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Community news for Byron Bay and surrounds

Issue 12 | November 2023



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Dear Readers,

Welcome to the November edition of *The Byron Wave*. As the festive season approaches and the year races to a close, I invite you to find a tranquil moment to unwind and delve into the community stories we've gathered for you.

This month, we are privileged to share the remarkable life of centenarian Joyce Rankin. Her wisdom, resilience, and enduring dedication to the CWA have left a lasting mark on Byron Shire. We also turn our focus to the future as we examine Council's Housing Options document, which sheds light on how to refresh the Shire's Residential Strategy. As Remembrance Day approaches, we also pause to reflect on Byron at war, and the impact of the conflict on our shores.

As always, there is something for everyone within these pages. May these stories inspire you and highlight the vibrancy of our wonderful Shire.

Until next month,

Charla Rallings, Editor.

### Contact us

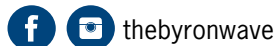
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### Acknowledgement of Country

*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.

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3 2 2 854m<sup>2</sup> **Price** Contact Agent

## Ballina 61 Norton Street

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Boasting a sought after address in one of Ballina's most-loved precincts, this single level property is a stone's throw from scenic riverwalks, beaches, restaurants, and shops. Showcasing a refined contemporary aesthetic, the home is given excellent street appeal by its original façade and mature gardens.

- Exquisite timber floors and lofty ceilings are found throughout the property, along with a fresh modern colour palette that encourages maximum natural light.
- Retaining many original character features, the home has been sympathetically renovated and includes many new modern additions such as the main bedroom with walk in robe and lavish ensuite.
- All bedrooms have dual aspects providing excellent light and vistas.
- Lovely wide verandahs surrounding the home provide that perfect area at any stage of the day, in any weather conditions.

*Steve*

Call Steve Leslie M 0413 833 077  
P 02 6686 1100 E [steve.leslie@harcourts.com.au](mailto:steve.leslie@harcourts.com.au)



5 4 6 2108m<sup>2</sup> **Price** Auction

## Lennox Head 41 Greenfield Road

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*Shane*

Call Shane Tasker M 0431 191 323  
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# Find out what your property **IS WORTH** in today's market

For a complimentary property report call Steve 0413 833 077  
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**What:** Byron Community Market  
**When:** Sunday 5 November  
**Where:** Railway Park

The market this month is proudly supporting local charity Goonengerry Landcare, who protect and enhance regional ecosystems. There will also be a range of market stalls, food, and live music. For more information visit: [byroncentre.com.au](http://byroncentre.com.au)



**What:** *Songs of the Land* by Penelope McManus  
**When:** 11 November – 9 December  
**Where:** Lone Goat Gallery, Byron Bay

*Songs of the Land* is an exhibition that captures the mystery and wonder, through painted depictions of local wetlands, creeks, rivers and oceans around Byron Bay, on Bundjalung Country. For more information visit: [lonegoatgallery.com](http://lonegoatgallery.com)



**What:** Author talk with Suzanne Leal  
**When:** Thursday 16 November, 6pm  
**Where:** Lone Goat Gallery

Suzanne Leal is a Sydney based writer and lawyer. Her most recent novel, *The Watchful Wife* was chosen as Allen and Unwin's lead title for July, 2023. Event hosted by Friends of Libraries Byron. Tickets and info: [byronbayfol.com](http://byronbayfol.com)



**What:** Remembrance Day Memorial Service  
**When:** Saturday 11 November, 10:45am start  
**Where:** Memorial Gates, Marvel Street, Byron

Byron Bay RSL Sub-Branch will be holding a memorial service to remember those who died or suffered for Australia's cause in all wars and armed conflicts. Further information: [byronbayservicesclub.com.au](http://byronbayservicesclub.com.au)



**What:** Theatre under the stars with *FLOW*  
**When:** 16–25 November  
**Where:** Maclean Showground and Lismore Quad

Told through dance, poetry, video projection, spoken word and music, *FLOW* is a yarn about Yaegl country. *FLOW* is a free outdoor event held in two stunning locations. Tickets and info: [norpa.org.au](http://norpa.org.au)



**What:** ADFAS film night: *The Best Offer*  
**When:** Monday 20 November, 6pm – 6.15pm  
**Where:** A & I Hall, Station Street, Bangalow

Starring Geoffrey Rush, this psychological thriller follows an eccentric auction house director hired by a mysterious young heiress to sell a collection of art and antiques. Tickets and info: [adfas.org.au](http://adfas.org.au)

## Monthly Markets

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

## Weekly Farmers Markets

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

## Byron Twilight Markets

Every Saturday, Railway Park, Byron Bay  
Between 4pm – 9pm, until April 2024

**For more information visit**  
[visitbyronbay.com](http://visitbyronbay.com)

## The Shire in a snapshot

### **Councillor Ndiaye elected as Deputy Mayor and honoured in NSW Awards for Women**

Cr Sarah Ndiaye has been elected as the Deputy Mayor of Byron Shire Council for the next 12 months. Serving her second term on Council, Cr Ndiaye is well-known for her passionate and tireless advocacy for Byron Shire.

Cr Ndiaye was also recognised by the 2023 Ministers Awards for Women in Local Government, winning the prestigious NSW Government's Elected Representative Award – Regional/Rural. The announcement was made early October in NSW Parliament House. Cr Ndiaye said she was honoured to receive the award and grateful for the opportunities that have opened for her by being an elected member.

She said, 'Local government can definitely be challenging but it is a sure way you can have a positive impact on the community you serve. Whether it's small changes like getting more accessible pathways and facilities for young people, or the bigger picture objectives like affordable housing and effective wildlife corridors, they are real changes that have an impact on people's lives and the environment we live in and seek to protect.'

For more information visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)

### **Free desexing for cats in the Byron Shire**

Byron Shire Council, in collaboration with Pets for Life, RSPCA NSW, and the NSW Government, is pleased to announce a free desexing program for cats in the Byron Shire. With the arrival of warmer weather, the initiative aims to reduce unwanted kittens.

Cat owners interested in the free desexing program can find more information on Council's website. This initiative is particularly recommended for those willing to adopt stray cats or kittens. Availability is limited, so act promptly.

For more information visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)



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### **60 day cap on STRA**

Byron Shire Mayor, Michael Lyon, has welcomed the New South Wales (NSW) Government's decision to support the Council's proposal for stricter regulations on un-hosted short-term rental accommodations (STRA). The plan includes capping STRA stays to 60 days per year in most parts of the Shire. Planning Minister Paul Scully's announcement aligns with recommendations made by the NSW Independent Planning Commission (IPC) earlier this year. While the Council initially proposed a 90-day cap on STRA in most areas of Byron Shire, with some precincts allowing year-round rentals, the IPC recommended a 60-day cap for the entire Shire, with a pathway for developments permitting 365-day rentals.

Minister Scully's decision combines elements from the Council's and IPC's positions. The Planning Minister acknowledges the shortage of permanent housing in Byron Shire and the adverse effects of STRA on people's ability to secure stable, long-term accommodation. This recent announcement forms part of a comprehensive government response to the Council's planning proposal.

'We now need to take some time to review and digest this information and start planning for the implementation of the changes which will take effect from September 2024,' Mayor Lyon said. 'We have always said that regulating STRA will not solve the housing crisis in our Shire, but it will increase the pool of long-term rental accommodation which is so vital for people, especially key workers and those on lower incomes.'

For more information visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)

### **Byron Bay Wildlife Sanctuary now registered as a not-for-profit**

In a momentous stride toward safeguarding native Australian animals and fostering education, the Byron Bay Wildlife Sanctuary has officially been restructured as a not-for-profit charity organisation by the Australian Taxation Office.

General Manager, Amanda Gorvin enthusiastically embraced this transformation, marking it as the 'next chapter' in the Sanctuary's evolution. 'The reformation coincides beautifully with the Sanctuary's second birthday, further underlining its commitment to wildlife welfare, and marking another step away from its former life as The Macadamia Castle.'

This transition also means that every dollar generated from retail, hospitality, and visitor experiences can now be reinvested into the betterment of animal welfare. This includes the creation of new animal enclosures, school education programs, interpretive displays, or interactive experiences that enlighten visitors about the cultural and ecological significance of native species. Notably, this shift allows visitors and residents alike to engage with wildlife, safe in the knowledge that they are contributing to a registered charity.

For more information visit: [byronbaywildlifesanctuary.com.au](http://byronbaywildlifesanctuary.com.au)





# New flood relief grants for Northern Rivers



Tamara Smith, Member for Ballina and Greens MP, has welcomed the NSW Government's allocation of \$12.6 million for vital flood infrastructure repairs. The funding, supported in part by the Federal government, benefits projects in the Ballina Electorate, including the Mullumbimby Ambulance Station, Byron Bay Town Centre Drainage, Empire Vale Public School, Wardell Public School, and Cabbage Tree Island Public School.

Tamara also highlighted the importance of climate action emphasising, 'Being able to repair and improve public infrastructure after a natural disaster

is essential work, as is building homes that are as fit as possible for the future on a warming planet. Without mitigation and planning, the cycle of climate-fuelled natural disasters that our communities are locked into will continue to dispossess and cost the taxpayer over and over.'

The funding represents a significant step towards post-flood recovery and climate resilience in the region.

### Byron to benefit from \$9 million in Government grants

Byron Shire Mayor Michael Lyon welcomed over \$9 million in grants from the Australian and NSW Governments to address the 2022 flood-related damage. This funding includes \$7 million for the Byron Bay Drainage Strategy and \$2.03 million for improving community facilities.

The \$7 million will enhance Byron Bay's drainage system, addressing low-lying areas and stormwater flow to the ocean and Belongil Creek.

Byron Council received four grants from the Australian and NSW Government's 2022 Community Assets Program:

- improvements to the Mullumbimby Recreation Grounds carpark (pavement and drainage) – \$903,594
- upgraded pathway at Mullumbimby Heritage Park – \$500,000.
- new pool filters at Mullumbimby Pool – \$187,386
- improvements to the south car park at the Cavanbah Centre – \$437,341.

For more information visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)





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## Red capes on Red Frogs



From Saturday 25 November to Saturday 2 December, school leavers will descend upon Byron Bay and other celebratory hotspots, to commemorate the end of their schooling journey.

Schoolies Week is considered a rite of passage by many and entails a carefree week of parties, festivities, and newfound freedom for countless young Australians. It's also a time when young people are exposed to risky party culture, which is often dominated by alcohol and substances, and has the potential to lead to harmful behaviors and situations. Thankfully, the Red Frogs will be on the ground in Byron Bay to provide a helping hand to ensure the safety and well-being of school leavers.

Founded in 1997 by Andy Gourley who recognised the need for a designated sober person at parties, Red Frogs Australia has been providing direct relief, safety, and support to young people during Schoolies Week.

Red Frog volunteers act as the eyes and ears in accommodation venues and out on the streets, providing a positive peer presence to school leavers. They also provide safe walks back to accommodation, host pancake cook-ups, offer emotional support through what can be a challenging week, and operate a 24/7 hotline. Of course, they will also be handing out the signature Allen's red frogs – a staggering eight tonnes Australia wide.

Red Frogs know that excessive consumption of alcohol and other substances can often get out of hand and potentially alter the direction of a young person's future. They have a range of tips for school leavers, parents, businesses and communities on how we can all make Schoolies Week as safe and enjoyable as possible.

If you are a young person who will be celebrating Schoolies Week in Byron Bay, keep your eyes out for the Red Frogs. They are there to help you and genuinely care about your well-being during this milestone moment.

School leavers can find 16 great tips on how to survive Schoolies Week at: [redfrogs.com.au/programs/schoolies/schoolies-survival-tips](http://redfrogs.com.au/programs/schoolies/schoolies-survival-tips)

## Wild Aid 2023 a wild success



*Pictured: The Cruel Sea. Source: James Morgan.*

On Saturday 21 October, Byron Bay's very first Wild Aid charity event was held at The Green Room, Byron Events Farm with The Cruel Sea headlining the benefit after a 10 year hiatus. The purpose of the event was to raise funds for Byron Bay Wildlife Hospital (BBWH).

The event began at sunset with MC Arj Barker warming up the crowd and introducing Delta Kay for the Welcome to Country. Live music was provided by local Byron Bay artist, Jez Mead, who opened and was followed by local band Loose Content.

Peter Noble OAM, Bluesfest Festival

Director, began the speeches saying a few words about the importance of supporting native wildlife, with BBWH Founding Patron Biggy Pop, the feathered bestie of the godfather of punk, the one and only Iggy Pop, also appearing on the big screen with a message of support.

The BBWH team was next with Dr Stephen Van Mil, CEO of BBWH, thanking the tireless efforts of his team, the event organisers, the businesses that donated time, money, and auction items, and of course, Tex Perkins who made the event possible.

'After our funding was revoked, Tex Perkins reached out and said he wanted to do a benefit for the wildlife. Even today, before the event, our team was out in the bush fire zone in Tyagarah helping recover injured wildlife,' said Stephen. He then finished by saying, 'We are going to make this a yearly thing, so in 20 years time you can tell your grandkids that you were there for the very first Wild Aid in Byron Bay.'

Auctioneer Rob Doorey, and Principal Damien Smith from Ray White Byron Bay, energised the crowd with a live auction. All auction items were donated by businesses and exceeded their retail value.

Winner of the Cape Byron Distillery tasting experience with Tex Perkins, Tanya said, 'I bought this for my wife, Josie, she loves The Cruel Sea. We are deeply disappointed in the NSW Government for their lack of support for our wildlife, it's not okay. Save the turtles, bin your butts, and pick up your bloody plastic – it's not hard.'

After the auction, solo artist Adalita serenaded the crowd with her beautiful voice. The Cruel Sea then took the stage with a fantastic show that thrilled the crowd with some classic Aussie Rocker antics.

The event was a great success with the BBWH raising close to \$100,000 for the cause. For more information or to donate, visit: [byronbaywildlifehospital.org](http://byronbaywildlifehospital.org)



# Improving the health of the Shire with Rotary

by Joanne Winwood, Byron Bay Rotary



It's no secret that Shire residents suffer more than their share of life's challenges. That's why everything we do as Rotary Byron Bay is for the betterment of others, including mental health. Life is particularly tough without good mental health; conversely a tough life sure takes its toll on our mental state. That's why we love to get behind wonderful services that help people overcome adversity. Here's what we've been doing.

Last month, following a heartfelt presentation by Byron Community Centre's General Manager, Louise O'Connell, Byron Rotary members unanimously agreed to donate \$7,000 to Fletcher Street Cottage to help secure its wonderful services for those doing it tough.

We're also proud to be associated with Rotary's No to Domestic Violence campaign in partnership with NSW Police.

Mental wellbeing starts early, so we're delighted to now be sponsoring Body Bloom in Byron Bay, a school based program for teenage girls. A staggering 50% of teenage girls report deep concern or anxiety about body image, often leading to poor confidence, eating disorders, relationship issues, self harm and more.

Healthy communities are strong communities and our Club is hosting a visit from Rotary's MHERV (Mens Health Education Rural Van) on 8-9 November. Men are notorious for not checking 'under the hood' only to later drop dead in a paddock. In fact, 41,000 men die every year from preventable disease. MHERV is a no fuss, drop-in, free medical check service from a registered nurse in the Van that Can, that has helped thousands of men since 2017 and saved the lives of almost 500 men

who were in immediate danger of heart attack or stroke when they visited.

MHERV is now open to everyone (not just men), takes just 10 minutes and is completely confidential.

Drop in between 9:30am and 3:30pm, in the Services Club Car Park, 132 Jonson Street, on 8 November and Bowling Club Car Park, 19 Carlyle Street, on 9 November. Remember to tell your friends and family so that everyone can get a clean bill of health.

Do you – share our passion for helping those doing it tough amongst our community? – agree with us that youth are the future and want to give them a better chance in life? – care about community health? – want to service the community? – use your skills and expand your networks? If 'Yes' is the answer, why not come to one of our meetings and see what we are all about on Tuesdays, 5:30pm, Byron Services Club.

For more information visit:  
[byronbayrotary.org.au](http://byronbayrotary.org.au)  
Facebook: @Byron Bay Rotary Club

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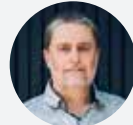
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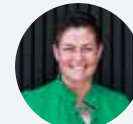
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Dr Michael Facek  
Orthopedic Surgeon





# Bangalow Show

by Anne McClelland, Show Secretary



Photo by Maralyn Hannigan.

