking forward to our first ever Colour Fun Run next term where students will be sponsored to walk, run, skip or hop around the course to raise money for some new and exciting playground equipment. It promises to be a fun afternoon with Chase the Cheetah participating. Donations will be warmly received and can be made at the School Office.

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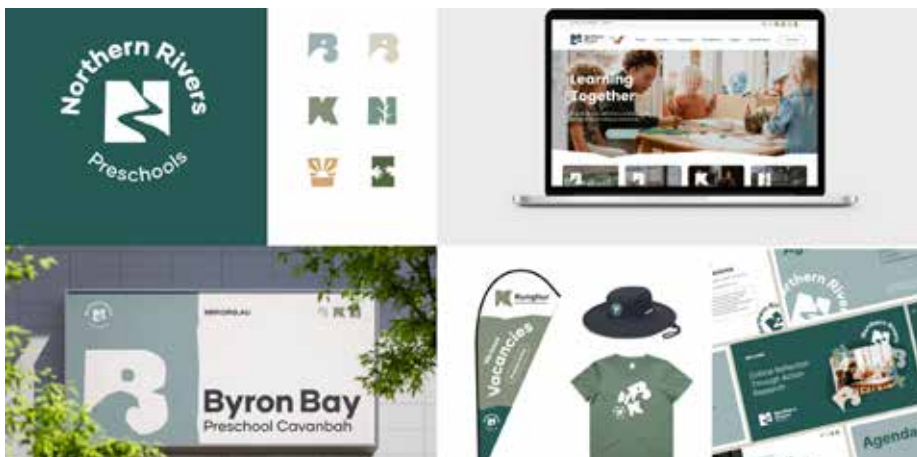




bbff.com.au

Byron Bay Preschool takes on umbrella name

by Charlotte Teague, Northern Rivers Preschools



*Pictured (left-right): New branding across preschool, and kids in front of new Northern Rivers Preschool sign, Byron.
Source: Supplied.*

Northern Rivers Preschools: A new chapter in Early Childhood Education.

For nearly five decades Byron Bay Preschool has providing local families high quality community preschool, nurturing the minds and hearts of young learners since 1976. With a proud history of fostering collaboration, creativity, curiosity in our Byron community, it is now following a new direction.

Mastermind behind the branding direction, James Trapnell, under the alias GaryNotCarl, is a specialist in branding design, content, technology and a parent who understands the importance of valuing our preschool's rich history, whilst modernising the preschool's vision.

'James was instrumental in developing our user-friendly website, individual logos and signage for our three centres, Cavanbah, Byron Bay; Coogera, Suffolk Park; and most recent centre opening this year, Kunghur near Uki,' explains Coogera Assistant Director and Education Leader, Sheridan Waddell.

Aligning with Byron Bay Preschools

strategic vision to find a name that includes all of the organisations programs, GaryNotCarl crafted a visual identity that embodies the transformative, progressive and inclusive spirit for the preschools and programs. 'Drawing inspiration from the playfulness of children's cut paper artworks, elements and colours from the natural environment, the new identity centres around a set of custom brand marks developed to reflect the unique offering that each preschool has while creating consistency across all brand touch points,' Trapnell explains.

As Northern Rivers Preschool embraces this new direction, it remains dedicated to providing a nurturing environment, where children can thrive, families are supported and educators can further their careers as Early Childhood professionals, leading the way in education in Australia.

'The long-standing identity of Byron Bay Preschool is important, and the name will be kept as the name of the organisation's two existing centres, Coogera and Cavanbah, to hold onto this part of our history,' said Bridget Isichei, Director of Northern Rivers Preschools.

Byron Bay Preschool Coogera and Cavanbah centres have recently



been awarded Excellence, the top rating by ACECQA, placing the organisation as the only multi-centre ECEC organisation in Australia to ever become fully excellent rated.

These centres now make up two of only 33 locations to achieve this rating nationwide. This recognition is a huge boost to the team, who work incredibly hard, and this would not be possible without the support of our dedicated children and families.

We regularly use the phrase 'It takes a village to raise a child', which was the inspiration behind our Village Vibes outreach program, offering international programs, parenting courses, weekly parent groups and playgroup. Our goal is to ensure access to high quality early childhood services are inclusive to everyone and these programs are critical in reaching those children outside our current enrolments.

This new umbrella name reflects a commitment to inclusivity of programs within Byron, and those running outside the Byron area. The rebranding aims to create a collaborative network of educational facilities.

We welcome you check out our new website: nrp.org.au.

If you are interested in exceptional early learning for three- to five-year-olds, please make a time via email: admin@nrp.org.au to come visit us and experience the magic of early learning at Northern Rivers Preschools.



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The Chronicles of Eldershaw: a new work

by Drill Hall Theatre Company



Pictured (left-right): Actors Linda Rutledge and Avia Sebasio Ong. Source: Supplied.

The Drill Hall Theatre Company's *The Chronicles of Eldershaw* returns for an eight-show season running from 10–13 October and 17–20 October, with a special fundraiser performance on 9 October supporting Northern Rivers For Refugees.

At the heart of this compelling production is a powerful story of one woman's rebellion against a male-dominated society compiled from information recovered from an old ottoman after her death. Set largely in bohemian Hobart during the 1940s and 1950s, *The Chronicles*



of *Eldershaw* follows Helen, a free-spirited diarist who yearns to break free from the confines of marriage, family, and suffocating social expectations. Helen, a beautiful and vulnerable woman, often embraces a romantic and unconventional lifestyle, sometimes at great personal cost. She attracts the attention of men and women, but to her male companions, she is often seen as tempestuous. The audience follows Helen through moments of epiphany, from the depths of a Tasmanian forest to a windswept Greek archaeological site.

This production is an original stage adaptation of Stephen Edgar's award-

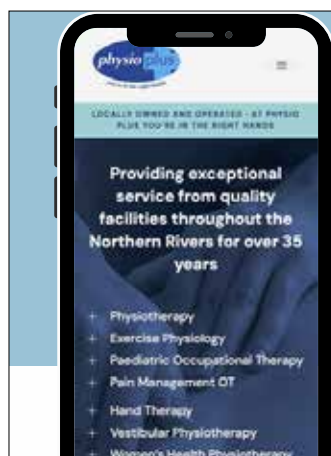
winning verse novel, *Eldershaw*. The Drill Hall production boasts a talented ensemble of actors, dancers, musicians, a mime artist, and physical theatre performers, delivering a captivating experience.

The set, designed by Sunita Bailey, Hielrick Fidele d'Amour, Gregory Aitken, and Leonie Mills OAM, transports the audience into Helen's memory-scape, filled with strange beauty. Her struggle for self-expression continues to resonate with women today, who are still striving for equality.

Two actors portray Helen at different stages of her life: Linda Rutledge embodies memory, while Avia Sebasio-Ong represents Helen in the heightened present. Under the direction of Kate Horsley, this premiere production reveals a fierce lyricism in Helen's journey as she navigates the restraints of patriarchy.

The Chronicles of Eldershaw runs from 10–13 October and 17–20 October, with shows starting at 7.30pm (5pm on Sundays). Tickets are \$36, with a special price of \$21 on 17 October. Don't miss the fundraiser performance on 9 October, supporting Northern Rivers For Refugees.

For tickets and further information visit: drillhalltheatre.org.au



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Breast Cancer Awareness Month

Each October, our nation unites to observe Breast Cancer Awareness Month (BCAM), a vital initiative aimed at illuminating the profound impact of breast cancer on the lives of countless Australians. The National Breast Cancer Foundation is hoping to make this October's Pink Ribbon Breakfast the biggest one yet. Anyone can choose to host a breakfast, morning/afternoon tea, brunch or lunch from the comfort of your own home, at work, in your local centre or hospitality venue. The event will raise funds for world-class breast cancer research and can help stop deaths from breast cancer.

While there's been remarkable progress in the fight against breast cancer, with the five-year survival rate climbing from 76% to a commendable 92% (and still rising) there remains important work ahead. Every day, 57 Australians will receive a breast cancer diagnosis and 1 in 7 women will be diagnosed with breast cancer in their lifetime. Many are facing this

challenging journey every single day, and while the disease mainly affects women, breast cancer does not discriminate and its impact can be far reaching.

Ways to raise funds and awareness this October

- Wear a pink ribbon throughout October to educate and raise awareness. Find events happening near you and get involved. You can even host your own Pink Ribbon Breakfast.
- Help someone you know who has a diagnosis. Have the conversation with the women and men in your life and encourage them to get checked out if they've been delaying. Early detection can make the cancer more treatable.
- Donate money to the National Breast Cancer Foundation or to other charities such as Breast Cancer Network Australia, McGrath Foundation, and Breastscreen Australia Program.

For more information visit: nbcf.org.au

Mental Health Awareness Month



October marks Mental Health Month in New South Wales, an annual initiative led by WayAhead, a mental health organisation dedicated to educating communities about mental health and wellbeing. This year's theme, Let's Talk About It, invites everyone – regardless of whether they have personally experienced mental illness – to reflect on their mental health and overall wellbeing.

Why Let's Talk About It matters

The theme encourages open dialogue about mental health in a variety of settings, underscoring the importance of maintaining good mental health in everyday life. Let's Talk About It promotes inclusive discussions that recognise diverse needs and perspectives. Whether you're speaking with family, friends, or colleagues, these conversations can be a way to share coping strategies, navigate

mental health systems, or seek support and resources.

The beauty of this theme lies in its flexibility. The 'It' component of Let's Talk About It is intentionally open-ended, allowing individuals to discuss the topics most relevant to them – whether that's sharing personal experiences, advocating for better access to mental health care, or simply offering a listening ear.

How to be an Ally

Sometimes reaching out for support is hard, and stigma, shame, and prejudice all contribute to people feeling unable to connect when they're going through tough times. As a Mental Health Ally you can shift the world to be safer and more supportive for people experiencing difficulties with their mental health. Here are some tips on how to be an Ally:

1. Listen with intention

Practise active listening by being attentive to verbal and non-verbal cues. Focus on understanding, not reacting, and respect boundaries throughout the conversation.

2. Ask and check in

Regularly check if the conversation is still comfortable for the other

person or if they're feeling triggered, activated, or dissociated. Simple questions like, 'Is this still okay?' show care and attentiveness. Ask how you can make the conversation more accessible for them

3. Educate yourself

Learn about mental health from people with lived experiences through platforms like YouTube, podcasts, and essays. Understanding different perspectives can help you better support others and dissolve the myths and stigma surrounding mental health.

4. Validate experiences

Show support by validating what others are going through, whether through words or by respecting their boundaries and communication preferences. Listening without judgment goes a long way in creating a safe space.

Finding Support

If you or someone you know is struggling with their mental health, don't hesitate to seek support. There are numerous services available to help guide you through tough times.

For more information on Mental Health Month and resources, visit mentalhealthmonth.wayahead.org.au.



I've lost my denture

by Pearl Denture Studio



What would losing your denture mean to you?

For many people, losing a denture is more than just an inconvenience—it can affect their ability to eat, speak, and maintain social connections. Every day, individuals face this challenge. Whether it's during a swim, a surf, an illness, or due to an accident, trauma, or through domestic violence and coercive control, the loss of dentures is a common issue. This is why we've embraced cutting-edge digital technology—not just for superior denture construction, but for the peace of mind it provides to our patients.