Each year in November, the Bangalow Showground comes alive for two days with the sounds of livestock and the chatter and cheers of entertained locals. This year is the 122nd Bangalow Show and runs from Friday 17 – Saturday 18 November.

First established in 1897, the Bangalow A & I Society prides itself on bringing to the community an opportunity to showcase local agricultural pursuits with the Bangalow Show. The event is a chance for local agriculturists to showcase their livestock, produce, and their animal husbandry talents. The theme is Family this year and attendees are encouraged to check out the stage display and try to spot someone you know from the artworks submitted by local kids and their families. The Pavilion, as always, will be filled with everything you can imagine that can be made, baked or grown and it's always fabulous to see

how talented the community is. It will be open for viewing from lunchtime Friday and all day Saturday.

There are many exciting not-to-be-missed events occurring so be sure to stay up to date with our latest program.

## Friday

We recommend starting your Friday early and catch the action in the Working Dogs Trials. The event is guaranteed to make you 'ooh' and 'aww', and it's always a joy to see these dogs doing what they love. There will also be Led and Ridden classes on the horses, Show Jumping and the Campdraft. Stan Ceglinski will be there with his woodworking stall so you can learn about bushcraft and maybe have a go yourself.

After school there is the hugely popular Children's Pet Parade at 4pm in the Scarrabolotti Ring. So be sure to get them washed, groomed and ready to go – the pets too. Steve's Reptile World will be hosting some incredible reptile shows, and a mobile farm from Amazing Animals to You will be on site Friday and Saturday for kids and families to visit.

This year we will also have a band playing on Friday evening so make sure you hang around for world class musicians, Hubcap Stan and the Sidewalk Stompers.

## Saturday

Saturday begins with a full day of horse, cattle, and poultry competitions. All the usual events are back including the Stockman Ironman competition, Dog High Jump, a Farm Kids Challenge and so much more.

Don't forget to find out the winner in the hotly contested Tart of the Show competition either. This year's tart is lemon and blueberry. Official opening is set for 2pm with Bangalow Herald Bush Poet's Prize and the Bang Burger Bar 'Big Bang Bite' eating competition to follow in the Village Green.

Main entertainment for Saturday is the guys from 2UP Entertainment – set to wow with their horsemanship hijinks. Helly Hoops will be entertaining on Saturday, as well as the usual fun for the kids on the Village Green.

The Moller Café, Lions Bar and BBQ and food stalls along with Sideshow Alley will be open all weekend so come on down for some fabulous entertainment – there's something for everyone. As per tradition, we will finish off the Show with a spectacular fireworks display.

For more information and registrations visit: [bangalowshow.com.au](http://bangalowshow.com.au) or email [bangalowshow@outlook.com](mailto:bangalowshow@outlook.com)

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## Bush fire preparedness: ready for the season



After an extended period of wet La Niña weather patterns, El Niño is making an active appearance for the first time in eight years. There are many impacts associated with this particular hot-and-dry climate driver, but the threat of severe heat, reduced humidity, and high winds is most concerning, with the potential to create a catastrophic bushfire season. After experiencing an extended period of rainfall, which has encouraged high fuel loads, the Northern Rivers region has been zoned as having increased fire risk. Despite some

recovery in stocking rates, extensive areas still bear the weight of high grass loads.

For those residing in parts unaffected by the 2019-20 fires, notably in regions along the coast and the ranges, high forest fuel loads pose a significant concern. In contrast, areas that bore the brunt of the 2019-20 fires are experiencing fuel recovery, thanks to favourable growing conditions over the past three wet La Niña years. However, the severity of those earlier fires has reshaped the regrowth dynamics. While some parts, like shrubs, are regenerating more rapidly, others, such as surface and canopy fuels, accumulate at a slower pace. Ongoing monitoring is essential as fuel loads in these areas approach expected levels.

David Henry, President of the Byron Bay Rural Fire Brigade says, 'We have seen the impact of these hazards in the past week when the Bayshore Drive fire threatened the North Byron Hotel, the Habitat Precinct and properties to the north and west of that location, before jumping control lines and heading north into Tyagarah Nature Reserve where it did extensive damage. At this time, it has been contained



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south of Brunswick Heads. This fire illustrates the level of risk we face in the current season. Everyone must observe precautions and report fires as soon as they see them. Permits are required for all fires and fires are prohibited on all beaches.'

Amidst these potential fire hazards, bushfire preparedness is paramount. Follow these four simple steps to ensure you and your property are ready for the bushfire season:

### Step 1: Discuss

Initiate a family discussion on what to do if a bushfire threatens your home. Sharing thoughts and strategies, especially over dinner when everyone is present, fosters preparedness.

### Step 2: Prepare

Take proactive measures to safeguard your home from bushfires. Simple actions, like maintaining low grass levels and creating cleared areas around your property, can make a significant difference. Keep your gutters clean and if your property is overhung instal a gutter guard to keep leaves out. Make sure your house number is displayed prominently so firefighters can find it in the dark or in smoke. Consider how close a large fire truck can get to your property.

### Step 3: Know

Familiarise yourself with the bushfire alert levels and the current and predicted fire danger ratings for the Far North Coast at: [bom.gov.au/nsw/forecasts/fire-danger-ratings.shtml](http://bom.gov.au/nsw/forecasts/fire-danger-ratings.shtml)).

In the event of a fire in your area, you can find the alert level on the NSW Rural Fire Service (RFS) website: [rfs.nsw.gov.au](http://rfs.nsw.gov.au) and the Hazards Near Me app. Staying informed about the alert level is crucial in determining the appropriate response.

### Step 4: Keep

Keep essential bushfire information numbers, websites, and the smartphone app at your fingertips. In the midst of a bushfire, staying updated on local conditions is vital for your safety and the safety of your community. If fires are close, have a carry bag ready with vital documents and cherished possessions. Plan a safe escape route and have your vehicle pointed in that direction. If you are advised to evacuate, please follow the instructions from firefighters and police.

Being prepared and vigilant during bushfire season is our collective responsibility. Let's take action to safeguard our homes, loved ones, and communities from the bushfire threats that may lie ahead.

For more information visit: [rfs.nsw.gov.au](http://rfs.nsw.gov.au)

## Christmas Cheer in the Bay: volunteer call-out



New Byron event, Christmas Cheer in the Bay, is calling on enthusiastic volunteers to help rekindle the community's festive spirit this season. Coordinator Stephanie Rake says, 'We are planning a wonderful series of family events in the lead up to Christmas and we plan to transform Byron CBD into a festive wonderland.'

'We need volunteers. So, if you can spare a little or a lot of your time, your contribution will be invaluable. We need creative thinkers, event volunteers, and community helpers. Bring your enthusiasm and bright ideas to the table as we work together to spread Christmas cheer throughout our town. Let's create a vibrant and festive atmosphere in Byron, making this Christmas the brightest one yet.'

Volunteer offers will end 14 November. To get involved, and for more information, contact Stephanie Rake, via email: [christmascheerbb@gmail.com](mailto:christmascheerbb@gmail.com)

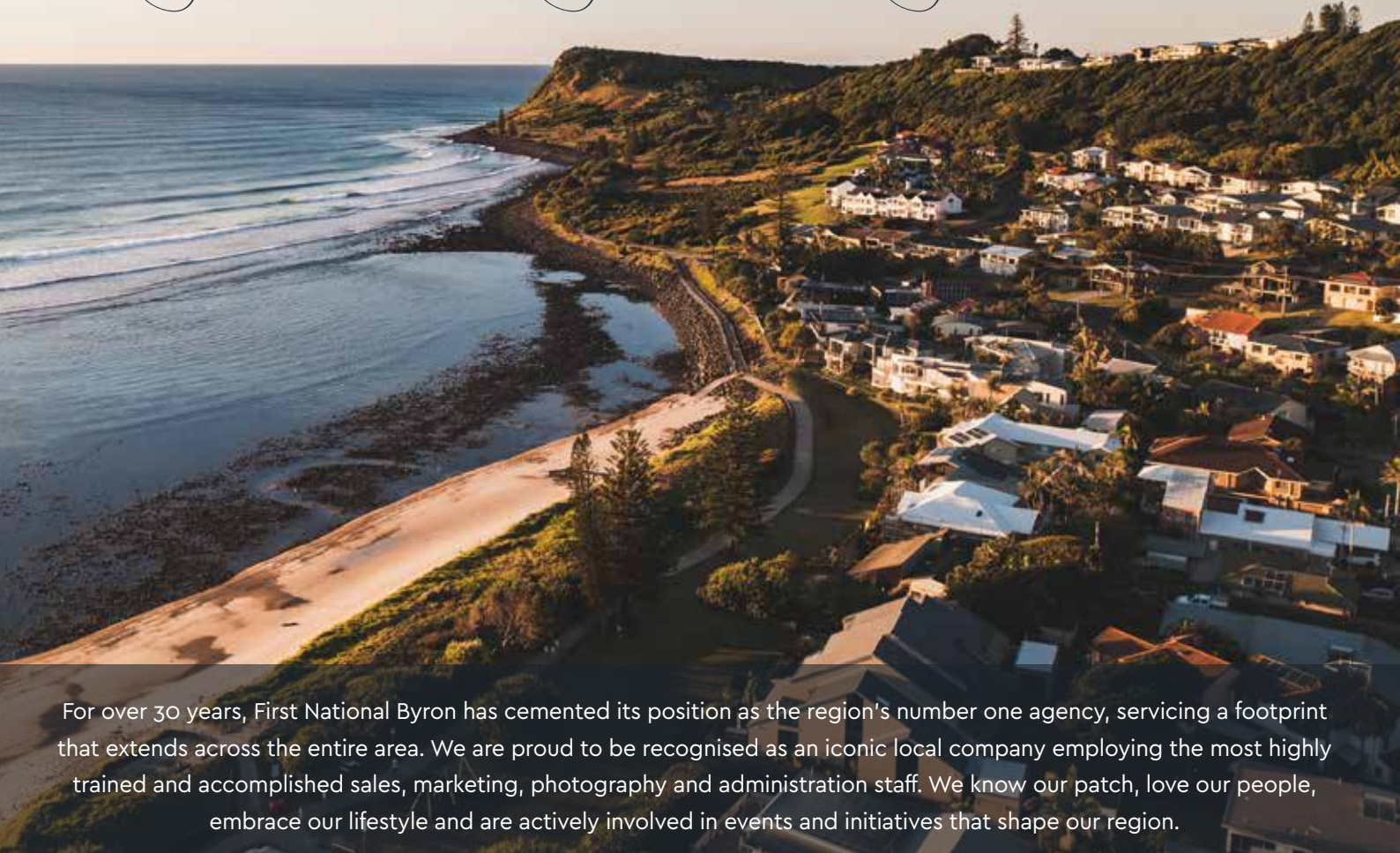
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## Bring it Back Bruns sets a nation-wide precedent



*Pictured: Reusable containers at Rosefina's Place.  
Source: Rosefina's Place.*

The Brunswick Heads community is celebrating the success of the Bring it Back Bruns litter reduction campaign. Funded by a generous grant from the NSW Environment Protection Authority, the Bring it Back Bruns campaign set out to tackle the pervasive issue of litter and single-use waste.

Patrons who visited participating businesses were encouraged to return their reusable containers to the shops or dispose of them in the designated public collection bins. The items were then collected by Green My Plate, for thorough washing and reuse. This groundbreaking six-month trial, the first of its kind in Australia, resulted in the diversion of almost 6,000 take-away items from landfill.

Josie Richardson, owner of participating business Rosefina's Place, said, 'Bring it back Bruns was a huge success for us. During the course of the trial period we significantly reduced our waste. As we are technically only a takeaway venue, we might empty our bin two to three times a day, or more during summer. The bins are filled predominantly with cardboard plates and plastic cups. It's very disconcerting to watch how a little business like ours can produce so much landfill. I'd estimate that during our participation in the program we were able to reduce our bin waste by 75-85%.'

The efforts of the Brunswick Heads community resulted in the collection and washing of 2,907 reusable items from the public collection bins. An equal number of items were returned and cleaned by the participating businesses, further demonstrating the project's effectiveness.

Sarah Child, Council's Resource Recovery Strategy and Engagement Officer, expressed her delight at the positive outcome of the campaign, highlighting a significant reduction in takeaway litter by 30%, as indicated by litter surveys conducted before and during the trial.

'Because this is the first time in Australia that anyone has run this sort of project, we didn't know what to expect but the results are terrific,' Ms Child said. 'While people can still borrow and return containers to Bernardis Gelato, Rosefina's Place and the Brunswick Heads Health Food Store, we are now assessing all the data and have reported back to the NSW Environment Protection Authority,' she said. 'This project

was all about getting people to think about the waste they generate – businesses and consumers – encouraging them to play their own roles in reducing single-use takeaway litter.'

While Bring it Back Bruns may have concluded its initial trial phase, the campaign's impact is expected to resonate far beyond Brunswick Heads. The success of this innovative project will likely inspire similar initiatives nationwide, fostering a culture of environmental responsibility and waste reduction.

Ms Child concluded, 'The response from the Brunswick Heads community, businesses included, was very positive, and what we were able to do in Bruns will no doubt be trialed and replicated in other parts of Australia as we collectively continue to prevent litter and reduce waste.'

The businesses that participated in the Bring it Back Bruns project are as follows: Brunswick Heads Health Food Shop, Cadeau, Bernardis Gelato, In the Pink, Rosefina's Place. For more information about the Bring it Back Bruns campaign, visit Council's website: [byron.nsw.gov.au](http://byron.nsw.gov.au) and stay tuned for future initiatives that aim to preserve the environment and create a cleaner, more sustainable future for all.

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## Heritage house twilight market and exhibition

by Christobel Munson



The Bangalow Historical Society is staging a pre-Christmas Craft Fair and Twilight Market, between 3–7pm on Saturday 11 November.

There will be a number of individual stalls squeezed between the native garden pods around the Heritage House museum building. A range of art and craft work, from pottery and photography to embroidered linen and

crochet work, will be on display inside the building and available to buy as Christmas presents. A sausage sizzle will add to the festive atmosphere.

If you'd like to contribute to the art and craft work at the Twilight Market, please contact Jenny Holden on ph: 0497 012 973. If you'd like to book a stall at the Twilight Market (for the modest price of \$15), contact Trisha Bleakley on ph: 0429 882 525.

### Community hub

The Museum's Heritage House is rapidly becoming a sought-after venue and community hub, accommodating meetings of community groups, individuals and families making use of its facilities. It hosts cake and other

stalls, caters for funerals and wakes, and provides the space for weekly yoga classes, and community groups ranging from Bangalow Koalas through to Bangalow Resilience. We have an overhead screen and projector, which are proving popular with small groups.

### Heritage House exhibition

We currently have an exhibition called Brides, Bridesmaids and Ballgowns displaying dozens of wedding dresses, going back 80 years, as well as photographs of weddings dating back to the first wedding to take place at St Kevin's Church, Bangalow in 1894.

For more information visit Facebook: @Bangalow Heritage House Museum

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## Supporting home Library deliveries

by Stacey Shepherd, Byron Area Librarian



Pictured (left to right): FOL team, Barbara Barrett, Catherine White, Cathy Short, Chris Chaseling.

The Friends of the Libraries (FOL) Byron Shire have been supporting the Home Library Delivery service for over 10 years. The Home Library Service operates deliveries once per month through Byron Bay Library, with the help of the FOL volunteers, delivering to individuals and local care facilities such as Feros, RSL Lifecare and Byron Aged Care. The team delivers books, magazines, and DVDs to eligible library members who would otherwise not have access to their Library due to age, illness or disability.

Barbara Barrett has been an active member of the FOL group since 2010 and recalls being involved in pavement book sales outside the Library in the old Northern Rivers Electricity Offices. Later on, Barbara was volunteering at the new library on the corner of Lawson and Middleton Street, to shelve books and support home Library deliveries, alongside Byron Library's long term Home Library Coordinator Andrea Steinbrener.

Barbara says, 'It is important to me that those unable to visit the Library still have the wonderful array of Library items provided to them.' The selections are based on personal interest profiles and cater to the individual's needs over time. Barbara recalls meeting the requirements of those with sight deterioration over the years. 'When some individuals were losing their eyesight, audio equipment and special readers were identified to assist with their love of books.'

These days the Library still provides audio, large print books and free access to eAudio collections, which really does accommodate individuals to continue the joy of reading and connection to ideas and learning from their aged care facility or home. Barbara looks back on some of her fondest memories while dropping off books to individuals who love a chat. 'They talk about their own history, their family, their hobbies and interests along with discussions about books they've read, to name a few. Over the years individuals have moved, sometimes into aged care facilities. The past couple of years with COVID, interacting with individuals unfortunately ceased. However, there was one encounter recently, with a special lady who turned 100 years, being wheeled outside during deliveries – what a happy reunion this was.