The power of digital technology

Our use of CAD/CAM technology has transformed how we approach denture fabrication. This advanced system takes the treatment decisions and anatomical records of each patient and translates them into a precise, functional dental

prosthesis. What's more, all of the patient's details are securely stored in their Client Data File (CDF). This digital backup allows us to quickly retrieve and 3D print an exact copy of their original denture, which can be used temporarily while a final denture is being made—without the need for additional clinic visits until the final fitting.

Supporting Australia's elders

More people are living with cognitive impairments, including Alzheimer's and dementia. These individuals often require various levels of care, from assisted living to high-level care. For patients with memory or cognitive challenges, losing a denture can be particularly distressing, affecting their ability to eat and even their emotional well-being. This is where digital dentures and the Client Data File offer a unique advantage as we can quickly reconstruct a replacement, minimising the risk of nutritional loss and the stress of being without a denture.

David Smith, Dental Prosthetist at Pearl Denture Studio explains, 'This is an advantage of digital denture technology. Being able to replace a lost denture without the need for a clinic visit is crucial, especially for

patients with cognitive decline. It keeps our elders socially active, involved in activities that are important to them, and supports their nutritional health.' David explains that the advantages go beyond just convenience. 'For families of patients with dementia or Alzheimer's, the stress of dental visits can be overwhelming. Removing patients from their familiar environment and into a clinical setting can trigger anxiety, particularly if they have distant memories of past dental trauma. The ability to reduce this stress and provide them with the care they need through this technology is a game changer for patients and caregivers alike,' said David. 'In today's world, where dental technology has advanced to such a degree, no one should have to suffer the stress and discomfort of losing a denture.'

With CAD/CAM technology and the support of the Client Data File, the studio can now offer an efficient, patient-centered solution that ensures a swift replacement, minimising the impact on the patient's daily life. In short, digital dentures offer more than a replacement—they provide confidence, comfort, and continuity of care.



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Watch out for paralysis ticks now

by North Coast Veterinary Services

Keeping our furry friends safe and healthy is a top priority. One of the most dangerous threats, especially in areas where ticks are prevalent, is tick paralysis. This condition, caused by the paralysis tick *Ixodes holocyclus*, can be life-threatening if not treated promptly. With tick season upon us, we are already seeing too many pets in hospital and dying from this deadly tick bite. Tick paralysis occurs when a paralysis tick attaches to a dog or cat and releases a toxin through its saliva while feeding. This toxin affects the nervous system, leading to a range of symptoms that can escalate rapidly if left untreated. It's essential to recognise the signs of tick paralysis in dogs and cats, and to act quickly to protect your pets.

Signs to watch for

The early signs of tick paralysis can be subtle and may initially resemble other common illnesses. However, they quickly progress as the toxin spreads through the animal's body. Key signs to look out for include:

- weakness and lethargy – pets may seem unusually tired, reluctant to move, or have difficulty getting up
- difficulty walking – as the paralysis sets in, pets often develop an unsteady gait, wobbling or staggering as they walk. The hind legs are usually affected first, but this can progress to all four limbs
- change in voice or bark – in dogs, a change in the pitch or sound of their bark is a common early sign. Cats may have a hoarse or weak meow
- breathing difficulties – the toxin can affect the respiratory muscles, leading to laboured or shallow breathing. You may notice your pet panting heavily or breathing with effort
- vomiting, regurgitation, drooling or excessive salivation – some pets may vomit or regurgitate food due to the weakening of muscles involved in swallowing. Pets may drool more than usual due to difficulty swallowing.

As the condition worsens, pets may become completely unable to move or breathe without assistance. If left untreated, tick paralysis can be fatal, often due to respiratory

failure. If you notice any of these signs in your dog or cat, it is essential to check for ticks immediately. Ticks can be difficult to find, especially in long-haired pets, so a thorough inspection is necessary - vets often have to shave patients to find the paralysis tick. Pay particular attention to areas such as the head, neck, ears, and between the toes, as ticks often attach in these spots.

If you find a tick:

1. remove it as soon as possible – Use a pair of tweezers or a tick removal tool to grasp the tick as close to the skin as possible and pull it out steadily without twisting
2. bring the tick to your vet – Identifying the type of tick can help determine the best course of treatment
3. seek veterinary care immediately – Early treatment significantly reduces the risk of severe symptoms and death. Your veterinarian can administer tick antitoxin serum and provide supportive care such as oxygen therapy and intravenous fluids.

Preventing tick paralysis

Prevention is the best defence against tick paralysis. There are several effective options available such as oral preventatives medications like Bravecto, Nexgard, and Simparica which provide protection against ticks and can be administered easily at home; topical treatments such as spot-on products that are applied to your pet's skin and work to kill ticks on contact; annual injections like the new Bravecto Quantum injection which provides up to 12 months of protection against ticks with a single dose, making it a convenient option for busy pet owners.

Regularly inspecting your pet for ticks, especially after outdoor activities, and staying up-to-date with prevention will help keep your pet safe from the dangers of tick paralysis. By recognising the signs early and acting quickly, you can greatly improve your pet's chances of a full recovery. Prevention, through regular use of tick control products and vigilant monitoring, is key to ensuring your furry friend stays healthy and tick-free.



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Pet of the month

by Northern Rivers Animal Services



Owner: Lucy
Pet Name: Percy
Age: 5 months
Breed: Domestic short haired cat
Nickname: Percy Purrrrrkins
Favourite Food: Beef Mince
Favourite Toy: Pipe Cleaners

What does this pet love?

Drink out of his human's water glasses.

At just three weeks of age, Percy was rescued from a paddock with his little brother who unfortunately, was too small to survive.

In the coming weeks and months, Percy was hand-reared by NRAS Shelter Manager, Amy. He was initially bottle-fed every few hours and therefore spent his days at the NRAS Rescue Shelter either hanging in the office, hiding in Amy's pocket to keep warm or, when he got a little stronger (and cheekier) he would play hide-and-seek in the hood of Amy's jacket.

Why are they a great addition to the family?

We were wanting to adopt a rescue cat and when we saw Percy on the NRAS website we simply fell in love with his personality description and those big eyes.

He has brought such joy to our lives in such a short time and entertains us regularly with his loud purr.

Looking to foster or adopt a companion animal? Drop into the regular Adoption Days at the NRAS Rescue Shelter 61 Piper Drive, Ballina on the 1st Saturday of the month, 10am – 1pm. For more information visit: nras.org.au



Byron Bay's Lawson Street Shops are open

Council is upgrading Lawson Street, between Fletcher and Middleton Streets. The road is closed but **THE SHOPS ARE OPEN.**

Support these local businesses while we work on the road, stormwater drainage, footpaths and parking.

- Boards of the Bay
- Miss Brown Vintage
- Bay Active
- Real Estate of Distinction
- Thrills
- Auguste
- Byron Surf
- Kivari
- Flight Centre
- Atlas Homme
- Byron Deli
- The Bay Seafood Market
- Byron Massage
- Success Thai Food
- The Rocks café
- Aquarius Backpackers
- Your Luxury Escape
- A Perfect Stay
- Jades on Lawson
- Byron Bay Real Estate Agency
- Hibiscus Motel



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Aussie Bird Count: 14–20 October



The 2024 Aussie Bird Count is a fun, all-ages event that invites Australians to step into their gardens, parks, or any outdoor space to observe and count the birds around them. Running from 14–20, you can help provide valuable data to BirdLife Australia and get to know the birds in your own backyard.

The Aussie Bird Count, now in its 10th year, is an initiative by BirdLife Australia, the nation's largest bird conservation organisation. BirdLife Australia has been protecting native bird species since 1901 and uses the bird count data to develop a deeper understanding of bird populations across the country.

How to participate

1. Choose your spot: Spend 20 minutes in any outdoor space.
2. Count the birds: Identify and tally the species you see or hear. If you're unsure, the free Aussie Bird Count app has a field guide to help.

3. Submit your results: Use either the web form or the app to report your bird sightings.

The Aussie Bird Count app is available for android and iPhone devices and functions year-round as a handy bird identification tool.

Each bird count submitted during the event is an entry into the prize draw, which includes a major prize – OM SYSTEM Digital Camera Package valued at \$5,798.

To join in and help protect Australia's native birds or to download the app, visit: aussiebirdcount.org.au.

Byron Shire's war on waste

Byron Shire's fight against litter has been bolstered by a \$420,000 grant from the NSW Government's Environment Protection Authority (EPA). The funding, part of the Litter Prevention Grants program, will support the roll-out of Byron Shire Council's new Litter and Illegal Dumping Prevention Strategy, aimed at reducing waste and promoting long-term behavioural change across the community.

Jordyn de Boer from the Council's Resource Recovery team, stated that litter costs Byron Shire approximately \$1.45 million per year. 'Managing litter comes at a substantial cost to ratepayers, as well as being a health hazard and harming our natural environment and wildlife,' Ms de Boer said.

Byron Shire was one of 16 councils in NSW to receive funding, which will specifically target high-litter areas and focus on plastic waste. A recent EPA study revealed that 81% of litter in NSW consists of plastic items like takeaway food and beverage packaging. Locally, litter monitoring identified balloons, decorations, fishing-related waste, and cigarette butts as major contributors to pollution. Key initiatives in this five-year strategy include community-focused campaigns like Balloon Free Byron Shire and Source to Sea, which aim to cut waste at its source. Council will also collaborate with local businesses to reduce their environmental footprint.

For more information visit the Council's website.

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Launch of the Bruns Riverkeepers Alliance

by Mullum SEED Inc

We are all Riverkeepers – a call to protect our precious waterways

A movement is gaining momentum along the beautiful Brunswick River, inspiring locals to connect more deeply with, care for and celebrate this vital water source. As the lifeblood of many communities in the Byron Shire, the Brunswick River, known as Durrumbul by the Indigenous custodians, flows from the rugged cliff faces of Mount Jerusalem all the way to the sea. Now, more than ever, it's crucial to protect and restore its health. Mullum SEED and partners are excited to introduce the Bruns Riverkeepers, an alliance formed to address the urgent need for collective action to protect this precious waterway.

What is the Bruns Riverkeepers?

The Bruns Riverkeepers is an initiative born from the need for a coordinated effort to care for the Brunswick River, especially after the devastating floods of 2022. This alliance brings together a diverse group of stakeholders—local landowners, Indigenous custodians, scientists, environmentalists, businesses, schoolchildren, and everyday residents—inspired by the idea that each of us can play a vital role in the river's restoration.

The Brunswick River is more than just a body of water; it's a beloved part of the community. Most of us have memories of swimming, fishing, or simply enjoying its tranquil beauty. However, the health of the river is under threat from pollution, erosion, and the impacts of climate change. This is where the Bruns Riverkeepers is involved. By building on existing initiatives and being guided by both traditional knowledge and modern science, the alliance aims to tackle key threats to the river's health. Our vision is clear: to create a future where the river can thrive, ensuring that it remains a vibrant and healthy ecosystem for generations to come.

Collaboration is key

The word 'alliance' is at the heart of this initiative. We believe that real change can only happen through collaboration. By uniting local knowledge, Indigenous wisdom, scientific research, and community spirit, we can address the complex challenges the river faces. It's a huge task, but together, we can make a difference. As part of our mission, we're developing a call to action, based on the idea that 'we are all Riverkeepers' and can take action in our own way to address the key threats and negative impacts on the river. With the involvement of all sectors—local government, environmental groups, businesses, and the public—this alliance can become a driving force for positive change.