These ladies and many others express their appreciation and gratitude for the service'.

If you or someone you know would benefit from the exchange of Home Library deliveries, talk to the friendly staff at Byron Bay Library who can assess eligibility in Byron Shire.

### Looking for large print?

Our large print collection can make reading easier for those who need a larger font size. Byron Area Libraries host an assortment of Australian and international contemporary, crime, romance and historical authors in this collection. If it's historical fiction you are after, keep an eye out for *The Bookbinder of Jericho* by Pip Williams, along with, *At the Foot of the Cherry Tree* by Alli Parker. For the lovers of mystery: *Exiles* by Jane Harper or, feel good romance is in the air with Stella Quinn's new Aussie fiction *A Home Among the Snow Gums*. Finally, for the winner of the Miles Franklin Literary Award 2023, try *Chai Time at Cinnamon Gardens* by Shankari Chandran.

For more information visit: [rtrl.nsw.gov.au](http://rtrl.nsw.gov.au)



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# Councillor column

Cr. Mark Swivel

*A Councillor will be contributing a column to The Byron Wave each month. This will be an opportunity to share their thoughts on various issues impacting the community. All views are that of the author.*



### What do we want? We want everything everywhere all at once.

We want to save Wallum. We want housing. We want somewhere for our elders to live. Things keep happening and we keep responding, reacting and fighting. Where are we going?

I'm not sure. With the Feros case, a group of residents decided they were not going to budge. Like protesters across the ages they held firm – led by a 95 year old woman, Kate, determined to keep a home for the current residents and for the community into the future. In the end the government responded but only

because it is crown land – an aged care village that is a community asset on a site owned by all of us.

In parallel, after years of argument and only when we provided better plans for new housing, STRA will soon be regulated, as it should always have been. The cap was strengthened to 60 days from the proposed 90 days – but only after the IPC intervened – something criticised heavily at the time. How the cap will be enforced, and its real world impact on rents and places to live, remains to be seen.

I'm still concerned our yearning for a less money oriented, more human-centred approach to community development will be contradicted by the realities of how property works.

In Brunswick Heads we have the Wallum development that has been approved by the consent authority (NRRP) and that many now oppose. Few objected before the approval but there are concerns about the process and legitimate alarm at the loss of habitat and precious trees. But a concerted widespread protest (which I supported) against the West Byron development failed even though it came before approval was given. What real hope is there for opposition in this case? Is there a better way to direct the impulse to change the way we are

developing our communities?

So much of what happens in Byron is reactive, from protesting development to enforcing planning rules. I would love us to start planning for the long term, creating a vision of what Byron will look like in 2050 and beyond.

A vision of villages – connecting to our alternative past and adopting to the future driven by our evolving climate.

We don't quite have that open-hearted vision right now. We wait for bad things to come and try to stop them. It's time to start planning for good things – to tell the State Government more clearly the kind of community we want to evolve, connecting all the disparate voices across the community.

Many of us only see those who are like us. Our population is a network of clusters. An oddly fractured group at odds with one another, all joined in the rhetoric of community contradicted by our reality. Can we start looking beyond our immediate and familiar friends to a larger whole?

I hope so. We might then be able to fight the bad better and evolve something really good for all of us.

*To get in touch with Mark email: [mark.swivel@byron.nsw.gov.au](mailto:mark.swivel@byron.nsw.gov.au)  
Or visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)*

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## Community in brief

### Australasian Order of Old Bastards by Henri Rennie



Pictured: Author and OB, Henri Rennie, with his new novel and the Branch's latest award.

The Northern Rivers Branch of the Australasian Order of Old Bastards will be trying something new on Sunday 3 December. We will be hosting a book launch with a start time of 6:30pm at Seven Mile Brewery, Ballina.

The launch is for a new, imaginative historical novel called *The LOST Saga*, from author and card-carrying Old Bastard, Henri Rennie. The story is about an expedition of Vikings blown off course by a storm as they travel south, and who eventually find themselves in places where no Norseman has gone before.

This will be a ticketed event, with proceeds going to charity. The \$10 ticket will get guests their first drink. Bookings can be made by emailing [aob.nr@gmail.com](mailto:aob.nr@gmail.com)

Good food will be available at very reasonable prices. Entertainment will include readings from the book, and hopefully a visit by some of Lismore's Viking Re-enactment Group – be warned, there may be swordplay!

Many thanks to Seven Mile for their support – it will be a fun evening, and the Old Bastards are all about having fun while doing some good. The Northern Rivers Branch is also celebrating its unprecedented success at winning the AOOB's Most New Members award for the fifth successive year

### CWA Brunswick Heads by Beverly Masters



October was a month of transformation for the CWA as they held their Annual General Meeting. Charelle Giobatti, who had served as President, graciously passed the torch to Beverly Masters, who also retained her role as Publicity Officer. Donna assumed the new position of Cultural Officer, and her diverse responsibilities promise exciting times ahead. Janice Wyness now serves as Vice-President.

After the AGM, members gathered for tea and cake to celebrate and express gratitude to Charelle, who has been an integral part of the CWA for 12 years and led the Club during the challenging times of the pandemic. Beverly baked an upside-down pineapple gratitude cake, a sweet token of appreciation.

Despite the pouring rain, the CWA's market day was a resounding success. The unwavering support of the locals ensured a bustling time with a variety of cakes, jams, and handcrafted items, from charming tea cosies to lovely dresses.

As November unfolds, the CWA is gearing up for an exciting Melbourne Cup adventure in Mooball. Stay tuned for the next edition to catch a glimpse of the CWA members in their finest race day attire.

And mark your calendars for Saturday 9 December for the next CWA market day. A treasure trove of fabulous items awaits, making it the perfect opportunity to find unique Christmas presents for your loved ones. The CWA is always happy to accept new members.

### Mullum Men's Shed U3A by Geoff Harris



Last month we wrote about the restoration of a spinning wheel and following this we were asked to make an American squirrel cage swift. A swift is a tool used to hold a hank of yarn while it is being wound off (uncoiled from the hank and rewound in a form usable for knitting or crochet). Developed in the United States, they are generally made out of wood or metal, though other materials may also be used. In the 18th and 19th centuries, swifts were sometimes made of whale ivory and they are now sought-after antiques. They are called squirrel cage because the configuration of the two cages.

Swifts are not used very much in the textile industry but are used more by knitters and crocheters who buy their yarn in hank form. The swift allows for easy balling without the yarn getting tangled and knotted. They are smooth and easy on the yarn, holding it tense enough to unwind, but not so tense that it will break. We hadn't made a swift previously, in fact, we hadn't seen one or had any idea what they did. Fortunately, our customer supplied us with a few images of a design she liked that had been downloaded from the internet, and we were able to scale the size of the swift. Using this information Dick prepared the material and commenced building. The following week the swift was handed over to the customer who was very happy with it.



### Byron Bay Hospital Auxillary by Mary Webb



*Pictured (left-right): Tracey Sheehan, EO/Driector of Nursing at Byron Central Hospital, and BBHA President, Molly Strong.*

At the beginning of November, the Byron Bay Hospital Auxiliary members will be outside Woothworths, Jonson Street, selling tickets for the Christmas raffle. Please stop by and say hello and maybe buy a ticket. The Auxiliary's Bumper Christmas Garage Sale is on Saturday 25 November at 105 Beech Drive, Suffolk Park from 8am to 12pm. Don't miss out

on our fabulous Christmas cakes and puddings, plus there will be plants, craft, and bric-a-brac. Come early to avoid disappointment.

Byron Bay Hospital Auxiliary (BBHA) held their annual Charity Golf Day on Sunday 24 September at Byron Bay Golf Club. The day was great success with 28 teams, consisting of four golfers, taking part in the day. The first 10 teams of golfers each received a prize. BBHA members didn't take part in the golfing. Instead we utilised our talents and organised the highlight of the day for us – the raffle, which occurred at the Byron Bay Golf Club clubhouse. We raised approximately \$1,700. Congratulations to the winner of the BBQ, Brian Smith, who was also part of the winning golf team.

We would also like to extend our most sincere and heartfelt thanks to the amazing businesses, organisations, and individuals who made the Golf Day a great success.

### Brunswick Valley VIEW Club by Andrea Danvers



The Brunswick Valley VIEW Club (BVVC) continues its dedicated efforts to support seven Australian students through the Learning for Life program in partnership with the Smith Family's Quilt for Kids initiative.

This heartwarming collaboration resulted in the generous donation of seven beautiful quilts to the students, delivered to Sydney with care by the office of Tamara Smith MP for Ballina.

BVVC's monthly gatherings, featuring

guest speakers and friendship morning teas, provide an opportunity for members and friends to engage with the community. As we welcome new members and work on our library bag project for local primary schools, BVVC's impact continues to flourish.

Over the years, we've given away approximately 4,000 library bags, making a significant contribution to the education of young minds.

New members are always welcome.



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# Community in photos

## Tyagarah bush fire - Sunday 15 October



*Pictured: The fire from Main Beach.  
Source: @marcsbaywatch*



*Pictured: Early morning view of the fire.  
Source: @marcsbaywatch*



*Pictured: Mcgettigans Lane drone shot.  
Source: @marcsbaywatch*

## Wild Aid 2023 – Saturday 21 October



*Pictured: Wild Aid 2023 merch tent.*



*Pictured: Byron Bay Wildlife Hospital team.*



*Pictured: The Cruel Sea playing to large crowd.*

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## Music In the Valley – Sunday 15 October



*Pictured: The Magic Bus arrives to take festival participants around Main Arm for fun disco rides. Source: Virginia Pavlovich.*



*Pictured: The Zormiwasa drumming group gets the crowd moving at Music In the Valley. Source: Virginia Pavlovich.*





## Community Meetings

### 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- Sausage Sizzle

When: 10am-1:30pm first Saturday of the month  
Where: NRAS Animal Shelter, 61 Piper Drive Ballina  
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 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

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

### 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  
Website: byronbayrotary.org.au

### 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  
Facebook: CWAofBrunswickHeads

### Friends of the Libraries

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

### 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: 3 Main Arm Rd, Mullumbimby  
Contact: Bruce Mitchell ph: 6684 4381 or email: mullumbimbymensshed@gmail.com  
Website: mullumbimbymensshed.au

### 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



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# The power of partnership

by James Short, Byron Bay Basketball Association

In Byron lies a thriving ecosystem of local businesses. These establishments are not just the economic backbone of the region but also its soul. In recent years, there has been a growing recognition of the symbiotic relationship between these businesses and community sports. Regional businesses have a unique opportunity to contribute to the vitality and well-being of their local communities by supporting sports programs.

Here are some reasons why they should seize this opportunity.

### Strengthen communities

Sports bring people together, forging stronger bonds among residents. A study by the Australian Bureau of Statistics found that 80% view community sports as essential for community building. Take, for example, the recent Byron Basketball Seniors Carnival, where one of the sponsors, The North Byron Hotel had players visiting the venue afterwards. This not only promotes camaraderie but also boosts the hotel's visibility and goodwill within the community.

### Enhance brand image

When businesses sponsor community sports, it showcases their commitment to the betterment of the community. As per the 2021 Edelman Trust Barometer, 65% of Australians trust businesses that contribute to societal good mores. A prime example is Woolworths in Byron supporting basketball events, positioning itself as a community-conscious brand.

### Foster youth development

Youth sports are crucial for character development. Data from the Australian Sports Commission reveals that participation in sports helps children develop essential life skills, including teamwork, leadership, and discipline. A concrete example is a local tech company providing scholarships to young athletes, thereby helping young talents build their skills and pursue their dreams.

### Boost economy

Community sports have a significant economic footprint. The Australian Sports Foundation reports that community sports infuse over \$18 billion annually into the economy. Businesses like OMG Donuts, present during Basketball Carnivals, experience revenue surges due to such events.

### Promote health

We all know participation in sports promotes a healthy lifestyle. By supporting community sports, businesses indirectly contribute to a healthier and more active population. A fitness centre backing local junior players not only champions health but tightens community bonds.

### Network

Sponsoring sports events can offer business networking avenues. Sponsoring events like a charity basketball match can yield meaningful business connections.

### Tax benefits

Many regions in Australia offer tax incentives to businesses that support community initiatives, including sports programs. This can result in cost savings for businesses while contributing to the betterment of the community. A local real estate firm, for instance, might sponsor a basketball initiative and also enjoy tax reductions.

Finally, we know a lot of Byron businesses have been doing it tough over the past few years. Yet, so too have community sports. The more collaboration both communities can do together the better the whole community thrives.

Businesses keen on supporting community sports can contact local clubs and begin the process.

If you would like to support Byron Bay Basketball email: [media@byronbasketball.com](mailto:media@byronbasketball.com)

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## Better targeted superannuation contributions

by Leo Senese, Morgans Finance



The Federal Government has introduced a proposal applying additional tax on earnings where a person holds more than \$3 million in total in superannuation.

The proposed change is due to commence on 1 July 2025. Treasury has released a fact sheet on how the tax on earnings for account balances over \$3 million will apply.

### In summary, application of tax will be calculated as follows:

- the difference between a person's Total Superannuation Balance (TSB) at the end of the financial year (30 June of the current year) and the start of that financial year (1 July of the previous year)

- total superannuation balance means the sum of ALL superannuation and pension accounts a person owns. eg if you had a member account in an Industry Super Fund as well as your own Self-Managed Super Fund (SMSF) member account, your member balances are added together to give you your Total Super Balance
- the calculations include unrealised capital gains for the year
- tax will apply to the proportion of earnings corresponding to balances in excess of \$3 million (not indexed)
- the earnings total is adjusted for withdrawals, which will be added back. This includes pension payments
- net contributions (less 15% contributions tax) will be deducted from the earnings total
- negative earnings for the financial year can be carried forward in future years to offset positive earnings
- a person who has multiple super funds will be able to elect the fund or funds from which the tax is paid
- a person will have the choice of paying

the tax personally (from personal funds) or from their super fund.

### Calculation Method

The proportionate tax will be calculated using the following formula.

- a) Calculating earnings in a financial year
- b) Calculating the proportion of earnings corresponding to funds above \$3 million
- c) Tax liability.

Regardless of whether the Government's intended approach is considered fair and reasonable, the calculations include tax on unrealised gains. Is there a better method? Some experts point out that applying 15% tax to taxable income rather than earnings may be fairer as it doesn't include unrealised amounts. The matter of the \$3 million limit not being indexed must also be addressed. However, there is some likelihood that these changes will proceed in some way. Investors will need to be prepared prior to 1 July 2025 if they are likely to be impacted.

*This article contains a disclaimer. To view it, please go to page 63.*






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# Housing Byron Shire's future population

An overview of the Housing Options Paper to refresh the Residential Strategy



*Pictured: Visual representation of popular new-age eco town home designs.*

Byron Shire Council has released The Residential Strategy draft, which is now on public exhibition with submissions closing on 6 November.

Byron Shire Mayor, Michael Lyon, highlighted the imperative to address the housing crisis, as the NSW Government mandates the creation of 4,522 homes for 8,590 residents by 2041. Housing's critical significance to the community, NSW, and Australia is underscored, necessitating a meticulous planning framework that respects the environment, the identity, and character of the existing villages and towns. The strategy, adopted by Byron Shire Council in December

2020, outlines the future of housing in the region for the next two decades. The plan is a result of extensive research, community input, and three years of careful development, with an emphasis on the need for diverse housing options catering to varying incomes, lifestyles, and household types, maintaining the area's social fabric.

The Strategy awaits endorsement from the NSW Department of Planning and Environment to enable new land releases and infill opportunities. In light of recent developments and policy changes, the Options Paper has been created to inform changes in the current Residential Strategy, and will document these shifts and initiate community discussions to refine the Strategy.

Principles within the Strategy also include a Country-centric perspective, led by Aboriginal knowledge that 'if we care for Country, Country will care for us'. In accommodating various approaches to enable living on Country, the entire process, from conception to execution, will be shaped by the cultural traditions and practices of Aboriginal communities.

Council recognises that while the document is a critical lever for housing supply, a comprehensive approach is essential to address the housing challenges faced by the Byron Shire and this document alone cannot solve the current housing crisis.