Get involved

We invite members of the community to be part of this movement. Whether you're a landowner along the river, a concerned citizen, a creative or simply someone who loves the Brunswick River, there's a role for you in the

Bruns Riverkeepers. This is your opportunity to make a tangible impact on the future of the river and its surrounding ecosystems. Express your interest, sign up to stay informed by visiting: mullumseed.org.au/BRRA

Launch dates

The official launch of the Bruns Riverkeepers is running from the 16–27 October at the Mullumbimby Community Arts Hub. This two-week event, centred around the notion that 'we are all riverkeepers' will be a celebration of the river, an invitation to hear the voice of the river and a call to action for those who want to help care for and restore it. Through engaging discussions, creative and hands-on activities, and a showcase of the groups working on various aspects of restoring the river's health, this community collaboration will explore how we can each contribute to the health of our river. Together, we can ensure its beauty and vitality are preserved for years to come.

To stay tuned for the event program, subscribe to receive your special invitation, or to join the Bruns Riverkeepers alliance visit: mullumseed.org.au/BRRA



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Winter season ends

by Brunswick Byron Netball Association



Pictured: The Mullumbimby Giants, Senior Division 1 premiers for 2024. Clare Bissett (first left) was player of the match. Source: Supplied.

The 2024 winter netball competition has drawn to a close with an exciting day full of Grand Finals played across all divisions. The games were followed by the Brunswick Byron Netball Association 2024 presentation.

What a day it was. All clubs: Byron Bay, Bangalow, Ocean Shores and Mullumbimby; were represented in a grand final game and all clubs succeeded with at least one premiership to be proud of this year. The main game of the day was the Senior division 1.

After a tight tussle against Byron Bay, a great display of skill and loads of cheering from the sidelines, Mullumbimby finished the game as the 2024 premiers. Clare Bissett was named player of the match for her amazing display of athleticism, honed ball skills and sheer determination.

The Association was very proud to present three hard working volunteers with a life membership. This is the greatest honour to be bestowed on an individual.

Congratulations to Sue Keough, Rebecca Towers and Julie Ryan. Many thanks to the newly inducted Life Members for their time and dedication.

In the meantime, the social Twilight season for mixed and female teams has commenced. Players are having fun and keeping fit with less serious netball on Wednesday evenings.

Volunteer – BBNA needs you

The Netball Association is completely run and operated by volunteers. The work of each volunteer contributes to The Association's success season after season, year after year.

Without coaches, managers, administrators, umpires and fund raisers at club and association level, there would be no netball. Many thanks to those who contribute, you make netball happen.

Like many other volunteer groups, netball has a core group of particularly hard working people. Many in this core group are overworked and in danger of burn out. This is not sustainable. More volunteers are required to lighten the workload and secure the future of netball.

The AGM will be held soon and it would be wonderful to see new faces in the mix. Why not put your hand up, volunteer, make new friends and contribute to the well being of our community's young people.

If you have skills in book-keeping, please volunteer, the current Treasurer is unable to continue in the role. The Association is also in need of a Vice President and Secretary.

Brunswick Byron Netball Association Inc prides itself on being fun, safe and inclusive while promoting netball in the Byron Shire. For more information and to make contact visit: brunswickbyronnetball.com.au

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GIRLS ALOUD!

by Bangalow Tennis Club



The Bangalow Tennis Club enjoys a vibrant and inclusive environment for our local community to connect, play social tennis or step up into competitive play. One of our junior tennis players, Georgie, recently completed Tennis NSW's Learn 2 Lead Program where she discovered a 2019 Australian Youth Confidence report showed by the age of 17, 50% of girls had dropped out of playing

regular sport due to self confidence, lack of support, or access to positive environments.

Under the guidance of Tennis Legend Casey Dellacqua – Grand Slam Mixed Doubles Winner, no less – Georgie created a local all-female event called GIRLS ALOUD! to promote tennis as a fun, inclusive and social space for girls, women, non-binary individuals, and those identifying as female, of all ages to connect in a supportive and all female environment.

The Club's Vice President, Bernie, mentored Georgie, and with financial sponsorship from the legends at The Bangalow Bowlo, the event was launched on Friday 30 August with around 40 people attending (including

one family with three generations of tennis players on court).

With good music playing there was an hour or so of fun social tennis games led by a wonderful all female coaching team and the courts were filled with laughter and encouragement. With a short break for drinks and refreshments there was more competitive play for those who were keen, whilst others chatted and socialised in the Club house.

The Club hopes to run another GIRLS ALOUD! evening next month, if you're keen to be kept in the loop drop the Club an email: bangalowtennisclub@gmail.com or follow the Facebook page: [/bangalowtennisclub](https://www.facebook.com/bangalowtennisclub)



northernriversmedia

Magazine Editor Role

Expressions of Interest
Connected to the Northern Rivers community?

If this sounds like you, email your CV/background details to:

Kate Parry (Managing Editor)
editor@theballinawave.com.au

Northern Rivers Media is inviting expressions of interest from creatives who are connected to the Northern Rivers community

Role Overview:

As an Editor at Northern Rivers Media, you will be responsible for researching, writing, and sourcing hyper-local content from the Northern Rivers region, to develop and deliver a monthly publication that showcases the people, places, and events of the community. This is a contract/part-time role.

Responsibilities:

- Research and write compelling local stories
- Source and curate content relevant to the Northern Rivers community
- Develop and deliver a monthly publication to non-negotiable deadlines
- Collaborate with the Managing Editor and other team members

Required Skills and Qualifications:

- Journalistic or editorial experience
- Proficiency in InDesign; Photoshop skills are an advantage
- Excellent communication and organisational skills
- Strong connections within the local Northern Rivers community
- Ability to work independently and manage your time effectively

Reporting to: Managing Editor

If you are passionate about local stories and have the skills to bring them to life, we would love to hear from you.

#lennoxewave #ballinawave #byronewave #burleighwave



The art of Assholery

with Billy Bob Thoughtson



Source: [duckliving421](#).