Council has identified the opportunities now available to deliver housing in four key ways. For further information and a more detailed explanation on the viability of these options visit: [byron.nsw.gov.au](http://byron.nsw.gov.au)

## Delivering housing in four key ways

### Infill

*Infill sites are under-utilised or vacant land (individual lots) in urban areas with a zone that allows residential development.*

Byron Shire Council is prioritising the creation of new homes within existing urban areas through increased densification and infill development. In locations where infill development is deemed unsuitable due to flood hazards, such as flood prone areas in Mullumbimby, alternative strategies will be explored.

The preferred way forward within existing rules does not favour infill within urban areas. By reducing the minimum lot size for dual occupancy to 600m<sup>2</sup> in the R2 Low Density Residential zone, approximately 1,840 new homes could be established in the next two decades, facilitating dual occupancy development on existing sites. The Council is also considering the potential urbanisation of select rural residential areas, contingent upon infrastructure capacity, and examining changes to development standards in Byron's town center to further enhance housing supply.

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### New release

*New release areas are land that has been rezoned from a non-residential zone to enable homes to be developed on the land. They generally require development of services and facilities to support new housing and communities.*

Council's analysis suggests that 3,470 homes can be developed in these new release areas over the next two decades, including sites near Bangalow and Brunswick Heads. These locations were identified in the Draft Northern Rivers Resilient Lands Strategy and are situated on significant farmland. Additionally, Council plans to continue supporting innovative urban development models like ecovillages and is open to exploring higher-density development options for new release areas in the medium term.

### Vacant land

*Vacant land includes areas of residential zoned land that have not yet been physically subdivided and developed for residential purposes. It also includes sites that have development approvals but construction has not yet begun.*

In the short term, the development will prioritise already approved homes, notably the West Byron site. Over the medium term, the focus will shift towards creating residences on vacant land within established residential zones. Approximately 1,385 new homes could be realised over the next two decades based on existing approvals and policy parameters. Furthermore, potential opportunities may arise within the current urban growth area. In the medium term, Council is receptive to exploring higher-density development options for vacant land.

### Living differently

*Living differently is applicable to infill, new release and vacant land. It could include multi-generational living, dual key homes and work/live arrangements.*

Council will persist in exploring innovative lifestyle concepts and mechanisms to promote more efficient land use and enhanced utilization of existing homes. This approach will be applied to infill, new release, and vacant land development throughout the Shire.

### What is the preferred way forward?

To effectively meet the evolving housing targets set by the NSW Government for 2041, a combination of strategies is required. Byron Shire Council aims to increase infill development, explore new release areas near existing urban centers, support existing development approvals, facilitate development on vacant residential zoned land, and promote innovative ways to optimise existing housing. The proposed approach envisions the creation of 6,695 new homes over the next two decades, including additions to existing towns.

### The focus of growth

In Mullumbimby, Bangalow, and Brunswick Heads the focus of

growth will be on new release with some infill developments.

In Suffolk Park, New Brighton Beach, Ocean Shores, South Golden Beach the focus of growth will be on infill.

In Byron Bay and Sunrise the focus of growth will be on the development of vacant land.

### Expected amount of new homes over the next 20 years:

Mullumbimby:	1,632
Bangalow:	905
Brunswick Heads:	1,990
Suffolk Park:	295
Ocean Shores area:	628
Byron Bay and Sunrise:	1,245

### What are the next steps?

Feedback collected during the Options Paper exhibition will guide the Residential Strategy's update, expected in early 2024. The Options Paper has undergone extensive community consultation from 9 October to 6 November, 2023, with Council assessing the outcomes afterward to shape the Strategy's refresh in early 2024.

For additional project details, please visit Council's Your Say webpage at: [byron.nsw.gov.au](http://byron.nsw.gov.au)

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## Joyce Rankin: A CWA Centenarian

by Charla Rallings

100 years ago in 1923, Australia was in the middle of a great shift. Emerging from the shadows of the first World War and a severe recession, optimism and resilience took root with a focus on developing culture, traditions, and infrastructure. This was the year construction began on the iconic Sydney Harbour Bridge, a telephone link was established between Sydney and Brisbane, and Australia's first radio station, 2SB in Sydney, began broadcasting directly to the home. This was the year Vegemite hit supermarket shelves, forever changing the taste buds of the nation. 1923 also marked the one year anniversary of the first ever Country Womens Association in Australia.

Not many people can say they have lived to be 100 years old, but Joyce Rankin, born in Gilgandra in 1923, is due to claim the title of Centenarian when she celebrates her 100th birthday on 12 November. Joyce has seen many great conflicts, and every significant technological advancement of the age. From the first home radio, to the first touch screen device of the new millennium, Joyce has been present.

Joyce's early life was one of momentum and the family moved around often due to her father's job as a station master. With two older sisters and one younger sister, Joyce was never far from sisterhood, and with the guidance of her mother and grandmother, she learned many home craft skills like crochet, knitting, and sewing.

Despite the growing tensions in Europe in the build up to WW2, Joyce's childhood was filled with adventure and many happy memories and she was a member of the Methodist Girl's Comradeship. After her schooling, she got a job as a clerk, which she later left to help the war effort, putting her clerical talents to use in the Sydney barracks. During this time Joyce was engaged to a man in the Navy. Sadly, he was killed in action and she never saw him again. She later met AIF member Corporal John Nugent, whom she married in 1948. The wedding was held at the Methodist Church, Cronulla, with many friends and family attending. A newspaper clipping from *The Observer* details the event:

*The bride who entered the church on the arm of her father looked charming in a frock of white lace over satin. Her beautiful tulle veil was kindly lent by her cousin, Mrs. E. A. Viles, and carried a shower bouquet of gladioli, frangipanni, tuber rose, gardenias, carnations, a touch of colour was given with a small spray of blue delphinium and Cecil Brunner roses...A sumptuous repast was enjoyed and very favourably commented on by all. The bride's gift to the bridegroom was a set of gold sleeve links. The bridegroom's gift to the bride being a lovely gold filigree necklace with opal setting.*

1952 saw the birth of Joyce's first child, Libi, and her second child, Judie, came along in 1954. The family lived in Cronulla for the majority of the girls' childhood. In those days, land



was provided to returned servicemen via War Ballots and John received land at Little Bay. The family moved from Cronulla, and Joyce and John began working at the Prince Henry Hospital in Little Bay, Sydney.

In 1972, they set up the first employees' credit union at the Hospital. The Prince Henry's Hospital Employees Credit Union Co-operative is a point of pride for Joyce, as it was the culmination of many years of hard clerical work. Joyce also trained and received her accreditation as Justice of the Peace which made life easier for patients and staff at the hospital who no longer had to struggle to get documents certified.

It was around the late 70s when Joyce and John moved to Lake Macquarie to retire, and where Joyce first joined the CWA, utilising her skills to teach others and improve her community. Her daughters had moved around the country with her youngest, Judie, residing in the Northern Rivers. Upon hearing the delightful news that Judie was expecting, Joyce declared, 'I refuse to only see my grandchild twice a year. We're moving.'

Wollongbar became Joyce and John's new home, and in 1988 they became grandparents to a beautiful baby girl, and then again in 1991, to a boy. Joyce immediately became an active member of the community, joining the CWA Alstonville Branch and later becoming their Treasurer.

Adventure was never far from Joyce's agenda, and a European tour provided an exciting change from the usual routine. The two lovebirds, on the dawn of their golden anniversary, traipsed all over England, Ireland, Scotland, and to Europe to discover the beauty of Greece and France.

'My mother has always been up for anything,' said Judie. 'She'll say yes before saying no. My father was an anxious man, but he loved that trip. At home, he'd look at his watch, and say 'This time last year we would have been walking through Athens''

Sadly in 2001, after 53 years of wonderful marriage, John passed away. Likely caused by the stresses of WW2, John had developed a chronic autoimmune illness called lupus, which often left him in pain and caused complications with his immunity. While he was known to be an anxious man, he is also remembered as a kind, loving person who adored his children, grandchildren, and, of course, his beautiful wife. Two weeks later, tragedy struck again and Joyce lost her eldest daughter, Libi.

Joyce found comfort in a long time friend from her Army days, Bill Rankin, and they were married in 2003. Unfortunately, due to a lack of health and safety protocols during Bill's career, he had developed some serious lung issues and died soon after. Joyce returned to the Northern Rivers, to Brunswick Heads.

She continued with the CWA and became a member of the Brunswick Heads Branch. In 2007, Joyce made the front page of the Byron Shire News with her fellow CWA ladies.



The members had lovingly made 200 little garments in bright and cheerful colours for babies in Africa who had contracted AIDs and were being wrapped in newspaper. Joyce was also involved in an initiative to encourage young women to create their own wardrobe as a part of a Byron Shire youth development program. The aim was to attract younger women to learn new skills and connect with one of Australia's longest serving community-based organisations – the CWA.

Joyce was Secretary of the Club from 2008 to 2009, before moving onto a treasury position until 2011 when she became President of the Club. In 2013, at age 90, she stepped down.

Celebrating a century of life, Joyce has witnessed a remarkable span of history, enduring and adapting through decades of change and progress. The photo of Joyce, aged 14, on Sydney Harbour Bridge was taken around 1937, only four years after its completion and grand opening. It's hard to imagine the Sydney skyline without the iconic bridge, but it was something that Joyce would have witnessed along with every other iconic change and transformation that occurred in this country since the 1920s.

When asked what her secret to longevity is, Joyce laughed and said, 'I've got to make it to a 100 yet! I'm just glad that I wake up in the morning and can still get out of bed.' The answer is clear: gratitude, a sense of humour and a kind heart.

Her longevity serves as a testament to resilience and good health. With a temperament of calmness, gratitude, coupled with a cheerful disposition, it's not hard to understand why Joyce has made this milestone. Deeply loved by her family, community, and the CWA, Joyce holds a unique place in society. The wisdom she has gained from a lifetime of experiences offers valuable insights into the past, and serves as a source of inspiration for younger generations.

The CWA ladies consider Joyce to be one-of-a-kind, with a big heart and a fabulous sense of humour. They said, 'Happy 100th Birthday Joyce Rankin. Thank you for your service to our community throughout the years.'

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## Byron at war



*Pictured: The day men were leaving Byron Bay to join WWI.  
Source: Images of Byron Bay, photo supplied by Valerie Watson.*

The 11th hour of the 11th day of the 11th month holds a special significance. It was on this day in 1918 that the guns of the Western Front fell silent and the Germans called for an armistice in order to secure a peace settlement, accepting the Allied terms of unconditional surrender.

In Australia and other Allied countries, including New Zealand, Canada and the United States, 11 November became known as Armistice Day – a day to remember those who died in the First World War. This day continues to be commemorated in other Allied countries. However, after the Second World War, the Australian Government agreed to the United Kingdom’s proposal that Armistice Day be renamed Remembrance Day to commemorate those who were killed in both World Wars. Today the loss of Australian lives from all wars and conflicts is commemorated on Remembrance Day.

Like many places in this world, our sun-drenched paradise was not exempt from the trials of war. When both calls to

war came, local men and women of the Byron Shire raised arms to help protect our nation from international threats. While soldiers patrolled the barren deserts of faraway lands, Byron’s own Dad’s Army was protecting the townships of the Shire. The new jetty was heavily guarded, with war and cargo ships docking frequently. Japanese submarines patrolled Australian waters and bombed ships, with one such bombing occurring directly off the Cape.

### Byron Bay during in WWI

The young men of the Byron Bay area answered the call to fight in World War I with the same commitment as those from around the rest of Australia. Most who served were labourers, farm hands, and other manual workers. Some joined within a few days of war being declared and others toward the end of the conflict. Many of these soldiers saw several years of service; being injured, treated and returned to the battle lines sometimes more than once. Others saw but a few months. Some survived the battlefields to see the Armistice signed on 11 November 1918 but weakened by war, succumbed to the late 1918 influenza epidemic before they could come home to Australia. Sadly, not all of them returned. The names of 19 local men, who made the ultimate sacrifice in WWI, are listed on the Remembrance Gates at the Byron Bay Memorial Park. Most died on the major battlefields, stretching from Gallipoli to Palestine to the Western Front. Some died of wounds, from illnesses, or from the aftereffects of gassing.

### Byron Bay during World War II

There was wide-spread apprehension in Australia to join this second global conflict, as the effects of the first war were still being felt. Regardless, enlistments began in 1939 and continued throughout 1945. Byron locals served across the



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Pacific, Africa and Europe, in the Army, Air Force and Navy. Some saw action in northern Australia and in Australian waters. A high proportion of Byron Bay's servicemen joined the Air Force with fewer joining the Navy. In contrast with WWI most Australian WWII servicemen were trained in Australia. This meant a number of our military personnel also served in Australia training pilots, drivers, machinery operators, communication specialists, navigators, and equipment repairers. At Byron Bay Memorial Park, the names of 23 local men who did not return home are listed on the Remembrance Gates. Locals in the merchant marine also lost their lives like the crewmen on the *Wollongbar II*, sunk by a Japanese sub.

### **Ships attacked along the Byron coast during WWII**

There were 37 ships attacked by enemy action along the eastern coast of Australia during WWII as well as more that were sunk or damaged by other events. The closest enemy attack to Byron Bay was the torpedoing and sinking of the *Limerick* off Cape Byron by Japanese submarine I-177 on 26 April 1943. The ship took three hours to sink and of the 72 crew members, two died. Perhaps the ship most closely related with Byron Bay sunk in WWII was the *Wollongbar II* – the twin of the *Wollongbar* which was wrecked on the Belongil Beach on 14 May 1921. After loading a cargo of bacon and butter at Byron Bay and departing on the evening of 28 April for Sydney, the *Wollongbar II* was torpedoed and sunk off Crescent Head approximately 280kms south of Byron Bay by Japanese submarine I-180. Two torpedos hit the ship in quick succession at 10:15am on 29 April 1943 breaking it in two. Both pieces sank within minutes giving those on board little chance of escape. Only five of the crew of 37 survived. The captain and a number of others who died were from Byron Bay.

### **Hudson Bomber crashes at Broken Head in WWII**

On 7 July, 1942 RAAF Lockheed Hudson twin engine bomber A16-198, returning to Amberley Airforce base at Ipswich, QLD, became lost in low cloud and failed to arrive at the estimated time.

At about 10:00pm that evening residents at Lennox Head reported seeing and hearing a low-flying aircraft heading north towards Byron Bay with landing lights activated. The aircraft was never seen again and was assumed to have crashed. A search found part of an inflated life vest and a jacket with a crew member's name on it, but no sign of the aircraft nor any survivors or bodies. It was concluded the plane had crashed into the sea and all 10 crew had died.

In 1998, aircraft wreckage was raised in a trawler net three kilometres off Broken Head. It was confirmed as part of a Hudson bomber. The theory is that after becoming lost, the aircraft proceeded south of the base before the crew located its position. They then continued south heading for the next RAAF base at Evans Head, 50kms south of Byron Bay. The pilot then realised the plane would run out of fuel and, in a last attempt to land and save the crew, turned the plane northwards near Lennox Head.

Attracted by the light from Cape Byron lighthouse, it's presumed he tried to make a landing on Tallow Beach guided by the lighthouse beam. Unfortunately the plane never made that landing and crashed into the sea just off the southern end of Tallow Beach. A memorial plaque to the crew of A16-198 can be seen on Broken Head headland.

Source: Byron Bay Historical Society.

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## Hotel Marvell

reviewed by Milt Barlow

Byron Bay has been in much need of a deluxe 5-star hotel right in the middle of town and with the arrival of Hotel Marvell they finally have one. Located in Marvell Street, this end of Byron is fast becoming the new 'hip' end of town with Jonson Lane just up the road and the new Raes of Wategos apartment hotel - The Bonobo by Raes - under construction. Directly opposite Hotel Marvell another new boutique hotel is being built - name yet to be decided I am told.

Our region is rapidly becoming home to some great 'staycations' and Hotel Marvell is no exception. The hotel is a new creation by Melbourne entrepreneurs Scott Didier and Scott Emery who also recently splurged on the iconic Great Northern Hotel for a cool \$80 million.

### The hotel

It is a little bit strange to have a 5-star hotel right next door to Vinnies but there is nothing second hand about this new baby. A clever feature of the hotel is the 'laneway' that the developers created from Marvell Street to Keesing Lane behind it. It's perfect for hanging out with a drink or coffee and the cool breeze funnels through the laneway, making it a great spot to relax after a hot summer's day at the beach. Towering above are three stories draped with tropical plants which hang down into the laneway, creating a great relaxing environment that is also pleasing on the eye. The hotel has just 18 rooms and six suites with rates starting at around \$600 a night. One of the big standouts of Hotel Marvell is Byron's only roof top swimming pool and bar. You get to see glimpses of the beach and the lighthouse from here – perfect for sunrise or sunset where you can enjoy a cocktail or two and simple snacks from the hibachi grill.

### The room

Minimalistic is the name of the game here. Overseeing all design elements of the hotel was Byron Bay based architect Harley Graham. The rooms cleverly and beautifully blend materials like concrete and wood, and compliment these with wonderful Bemboka & Eadie linens and towels, a Nespresso coffee machine - with local coffee from Zentvelds, a walk in rain shower and a mini bar stocked with the best of local products along with Leif hand washes, shampoos and lotions - bliss. The colour scheme of muted earthy fabrics combines with the design elements to create a warm 'Zen' feel.

The best of electronics is incorporated into the rooms with a (very) Smart TV, electronic switches for lighting and black out curtains. We found these are bit fiddly to work but a call to reception quickly put us right. Opening the door took a bit of a 'shoulder to it' as we were told that the door handles were just for appearance - after you did the swipe card you just needed to push the door open. Not quite. But the hotel was only weeks old when we visited so these were just normal 'teething' issues you would expect and General Manager, James Pearce, was all over it.

While the rooms themselves are quite compact there was a large deck off our room with beautiful tropical foliage hanging down which quickly created a sense of space. It's great to see 'home grown design' in action and the Hotel Marvell delivers in spades here.

### The food

The absolute star of the Hotel Marvell is the fabulous Bonito restaurant. While Bonito is the hotel's restaurant for breakfast and dinner (and lunch on weekends) this is very much a dining destination in its own right, whether you are staying at Hotel Marvell or not.

The restaurant, like the hotel itself, is very laid back Zen with custom made joinery, beautiful plate ware and water tumblers fashioned from recycled beach glass.

This is some of the best food you will eat anywhere, and certainly sets a new benchmark for Byron. Under the skilled eye of executive chef Minh Le (ex Spices Lodge and Byron



on Byron) you will be taken on a journey of extraordinary tastes and flavours with a heavy leaning to local produce from the freshest of local seafood, beetroots from Bangalow Farm, mushrooms from Byron Gourmet and tomatoes from Coopers Shoot. Fresh and local rules in this kitchen.

Servings are small to medium which is great for grazing and sharing, which my wife and I did in abundance. We started with organic sourdough served with Bonito's house-cultured miso butter, followed by wonderfully fresh oysters from the South Coast with a sensational Japanese inspired dressing that features yuzu, dashi, saki and mirin – heaven in a shell.

Next up was Byron Bay Stracciatella served with a mouthwatering combination of Coopers Shoot tomatoes, onion jam, basil and vincotto. This was followed by a wonderful dish of puff rice, yuzu custard, sous vide egg, parmesan and asparagus. Again, all the flavors intermingled brilliantly.

We then moved onto Bangalow sweet pork belly that simply melted in your mouth and a Whole Bay Lobster (Bug) prepared with XO butter, crispy shallots and shallot relish. The food is so good at Bonito is was impossible to choose what was the best dish.

Not to be outdone, the deserts of Banana Sponge Cake prepared with wattle seed dulce de leche, banana tuile and coconut sorbet and coconut panna cotta with lychee sago, coconut tuile and lime was superb and lip smacking. A perfect end to a night of culinary delights.

Overall the prices were reasonable for the high quality of the food. Of course, as you would expect there is a terrific wine and cocktail list to accompany your feasting. At the end of our meal, it was such a pleasure to walk up to Minh Le, and say 'well done Chef'.

**The wrap**

Hotel Marvell is a wonderful escape for an overnight, a few days 'staycation' or for a special occasion. Bonito has set a new level for dining in the Northern Rivers and is a must visit even if you at not staying at the hotel. But go on, treat yourself and do both.



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# Rosefina's charred pineapple salsa

A review by Charla Rallings and recipe by Josie Richardson

If you're anything like me, you'll often find yourself craving the authentic Mexican flavours of lime, chilli and the earthiness of achiote. Unfortunately, these profiles can be hard to find, and even harder to re-create at home. So, when I came across a pulled pork burrito from Rosefina's in Brunswick Heads, I knew I couldn't leave until I had two things: a recipe for the pineapple salsa, and a story of how it all started from owner Josie Richardson.

A long time Bruns local, Josie grew up on a farm in the Brunswick Valley and attended Mullumbimby High School. Her culinary interests began to take root when she first ventured to Mexico at the age of 12, a journey that would ignite her relationship with flavours and cuisines. 'We used to do Old El Paso taco nights,' she said. 'So, we were all blown away when we tried a real taco for the first time.'

On a subsequent trip at 19, this passion was further shaped. Upon her return, and armed with her newly purchased tortilla

press, she started using age-old methods to create authentic Mexican flavours. It wasn't until a major life change, including a bout of burnout and illness, that Josie's decided her passion for food could no longer remain a hobby, and her path diverged from community service and psychology studies.

'My partner Mal and I bought the food caravan, which was at the current site, and being used as a coffee cart. It ticked a lot of boxes for us. After working for people my whole life, I knew I wanted to be my own boss and use food as a creative outlet. I firmly believe that a recipe is only as good as the quality of ingredients too, so we use Bangalow Pork, Monty's famous organic strawberries and source as much as we can locally.

Josie's mission for Rosefina's isn't to just create great food, but to preserve the essence of the Brunswick Valley community, welcoming all locals, tourists, and even those who may have fallen on hard times.

## Recipe



This salty, sweet, mouthwatering salsa is a perfect addition to any Mesoamerican dish and perfect for the upcoming summer months.

### Ingredients

- One whole pineapple
- One jalapeño or habanero chilli if you like it hot
- One tablespoon of fine salt
- 2-3 fresh limes

### Method

1. Remove the skin and top from the pineapple and cut into large slices about 1cm thick. Grill the pineapple pieces on a medium to high heat. An open flame from a BBQ works best but a frypan will also do the trick. It is important to cook the pineapple until it is almost burnt to

get a sweet, caramel flavour from it. Remove from heat to cool.

2. Finely chop chilli. If you like it mild, use the jalapeño and remove the seeds. A habanero chilli has a nice flavour but can be very hot, especially the backyard variety. Proceed with caution. I recommend using gloves. Add enough chilli to taste. I like half to one whole habanero per pineapple but we make it picante.
3. Chop pineapple into smallish cubes, about 1cm x 1cm. Place in a bowl and toss with the chilli, salt and juice from two limes. Add more lime and/or salt according to taste. If it is too tart, add more salt; too salty, add more lime. The final flavour should be a punch in the mouth of sweetness from the pineapple, salt, spice and tartness. If you're not getting a 'Ka-Pow' flavour adjust until you do.
4. We use this with our slow-cooked Achiote pork but it also works well as an accompaniment to many dishes such as fish, prawns and even a spicy beef Birria. Salsas are meant to be powerful so a small amount is needed. Go lightly, add more as desired and let the endorphins flow.



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# Bangalow Coffee: a true brew local

by Kylie McGregor, Byron Farmers Market



*Pictured: Michelle and Andy Clarke of Bangalow Coffee.*

For many of us, the day can't really start without a cup of coffee. Thankfully, local coffee grower and barista Michelle Clarke has you covered. Michelle and husband, Andy, have been growing coffee on their farm at Nashua for 25 years. When they began there were many, but the number of small-scale local

coffee growers has since reduced dramatically. 'There was a lot of interest in growing coffee in this area,' Michelle says. 'The climate is ideal and there used to be a local coffee co-op, which folded after our first few harvests. We saw a lot of other growers drop-out as there was no other outlet to sell our coffee.'

Luckily for Michelle and Andy, the birth of Byron Farmers Market in 2002 coincided with the closure of the co-op, providing them with a viable outlet for their coffee. 'We were lucky with the timing as we were original members of Byron Farmers Market and our business grew as the market did,' Michelle says. 'If it hadn't have been for the farmers' market, we probably would have pulled the coffee out like so many others at the time did.'

Bangalow Coffee has gone from strength to strength and is not only popular at the market but is also in demand from local cafes. 'It took a long time to prove that Australian coffee is good,' Michelle says. 'Now cafes want to buy our coffee and we can't grow enough.' Michelle says the unique flavour of Bangalow Coffee can be attributed to a couple of things, 'We handpick our coffee. The cost of machinery required for harvesting is prohibitive, so we are limited to how much we can grow. The flipside is that our small harvests can be sun-dried, which enhances and improves the flavour of the coffee.'

You can find Michelle and the full range of Bangalow Coffee at Byron Farmers Market every Thursday morning. For more information visit: [byronfarmersmarket.com.au](http://byronfarmersmarket.com.au)

## On the cover

Photo by Marc Wilson



Marc has been calling Byron Bay home for 35 years. Each day, on his morning beach walk, he captures the town's charm and beauty through his lens and shares it on Instagram: @marcsbaywatch. From breaching whales to cyclonic swells and rising moons, he posts snapshots of it all.

'Every sunrise, every sunset, morning surf reports, any random beautiful moment that I capture, I post to my page so people can embrace that moment with me. Byron is my heart and soul and I hope that my daily snapshots can take my followers on a journey into this little piece of heaven that I know so well. This place where nature just shows off, has me head over heels'

To see more of Marc's work visit Instagram: @marcsbaywatch

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\*\*\*\*\*Josephine Fielding



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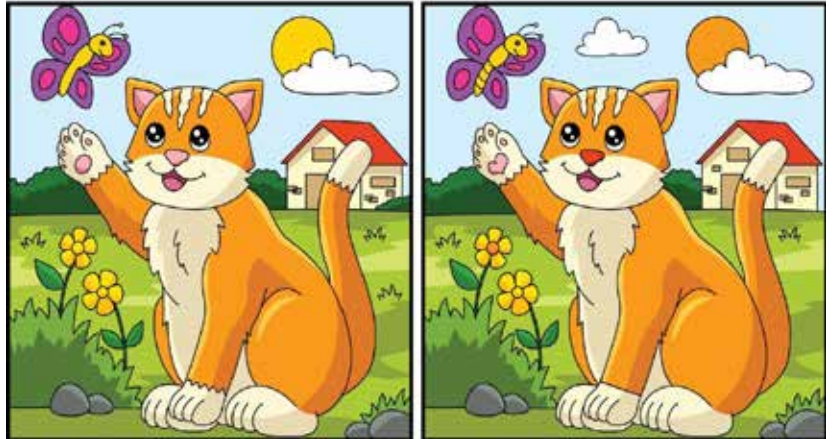
# Kids Corner

## Jokes

- Q. What did the banana say to the dog?  
A. Nothing. Bananas can't talk.
- Q. What did the left eye say to the right eye?  
A. Between us, something smells.
- Q. How do you make an octopus laugh?  
A. With ten-tickles.
- Q. How did the pirate get his flag so cheaply?  
A. He bought it on sail.
- Q. Why are cats good at video games?  
A. Because they have nine lives.
- Q. What key won't open any door?  
A. A turkey.
- Q. What did one snowman say to his friend?  
A. Do you smell carrots?
- Q. What animal is always at a cricket game?  
A. A bat.

## Puzzle

Can you spot 10 differences?



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# Staying safe in the sun this summer



Byron Bay area has the highest rate of melanoma in NSW and Australia has the highest rates of melanoma and other skin cancers in the world. So how can you and the family enjoy your summer safely? Cancer Council NSW's Yonit Kittay has answered commonly asked questions when it comes to sun protection to help you and your loved ones protect yourselves this summer.

**Can clothing protect me and my family from the sun?** Yes. When choosing clothes to protect your skin from ultraviolet (UV) radiation damage, consider the clothing's style, fabric,

colour and UPF rating. And don't forget about closed shoes for your feet.

**Is sunscreen enough to protect me from the sun?** Sunscreen is not armour; it filters rather than blocking UV rays. It is recommended to use all five methods of sun protection by slipping on protective clothing, slopping on sunscreen that is SPF30 or above, slapping on a wide brimmed hat, seeking shade, and sliding on some sunglasses.

**Is sunscreen safe to use every day?** Sunscreen is safe and can be worn every day. All sunscreens are regulated by the Therapeutic Goods Administration which has some of the highest standards in the world to ensure products are safe and of a high quality.

**Will I still get enough vitamin D if I am wearing sunscreen?** You will.

Studies have shown that sunscreen has minimal impact on vitamin D levels.

**What is an easy way to ensure my family and I are safe in the sun this summer?** Shade. Good-quality shade can reduce UV exposure by up to 75%. Think picnics under a shady tree, pick playgrounds or skate parks with trees, shade sails or covers that provide shade over play equipment, take bushwalks along shaded walking tracks and seek out shade trees on grassed areas above the beach to enjoy while out of the water.

In Byron, Cancer Council NSW currently has 15 schools protecting 2,381 kids from UV rays this summer through Cancer Council NSW's SunSmart program. To find out more on how you can keep students safe in the sun, visit: [sunsmartnsw.com.au](http://sunsmartnsw.com.au)



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## Commitment to sustainability

by Sarah Cleak, Early Childhood Teacher, Byron Bay Preschool



With the end of COVID restrictions, the Preschool decided to ensure our young children continue to strengthen and develop a sense of belonging to their community and a connection to mother earth. Through collaboration with families, educators, community organisations, and the children, it was decided that this commitment would be supported by implementing a nature program where children are provided with opportunities to play, learn, and grow with, and on, the land.

### Our relationship with the Community Gardens

As we returned to the centre, after exploring the natural environments within Suffolk Park, we decided to detour into the Community Gardens. What was discovered next

was an environment where the children had an abundance of opportunities to imagine, create, explore, investigate, and follow their own interests. As we journeyed through the Gardens, the jarjums came across one of the Garden members. She welcomed us and gave us a tour, pointing out many of the plants and offering the jarjums a variety of foods to eat. Before we knew it, she had the jarjums pulling out turmeric and working to revive the Preschool's very own garden bed that had been abandoned over the last few years. This was all it took to ignite the jarjums' interest, passion, and love for the local Community Gardens and resulted in a strong collaborative relationship with the Gardens' committee members. The Nature Heart jarjums actively contribute to the care and maintenance of the Gardens every Friday. The children are encouraged to spread the word about how to look after our environment, which they do so with confidence and enthusiasm. Families donate a variety of plants, and visit and care for the Gardens during the weekends. The jarjums have grown and eaten tomatoes, snow peas, carrots, strawberries and broad beans. When the Gardens have an abundance of fresh produce, the Garden members send the Nature Hearts back with yummy organic food to share.

### We asked the jarjums: what do you like about the Community Gardens?

- Quinn:** I like to help the whole community by watering the plants and taking big weeds out. I like to eat the strawberries and carrots, and take my family to see how big my tree grows.
- Poppy:** I love eating snow peas.
- Otis:** I like eating the beans.
- Queenie:** I like to find lady bugs.
- Solomon:** I like planting seeds and eating the food.
- Bowie:** I get water, seeds and I plant them.
- Valentina:** My mum brought in a feijoa, I liked planting that.
- Philippa:** Picking and eating strawberries, they're really juicy. I like it when we see our friends there.

This project has supported the Preschool's commitment to caring for Country, where educators make conscious efforts to support children to be thoughtful and caring community members. This weekly program has seen the Preschool establish a strong, respectful connection with the local community while benefiting from the wealth of knowledge the members of the Gardens have. This offers us opportunities to implement new knowledge so that educators can change practices within the Preschool environment.

The Gardens provide a wonderful opportunity for community to come together, to learn from one another, and to grow fresh sustainable food. If you are interested in experiencing what the Gardens have to offer, I'd encourage you to go along to the Gardens one Sunday afternoon, where you can meet others who are passionate about community and sustainability. After all, relationships and collaboration is what a true commitment to sustainability is all about.



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# Byron Bay Public School

by Nicky Greenlaw, Teacher, BBPS



*Pictured (left to right): Yr2 students Luca, Indiana, June, Amele, Imogen, Avalon, Keshet, pictured with Indigenous entertainer Dion Drummond.*

## **NAIDOC Week Celebrations For Our Elders**

NAIDOC week celebrations began with an assembly where the important part that Aboriginal and Torres Strait Islander Elders play in our communities was recognised.

Our Aboriginal students did an amazing job of running the assembly with performances on the didgeridoo by four of our students, Narjik, Jahmane, Rocco and Mason and a dance by Shay-Ann and Jayala.

The celebrations continued with a week of Indigenous activities. The 2023 National NAIDOC theme was For our Elders. Students enjoyed learning through the art and stories that have been passed on. They gathered in our yarning circle to create colourful artworks, learned a traditional dance and made damper.