The other night I was watching that classic Waldorf Salad episode in *Fawlty Towers*, where American tourist Mr Hamilton, is afflicted with hotel rage. He rips into hotel owner, Basil Fawlty (John Cleese), saying: 'You're gonna stay here, nice and quiet, while these people (the other guests) say whether or not they're satisfied with your hotel. And you move off that spot, Fawlty, I'm gonna bust your ass!'

Basil sheepishly replies 'Everything's bottoms to you Americans, isn't it?' Shortly after, when Basil is left alone with the guests, he stalks them and walks away muttering, 'this is typical. Absolutely typical... of the kind of...ARSE!'

It's clear bottoms can be a soft and polite descriptor, but when you're really fired up it's time to use the more colourful and vulgar word arse (or ass if you're a Yank). I've realised that in Australia, we use the word arse all the time. Here's a quick anecdote about an Aussie smart-arse, renowned as a kick-arse entrepreneur, who worked his arse off for someone else, but ended up arse-about in a cheap-arse start-up company at the arse-end of town. Of course he didn't give a rat's arse about what people thought, and told his former boss to stick-it-up-his-arse. He then fell arse-over-tit in love with his new business partner. What an arsey bastard.

I could go on but I'm sure you get the drift. I love that phrase 'arsey bastard'. The British define the word arsey more as moody and bad tempered, but we veer towards very lucky. Of course, there is one Aussie legend who I would describe as the arsiest bastard of all

time. He was competing at the short track speed skating (2002 Salt Lake City Winter Olympics) trailing behind the other competitors. On the final turn, all four of the leading skaters fell on their arses. Stephen Bradbury OAM, four time Olympian, who was well behind, avoided the pile-up and skated past to cross the finish line first. The manner of his victory was so audacious, it spawned boos from the American crowd and a new term was added to the dictionary: 'to do a Bradbury'.

Apart from booing at our only Winter Olympics gold medalist, the Yanks just love removing 'r' from English words. Arse becomes ass, curse becomes cuss, and so on. The British have the opposite problem, particularly those refined southerners who tend to add 'r' where none exists. So words like bath are pronounced barth and castle becomes carstle. They also do it at the end of a words, particularly those finishing in a vowel. Sofa becomes sofar, and vanilla becomes vanillar. These cases give the speech a posher more refined tone, but every time I hear it, I can only think of Pru and Tru from Kath and Kim who speak in highly exaggerated upper-class Australian accent.

Anyway I digress. I can't write about English bottoms and American asses without mentioning elbows. If you're pretty useless at something, the Brits would say 'you don't know your arse from your elbow'. The exact origin of the phrase is unclear, but some say it's from the military when soldiers would dig ditches and sergeants would shout: 'All I want to see are arses and elbows.'

The Americans also love to use the word asshole, but as with most vulgarities, uses of the word were common in speech for some time before their first appearances in print or film. In the 1970s, *Hustler* magazine featured unliked people as 'Asshole of the Month'. The article was accompanied by an illustration depicting the criticised person's head emerging from the anus of a donkey, well, an ass really. If you didn't already know, donkeys are

sometimes call asses. A female ass is called a jenny, and a male ass is called a jack – or a jackass.

Anyway, in 1994, American comedian Denis Leary had a huge hit with the classic song *I'm an Asshole* which reached No. 2 on the single chart here, and was also voted No. 1 on the Triple J Hottest 100. More recently in the US there is an intellectual field best described as 'asshology' which is the study of the assholes who seem to be everywhere. There are academic texts, documentaries and commentaries on the precise definition of assholes, how to identify them, how their behaviour has been normalised, how to get rid of them, and even a guide for surviving assholes in your workplace (and life).

On the subject of assholes, America is on the precipice of a monumental presidential election. There are some who say there is one candidate in particular who is at the apex of American arseholery. A short description would go something like: a man with no real empathy for anyone; he insults and belittles everyone; lies constantly; is only interested in getting the maximum prestige for his ego; and he doesn't think that any rules or laws apply to him. Any due-diligence against him is labelled presidential harassment. I think you know which entitled asshole that is.

Speaking of trump cards, when I sent this article to the Editor, I asked her if she knew the difference between a donkey, an ass, and a jackass? She replied, 'a donkey stands in a field, so does an ass, and you'll find the jackass in the mirror'. She also demanded I apologise for my crimes against the English language. Apparently my excessive use of Americanisms were vulgar, quite grotesque, and could offend certain readers. I told her: 'I worked my ass-off, hoping to make you and the readers laugh your ass-off, but you keep riding my ass.' Surprisingly, I heard nothing back. If there are any complaints, I guess it's her ass on the line – not mine.



This Month

with Milt Barlow

At the movies

October promises a great line up of new films, kicking off with *Joker: Folie A Deux* (3 October). This eye popping musical psychological thriller is a sequel to the 2019 flick *Joker* with Joaquin Phoenix reprising his role and Lady Gaga playing his love interest, Harley Quinn. This is one to see on the big screen with Phoenix and Gaga making a riveting duo.

Each day headlines seem to be dominated by Trump, Trump and more Trump, and whilst they may not be 'eating the cats and eating the dogs and eating the pets' audiences will be lined up to see *The Apprentice* (10 October). After a lukewarm reception at the Cannes Film Festival, struggling to find a US distributor and dealing with potential law suits, the film is no Academy Award winner, but it's worth a watch for another take/recap on the potential next President. Sebastian Stan (*Pam and Tommy* and *I, Tonya*) plays Donald Trump with an excellent performance by Jeremy Strong (*Succession*) as Roy Cohn.

Changing the pace completely is *Memoir Of A Snail* (17 October). An Aussie made, stop-action animated tragic comedy, it is billed as adult so be careful with the kids and grandkids. It is nicely done with some great Australian talent lending their voice to the film including Sarah Snook, Eric Bana, Magda Szubanski, Nick Cave, and Jacki Weaver.