During the week, students were entertained by Dion Drummond, an experienced Indigenous performer. They enjoyed learning about the different traditions of Torres Strait Island and Aboriginal storytelling, song and dance. Dion's Aboriginal name is Moogera, meaning storm. He is of Torres Strait Islander descent on his mother's side and Aboriginal from his father's side. Dion shared tales,

language, songs and artefacts from both of his cultures and kept students and teachers engaged through sound, movement and humour.

## **Senior Choir performs at Sydney Opera House**

After months of dedicated practice our amazing Senior Choir headed to Sydney to perform at the Sydney Opera House, where they joined a 700 strong student choir as part of the 2023 Festival of Choral Music.

It was a fantastic experience for these students who demonstrated perseverance and commitment to after school rehearsals each week.

Music teacher Mrs Sherab, with support from Yr6 teacher Mrs Miller, ensured they were polished and well-rehearsed. Whilst in Sydney, they took the opportunity to visit some of the city's attractions including Madame Tussauds, the Sydney Tower and the Australian Museum. In addition to singing at the Opera House, one of the highlights of the trip was staying on Cockatoo Island.

## **Seed Propagation Workshops**

As part of our Sustainability program, students in Yrs 3 – 6 had the opportunity to participate in native seed propagation workshops, funded by the Big Scrub Rainforest Conservancy with support from the Rekindle Foundation. This was very much a hands-on workshop where students learned about the subtropical

rainforest in the Northern Rivers, known as the Big Scrub. They also propagated seeds from rainforest plants and the seedlings produced in the workshops will be available for local plantings.

We look forward to another tree planting with Dr Ray Moynihan and his team of helpers in the local area soon.

## **North Coast Dance Ensemble**

Three of our senior girls Winter, Daisy and Sole performed in the NSW Public Schools State Dance Festival at the Seymour Centre in Sydney. The State Dance Festival showcases choreographed dance work from public schools across NSW. The girls enjoyed being part of such a spectacular event and said it was 'so much fun'.

## **NSW State Athletics**

Congratulations to Juny, Jack, Alera and Charlie, the four students who qualified to compete in the NSW State Athletics Championships to be held in Sydney. Between them they will be competing in the high jump, long jump, 200 metre dash and the 100 metre dash.

We are looking forward to following their progress at this next level of competition and wish them success.

## **Alessandro's going for gold**

Yr 3 student, Alessandro Imamura is off on a big adventure to Melbourne and then to Abu Dhabi where he will be competing for Australia in the Pan Pacific games and world titles in the art of ju-jitsu. His dedication and commitment to training mean he has a good chance of winning a medal.

Alessandro is hoping that medal will be a gold one. We are proud of his achievements this far and excited to see what transpires next. Whatever happens, we are certain he will have an amazing time.

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The Byron Wave is all about our community that we love, so we are asking you to support your local Byron Shire retailers and services. In doing so we all stand together, as we have done many times before, to assist our local community, its retailers and its service providers.

Support our locals and you could win \$1000 cash – which we hope you will spend with local retailers and services providers - and other prizes.

Receipts must be for any purchase or services at Byron Shire businesses between Sept 1 – Nov 30 2023.

Entry is easy:

- Shop at local stores and services in the Byron Shire between now and the end of November
- Take a photo of your receipt
- Send the receipt along with your name, address, email and phone number to: [community@northernriversmedia.com.au](mailto:community@northernriversmedia.com.au)
- Enter as many times as you like
- Go in the drawn to win. Draw takes place on December 1 2023



# What's on at Mullum High?

by Kelly Spilstead, Relieving Principal, Mullumbimby High School



Mullumbimby High School is your local comprehensive high school that has so much to offer and now is a great time to come and have a look. Students have opportunities to pursue their passions in so many areas. Our **Transition program** is in full swing with Tuesday 28 November our final day for the year. If you have a child in Yr6 and are looking at high schools, please give us a call.

**Our Futsal program** and its remarkable success. The achievements of the U/16 Girls Division, the international recognition with the Australian Representative Squads, and the participation of students in the National Scholastic Tournament highlight the dedication and talent of the players and the coaching staff. The school's program and commitment to providing opportunities for boys and girls across various age groups is truly commendable. Not only does it foster sportsmanship and teamwork, collaboration with the Australian Futsal Association (AFA) has undoubtedly played a significant role in expanding these opportunities and contributing to the program's success.

In addition, we offer a **Yr7 Sports Excellence Program** for selected students, developed in response to the needs of students who have a passion for sport and wish to achieve excellence in their sporting endeavours. The aim of the program is to project students' learning experiences

beyond what is possible in normal timetabled PDHPE and Sport lessons. Students are provided with opportunities to engage in challenging and enriching activities which focus on improving fitness, knowledge and understanding. Opportunities also allow students to access facilities including the Gold Coast Suns AFL academy.

**The Creative and Performing Art (CAPA) Faculty** at our school provides a rich platform for students to explore and showcase their talents throughout the year. One of the highlights is our prestigious annual MHS Spring Showcase. The event offers a diverse display of student artwork, captivating music performances and drama productions. Additionally, our school takes pride in the CAPA High Potential Program, designed to nurture talent, allowing students to embark on enriching and enhancing their practice in dedicated facilities.

**New enrolments** are being taken now for 2024. In addition to students commencing their high school journey we are also enrolling across all year groups. We offer a wide range of subjects for the HSC and senior studies as well as great electives in Yr9 and Yr10. Please contact the school to arrange an interview on ph: 6684 2600

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# Artist profile: WREN

by Phillip Lionel, Purpose Media Collective



Lauren Cuthbert, known as WREN, is not only passionate about music, she embodies it. Her DJ sets are liberating and connective, offering uplifting and emotive experiences. WREN, a professional performer at various Australian venues and festivals, is also the founder of SOMA DANCE and the Art of Connection. She's a dedicated community advocate, driven by love and authenticity. Currently pursuing a bachelor's degree in Creative Industries, with a major in Music Production at SAE, WREN intends to continue into a Masters in Dance Movement Therapy. Her songwriting journey began in childhood and has evolved into producing her own organic house, ambient music, and spoken word pieces to express, inspire, and connect.



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I spoke with WREN to delve into her inspirations and what fuels her melodious journey.

## What makes you want to create and share music?

My intention is to create and share music that's emotive, inclusive and inspirational. By inclusive - what I mean is that I want to create music that doesn't demand, but gives. Sounds that feels nourishing. Music that you can move to, sit to, breathe to, dance to and feel to. Music that doesn't depend on the day, or the mood. Music that can bring acceptance, transformation and offer a helping hand (just like it has done for me). Music has been one of my biggest outlets to support me to appreciate life, and feel through my biggest life experiences. I want my music to inspire others to care for Country, care for the body, and care for each other. I want to share music as an outlet that can move people and motivate people to pursue their dreams.

## What's been your music career highlight to date?

My biggest music highlight to date has always been sitting at the piano with my Pop, in his house in the forest, harmonising with my family. For DJ-ing and my production – opening for Tijuana Cartel's album launch *Alectura* was a huge honour for me. Others that spring to mind this year would be the Burning Seed Festival I got to do with my dear friend SRIRACHA in Melbourne, and witnessing people move and feel my music at my bi-monthly event SOMA DANCE. For singing and guitar, I had many incredible opportunities that I'll never forget, such as performing in the Times Square of Tokyo, Japan, plus all the musical theatre performances I got to do at the Palais Theatre in Melbourne.

## What's been the biggest challenge you've had to overcome through your music journey?

Music and dance have both been my biggest medicine. I started pursuing music actively with daily lessons, at the young age of 10, and it was all I did for my entire high school journey. I had a few traumatic experiences in my late teens, so I hit the pause button afterwards. It took me 10 years to explore other passions and then I circled back, into diving deep with music again. So I suppose my biggest challenge has been letting go of those old stories; embodying a new relationship to music; and getting out of my own way.

A couple of years ago, I had the pleasure of meeting and speaking with Sampa the Great when she performed in Byron. She'd be so epic to collaborate with also.

## Where are your upcoming gigs and where can people find you online?

I don't have my written music online yet, but it's coming. I have been collaborating with Tashmeen and Laverde and am very excited to share what's been cooking in the studio at SAE. It'll be at website: [soundsofawren.bandcamp.com/](https://soundsofawren.bandcamp.com/)

You can find my DJ sets on SoundCloud: [soundcloud.com/wren\\_2bird/](https://soundcloud.com/wren_2bird/) and my next gig is SOMA DANCE on 8 November. Visit Instagram: [@soma\\_spaceofmovementarts](https://www.instagram.com/soma_spaceofmovementarts).

## Nudge Nudge Wink Wink, say no more



In the heart of the Northern Rivers, an extraordinary community initiative known as Nudge Nudge Wink Wink has been making a profound difference on and off the dance floor for almost eight years. Founded in December 2015, Nudge Nudge Wink Wink has held 75 events under the Cunning Stunts banner. Every event includes a charitable component, raising money and awareness for underfunded services in the Northern Rivers region where local not-for-profits, and grassroots charities, face a downward trend in funding while dealing with an ever-increasing demand for their services.

This October marked their 60th event at the Billinudgel Hotel, a milestone that showcases their unwavering commitment to social impact.

Laura Peck, Cunning Stunts co-founder and publicity officer, said, 'It's not just a part of our ethos, it's our significant and unique differentiator. We're not aware of any other promoter, event, or dance party that can wear this cap.'

To date, they have donated a staggering \$390,000, with \$5,202 from the September and October events donated to Fletcher Street Cottage. Their generosity has benefited 37 grassroots charities in the Northern Rivers and created wonderful and long standing relationships with community sponsors, suppliers, DJs, and The Billinudgel Hotel.

Yet, the impact goes beyond the financial contributions. Nudge Nudge Wink Wink has cultivated a close-knit community of 'nudgers,' proving that their events are not just about giving; they're about building inclusive community connections.

'We have such a diverse audience and they tell us repeatedly that they feel included and comfortable to be themselves. We have people on the dance floor aged 18 all the way up to 88 years old,' said Laura. 'Inclusivity is a huge part of our ethos.'

Their monthly events are held on the first Saturday from September through June, with a special event scheduled for 2 December to celebrate their eighth birthday. Funds from the November and December event will be donated to Northern Rivers Women and Childrens Services (NORWACS).

Cunning Stunts will also be celebrating their eight year anniversary of Nudge Nudge Wink Wink at the Billinudgel Hotel next month on 2 December.



They are adding in a few surprises for their birthday including a fun and full DJ line-up and set times, bringing back a version of their renowned raffle inclusive of awesome prizes, lucky draw prizes, and more.

Their parties sell out each month, so Cunning Stunts recommends you subscribed to their email list as their subscribers have access to ticket sales first.

For more information visit: [cunningstunts.com.au](http://cunningstunts.com.au)

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## What to do about aging skin?

By Kirsty Barnett, Aesthetician and Director of Ozone Beauty and Medi Spa



These days there is such a range of different treatments advertised as anti-ageing. It can be difficult to know what to choose, what to believe, and what is a reasonable amount to pay to look younger and feel better about your skin.

Youthful skin looks plump, hydrated, line free, lifted, taught, defined, and generally clear and luminous. But what is the reason for this?

### What causes the ageing process?

Young people have 100% Hyaluronic Acid, or HA, at the cellular level throughout the whole body, and it's this water-retaining substance that we lose over time. Unfortunately, our bodies don't have ability to renew HA and by age 50 up to 85% of the internal HA has diminished leaving our skin lined, uneven, dry, and lacking the lovely plumpness it used to have in our 20s and 30s.

The replacement of Hyaluronic Acid, topically and internally, is the best solution to anti-ageing and widely practised in the world of beauty therapy. You are likely familiar with marketing on television and online about the power of Hyaluronic Acid to reverse the visible signs of aging. If you are looking for real, long-lasting solutions to slow down the aging process, then understanding the two main categories of skin care treatments is how you discern what is best for you. The types are: invasive and non-invasive.

### Invasive

Invasive treatments break the skin barrier. Common treatments include dermaplane, skin needling, microdermabrasion, PRP, vampire facial. There are also injectables like Restylane, Desport, Botox, and heat treatments like plasma pen, fibroblast, and laser. More invasive treatments include surgical facelift procedures. The above treatments have associated risk of infection, bruising, burning, scarring and often have an element of visible redness or downtime. Regardless, these treatments are popular due to their anti-ageing effects.

### Non-invasive

Non-invasive treatments include HiFu (High Intensity Focused Ultrasound),

Oxygen Facials, IPL and firm facial massage as used in Face Gym. Spa Facials often integrate collagen masks and have many and varied serums and products to smooth and lift the skin. Massage techniques can lift muscles in the face and stimulate lymph fluid which can give greater definition to eyes and jawlines.

The associated risks with these treatments are much smaller, and the most common one is skin irritation due to a person's sensitivity to a product.

Invasive and non-invasive treatments can range in price from \$50 to \$50,000, depending on where you go, what you get, and who treats you. When making a decision to receive anti-ageing treatment, keep in mind the experience level of the therapist and find a place with a five-star rating. Word of mouth referral is often more reliable than a social media advertisement.

I personally like to support small businesses rather than big franchises and have my treatments in a salon, as opposed to in a person's home spa. Salon owners must be insured and usually have more connection with the individual client than a large chain. This creates a better experience for a person as they begin their anti-ageing journey.

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## Breathing and water safety

by Michael Cush, Breath Coach at Boundless Breathing

### The balance between breath control and mindfulness

Breathwork. It's the new post-pandemic buzzword. From stress relief to releasing trauma, the claims are plenty and unfortunately, the general understanding is quite poor. In water-based activities like surfing, understanding and mastering the intricacies of our breath are of utmost importance. The way we breathe can determine our level of endurance, strength, and resilience in challenging environments like big waves or strong currents. However, it's crucial to approach breathwork with proper knowledge and caution, as certain practices can pose risks when applied inappropriately.

As an experienced breath coach, freediver, and instructor of Surf Apnea Courses, I've seen firsthand how breath training can empower individuals in water sports. And I also want to emphasize the need for safety and discernment when experimenting with breathing techniques, especially in aquatic environments. The Wim Hof Method has gained significant attention in recent years for its claims of boosting the immune system, increasing endurance, and even influencing the autonomic nervous system. It involves a sequence of deep, rhythmic breaths followed by an exhalation and breath-hold, often repeated multiple times. While the Wim Hof Method may have benefits on land, it is, in essence, a form of hyperventilation, and thus, not recommended for water-based activities due to the associated risks. There have been at least 12 drownings worldwide due to people practising the Wim Hof method in the water and many more injuries and close calls.

### Hyperventilation and breath holding underwater

Hyperventilation, or breathing beyond your metabolic output, can lead to decreased levels of carbon dioxide ( $\text{CO}_2$ ) in the body. This becomes problematic underwater, as  $\text{CO}_2$  is a key indicator for our brain to signal the need to breathe. Lowering  $\text{CO}_2$  levels suppresses the urge to breathe, which can be dangerous underwater. Low  $\text{CO}_2$  levels can result in a shallow-water blackout, a loss of consciousness caused by a lack of oxygen that can occur even in shallow waters.

Further complicating matters, hyperventilation affects the Bohr effect, a physiological phenomenon where a decrease in  $\text{CO}_2$  levels leads to a reduced ability of hemoglobin to release oxygen to the body's tissues. In other words, even though you may have more oxygen in your blood, your body might not be able to access it effectively. In a surfing hold-down scenario, where a surfer is temporarily trapped underwater by a wave, the ability to hold one's breath can be essential.

Hyperventilating before such an event can mask the natural urge to breathe and affect the Bohr effect, making it more likely for the surfer to lose consciousness underwater. Breath-holding capacity and  $\text{CO}_2$  tolerance are both crucial for surfers, but they should be developed through safe and controlled training.

### Training for water safety

If you're a surfer or water enthusiast, I recommend looking for breathwork training that emphasises  $\text{CO}_2$  tolerance and safety. Breath training can help improve lung capacity, stamina, and mental focus, but it should be approached with caution and guidance from a trained professional. Surfers can be taught how to control their breath in a relaxed and mindful way, helping them develop skills to manage hold-down scenarios and stressful situations in the water.

In the world of water sports, breathing is more than just a life-sustaining process. It's a crucial skill that can determine the outcome of challenging and unpredictable situations. It's essential to approach breathwork with an understanding of its benefits and limitations, especially when it comes to water safety. Whether you're a seasoned surfer or a newcomer to the waves, I encourage you to explore breath training with mindfulness and respect for the power of the ocean. The key to success in any water-based activity is a harmonious balance between breath control, awareness of your body and surroundings. Stay safe and ride the waves with confidence.

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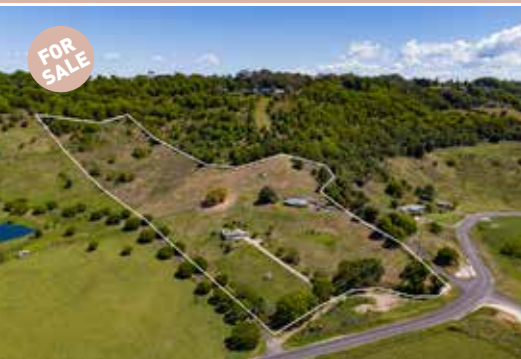


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## Crystals for beginners: choosing what's right for you

By Eloys Harradence, Healing Grounds Byron Bay



Exploring the world of crystals for the first time can feel like you are a kid in a candy store. Where do you start when everything is gleaming and glowing, and you want that special piece that can help you along with your journey?

It's important to realise that crystals and minerals have very different metaphysical properties, uses and applications, and there is much wishy washy and conflicting information out there. I always advocate ignoring the books definitions of crystal meanings and uses, and instead developing your own method of choosing, using your intuitive senses.

### Using your intuitive senses

You can decide which crystals 'feel' good for you by holding them and seeing if you have a body response to the crystal. You might feel heat, cool, a shudder, goosebumps, tingling or an emotion when holding the crystal. This can indicate your body has a compatibility with the crystal.

### Using your visual senses

Scan your eyes over a shelf of crystals with a clear mind and see where your eyes stop or land. Sometimes a crystal that

you have never noticed will literally jump out at you. This will be a crystal you should be noticing. Sometimes the results will be surprising, when something you wouldn't usually regard as visually appealing might come into your awareness.

It is only when you have intuitively chosen a crystal without knowing what it is for, that I would recommend to look up their properties from a well regarded text such as *The Book of Stones* by Robert Simmons and Naisha Ahsian. This will give you clues to how it might support you.

In my opinion size does matter. Larger crystals are generally more powerful and it's often easier to connect with their energy, of course, budget is important too.

When it's time to take your crystal home, always give it a good cleanse to rid of any energy it might have absorbed. You can do this by putting it in gentle sunlight for a few hours. Once your crystal is cleansed, decide where it shall be placed in your home, a central location like a living room is failsafe, or perhaps a dedicated altar or bedside table. Crystals will work by elevating the energy of the surrounding environment by transmitting or absorbing energy.

The more crystals in the home, the more uplifting the environment will feel. I have many comments about the amazing energy that people feel when they are in my spaces and this is because they are surrounded by crystals.

For more information visit Instagram:  
[@healinggroundsbyronbay](https://www.instagram.com/healinggroundsbyronbay)

## Put the shaver away: Movember is here

Twenty years ago, in a bar in Fitzroy, an idea was conceived igniting a movement that would transcend borders and change the face of men's health forever. Movember has united people from all walks of life, inspiring them to use their faces as walking, talking billboards for men's health. The gesture has sparked billions of important conversations, raised vital funds, shattering the silence surrounding men's health issues.

Since 2003, Movember has disrupted traditional approaches and pushed the boundaries of men's health. Their funding has led to groundbreaking medical advancements, including life-extending therapies and innovative

diagnostic tools. With a focus on prostate and testicular cancer, as well as mental health and suicide prevention, they've invested almost \$350 million in over 600 research projects.

Movember takes a holistic approach, offering support through a range of programs. They aim to stop the progression of mental illness, emphasizing early intervention and promoting social connections. It's not just for men: it's a movement for everyone, championing sensitive healthcare. CEO Michelle Terry highlights the urgency, as global statistics reveal a stark reality. 'We lose one man to suicide every minute of every day. Prostate cancer is estimated

to be the second most diagnosed cancer in men, and testicular cancer is the most common cancer in young men. Our fathers, partners, brothers, and friends are facing a health crisis, and we can't afford to stay silent. That's why we'll continue to make noise, to push boundaries, and to help shape the health and well-being of men for generations to come. Because we know that healthier men make healthier families, communities, and societies.'

This Movember, you too can make a difference. Grow a moustache, take on the Move Challenge by running or walking 60km, or host an event. Join the movement to save lives at website: [movember.com](https://www.movember.com).



# Impact of consuming energy - Part two

by Sebastian Crangle, Zero Emissions Byron

Last month we looked at the environmental and financial impacts of energy usage and how to be more mindful of our power demands. This month, we explore how heating and cooling affects our energy bills and how we can reduce them by understanding the 'when' component of our energy usage.

## Heating and cooling

Heating and cooling are huge contributors to energy bills. To moderate use I suggest using off-peak periods to get your home to the desired temperature, and then back off during peak times. And of course, do whatever you can first to improve the thermal performance of your home by making improvements to insulation, drought-proofing, window shading and the like.

On hot summer afternoons, if you have air conditioning you might also take advantage of shoulder tariffs by cooling your house down before the peak tariffs start. If you have solar you will also be taking advantage of the solar power available while the sun is still in the sky.



## If you have solar PV

The most beneficial times for 'load shifting' moves to times of the day when you are producing sufficient power to meet those energy demands. On a sunny day that is likely to be between 9am and 3pm and particularly between 11am to 1pm.

Even a kettle will push you over when added to the base load of a fridge. And yet, come 11am, you could probably get away with simultaneously putting on a load of washing and a dishwasher. The good news is that by having solar you are much more likely to have mostly off-peak energy use, with some peak from non-solar hours – unless you also have a battery.

## Solar + hot water + timer...

One of my favourite tips for clients with solar PV and an electric hot water system is to 'load shift' that hot water so it heats in the middle of the day and capitalises on excess solar power that is otherwise going to the grid (for peanuts). If you have a standard storage resistance hot water system, this can be done by an electrician taking your HWS off the usual 'controlled load' circuit and installing a timer in the circuit board.

## Are you on a time of use (TOU) plan?

If you don't know if you're on a time of use plan, have a look at your energy bill. Check the section which spells out how much energy you used and the price you paid per kWh.

If there are three or more lines with different prices for peak, offpeak, shoulder you are most likely on a TOU plan. If there is just one line showing your energy use, plus perhaps 'controlled load/CL' for hot water, you are probably on a flat rate. If you want to make sure, call your energy retailer and ask.

## Learn about the times that count

The times of peak/shoulder/off-peak vary depending on your distributor. So, the first step is to find out who your distributor is (not always the people who send your energy bills), and then look up online what their Time of Use periods are.

## What do I do then?

Write those times down or print it out and put it on the fridge, for the whole household to see and learn. This approach to managing your energy use only needs to be as much work as you're willing to contribute. Over time, it can become habit as your awareness grows and behaviours change, such that it requires very little effort at all.

For more information visit: [zero Byron.org](http://zero Byron.org)

Article author: Sebastian Crangle is a professional energy advisor and Board Director of Zero Emissions Byron. He provides a range of services to help households reduce their energy bills and carbon footprints.



# Think twice about asbestos

by North East Waste



It's easy to forget that asbestos is still present in millions of Australian properties, but it's a fact, that if a house was built or renovated before 1990, there's a good chance it has asbestos.

November is National Asbestos Awareness month and a good time to remember that asbestos lurks in more places than you'd think. It's still commonly found in bathrooms, laundries and kitchens as well as behind tiles, under flooring and in outbuildings (sheds, fencing etc).

Asbestos can be easily disturbed when doing renovations, home improvements or regular maintenance. Sadly, every year in Australia, an estimated 4,000 people die from asbestos-related diseases because of past exposure to asbestos.

To keep yourself and your family safe around asbestos, take these simple steps:

1. get in the know – plan ahead before starting any renovations and find out where asbestos is likely to be in your home
2. take it slow – to avoid damaging or disturbing asbestos materials
3. get a pro – know your limits. Contact a licensed asbestos professional for advice on where it's located, and on how to manage or remove it.

As part of a regional program aimed at reducing the unsafe removal of asbestos by home renovators, Byron Shire residents are eligible for one free Household Asbestos Testing kit (while stocks last), available from Council's head office in Mullumbimby and the Byron Resource Recovery Centre at Myocum.

The kit includes instructions on how to take samples safely and send to a certified testing laboratory. The results are then emailed back to residents. If asbestos is identified and requires removal, residents are urged to use a licensed asbestos removal contractor: [safework.nsw.gov.au/hazards-a-z/asbestos](http://safework.nsw.gov.au/hazards-a-z/asbestos) to remove and dispose of it safely.

For further information on household testing or disposal kits, contact Byron Shire Council on ph: 6626 7000 or visit: [byron.nsw.gov.au/Services/Waste-and-recycling](http://byron.nsw.gov.au/Services/Waste-and-recycling)

For information on asbestos safety, visit: [asbestos.nsw.gov.au](http://asbestos.nsw.gov.au)



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## Pet of the month



**Owners:** Charlotte and Archie  
**Pet name:** Narla  
**Age:** 18 months  
**Breed:** Cavoodle  
**Nickname:** Nar Nar  
**Catchphrase:** If you can't eat or play with it, pee on it and walk away

Narla is a lovely caramel cavoodle who is described as a true family companion. 'We got Narla in May last year,' says Mum. 'The kids had been begging for a puppy for ages and we were lucky to have family members who breed cavoodles.'

Nala's favourite food is anything meaty. She loves cuddles and playing tug of war, but she has a cheeky side, with her favourite toys being Nerf Gun bullets and the toilet roll. Nala is also a renowned escapeologist.

'She likes to go on solo adventures. It took us ages to figure out how she kept doing it. It's definitely the poodle in her.'

The family says that Narla has brought so much joy to them, playing and cuddling with everyone in the family and they can't imagine life without her. Mum says the quote from Rodger A. Caras perfectly sums up how they feel about Narla.

*'Dogs are not our whole life, but they make our lives whole.'*

Want to see your pet featured in *The Byron Wave*?  
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# Snake envenomation in pets

by Dr. Kirsty Robertson BVSc, Racecourse Road Veterinary Hospital

With the weather warming-up, it's that time of year when more snakes are out and about. Unfortunately, we are seeing numerous snake related cases in our local veterinary hospitals and up the coast. While instinctively snakes will avoid us, at times this is not possible as your pet may have a tendency to harass them. Over half the snakes in our area are venomous with the Elapids or Elapidae (front-fanged) family being the most common and life threatening.

The most common species seen to envenomate dogs and cats in Australia are brown snakes, tiger snakes and red-bellied black snakes. Snake venom contains a cocktail of potent toxic enzymes affecting multiple systems such as the muscles, brain, heart, kidneys and the body's ability to clot blood – a coagulopathy.

If your dog or cat has been bitten, it is usually within the first one to 24 hours that clinical signs will show. There may be an initial collapse which they appear to recover from but things are likely to decline. Other early signs may include vomiting, diarrhoea, drooling or muscle tremors. Once progressed, we see a rapidly ascending paralysis which starts with wobbliness, then loss of hind-limb mobility which progresses up the body and affects their ability to breathe. They may lose the ability to blink and have dilated pupils. Due to

the coagulopathy, they may also have pale gums, be bleeding from the nose or mouth, or very concerningly, be bleeding internally into their chest.

Seeking veterinary attention early is vital – please call ahead if possible so we can plan for your arrival. Your vet may recommend a variety of things depending on the circumstances and your pets' condition. They may first want to run diagnostic tests to rule out other possibilities and assess your pet's clinical status. If a snake bite is suspected they will recommend the administration of snake anti-venom. There are different types of anti-venom depending on the species of snake. Identification of the snake helps to decide which treatment to use but is not imperative. Do not put yourself in danger or delay veterinary attention in an attempt to do so. Your pet is likely to remain in hospital for a period of days but it can take a few weeks for them to fully recover.

The severity of envenomation will differ between affected pets due to factors such as the species of snake, the amount of venom injected and the time between bite and administration of anti-venom. Some pets may require critical treatments such as oxygen therapy, blood transfusions or mechanical ventilation for survival, while others may experience ongoing issues such as renal disease. It can be a complex and emotional time for all involved.

## Remember

- when taking your pets hiking, keep them on a leash, stay on open paths and avoid tall grass and rocks
- keep your backyard tidy by clearing undergrowth and mowing the lawn
- clean up any spilled food, fruit or bird seed. This attracts rodents which attract snakes
- do not let your pet sniff dead snakes, they can still have venomous fangs
- do not attempt to capture or kill the snake. It is extremely dangerous and they are a protected species by law. Contact a local snake catcher and follow their instructions.

## If you suspect a bite to your pet

- remain calm. Try to keep your pet still and low stress to prevent spreading of the venom, carry them if possible
- do NOT wash the bite wound, apply a tourniquet, apply ice, alcohol or bleed the wound
- do NOT offer any food or water
- seek veterinary attention ASAP for the best chance of survival, even if your pet appears to have recovered or it is the middle of the night.

Between 75-91% of pets who obtain veterinary treatment survive. Unfortunately, without treatment we see a significant decrease in prognosis with survival of dogs down to 35% and cats 66%. Together, let's help keep our pets safe this season.



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# Byron Bay Runners

by Caroline Bailey, Byron Bay Runners



Club members have been very busy over spring months with five junior runners attaining places on state teams to compete in National Cross Country championships held in Stromlo Forest, Canberra in August (Jett Beck, Tyler Dogan, Alexandra Dogan, Wyana Pietramarle Sewell and Sienna Rooney).

Junior athletes continue to progress through the school competitive system, with smiles all round last week for Skye Dogan (pictured), walking away with a silver medal in the U15 2,000m steeplechase and a time qualifying her for junior national championships next April.

Adult and masters age runners have also produced some great results: Liam McKenzie finished overall 3rd place in Brisbane Ultra Trail (60km) and silver medallist at In the Raw 23km. Jacqui Morrow and Danni Van Zuylen also finished well in this event, both winning 2nd place in their age groups.

Most recently nine BBRs took on the local Chinny Charge with four runners finishing in the top 10 (Aaron Dower, 3rd, Matt Stevenson 4th, Zach Rook 7th and junior Connor McGreevey, 8th). We are continuing to train through summer, with weekly track sessions (Tuesdays and Thursdays), trail runs (Thursdays and Sundays) and a hill session (Monday). Registration is open for 2023-24 season, with a range of options from \$30 (3 months) to \$100 (annual). Please go to website: [byronbayrunners.com](http://byronbayrunners.com) for more information on training and club membership.

We are about to launch our Summer Sizzler Twilight Track series (a once a month mini athletics meet). These events are free, fun, and open to all ages and abilities, for members, non-members, locals and visitors. Held at the Cavanbah Centre track on 7 November, 5 December, 13 February and 12 March. Registration is open from 5pm and the races start approximately 5.30pm finishing around 7pm.

Have a go at 100m, 200m, 400m, 800m or 3,000m with points won each time you improve on your own personal best. Medals and trophies will be awarded at the end of the series and you can also have a night off cooking with a BBQ sausage sizzle for purchase, and a chance to win a Runner's Hamper, thanks to sponsor Green Coast Finance. It's a great way to meet other runners or as a family friendly, free activity.

Please go to the Events page on our Club website: [byronbayrunners.com](http://byronbayrunners.com) or look on our socials on Facebook and Instagram @byronbayrunners for updates.

## Cavanbah social sports

Interested in picking up a social sport? At the Cavanbah Centre, there are a great range of social sports for people over 16 years. All social sports are priced at \$8 per person.

### Pickleball

Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis.

Times: Tuesdays and Thursdays 8:30am – 11:30am

### Volleyball and Futsal

Volleyball is a team sport in which two teams of six players are separated by a net and Futsal is a soccer-based game played on a hard court.

Times: Wednesdays 7:30pm – 9:30pm

### Scrimmage

Social basketball played with a smaller team. Its a great way to hone skills, meet new people and practise plays in a game setting. Times: Saturdays 2pm – 4pm

For more information Facebook: @Cavanbah Centre

## Planning to renovate?



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# Local lad to train with West Ham United



In exciting news for the soccer community, Byron Bay Football Club's star player, Nash, has been given an extraordinary chance to pursue his soccer dreams on the global stage.

Nash has been personally invited to join the West Ham United Training Academy in London this December after he was recognised for his skills during a competition against young soccer talents from all over Australia and New Zealand.

For Nash, this opportunity is more than just a personal milestone: it's a testament to the dedication and passion he's poured into the sport.

Byron Bay FC Committee member Clinton Bown said, 'Nash is well known by everyone in the local football community. He is an outstanding talent and this is a huge opportunity for a 13 year old – and the club is right behind Nash and his family.'