Action fantasy horror is the new hot genre and if you want to be totally exhausted, then *Venom: The Last Dance* (24 October) will be perfect for you. Starring the wonderful Tom Hardy who returns for the third and final film in the Venom series, it's Marvel Universe at full throttle and is definitely one to catch on the big screen.

If a 'thinking person's film' is more for you then check out one of my favourites for the month - *Lee* (24 October). Based on a true story with Kate Winslet in the leading role, it tells the tale of a fashion model who became an acclaimed war correspondent for *Vogue* magazine during World War 2. It's a terrific story that had a tortured journey to the screen, taking nearly eight years to make due to precarious funding issues, which at one point caused Winslet to pay all the cast and crew wages from her own pocket – such was her belief in the film.

On the couch

October sees (finally) some great new series coming to streaming with a highlight being *A Very Royal Scandal* (Prime). The three-part series revisits the BBC interview that led to the demise of Prince Andrew's royal reputation.

The big one not to miss is *The Penguin* (Apple TV), which stars a brilliant and unrecognisable Colin Farrell in the lead role. The story goes that Farrell spent 3 ½ hours in makeup every day to transform himself into The Penguin for the series that follows on from 2002's *The Batman*. Don't miss this.

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OCT 10



THE
APPRENTICE

OCT 17



MEMOIR
OF A SNAIL

OCT 24



VENOM: THE
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October crossword

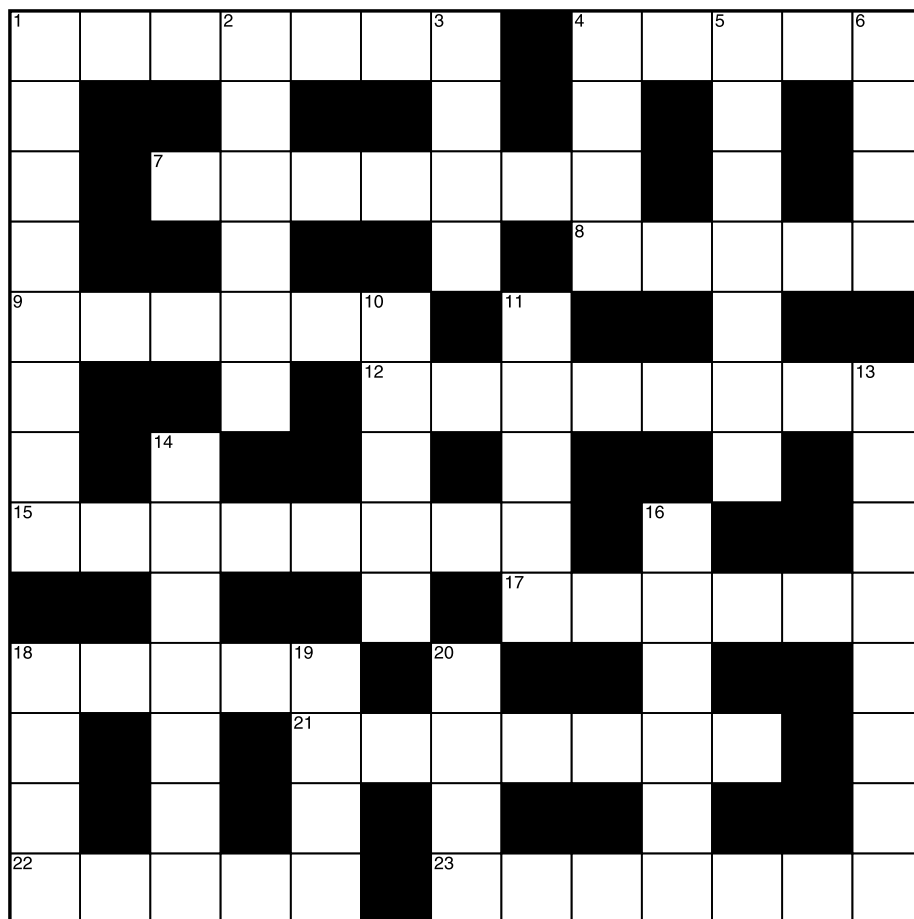
© Lovatts Puzzles

Across

1. Raise petty objections
4. Florida city
7. Happened (upon)
8. Surpass
9. Sanctuary
12. Made angry
15. Assess
17. Took (baby) off bottle
18. Lunches or suppers
21. Childhood disease
22. Watery hail
23. Fine particle

Down

1. Repeatable (of speech)
2. Witness
3. Inscribe
4. Manner
5. Gum sore
6. Teen hero
10. Italian fashion & design hub
11. Spiral pin
13. Task-completion date
14. Verve
16. Comprehend (4,2)
18. Small rugs
19. Indecent material
20. Auld ... Syne



Riddle me this

A wealthy family lived in a big circular house. They had a maid, a butler, and a gardener. The parents were going to a party, so they tucked the younger kids into bed and kissed them goodnight. They said goodbye, then went to the older kids and kissed them goodnight before leaving for the party.

When the parents came home, all the kids were gone—they had been kidnapped. The authorities ask the butler, maid, and gardener what they were doing at the time of the kidnapping.

The butler says he was organising the library. The maid says she was dusting the corners. The gardener says he was watering the plants.

Who is lying and actually kidnapped the kids?