While this is a momentous occasion for Nash, it comes with a few challenges. Nash and his family will have to make the journey to London, where Nash will engage in intense training sessions. It's a massive undertaking, and a costly one too. The local community has rallied behind Nash to offer support

with a GoFundMe set up to help fund the expedition.

Leah Wallace, the fundraiser's organiser says, 'As a community, let's wrap our arms around this amazing kid and help to get him and his family over there. Any donations would be greatly appreciated.'

'We'd encourage you to donate to his GoFundMe page and be part of this amazing journey Nash is about to undertake,' said Clinton.

If you'd like to support Nash on his journey to the UK, visit GoFundMe: [gofundme.com/f/help-get-nash-to-london](https://gofundme.com/f/help-get-nash-to-london)

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## Smelly Ol'Factory

with Billy Bob Thoughtson



In the sensory world each moment offers a cacophony of stimulus. In this magical world, we are the explorers, navigating the rich landscape of sensations. Each sense reminds us that our existence is not just seen, but felt, heard, and tasted, in all its glorious complexity.

But alas, one sense is always forgotten. It's the sensory underdog, the one that's always being left out, underestimated, and overshadowed by the more famous senses. Do you nose who I am talking about? I am, of course, referring to smell. It is an incredible sense that comes with a silent alarm alerting us to change and danger, and one with a direct connection to our inner world, able to remind us of a time, a place, or a memory. Helen Keller, the remarkable American author who became blind at an early age once said, 'Smell is a potent wizard that transports you across thousands of miles and all the years you have lived.' It's true smell can evoke strong emotions and memories, influence taste, and even alert us to dangers like spoiled food, and gas leaks of the mechanical and biological kind.

A few years back when I was renting a house in a suburb called Murrarie in Brisbane, there was an abattoir nearby. The lingering smell of flesh, faeces and urine wafting through the air was enough to make you gag and stay a vegan. Murrarie was considered a 'bad area' with an off-putting smell. These days, this suburb is turning heads as it boasts two train stations, superb city views and million-dollar homes. Something similar has occurred in the Bay.

Whaling was historically a significant activity and Byron Bay boasted a whaling station, with which to co-ordinate hunts and process whales for their valuable oil and other products. The process involved rendering down the blubber to extract whale oil. The smell of boiling blubber, and the byproducts of the rendering process, could be quite overpowering and offensive. Ironically, whale oil was a valuable ingredient in the production of perfumes due to its chemical composition, particularly in the 18th and 19th centuries, as it had a unique and long-lasting scent. Please note, whale oil is quite different to ambergris (aka whale vomit) which was also highly prized by perfumers.

Speaking of perfumes, some of us get up in the morning and 'put on a smell', in fact, it's obligatory in some sales professions. My father would splash on some Old Spice

every morning, and this would evoke regular debate in our household since his aftershave instantly transported Mum back-in-time 50 years. Dad would eventually admit that, while he loved the nautical theme, Old Spice was a bit old fashioned, even though he asserted many times that he wouldn't be here if it wasn't for the sophisticated scent, since his dad and grandad had used it prolifically.

In life there is always someone out there stinkin' it up, and there are corresponding victims complaining it. Recently I was at a wedding, milling around outside the reception room and I started chatting with a bloke I hadn't seen for years. He seemed extremely happy with himself, smug and self-satisfied, and laughing quite a bit... then it hit me. It was an assault on my olfactory sensibilities, an affront to decency, and a complete declaration of war against all things fragrant and pure. I was appalled, angry, and yet, I could understand his joy.

Research suggests that the brain's response to the smell of our own expulsions is different from our reaction to someone else's, making our own flatulence seem less offensive and more amusing. No wonder he was having a great laugh.

At the same wedding I overheard an old friend of mine say she had recently run into an old school chum, she said he looked as smarmy as ever and he still has 'dirty underpants'. I had not heard that phrase before, so I interrupted the conversation and asked what does that mean exactly. She said, 'Well, it's a metaphor, really. He's all charming and ingratiating on the surface, looking slick and wearing nice aftershave, but underneath you know he's manipulative, selfish, and insincere – therefore he's wearing dirty underpants.'

Oh no, the Editor thinks I'm being unsophisticated, encouraging people to talk trash, with simply too much mention of vomit, farts, and dirty underpants. I explain the article was about our smelly world, and this term 'dirty underpants' might catch on and become a Billy Bob classic. It seems another disclaimer is needed.

*Billy Bob disclaimer: this article is meant to root for the underdog of our senses, yes the sense of smell, who just happens to be a bit on the nose and downtrodden. This article is meant to promote the smelly world and make some fun in a friendly manner. If you see someone who is being smarmy and sycophantic, do not label them as someone with dirty underpants – well, at least not to their face.*

Rudyard Kipling once said, 'Smells are surer than sights and sounds to make your heart-strings crack.'

In the Byron Shire there is an abundance of smells to make your heart sing. There's even a myriad of therapies that involve the use of smell, or the stimulation of the olfactory senses for therapeutic purposes. But just for a moment, are you able to stop and smell the roses of springtime? If you do, you might just be transported through time and memory, by your very own extraordinary sense of smell.



# This Month

with Milt Barlow

### At the movies

The November movie line up, again, has a good spread of something for everyone.

*The Marvels* (9 November). The entire Marvel universe explodes with this one featuring your favourite characters of Carol Danvers, Captain Marvel, Monica Rambeau, Kamala Khan and Ms. Marvel. Yes folks, this is the 33rd film in the Marvel universe and was set up as a sequel to the 2019 *Captain Marvel*.

*Saltburn* (16 November). If you're a lover of psychological thrillers then this one is for you, written, directed and produced by Emerald Fennell who played Camilla Parker Bowles in *The Crown*. Set in the mid-2000s it follows a young university student who becomes infatuated with an aristocratic schoolmate and his wealthy but eccentric family. A hit at the prestigious Telluride Film Festival, this is a good watch.

*The Hunger Games – Ballad of Songbirds & Snakes* (16 November). This is THE big one this month. As a prequel to *The Hunger Games*, it takes us back to the years before the tyrannical president of Panem, when 18 year old Coriolanus Snow remains the last hope of his fading lineage. With the 10th annual Hunger Games fast approaching, the young Snow becomes alarmed when he is assigned to mentor Lucy Gray Baird from District 12. Uniting, they race against time to ultimately reveal who's a songbird and who's a snake. Francis Lawrence is back directing (*Hunger Games: Catching Fire*, *Hunger Games Mockingjay Parts 1 and 2* and *Red Sparrow*). Top cast includes Rachel Zegler (*West Side Story*), Peter Dinklage (*Game Of Thrones*), Tom Blyth and Jason Schwartzman (*Fantastic Mr Fox*, *The Grand Budapest Hotel* and the just released *Astroid City*). This is a cracker of a movie and my pick for November. If you are a *Hunger Games* fan you wont be disappointed

*Napoleon* (22 November). Based on the true story of Napoleon Bonaparte, it looks at the military commander's origins and his swift and ruthless climb to become Emperor, viewed through the eyes of his addictive and volatile relationship with his one true love, Josephine. Beautifully directed by Ridley Scott, Joaquin Phoenix is superb in the lead role. Its an epic of the first order. You would expect nothing less from Ridley Scott

### Streaming

Of course there is only one must-watch show on streaming in November and that is *The Crown* (16 November, Netflix). It's the sixth and final season with the first four parts dropping on 16 November and the final six parts airing 14 December. The final season begins in 1997 and ends in 2005. It covers the death of Diana and ends with the marriage of Charles and Camilla.

The other big streaming event for November is Season 4 of *For All Man Kind* (Apple TV+) on 10 November, eight years on from Season 3, Happy Valley has rapidly expanded its footprint on Mars by turning former foes into partners. This would be up there with my all time favourite series.



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CINEMAS**  
BYRON BAY · BALLINA FAIR

**NOW SHOWING**

	
FOE	DUMB MONEY

**COMING IN NOVEMBER**

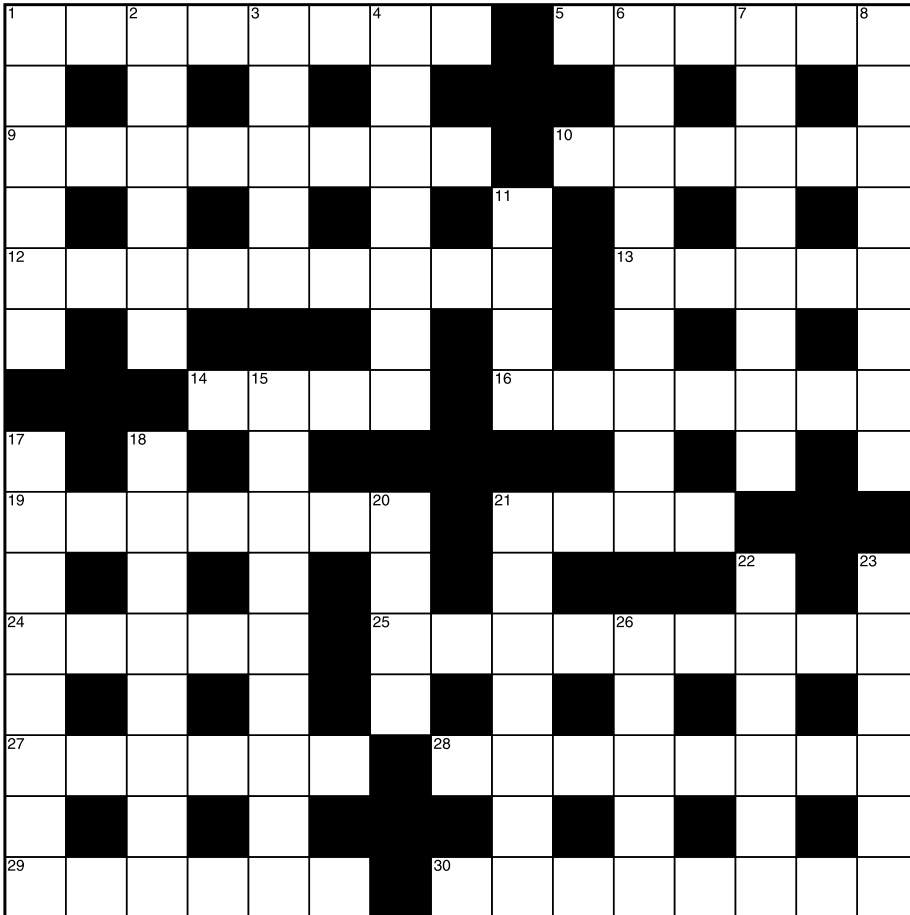
		
THE MARVELS	SALT BURN	THE HUNGER GAMES - BALLAD OF SONGBIRDS AND SNAKES
		
NAPOLEON	CAT PERSON	TROLLS BAND TOGETHER

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# November crossword

© Lovatts Puzzles



### Across

- 1. Chinaware
- 5. Powder room
- 9. Outside buzzer
- 10. Treat unkindly (4,2)
- 12. Dully aching
- 13. 16th of pound
- 14. Regrets
- 16. Inherent nature
- 19. Trembles
- 21. Shafts of light
- 24. Mindful
- 25. Avid party-giver
- 27. Desire for water
- 28. Gain degree
- 29. Baton races
- 30. Adopted (policy)

### Down

- 1. Military trainees
- 2. Unpleasant whiffs
- 3. Skewered meat
- 4. Car club meetings
- 6. Fatefully
- 7. Comparing
- 8. Offered
- 11. Giant monster
- 15. Futilely
- 17. Unlawful occupier
- 18. Spacious & splendid
- 20. Passable (2-2)
- 21. Best-ever times
- 22. Rolled leaf smokes
- 23. Slay by guillotine
- 26. Of hearing

**BRUNSWICK VALLEY**

**FUNERALS**

with

**Michael Currie Phone 66846232**

**MULLUMBIMBY**



## Tricky Trivia

1. What is a group of crows called?
2. Which two colours make up the flag of Denmark?
3. Who was the first woman to fly solo across the Atlantic Ocean?
4. Ray Charles was famous for playing which instrument?
5. What men's health awareness campaign occurs in November?
6. What is the largest fish in the ocean?
7. What is the joule a unit of?
8. The Bangalow Show was established in what year?
9. Who discovered penicillin?
10. How many oceans are there on earth?

## What in the word?

In English, the word etymology has been used since the 14th century to refer to the study of the origins and development of words. Etymologists analyze the various influences on a word's history, including its root, historical usage, and cultural and social contexts, in order to trace its evolution.

This month, I have been brought to my senses, and we will be looking at the word olfactory. It is often a word that appears in scientific contexts when describing the nerve endings that connect our noses to our brains but let's sniff a little deeper and find out where this word originated from.

Olfactory, hailing from the Latin *olfactorius*, can be traced back to the Latin verb *olfacere*, which essentially means 'to smell' and is a neat combo of *olere*, denoting 'to emit a smell' and *facere*, which translates to 'to do.'

This makes olfactory the go-to term when we're talking about the sense of smell or anything that tickles the nose with odors or scents. It's a word that's been wafting through the English language since around 1658. So, the next time you savor the delightful scent of spring flowers, you're indulging in a bit of olfactory delight.

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## November horoscopes

by Patsy Bennett - [patsybennett.com](https://patsybennett.com)

### **Aries**

Shared projects and assets will be in the spotlight. You will appreciate the opportunity to begin a fresh chapter within a shared area of your life, such as your work duties. Key changes arise around the 7th and the 17th.

### **Taurus**

The Scorpio new moon on the 13th will kick-start a fresh phase for you within a significant business or personal partnership. If you were born after mid-May, you may be drawn to revitalising your daily routine such as your work schedule.

### **Gemini**

November is a good month to make progress domestically and with family. If you have been working on a property, efforts will succeed. It's a good month to invest in your career. Romance could flourish especially towards the 17th.

### **Cancer**

November brings the chance for a fresh chapter in your home life or family. If you have been hoping to make changes with a property, your projects could progress rapidly. The key to success lies in good collaborative skills and compromise.

### **Leo**

November could bring wonderful developments not only at work but also in your personal life. Romance can blossom, especially in the first half of the month. The full moon on the 27th points to a fulfilling new project or status.

### **Virgo**

You will find ways to boost your finances. Look for expert advice if necessary. Certain personal and business collaborations are likely to go well. Romance could take off this month. Just remember to keep your feet on the ground.

### **Libra**

Venus in your sign from the 8th brings your mojo back – if you ever lost it! You'll appreciate the opportunity to indulge more in romance, beauty and music. You'll need to know when to apply the brakes to avoid being overwhelmed though.

### **Scorpio**

You'll manage to break out of a tired routine; a tough decision will be made. The new moon on the 13th will kick-start a fresh phase in your personal life - and at work if you were born afterwards. Romance will sizzle on the 17th.

### **Sagittarius**

The entry of Mercury in Sagittarius on the 10th will improve your communication skills and relationships, and you'll enjoy being adventurous. The new moon on the 13th will revitalise your schedule, but may also bring out emotions, so go easy mid-month.

### **Capricorn**

Venus at the zenith of your chart will bring your mind to your true priorities in life. A romantic outlook may bring ideal results your way, either at work or at home but, if not, consider whether you could be more realistic.

### **Aquarius**

November is perfect for revitalising your career and direction in life. You may even be surprised by some mid-month developments that encourage you to overhaul your daily routine and your love life. You may experience a financial boost.

### **Pisces**

Where have you been dreaming about? What have you been hoping to do? This is the month to lock in some of your favourite activities. A trip may be particularly appealing mid-month and romance could blossom on the 7th.



# Crossword solution

October

J	E	A	L	O	U	S		F	O	U	N	D	R	Y
O		I		W		O		A		L		U		E
Y		R		N	A	P	P	I	E	S		R		A
R	O	G	U	E		R		R		T	U	B	E	R
I		U		R	E	A	L	I	S	E		A		N
D	U	N	E	S		N		E		R	A	N	G	E
E			B			M	O	I	S	T		D		D
	N	I	B		A		N		E		D	O	T	
S			E			C	A	K	E	D		U		A
Q	U	A	D	S		M		N		E	P	S	O	M
U		N		T	R	A	N	C	E	S		W		A
E	D	G	A	R		S		O		C	H	A	N	T
E		E		A	U	S	T	R	I	A		Y		E
Z		L		P		E		E		P		E		U
E	L	A	P	S	E	D		S	L	E	N	D	E	R

# Trivia answers

- 1. A murder
- 2. Red and white
- 3. Amelia Earhart
- 4. Piano
- 5. Movember
- 6. Whale Shark
- 7. Energy
- 8. 1897
- 9. Alexander Flemming
- 10. Five

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