TIM MILLER
REAL ESTATE

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Tricky Trivia

Climate edition



1. What natural Australian landmark is particularly vulnerable to climate change and has experienced significant coral bleaching due to rising ocean temperatures?
2. Which international agreement aims to limit global temperature rise and reduce greenhouse gas emissions?
3. Which iconic glacier in Greenland is known for its rapid melting and contribution to sea-level rise?
4. What term is used to describe the gradual increase in the Earth's average temperature due to human activities?
5. Which forest is often referred to as the 'lungs of the Earth' because of its role in producing oxygen and absorbing carbon dioxide?
6. Which renewable energy source is generated from the movement of water, such as rivers or tides?
7. What major environmental disaster, heavily influenced by climate change, affected Australia in 2019–2020, burning an estimated 18 million hectares of land?
8. Which country is known for having a high percentage of its energy coming from geothermal sources due to its volcanic activity?
9. What is the name of the effect where urban areas experience higher temperatures than their rural surroundings due to human activities and infrastructure?
10. Which type of ecosystem, characterised by permafrost and low vegetation, is particularly vulnerable to climate change?
11. What is the term for the practice of planting trees to absorb carbon dioxide and help combat climate change?
12. Which greenhouse gas, often emitted from livestock and agricultural practices, is more potent than CO₂ in trapping heat?

Book review

by Jenny Dowell



Pheasants Nest by Louise Milligan

This is an abridged version of the review published by Richmond Tweed Regional Library.

For the full review, visit: rtrl.nsw.gov.au

You may recognise Louise Milligan's work in the world of investigative journalism, but this, her first novel, is in the crime thriller genre.

In *Pheasants Nest*, Kate, a Melbourne journalist who writes about violence against women, is in a new relationship with Liam, a medical negligence lawyer. He of course is the prime suspect when Kate disappears. Unconvinced that the VIC or NSW police are doing their jobs, he and Kate's friend Sylvia, try to find her. As a reader, we know from page one that Kate has been sexually assaulted and abducted. She is bound and gagged, fearing for her life. Her destination is Pheasants Nest on the M1. From page one, it is obvious that this book is written by someone who knows how to write. There is nothing superfluous, repetitive, or heavy-handed about this novel. It is witty, engrossing, and simply excellent. If you enjoy crime thrillers, this is a fine examples of the genre.



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Horoscopes

by Patsy Bennett - patsybennett.com



Aries

The solar eclipse on the 3rd coupled with the Aries supermoon on the 17th will usher in a fresh start in your love life. So singles, be prepared to meet someone new, and couples, schedule in together time! Keep an eye on expenses, or consider putting in place a foolproof budget.



Taurus

A potentially abundant career cycle begins in October, but you must avoid overwork, as you are likely to be busy and/or in demand. Early October will be perfect for creating more fun and creativity in your life, including romance, so ensure you schedule dates and activities you love.



Gemini

The solar eclipse on the 3rd will mark a key turning point in your personal and domestic life. Look for ways to feather your nest and enjoy good company. Jupiter turns retrograde in your sign on the 9th, bringing the opportunity to reconnect with past adventures, people and places.



Cancer

October is a romantic month, so if you are single, be adventurous, outgoing and attend events. Couples will appreciate the chance to nurture your relationship. The supermoon on the 17th will highlight where in your general direction, career and projects you could be more proactive.



Leo

The solar eclipse on the 3rd will kick-start a fresh chapter in your finances. You may experience a financial boost. You'll be particularly drawn to spend time with someone special and an ego boost is likely. You could make a valid personal or work commitment, so be sure to investigate options.



Virgo

You'll appreciate the opportunity to turn a corner in relation to a group, friend or organisation, even if a little upheaval takes place first. An agreement could improve your finances, if not your self-esteem at the least. You'll enjoy a fun break, study outcome or trip, so take the initiative.



Libra

You may need to make a tough call concerning work, health or your personal life early in October, so ensure you research your options carefully. The supermoon on the 17th will highlight where more balance is needed in your personal life - and at work if you were born after the 17th.



Scorpio

You may be tempted to overindulge in October, so be sure to put priorities in perspective. A fresh work and health schedule may appeal early in October so be prepared to be flexible. Mercury enters Scorpio on the 14th, suggesting a busy two weeks at work, via travel or paperwork.



Sagittarius

The solar eclipse on the 3rd coupled with the supermoon on the 17th brings a busy time, both at work and at play, and so balance will be needed. You have the opportunity to create a harmonious home life which will fuel well-being. Avoid misunderstandings and conflict on the 3rd, 6th, 27-28th.



Capricorn

October is likely to be transformative at work. You'll gain the chance to make valid commitments that could take you into fresh territory. Just be sure to avoid idealism and investigate your options carefully. Some lucky Capricorns will be able to take a holiday or improve your usual daily routine.



Aquarius

Early October could bring changes at home or with family, so be prepared to invest more time and energy into these areas. You'll enjoy a short break, a trip, a change at work, romance and the arts. You'll also gain the chance to improve your finances and/or health, so be sure to take the initiative.



Pisces

A welcome or unexpected development early in October could fast-track your projects but you must think long-term in relation to shared concerns such as joint finances and shared duties or space at work and at home, as you can now improve these areas, and establish a fresh status quo.



Crossword solution

September

U	S	U	A	L		C		C		T		P
N			S		B	R	E	A	K	A	G	E
P	A	S	T	A		A		D		L		A
A			I	C	E	B	R	E	A	K	E	R
C		S		T				T		A		L
K	E	E	L	O	V	E	R		S	T	A	Y
		P		R		L		E		I		
Y	E	A	R		S	K	Y	D	I	V	E	R
E		R		D				D		E		O
L	E	A	D	E	R	S	H	I	P			B
L		T		C		I		E	A	G	L	E
E	L	E	G	A	N	C	E		Y			R
D		S		Y		K		A	S	S	E	T

Trivia answers

Climate edition

1. The Great Barrier Reef
2. The Paris Agreement
3. The Jakobshavn Glacier
4. Climate change
5. The Amazon Rainforest
6. Hydropower
7. The Black Summer bushfires
8. Iceland
9. Urban heat island effect
10. Tundra
11. Afforestation
12. Methane (CH₄)

Riddle me this

Answer

It was the maid. The family lives in a circular house, so technically, it doesn't have corners.

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To find out more email milt@northernriversmedia.com.au or call Milt on 0412 461 559



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Introducing Elisma

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